

Family WAAG

February 2 – February 6, 2026



BURNETT WAAG

Monday February 2 (ABCD)	Tuesday February 3 (PLT-ABCD)	Wednesday February 4 (Collab-ABCD)	Thursday February 5 (PLT-ABCD)	Friday February 6 (ABCD)																																																																																																			
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SCHOOL CALENDAR

To stay up to date about what is happening at the school, you can subscribe to the calendar on the Burnett website. When on the website, go to School Calendar and scroll down to the bottom of the calendar and click on Subscribe to Our Calendar.

ATHLETICS

For information about Burnett Athletics and Teams, please see the link on our [website here](#).

CAREER CENTRE – Post Secondary Planning

Check out our career centre website for upcoming student presentations and important information related to post-secondary planning! [Click here!](#)

SCHOOL COUNSELLING SERVICES

You can book an appointment with your school counsellor online! Click on the [Counselling Centre](#), and book your appointment.

GRAD PHOTO SESSIONS

Grads of 2026, book your graduation photo session NOW to get your first choice of time and date. **Artona has their mobile studio at Burnett until February 6, 2026.**

Go to <https://artona.com/schools/JNBU> Click on the “Grad Session” option.

PAC

Families can contact Burnett’s Parent Advisory Council at jnbpac.general@gmail.com PAC Meeting dates listed on the School Calendar. Volunteering and Fundraising Opportunities:

Valentine’s Day Flower Sale

Fundraiser: <https://tinyurl.com/burnettvalentinesday>

Lunar New Year Flower Sale

Fundraiser: <https://tinyurl.com/burnettlunarnewyear>

PAC Committee Member: <https://forms.gle/MG8yWNhc1Tf8kKdY7>

COMMUNICATING STUDENT LEARNING

The Semester 1 Summary of Learning will be published in MyEd BC on February 2. In addition to this, a Graduation Status Update will be published to MyEd accounts for students in Grade 10-12. Please visit our website [here](#) to learn more about the personalized update. Please take a moment to reflect on learning and teaching that has occurred in Semester 1 and set goals for Semester 2. For teachers and students, this is an opportunity to celebrate their successes, learning, hard work, and determination.

PROJECT SERVE CLOTHING DRIVE

Project Serve is hosting a clothing drive for Vancouver Belkin House. Please consider dropping off clean clothing, toiletries, and personal hygiene products in the box outside Ms. Wu’s room (A110B). The deadline for the clothing drive is Feb 6th.

DATES TO REMEMBER:

Jan 30-Feb 6	Artona Grad Photos
Feb 2	Summary of Learning S1 Published
Feb 3	Gr 10 & 11 Program Planning Presentation (PLT)
Feb 4	Collaboration Day (School Starts at 9:30)
Feb 5-6	Grad Friendship Photos
Feb 5	Gr 8 & 9 Program Planning Presentation (PLT) /MEC Info Session on Teams / PAC Meeting @ 7 PM
Feb 9	Grade 7 Parent Info Meeting (Virtual) 6 – 7 PM
Feb 9	Grade 8-11 Parent Info Meeting (Virtual) 7:15 – 8:15 PM
Feb 12	Meet the Teacher Night
Feb 13	Pro-D Day (School Closed to Students)
Feb 15	Maha Shivaratri
Feb 16	BC Family Day (School Closed)
Feb 17	Lunar New Year / Ramadan Begins
Feb 23	2026-2027 Course Requests Due @ 8am
Feb 25	Pascal, Cayley, Fermat Math Contests
Mar 4	Collaboration Day (School Starts at 9:30) / Holi
Mar 5	PAC Meeting @ 7PM
Mar 9	Learning Update Emailed Home
Mar 11	Parent Teacher Conference 2-4 PM
Mar 12	Parent Teacher Conference 2-4 PM & 5-7 PM
Mar 13	Last Day Before Spring Break
Mar 30	School Reopens after Spring Break
Mar 31	Euclid Math Contest

DISTRICT PLT DATES

The theme for the District hosted PLT sessions: Safe, Ethical, and Effective Use of Artificial Intelligence. Dates remaining: Feb 12, April 2, May 21

VOLUNTEER REQUIREMENTS – Drivers and in School Volunteers

- All volunteers are now required to complete a criminal record check (CRC) prior to having their volunteer driving form being signed by the office
- CRC’s are completed online at no cost to the volunteer. NOTE: There is a processing time for the CRC to be completed – up to 3 weeks.

