



HPAC News

*May 2,
2014*

We've included a few longer-than-usual updates in this week's edition. We really wanted to provide you with details and we figured that you could handle it. :)

Have a great weekend!

In This Issue:

- **Highlands Logo - Last Day to Vote!**
- **Grade 7 Car Wash**
- **Spring Fling**
- **Ecofest Recap**
- **SEL Update**
- **Grosvenor/Edgemont Development**
- **Bonus**

LAST DAY TO VOTE Help Us Update Highlands Logo

One Survey Deadline: TODAY Friday, May 2

Today is the last day to vote on a new Logo for Highlands School! (The current logo is at the top of this newsletter and the on HPAC web site home page.)

There are two options (see below) to choose from and the survey (using Survey Monkey) takes seconds to complete.

Please vote no later than today, **Friday, May 2**.

Ready...set....VOTE: <https://www.surveymonkey.com/s/VPDL9NV>

LOGO #1:



LOGO #2:



Thanks everyone, we appreciate your input on this.

- HPAC Executive

Grade 7 Car Wash

TOMORROW: Saturday, May 3 1:00 pm - 4:00 pm

Highlands School

Help the Grade 7s raise money for their Legacy Gift to Highlands School (a new banner for the school) by bringing your vehicle for a wash. Save those muddy cars and trucks for **Saturday, May 3!**

Prices: \$ 7 for a car
\$10 for a SUV

If you have any questions, please contact Nancy or Paul at neharrison@shaw.ca.

Highlands Spring Fling Fair

Saturday, May 10 12:00 - 4:00 pm

Pre-ticket orders deadline: Wednesday, May 7

Highlands annual Spring Fair is just right around the corner. Students, parents and members of the community are invited to join us for an afternoon jam-packed with fun!

Highlights of the day include a Velcro Wall, Bouncy Castles, Carnival Games, CD Creations, Ponies, The Edge Climbing Wall, Hair & Nail Salons... and tons more. Loads of food will be available so please bring your appetite.

HPAC and the Spring Fling planning committee look forward to seeing you there!

More specific information follows....

SPRING FLING TICKETS

[Pre-ticket order forms](#) were sent home with students on Monday with tickets costing \$20 for 25 tickets (or \$1 per ticket on the day). The deadline for order forms and cheques (payable to HPAC) is **Wednesday, May 7th**. Please deposit in the HPAC box outside the office.

Prices are tentatively set as follows:

One Ticket =

- All games (for two tries)
- Basket Raffle/Jelly Bean Count
- Hair & Nail Stations

Two Tickets =

- Bouncy Castle
- Photo Booth

Three Tickets =

- Dunk Tank
- Ponies

Five Tickets =

- CD Booth (Creative Music)
- Velcro Wall
- Climbing Wall

Food & Drinks...

- Coffee / Tea = one ticket
- Drinks / Chips = one ticket
- Popcorn / Cotton Candy / Slushies = one ticket
- Hot Dog / Veggie Dogs = three tickets

SPRING FLING VOLUNTEERS

Calling all Highlands Parents! Here is your big chance to be the hero! We are still in need of volunteers for the Spring Fling.

Think of how proud you'll be when your child points you out as a volunteer... "Look! That's my Dad, covered in cotton candy!" or "Look! My Mom is running after a pony!" Memories, folks, memories.

An hour or two of your time is all we need, and you'll feel great knowing you really helped our school. If you can VOLUNTEER (aka be a hero) on May 10th please email danacave@gmail.com.

Ecofest Recap

Thank you to everyone who participated in last Friday's Ecofest. Highlands' celebration of Earth Day was once again held on a beautiful sunny day. What luck!

Most memorable moments include: following turtles on the gym floor, learning about the benefits of bats, finding creepy crawlies in the compost, planting bee-friendly plants, creating driftwood mobiles and sculptures of plastic, listening to First Nations legends, pulling and planting in Fairmont Park, Trying on a hazmat suit used in oil spills, feeling the soft skins of an otter, making crafts out of yogurt containers, balancing on a slackline, pulling kale and planting Yukon Golds, searching for water bugs with a spoon, the Ready, Set, Recycle relay race, perfecting tree pose in yoga, and viewing the mini eco-film fest!

After lunch, students split into their Family Groups and created amazing structures made of rolled newspapers. Of course, who could forget Zumba on the field at lunch, and the recess visit by Ecofest mascot 'Bizzy the Bee' and a firetruck!

Thank you for our 17 fabulous presenters: Darren from NorthWest Wildlife Preservation Society, Jason from Edible Garden Project, Xavier from Absolute Slacklines, Trevor from Western Canada Marine Response Corp., Oliver "Dr. Junkology" Samonte, Graham from DNV, Mike the Reptile Guy, Wes Nahanee & the NVSD, Stephanie Captein, Sarah Carver, Jennifer Bain, Carol-Anne Parkhill, Conor McMullan, John Whipple, Alexa McLaren, Jackie Hoffer, and former Highlands teacher Mrs. Edie Rustemeyer.

Many parent volunteers helped throughout the day, leading the students in each activity. It was truly a group effort!

A special shout out to the Highlands Ecofest Committee for a job well done. We hope the kids came home with loads of stories from their day!

Speaking of which, please check out the **Feedback Tree** at the front of the school to see what the students learned and what they liked best about the day.

Social & Emotion Learning (SEL) Update

This year, HPAC funded an 8-week 'social and emotional learning' (SEL) program in four Highlands classrooms. SEL programs teach kindness to self and others, self-awareness, self-regulation, relationship skills, and other competencies that are often broadly referred to as emotional intelligence or "EQ". Extensive research shows that such competencies are extremely important for kids' mental and emotional well-being and for school and life success. Classroom SEL programs have been shown to be effective in building such competencies and in increasing academic achievement.

The SEL program is being taught in each classroom by school parent Melody Schalm, an experienced SEL educator. In the program, kids learn to be 'mindful' and are given tools to help

them focus and learn, and to calm down when they are stressed, angry or upset. They learn about and practice kindness, gratitude, generosity, replacing 'negative self talk' and related teaching that research has shown increases happiness and emotional well-being.

The program has been completed in the first two Highlands classrooms (grade 2 and grade 3/4), and we have received very positive feedback from participants. The teachers felt the program benefited all children, as well as the learning environment. In anonymous written evaluations, 96% of the children also reported that they both enjoyed and benefited from the program.

Student testimonials about how they have used some of the 'calm down' and related skills taught in the program included:

- *"My brother was really not fun to be around so instead of yelling at him I took mindful breaths"*
- *"When I was stuck on math questions I took three mindful breaths"*
- *"I learned things that helped me when I was scared to go to swimming lessons"*

The program has now started up in the remaining two classrooms (grade 2 and grade 5). If you have any questions about the classroom programs, please contact Melody at info@kindkids.org.

Grosvenor Edgemont Redevelopment Update - Public Information Meeting

Wednesday, May 14 6:30 - 8:30 pm
Highlands United Church

In collaboration with the District of North Vancouver, the public meeting will be an opportunity to learn more about the project, as well as any updates since previous Open Houses held in September 2013. The District will be collecting feedback and comments.

To learn more about the project, go to: www.grosvenoredgemont.com/

Congratulations...

for reading the full newsletter! As a bonus for sticking with it, we'd like to share that Absolute Slacklines, who provided the slacklines for Ecofest, is offering Highlands families a 10% discount: www.absolutslacklines.com

Visit the HPAC Website

The HPAC website (hpac.wildapricot.org) is the place to find the latest updates and news on HPAC events and business. Please visit us regularly!
