

From: Highlands PAC HPAC@wildapricot.org
Subject: HPAC News: Talent Show, Parent Volunteer & more...
Date: January 22, 2016 at 8:46 AM
To: HPAC Communications Coordinator verna@noru.ca



Parent Volunteer Needed, Talent Show Information Session, Food Days, Parent Education Opportunities, HPAC Directory, Family Movie Night, Safe Routes Advocates, W.O.W. Program, In the Community.

January 22, 2016



HPAC News

A reminder that next Wednesday, January 27th, students will be dismissed early at 2:00pm as it is a Staff Collaboration Day.

Next Friday, January 29th, your Student Council is having Multiplicity Day. Students are encouraged to find a friend, or two, or three, or more... to dress alike.

The first HPAC meeting of 2016 will be held on Tuesday, February 2nd in the library. The agenda for the meeting will be in the next newsletter. We look forward to seeing many of you at the meeting and don't forget we provide babysitting! 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:

- Parent Volunteer Needed!
- Talent Show Info Session
- Friday Food Days
- Parent Education
- HPAC Directory
- Family Movie Night
- Safe Routes Advocates
- W.O.W. Program
- In the Community

Accountant - Parent Volunteer Needed!

First and foremost, we would like to thank Cynthia Ellacott-Rumsby for her years of dedication in keeping the accounting books of HPAC in top shape. We truly appreciate all of your hard work and you will be very much missed.

With Cynthia's departure at the end of the school year, HPAC is looking for a parent volunteer with an Accounting background. For more information on this important

volunteer with an Accounting background. For more information on this important role or if you are able to assist, please contact Tracy Stirling, Treasurer at tracystirling@shaw.ca.

Talent Show Information Session - January 25th

Calling all talented kids - there will be an information session at lunch in the library on Monday, January 25th 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!

Food Days Ordering is Open Again!

Deadline: February 3rd Noon

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

Cost: 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.

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) Update

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 Schmolz, 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

...walking school bus in your neighborhood, or a car 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 10 - Ms. Windibank's and Mrs. Marrie-Black's class (primaries) and Division 7 - Ms. Sherlock's class (intermediates) for winning the coveted Golden Sneaker this week! A total of 169 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...

MEND – Mind, Exercise, Nutrition-Do-It!: **January 29th, Harry Jerome Recreation Centre**

A free healthy lifestyle program for families!

- Fun and empowering program delivered by trained professionals.
- Learn to make informed lifestyle decisions and set achievable goals
- Children learn movement and fitness skills
- Parents explore topics such as self esteem.

For more information, [click here](#). Contact Tracy for registration information at 604-983-6401 or wakaluckt@nvr.ca.

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

or 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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