

From: Highlands PAC HPAC@wildapricot.org
Subject: HPAC News: Family Day Edition
Date: February 5, 2016 at 8:18 AM
To: HPAC Communications Coordinator verna@noru.ca

HP

After School Program - Mindful Kids, Safe Routes Advocates Traffic Safety Study, Parent Education Opportunity - Cleveland Elementary PAC, Family Movie Night, Purdy's Easter/Spring Grade 7 Fundraiser, Revised HPAC Directory, DPAC Update, Digital Media Youth Expo 2016, W.O.W. Program x 2, Me to We Club, Help Those in Need, In the Community

February 5, 2016



HPAC News

A quick reminder that school will not be in session on Monday, February 5th as it is Family Day.

Also a reminder that **today** is the the deadline for updates and submissions to the HPAC Directory. Please make any any changes or additions (see instructions below) by the end of today. A revised copy of the directory will be available on the HPAC website as soon as possible.

Have a wonderful Family Day weekend! And now some news...

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

This issue:

- Mindful Kids
- SRA Traffic Safety Study
- Parent Education
- Family Movie Night
- Purdy's Easter/Spring Fundraiser
- HPAC Directory
- Digital Media Youth Expo 2016
- W.O.W. Program
- Me to We Club
- Help Those in Need!
- In the Community





After School Program - Mindful Kids (Grades 2-4)

February 11 - March 10: Few spots still available!!

Registration is now open for the next 4-week Mindful Kids after-school program being offered by school parents Melody Schalm and Dana Cave.

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. Mindfulness is now used in many diverse spheres of life, including amateur and professional sports, education, physical & mental health and the workplace.

Through simple instruction and fun practices & games, this 4-week program will help kids learn to be mindful and kind to themselves and others. They will be given tools to focus, to calm their minds when they are stressed or upset and to make smart decisions. They will also learn about and practice gratitude, replacing negative self-talk and other teaching that has been shown to reduce kids' anxiety and grow their happiness and emotional well-being.

Resource materials for parents will also be provided. The program is led by school parents Melody Schalm and Dana Cave of Kind Kids (www.kindkids.org).

Program Dates: 4 Thursdays – February 11th & 18th and March 3rd & 10th, 3:10-4:10 pm*

*The program will be held in the school's library. Students are welcome to come directly to the library at 3pm dismissal, pick-up will be 4:10 outside the library. There is no class February 25th. The March 3rd class may be held in a different room, parents will be notified if so.

Grades: Grades 2 - 4. (We will offer to different grade levels again after Spring Break.)

Program Cost: \$75 for 4 sessions

To register: e-mail info@kindkids.org

Safe Routes Advocates - Traffic Safety Study

Feedback needed by Wednesday, February 10

Our school was selected by NVSD and the District of North Vancouver to be the beneficiary of a 2015 School Traffic Safety study.

The school study process has been successful in identifying high priority improvements with support of school administration and parents and to prepare "safe routes to school" maps as a resource for school communities.

For detailed information on the study, please [click here](#). Please email your feedback to Erin MacNair at erinmacnair@gmail.com.

Parent Education Opportunity

Cleveland PAC Presents:
Worries and Woes: Supporting Your Anxious Child
Thursday, February 11, 2016 (Cleveland Elementary)

Anxiety is a normal part of childhood. Some children, however, struggle to cope with anxiety that is 'dialled up' way too high at times. Stephenie Gold, Director at LEAP Clinic (www.leapclinic.ca) will help parents recognize the different faces of anxiety, such as separation anxiety, social anxiety, phobias and worries. Parents will learn tools to help understand and navigate the 'big emotions' and reactivity that can arise when trying to support a child struggling with anxiety - both in the moment, and over the longer term. Helpful new resources for parents and will also be shared.

Please join us - admission is free.

Register online here: <http://doodle.com/poll/3k9d93us2856vc2h>

Family Movie Night - "Inside Out" - February 19 at 6:30pm

Bring your pillow, wear your jammies and enjoy a movie in Highlands Gym with your friends! Tickets are \$7.00 per child which includes water, popcorn and a glow bracelet.

Ticket orders due by **Tuesday, February 16th**. Please drop off your [Order Form](#) and cheque payable to Highlands PAC (HPAC) in the box outside of the office.

Parent supervision is required. Limited tickets available at the door.



Purdy's Easter/Spring Grade / Fundraiser

Does it drive you crazy how the moment that Christmas is over, store shelves are stocked for Valentines' and Easter?!! Well, we're sorry, but we're going to have to start talking EASTER early too! Because Easter falls on March 27th, within the last days of spring break, we need to complete Purdy's orders before spring break starts on March 12th!!

So...here's your opportunity to be ultra-organized and complete your Easter/Spring shopping early! You are invited once again to participate in part 2 of the Highlands' "Grade 7 Farewell" fundraiser. Purdy's brochures will be sent home with your child this week.

Please support this great cause by using the following online link to join the fundraiser: <http://www.purdysgpp.com/join/11523>. Once registered and logged in, you should be joined to the Highlands Grade 7 Farewell Fundraiser Easter 2016. From there you are able to invite other members (feel free to pass this link along to others!), shop online & pay for your orders. Alternatively, you can submit an order form, with your cheque *payable to Highlands PAC* into the HPAC box by the office.

Deadline for orders is Tuesday, March 1st by 10pm

Completed orders will be available for pick-up (in a sealed bag with only your name on it) in Highlands' school foyer on Wednesday March 9th from 2:00 to 5:00pm.

