

FALSE CREEK ELEMENTARY PAC

www.falsecreekpac.ca

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

A well attended first PAC meeting of the year took place on Tuesday, September 18. It was great to see many familiar and new faces. Thanks to all who attended and helped us form our new PAC Executive and Committees for 2012-2013. Welcome to our new PAC Members **Miaka Nufer, Kenny McIntyre and Krista Summer.**

PAC Executive and Committees 2012-2013

Chair:	Larissa Warrington
Vice-Chair:	Moyra Rodger
Co-Treasurers:	Miaka Nufer and Kenny McIntyre
Secretary	Lesley McKnight
Sports and Recreation Committee:	Wendy Teufele
Social Committee:	Kathleen MacDonald
Arts and Culture Committee:	Gail Taylor
Fundraising Committee:	PAC Executive
Environment Committee:	Krista Summer
DPAC Representative:	pending

Thanks to all parents who joined us, especially those who attended their first (of many we hope!) PAC meetings and to those parents who are new to the school. If you were unable to attend the meeting but were hoping to find out more about PAC and how to get involved, please contact Larissa Warrington, Chair, at **604-731-4243** or falsecreekpac@gmail.com or visit our website at www.falsecreekpac.ca.

Driving to school?

In order to ensure the safety of our students, PAC would like to remind parents who drive to school that the parking area immediately outside the staff parkade and the undercover staff parkade are **NOT** to be used to drop off or pick up your child (ren).



There is **15 minute courtesy parking** for parents at the pay parking lot across from our school while you are dropping off or picking up.

Also, please do not enter the school via the door from the parkade but use only the **main entrance** to the school. Thanks for your help with keeping our students safe!

Cross Country Running and Run Club

Congratulations to our Cross Country Running Team and our Run Club participants! Our athletes are improving their speed and endurance and are consistently demonstrating great sportsmanship.



For **Cross Country**, there are two mini-meets at Douglas Park remaining on **Thursday, October 4** and **Thursday, October 11** from **3:30-4:30 pm**. The final meet takes place at Trout Lake on **Thursday, October 25** from **12:15 – 3:00 pm**. If your child(ren) have joined the team, please complete the online carpool form distributed before each meet – it makes the task of assigning rides for students much smoother!

A big thanks to our teacher coaches – Ms. Cotter, Ms Woron, Ms Nanji and Mr. Proctor and parent volunteers for organizing the carpool and bringing clean jerseys to our meets.

For our **Run Club**, we will continue to meet on Fridays at lunch on the upper field weather permitting. Participants run as much as they can and we keep track of their distances. Thanks to Wendy Teufele for organizing this popular activity. And to the students who came up with the idea to attract more students by offering a guess with each lap of how many treats there are in the jar.

Book Covering Volunteers Needed! If you have some time on **Friday mornings**, stop by the library to help cover our books. Ms Berney provides the supplies and instructions. A great way meet parents too!

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Why should you support our Direct Donation Campaign?

Simply put, the alternatives to donating directly to the school include purchasing (and having students sell) a variety of products for which the school only receives a percentage of earnings and increased requests for parent volunteers to support fundraising efforts.

The Direct Donation Fundraising Campaign is our PAC's most substantial fundraising effort. It ensures that **100% of the money donated** goes directly to fund school activities not paid for by the School District or Province.

To maintain our current level of PAC support for school activities, we require approximately \$10,000 annually. Last year we raised almost \$7,000,

meaning that we were required to raise additional funds through other efforts just to meet our basic level of PAC support.

Our goal this year is to raise \$10,000 and we need your help! While we ask that each family consider a donation of **\$50**, any amount you are able to contribute is greatly appreciated. Donations of \$10 or more are eligible for tax receipts. Please return your donation by Friday, December 14 for a receipt for 2012.

Forms are located on the PAC bulletin board located at the main entrance to the school, the office, and online at www.falsecreekpac.ca.

A big thank you to all who have already contributed!

Treats and classroom parties PAC Lunches - Ordering Online

October is punctuated with Halloween and Halloween is all about treats. Most of these contain a high percentage of sugar and/or fat. While treats are fun, they are best managed in small doses. When considering what to send for your child(ren)'s classroom Halloween parties this year, please include some healthy choices such as:

- fruit and cheese kabobs
- whole grain tortilla chips with salsa
- whole grain crackers with hummus dip
- popcorn and pretzels
- chopped vegetables with yogurt dip
- pumpkin muffins with cream cheese icing
- Trail mix with dried fruit, yogurt chips, seeds, pretzels, popcorn
- Apple slices with cinnamon



Our PAC Lunches begin this Thursday, October 4 with hotdogs, hamburgers, chicken fingers and more. Lunches will be offered every second Thursday and menus are set to December 13. All lunches must be **pre-ordered** by the Wednesday a week prior to the lunch. This program is optional.

To view our detailed menus for 2012, set up your account and place your order, visit www.breadgardenkidseats.com. You may order one week at a time or all weeks at once.

Our menu themes to December 2012 are:

- October 4: Hotdogs, Hamburgers, Chicken Fingers and more
- October 18: Pizza
- November 1: Pasta
- November 15: International Flavours 1 – Rice and More
- November 29: Sushi and Soup
- December 13: International Flavours 2 – Burritos and More

Our next PAC Meeting is...

Tuesday, October 23 from 6:30-7:45 pm in the school library.

All parents and guardians are welcome to attend. Childcare is provided by our grade 7 students at the school. We will be approving our annual budget at this meeting.

Future meeting dates are on Tuesdays from 6:30-7:45 pm. (No meetings in December and March.)

November 20 * January 22 * February 26 * April 16 * May 14 * June 11.

NEWSLETTER – OCTOBER 2012