Once the school volunteer has submitted their online CRC, it is complete. School volunteers can email or print a copy of their submission confirmation and provide it to the school principal.



BURNETT WAAAG

SAFETY AND TRAFFIC GUIDELINES

We encourage students to walk or bike to school – there are significant health benefits to doing. Walking would also help to ensure the safety of our students and reduce traffic congestion during busy times. If families insist on driving, we kindly ask everyone to follow these important guidelines:

- **Right Turn Only:** During peak hours (8:15–8:45 AM and 2:45–3:15 PM), please remember that only right turns are allowed when exiting the school at both the south and west exits onto Granville.
- **No Roadside Drop-offs:** For the safety of all, please avoid dropping off children at the side of the road or on the median on Granville and McCallan. Pay close attention to the NO STOPPING Signs on the street and adhere.
- **Pick Up in the Parking Lot:** Please pick up your children in the parking lot instead of the drop-off lane to keep the flow of traffic moving.
- **Avoid Double Parking**
- **Encourage Walking or Biking:** If possible, encourage your children to walk or bike to school. It's a great way to promote independence and stay active. Cyclists take great care and caution and learn the rules of the road!
- **Drop Off a Few Blocks Away:** Consider dropping your children off a short distance from the school to help ease parking lot congestion.
- **Leave a Few Minutes Early:** Giving yourself a little extra time can help you avoid the rush and make the drop-off process smoother.

We appreciate your support in helping us create a safe and efficient environment for all our students and families. Thank you for your cooperation!



APPLY NOW (to Burnett) for Richmond SD38's Manufacturing & Engineering Co-op (MEC) Program

PROGRAM COURSES

- Engineering 11 (4 credits)
- Youth Explore Trades Skills 11/12 (4 credits)
- Work Experience 12 (4 credits)
- Workforce Training Certificate* (OPTIONAL online learning modules with Northwest Skills Institute)

APPLICANT REQUIREMENTS

- Applicant is currently in grade 10 or 11
- Successful completion of Math 10 and Language Arts 10 prior to program start
- Attending a Richmond SD38 high school
- Completion of an ADST (Tech Ed) course as an asset (beyond Gr 8 wheel)

PROGRAM SCHEDULE

Program held Semester 2 (Mon-Fri)
(Students at home school for all Sem 1)

- Students take all four MEC courses at Burnett in Semester 2
- If electing to not take paid certificate, MAY be able take an elective course through RVS

APPLY NOW

Obtain application from your school's career centre or the SD38 Career Programs website
Submit Applications by MARCH 10, 2026
Short-listed applicants attend Interview in Spring prior to year of program

PLT – PERSONAL LEARNING TIME

Just a brief reminder of the changes to Personal Learning Time (formerly BLT-Burnett Learning Time):

Structure

- PLT is on Tuesdays and Thursdays and will be scheduled between first and second period starting September 9.
- Each PLT block will be 48 minutes in duration.
- All students will be required to attend each PLT session

Increased Opportunities for Student Support

PLT will increase support for all students and empower students to:

- Choose what area of learning they want to focus on
- Choose who they need to connect with for support (Teachers may request that you sign-up for a specific PLT)
- Learn how to self-manage their time and develop skills to be more independent learners

Strategies for Success – Some PLT Ideas

- Review class notes, textbook, homework and learning activities
- Make cue cards/flashcards or prepare other study tactics
- Review a quiz/test with a friend or work on group class projects
- Stay organized: record important assignment dates in agenda/clean-up binder
- Read/Journal
- Ask questions of, converse and consult with teachers
- Skills you will develop: questioning, communication, goal setting, organization, time management, self-regulation and awareness
- **PLAN/SET PRIORITIES** – What is due first? What is most difficult? What will take the most time?
- **ORGANIZE** – If tasks are completed, what else can be done to improve my learning - study, read, practice....What materials/resources do I need to bring with me to PLT?

Information and Reminders were shared with students during Homeroom this week; please see attached.

