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THE CAPILANO PARENT ADVISORY COUNCIL'S NEWSLETTER

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.

February CPAC Meeting:

Tuesday, February 15 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.

Presentation Following the CPAC Meeting - The "Great Juice Box Debate" by Division 8

"Not everything that is faced can be changed, but nothing can be changed until it is faced...."

James Arthur Baldwin (American Essayist, Playwright and Novelist, 1924-1987)

Did you know? During the 2009/10 school year Capilano students disposed of approximately 9133 juice boxes. Following the meeting, Division 8 will present to parents their findings on juice boxes and fruit flies at Capilano.

Food Program Update - Ideas for Next Year:



The Food Committee values parents' suggestions and ideas. If you have any ideas for lunch programs for next year -- that meet our healthy food guidelines and green initiatives -- we'd love to hear from you.

Please email Kate Weiss at kate@bedakaro.com.

Green Team Update:

Grade 5 Recyclers - Thank You

Capilano's curbside recycling system is managed by Grade 5 students. The students collect items from recycling stations and transfer them to the front of the school, ready for pick up. Without the commitment and effort of our Grade 5's our recyclable waste would end up trucked to the Cache Creek landfill. Once again, thank you Grade 5's for your work on behalf of our entire school community!



It was recently brought to the Green Team's attention that the Grade 5 recyclers went the extra mile to clean out the beverage recycling bins in each classroom, a job they have not always done. Some of these containers were so soiled and odorous that they caused great distress to the recyclers (The Team has cleaned the bins before and know they can be disgusting!). We thank the students for their extra effort and

apologize for the unpleasant experience. The cause of this problem is the juice left in the beverage containers and the length of time these beverage recycling bins are left between emptying and cleaning.



Mrs. Webster's and Mrs. Doyle's classes enjoy X & O Thank You cookies from CPAC (thank you to elves Renate White and Michelle Dunn for the decorating!)



Best Practices for Meeting Low Waste Goal

Parents, you can help our low waste goal! Here are some "best practice procedures" for discussion and review with your children:

REDUCE the amount of waste you produce in the first place; REUSE an item or find someone who can use it; RECYCLE the product so that our valuable natural resources are used again and again.

Hot Lunch Days: We thank parents, staff and students for their efforts to reduce, reuse and recycle as part of the lunch programs. Try to make it a habit to send eating utensils and a napkin on hot lunch days. (Last soup day nearly 30 students arrived without their thermos for soup and needed their soup served in styrofoam containers.) We do not stock plastic utensils so children end up drinking yogurt out of containers and eating hot food with their fingers ...not a good sight ... help them, please!!

Classroom paper recycling boxes: place only clean paper in these bins; paper soiled with food, glue, paint etc is not suitable for recycling; paper towels used to dry hands in the classroom (not washrooms) can be recycled but please leave the towel on the edge of the bin to dry.

Classroom beverage recycling bins: place only refundable beverage containers in these bins: only juice boxes and plastic, glass & metal single serving beverage containers. MILK CARTONS are NOT recyclable in our curbside system. All items placed in these bins must be rinsed.

Hallway Recycling Bins: These take items made from hard plastics #1, #2, #4, #5 (check the number in the triangle on the bottom of the container); tin foil: often found as lids to single serving yoghurt and fruit containers; items made from glass and metal

All items that do not fit the categories mentioned above are not eligible for our curbside recycling and must be taken home for recycling at the Pacific Mobile Depot or placed in the garbage.

Fruit Flies vs. Capilano Classrooms

One of the barriers to a successful recycling system is the pesky fruit fly. Fruit flies lay their eggs near the surface of fermenting foods or other moist, organic materials – like our classroom beverage recycling containers! The reproductive potential of fruit flies is enormous; given the opportunity, they will lay about 500 eggs and the entire lifecycle from egg to adult can be completed in about a week. The best way to eliminate problems with fruit flies is to eliminate sources of attraction.

Switch to re-usable beverage containers and bring them home each day for washing.

Only place EMPTY and RINSED recyclable beverage containers in the beverage recycling bins.

If re-usable beverage containers are not an option for you consider purchasing junior size juice boxes and send two – your child can open the second one only if he/she needs it. (many primary students place half finished juice boxes in the bins)

Parents, look for the beverage recycling bin in your child's class, if it's full, ask the teacher if you can empty it, if it's dirty, and wash it out. (Best location for washing is in the east foyer, across from the Kindergarten classrooms – sink, hot water and soap ready for use!)

Help Needed:

1. Our new "Party Supply Kits" need washing and labeling. If you can spare some time to take on this task, we would love to hear from you. Needs to be completed before Valentine's Day parties begin!
2. The NVSD has started a blog related to environmental activities occurring in the schools. We're looking for someone to post a few comments throughout the year.

Contact jennifermckenzie@shaw.ca for more details.

Reminder: Two Easy Ways to Support our School:

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

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



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! 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.

Taylor's Crossing - 1015 Marine Drive, North Vancouver

Upcoming School Board Meetings:

Tuesday, February 22, Public Board Meeting
(7:00p.m.)

Tuesday, March 29, Public Board Meeting
(7:00p.m.)

721 Chesterfield Avenue, North Vancouver



District PAC:

The next North Van District PAC meeting will be held on Thursday, February 17, 7:00p.m., Leo Marshal Curriculum Centre, 810 West 21st Street, North Vancouver

These Meetings are for all parents.



Dates to Remember!

February 11 (Friday)

Jump Rope For Heart

February 14 (Monday)

Valentine's Day

February 15 (Tuesday)

PAC Meeting, 7:00p.m. in the school foyer

February 25 (Friday)

Pro-D Day, no school

March 4 (Friday)

Intermediates Winter Sports Day

March 10 (Thursday)

2:00 p.m. early dismissal; Student-led conferences

March 11 (Friday)

Report cards go home; last day of school before

Spring Break

March 28 (Monday)

First day of school after Spring Break

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