

HPAC Help Wanted, Spring Plant Sale, Whitecaps Game, Next HPAC Meeting, Grade 7 Car Wash, Bike Week, Spring Fair, Natural Playground Weeding, FunDay Volunteers Needed, WOW

April 28, 2017

# HPAC News

A reminder that Monday, May 8th, is a District Wide Pro-D Day and school is not in session.

KM Club is up and running! Bring your kids to school at 8:05 Mondays, Wednesdays and Fridays, on non-rainy days, to start to rack up those kilometres!

*If you would like to include any information in the weekly HPAC News, please forward your submission to [Glenda.savage@shaw.ca](mailto:Glenda.savage@shaw.ca) by **Wednesday 12:00 noon.***

## This issue:

- HPAC Help Wanted
- Spring Plant Sale
- Whitecaps Game
- Next HPAC Meeting
- Grade 7 Car Wash
- Bike Week
- Spring Fair
- Natural Playground Weeding
- FunDay Volunteers Needed
- WOW
- In the Community

## HPAC Recruitment - Seriously, We Need Your



### Help!

It's that time of year again when we are on the search for two new parents to step onto the HPAC Exec Committee for next year, 2017/18, as Fundraisers. Yes, we all lead busy lives but we are asking for a bit of your time. To keep the PAC running and receiving important funding for our school, new volunteers need to be voted in at the June PAC meeting.

The job description is as follows:

- co-ordinate one or two fundraising events (usually one in the fall, one in spring, but it is flexible)
- provide guidance to other event leaders when needed
- attend a maximum of two meetings each month, an Executive meeting and the general PAC
- help with budgeting for 2017/18 in September

Not to worry, the Co-ordinators are not in charge of all the events at the school! Most of the events for next year already have committed parent leads. Want to raise money but don't want to run events? Host a cheque drive! It's totally up to you. Tailor the role to suit your time availability!

The job is totally doable for flexible working parents and all meetings are in the evenings (usually with wine). There is absolutely no experience needed and each volunteer will have lots of support. It's fun and a great way to meet new people while supporting our school.

Please, if you haven't volunteered to be on the HPAC yet, consider finding a friend and sign up for this role together.

Email Janelle Carr at [hpaccochair@gmail.com](mailto:hpaccochair@gmail.com) or Karissa Rennie at [karissa.rennie@gmail.com](mailto:karissa.rennie@gmail.com) for more details or to ask questions.

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**Spring Plant Sale: Order TODAY!**

A perfect gift for Mom! Order now and receive your plants just in time for Mother's Day (May 14th) - delivery is on May 12th.

Premium hanging flower and strawberry baskets, mixed patio planters and assorted herb and tomato packs, and new this year, geraniums, petunias, marigolds, fertilizer and organic potting soil. All you need for spring planting!

These plants are a great way to brighten up your patio, kick start your garden, or give a "thank you" to mom or someone special. Those who have ordered in the past know the plants are beautiful and the quality is outstanding.

Orders can be made using this [Form](#) or order online at this [link](#). If you order online, please submit cash or a cheque payable to HPAC in the HPAC box outside the office.

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## **Highlands White Caps Game: Order TODAY!**

Today is the last day to turn in your ticket order forms for the Highlands White Caps game Saturday, May 27th game at 4pm. Order forms came home in your child's backpack or find it [here](#), tickets are \$32 each. Please put a the completed order form with payment in the HPAC box in the lobby. If paying by cheque, make it out to Highlands PAC. We've booked seats in the same section.

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## **HPAC Meeting: May 2nd**

The next HPAC meeting is Tuesday, May 2nd, at 7:00 - 8:30 in the library. Draft minutes from the last meeting can be found [here](#). The agenda for the meeting is here [Agenda](#).

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## **Grade 7 Car Wash: May**

**6th**

Swing by Highlands Elementary on May 6th between 11am and 2pm where the

Grade 7's will be waiting to wash away all that winter grime, dust and rainy day mold off your car. Car wash is by donation. Help the Grade 7's in this fundraising effort, as they raise money for their Grade 7 Farewell including their legacy gift to the school. The event will run rain or shine.