ATTENDANCE

If your child will be late or away from school, either for the full day or part of the day, please let the school know.

Two ways to report absences:

Early Warning line -- leave a voicemail at 604-718-4007

School Email -- send an email to burnett@sd38.bc.ca

Please leave the following information with your message:

- **Student's first and last names**
- **Student number** — we have several students with the same first and last names, the student number will allow the school to enter the excused absence for the correct student.
- **Parent/Guardian Identity** — only parents, homestay parents and legal guardians are allowed to excuse a student from school. Please identify yourself (mom, dad, homestay, etc.) when reporting a student absence.
- **Reason** for the absence — illness, appointment, travel, etc.
- **Duration** of the absence (start date to end date) — if absence is for more than one day.

The school will send automated voice calls and emails to parents and legal guardians of students with unexcused absence for the day. Please inform the school if you have a change in your contact information (cellphone, home phone, email address).

DISTRICT POLICY: Student Personal Digital Device

The Ministry of Education requires ALL districts and schools to have a policy for digital devices. The purpose for this is to make youth safe, improve student mental health, and eliminate constant interruptions from their learning.

The policy states that students can use their digital device IF, the teacher asks the students to use their device for a learning activity. Students who do not have device, will be offered a school device for the class.

Otherwise, ALL students must keep their device powered off and be in their backpack or their locker. If students do not follow the policy, staff will remind the student, and if they continue to use their device, staff will connect with parents, and possibly the student will not be allowed to have device at school. Furthermore, devices should not be used in changerooms and bathrooms. Students will be able to use their devices at break and at lunch.

Community News and Resources

REGISTRATION FOR UWATERLOO
PASCAL, CAYLEY, FERMAT
MATH CONTESTS ARE OPEN!

SCAN & COMPLETE THE FORM BEFORE FEB 6, 2026!



SUPPORTING PEOPLE TOGETHER:
EATING DISORDERS AWARENESS WEEK
FEBRUARY 4, 2026 • 1-3 PM

Richmond Public Library | PATHWAYS CLUBHOUSE

Supporting People Together: Eating Disorders Awareness Week (Hybrid In-Person)
Wednesday, February 4, 2026 | Add to Calendar
1:00PM - 3:00PM
Brighthouse

Description
In recognition of Eating Disorders Awareness Week, we invite you to a powerful and meaningful event focused on hope, healing, and support.

Program: Mental Health Week
Suitable for: Adults
Type: Health
Life Skills and Personal Growth
Language: English
Additional Details: 2nd Floor Program Room

[REGISTER HERE](#)



VANCOUVER BELKIN HOUSE
GIVING • HOPE • TODAY

Clothing Drive
Supporting the people in need!!!



Drop off Outside of A10B/ Ms. Wu's Room

We are collecting the following items:

- Men's/Women's Clothing (Especially Winter items like jackets, gloves, or boots in medium-large sizes)
- Toiletries/Personal Hygiene Products (e.g. Shampoo, toothbrush, toothpaste, etc)
- Emergency Thermal Blankets
- Umbrellas



RICHMOND SCHOOL DISTRICT 38 PRESENTS
Jazz Night
featuring Secondary School Jazz Bands from across the Richmond School District

Thursday, March 5, 2026
6:00 pm
McMath Secondary School

RICHMOND SCHOOL DISTRICT NO. 38
rd38.bc.ca

SOROPTIMIST International of Vancouver
Best for Women®

Soroptimist International of Vancouver since 1926

Violet Richardson Award
The award that recognizes your volunteer action

(The Violet Richardson Award recognizes young women between ages 14 and 18 who make the community and world a better place through volunteer efforts)

Honouring Young Women for Volunteering
A Special Soroptimist International of Vancouver Award

Eligibility Requirements:

- Girls who are currently between the ages of 14 and 18,
- resides or volunteers in Vancouver or Richmond,
- have demonstrated initiative in both identifying a problem and trying to solve it, and
- have had significant and noteworthy accomplishments as volunteers

How to Apply:
Apply online at www.SoroptimistVancouver.org by **February 28th, 2026**
Questions: awards@SoroptimistVancouver.org (Committee Chair: Shelly)

Join us at **Explore CapU**

Take the next step toward your future

- Discover how CapU fits with your goals and interests
- Have conversations and equality about transfer on learning, careers and choosing a school
- Learn about programs, financial awards, advising and admission
- Explore the support that is waiting for you - we'll get started on the spot!

