

April 10, 2015



## HPAC News

Friendly reminder...it's been several weeks since we prompted you to say "Highlands Elementary School" before you buy anything at COBS Bread in the Village. HPAC will receive **5%** of all purchases.

Here's this week's news...

*If you would like to include any information in the weekly HPAC News, please forward your submission to [kirstiepirie@yahoo.com](mailto:kirstiepirie@yahoo.com) by Wednesday afternoon.*

### This issue:

- April 7 HPAC Meeting Minutes
- Executive Opportunities
- Natural Playground
- Talent Show
- Parent Seminar
- Walk & Wheels
- Spring Plant Sale
- Spring Fair
- In the Community

### April 7 HPAC Meeting

It was a full agenda and a well-attended meeting. If you missed it, the draft meeting minutes are now available on the [HPAC web site](#) and are also attached [here](#). Summaries of the two presentations, in addition to the regular HPAC business, are included in the minutes.

### Highlands PAC Executive Opportunities

Do you want to know firsthand what's going on in your school and community? Connect with other parents and the school administration? Gain a voice in what's happening at Highlands? Have the opportunity to give back, even in a small way, to the school that has done and continues to do so much for our kids? Highlands PAC executive representatives do that every week of the school year.

We still need volunteers to take on the roles of [President](#), [Vice President](#) (or two Co-Chairs), [Fundraising Coordinator](#) and [Safety Coordinator](#). [ Specific job descriptions linked to each position.]

Yup, all of us are busy. Many of us have full time jobs and small children. But ask any of the existing Executive members if they thought the experience was worth the effort, they

would all say “Absolutely” (while simultaneously thanking the coffee gods for caffeine).

And if nothing else, you will keep the PAC from having to give up \$40k in cash. Yes, these positions need to be filled otherwise all funds in the HPAC account (currently over \$40,000 in contingency funds) would be donated to charity.

So, if you want a rewarding position that helps make our community a better place and keeps a very large amount of hard earned money in our coffers for our kids, please come talk to us. The school and our kids need you.

If you are interested or have any questions about any of these roles, please contact Dana at [danacave@gmail.com](mailto:danacave@gmail.com) or Brandy at [brandyhughes@gmail.com](mailto:brandyhughes@gmail.com).

**Elections will take place at the AGM on Tuesday, May 12.**

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## Highlands Natural Playground Update

The Natural Playground Committee presented the playground designs during this week's HPAC meeting. The project proposal was completed and submitted to the School District for their review this week as well. It should take several weeks until we hear back from them, but we are hopeful the project will be approved.

We've worked out a discounted construction and maintenance cost plan with Great Canadian Landscape Company (owned/operated by a fellow Highlands parent volunteer). This was also included with the proposal as part of the District's maintenance plan requirements. Once the project is approved by the School District then the project budget and maintenance costs will be put forth during this Fall's budget meeting and fundraising can begin!

We have a strong list of 30+ playground maintenance volunteers (thank you!!) but could always use a few more.

For more info or to add your name to the annual maintenance crew, please email [tracey@gloriousday.com](mailto:tracey@gloriousday.com).

## Talent Show - Tuesday May 5

The auditions are currently underway for the Talent Show on Tuesday May 5 at 7pm. Highlands definitely has a lot of talent!

This year the show will be held at the BlueShore Financial Centre for the Performing Arts at Capilano University. **Tickets are limited and will go on sale Monday, April 20 so be sure to get yours early!** Watch the HPAC website and school posters for details. \$5 for adults and \$3 for students.

There will also be a raffle and 50/50 draw so bring your cash! We need about 5 additional volunteers to help out backstage. Please email Amanda or Molly at [clarkamanda@shaw.ca](mailto:clarkamanda@shaw.ca) or [molly\\_s@shaw.ca](mailto:molly_s@shaw.ca) if you would like to help.

## **What If Your Relationships Were Better?**

### **HPAC Parent Education Seminar**

Wednesday, April 22 7:00 - 8:30pm

Highlands Library

Jacquie Stebbings is a parent with daughters at Ross Road (grades 1 and 3) and a grade 5 son at Kenneth Gordon. She is a Certified Personal Life Coach committed to helping people make lasting changes in their communications and in their relationships. Jacquie began her coaching career in 2003 while also operating a brain injury rehabilitation company she established in 1996.

Originally Jacquie used her coaching skills to help her staff & her clients create better work/life balance — today she wants to help people discover what it takes to positively transform their relationships. Always interested in people and how they relate, Jacquie continues to enhance her ability to support others through her on-going study into what is at the heart of relationships that work.

