

Sherwood Park PAC Newsletter



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

Trivia Night

The ordering deadline for tickets to our third annual ticket night is Thursday November 10!

We are offering an adult only evening of fun and games. Tickets are \$10.00 each or buy a table of 8 for \$60. Trivia night is held in the gym and is a great way to get to know other parents from the school. Arrange with other parents in your class to buy a table or come out and meet some new friends! Our MC for the night is our principal, Joe Campbell.



Tables are limited and tickets are selling fast! The terms of the liquor licence prevents us from being able to offer tickets at the door, so be sure to get your ticket orders in early!

If you have already placed your ticket or table order, tickets have been delivered home through your child's backpack. If you haven't received them, let's face it – sometimes they go missing, email us at sherwoodparkpac@gmail.com.

WE NEED YOUR HELP!

Trivia night can only go ahead if we have volunteers to help before, during and after. If you would like to be involved, please let us know by emailing sherwoodparkpac@gmail.com. There are a variety of jobs available to accommodate your schedule – set up after school, a turn at bar service throughout the evening and clean up afterwards.

IMPORTANT REMINDER: Please do not drink and drive – walk home, take a cab, or be a designated driver. Don't drink and drive!

Spirit Store

There are only a few days left to order your Sherwood Park Spirit Wear.

Items are available for as low as \$10! Ordering is available online only. [CLICK HERE](#) to preview the gear and complete your order. Please review the sizing chart online very carefully as orders cannot be returned or exchanged.

Ordering closes November 6. Don't miss out!



Calendar of PAC Events

PAC Meetings:

November 22 (NOTE DATE CHANGE)

January 31	February 28
April 25	May 30

Hot Lunch:

November 7	November 18
November 21	November 25
November 28	December 2
December 12	December 16

Social Events:

Events are tentative based on interest and availability of volunteers

Trivia Night – November 18
Pancake Breakfast – December 16

Order your Trivia Night Tickets!

Cut out this portion and return it to the office with your payment by **November 10**.

I would like to purchase ____ tickets at \$10 each.

OR

I would like to purchase a table of 8 for \$60

Name: _____

Name of oldest child: _____

Teacher's name: _____

Make cheques payable to
SHERWOOD PARK PAC

Breakfast is Served!

We wanted to let you know about a program that is going on in our school. This is not a PAC funded program, but we are so proud that this is happening in our community, and we want to ensure that every family is aware to ensure that the program reaches every student who could benefit.

Students at Sherwood Park are getting a nutritional head start to school thanks to an innovative program led by Tsleil-Waututh Nation (TWN) in partnership with Table Matters, Food Lens, and Harvest Project. For roughly the past decade TWN has offered a breakfast program for TWN children and has seen firsthand the benefits of providing children a healthy breakfast in a communal environment. Since many of these children attend Sherwood Park, it was a natural fit to expand into the school community.



As a part of the new partnership 60 healthy breakfasts are prepared and delivered to the school three days per week. These nutritious breakfasts provide the entire school an opportunity to come together as a community to connect over a meal and ready students for learning. The breakfast program also teaches students about the importance of healthy eating and how easy and delicious it is to eat healthy foods. Creating food literacy at an early age sets-up students for lifelong health and success.

In addition to these benefits at the school, the project also supports the broader community in several ways. Youth at the TWN prepare meals in the commercial kitchen located at the Nation. This provides them with valuable life skills and potential career opportunities, as well as the innate satisfaction of supporting their community. Some of the food used for the program has been provided by local grocery stores and is surplus food that would have otherwise been wasted. This program supports a commitment to creating a more sustainable food system by all partners involved by recovering food and transforming it into healthy breakfasts. Overall the project is a win-win.

While the project is still in its pilot phase, it has been so well received that all partners are hoping to secure funding to continue the program for the foreseeable future. If the program is something that your family could benefit from, you are welcome to join them on Monday, Tuesdays or Thursdays from 8:15 to the bell. To learn more about this project or to find out how you can work with Table Matters contact them at info@tablematters.ca or check out their website at <http://www.tablematters.ca/>.

