

Sherwood Park PAC Newsletter



Email: sherwoodparkpac@gmail.com
Facebook: <https://www.facebook.com/sherwoodparkpac/>

Parent Information Sessions

Jesse Miller of Mediated Reality will be presenting to our parent population on **February 7, 2017 at 7:00 p.m.** to provide information and guidance on internet safety, social media awareness and responsible use of technology for school-aged children. After a 45 minute presentation there will be an opportunity to have Jesse address your questions and concerns.



We don't want you to miss your opportunity to attend, so we have arranged for a group of Grade 7 students to be on hand to babysit. This is a PAC sponsored event, and there is no cost to attend. However, bring your loonies! We will be selling coffee, tea, juice and popcorn for \$1 to help offset the cost. To help us minimize waste, please bring your own mug.

The information session is open to all Sherwood Park parents (due to limited space, we will not be inviting parents outside the Sherwood Park community). We hope you can join us in the Atrium on February 7!

Seycove Auction

Join the social event of the season on March 4th in the Seycove Gym. **Tickets are on sale now!** Tickets are \$50 for the dinner, dance and silent auction. After dinner tickets are not available this year. Get your tickets now – they sell out fast! Order your tickets by emailing tickets@seycoveauction.org

It's not too late to make your contribution to the Seycove Auction!

There are 6 easy ways that you can help:

1. Bring a bottle of wine, or spirits to the February 7 Parent's Information session. Each contribution will receive a raffle ticket for a prize drawn at the end of the night.
2. Contribute to your classroom's themed basket by February 6.
3. Contribute your own (tax deductible) basket by February 6. (The basket should be presentation ready)
4. Contribute items to any of the baskets that we are collecting by February 6.
5. Drop off a cash donation to the office marked "Seycove Auction". Funds will be used to complete baskets or purchase gift certificates.
6. **Volunteer to help out at the event!** Email volunteering@seycoveauction.org

Note: Please do not send alcohol with your child, rather drop it at the office directly or bring it with you to the Parent's information session.

Calendar of PAC Events

PAC Meetings:

February 28 April 25
May 30 (2017/18 budget meeting)

Hot Lunch:

February 3 – Subway
February 6 – Magic Lunch Box*
February 10 – Pizza
February 20 – Sushi
February 27 – Magic Lunch Box*
March 3 – Subway
March 6 – Pizza*
March 27 – Sushi*

[CLICK HERE TO VOLUNTEER!](#)

PAC Sponsored Events

- Parents information session on Internet and Social Media Safety – February 7
- IKid (Grade 2) – February 2
- Seycove Auction – March 4, 2017
- IGirl/IGuy (Grade 4) – March
- Tennis – Spring
- Folk Dancing – Spring
- Carnival – Spring 2017

Seycove Auction

Pyjama party!
March 4th

Sexual Health Education

If you missed the Parent's Information Session, or haven't heard about it from your children, sexual health education took place in our school last week. This is a PAC sponsored program that is delivered to all students Kindergarten to Grade 7 every other year. The "Body Science" and sexual health education sessions were very well received by parents who attended the information session, students and teachers alike. Students had open conversations with their facilitator, Sarah Stark, who help students feel comfortable talking about body science, told them it was ok to laugh, encouraged their curiosity and openly answered their questions wherever the conversation led.

It is important to keep the conversations going at home, so that children are comfortable talking to their parents about sexual health. To that end we have made available two copies of Saleema Noon's book "Talk Sex Today." If you would like a reference book on how to talk to your children about sexual health, you are welcome to borrow a copy from the office for a few days. Please do not keep the book for an extended time. If you would like your own copy of the book (\$25), there are a few copies available for purchase at the office or you can contact Sarah Stark at sarah@saleemanoon.com.

Pink Shirt Day

Celebrated annually around the world, Pink Shirt day began in Canada in 2007 when two boys in Nova Scotia witnessed a younger student being bullied for wearing a pink shirt to school. That night, the young men bought dozens of pink shirts and distributed them to their classmates to wear the following day to stand together against bullying. It has since become an annual movement.