Info Night
Burnaby Vancouver Campus
Thursday, February 26, 2026
6:00 - 7:30 pm

Open House
Surrey/Capitol Campus
Saturday, March 7, 2026
10:30 am - 3:00 pm

Capilano University | www.capilano.ca

KPU Discovery Days
Ever wondered what it's like to be a university student for a day? Now's your chance to find out!

Join us at KPU Discovery Day for a fun-filled experience with interactive activities to help you explore the educational path that's right for you.

- MOCK CLASSES:** Participate in workshops and lectures with KPU instructors.
- CAMPUS TOURS:** Get to know our beautiful campus and university life.
- NETWORKING:** Connect with peers, students, faculty, and advisors.
- FREE FOOD:** Enjoy complimentary pizza and snacks.
- PRIZES:** Receive a free t-shirt, a chance to win AirPods, and more!

Spend your Pro-D Day with us! We hope to see you there!

LANGLEY
KPU Langley Campus
Monday, February 9, 2026
11 am to 3 pm

RICHMOND
KPU Richmond Campus
Friday, February 20, 2026
11 am to 3 pm

SURREY
KPU Surrey Campus
Friday, February 20, 2026
11 am to 3 pm

FREE to attend!
RSVP: KPU.Discovery.Days

604.599.2020 | study@kpu.ca | kpu.ca/discovery-days

INFO WEEK
February 2 - February 6

Langara Info Week
Langara College Main Campus, West Broadway Centre

Check out program information sessions and trial classes. Learn about programs, student services, student life, and more. Meet instructors, staff and recruiters, and get answers to all your questions.

Register and attend Info Week for your chance to win a Nike gift card valued up to \$250. You can also apply for FREE as an Info Week attendee.

FEB 2 - HEALTH programs (incl. Food & Nutrition, Kinesiology, Reg. Massage Therapy, Health Sciences, Dental)

FEB 3 - ARTS programs (incl. Design Formation, Photography, Creative Writing, Journalism, Digital Media & Design, Music Production, Theatre)

FEB 4 - HUMANITIES & SOCIAL SCIENCES, AND LIBRARY & INFO TECHNOLOGY

FEB 5 - SCIENCE & TECHNOLOGY (Engineering, Math, Bio, Biotechnology)

FEB 6 - BUSINESS

Sign up NOW



Grade 11 and Grade 12 Students

UNIVERSITY OF CALGARY

COME SAY HI!

A member of the Student Recruitment Team will be visiting your school. Learn about university life, programs, admission requirements, awards and more.

Where: **Thursday April 23rd**
Where: **Burnett Library Lab**

Start something.

LEARN MORE
www.ucalgary.ca/first-year-students/langarainfo



VOLLEYBALL DROP-IN

AGES 11-18 YRS

STARTS JAN. 9, 2026

WESTWIND ELEMENTARY SCHOOL
FRIDAYS 7:45PM - 9:15PM

TO SIGN-UP:

- PHONE 604-238-8080 BETWEEN 6:45PM - 7:15PM
- KNOW RICHMOND CLIENT ID NUMBER BEFORE CALLING

FREE WITH STEVESTON YOUTH FACILITY PASS 2 (\$7/YEAR) OR PRETEEN FACILITY PASS (FREE)



REGISTERED BASKETBALL VISIT

AGES 11-18 YEARS

WESTWIND ELEMENTARY SCHOOL
SUNDAYS 12:30PM - 1:45PM

REGISTER ONLINE ONE WEEK IN ADVANCE AT 12PM AT RICHMOND.CA/REGISTER

- Jan 11th - Event ID# 00490493
- Jan 18th - Event ID# 00490495
- Jan 25th - Event ID# 00490503
- Feb 1st - Event ID# 00490594
- Feb 8th - Event ID# 00490605

FREE WITH STEVESTON YOUTH FACILITY PASS 2 (\$7/YEAR) OR PRETEEN FACILITY PASS

NEW!