On behalf of the PAC, we would like to send out our heartfelt thanks to the Tsleil-Waututh Nation and Table Matters for launching this program in our school to ensure that all of our kids have access to a healthy start to their day.

PAC Student Funding

Thank you to the families who have contributed to the PAC Student funding, which allows us to deliver on our budgeted programs without having to run multiple fundraisers. We have received funds that equate to approximately 160 students.

It is not too late to make your contribution! The suggested donation amount is \$50 per student, but we will gladly accept any amount that works for your family. You can send a cheque (payable to SHERWOOD PARK PAC) to the office to the attention of PAC Student Funding.

Thanks for your support!

Community Supporters

RASMUSSEN GROUP

If you buy/sell your home or refer a friend **10% of their earnings from that sale come back to the school!** Please consider Rasmussen Group Sutton West Coast Realty if you are buying or selling a house and let them know you are a Sherwood Park family!

www.yournewpad.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

Custom floral arrangements with same day delivery. 10% of your order comes back to our school if 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



COBS BAKERY

Cobs Bakery donates bread monthly to help us get healthy food to any child at who has forgotten their lunch or breakfast.



Hot Lunch

Online ordering for the next session of Hot Lunch opens Monday until November 16. [Click Here](#) (on Monday) to process your Hot Lunch orders for January to the end of March. Online payment is preferable. However, cash or cheque payment can be delivered to the front office by November 18. Please ensure your payment is received at the office before the deadline to ensure that your order is not cancelled. Cheques should be payable to Sherwood Park PAC (*side note, yes we are saying this repeatedly. However, we continually receive cheques made out to the wrong payee, which creates a lot of extra work to track down and have reissued.*)

Please note, once the deadline has passed, we cannot edit, cancel or accept additional orders. In addition, the PAC is unable to refund lunches for children who have missed school on a lunch day as food has already been ordered and paid for. You are welcome to advise the office when you are reporting your child's absence and pick up the food between 12:20-12:40pm on the lunch date if your child is absent. Otherwise extra lunches are donated.

Grade 7 Graduation Fundraising

Each year the Grade 7 classes fundraise to support their graduation activities and a legacy gift is left to the school to commemorate their time at Sherwood Park. The Grade 7's are helping to make your Christmas holiday a little easier!

Turkey Raffle

Get your tickets for a chance to win a turkey dinner, generously donated by **Nesters Market**.



Tickets are \$2 each or 3 for \$5 and will be available for purchase from any Grade 7 student or return the emailed order form coming to your inbox soon. You can also purchase your tickets at our November 18 Trivia Night or at the Winter Concerts! (Draw dates will be confirmed in the email).

Christmas Market

Back for another year is the Grade 7 Christmas Market. ONE DAY ONLY on Tuesday December 13. This is a great opportunity for your little ones to purchase Christmas presents for their family members. The Grade 7 students will wrap their purchases, so they are ready to be put right under your tree!



You can help by donating new or gently used items that can be sold at the market and/or rolls of wrapping paper. Items can be dropped off at the office with the label "Grade 7 Christmas Market." All proceeds support the Grade 7 graduation activities.

With appreciation and wishes for a happy holiday season,

All the Grade 7 students and their families.

November PAC Meeting

To avoid conflicting with the winter concerts, this month's meeting has been changed to November 22.

As always, babysitting is provided.

Agenda

- Principal's report
- Budget Review
- Community Garden Projects at Sherwood; Presentation and discussion by the Edible Garden Project
- Community Christmas Tree
- New Business

The minutes from the October meeting are attached at the end of the newsletter for your review

Show up and Win!

Everyone who attends the meeting is eligible to win a raffle prize. There will be one draw at every meeting and a final grand prize draw at the end of the year. (Congratulations to Mr. Sled, teacher and Sherwood parent, who won a bottle of wine at the October meeting).

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).

