



Sherwood Park PAC Newsletter

Email: sherwoodparkpac@gmail.com

Facebook: <https://www.facebook.com/sherwoodparkpac/>

Web: <http://sherwoodparkpac.weebly.com/>

School Twitter: @SherwoodPark44

School Email: www.sd44.ca/school/sherwoodpark

MAY 2018

EVENT CALENDAR

PAC Meetings

7:00pm in the school library

May 30th

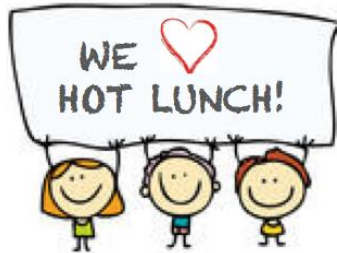
Hot Lunch Dates

May 9	Sushi
May 14	Magic Lunch Box
May 25	Subway
May 28	Magic Lunch Box
June 4	Pizza
June 11	Magic Lunch Box
June 18	Sushi
June 22	Subway



We would like to thank the Coast Salish people, specifically the Squamish Nation and Tsleil-Waututh Nation, whose traditional territory North Vancouver School District resides on. We value the opportunity to learn, live and share educational experiences on this traditional territory.

2018/19 HOT LUNCH COORDINATORS NEEDED



We are still looking for two volunteers to assume the coordinator roles for either the Pizza hot lunches or Magic Lunch Box hot lunches. Hot lunch is our largest single source of income. If we are unable to fill these roles we anticipate over a 60% reduction of next year's hot lunch proceeds, which can have a significant impact on the programs and

services that we are able to provide students. Each hot lunch coordinator is responsible for organizing and administering one (or two; it's up to you) hot lunches per month. If you are able to take on one of these roles, please contact us at sherwoodparkpac@gmail.com and we will put you in touch with the existing coordinator so you work with them to learn the ropes.

CARNIVAL 2018

We are excited for the upcoming Carnival on Thursday June 21. We have some exciting new ride and game attractions, the return of the magician and caricaturist, balloon animals, family BBQ and fun concession food, games, prizes and more. Keep your fingers crossed for sunshine! We are still looking for a few parents to help us with the planning and organizing of the event. If you are able to join our Carnival Committee, please contact us at sherwoodparkpac@gmail.com



BIKE TO SCHOOL WEEK – May 28 to June 1



Bike to School Week is a free, fun, week-long celebration for kids of all ages and abilities. It is a great way to help reinforce students' interest in cycling and coincides with Bike to Work Week. We would love for our school to officially participate in bike to school week. If there is a parent who is interested in launching bike to school week for our school, please contact the PAC. More information on

the program, free resources and registration details can be found at <https://bikehub.ca/bike-to-school/bike-to-school-week>

SPIRIT WEAR

Show your school spirit with some of our Sherwood Park logo gear! To purchase any of these items email the PAC to check for sizing and arrange for payment/delivery. Please use "Spirit Wear" as the subject line.

Logo T-shirt (Youth)
\$18



Collegiate T-shirt
\$13 (Youth)/\$14 (Adult)



Logo Hoodie
\$40 (Youth)/\$45 (Adult)
*limited sizes available



Collegiate Jogger (Youth)
\$28
*limited sizes available



Logo Water bottles and Mugs
\$10
(Available for purchase at the office)



FUN DAY – May 18th



Our teachers and staff are busy planning the school's annual Fun Day scheduled for Friday, May 18. We are already looking forward to the annual hula-hoop competition and tug of war.

This is a school led and organized event and the PAC supports Fun Day by offering a small budget to help with the event. In addition, we have a long standing tradition of

providing *Freezies* to all students as a special treat for Fun Day. This year we are providing Chapman's popsicles. For families with allergy concerns these are nut, gluten and lactose free. If you have an allergy concern full product details are available

at <https://m.chapmans.ca/Products/NutFree/#TripleTreatLolly>



YEAR END PAC MEETING

Wednesday May 30th will be the final meeting of the PAC for the 2017/18 school year.

If you only attend one PAC meeting of the year, this is the one. The majority of the meeting will be taken up to review, discuss and approve the 2018/19 PAC budget, followed by the election of our 2018/19

PAC Executive. If you are interested in further details, contact us at sherwoodparkpac@gmail.com.

An overview of some of the potential expenditures based on existing programs and requests for new programs was discussed at the April 26th PAC meeting, and a proposed budget has been circulated to parents via class reps.

In addition to approving next year's budget, we will be looking to elect a new PAC executive team. Current PAC executive are:

Chairs: Gina Madeo, Fiona Rouillard and Chris Ricard

Treasurer: Karmyn Turner

Secretary: Sharon Boglari

Most of the current executive members are willing to stand for election for 2018/19. However, we are looking for a parent who is interested in taking over as Treasurer in 2018/19 and who could shadow our existing Treasurer to the end of this year. The existing Treasurer will be available to the incoming Treasurer next year to ensure a smooth transition. An additional chair would also be most welcome. If you are interested in further details, contact us at sherwoodparkpac@gmail.com.



