

FALSE CREEK ELEMENTARY PAC

www.falsecreekpac.ca

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

UPCOMING EVENTS – FEBRUARY 2013

Friday, February 15	SUN RUN EARLY BIRD REGISTRATION Join the False Creek Sun Run Team! Receive \$5 discount per registration until February 15 . Your registration package includes a team shirt (or a paint your own for the Mini Sun Run) and race bib. Registration and information at www.sunrun.com
Friday, February 15	PRE-PAYMENT FOR ADMISSION AND SKATE RENTALS DUE FOR FAMILY SKATE NIGHT Avoid the line-up and pre-order and pay for your admission and skate rentals in advance - no later than Friday, February 15.
Friday, February 22 6:30 – 8:00pm Kitsilano Ice Arena	POST-VALENTINE'S FAMILY SKATE NIGHT This is our fifth annual Family Skate Night at Kitsilano Ice Rink. Forms available to pre-order and pay for your admission and skate rentals. Free hot chocolate and donuts for all False Creek participants.
Friday, February 1	FRUIT AND VEGETABLE DELIVERY Organic Apples
Monday, February 25 6:30 – 7:45pm School library	PAC MEETING All parents and guardians are welcome to attend. Childcare is provided at the school by our grade 7 students.

February PAC Lunches

February 7 – Pizza
February 14 – Burritos
February 21 – Sushi and Soup
February 28 – Chicken Fingers,
Hotdogs, Mini-burgers



Go to www.mavaliciouskidseat.com to order or review your order. Orders are due the WEDNESDAY A WEEK PRIOR to the lunch date.

PAC is pleased to provide funding for the following programs in February:

- **High Touch/High Tech** – Science workshops for all students in K-7
- The (Post) **Valentine's Family Skate** at Kitsilano Ice Rink
- A portion of the **tennis program** for all students in K-7
- In class and other **field trips**
- Field trip to the **VSO**

2013 (Post) Valentine's Family Skate Night



Come join us on **Friday, February 22 from 6:30 – 8:00 pm** at the **Kitsilano Ice Rink** (2690 Larch Street) for skating, complimentary hot chocolate and Lee's donuts!



** Avoid the line-up and pre-order your admission – forms at www.falsecreekpac.ca. Forms and payment are due back at the school by **Friday, February 15.** **

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NEWSLETTER – FEBRUARY 2013

2013 Vancouver Sun Run – School Team



On Sunday, April 14, 2013, Vancouver hosts the Vancouver Sun Run. There are 2 distances: 10km and a 2.5km “mini-race” - school teams may have participants in both. There is also a great post-race party with food, music and entertainment for kids.

By registering with the False Creek School team, you have the advantage of picking up your race package and t-shirt (if you ordered one) at the school.

Come join us – it's a great way to be active with your kids, family and friends at False Creek!

For more information about the race and to register online, visit www.sunrun.com.

Early Bird Deadline: Save \$5 per registration by Friday, February 15.

Great Deals at Big White Resort for False Creek Families

False Creek PAC has partnered with Big White Resort to offer families some great deals for the snow season, such as **half price on tubing and skating and special rates on accommodation packages.**



Big White is the Top Ranked Family Ski Resort in Canada. There is affordable ski in/ski out accommodation, ski school and a Gondola which is perfect for kids of all ages to start learning.

Go to www.bigwhite.com/assoc to view the deals.

Annual Student Book Swap

Bring all your old books, comics, posters, and DVDs to swap for “new” ones – just in time for Spring Break!

Dates to note for this event are:

- **Wednesday, February 27 until Tuesday, March 5 from 8:30 – 9:00 am.** Collection of items takes place at the front entrance of the school. Items brought will be recorded and then students can swap for “new” items on...
- **Wednesday, March 6, 9:30 am – 2:30 pm BOOK SWAP!**



** Volunteers will be needed to collect books from students before school, to sort books before the swap, and to help on Book Swap day.

Annual Clothing (and more) Drive

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! **Notices and bags will be sent home before Spring Break.**

Healthy treats in the classroom for Valentine's Day



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.

Make your own Valentine cards or choose store-bought Valentine cards without candy attached to send to school. And please consider sending a healthy(ier) treat to share for your child's next class party.



There are many tasty alternatives to high sugar treats with a Valentine's Day theme, including:

- Strawberries dipped in dark chocolate (just the tips)
- Cherry tomatoes with hummus or mozzarella cheese cubes
- Watermelon balls and raspberries
- Dried cranberries and pomegranate seeds
- Banana bread cupcakes with yogurt icing
- Apple sauce in red mini-cup