

March 27, 2015



## HPAC News

Welcome Back!

Tonight is **Highlands Family Movie Night: Big Hero 6**. The movie starts at 6:45, doors open at 6:15. There will be a few tickets available at the door if you haven't yet ordered yours.

Please remember that Monday, March 30 is class photo day.

Now, onto to the news...

### This issue:

- Family Movie Night
- April 7 HPAC Meeting
- HPAC Executive Volunteers
- Walk & Wheels
- Card Project
- Talent Show
- Natural Playground
- HPAC Parent Education Seminar
- Spring Fair
- Spring Plant Sale
- In the Community

### Next HPAC Meeting

**Tuesday, April 7 7:00pm** (first day back after Easter weekend)  
**Highlands Library**

Join us at the April 7th HPAC Meeting - it will feature two presentations:

- Steve Billington, Metro Vancouver Community Liaison Officer, to give an update on the Capilano Water Main Project.
- Conor McMullan, SD44 Director of Educational Programs, to give an update on Cheakamus Centre (formerly Outdoor School).

### Highlands PAC Need You!

Did you know that without an Executive team, the HPAC is not legally permitted to maintain a bank account?

All funds in the HPAC account (currently over \$40,000 in contingency funds) would be donated to charity and this means Highlands will no longer have: Welcome Back BBQ,

Ecofest, Parent Social, Bingo Night, Christmas Market, Card Project, Talent Show, Friday Food Day program, Gingerbread Event, Book Fair, team uniforms, Spring Fair, Bike Week, Movie Night, Fun Day snack, Edible Garden Project and associated gardening supplies, library funding (over \$10,000 in the last two years), musical instruments (HPAC funded 10 new guitars this year), new natural playground project, technology replacements and upgrades (such as iPads and SmartBoards), Saleema Noon presentation (sexual health educator), additional performing arts funding (\$3500 this school year), SafeTeen Program (violence prevention), author visits, critical upgrades to our emergency storage container supplies, road safety supplies, HPAC newsletter, school directory, and MUCH MORE!

Not only will students miss out on some amazing events that help form our school community, but Highlands will lose some much-needed funding.

We are still looking to fill the following positions:

- President (or co-chair)
- Vice President (or co-chair)
- Fundraising Coordinator(s)
- Communications Coordinator
- Safety Coordinator

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).

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## **Walk and Wheels is Back!**

### **Thursdays: April 2 - May 7**

Next Thursday we welcome the return of our ever popular **Walk and Wheels season!**

Every Thursday until May 7 (a total of six weeks), students and parents choose to leave the car at home and walk, bike or scooter to school.

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/K05C7>

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## **Card Project - Additional Order Opportunity**

**Deadline: Friday, April 3**

Delivery: week of April 21

These well made products make fabulous gifts (Mothers' and Fathers' Day are coming up!) Available products include digital prints, art prints, journals, notebooks, and of course cards.

You can order through the link below. Orders placed under the extended deadline will be delivered the week of April 21st.

<http://www.thecardproject.ca/query.php>

## **Highlands Talent Show**

**Save the Date: Tuesday, May 5**

The school talent show is rapidly approaching and we hope everyone has been diligently rehearsing! Submissions are in and auditions will be held over the next couple of weeks - specific dates and times for those that have signed up will be posted in the office this week. Please remember to bring your costume and your music on your iPod or similar device.

We are so excited that the performers will be able to show off their talents at a real theatre this year! Tickets for the show at the BlueShore Financial Centre for the Performing Arts at Capilano University will go on sale mid-April.

Please contact Amanda or Molly at [clarkamanda@shaw.ca](mailto:clarkamanda@shaw.ca) or [molly\\_s@shaw.ca](mailto:molly_s@shaw.ca) if you have any questions.

## **Highlands Natural Playground Update**

The committee members worked hard to make a strong presentation to the School District this week regarding our design ideas for a natural playground and outdoor learning area at Highlands. The meeting was very positive and hopeful! Our committee will be meeting again soon to make some revisions and begin to prepare our written proposal submission.

If you want to help make this exciting project a reality, please contact [tracey@gloriousday.com](mailto:tracey@gloriousday.com)

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

HPAC Parent Education Seminar  
Wednesday, April 22 7:00 - 8:30pm  
Highlands Library

Jacque 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. Jacque began her coaching career in 2003 while also operating a brain injury rehabilitation company she established in 1996.

Originally Jacque 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, Jacque 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!

## **Highlands 3rd Annual Spring Fair Saturday, May 9th 12:00 - 4:00 pm**

Highlands Annual Spring Fair is right around the corner. Carnival Games, Bouncy Castles, Velcro and Climbing Walls, Basket Raffles, Ponies, Dunk Tank, Photo Booths, BBQ + Concession... plus much more! Open to the entire community. Come out for a great afternoon of fun!

Students who want to participate in the **Entrepreneur** portion of the fair should start getting organized now. Watch for further details in the weeks to come.

Interested in **volunteering** for a fun and easy one-hour shift at the fair??... Please email [danacave@gmail.com](mailto:danacave@gmail.com).

## **Spring Plant Sale is Back!**

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

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

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

### **Mental Health Parent Education Series**

Tuesday, March 31

"Creating Capacity for Youth Mental Wellness: A Community Conversation Series".  
[Further information](#), including how to [register](#), is on the NVPAC blog.

### **Capilano Water Main Project Public Meeting**

Tuesday, March 31

Canyon Heights Church, 4840 Capilano Road at Montroyal

Registration 5:30 - 6:00

Meeting: 6:00 - 8:00

[www.metrovancouver.org](http://www.metrovancouver.org) (search "Capilano Water Main Project")

### **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:

- March 27/28/29
- April 3/4/5/11/12

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

### **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](#).

### **Father Daughter Productions 2.0 presents The Highlands Community Father Daughter Dance**

Friday, May 8 6:30 - 9:00pm

St. Andrews & St. Stephen's Presbyterian Church's Gym.

The girls of Highlands are invited to bring their Dad, Grandfather, Uncle or significant adult male friend to a night of fun, dancing and celebration.

Details and Tickets on sale now at <https://www.eventbrite.ca/e/the-highlands-community-father-daughter-dance-20-tickets-15207086806>

Please note this is not an HPAC event.

## **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).

## **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@nvr.ca](mailto:wakalukT@nvr.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>