BOSA CONSTRUCTION LEGACY SCHOLARSHIP 2026

Fully Funded BCIT Carpentry Apprenticeship



Official application window opens: March 2026

BUILDING THE FUTURE: CARPENTRY APPRENTICESHIP

Bosa Construction is searching for 4 passionate high school graduates looking to pursue their Carpentry Apprenticeship through BCIT.

Bosa Construction specializes in large-scale residential and commercial projects, from high-rises to community developments. Apprentices gain hands-on experience in carpentry, formwork, and other key construction tasks while learning directly from experienced professionals.

SCHOLARSHIP HIGHLIGHTS:

- Assured Employment at Bosa Construction**
Our apprentices become valuable team members, a commitment that extends beyond the program.
- Continuous Full-Spectrum Support**
From day one, our dedicated team is here to assist you throughout your educational and professional journey.
- Expert Industry Mentors**
Learn from the best in the business as they guide your development.
- Smooth Program Progression**
Partnered with BCIT, we offer timely advancement through apprenticeship levels.

Visit www.bosaconstruction.com/careers

www.bosaconstruction.com Questions? email@bosaconstruction.com (604) 252-1324

FANEXPO VANCOUVER

SOUTH ARM COMMUNITY CENTRE

TRAVEL TO THE VANCOUVER CONVENTION CENTRE TO BE PART OF THIS WORLD OF SCI-FI, ANIME AND GAMING. ENJOY AN INCLUSIVE AND FUN EXPERIENCE AT ONE OF THE BIGGEST FANDOM EVENTS IN VANCOUVER! TRANSPORTATION AND ADMISSION INCLUDED.

MONDAY
FEBRUARY 16
9:45AM-4:45PM
13-17YRS
\$61.00/1 SESS
#00466280

REGISTER ONLINE AT WWW.RICHMOND.CA/REGISTER, BY PHONE AT 604-276-4300 (MONDAY-FRIDAY 8:30AM-5:00PM), OR IN-PERSON DURING FACILITY HOURS.

South Arm Community Centre
8880 Williams Road
604-238-8080



LEARN & EARN YOUR WAY TO A GREAT CAREER!

ALL NEW YEAR PRIZES

START YOUR CAREER JOURNEY WITH INSPIRING MEDIA AND INTERACTIVE ACTIVITIES. EARN YOUR BADGE FOR A CHANCE TO WIN!

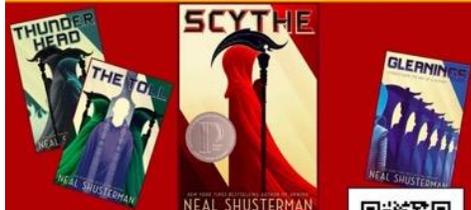
EDGEFACTOR




Teen Book Club

Hosted by the Teen Ambassadors

TEENS



Sunday, February 8, 2026
Time: 3:30pm—4:30pm
Location: Brighthouse, Kids' Place Program Room
Registration Required

Join us at a book club for, created by, and run by teens! Everyone is encouraged to share their thoughts and make connections in an inclusive community for all. For ages 12-18.

This month, we'll be discussing *Scythe* (book 1) by Neal Shusterman. In this dystopian novel, two teens must come to understand their future as scythes: professional reapers who ensure humans remain mortal in a world where humanity has conquered death.

During the program, we'll have:

- Discussion about the book in a friendly, low-pressure environment
- Game and activities like trivia games
- Snacks!

The program is created and led by the Teen Ambassadors.
yourlibrary.ca/events




CALLING YOU TO VOLUNTEER

Join us in supporting Children, Youth, and Families to thrive and reach for their dreams

Help Needed

Charity #: 13940 7670 RR0001

- Homework Club
- Tech Class for Seniors
- Childcare Program
- Tax Clinic / CVITP
- Indigenous Program
- Event Coordination
- Office Administration
- Youth Focus Group

TOGETHER, WE MAKE A BETTER WORLD

Let's Connect!



604-271-7600
www.ccssociety.ca
volunteer@ccssociety.ca




NOT ALL HEROES WEAR CAPES— SOME CARRY SHOVELS

Snow Angels needed this winter.

Snow Angels are neighbourhood volunteers, organized by the City of Richmond, who support eligible residents with snow removal from sidewalks and walkways.

