

**From:** Highlands PAC HPAC@wildapricot.org  
**Subject:** HPAC News: Happy New Year!  
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**To:** HPAC Communications Coordinator verna@noru.ca

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After School Programs 2016, Parent Education Opportunities, Natural Playground Update, Talent Show Information, Helping Those in Need, W.O.W. Program, In the Community.

January 8, 2016



# HPAC News

Happy New Year! We hope the first week of 2016 has been a successful one as we settle back into routines.

We would like to extend a warm welcome to Mr. Polymenakos, Vice Principal, Ms. Crawford, Office Assistant and all of the new families who are joining Highlands in the new year. Welcome to the community!

Some information to share for the start of another busy year ahead!

*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:

- After School Programs 2016
- Parent Education Opportunities
- Natural Playground Update
- Talent Show Info
- Helping Those in Need
- W.O.W. Program
- In the Community

**AFTER SCHOOL PROGRAMS 2016  
MINDFUL GIRL/MINDFUL BOY, SPORTBALL MULTI-SPORT &  
RED CROSS BABYSITTING COURSE**



## **MINDFUL GIRL/MINDFUL BOY - 4 SPOTS LEFT!**

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 practices & games, this 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.

**Program Dates:** 4 Mondays – January 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> and February 1<sup>st</sup>, 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](mailto:info@kindkids.org)



## **SPORTBALL MULTI-SPORT - 2 SPOTS LEFT!**

(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)



## **RED CROSS BABYSITTING COURSE - 8 SPOTS LEFT!**

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>

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## **Parent Education Opportunities**

**Canyon Heights PAC Presents:  
Jesse Miller "Social Media, Connected Children, Parenting the Mobile Device Child"**

**Monday, January 11, 2016 at 7:00pm  
Canyon Heights Elementary School Gym**

Highlands parents are invited to attend an interactive and visual presentation designed to help parents understand where the social media and tech concerns exist in our connected community. For more information, please [click here](#).

If you are interested in attending this session, please contact Kulvir at [kulvir@shaw.ca](mailto:kulvir@shaw.ca).

**Highlands PAC Presents:  
Prevention of Disordered Eating in School Aged Children  
Wednesday, February 3, 2016 at 7:00pm  
Highlands Elementary School Gym**

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).

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## **Natural Playground Temporary Storage Area**

We are excited to announce that Great Canadian Landscaping has started collecting logs for our future Natural Playground! These logs were kindly donated to us by the District of North Vancouver with more to come. Temporary construction fencing has been installed behind the backstop on the gravel field and will remain in place until construction begins. The construction start date is still TBD.

Please ensure your kids know not to play on or climb the fencing.

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## **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!

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## **Helping 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
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## **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 202 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.

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## **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)

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