

**From:** Highlands PAC HPAC@wildapricot.org  
**Subject:** HPAC News: April Already?  
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**To:** HPAC Communications Coordinator verna@noru.ca



Natural Playground Update, Tree Canada and Northbridge Financial Grant, After School Spring Programs, Ecofest 2016, Highlands Kids Club Updates, Highlands White Caps Game, W.O.W. Program, In the Community

April 1, 2016



# HPAC News

Welcome back and we hope everyone had a relaxing Spring Break!

A reminder that the HPAC meeting scheduled for Tuesday, April 5th has been cancelled. The next HPAC meeting will be held on Tuesday, May 3rd.

The final stretch of the school year will once again be a busy one with many events on the way. Hang on tight! And now some updates...

*If you would like to include any information in the weekly HPAC News, please forward your submission to [verna@noru.ca](mailto:verna@noru.ca) by **Wednesday 12:00 noon.***

## This issue:

- Natural Playground Update
- Tree Canada & Northbridge Financial Grant
- After School Spring Programs
- Ecofest 2016
- Highlands Kids Club Updates
- Highlands White Caps Game
- W.O.W. Program
- In the Community

## Natural Playground Update

Surprise!!!! Construction was started over Spring Break!

Great Canadian Landscaping Company has been working hard through rain and more rain to get a big head start on our project when school was out. We are so excited! While the heavy lifting is done, light construction will still be happening over the next couple weeks as we complete the project. Please remind your kids to respect the construction fencing and to stay out of the area until its safe and officially open.

Huge thanks go to our tireless volunteer landscape designer/parent Jackie Hoffer

who has been on site over the holidays working with the crew.

Stay tuned for more updates!

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## Thank You Tree Canada & Northbridge Financial

The Highlands PAC has been awarded a generous grant by Tree Canada, through their Greening Canada's School Grounds program. The \$3000 grant will pay for trees and shrubs in our natural playground. For our project, Tree Canada has been supported locally by Northbridge Financial. Thank you for your support Tree Canada and Northbridge Financial!



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## After School Programs - Spring 2016



### Mindful Kids

(For K-3)

Research shows that mindfulness training builds kids' emotional intelligence or 'EQ,' which is important for their emotional well-being and for school and life success. Through fun activities & games, this 4-week program helps kids learn to be mindful and kind to themselves and others. They are given tools to focus, to calm their minds and to make smart decisions. They also learn about and practice gratitude, appreciating happy experiences, replacing negative self-talk and other teaching that has been shown to reduce kids' anxiety and grow their happiness and well-being.

Resource materials for parents are also provided. The program is led by school parents Melody Schalm and Dana Cave of Kind Kids ([www.kindkids.org](http://www.kindkids.org)).

**Program Dates:** 4 Thursdays – April 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>, 3:10-4:10 pm\*

\*The first session will be held in the school's music room. The remaining 3 sessions will be in the school library. Students are welcome to come directly to the class at 3pm dismissal, pick-up will be 4:10.

**Grades:** Grades K-3

**Program Cost:** \$75 for 4 sessions

**To register:** e-mail [info@kindkids.org](mailto:info@kindkids.org)





### **BrainSTEM Learning: Little Brains Chemical Engineering**

(For K - Grade 3 students - boys & girls)

Dates: Mondays 3:00 to 4:00 pm in Highlands Library (Apr 4 – May 16)

Cost: \$135 + tax for 6 sessions

Description: Chemical engineering uses science to process raw materials & chemicals into useful forms. They can lead to the discovery of important new materials & processes. The little brains will learn about solutions, chemical reactions, mixtures, solids, liquids, absorption, and more concepts while using his or her creativity & curiosity with the STEM methodology.

This series will be limited to 20 kids divided into 2 groups in the library (10 from K-1 and 10 from grades 2-3). If this series is popular, we will look into adding their Aerospace and Robotics series as well.

Class 1 – Introduction to Chemical Engineering

Class 2 – Bouncy Bubbles

Class 3 – Fizzy Drinks & Invisible Messages

Class 4 – Chromatography

Class 5 – Non-Newtonian Fluids & Silly Dough

Class 6 – pH Detector

Online Registration: <http://www.brainstemlearning.ca/contact/registration/> [Choose Highlands Elementary as location, April 4<sup>th</sup> as start date, and Workshop as program type – after form is submitted, Sarah Baldwin will contact you for payment by credit card or e-transfer to confirm].



### **SPORTBALL MULTI-SPORT**

(For K Grade 3 students - boys & girls)

Dates: Fridays 3:00 to 4:00 pm in Highlands gym (April 1 – June 3)

Cost: \$147 + tax for 10 sessions

Description: Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

Online Registration: <http://ow.lv/ZhxcO> (limited to 12 kids)



### **DANCEPL3Y**

(For K - Grade 2 students - boys & girls)

Dates: Wednesdays 3:00 to 4:00 pm in Highlands Music Room (April 6 – June 8)

Cost: \$147 + tax for 10 sessions

Description: DANCEPL3Y is an innovative kids dance/ fitness program that uses simple movements from a variety of dance styles (HipHop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk) to explore the elements of dance while developing physical literacy and fundamental movement skills!