Grouse Mountain Season's Passes

If you are planning to get a Grouse Mountain Season's Pass, now is the time! With a minimum quantity met, the PAC will receive 15% back when you use the code **PAC-SHER** for orders received by November 13, 2016.

EARLY BIRD RATES	Until Nov 13	Regular Rates
Adult (19-64)	\$499	\$825
Senior (65+)	\$299	\$725
Student (19+) ¹	\$399	\$675
Youth (13-18)	\$399	\$675
Child (5-12)	\$199	\$375
Tot (4 & under)	\$35	\$40
Family ²	\$1249	\$2090

There are three ways to purchase:

- Online at www.grousemountain.com/early-bird-pac
- Call 604-980-9311
- Visit Grouse Mountain Guest Services

Reading with your Kids

How do you help your child pick a book that is not too hard or too easy but just right? Our dedicated Librarian, Pam McLeod shared some brilliant advice that she uses with students for helping to select a book that is appropriate for their reading level. It is called the **Five Finger Rule**. It is a very simple strategy, and here is how it works:

Have your child open the book to a random page. Put one finger up for each word that they don't know.

- 0 – 1 Too Easy
- 1 – 2 Great Choice
- 3 – 4 Give it a Try
- 5 + Too Hard



Community News and Events

[Parents' Guide for Playground Conflict Resolution and Friendship Concerns](#)

How can you help your child when you're not there? This free seminar facilitated by Sharon Shelby is hosted by Montroyal School (5310 Sonora Drive) at 7:00 on November 9. This session covers:

- What questions can parents ask to get to the root cause of the conflict;
- How to model healthy conflict resolution;
- How to support children through their friendship concerns.

Child minding is available for \$5. [Click here to register.](#)

Remembrance Day

Poppy Campaign

The symbol of the red poppy was inspired by the World War I poem "In Flanders Fields." It has been used in Canada since 1921 to commemorate military personnel who have died in war.

During the period leading up to Remembrance Day, millions of Canadians wear a Poppy as a symbol of national pride and respect, a visual pledge to never forget.

When you purchase a poppy, all proceeds go to the Poppy Fund, which supports active service members, veterans and their families.



Wear a poppy, attend a ceremony, and show your recognition for those who gave their lives for our freedom.

Remembrance Day Ceremonies in our Community – November 11

Victoria Park

The North Vancouver Remembrance Day commemoration ceremonies begin at 10:30 a.m. The park is located in the 100 block of East Keith Road and Lonsdale Avenue. Ceremonies end around 11:30 a.m.

Cates Park

Ceremonies begin at 11:00 a.m. The North Shore Chorus will be singing.

Sherwood Park PAC Minutes

Meeting date: Oct 25, 2016

In Attendance: Joe Campbell, Kamryn Turner, Carolyn McEachern, Meredith Briden, Michelle Soltys, Danae McKay, Julie Polukoshko, Sonal Parbhu, Laura Palmer, Fiona Rouillard, Kate Walker, Katie Rodgers, Jana Ogdenova, Nahal Nassiri, Olga Laren, Arnat Brettshneider, Beth Rossier, Amber Fraser, Gina Madeo, Katrina Podmore.

Meeting called to order at 7:05pm

Motion to adopt the May 25th meeting minutes postponed until November 22, 2016 meeting.
Joe introduced the first of two guest speakers for the evening.

Table Matters (Scott Rowe and Rubina Jamal)

This organization that promotes food rescue from local North Shore businesses has been running a breakfast club at Sherwood since the spring of 2016. The program was initially 2 days per week but has moved to 3 days per week as of this fall. The club runs from 8:15am to 8:50am on Monday, Tuesday and Thursday mornings and is open to all Sherwood students including those who may not have had breakfast before school, need a little more food to be able to start the day or wanting to socialize before school. The word has spread as the program has grown and now serves breakfast to 50-60 students. The majority of the food is prepared in the kitchen at the Tsleil Waututh Nation Community Centre.

