

Volume 1, Issue 1

Oct. 08, 2010



BUSINESS NAME

# PAC Perspectives

## Capilano PAC Statement of Purpose:

The goal of the Capilano Elementary PAC is to support a positive education for our students by promoting community spirit, by engaging in an ongoing dialogue with teachers and staff on student issues and needs, while providing parents with quality, timely and relevant information on PAC-related matters.

## October CPAC Meeting :

**Tuesday, October 12 at 7pm in the library**

We hope you can join us to hear the latest news and exciting things going on at Capilano.

*Free babysitting will be available.*



## IB Information Session:

There will be an International Baccalaureate (IB) information session for parents at the **October 12**, PAC meeting. Come out and hear an overview of the program, what to expect this year, and how you can help your children. The presentation will be a more detailed follow-up to the quick session on Curriculum Night.



This is a very important year for us with our authorization visit in December.

We look forward to seeing you there.

Jennifer Wilson and Lise Smith.

### PAC BBQ

Thank you to everyone who joined us for the PAC Welcome Back BBQ – we raised \$1134 (\$70 more than last year). Not bad for our first rainy BBQ day!

## Student directory:



We have had an overwhelming response, once again, for our student directory advertising. Thank you to everyone who placed ads and to those who spread the word to new advertisers. We would also like to remind everyone to look through these sponsors on a regular basis and support them as they have supported us.

## Tupperware GO GREEN fundraiser:

We are happy to announce our GO GREEN Tupperware fundraiser. You should have received a flyer in your child's backpack this week with information on ordering. This fundraiser is a great way to support not only our school but also the environment! 40% of all sales will come directly back to the PAC.



## Family Photo Night is Coming:

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MjM Studios Inc. will be bringing their studios to our school on **Wednesday October 27th from 5:00 to 9:00** and on **Saturday October 30th from 9:00am to 5:00pm**.

As a fundraiser for our school, they will be setting up their portable studio to provide you with the opportunity to have a family portrait taken with the convenience of excellent location and comfortable surroundings. 100% of the sitting fee goes directly to our school.

For just \$20 your family will receive one sitting and an 8 x 10 portrait from the proof of your choice.

This event has sold out for the last few years so return your sitting request forms to the office ASAP!

Forms will be sent home on October 8th.

If you have any questions please contact Catharine Kotai at [ckotai@telus.net](mailto:ckotai@telus.net)



## Two Easy Ways to Support our School:

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**Shop and eat out while at the same time earning funds for Capilano.**

1. Groceries to your door....Money to Capilano!

Stong's Market is a neighbourhood grocery store in Vancouver which offers convenient online shopping. Stong's carries everything you need plus lots of specialty items you can't find anywhere else. Their online ordering system is fast and easy and your groceries arrive at your door the very next day. All for a nominal \$7.00 charge.

For all parents that spend money online, Stong's Market will monitor monthly sales and rebate back to the PAC, 4% of the monthly total gross sales. The more parents that participate, the higher the revenue will be generated for the school.

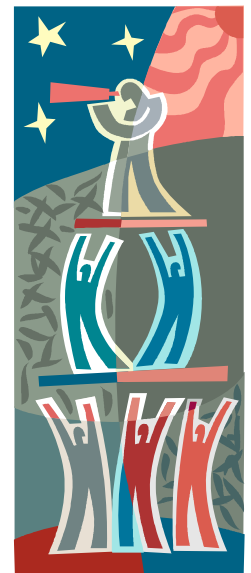
Check out their website at [www.stongs.com](http://www.stongs.com)

2. And when you don't feel like cooking dinner with those groceries ...

Taylor's Crossing Restaurant & Brewery will rebate 10% of your total bill back to the PAC. A good way to support a local business and the school at the same time!

Taylor's Crossing - 1015 Marine Drive, North Vancouver

Don't forget to mention to your server that you would like 10% of your bill to go back to Capilano Elementary. Anyone can help with this so let all Grandparents, Aunts & Uncles and friends know to do this as well.



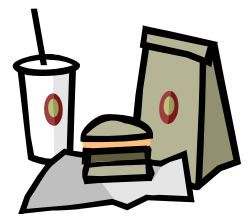
## A Great Start to the Food Programs:

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Wow!! 89% of our students are participating in the Fruit and Vegetable program! If you haven't already given consent, the order form is still open so it's not too late for every student to share in fresh produce delivered to the classroom. It's free, and very popular with the students.

For our younger students, it's exciting to participate in the lunch programs, but they can feel overwhelmed. Help your child to manage on lunch day with these simple tips:

- Encourage your child to ask for help with challenging packaging
- Over 85% of our students participate in the lunch programs. If you don't wish to purchase a full meal, consider purchasing a beverage or dessert to avoid upset in the classroom
- On Friday mornings, remind your child what to expect in their lunch order, and remind them to speak up if items are missing or incorrect.