Make a difference this snowy season by signing up to be a Snow Angel and helping a neighbour in need.

LEARN MORE AND SIGN UP AT richmond.ca/SnowAngels




Steveston HERITAGE SITES

VOLUNTEER WITH US!



Roles include:
Greeters Special Events Dockside School Programs

Curious about the history of Steveston? Looking for a fun way to meet new people, gain hands-on experience, and build useful skills? Britannia Shipyards National Historic Site and the Steveston Tram are now welcoming new volunteers!

Both short-term and long-term positions are available.

For more information and to apply scan the QR code below or contact: 604-238-8038 shsvolunteers@richmond.ca








Application Form - Vancouver International Children's Festival

VICF Volunteer Policies

Thank you for stepping up to join the Children's Festival team! We welcome volunteers of all backgrounds and experiences. We are proud to work with a diverse team. Thank you for considering us.

This application will approximately take 15 minutes. Call or text us at 236-466-1480, or volunteer@childrensfestival.ca if you have questions.

Guidelines

- Volunteers need to be at least 15 years old at the time of their first shift.
- There will be orientation and training on Granville Island before the festival.
- Specialized training for roles such as Hosts, Crew Captains, and Ushers.
 - All training mentioned above will count towards volunteer hours.
- Regular volunteers must do 2 shifts minimum
- Hosts must do 2-3 shifts minimum
- Crew Captains must do 4-5 shifts minimum

Benefits

- Free snacks, treats, and bingo sheets at the Volunteer Centre
- Festival Prize draws for each day of the festival, and Grand Prize draw for volunteers who work over 30 hours
- Standby performance pass - present your badge at a venue before a show. If there's still seats, you get priority to watch for free!
- Wristband to the Activity Village for each day you volunteer. Bring a sibling or a friend!
- Festival t-shirt for volunteers who work over 30 hours, or in specific volunteer roles
- Signed Confirmation for the hours you worked
- School Work Experience forms can be filled out if you have worked 24 hours, or as decided by your school
- Reference Letter for volunteers who work 24 or more hours

Conduct and cancellation policy

Unexplained tardiness, absences, and misconduct will be perceived negatively. Repeated actions may result in:

- Having your shift reassigned
- Losing volunteer benefits
- Further action at the VICF Volunteer Team's discretion

If you cannot make a shift which you have confirmed, call or text us at 236-466-1480, or volunteer@childrensfestival.ca. Please inform us of issues to your being able to fulfill/complete a shift.

Final Tips

- Please ensure that volunteer@childrensfestival.ca emails do not go to spam. We communicate with email and phone/text. Please register using an email address and phone number that you check and use regularly.
- We offer support for high school students to request time off from school. Ask us for a letter that you can show your teachers!
- Our festival happens during peak tourist season - watch for construction, unstable weather, traffic, sinkholes, and more. We are not able to reimburse transportation.

Further in this application process, we will ask you for personal information. This will help us communicate with you and place you in the most appropriate positions. Your personal information and photo will not be displayed publicly, nor will it be reproduced or distributed.

NEW! Mental health resources for families

Topics:

- Anxiety
- Substance Use
- Navigating Family Transitions
- Eating Disorders
- Grief and Loss
- OCD
- Self-Harm
- Suicide Prevention

Videos and information available for the following languages and cultural groups:



Find resources at:

kellymentalhealth.ca/multilanguage



FOUNDRY RICHMOND

Coping Skills Group

Willingness is listening very carefully to your Wise Mind, and then acting from your Wise Mind.

Weekly Group: Feb. 25 - Apr. 15

Ages 13-18

Wednesdays, 4pm-6pm
8 sessions

Learn:

- Mindfulness Skills
- Emotion Regulation Skills
- Distress Tolerance Skills

Email: Ajay.Sahota@vch.ca
or text 604-250-5461 for info/to self-refer



Coping Skills Group

(Dialectical Behaviour Therapy - Informed)



Groups offered every season



In-person at Foundry Richmond

Willingness is listening very carefully to your Wise Mind, and then acting from your Wise Mind.