Please register on Eventbrite with the following link:

<https://eventbrite.com/event/16321317500/> by April 21.

Seminar is by donation. All monies collected at the door will be used towards new library books.

Tickets are limited due to room capacity so please RSVP quick to avoid disappointment!

## **Walk and Wheels has begun!**

**Thursdays: April 2 - May 7**

The second Walk and Wheels was held yesterday with students and parents choosing to leave the car at home and walk, bike or scooter to school.

*Congratulations to Divisions 7 (Sherlock) and 11 (Reeves/Svenhard) for being awarded the Golden Sneaker yesterday!*

Those who live a little too far away can park a few blocks from the school and join the fun anyway. Exercise, fresh air, community spirit and concern for the environment are a few of the many reasons we love to Walk and Wheel to school.

Tokens are handed out to Walk and Wheels participants at the front of the school. Students then place the tokens in the division boxes for counting. And if that isn't enough incentive, the famous **Golden Sneaker Trophies** are awarded to both the Primary and Intermediate classes with the most participation each week!

But let's not stop at Thursdays...make every day a Walk and Wheel day!

Click on this link to learn more about the benefits of walking your children to school:

<http://ow.ly/KO5C7>

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## **Spring Plant Sale**

**Order deadline: Wednesday, April 29**

A great way to brighten up your patio, kick start your garden, or give a "thank you" to mom or someone special. These products are beautiful and the quality is outstanding. Order now and receive yours just in time for Mother's Day (May 10)!

Order here: <http://highlandselementary.plants4nonprofit.com>

## **Highlands 3rd Annual Spring Fair**

**Saturday, May 9<sup>th</sup> 12:00 - 4:00 pm**

Don't miss out on Highlands Spring Fair! This community event is fun for all ages so invite your family and friends! The excitement includes Carnival Games, Bouncy Castles, Velcro and Climbing Walls, Basket Raffles, Ponies, Dunk Tank, Photo Booths, BBQ + Concession... plus much more!

Pre-ticket sales will begin towards the end of April. Please watch backpacks for details.

Parents or kids interested in **volunteering** for a fun and easy one-hour shift at the fair should email [danacave@gmail.com](mailto:danacave@gmail.com). Thanks in advance for your support of Highlands Elementary!

### **Student Entrepreneur Fair:**

There will be an Entrepreneur Fair at the Spring Fair this year. Interested young business people were given the [attached entrance form](#) that needs to be submitted by May 1, 2015.

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## **In the Community...**

### **Daffodil Days Volunteer Spots Available**

April is Daffodil Month. Volunteers are needed to help the Canadian Cancer Society sell daffodils and pins at Capilano Mall, Lonsdale Quay and Park Royal.

Volunteer Days: April 11 & 12

To sign up or for more information, please call or pop by to see Elsie at Highlands Kidsclub 604 985 6958.

### **Foods That Fit**

**Wednesday, April 15 5:00 - 8:30 pm**

Free, interactive workshop presented by the Vancouver Coastal Health in cooperation with North Vancouver Parent Advisory Committee.  
Information Poster

## **BeTheChange@North Shore - Pre-Teen Conference**

(For youth in grades 6 and 7)

Saturday, April 25 10:00 am - 3:30 pm

[Information Poster](#)

[www.connectforkids.ca](http://www.connectforkids.ca)

## **Save the Date - Cheakamus Centre (Outdoor School) Open House**

Sunday, May 3

Open House provides a great opportunity for parents to see first-hand what Cheakamus Centre is all about - and also have a fun, family day in nature. For further information, please see the poster on the NVPAC [blog](#).

## **Unwrapping Bubble Wrapped Kids: The Power of PLAY**

Monday, May 4 7:00 pm (\$5)

Centennial Theatre

Learn more about the importance of play, especially risky play, to children's growth and development. Parents and anyone concerned about the need for quality play for children and youth will find this event interesting and informative. After the keynote presentation a panel will discuss 'risky play' and potential steps to enhance play opportunities for all children. A question and answer session will wrap up the evening.

Registration is required:

<https://econnect.northvanrec.com/ereg/Activities/ActivitiesDetails.asp?aid=3892>

## **44 Dresses**

Organized by Sofia Bella in Edgemont Village, 44 Dresses is dedicated to empowering and celebrating grade 7 girls from North Vancouver by providing gently used dresses for their school farewell ceremonies. Click [here](#) for more information.

If you would like to donate a dress or to volunteer, please contact Elena at [44dresses@gmail.com](mailto:44dresses@gmail.com).