

FALSE CREEK ELEMENTARY PAC (PARENT ADVISORY COUNCIL)

Welcome to the 2010-2011 school year!

We encourage you to consider becoming involved with PAC. It's a great way to meet parents and help make your child's education a fulfilling experience.

What is the PAC? As parents, guardians or teachers of children, we are ALL members of the PAC. Throughout the year, we plan special activities, fundraising events and work through suggestions, issues or concerns made by parents or staff.

The purpose of the PAC is to find ways to help make our school the very best for our children. PAC volunteers organize fun events, educational programs and fundraising activities at the school. We encourage parents to learn more about school policies or programs and talk about what more they would like to have in place at the school.

PAC Sponsored Activities happen because of parent and teacher volunteers, including:

- Safe Arrival Program
- Book Covering
- Special lunches for students
BC School Fruit and Vegetable Nutritional Program
- Run Club for all grades
- Social events, including Family Skate Nights, Dances, "PACnics"
- Fundraising for field trips, science labs, in-school performances, library books
- Organizing speakers

MARK YOUR CALENDERS...

Monday, September 27
6:00 - 7:30 pm
PAC MEETING

In the school library. Childcare is provided by Grade 7 students in the gymnasium. We will be electing our 2010-2011 PAC representatives and reviewing this year's events and fundraising activities. Please join us to find out how you can be involved with PAC this year!

To find out more about the PAC:

- Attend the monthly meeting (or give your suggestions to someone who can)
- Read the school newsletter and minutes of the PAC meeting
- Visit the PAC Resource Centre in the Library (located near the computer lab)
- visit the PAC website at www.falsecreekpac.ca

For more information, please contact PAC Chair George Affleck (604-618-4496) or pac_falc@vsb.bc.ca or visit www.falsecreekpac.ca

BC Fruit and Vegetable Nutritional Program



The BC School Fruit and Vegetable Nutritional Program is part of ActNowBC, an initiative to improve the health of BC children and families. False Creek Elementary PAC successfully applied for this program last year and our school has just received our first delivery: **BLUEBERRIES!**

Participation in this Program is at NO COST to our school throughout the school year. Students and school staff will receive a fresh fruit or vegetable snack once a week every other week. Eating the recommended amounts of fruits and vegetables improves children's health and improves children's ability to concentrate. The fresh and nutritious fruits and vegetables to be served in the Program will be grown in BC, subject to availability. More information regarding the program can be found at www.aitc.ca.

Information regarding the program and a form to complete **ONLY IF YOUR CHILD MAY HAVE ALLERGIES** has been sent home. If you have not received the form or need to print out another one, please visit www.falsecreekpac.ca/specialevents

PAC WEBSITE:
www.falsecreekpac.ca

CALENDAR OF EVENTS 2010-2011

This calendar is subject to change.
For more information on these activities, check our our website at www.falsecreekpac.ca

Month	Social	Arts & Culture	Sports & Recreation	Other
September	PACnic		Cross Country Run Club	BC School Fruit and Vegetable Program begins Direct Donation Fundraiser begins
October	Movie Night		Cross Country Run Club	
November				
December		Christmas Cards		
January	Family Skate			
February				
March				Student Book Swap
April	Dance		Sun Run	Clothing (and More!) Collection for Developmental Disabilities Association
May		Student Art Project	Sports Day Run Club	
June	PACnic		Child Run Run Club	Lemonade Stand

VOLUNTEERS NEEDED

Safe Arrival Program: The Safe Arrival program is entirely reliant upon parent volunteers. All training is provided and it is easy to learn. If you can spare approximately 15-30 minutes of your time (9:00 AM -9:30 AM) even once per month, your support would be most welcome.

Book Covering: Join parents in the library on **Friday mornings beginning at 9:00 am** to cover books for our library. A great way to meet new parents and help preserve our fabulous library collection. Ms Berney, our librarian, provides the supplies and the treats.

Lunch Program: Parent help required to distribute food items in the gym between **12:00-12:45 pm** in the gym. We provide a lunch option for students once a month (beginning in October). Last year we served pizza, subs, wraps and smoothies. This year we'd like to add more choices such as pasta, hamburgers and sushi. Please consider lending your support for this popular program. More information will be available on our website: www.falsecreekpac.ca.

JOIN THE FUN AND GET INVOLVED!

Throughout the year, the False Creek PAC requires volunteers for various activities and events. Volunteering is a great way to get to meet the students, parents/guardians and staff of our great school. Please provide us with your contact information and we will be happy to add you to our volunteer list.

NAME: _____ PHONE: _____

E-MAIL: _____

I am not able to volunteer but I would like to receive PAC/School news via email.

DO YOU HAVE ANY SPECIFIC INTERESTS OR SKILLS THAT YOU WOULD LIKE TO SHARE?

(FORM MAY BE RETURNED TO YOUR CHILD'S TEACHER OR THE OFFICE)