

Sherwood Park PAC Newsletter



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

Carnival is Coming!!



We are excited to announce that Carnival is happening again this year on Thursday June 22 from 5:00 p.m. to 8:00 p.m.

If there are any members of our community who can offer their skills, service and time at the Carnival, we would love to hear from you. Are you a closet magician? Maybe you can make balloon animals or funky hair ties? You tell us. We would love to have any parents, teachers or friends of Sherwood Park that can offer a service come out to make the evening extra special.

It is our goal to make this a spectacular event for our community while keeping the cost to families as low as we can. If your company would like to be a sponsor at the carnival, please let us know. Your sponsorship information or company sign will be prominently displayed for all attendees to see (and in our newsletter). The carnival is hugely popular with the school community, so your sponsorship will reach a large local audience. If you are able to sponsor our event please email sherwoodparkpac@gmail.com.

Planning an event to this scale is no small feat. We have a great organizing committee working hard to produce a fun-filled evening. However, we cannot do this alone. In the coming months we will be asking you to help us pull this off. We will need extra hands in the days and weeks leading up to Carnival. On the day of the carnival we will require an estimated 100+ parent volunteers to help us run the event from set up to take down and every conceivable attraction in between. If it works for your family, please plan to help out and sign up early when the request comes out!

Community Support in Action

We would like to extend our appreciation to Jonathon Adams of the Verico Nova Team (and Sherwood Park parent) for his community support. Thanks to a Sherwood Park family who recently financed their home with Jonathon the PAC received an additional contribution.

If you are financing a new home or refinancing your existing home with Jonathon, 10% of his earnings are donated to the PAC. For more information you can check out his website www.ItsTheMortgageGuy.ca.

Thanks Mortgage Guy!

Jonathon Adams
1410 Lonsdale Avenue
North Vancouver, BC
V7M 2J1 Canada
jadams@6043515255.ca
www.6043515255.ca
www.ITSTHEMORTGAGEGUY.ca
VERICO NOVA TEAM

Calendar of PAC Events

PAC Meetings:

April 25
May 30 (2017/18 budget meeting)

Note: Due to Spring Break there is no meeting held in March

Hot Lunch:

March 27 – Sushi
April 7 – Subway
April 10 – Magic Lunch Box
April 21 – Pizza
April 24 - Sushi
May 1 – Magic Lunch Box
May 12 – Subway
May 18 – Pizza
May 29 – Sushi
June 2 - Subway
June 5 - Magic Lunch Box
June 9 – Pizza
June 19 - Sushi

[CLICK HERE TO VOLUNTEER!](#)

PAC Sponsored Events

- IGirl/IGuy (Grade 4) – March
- Tennis – May 23 to June 8
- Folk Dancing – Spring
- **Carnival – June 22**



New Before School Program Coming Soon – BFit Kids

With the success of the after school programs that we've been bringing to the school, we are pleased to introduce a new before school program run by Bfit Kids. BFit Kids provides physical literacy programs for both primary and intermediate students. The weekly classes focus on fun games and exercise to motivate children to be active. The classes are game-based (rather than sport-based), and are fun, interactive and physical activities intended to be inclusive and support all levels of physical skill. The program coordinator, Karl Budd, will also come into the the school to work with any interested teachers to enhance and facillitate PE classes.

Programs run over an 8 to 10 week period and generally cost approximately \$12 per session. The initial classes should begin in April. They are also trying to cordinate a date in advance to offer a free trial class, so your kids have a chance to try it out. Keep your eyes out for an email from the school with further details, dates and registration information. If you would like information in the mean time, you are welcome to contact Karl Budd of BFit Kids at karlbudd@btinternet.com.

Seycove Auction

Thank you to those individuals, teachers and families who supported the Seycove Auction by donating auction items. This was our biggest year yet in terms of the number of baskets that our school contributed! We also owe a debt of gratitude to our parents who volunteered with the auction to help organize, set up, work at the event or the many other functions that are required to pull off an affair of this scale. We thank you for putting on not only a grand fundraiser, but a wonderful community building event. Special thanks are owed to Sarah Stark who acted as our school's representative for the auction committee and coordinated, collected and wrapped (and wrapped, and wrapped...) our auction baskets.

To all the volunteers, families who contributed auction items and parents who attended the auction, your contributions help to raise funds that support the Seycove Family of Schools. Your generosity helps keep our great extra-curricular activities happening. This year we anticipate funds from the auction to be roughly 15 per cent of our total income. It is too early to know yet how much money was raised at the auction; we will keep you posted.

If you had a great time at the auction and would like to see this community event continue in future years, consider becoming a member of next year's organizing committee! The committee is always in need of help and is at risk of not proceeding next year. Some of the key members are stepping down as their children are graduating. This is your opportunity to get involved and try something new! If you have an interest in event planning, please get involved. You can start by reaching out the auction committee at info@seycoveauction.org to see where your talents and time can be put to use.