We will be delivering to nearly 400 students through the year, with occasional mistakes despite our best efforts. Most problems can be resolved if our volunteers are told immediately, so please encourage your child to speak up.

Thank you to all the parents who have volunteered to help with the food programs! Of course, we can always use extra helping hands, so if you are free to assist, please log-in to your account, go to Orders, then Volunteer Sign-Up.

## The Capilano Green Team:

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### Why Waste?

Last year three audits of Capilano's waste systems (garbage and recycling) were conducted and the results indicated our school community has room to reduce our impact on the earth. Single use plastic bags, foil-lined bags and juice boxes make up most of our school's waste (playground and classroom garbage cans and recycling bins).



During the last two weeks of September all students took part in classroom presentations reminding them about how, as individuals, they can Reduce, Re-use and Recycle more items thereby helping our Capilano community limit its impact on the environment.

Ask your child what he or she knows about the three R's, Generation C (older grades), and foil vs. tin foil. You just might learn something!

### Not In My Landfill!

During the classroom presentations some students indicated their families use the monthly Pacific Mobile Depot (PMD) to recycle items that are not picked up through our curbside Blue Box system. PMD takes hard plastics 3, 6, 7 and no numbers, soft plastics, foil-lined bags, Styrofoam amongst many other items. Details: <http://www.pacificmobiledepots.com/> See you there!

### Capilano's Student Gardens

Two planters have been placed outside Mrs. Ritchie's Kindergarten classroom on the north side of the school. These planters will be used by Mrs. Ritchie and Mrs. Murray (grade 1) as an extension of their classrooms.

Thank you once again to Capilano's 2009/10 Grade 7's for donating funds towards the purchase of these gardens. We appreciate your generosity and hope you'll return in the years to come to take a look at what's sprouting!

Also, thank you to parents for your donations to the various PAC fundraising events over the year. PAC funds also supported this green initiative.

### Are You Keen For More Green?

If you have images of a wind turbine at the top of the school's flag pole, computers powered by stationary bikes or similar opportunity for student action, the Green Committee would like to know you. Drop a line to [jennifermckenzie@shaw.ca](mailto:jennifermckenzie@shaw.ca)

## Traffic Committee:

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Julia Behrendt has been working with the PAC and the District of North Vancouver on traffic calming measures for our school. Julia is in the process of establishing a Traffic Committee so we parents can come up with some meaningful measures to reduce the car accident risk for our kids around our school. A voluntary one-way traffic pattern around the school (as mentioned in last PAC letter) and the implementation of cross walks, etc. have been considered.

We can now advise that 2 cross walks will be painted at the beginning of November on Bridgeman close to 21st and 20th (exact locations tba). In addition, a sidewalk will be installed on the east side of Bridgeman between 21st and 22nd Streets.

Julia is looking for parent volunteers for the Traffic Committee to assist in the following initiatives:

1. coordinating time schedules for crossing guards (possibly seniors from the neighbourhood)
2. working with DNV on other traffic calming measures like speed bumps, more speed signage, etc.



You can contact Julia at [julia@marketworksagency.com](mailto:julia@marketworksagency.com) or at 604 987 6872.

## October 22nd Professional Development Day Babysitting Available!

Students from the Carson Graham Global Initiatives and Leadership Program would like to offer their child minding services to you this October 22nd! Funds raised by our students will go towards our trip to the Dominican Republic. Students will charge a minimum donation of 25.00 for child care from 8:30 – 3:00. Students will have various activities planned out for your child to enjoy! If you are interested in taking part in this service, please feel free to contact Mr. Rob Olson at Rolson@nvsd44.bc.ca

The Carson Graham Global Initiatives and Leadership Program is a program unique to Carson Graham. Students enrolled in this program learn by doing service within our local community and globally. Our students travel every year to a developing country in order to learn about culture, service and leadership. This year our students will be traveling to the Dominican Republic. The focus of this year's trip will be working to build adequate housing, helping build a school and volunteering in a local orphanage. Students will also be participating in a work experience alongside Haitian refugees in a garbage dump where children go to gather precious material and food. If you would like further information about this program, please feel free to contact Rob Olson at Rolson@nvsd44.bc.ca

### District PAC:

The next North Van District PAC meeting will be held on **Thursday, October 21, 7:00p.m.**, Leo Marshal Curriculum Centre, 810 West 21st Street, North Vancouver

These Meetings are for all parents.



### Upcoming School Board Meetings:

Tuesday, October 12, Public Board Meeting  
Tuesday, October 26, Public Board Meeting

721 Chesterfield Avenue, North Vancouver



### Dates to Remember!

- October 11 (Monday)  
Thanksgiving Day, no school
- October 12 (Tuesday)  
PAC Meeting, 7:00p.m. in the library
- October 21 (Thursday)  
Pro-D Day, no school
- October 22 (Friday)  
Pro-D Day, no school
- October 27 (Wednesday)  
Family photos
- October 30 (Saturday)  
Family photos

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