Their interACTIVE class style inspired with creative story lines and unique group formations to create a safe, PLAYful and engaging class where kids can claim their "Bubble of Awesome" through dance, movement and music games. Forget 5-6-7-8, technique or complex choreography - there are only 3 Rules of PLAY: Be Positive. Be Fun. Be Yourself! Their award winning program is guaranteed to help kids meet the daily recommended 60 minutes of moderate to vigorous physical activity.

Online Registration: <http://ow.ly/ZhxQV> (limited to 10 kids)

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## **Ecofest 2016: Call for Volunteers - Thursday, April 21**

### ***Solar Power, Aqua Detectives, Drum Circles and More!***

It's less than three weeks until Ecofest - a curriculum-based day that celebrates Earth Day and helps bring our school community together through interactive and educational fun!

Thank you to all of the parents who have already volunteered. To help make the day a great success, we are still looking for some more volunteers (ideally available from 8:45-2:15). The more, the merrier!

If you are interested and available to participate for all or a portion of the day, please email Kirstie ([kirstiepirie@yahoo.com](mailto:kirstiepirie@yahoo.com)) with your hours of availability.

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## **Highlands Kids Club Updates**

### **Behaviour Management That Really Works Parent Education Program: Lawrence Sheppard, MA**

For parents of primary aged children having significant behavioral issues and challenges. These families who would like support in learning effective guidance

challenges. Those families who would like support in learning effective guidance strategies to eliminate and correct inappropriate behaviors their children are displaying.

When: Tuesday evenings - April 12 to May 10, 2016

Time: 7:00pm - 8:30pm

Where: 5 sessions at Highlands Kids Club (3150 Colwood Drive, N. Van)

Fee: \$140.00 per person or \$210.00 per couple

For more information on the session, please [click here for the pamphlet](#).

### **Daffodil Campaign for the Canadian Cancer Society**

Easter weekend was amazing with such generous people! My Daffodil campaign starts again on April 2, 3, 9 & 16th at Capilano Mall, Lonsdale Quay and Park Royal.

Shifts are 9:00am-1:00pm and 1:00pm-5:00pm per day. If you or any of your friends would like to volunteer please call 604-985-6958 or email me at [Highlandskidsclub@shaw.ca](mailto:Highlandskidsclub@shaw.ca)

We will make a difference. THANK YOU SO MUCH!!

Elsie Webb

Executive Director of Highlands Out of School Care Society

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### **Highlands White Caps Game - May 28th**

Save the Date! Thinking of taking the family to a Whitecaps game this year? What better way to attend a game than with your Highlands friends? We will be offering tickets to the Saturday, May 28th game at 3pm, with all seats in the same section. Look out for order forms coming soon.

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### **W.O.W. Program**

Congratulations to Division 16 - Mrs. Holliday's class (primaries - 72%) and Division 7 - Ms. Sherlock's class (intermediates - 66%) for winning the coveted Golden Sneaker this week! A total of 202 students (48%) participated.

Make sure to attach your WOW tag to your backpack and walk or wheel to school next Thursday to get into the action!

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

**Parent Workshop Who Want to Support Their Child in Math**

**April 1: 7:00 - 8:00pm**

**Lynn Valley Library**

Parents from Highlands Elementary are welcome to a free math workshop. Holger Rode, an elementary teacher from Houston BC with 10 years of experience in teaching math will be presenting a workshop focusing on: meaningful learning, short term vs long term memory, and on the efficient thinking strategies for addition. If there is a demand for his workshops, he can follow up with free workshops the subtraction, multiplication, and division.

Please phone (250-847-0324) or email Holger Rode at [rodetomathfluency@gmail.com](mailto:rodetomathfluency@gmail.com) to confirm that you are interested in the workshop.

Parents: Let's change your child's mindset from "I can't" to "I can do MATH" by developing basic math skills.

### **North Vancouver Community Arts Council Spring Art Workshop for Children and Youth**

Maplewood House (399 Seymour River Place, North Vancouver)

The North Vancouver Community Arts Council is offering a variety of workshops this Spring. Please [click here](#) for more information or for a complete listing of available courses visit: [www.nvartscouncil.ca/education](http://www.nvartscouncil.ca/education).

All classes are held at Maplewood House at 399 Seymour River Place, North Vancouver. Register for our courses online ([www.nvartscouncil.ca](http://www.nvartscouncil.ca)), by phone (604.988.6844), or in person at the North Vancouver Community Arts Council office (335 Lonsdale Ave, North Vancouver). For more information on a variety of art workshops available this Spring, please [click here](#).

### **BCO 2016 Spring Volleyball Development Camps - Early April Girls and Boys 10U - 13U (Grade 4-7)**

Did you enjoy being on your school volleyball team and want to continue with the sport? If so, BCO volleyball camps will begin in early April and running the following camps:

Mini Volleyball for 10-11U (Grade 4 & 5) Girls & Boys  
Mondays, 4:15 – 5:30pm  
April 4 – May 2

12/13U Spring Development Program (Grade 6 & 7) Girls & Boys  
2 sessions per week:  
Tuesdays, 4:45 – 6:15pm and Sundays, 8:15 – 9:45am  
(\*You can sign up for 1 or both training sessions)  
April 5 – May 3

All sessions are at Mountainside Secondary (3365 Mahon Ave. North Vancouver)

For more details or to register, please go to [www.bcovolleyball.com](http://www.bcovolleyball.com) or [click here](#) for further information.

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