



Garibaldi Secondary School Newsletter

Sept 2023

SD 42 Supplements

<https://gss.sd42.ca/>

Foundry Ridge Meadows Wellness Drive

SEPTEMBER 18TH TO OCTOBER 13TH

Drop off at Foundry or participating SD42 Schools

Foundry Ridge Meadows provides free support for mental health, substance use & more to youth aged 12 – 24 years.

Throughout our center, we offer comforting items to our young people, but our supplies are running critically low. We're thrilled to announce our partnership with SD 42 DPAC to restock these essential items.

We kindly request donations of new and unused comforting items such as drink boxes, treats, toothbrushes, toothpaste, floss, deodorant, hair care products, soap, lip balm, makeup, and similar essentials.

Your support is greatly appreciated. Thank you.



GSS Newsletter

Fall 2023



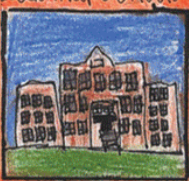
Healing Journey Continues Through Truth and Reconciliation

The focus of this year's event is "Healing Through Drumming". Activities include performances by Indigenous drum groups and performers, special guest speakers, a variety of onsite vendors, orange shirt painting, the creation of a community art project, supporting drum circles, sharing information about supports in the community and creating a safe place for those impacted by the residential school system to come together and share and witness through stories. Organizers are also looking for volunteers.




Healing Journey Continues Through **Truth** And **Reconciliation**

Residential Schools




Many Indigenous children were taken from their families because the government wanted them to be stripped of their culture. Many kids were tortured and even killed.


What Does Truth and Reconciliation Mean?
To me it means making amends and realizing what we did wrong.



Child Welfare



The Truth and Reconciliation Commission of Canada's first call to action was making sure Indigenous kids were in appropriate environments. This has helped many children across Canada.



Memorial Peace Park in Maple Ridge

September 30, 2023 | 10:00am - 2:30pm

HOSTS



SPONSORS



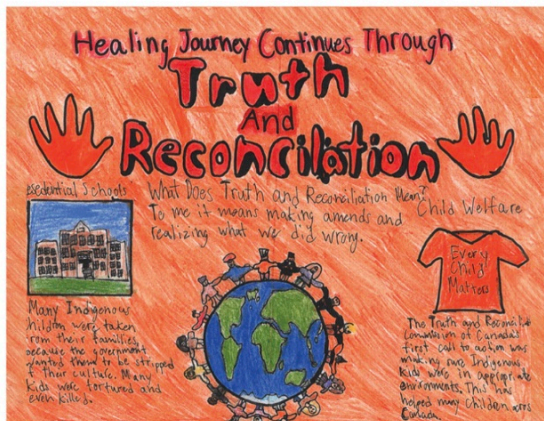
COMMUNITY PARTNERS



SEPT 30TH, 2023 TRUTH & RECONCILIATION

VOLUNTEERS NEEDED!

~ EVERY CHILD MATTERS ~



**MEMORIAL PEACE PARK in
MAPLE RIDGE**

**EMAIL THE FOLLOWING
TO:**

uwijeratne@plea.bc.ca

- **FULL NAME**
- **PHONE NUMBER**
- **VOLUNTEER POSITION
INTERESTED IN**

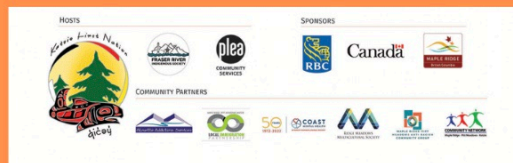
**We look forward to
meeting You!**

**Volunteer Shifts:
8:00AM - 4:00PM
WE NEED HELP WITH:**

- set up (8-10am)
- take down (2-4pm)
- waste and recycle (10-4pm)
- food distribution (10-2pm)
- support for Elders (10-3pm)
- support for activity & resource
tents (10-3pm)
- stage runners (9:30-3pm)

-Must be 16 yrs and older-

**FOOD & BEVERAGE
AVAILABLE FOR VOLUNTEERS.**



GSS Newsletter

Fall 2023



Fall 2023 Pitt Meadows Parks, Recreation and Culture Opportunities

Fall Programs Are Here!