This year Pink Shirt Day is Wednesday, February 22. This theme this year for Pink Shirt day is "Make Nice." Through the campaign, students are encouraged to demonstrate their capacity to be kind and compassionate. The "Make Nice" slogan acts as a friendly reminder that no matter what our differences are, being nice is always a choice worth making.

Wear a pink shirt to school, work or wherever you may be to show your support for the anti-bullying movement.

Community Support in Action

Once again, we would like to send a big thank you to the **Rasmussen Group**, **Sutton West Coast Realty**. Thanks to a Sherwood Park family who recently sold their home using the Rasmussen Group, we have received another generous donation. If you are using the Rasmussen Group to buy or sell your home or business, don't forget to tell them that the Sherwood Park PAC sent you! 10% of their earnings will be donated back to us.

Thanks again for your ongoing support!



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February PAC Meeting

The next PAC meeting is scheduled for February 28, 2017 at 7:00 p.m. in the school's library.

As always, babysitting is provided.

Agenda:

- Principal's report
- School Technology Strategy
- Playground upgrade
- Overview of PAC Executive functions
- Budget Review

Minutes from the January will be available in the March newsletter.

Like us on Facebook

Our Facebook page is an easy way to keep up to date on PAC news, events and meetings. We are at www.facebook.com/sherwoodparkpac/



Drive to 5 Zones

We strongly encourage you to use our Drive to 5 zones where you can drop off /pick up your children (or park and walk with them). It is only a five minute walk from these areas.



Our Drive to 5 zones include:

- Dollarton Village
- Felton Road (off Dollar)
- Caddy Road (off Fairway)..

IKid and IGirl/IGuy

For the first year we are testing out a new (to us) program for our students offered by Saleema Noon's team (the same group that provides our students' sexual health education). Grade 2 and Grade 4 students were selected in consultation with the facilitator as the ideal starting age for these programs.

On February 22 all Grade 2 students will receive a session called IKid. The program is designed as a "playful, engaging and interactive empowerment workshop" aimed at students in the 5-8 year age ranges. The program is designed to provide kids with information and skills to help them with self-confidence and foster healthy friendships. The general themes covered are: avoiding being trapped in stereotypes, celebrating the uniqueness of every individual, the importance of being kind, inclusion and healthy assertiveness.



IGirl and IGuy will be delivered in March to Grade 4 students who will be split into a girl's session and a boy's session.

The IGirl workshop is developed to "prepare girls for the multimedia they'll soon encounter." The intended outcome is to empower girls aged 9-12 to make smart decisions and deepen their understanding of healthy body image, and the importance of being assertive. General themes include: celebrating your strengths and unique qualities, healthy self-image in the face of a media-based purview, developing and fostering healthy relationships.

IGuy is intended to empower boys with skills and techniques that can help them blow off steam in a healthy way, build healthy relationships and make smart decisions. General themes for this session include: what it really means to be a guy, healthy self-image, power comes from within (not from muscles), expressing feelings in a healthy way, dealing with conflict, and developing healthy relationships.

We do not know yet if this is a program that will proceed in future years; that will depend on parent/teacher feedback and how it can fit in future year's budgets. For Grade 2 and 4 parents whose children receive the program this year, we welcome your feedback.

For more information on the workshops you can go to www.saleemanoon.com

Hot Lunch

We still need to fill a few spots for upcoming hot lunch dates. The dates with an asterisk are the most in need (on the first page of this newsletter). If you are available, please sign up to help ensure that lunches are delivered on time.

[**CLICK HERE TO VOLUNTEER!**](#)

THANK YOU to everyone who has been helping us deliver this program throughout the year – especially the coordinators and the regulars who are so committed keeping hot lunch going! Our kids LOVE it, and parents, you can admit it – you get a tiny bit of excitement (or relief) each time that reminder email is delivered to your inbox!