The food is procured from local businesses and is food that would otherwise be tossed and includes fruits and vegetables and close dated dairy items. 20-30% of the food is purchased for the program. Items served include yogurt parfaits, breakfast wraps & egg McMuffins.

Joe noted that it is estimated that 30-40% of students do not always have breakfast daily before school. He also noted that Sherwood has several other food programs including Food Access program where snacks are made available in the classroom, the fruit & veggie program and the Hot Lunch program.

Table Matters is providing a service to address a small portion of the food waste we see globally due to commodity prices and surplus.

Treasurer's Report:

Proposed budget for 2016/2017 was reviewed line by line with meeting participants at the May 25, 2016 meeting. Budget acceptance was motioned by Gina Madeo and seconded by Katrina Podmore

Highlights for 2016/2017 include:

- The Student Funding request to offset the need to continually fundraise is lower than last year however there is still time to contribute. The suggested amount is \$50 per student and cheques can be made payable to Sherwood Park PAC.
- Business Partnership (local businesses that support our school) may be down slightly this year as the fall fundraiser event that the Dollarton Village did last October did not run this year.
- The card program that we have run the last several years in the fall will be run in the spring to allow for less seasonal artwork to be used.
- Gaming Funds is \$200 per student which is lower than last year at the moment until the 2016/2017 attendance numbers are confirmed and the allotment is reassessed.
- Computer fund – we are currently in year 2 of the 3 year plan to re-outfit the school with its updated tech requirements.
- PAC pays for all grade 6 student to attend first aid training.
- Secondary scholarship - \$500 each awarded to a Seycove and Windsor Secondary French Immersion student who is a Sherwood Alumni.
- PAC funded fitness program is tennis this year and will be made available to all K-7 students.
- Teacher's discretionary fund is \$200 per teacher to allow them to purchase needed items or supplies for their classrooms.
- The current bank balance in the Gaming Account is approximately \$10,000; the approximate balance of the PAC account is \$50,000.

North Shore Safe Roads Advocates (Guest Carol Sartor)

Carol Sartor is the Community Outreach Coordinator for North Shore Safe Routes Advocacy and came to speak with the PAC about the options and possibilities for improving the traffic safety issues we face on Dollar Road. North Shore Safe Routes Advocates (North Shore SRA on Facebook) or (programs/workshop tab on <http://hastebc.org/>) was established in 2014 by a group of schools in the Handsworth area. Their aim is to build strong communities through active transportation.

North Shore SRA came together to make streets safer for children and students to get around in their community and around their school. Carol came to speak with the PAC in the spring last year and was invited back so that we can focus on the ever present traffic issue at the front of the school especially at drop off and pick up times so that our students are safe. Carol and the North Shore SRA's approach is on fun activities and events to get the traffic safety message across and increase the numbers of students and families who walk to school each day.

Carol suggested distributing letters to our school neighbors letting them know if some of the actions we plan to take and inviting questions.

Some of the activities that the NS SRA have done at their schools include:

- Bike Week with t-shirts for all participants and bike tune ups done by a local bike shop.
- Scan tags to track walk/ride programs
- Freedom Fridays with Drive to 5 locations and fun activities and a DJ and coffee for parents when they arrive from their walk to school
- School Block Party events
- Students created traffic safety videos
- Social media blitzes before school starts and after school breaks

Carol noted that it was important to take away the "Don't's" from the messaging and focus on the "Do's" and said that after a year of fun events the participation increased to 93%. She said that it is important to create a culture of safeness, closeness and communication to be successful.

Let the police and Bylaw officers do the actual 'policing' of the issues (Parents should not police each other)

Gina Madeo who has taken on the Traffic Safety coordinator role at Sherwood advised that a crossing guard program would be starting shortly and that the 20 students who had volunteered have taken the training and we are just waiting for all of the completed permission forms to be returned so that it can start. Upon parental permission, the guards will be controlling the crosswalk in front of the school from 8:20am to 8:50am. We are still in need of parent volunteers to assist the students in their duties and be on site for safety issues. It is great to see the program being brought back!