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 PAC!

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.

TRAFFIC UPDATE



Thank you to everyone who has been using the morning drop off zone appropriately and for keeping our cul-de-sac clear. Remember, if you need to accompany your child into the school, please give yourself a few extra minutes to find a parking spot and do not leave your car in the drop off zone.

Volunteer Request:

If you are able to come out a little earlier (8:40am) any morning and help direct cars in and out of the drop-off zone, please email sherwoodparkpac@gmail.com.

SPRING CLEAN-UP



A few of our parent volunteers have been working hard with classes around the school to clean up the garden areas and have begun adding new flowers and shrubs. Please help us keep the gardens protected and talk to your children about respecting these areas by not playing or running through the gardens or any of the areas that are chained off.

In addition, aside from the obvious safety concerns, many of the trees are at risk of damage by kids climbing and/or swinging from them. Let's keep both our trees and kids safe by reminding students to stay on the ground.

COMMUNITY NEWS & EVENTS



Do you have an announcement you would like to share with our school community? Do you know a business that would like to support our school community? If so please contact sherwoodparkpac@gmail.com. Deadline for upcoming newsletter submissions is the 20th of each month.

Elementary Band And Strings Program- Registration Continues...



The Elementary Band and Strings program is a unique instrumental music program that is distinct to NVSD. The Band Program is for students in Grades 5 - 7 and Strings for students in Grades 4 - 7. If you are registering your child for this program, please set up a School Cash Online account or log into your existing account to make payment. For more information on the program, please [CLICK HERE](#).

COMMUNITY SUPPORTERS

TOOKA FLORIST



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

www.tooka.ca



A big THANK YOU for supporting our Spring Dance 2018!

BEAUTIFUL EYES

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

www.beautifuleyes.ca



Seymour Basketball



Seymour Basketball starts again in September for Grade 4-7 Boys and Girls!

Registration starts May 28th with an early bird discount until June 30th.

All skill levels welcome - practices vary on weeknights and games are Sunday afternoons as follows:

Grade 4-5 boys 2:15-3:15 Sundays*

Grade 6-7 boys 3:14-4:15 Sundays*

Grades 4-7 girls 4:15-5:15 Sundays*

*All times to be confirmed in September based on registration numbers.

Go to www.seymourbasketball.com for more info and to register!

Last Straw for Deep Cove

Deep Cove is working towards a plastic free community. If you love the ocean like we do, join us at Deep Cove Yacht Club for a launch party to kick off "Straw Free in the Cove" as our first step in eliminating single use plastics. In collaboration with Ocean Ambassadors Canada we will be screening the must see documentary "A Plastic Ocean." Join us in the fight to RESIST THE STRAW and get inspired! [Click Here for more info and for tickets](#)

HEY THERE, OCEAN LOVER!

JOIN US MONDAY, MAY 7
DEEP COVE YACHT CLUB
7:00 - 9:00 PM
7:30 SCREENING 'A PLASTIC OCEAN'

DEEP COVE MERCHANTS IN PARTNERSHIP WITH OCEAN AMBASSADORS CANADA ARE HOSTING AN EVENT TO EDUCATE FOLKS ABOUT OCEAN PLASTICS AND TO UNVEIL INITIATIVES TO REDUCE SINGLE-USE PLASTICS IN OUR COMMUNITY.

FUNDS RAISED WILL HELP SUPPORT THE TRANSITION FROM SINGLE-USE PLASTICS. \$10 MINIMUM DONATION, TICKETS AVAILABLE ON EVENT BRITE.

PARENT EDUCATION EVENT

SHERWOOD PARK: MAY 16 @ 7 PM

SHARON SELBY

UNDERSTANDING ANXIETY AND ANXIETY MANAGEMENT STRATEGIES

Sharon Selby is a Registered Clinical Counsellor who has supported children, teens and families struggling with anxiety for the last 20 years. Sharon has been featured as an anxiety expert for Breakfast Television and St. John's Ambulance. Over the last 20 years, she has seen the rates of child anxiety sky rocket. **This presentation will provide practical tips to help parents overpower this growing problem.**



Sharon has just launched a new children's book, *Surfing the Worry Imp's Wave ~ Empowering Children to Understand and Overpower Anxiety through CBT and Mindfulness strategies.*

This is a 110-page hardcover book for children approximately ages 5-10 years to learn 10 evidence-based strategies from CBT (Cognitive Behavioural Therapy) and Mindfulness in a fun and engaging way, with accompanying fun, hands-on or experiential activities.

It also comes with a free digital discussion and activity guide to support teachers, parents and other professionals through each strategy.

Books will be on sale at the presentation – and Sherwood Park PAC is also giving away two copies in a prize draw!

