

From: Highlands PAC HPAC@wildapricot.org
Subject: HPAC News: Happy Holidays!
Date: December 18, 2015 at 9:52 AM
To: HPAC Communications Coordinator verna@noru.ca

HP

Fond Farewells, Talent Show Information Session, After School Programs 2016, Kidsbooks Holiday Elves, Help Those in Need, Me to We Club, W.O.W. Program, In the Community

December 18, 2015



HPAC News

This will be the last newsletter for 2015 and we will be back for the first week of school in the new year.

Before we break, we would like to thank the community for supporting the many flurry of events and activities of the school year thus far. It has been action packed and your continued support and generosity is very much appreciated.

It's now time to wind down, relax and enjoy some holiday cheer with your family and loved ones. We wish everyone at Highlands all the best during the holiday season and for a healthy and prosperous 2016.

Happy Holidays!

*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:

- Fond Farewells
- Talent Show Info Session
- After School Programs 2016
- Kidsbooks Holiday Elves
- Help Those in Need
- Me to We Club
- W.O.W. Program
- Community Partner Reminders
- In the Community

Fond Farewells

We wish Blair Martin, Vice Principal and Teacher Extraordinaire all the best at Brooksbank Elementary in the new year. The Highlands community, staff and especially your students will miss you immensely. Thank you for your enduring mentorship, dedication, support and commitments to Highlands.

We also like to wish Mrs. Daphne Eburne, Office Assistant Extraordinaire warm wishes as this will be her last day before retirement. We thank you for the endless care you have provided all of our children and families and the endless hours of dedication to our community. You will be greatly missed!

Wishing Mr. Martin and Mrs. Eburne all the best!

Talent Show - May 25, 2016

Calling all talented kids - there will be an information session in January for all those Highlands students interested in participating in or helping out with the Talent Show next year. Come out and see what it is all about! Details will be sent out early January. Hope to see you there!

AFTER SCHOOL PROGRAMS 2016 MINDFUL GIRL/MINDFUL BOY, SPORTBALL MULTI-SPORT & DANCEPL3Y

MINDFUL GIRL/MINDFUL BOY school parents Melody Schalm and Dana Cave are offering a new 4-week Mindful Girl/Mindful Boy after-school program for boys and girls in grades 1-2 starting in January:

Mindful Girl/Mindful Boy

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. This 4-week after-school program will help kids learn to be mindful and kind to themselves and others. They will be given tools 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 with tips for parents will also be provided.

The program will be led by school parents Melody Schalm and Dana Cave. Melody teaches mindfulness-based social & emotional learning in school and after-school programs, and is a certified instructor for Roots of Empathy, one of the chief bullying prevention programs in Canada. She is a committed advocate for growing kindness & emotional health in our communities, and is a regular guest blogger for the Dalai Lama Center, an organization working to expand heart-mind education in BC and beyond.

Dana is a certified Roots of Empathy instructor in our school and a former local Girl Guides leader. She is currently training under North American leaders in the emerging 'mindfulness for kids' movement. She is a committed advocate for growing kindness in our communities and, together with Melody, is leading the kindness initiative at Highlands this year.

the kindness initiative at Highlands this year.

Program Dates: 4 Mondays – January 11th, 18th & 25th and February 1st, 3:10-4:10 pm*

*The program will be held in the school's music room. Students are welcome to come directly to the music room at 3pm dismissal. Pick-up will be 4:10 outside the music room.

Grades: Grades 1 & 2. (If there is parent interest, we will expand to other grade levels after this first session.)

Program Cost: \$75 for 4 sessions

To register: e-mail info@kindkids.org



SPORTBALL MULTI-SPORT

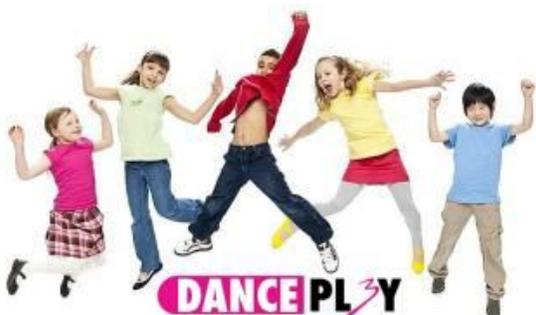
(For K- Grade 3 students - boys & girls)

Dates: Fridays 3:10 to 4:10 pm in Highlands gym (Jan 15 - Mar 11)

Cost: \$119 + tax for 8 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.ly/VMz3d> (limited to 12 kids)



KIDS CLASS

**Highlands
Elementary:
3150 Colwood Drive
North Vancouver, BC
V7R 2R6**

**Grades: K - 2
Wednesdays
January 13 - March 9
9 Sessions
Cost: \$133.00 + GST**

DANCEPL3Y

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

Dates: Wednesdays 3:10 to 4:10 pm in Highlands gym (Jan 13 - Mar 9)

Cost: \$133 + tax for 9 sessions

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

Our interACTIVE class style is paired 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! Our 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/VMzgz> (limited to 12 kids)



Red Cross Babysitting Course

So you want to be a babysitter? Or, your parents want you to take this course so they feel confident leaving you at home alone? Babysitting with First Aid Hero emphasizes learning through real life scenarios. Information covered includes: exploring the business of babysitting, creating safe environments, safely caring for ages 0-12, and first aid skills.