Principal / Vice Principal Report:

Joe Campbell started by saying that there has been a lot of change on the administrative side for the start of the school year. There is a new curriculum in place, new e-mails system for teachers and new reporting system for grades K-9 this year with the balance the following year.

Joe also noted that the new report card system will mean that there will be no paper report cards this year and that parents/guardians will have to log on to a website to view. Fresh Grade is being used by the Kindergarten classes in the school this year as a pilot project. Feedback has been positive so far from the teachers and will provide real time updates rather than just at reporting time.

Sherwood has seen a lot of great change over all, the last 5 years with the start of after school drama, art and computer programs being offered, first aid training for the grade 6 students, the revival of the crossing guard program and the popular pancake breakfast.

The Future of French – Recruiting Teachers

Currently the district is finding recruitment of French Immersion teachers a challenge as there is only 50 teachers graduating from UBC each year. Recruiting on the North Shore is especially challenging as other areas such as Vancouver or Surrey is more affordable for teachers to live. At Sherwood we were down two French teachers at the start of the school year but were lucky enough to be able to fill the positions within the first few weeks.

Many schools are still without French teachers and even with more and more teachers graduating from the program each year it is difficult to keep up with the demand for French Immersion teachers. Career path for French teachers is very good and they are often hired in advance by school districts until positions become available. For example the Vancouver School Board hired over quota (16 vs 12) just to be able to secure resources. Demand is higher for the elementary level as French enrollment typically drops in the secondary grades. Recruitment from Québec and France is also being looked at to fill the demand by the District.

New business:

- Trivia night is on Friday November 18th. It is a fun night out for parents and is just a social event to increase the school community spirit and not a fundraiser. Tickets are \$10 each or \$60 for a table of 8.
- Seycove Auction is a pyjama party theme this year. Sherwood families are encouraged to participate as the funds we get from the event are a good portion of our operating budget each year.
- Spirit Store ordering is now online and ordering closed on Sunday November 6th, 2016. Spirit wear will be available to order every second year due to the minimum order requirements and so that we do not have to carry stock in house from year to year. Great prices on Sherwood gear featuring our new logo and colours!
- As we have not been able to secure a volunteer to maintain the PAC website, the current site is very out of date. We try to keep all information available on the Facebook page <https://www.facebook.com/sherwoodparkpac>
- Bruce Sled, Sherwood Park music teacher spoke and proposed bringing a folk dance instructor into the school to teach the k-7 students folk dancing. He feels that the dancing is easy and approachable for all ages and the instruction can be provided in both French and English. The program also meets the teachers professional development needs. The program is \$ 2,500 for the week of instruction. These funds will be over and above existing budgeted funds. Proposal to provide the funding for the program from the 2016/2017 budget was motioned by Katie Rodgers and seconded by Julie Polukoshko. A vote was taken and all were in favour with none opposed.
- Pancake Breakfast is scheduled for December 16, 2016. We need someone to run and organize this year's event. There was some interest but a job description of the duties and requirements of the pancake Breakfast coordinator would be helpful. Last year's event worked really well with the firemen coming in and setting up their huge grills to cook the pancakes. Funds from the pancake breakfast go to the Sherwood Care Fund to assist those within the Sherwood Park community.
- Fiona Rouillard proposed the possibility of bringing the Edible Garden Project into the school and converting some of the gardens around the school into vegetable gardens. It is an interactive educational program which promotes food literacy. An educational coordinator comes into the school once per month to work with the students. The fee is \$500 per class and is pro-rated based on when the program is started in the school year. The program is usually based within the K – 4 grades. She proposed the possible use of some of the funds from the Beautification Fund as there is no current committee working on any school beautification projects. The program would also need teacher support and volunteers to be successful. Joe Campbell said that he would gauge interest from the teaching staff and Fiona said that she would see if someone from the Edible Garden Project would be available to speak at our next PAC meeting.

Meeting Adjourned at 9:05pm