



# DeBeck News

<https://debeck.sd38.bc.ca> Twitter: @debeckdragons



**Howard DeBeck  
Elementary**

8600 Ash Street  
Richmond, BC  
V6Y 2S3

**Kathy Pantaleo**  
Principal

**Cori Anderson**  
Vice Principal

**School Schedule:**

8:40 - Welcome Bell  
8:45 – Classes Begin  
9:55 - 10:10 Recess  
12:00 -12:50 Lunch  
2:45 - Dismissal

## Dec 5th - 9th Week at a Glance

Monday	Hot Lunch - Sushi
Tuesday	
Wednesday	PAC Meeting @ 6:30 pm
Thursday	
Friday	

Dear Families,

Today you will receive an email from the Richmond School District with your login ID and temporary password to access the MyEducation BC Parent Portal. Each parent or guardian will receive their own separate account, and the emails are linked to what we have on file here at the school to receive emails. The MyEducation BC Parent Portal will be the site where you can view attendance, contact information, and published report cards. This year we will be using the MyEducation BC Parent Portal to publish all of the report cards at DeBeck. We know that this is a change, and that some families may have difficulty accessing this new system. We will also be sending home paper copies of report cards for all students on Wednesday, December 14th.

Please know that MyEducation BC is a secure student information system that most school districts in the province of B.C. use. The security is guided by the rules and regulations of the School Act and Freedom of Information and Protection of Privacy Act.

If you're having difficulty accessing your new account, please send an email to [debeck@sd38.bc.ca](mailto:debeck@sd38.bc.ca).

If you have any questions, please do not hesitate to contact us at [kpantaleo@sd38.bc.ca](mailto:kpantaleo@sd38.bc.ca) or [coanderson@sd38.bc.ca](mailto:coanderson@sd38.bc.ca).

Wishing you all good health,

Kathy Pantaleo and Cori Anderson

## Important Dates!

Dec 5	Hot Lunch - Sushi Lovers
Dec 7	PAC Meeting @ 6:30pm
Dec 14	Winter Fun Day!
Dec 14	Paper Copies of Reports sent home to families for all classes
Dec 15	Winter Sing-a-long Concert with families
Dec 16	PJ Day!
Dec 16	Last Day of School



# Kindergarten Registration

NOV • DEC • JAN

[www.sd38.bc.ca/kindergarten](http://www.sd38.bc.ca/kindergarten)

DeBeck PAC Meeting  
Dec 7, 2022 @ 6:30 PM

<https://us06web.zoom.us/j/81212383366?pwd=Ry8rOERVR25lO G5RelBGdTdiMGIEQT09>

Meeting ID: 812 1238 3366  
Passcode: DeBeck

## Snacks and lunches at School

With the rising cost of food at grocery stores, we would like for families to know that we can access gift cards and food delivery support from an organization called 'Backpack Buddies'. If you would like to access these resources, please email [kpantaleo@sd38.bc.ca](mailto:kpantaleo@sd38.bc.ca), and we can work out options. We also have snacks available in each class for students if they are hungry. If you're having a hard time during this busy time of year packing snacks and lunches for your kids, we created an infographic based on the Canada Food Guide to use as a reference.



## HEALTHY LUNCHES

Sending your child to school with healthy snacks helps by providing the energy they need for learning throughout the day.

1



### Plan ahead with your kids

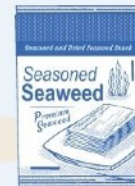
On the weekend, plan ahead snacks and put the snacks in containers that are easy for them to open.

2



### Provide Variety

Packing a few snack options will help children if they get hungry during the day.



3



### Bring a water bottle to school

We have two water bottle filling stations at DeBeck that students can access.

4

### Make healthy foods the routine

Every day try to pack lunches that offer fruit and vegetables, whole grains and protein.



Interested to learn more?

Look at the Canada Food Guide:

<https://food-guide.canada.ca/en/tips-for-healthy-eating/school/>