Red Cross Babysitting Course
Highlands Elementary
January 22nd, 2016, 8:30-3:30 (Pro D Day)
Grade 6+
\$60.00 + GST online registration

Hurry and confirm your spot today! Only 30 spots are available. For more information and/or to register, please visit:

<http://www.firstaidhero.com/babysitting-vancouver.html>

Kidsbooks Holiday Elves

Give our kids the gift of reading by donating a book to our library in the new year. Kidsbooks in Edgemont Village has a Wishlist of books that you can choose from.

Take any books you purchase to the library, and Mrs. Magee will add a donation label with your child's name in the book. The kids love to go back to visit "their" book!

Help for Those in Need

Highlands parents would like to partner up with a few of our local churches in an effort to help the many refugees that will be coming to Canada. (In the New Year Highlands will do a focused gently used clothing/toy drive for families, as they will need everything from blankets to boots.) For starters, a hygiene kit would be essential for families arriving with nothing. Each box will contain a "welcome" message, and you could include one yourself if you'd like.

If you can, just bring by a few items purchased at the grocery store. Everything helps! They are hoping to have 100 such boxes by February. Let's challenge ourselves to make that happen in December and January, when many families are arriving.

Here is a list you can copy and print out. This is a good way for kids to get involved! Let them find the items and "build a box". They can learn about what the very basic items are that one would need when arriving with nothing.

We know you have just given to local teens, we know you have reached deep in the pockets to help kick start the natural playground, and now there is another ask. But whatever you can do to help, helps. If it is one bottle of shampoo or bar of soap, each small thing helps!

Participation is optional and very much appreciated. Kids Club has already started collecting from generous Highlands parents, and these items are going to specific families in need. You can drop items in the bin in front of the Kids Club door. Thank you so much Highlands!

Kitchen Items:

Dishwashing Soap	Dishwashing powder
Pot scrubber	Dish cloth x 2
Tea towel x 2	Rubber gloves
Roll of paper towels	Dustpan & brush

Bathroom:

Multi-purpose cleaning spray	Toilet paper x 4
------------------------------	------------------

Hand soap x 2	Shampoo & conditioner
Toothpaste	Toothbrushes x 2 (or more)

First Aid:

Sticking plaster (Band Aid)	Disinfectant spray/cream
-----------------------------	--------------------------

Me to We Club - Help Out With Our Zinc Saves Lives Battery Recycling Campaign!

Did you know that each year, nearly 450,000 children die due to complications associated with zinc deficiency? One AA battery contains the amount of zinc that can save the lives of six children!

Teck has partnered with Call2Recycle to help keep batteries out of landfills and help get zinc to the children who need it most. For every battery recycled, Teck will donate the value of zinc it contains to UNICEF in support of the Zinc & Health partnership.

So, the Highlands Me to We Club has decided to do our part! Each class at Highlands has a battery bin, and we are asking Highlands's families to bring in any **used** batteries. We will then take the batteries for recycling to process the zinc to help save children's lives!

Thank you in advance, for your support!

W.O.W Program

Congratulations to Division 14 - Mrs. Sawchuk's class (primaries) and Division 7 - Ms. Sherlock's class (intermediates) for winning the coveted Golden Sneaker this week! A total of 197 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!

Community Partner Reminders

COBS Bread in Edgemont Village

When making purchases at this COBS Bread location, just mention 'Highlands Elementary School' before you pay and HPAC will automatically receive 5% of your purchase dollars.

Boston Pizza

Highlands has a new community partner! Boston Pizza on Marine Drive will give Highlands 10% of all receipts submitted by Highland's families, friends, and neighbours! The next time you eat at Boston Pizza, simply write Highlands on the

back of the receipt and drop it in the box at the front of the restaurant. Tell your friends and neighbours to submit their receipts for us, too!

Mabel's Labels

A company with all types of labels that are colourful, indestructible, easy-to-use and fun! Iron-Ons, Stickies, Bag Tags, Allergy Alert labels & more! Personalize your labels with names, nicknames, initials - whatever you choose. Cool icons help even little ones identify their own belongings. Dishwasher, microwave, laundry & kid tested! Dispatched within 24 hours! HPAC receives **10%** percent of all sales!

To order your labels, follow these easy steps!

1. Go to <http://mabelslabels.com>
2. Click on "Support a Fundraiser"
3. Click on "Select your School/Organization" and then find **HIGHLANDS ELEMENTARY** and select.
4. Click on "Click Here to Buy"
5. Click on "Shop Now" and order your items
6. Go to checkout and you will be prompted for the rest.

This fundraiser runs year round and you can send the link to family, friends, preschool buddies etc.. Mabel's Labels will mail you your products directly to you! A very easy process and great fundraiser for our school!

Please note that you must use the URL above, and not www.mabelslabels.com, or HPAC will not receive funds. Also, fundraising commission cannot be earned on the purchase of Loot Bag Combos or discounted/sale items.

In the Community...

Pool & Pay Pass with North Vancouver Recreation Centres

Unlimited Swim, Skate and Open Gym. Includes: Skate with Santa, Tube and Slide & Christmas Swim. Only \$5.00 per child. Pass valid for unlimited entry December 28 - January 3, 2016. For more information, visit <http://nvr.ca/poolandplay>

Little League Baseball - registration for 2016 is now open!

Little League offers baseball for boys and girls ages 5-19 in nine different divisions, from T-ball to Big League. North Shores Little Leagues promotes a healthy balance of community-based activities through regular-season play among local teams and access to the world's largest youth baseball. To register either local leagues visit:

<http://fhll.ca> (Eldon Park)

or

<http://www.highlandsbaseball.com> (Delbrook Park)

Contact email: hpac@wildapricot.org

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

[Unsubscribe](#)