Thank you for your support! - *Highlands Grade 7 class*

*Grade 7 Purdy's Organizers: Karen Magelund (kmags@telus.net) & Sondra Dawson (dsdawson@telus.net), Purdy's "Customer Number": **11523***

Revised HPAC Directory - **Deadline TODAY!**

The deadline for the updated version of the 2015/16 HPAC Directory is today.

If you would like to have your contact information included in this revised edition but were NOT included in the earlier version or need to update any of your details (contact information, sibling names, etc.), then please:

1. Log into <http://hpac.wildapricot.org>
2. Edit your profile details
3. Select either Yes or No to the publication of contact information, and
4. Save your changes

You do not need to do anything if you were included in the earlier version and have no revisions to make.

Please update this information no later than the end of **today**. If you have any questions or difficulties, then please email HPAC@wildapricot.org.

District Parent Advisory Parent Council (DPAC) Update

This past January, a DPAC meeting was held and primarily focussed on the curriculum changes that will be implemented this coming year. DPAC encourages all parents to review the following websites to familiarize themselves with the upcoming changes.

http://www.bced.gov.bc.ca/irp/transforming_curriculum.php and

<https://curriculum.gov.bc.ca/>

Digital Media Youth Expo 2016 - February 13

We would like to invite your students, their families and you to our upcoming Digital Media Youth Expo 2016. The 4th annual Expo is **Saturday, February 13th from 12:00 noon to 3:00pm at Argyle Secondary School**. With over 35 interactive booths, this will be our largest EXPO to date.

This is a **FREE COMMUNITY EVENT** with demos and presentation by leading experts in the field!

The Digital Media Youth Expo is hosted by the North Vancouver School District's Digital Media Academy (DMA). The Expo was attended by more than 1,000 students and their families last year to learn about the many educational and employment opportunities available in the Digital Media Industry. The Digital Media Youth Expo is a place where students, parents, families, teachers and the community can meet with representatives from many Lower Mainland Post-Secondary Schools as well as local and global organizations, artists, and studios involved in all aspects of digital media including Visual Effects, Animation, Film, Sound, Photography, Web Design, Game Design and much more!

Please visit our official EXPO website at <http://digitalmediayouthexpo.ca/> or our EXPO Facebook event page at <https://goo.gl/dp3zJ0>

We look forward to seeing you at the EXPO on Saturday, February 13th!

W.O.W Program x 2!

This past Tuesday, February 2nd, we had a surprise W.O.W. day. We would like to congratulate Division 12 - Mrs. Reeves and Mrs. Svenhard's class (primaries) and Division 6 - Ms. Fary's class (intermediates) for winning the coveted Golden

Sneakers! The winning classes received keychain flashlights as a prize. A total of 142 students participated.

For this week's Thursday results, congratulations once again to Division 12 - Mrs. Reeves and Mrs Svenhard's class (primaries). A tie this week amongst the intermediates. Congratulations to Division 5 - Mr. Polymenakos and Ms. Hollingsworth's class and Division 6 - Ms. Fary's class for winning the coveted Golden Sneaker this week! A total of 214 students participated.

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

Me to We Club

The Me to We Club would like to thank everyone for their support. We are very grateful for the batteries brought in, as we will recycle them.

For every battery recycled Teck will donate the value of zinc it contains to UNICEF in support of their Zinc and Health partnership in India. So far, the club has collected 2,409 batteries, which is equal to saving approximately 14,454 lives.

Once again, we are grateful and will ask you to continue to bring in batteries and support children in need.

Help Those in Need!

Hello Highlands families! We are still in need of items for refugees coming into Canada. Perhaps you could tick one or two things off the list? Or even better, stock a small box with items and send a note from your family.

Highlands Church is accepting donations and boxes of items, just mark it "Operation Fresh Start". We also have a donation box that Kids Club has generously put out every morning. Every little thing helps!

Kitchen & Other Items:

Dishwashing powder	Dishwashing liquid soap
Pot scrubber	Dish cloth x 2
Tea towel x 2	Rubber gloves
Roll of paper towels	Laundry liquid

Bathroom:

Multi-purpose cleaning spray	Toilet paper
Hand soap bars	Shampoo & conditioner
Toothpaste	Toothbrushes x 2 (or more)

toothpaste

TOOTHBRUSHES X 2 (OR MORE)

Baby:

Baby Formula

Diapers - #2 size

Food - Non-perishable list:

*NO pork products and NO pasta please.

Canned Dolmades	Canned Hummus
Canned Tomatoes	Canned Veggies
Canned Fruits - all kinds	Jams - all kinds
Peanut butter	Sugar
Rice - all kinds	Flour
Tea	Milk powder
Dehydrated potatoes	Canned or dry legumes - see list below*

*Chickpeas, Fava beans, Lentils, Black Beans, Black-eyed peas and Peas.

In the Community...

**West Vancouver Field Hockey Club
2016 Spring Break Beginner Camp
Begins March 15, 2016 from 9:00am - 12:00 noon.**

Spring Break Field Hockey Camp. This camp is best for players who have been playing for 2 years or less. It is a refresher course covering all the basic field hockey skills, rules and game play to introduce or refresh skills for the upcoming spring league season. Great starting point for Girls and Boys interested in trying Field Hockey. For more information, please visit:

https://secure.millsoft.ca/wvfh/webapps/spappz_live/event_reg1?id=406&menugroup=clubcontac

Copyright © 2012 Highlands PAC. All rights reserved.
Contact email: HPAC@wildapricot.org

You are receiving this message because you opted in at <http://hpac.wildapricot.org/>

[Unsubscribe](#)