Our fall program guide is now available online and is now available in print. Browse the City of Pitt Meadows Parks, Recreation & Culture Guide for a variety of activities and programs for all age groups! **Registration for fall programs opens on August 1 at 8 am.** Visit pittmeadows.ca/programguide for details.

Low-Cost Activities at Pitt Meadows Family Recreation Centre:

Parent & Child Playtime

Looking for an indoor activity? PMFRC offers low-cost [Parent & Child Playtime](#) in the gymnasium on Mondays and Wednesdays (10-11:45 am) and Saturdays (9-11 am) for only \$1 per child.

Value Times at the Fitness Centre

Work out at the fitness centre during our value times. It's only \$1 for youth (13-18Y) and seniors (60Y+) and \$2 for adults (19-59Y). Value times are:

Tuesday 10-11:30am, Wednesday 8:30-9:30am, Thursday 6-7am and Saturday from 3-6pm.

Multisport 13Y+

Drop-in for Multisport on Fridays from 3-5pm, it's only \$1 for youth (13-18Y).

Group Fitness 16Y+

Drop-in for a Strength & Stability group fitness class on Thursday mornings from 8:50-9:50am. It's only \$1 for youth 16-18Y and seniors (60Y+) and \$2 for adults (19-59Y).

Youth Lounge at Pitt Meadows Family Recreation Centre!



This safe place is for youth ages 11-18 years old. For an annual membership of \$10, youth members can access the Youth lounge and enjoy activities such as billiards, foosball, table tennis, PlayStation pods, retro arcade games, Nintendo Switch and special events. For details visit www.pittmeadows.ca/youth.

Free Programs

There is a variety of free programs available. Parent & Child Mother Goose, Let's Play, Storyblanket, and Art Workshops. Visit pittmeadows.ca/programguide and view the guide for full details.

Public Skates & Winter Wonderland Skate

Pitt Meadows arena will offer \$1 Pro-D Day Skates on October 2, 3, 20 & November 13 from 12pm to 2pm. There will be a FREE family skate happening on October 9. The Winter Wonderland Holiday Skate Event is back, on December 22 and 23. [View the fall guide](#) for details or visit pittmeadowsarena.com.

Reminder!

The Pitt Meadows Family Recreation Centre will be closed for the [Annual Maintenance Shutdown from August 28 through September 10](#). Fall program registration will still be available [online](#). For questions call 604.465.2452.



LOOKING TO GET INTO UNIVERSITY?



Sign up for the U & Me Mentorship program!

Grade 10-12 students eligible

Program offerings:

- 1-on-1 application support and general advising
- Mentorship discord server
- Networking events, webinar, open Q&A
- Monthly newsletters with scholarship resources, advice on university applications, volunteer opportunities, and more



Looking for more information?
Visit our website:
or find us on instagram @university.me



**U&ME
MENTORSHIP
ASSOCIATION**



GSS Newsletter

Fall 2023





Ridge Meadows RIVERS DAY

Celebrate BC's heritage river at the
30th annual FREE family event!

SUNDAY, SEPTEMBER 24, 2023
10:30AM - 2:30PM

ALLCO Park, 13255 Alouette Rd, Maple Ridge

 Live Entertainment

 Salmon Cookies

 Honeybees

 Carnival Games

 Face Painting & Balloon Animals

 Taa Daa Lady & Nylon Zoo

 Hot Dogs & Refreshments

 Northern Spotted Owl on site!

.....**AND LOTS MORE!**

Questions? Want to **VOLUNTEER** this year? Contact us!
www.alouetteriver.org | sophie@alouetterover.org | 604-467-6401



INNERGEX

Renewable Energy.
Sustainable Development.



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