Do you remember having your photo taken at the photo booth? You can access your embarrassing photos [here](#) with the username "seycoveauction" and password "deepcove."

Community Supporters

RASMUSSEN GROUP

If you buy/sell your home or refer a friend to the Rasmussen tea, **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 of the Verico Nova Team 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



Hot Lunch – Order Now!



Ordering for the final Hot Lunch session from April to June is open now. [Click here](#) to process your order through Munch-a-Lunch. Online ordering and payment is preferable. However, paper order forms are available at the office upon request.

The deadline for all orders and payment is Friday March 10. If you are paying by cash or cheque, please ensure your payment is received at the office before the deadline to ensure that your order is not cancelled.

Hot Lunch is the largest source of income for the PAC and is run by a small, but dedicated group of volunteers with the common goal of raising funds for our school while providing our kids with fun food days. **As always, we count on your help to run the program. If you are able to volunteer to help us deliver lunches, please [CLICK HERE](#) to sign up for a shift.**

Spirit Store

Did you miss your opportunity to order your Sherwood Park spirit wear before Christmas? It's not too late to show your school pride with our school spirit wear.

We have a limited number of items available in stock. Products include t-shirts, hooded sweatshirts, sweatpants, water bottles, mugs and wristbands. A pricing sheet is provided the end of the newsletter.

If you would like to order an item, email sherwoodparkpac@gmail.com to check availability and make arrangements for payment/delivery.



Community News and Events

North Vancouver Recreation Spring Break Events

North Vancouver Recreation & Culture Commission will be offering Pool & Play Pass this Spring Break. The Pool & Play pass includes unlimited swimming, skating and admission to Open Gym sessions from Friday March 10th to Sunday March 26th for \$5.00 per child. It even includes admission to Teen Swim – a great option for kids to meet their friends in a fun environment supervised by NVRC staff. At popular events there can be line-ups at the Front Desk; it's recommended to get your card in advance of the start date. If you already have a Pool & Play Pass, you can renew online and new purchases can be made online – the card will be printed at the facility though. There is also a price break if you are swimming or skating with children, accompanying adults pay the family rate of \$3.05 per adult (including Taxes). More information available at www.nvrc.ca/poolandplay

April PAC Meeting

Please join us on April 25 for our regularly scheduled PAC meeting. As always, babysitting is provided.

Agenda

- Principal's report
- 2017/18 Extra-curricular programs
- Overview of Executive Roles
- Budget Review
- New Business

The meeting minutes from our January meeting are included at the end of the newsletter.

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). **Look for our Drive to 5 signs.** 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)

Coffee & School Spirit!

Enjoy your morning coffee with your own Sherwood Park logo mug! Mugs & water bottles are available at the office for \$10, or email sherwoodparkpac@gmail.com to order one.



Sherwood Park Spirit Wear!!



Youth White Logo
T-shirt

\$18



Youth T-shirt

\$13

Adult T-shirt

\$14



Youth Hoodie

\$40

(Large sold out)

Adult Hoodie

\$45



Youth Jogger

\$28



\$15

(Only 1 left)



Water bottle
or Mug

\$10

Wristbands - \$2 each



(Free with the purchase of two or more items)

Sherwood Park PAC Minutes

January 31, 2017

In Attendance: Anne Lawson, Karmyn Turner, Carolyn McEachern, Samantha Ball, Meredith Briden, Fiona Rouillard, Katrina Podmore, Danae McKay, Julie Mayor, Christy Mahoney, Michelle Soltys. (More parents in attendance but did not sign the sign in sheet)

Meeting called to order at 7:00pm

Motion to approve the November 2016 minutes made by Fiona Rouillard and seconded by Julie Mayor.

Counselling Support at School - Lisa Jaakola (speaker)

Lisa Jaakola, District Elementary Counsellor came to speak at the PAC meeting. Lisa has been providing services at Sherwood Park for the past 6-7 years. As of this school year she is at Sherwood 3 days per week (Tuesday, Wednesday & Thursday).

Lisa supports the social, emotional, behavioral and mental health needs of the students. She works with students, teachers and parents in an individual or small group basis as well as collaborative work with teachers, parents and integrated support services (outside agencies) to support student needs. It is a wraparound approach that involves teachers, administrative team, family and Lisa.

Lisa also offers programs for the school such as Zones of Regulation program for classrooms, Friends program, Anxiety program, Social Skills program and a Bullying program.

There is a school based administration team in place and when an application for services is filled out it is sent to the team chair (Anne Lawson) and the team reviews the students' case to assess what skills /services are needed, tracks services received and the resulting progress. If needed the case is referred to outside agencies.

Lisa also writes and manages Ministry case IEP's, is available for grief & life change counselling with students and families if desired.

More information can be found on the North Vancouver School District website

<https://www.sd44.ca/ProgramsServices/InclusiveEducation/Documents/CounsellingServices.pdf#search=counselling>

Principal/Vice Principle report:

Anne Lawson spoke and introduced Peony, the newest PADS (Pacific Assistance Dog Society) puppy that she is fostering. PADS dogs are used for court grief support, helping seniors and the disabled with mobility tasks, sniffer dogs and as service dogs for a child in a wheelchair.

