

From: Highlands PAC HPAC@wildapricot.org
Subject: HPAC News: Safety and more updates
Date: January 15, 2016 at 8:17 AM
To: HPAC Communications Coordinator verna@noru.ca



Talent Show Information Session, Natural Playground Grant, After School Programs 2016, Parent Education, Revised HPAC Directory, Family Movie Night, Safe Routes Advocates, W.O.W. Program, In the Community

January 15, 2016



HPAC News

For the safety of our children and the community, we please ask that drivers do not double park for any length of time along Colwood Drive and Fairmont Road, especially during pick up and drop off times. We would also like to remind the community to respect the parking regulations around the school. Let us all do our part in contributing towards a safe environment.

Please note that next Friday, January 22nd is a Professional Development Day. School is not in session.

And 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:

- Talent Show Info Session
- Natural Playground Grant
- After School Programs 2016
- Parent Education
- Revised HPAC Directory
- Family Movie Night
- Safe Routes Advocates
- W.O.W. Program
- In the Community

Talent Show Information Session - January 25th

Calling all talented kids - there will be an information session at lunch in the library on Monday January 25 for all those Highlands students interested in participating or helping out with the Talent Show this year. Come out and see what it is all about! Hope to see you there!

Natural Playground Grant Update

Thank you TD Friends of the Environment, who have awarded Highlands a grant of \$3236.00 to support the purchase of materials for our Natural Playground Project!

After School Programs 2016 Sportball Multi-Sport, Red Cross Babysitting Course and Art Work Shop with Artworks



Sportball Multi-Sport - Spots still available!

(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 - Spots still available!

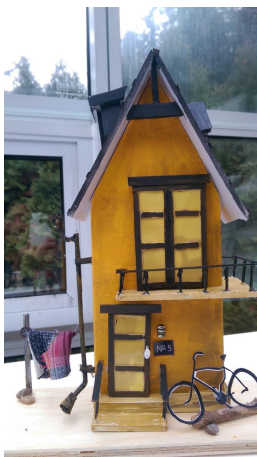
So you want to be a babysitter? Or your parents want you to take this course so

Do 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>



Art Workshop with Artworks North Shore

Date: January 22nd, 9:00am-3:00pm
Location: Montroyal Elementary School Gym
Cost: \$85.00 for the day

Come and join Susanna Li and Lorna Moffat for a fun and creative workshop for your next Pro D Day. The kids will make a whimsical set of 3 Wooden Folk Style Houses on a base. They will design, work with various paint finishes, and use all kinds of interesting materials to create a fantastic fun piece! It will be a very busy full day. Hope you can join us.

Please pack lunch, snacks and water and come in your "art making clothes" for messy bits.

To register, please contact us at info@artworksnorthshore.com
<http://artworksnorthshore.com>;

Parent Education

HPAC Presents: Prevention of Disordered Eating in School Aged Children Wednesday, February 3, 2016 at 7:00pm (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.

Revised HPAC Directory - Deadline February 5th

We will be preparing an updated version of the 2015/16 HPAC Directory.

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

Family Movie Night - February 19th

Save the date for Highlands' Family Movie Night! We will be showing "Inside Out" at 6:30pm on Friday, February 19th. Pyjamas and pillows are welcome at this family fun event. More information to follow closer to event date.

Safe Routes Advocates (SRA) Updates

Many of you have heard of the North Shore SRA and visited this link on our PAC

Many of you have heard of the North Shore SRA, and visited this link on our PAC webpage. Here is some more interesting info on what the SRA does. Martyn Schmoll, one of the SRA co-chairs, has started "Freedom Fridays" at Canyon Heights, another walk and wheel initiative that helps bring our community together. So far the WOW program has been a resounding success here at Highlands, and we thank the parents for their time and energy in helping create such a successful program.

<https://soundcloud.com/northshoresra/talking-freedom-fridays-with-shane-foxman-on-cknw>

<https://soundcloud.com/northshoresra/north-shore-sra-talks-school-safety-with-cbcs-the-early-edition>

The SRA is always looking for champions to further the 'safe routes' cause. We are keen to hear your input on how we can all make our community a safer one. What are your thoughts on crossing guards? (And could you be one?) Do you want a walking school bus in your neighborhood, or a ride share program? Many drive to work straight from school, and when we all live so close, sure we can work together and carpool. Would you like to help the SRA in creating a safer community?

Email erinmacanir@gmail.com for questions/thoughts/ideas.

W.O.W Program

Congratulations to Division 12 - Mrs. Reeve's and Mrs. Svenhard's class (primaries) and Division 8 - Ms. Mitchell's class (intermediates) for winning the coveted Golden Sneaker this week! A total of 218 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!

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.

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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