

February 20, 2015



## HPAC News

Thank you to the parents who volunteered for **Family Bingo Night** last week and helped make the night a success! 150 students and their families filled the gym for a fun night together. As a bonus, the Grade 7s raised approximately \$600 from the bake sale and raffle baskets.

Please remember that on Wednesday, February 25, students will be released at 2:00pm for Staff Collaboration.

Now, onto the news (it's another full one) ...

*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:

- Family Bingo Night Summary
- Pink Shirt Day / Growing Kindness
- The Card Project
- Purdys Chocolates / Grade 7 Fundraiser
- Revised HPAC Directory Now Online
- Christmas Market Donation Update
- NVPAC Meeting, Feb 25
- In the Community

### **Pink Shirt Day / Growing Kindness**

Wednesday, February 25

Please encourage your child/children to show support for Pink Shirt Day by wearing pink! This is a Canada-wide Campaign to raise awareness for Anti-Bullying. At Highlands we are focusing on **Growing Kindness**.

If your child doesn't have a pink shirt, they could:

- take an old white shirt and write something on it in pink marker
- wear pink socks
- wear a pink friendship bracelet or hair accessories
- paint their face pink

Watch your inbox next Wednesday - the Kindness Committee will distribute, via email, some 'Tips for Parents' for growing kindness in children.

### **Graffiti the School with Kindness Banner:**

Piggy-backing on Pink Shirt Day, a large pink 'Graffiti the School with Kindness' banner

is now in the school hallway. This will allow the kids to “tag” their kindness message, which could be:

- a wish
- an idea
- a quote
- or a personal story (perhaps someone was kind to you, how did it make you feel? Or perhaps you did something special for someone and you felt very proud, tell us about it.)

Please take this opportunity to discuss Growing Kindness with your child/children so they can leave their mark on the school.

Kindly yours,  
The Kindness Committee

## **The Card Project**

Get Ready.....just as spring is right around the corner so is the The Card Project!

This is a fabulous, creative fundraising opportunity for our school. We receive 25% of all sales. (Last year we raised over \$4500 for the school.)

Each child in the school has submitted a piece of art. Next week, your children will be bringing home a free card that displays their own artwork. You will have the opportunity to order more of your child’s card and also notebooks and sketchbooks.

We will send details of how to order all products online with their free sample card next week. Online ordering will be open Friday, February 27<sup>th</sup> – Sunday, March 8<sup>th</sup>.

Come and see the amazing display in the school foyer next week! Orders will be ready to bring home in early April.

If you have any questions, please feel free to ask!

Kelly Moore ([kelly5495@gmail.com](mailto:kelly5495@gmail.com))  
Meghan Menning ([meghan@menning.name](mailto:meghan@menning.name))

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## **Purdys Easter 2015 Fundraiser**

Online orders due: Friday, March 13

Pick up: Week of March 23

Highlands Grade 7 class of 2015 will be helping the Easter Bunny while fundraising with Purdys!

This program gives 25% of the profit back to the grade 7s for their year-end activities, yearbook, school gift and a charitable donation. You may shop online (preferably) or by order form, inside the catalogue that went home recently.

For any orders made on-line of \$40 or more, you are eligible to win a box of Mini Hedgehogs or a Barnaby Bunny!

Online ordering:

1. Go to [www.purdysgpp.com](http://www.purdysgpp.com)
2. Click "Register" or "Login"
3. Join our group by typing in: 11523
4. **Remember to include your child's class, division and your email address!**
5. Invite your friends and family to join our group and Shop Online!

For questions, please contact Jennifer Williams: [jenniferwilliams@telus.net](mailto:jenniferwilliams@telus.net) or 604-990-7793.

Thank you for your support!

## Revised HPAC Directory Now Online

The HPAC Directory is now complete and online! Thank you to everyone who went online to update your profile and opt Yes or No to being included. Over 80% of Highlands students are included in this version of the Directory.

To view the electronic document, please...

- 1) Log into the [HPAC web site](#),
- 2) Select the 'For Highlands Family Only' option on the left side list, and
- 3) Click on 'Highlands School Directory'.

This is the second and final version of the Directory for the 2014/15 school year.

*Please remember that the Directory is for use only by Highlands families for social purposes, NOT for any business, political or religious solicitation. Under the Protection of Privacy Act, users must not provide information contained within to any other source. Copying and further distribution of this document is forbidden.*

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## Christmas Market Donation Update

As was shared earlier, approximately \$1400 was raised in December at the Santa's Christmas Market. Highlands Student Council worked with school administration and voted to split the money between SPCA & Canadian Red Cross. Thank you again to all the families and volunteers who helped to raise these funds.

### North Vancouver PAC General Meeting

**Wednesday, February 25 7:00 pm**

**5th Floor - 2121 Lonsdale Avenue**

Free parking in underground garage off of 21st Street

All parents are welcome to attend. The meeting will feature these presentations:

- New Trustee Liaison, Franci Stratton, will visit and would like to discuss opportunities for reciprocal communications between the Board and PACs.
- A presentation on self-regulation and the strategies being used within several of the Families of Schools to support this concept.

- The firm ePACT has developed online emergency release forms which are being piloted in some North Van schools. The meeting will include more about this program, including the cost, and be an opportunity to ask questions.

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

**Highlands Preschool Children's Sale**  
**Saturday, February 28th 9:00am - 12:00pm**  
Highlands United Church (3255 Edgemont Blvd.)

One of the largest children's sales on the North Shore is only a few weeks away!

Do you have some gently used kids' toys, gear, etc. to sell? Book a table at: <http://www.highlandspreschool.ca/childrens-sale-2015/>

Minimum \$2.00 donation for admission. Refreshments will be available with a minimum \$1.00 donation per item.

### **Highlands Little League:**

Register now for **Highlands Little League**, playing out of Delbrook Park, before the **February 23** deadline. Boys and girls between the ages of 4 and 15 can join a team and learn about sportsmanship and competition in a fun environment.

Blast Ball for 4 year olds was a huge success for Highlands last year. Fast-paced action and skill development for the little ones. Find out more at [www.highlandsfbaseball.com](http://www.highlandsfbaseball.com).

### **MEND: Mind, Exercise, Nutrition, Do-it!**

A **free**, healthy lifestyle program for children 7-13yrs and their families working together to achieve healthy weights.

MEND empowers children and families to become fitter and healthier together. This FREE program includes family workshops on health topics followed by fun physical activities for the kids. While the children are busy being active, parents can share their experiences about transitioning to a healthy lifestyle.

The program runs twice a week for ten weeks for two hours each session. Post program, families receive free recreation passes to encourage sustained changes. (Note, this program is not a diet or a weight loss program.). This program is funded by Healthy Families BC and supported by BC Parks & Recreation Association and the YMCA of BC & Yukon. North Vancouver Recreation Commission is the host agency.

### **REGISTRATION AND MORE INFORMATION:**

Tracy 604-983-6401 or [wakalukT@nvrc.ca](mailto:wakalukT@nvrc.ca)

**Session #1:** April 8 – June 14 (Wed 5:45-7:45pm & Sun 3-5pm) at John Braithwaite Community Centre

**Session #2:** October – December 2015 (Days & Times TBA), Harry Jerome Recreation Centre

Here is a link to a 4 minute video about the program:

<https://www.youtube.com/watch?v=RuthJt847q4&feature=youtu.be>