Community Supporters

RASMUSSEN GROUP

If you buy/sell your home or refer a friend to the Rasmussen team, **10% of their earnings from that sale come back to the school!**

www.yournewpad.com



IT'S THE MORTGAGE GUY

New mortgages or debt refinancing. Consider Jonathon Adams as your local mortgage broker, and **10% of earnings are donated back to the PAC!**

www.ItsTheMortgageGuy.com

NESTERS MARKET

When you are grocery shopping, **tell them you are school #2** and the loyalty points will be directed to Sherwood Park.



TOOKA FLORIST

10% of your order comes back to our school when you tell them you are a Sherwood Park family.

www.tooka.ca



BEAUTIFUL EYES

Purchase glasses for your family and a portion of the proceeds are donated back to the school.

www.beautifuleyes.ca



Community News and Events

Seycove Auction

Have you thought about contributing to the Seycove Auction by volunteering your time? (Volunteers get first preference for table purchases). The Seycove Auction committee is looking for help on the night of the event including bartenders, selling tickets, clearing bottles etc. There are also volunteers needed to help set up the event on March 3rd and clean up on March 5th. To find out how you can help and what positions and times suit you best, email the Seycove Auction organizing committee at volunteering@seycoveauction.org.

On a long-term basis, the organizing committee is always looking for committee members to help coordinate and plan the annual event in an array of positions with varying degrees of time commitment. If you email them, they will be happy to send you a list of jobs they need filled. Currently, they are specifically seeking a new Treasurer. If you would be able to lend your time and skills, again, email the Seycove Auction committee at volunteering@seycoveauction.org.

2017/18 School Calendar

The Board of Education invites your comment on the PROPOSED calendar for the 2017/18 school year. [Click here to review the PROPOSED 2017/18 School Calendar](#).

Public comment on the proposed 2017/18 School Calendar will be received by e-mail up to, and including, February 28, 2017. The email address is: calendarcomments@sd44.ca. Comments on the PROPOSED 2017/18 School Calendar will be shared with the Board of Education for their information. Personally identifiable information (name, e-mail address, etc.) from your e-mail comment will not be included; only the text of your comment will be provided.

The PROPOSED 2017/18 School Calendar will be presented to the Board of Education for final consideration and approval at the Public Board Meeting scheduled for March 7, 2017.

Parent Education Event – Could it be Dyslexia?

“Dyslexia is the most common learning difference (1 in 5 kids) yet the most publicly misunderstood.” Please join the Windsor Family of Schools PAC for a screening of the documentary [The Big Picture: Rethinking Dyslexia](#).

Date: March 2nd, 2017
Time: 6:30 – 8:30 p.m.
Location: Theatre at Ecole Windsor Secondary, 931 Broadway Drive

Tickets are available at the door by donation. Register at Eventbrite.ca.
TheBigPictureMovie.com.

Anti-bullying/Jui Jitsu Classes

Roll Jui Jitsu Academy is offering a 4 week program for children ages 5 to 12 that focuses on identification and prevention of bullying as well as non-strike self defense. The course runs from February 11 to March 4 on Saturdays from 9:00 to 10:00 a.m. at a cost of \$60. For registration and additional information go to <http://rollacademy.ca/anti-bullying-course/>.

Valentine's Day Fun Facts

“Wearing your heart on your sleeve” is more than just a phrase; In the Middle Ages, young men and women pinned the name of their Valentine to their sleeve for a week.



During the medieval times people who couldn't write their names would sign a contract with an X. The X was then kissed to show their sincerity....XOXO



There are one billion valentines cards sent worldwide each year, making it the second largest card-sending holiday behind Christmas.



Women purchase 85% of all Valentine's cards.



The phrase “Sweets for the sweet” is a line from Shakespeare's Hamlet, Act 5, Scene 1.



Teachers receive the most Valentine's cards, followed by kids, mothers, wives and sweethearts.



3% of dog owners buy their pets Valentine's Day gifts.