WHAT PARENTS SAY ABOUT SHARON:

Sharon did an exceptional job helping our teachers and families better understand student stress and anxiety.

Sharon provided us with a number of tools and strategies designed to help us better support our anxious children and build resilience.

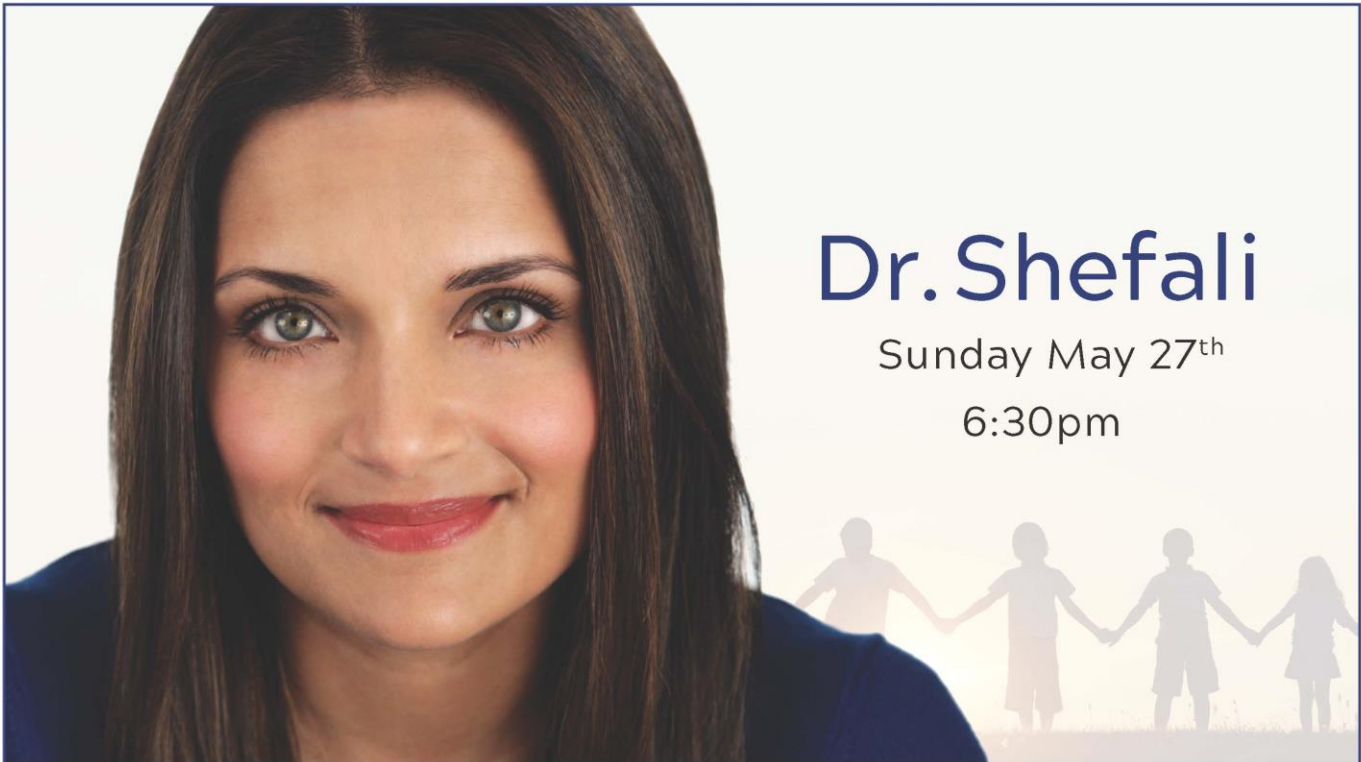
Sharon's workshops were informative, interactive, practical and included a splash of humour!

SHERWOOD PARK ELEMENTARY SCHOOL GYM

May 16 @ 7 pm
Free admission

This event is for parents only. No registration required.

If you require babysitting, please email sherwoodparkpac@gmail.com.



Dr. Shefali

Sunday May 27th

6:30pm

Struggle Less. Connect More. Transform Your Parenting.

Dr. Shefali's radically different approach to parenting has transformed the lives of so many. Whether you have a baby or a teen she will help you discover a new path to parent without fear or anxiety, learn to end conflict and motivate your children through connection.

{ Lecture, Q&A: 6:30pm - 8:30pm }
{ VIP Deep Dive, Q&A: 9pm - 10pm }

Tickets: Single: \$90 (Earlybird \$75)
Couples: \$150 (Earlybird \$125)
VIP: \$60 add on

Where: Stanley Industrial Alliance Stage
2750 Granville St, Vancouver, BC V6H 3J3



*Oprah hails Dr. Shefali's
approach to parenting as
REVOLUTIONARY!*

PRESENTED BY *katemaker*

Tickets: DrShefaliYVR.com | Vancouver