

FALSE CREEK ELEMENTARY PAC

www.falsecreekpac.ca

Making False Creek Elementary School the very best for your children.

UPCOMING EVENTS – APRIL 2012

Wednesday, April 11	PAC LUNCH ORDER DUE – SUSHI Orders for the Sushi lunch on Thursday, April 19 are due today. A complete menu and placing an order at www.breadgardenkidseats.com .
Thursday, April 12 3:00 pm	SUN RUN – PACKAGE PICK-UP If you registered with the False Creek Elementary School Team, your registration package and t-shirt may be picked up in the school library after school (3:00 pm.)
Sunday, April 15	SUN RUN Best wishes to all our False Creek School Sun Runners and supporters. Thanks to everyone who joined our team this year.
Tuesday, April 17 6:00 – 7:30 pm School Library	PAC MEETING Join us in the library to find out what your PAC is doing and how to get involved. Childcare is provided by grade 7 students in the gym. **Please note date change from Monday, April 16. **
Tuesday, April 17 School Gym and Field 3:10 – 4:00 pm	COACHING FOR COACH VOLUNTEERS A coaching session with the Vancouver Thunderbirds Track and Field Club for parents/guardians and staff. All are welcome to attend.
Thursday, April 19	PAC LUNCH – SUSHI Menu items include: California Roll, Tofu Veggie Sushi Roll, Teriyaki Chicken Roll, Asian Chicken Fried Rice and more! Orders due Wednesday, April 11.
Wednesday, April 25 5:30 – 7:30 pm School Gym	MULTICULTURAL POTLUCK DINNER Join your friends at False Creek School for an evening of good food and entertainment! Bring a cultural favourite or specialty to share, your plates and cutlery. PAC will provide cold refreshments and snacks.
Thursday, April 26	FRUIT AND VEGETABLE DELIVERY: Grape Tomatoes

[Clothing \(and more\) Drive continues until Friday, April 13!](#)



Our Annual Clothing (and more) Drive takes place between Monday, April 2 and Friday, April 13. Items are donated to the Developmental Disabilities Association. Bring your clothing, housewares, toys and bedding to False Creek Elementary – in return our school receives \$3 per bag. Last year we raised more than \$500! **Bags are available by the PAC bulletin board at the main entrance to the school.**

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PLEASE JOIN US ON
WEDNESDAY, APRIL 25TH
5:30-7:30PM



**Potluck Dinner - salads, main courses, desserts
(bring a cultural favourite or specialty to share)**

Bring your own plates and cutlery

We will supply cold drinks and chips

50/50 raffle & Entertainment!!

Sponsored by the False Creek School PAC

Sugar and Treats in the Classroom

While kids enjoy having something special at their parties and celebrations, they often overload on sugar and chocolate, making it difficult for them to concentrate and for teachers to maintain a manageable classroom. Please consider sending a healthy(ier) treat to share for your child's next class party!



PAC is pleased to provide funding for the following programs in March and April:

- New basketballs, volleyballs, tennis balls
- Partial funding for tennis workshops attended by all classes
- New books for Chocolate Lily and Red Cedar Book Clubs
- Partial funding for field trips and in-class activities

Packing a "Litterless" and Healthy Lunch for School

Tips from our Environment Committee Chair, Manisha Decosas

Getting school lunches together in the morning is already super challenging (some days more than others). We are hopefully already considering the nutritional value and diversity of foods in our kids' lunches. Add to this, having a green lunch because we all have a stake in the survival of the planet. At this point if you are thinking "Are you kidding me?" then these tips might be just the ones you need.

What we use:

- **Reusable lunch bags:** Consider size, insulated or not, and ease of cleaning.
- **Lunch and snack containers:** Invest in some reusable containers and avoid purchasing single-serve lunch items.
- **Drink containers:** Fill your stainless steel or BPA free plastic water bottle with a drink of your choice. Avoid sending tetra packs to school.
- **Cutlery:** Bamboo cutlery or lightweight stainless steel cutlery is a great alternative to using plastic cutlery.

What we eat:

- When packing kids' lunches, **stay away from single-serve containers and pouches.** Make a or buy big jar of apple sauce and get kids involved in putting it into smaller containers. Do the same with yogurt.
- The same also can apply to single-serve snack bags. In most cases the same products can be purchased in larger bags or even better - **buy in bulk!**
- Like hot food? **Invest in a thermos** that will keep the food warm until lunch time.
- **Avoid processed and pre-packaged foods.** Make from scratch or buy foods low in saturated fats, sugar and preservatives. Food provides us with nourishment and filling ourselves with empty calories does not serve our bodies well.

(information collected from Jana Campbell - July 30, 2009)