

**From:** Highlands PAC HPAC@wildapricot.org  
**Subject:** HPAC News: HPAC Meeting, Friday Food Days & more...  
**Date:** January 29, 2016 at 8:03 AM  
**To:** HPAC Communications Coordinator verna@noru.ca



HPAC Meeting, Friday Food Days Deadline, Parent Education Opportunities, Me to We Club, After School Program - Mindful Kids, Safe Routes Advocates Traffic Safety Study, HPAC Directory, Help Those in Need, W.O.W. Program, In the Community

January 29, 2016



# HPAC News

A reminder that the primary students (Kindergarten to Grade 3) will be performing their Hip Hop routines today at 2:00pm in the school gym. All families are welcome to attend.

Also, school will not be in session next Friday, February 5th (Professional Development Day) and Monday, February 8th (Family Day). Enjoy your long weekend!

February will be the start of a busy month for the community. There are MANY important dates and events to mark in your calendars. Please take a moment to read through a long"ish" newsletter.

*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:

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## HPAC Meeting - February 2nd

Are you interested in learning more about the upcoming changes to the school curriculum? Are you interested in learning more about Highlands being chosen for

a Traffic Safety Study?

If so, please plan to join us at next week's HPAC meeting on Tuesday, February 2nd from 7:00-8:00pm (school library). As always, complimentary childcare and refreshments will be available. For advance information, please [click here](#) for the draft meeting agenda.

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## **Food Days Ordering is Open Again!**

**Deadline: This Wednesday, February 3rd Noon!!**

The Friday Food Days deadline is just around the corner! It's time to place your child's Food Days order for the second part of the year. To order, click [here](#).

A couple of things to remember:

- All orders must be received by Wednesday, February 3rd at noon
  - Payment will only be received via Paypal.
  - There are **no refunds or changes** after the deadline. If you are away during a Food Day, please consider your payment a donation to the HPAC.
  - All proceeds directly benefit the children through HPAC funded activities
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## **Parent Education Opportunities**

### **HPAC Presents:**

#### **Prevention of Disordered Eating in School Aged Children**

**Wednesday, February 3, 2016 at 7:00pm** (Highlands School Gym)

**Please join us - Admission is free**

\*Donations will be accepted for those who wish to contribute to Jessie's Legacy

Highlands parents are invited to attend a mixed media presentation on health promotion and prevention of disordered eating, viewed through a lens of media and weight and shape bias awareness. Helping parents learn to build resiliency skills and positive self-regard around body image. Co-facilitated by our own Carmen Kaufmann! For more information, please [click here](#).

If you are interested in attending this session, please contact Carmen Kaufmann at [carmen@weighoflife.ca](mailto:carmen@weighoflife.ca).

### **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](http://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>

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## 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.

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

**February 11 - March 10**



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](http://www.kindkids.org)).

**Program Dates:** 4 Thursdays – February 11<sup>th</sup> & 18<sup>th</sup> and March 3<sup>rd</sup> & 10<sup>th</sup>, 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 25<sup>th</sup>. The March 3<sup>rd</sup> 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](mailto:info@kindkids.org)

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## Safe Routes Advocates - Traffic Safety Study

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.

The resulting document can be seen here. We will be discussing the most needed improvements and welcome your input at the PAC meeting this coming Tuesday, February 2<sup>nd</sup>.

For more information on the study, please [click here](#).

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## Revised HPAC Directory - Deadline February 5th

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

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.), 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 **Friday, February 5th**. If you have any questions or difficulties, please email [HPAC@wildapricot.org](mailto:HPAC@wildapricot.org)

## 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)

### Baby:

Baby Formula	Diapers - #2 size
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### 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, Peas.

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## W.O.W Program

Congratulations to Division XX - XX's class (primaries) and Division XX - XX's class (intermediates) for winning the coveted Golden Sneaker this week! A total of XXX 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!

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## In the Community...

### Highlands Preschool Children's Sale

**Saturday, January 30, 2016 - 9:00am - 12:00pm.**

Highlands United Church (32565 Edgemont Boulevard)

One of the largest children's sale on the North Shore is weeks away! Do you have some gently used kids' toys, gear, etc. to sell? Book a table at <http://www.highlandspreschool.ca/childrens-sale-2016/>

Minimum \$3.00 donation for admission. Refreshments will be available with a minimum \$1.00 donation per item.

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

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