Spread the word - family, friends and neighbours are welcome!

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### **Bike Week at Highlands: May 23rd - 26th**

Bike week arrives in May! Remember to return your child's waivers which came home in their backpack - your child cannot participate without these completed. Also, if you are short a bike or a helmet, let your class rep know and we will try to arrange to get you one so your child can participate.

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### **Highlands Family BBQ, Spring Fair and Summer Gear**



**Sale: June 9th**

Save the date for Highlands Spring Fair Friday, June 9th, 5:00 - 8:00pm.

We need your glass jars! Please start collecting and saving any of your large sized mason / pickle / pasta sauce jars for a super fun school-wide craft project coming up soon for our Spring Fair. We are asking each family to collect at least one jar, plus any extras you have to donate to us would be fantastic!

And collection details will be out soon for your used summer gear - sandals, water shoes, swim suits, shirts, shorts - anything summer - to be sold at our Summer Gear and Clothes Sale.

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## Natural Playground Weeding Volunteers



### Needed

Spring is coming, and so are the weeds. Did you know that it's the responsibility of Highlands families to do garden maintenance of our wonderful Natural Playground area? We ask that families do their share to weed the garden for a few hours on one weekend day between April and October. When everyone pitches in a little it makes it quick and easy for all!

If you have not already added yourself as a volunteer weeder for our Natural Playground, please send an email to Tracy Lebedovich at [Tracey@gloriousday.com](mailto:Tracey@gloriousday.com) to add your name to the list. If you have volunteered in the past, not to worry, you will stay on her list!

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### **Having Fun Yet? Pitch in on Fun Day!**

The Highlands Elementary Fun Day Committee is looking for an enthusiastic parent or two willing to lead a large (70 or so), really happy group of kids in Zumba, yoga, or other activity in the gym on Fun Day, June 16th. The activity would be about 25 - 30 minutes long and would be repeated six times. Teachers and student volunteers will be there to provide support. Contact Amy Wright at [awright@sd44.ca](mailto:awright@sd44.ca) for more information.

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### **WOW Program**

The coveted Golden Sneaker was won by Mrs. Patterson's class (primaries) and Mrs. Baker's class (intermediates). Congratulations! 183 Highlands students walked or wheeled. 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...**

**Red Cross Babysitting Course - May 8th, 8:30am - 3:30pm**

Montroyal Elementary is holding a Red Cross Babysitting Course for Grade 6+ kids interested in learning the art and science of babysitting. It's at Montroyal Elementary, 5310 Sonora Drive, on May 8th. Registration is at [firstaidhero.com](http://firstaidhero.com). The cost is \$60 plus GST.

### **Sole Awesome 5k Fun Run - May 28th**

Sole Girls is celebrating fun physical activity with their annual Sole Awesome 5k Fun Run, with fun for the whole family, with obstacles, high fives, and cheering! This year's run is on May 28th at Mundy Park in Coquitlam. And, if you enter using Highland's school code, NVAN17, you get \$5 off registration.

### **Rethinking Risky Play: The Importance of Risky Play for Children - May 30th, 7:00 - 8:00pm**

Most of us have childhood memories of long hours spent outdoors and away from watchful eyes of adults. The childhood of today looks very different, with more time spent indoors, supervised, in structured activities, in front of screens. Highlands Preschool is hosting an interactive presentation by Dr. Mariana Brussoni, which will explore the effects of changing childhoods and limited outdoor risky play time on children's health and development, as well as strategies to restore balance. Dr. Brussoni is an Associate Professor at UBC and investigator with BC Children's Hospital Research Institute and the BC Injury Research & Prevention Unit. At Highlands Preschool, 3455 Edgemont Boulevard, on Tuesday, May 30th, 7:00 - 8:00 pm. Please RSVP by May 22nd to 604-980-1740 or to [director@highlandspreschool.ca](mailto:director@highlandspreschool.ca). All are welcome, \$5 donation to the Preschool for non-Preschool registered families. More information is here [Risky play](#).