This group provides youth with a sampling of coping skills (DBT informed) to help gain a better understanding of mindfulness, how to better regulate emotions and how to tolerate distress. This is a psychoeducational group, meaning that you will learn and practice skills in the group and talk about how you can apply or have applied these skills in your life. This is a skills-based group for youth who have difficulty regulating emotions. It is not a support group where you share details around your life. Completing optional weekly homework assignments increases effectiveness of skills learned. If suicidality (e.g. high risk suicide and recent hospitalization) and frequent substance use is a primary concern, this group service may not be suitable for you. Exceptions can be made if you are working regularly with a primary clinician/counselor who is willing to collaborate with the group facilitator to ensure effectiveness of treatment.

- 8 Sessions (2 months), 2 hours in duration
- Once a week (not on holidays)
- Participants will get a workbook/weekly assignments for their personal growth
- Age eligibility 13-18 years old
- Location: 101-8111 Cooney Rd, Richmond (Richmond Foundry)

Call/text/email to self-refer to group:
604-250-5461
Ajay.Sahota@vch.ca



- Week 1: Mindfulness - Wise Mind
- Week 2: Mindfulness - WHAT and HOW skills
- Week 3: Emotion Regulation - Model for Describing Emotions
- Week 4: Emotion Regulation - Checking the Facts
- Week 5: Emotion Regulation - Opposite Action
- Week 6: Emotion Regulation - Problem Solving
- Week 7: Distress Tolerance - Pro/Cons, STOP
- Week 8: Distracting, Self-Soothing, Improving the Moment, TIPP

FOUNDRY RICHMOND MindShift CBT Group

Cognitive Behavioural Therapy Program delivered by Vancouver Coastal Health

Ages 13-18

Weekly Spring Group:
8 Sessions
Feb. 23-Apr. 20th
(no group Apr. 6)

Mondays from 4pm-6pm



What you'll learn:

- Learn how anxiety works and why people experience it
- Manage anxiety using the free Mindshift CBT app
- Strategies to help reorient thinking, take action, and make lasting positive change

Cell phone & Mindshift App required for group

Call/text to Self-Refer: 604-250-5461
For more information email: Ajay.Sahota@vch.ca

RVS RICHMOND VIRTUAL SCHOOL

Online learning from K-12

Our mission is to provide blended courses that respond to the needs of Richmond students with flexibility, quality and service. As a result, RVS has one of the highest completion rates in BC!



RVS Offers:

- Academic & Elective Courses
- Programs for K-12
- Fast-Track Summer Semester 3
- Dance & Athlete Programs, AP Psychology, Entrepreneurship, Leadership, Cybersecurity, Work Experience and more!



richmondvirtuallschool.ca
Call 604-668-6371 | Email rvs@sd38.bc.ca



FAMILY AND COMMUNITY SERVICES - GROUP PROGRAM CHINESE PARENT SUPPORT GROUP 風雨同路家長互助小組 2025 - 2026 GROUP ACTIVITIES SCHEDULE 活動計劃

DATE	ACTIVITIES
September 10	親子與青少年心理發展與自我認同發展：自傳文化中大六 - 父母與知識的爭 Child and Adolescent Development & Identity Formation - Growing Up Between Two Cultures: What Parents Need to Know
September 24	親子與青少年心理發展與身份認同：跨越兩個世界 - 孩子的文化認同與歸屬 Child and Adolescent Development and Identity Formation (Part 2) Bridging Two Worlds - Building Cultural Identity in Children
October 8	探索青少年面對的世界：網路霸凌 Exploring the World of Adolescents: Cyberbullying
October 22	探索青少年面對的世界：校園霸凌 Exploring the World of Adolescents: School Bullying
November 12	探索青少年面對的世界：電子遊戲、社群媒體與網路成癮 Exploring the World of Adolescents: Video Game / Social Media Addiction
November 26	探索青少年心理健康：主要憂鬱症 Child and Adolescent Mental Health: Depression (Major Depressive Disorder)
December 10	探索青少年心理健康：社交焦慮 Child and Adolescent Mental Health: Social Anxiety Disorder
January 14	探索青少年心理健康：注意力不足過動症 (ADHD) Child and Adolescent Mental Health: Attention-Deficit/Hyperactivity Disorder
January 28	探索青少年心理健康：過度完美主義與成就障礙 Child and Adolescent Mental Health: Understanding Perfectionism
February 11	認識代際情緒傳遞，建立健康的家庭 Understanding Intergenerational Emotional Transmission and Building an Emotionally Safe Family
February 25	父母自我照顧：情緒與溝通管理 (上) 認識與照顧青少年 Parental Self-Care: Anger Management (Part 1) - Understanding Anger and Conflict
March 11	父母自我照顧：情緒與溝通管理 (下) 學習處理青少年 Parental Self-Care: Expressing and Regulating Emotions (Part 2)
March 25	父母自我照顧：情緒與溝通管理 (下) 學習處理青少年 Parental Self-Care: Recognizing Anxiety and Practicing Self-Compassion
April 8	親子衝突管理：從「衝突」到「對話」- 華人家庭衝突與調解 Parent-Child Conflict Management: From Obstacles to Dialogue - Rethinking Parenting in Chinese Families
April 22	親子衝突管理：如何面對青少年與家長的挑戰與應對行為 Parent-Child Conflict Management: Navigating Teen Challenges and Defiant Behaviors
May 13	親子衝突管理：如何面對青少年與家長的挑戰與應對行為 Parent-Child Conflict Management