Peony is currently 14 weeks old and will be at the school until the end of the year. She follows Amber who was in the school from September to December 2016. Amber worked with student to listen to hesitant readers as well as to calm & console students with anxiety issues.

Peony has been very well received by the staff and students and some of the students have formed a Nature Club to help keep the playground safe for Peony to enjoy.

Anne noted that the Sexual Health workshops have been done for the students and went very well.

'Out in Schools' also came in to speak with the 6-7 students about sexual orientation at school and answered questions. This was the first time that they had spoken at the school and may come back every second year.

Volleyball has started

Principal/Vice Principle report cont.:

Anne Lawson has set up a new room in the school across from Room 5. It was created as a self-regulating space for children to visit if they are anxious etc. The room is decorated with a forest mural, stars suspended from the ceiling and is meant to be a very calming environment.

Budget review:

2017 income to date – Rasmussen Group has donated \$2,000 of their proceeds to the PAC this fall and Jonathon Adams, a local mortgage broker will be contributing 10% of his proceeds for any Sherwood Park family that uses his services.

The annual card program was put on hold as fall is such a busy time in the school. The plan is to proceed in the spring if it gets staff acceptance. This will allow us to also choose another theme for the students' artwork which can be ordered as cards, journals and prints. It has been a popular fundraiser in the past and teachers have been to participate.

Carnival is a an event held as a community building event rather than a fundraiser. However, if Carnival proceeds we can expect some additional income from the event.

There are more Gaming funds to come at year end as our student enrollment numbers increased by about 50 students this year.

There are still Beautification Project funds available as no projects have been undertaken so far this year. The thought is perhaps to see if an edible garden project can be undertaken but this will requires support from teachers and parents. Karmyn will speak at the teachers meeting on February 2, 2017 meeting to see if teachers are interested in incorporating this into their teaching plans for the spring.

Also in lieu of the beautification initiatives done in the past it was proposed that a school yard clean-up be done this spring by parents and students on a weekend afternoon. With a volunteer to take this on the PAC would explore the possibility of providing hotdogs and popcorn.

Karmyn confirmed that the computer equipment budget is on track to be spent by year end.

The school is no longer using E-Pact, which the PAC had budgeted for this year. These funds will be redistributed to be used to replenish the Emergency Go Packs for classrooms.

First Aid training has been scheduled.

Karmyn noted that no funds have been used so far this year from the Performing Arts funds and is not aware that anything has been booked for the students. Anne Lawson will follow up on this.

Health workshops are normally held every second year however Joe Campbell has asked that funds be made available as this year's grade 7 boys need some additional safe teen training. This is a \$400 unbudgeted expense that will require approval. The training will provide information on self-confidence, bullying, how to solve issues without physical interaction and self-regulation techniques. It is proposed that Safe Teen be offered every year rather than every second year. This will be addressed at the May budget meeting. The PAC annually sets aside \$500 for the Grade 7 class to use for graduation activities but this will not be used as fundraising has been successful. It was proposed that these funds be used to pay for the additional Safe Teen training. This proposal was motioned by Danae McKay and seconded by Katrina Podmore.

It was also discussed that IGirl/IGuy be made available to select grades every other year to ensure all students have access to the programs. This will require additional investigation and included in the discussion at the May budget meeting.

Playground Upgrades and Replacement Planning:

Discussion deferred to February meeting as Joe Campbell was not able to attend meeting however Anne Lawson did note that a work order has been placed to fill up the wood chips in the playgrounds and that dirt and gravel had been spread during the stretch of inclement weather we had as the primary year was very icy during the cold weather.

Other Business:

Jesse Miller will be at the school talking to the students about social media literacy & safety and will conduct a parent talk the same evening for parents. Baby sitters will be available and the PAC will be there selling popcorn, coffee and juice boxes (\$1 each)

Gina Madeo spoke about traffic safety plans, which have been slow to start this fall. She is looking at holding some walking patrol / walking school bus events in early March. Events to hopefully include prizes and banners made by students to increase interest in participation. A Walk and Roll event with a donated bike as a prize was discussed, students could enter to win if they participated in the event.

Anne Lawson noted that all staff on the playground have new yellow jackets that are very visible. It was suggested that jackets be purchased by the PAC for parent volunteers assisting with the traffic safety events. Order could be tied in with the next school order to lower costs.

Carnival date still needs to be set and parent support is required to organize.

Seycove Auction is March 4, 2017 and more volunteers are needed to make this a successful event. One e-mail has been sent out but another blast e-mail needs to be sent to secure additional volunteers. Tickets go on sale February 1, 2017.

Meeting Adjourned at 8:50 PM

The PAC does not have a volunteer to maintain the website. In the mean time, please refer to our Facebook page for events and information. <https://www.facebook.com/sherwoodparkpac>