S.U.C.C.E.S.S.

風雨同路華語家長互助小組 CHINESE PARENTS SUPPORT GROUP



歡迎16-19歲青少年子女家長參加學習及交流養育子女的心得
Parents of children aged 6 to 19 are welcome to join
ZOOM 10:00A.M. - 11:30A.M.

每月第1及第4個星期三 (2025年9月 - 2026年6月)
普通話 | 費用全免 (Mandarin | Free of Charge)

家庭及青少年輔導部: CAROL SHU | 604-335-2832 | CAROL.SHU@SUCCES.S.BC.CA



PSYCHOLOGIST (BC CHILDREN'S HOSPITAL)

DR. JANET MAH

How to Prevent Eating Disorders in Your Child?

如何預防孩子患上飲食失調症?





Our Program

RTRA provides therapeutic riding lessons for children and youth with disabilities in order to promote physical, social and psychological well being.

Lessons are taught by certified Therapeutic Riding Instructors. Lessons are run Monday to Thursdays. Most lessons are semi-private and 30 minutes long.

Benefits of Therapeutic Riding

Therapeutic Riding is a unique form of therapy that provides many benefits including improved muscle tone and strength, development of mobility, increased concentration and improved learning skills, independence and a sense of achievement, the development of self confidence and self esteem.

Contact us for more info!

604.241.7837
info@richmondtherapeuticriding.com
www.richmondtherapeuticriding.com

Volunteer with Richmond Therapeutic Riding



RTRA is a non-profit organization that provides therapeutic riding lessons for children and youth with special needs.

Volunteers help in lessons to provide support to our riders, help them feel safe and gain a sense of achievement.

Our lesson program runs:

Mondays 9:30 - 1:00 & 2:30 - 5:30

Tuesdays 2:30 - 5:30

Wednesdays 9:30 - 1:00 & 2:30 - 5:30

Thursdays 9:30 - 1:00

If you would like a rewarding experience working with youth and horses for a few hours a week please contact us to set up an orientation and training session.

No experience required just enthusiasm and reliability! Must be 16 years or older.

Please contact our Volunteer Coordinator at volunteer@richmondtherapeuticriding.com
 Or check out our website:
richmondtherapeuticriding.com

VOLUNTEER INTERPRETERS NEEDED

The Richmond School District is seeking individuals who are fluent in English and other languages to join our Volunteer Interpreter Team.

Help strengthen communication between schools and families by providing language support during parent teacher conferences. Your involvement helps ensure every family feels welcomed and informed.

Training is provided.
 All languages welcome.



To express your interest, please email your CV before January 16, 2026 to: culturalinterpreters@sd38.bc.ca

[sd38.bc.ca](https://www.facebook.com/sd38.bc.ca)

RICHMOND
 SCHOOL DISTRICT NO. 38



BECOME HOMESTAY at the RICHMOND SCHOOL DISTRICT

Be a host for an international student for a month, semester or year. Richmond International Education (RIE) Homestay Program is looking for local families to offer a welcoming home.

Contact us to find out more about this enriching opportunity.

study@sd38.bc.ca 604-668-6217

