

# FALSE CREEK ELEMENTARY PAC

(Parent Advisory Council) *Making False Creek Elementary School the very best for our children.*

## Calendar of Events for October 2013

Thursday, October 3	<b>PAC Lunch—Meal Packs (Hotdogs, Sliders, Chicken Fingers)</b> To order, go to <a href="http://www.mavaliciouskidseat.com">www.mavaliciouskidseat.com</a> . <i>This program is optional.</i>
Thursday, October 10	<b>Fruit and Vegetable Delivery—Grapes (Blue) and Milk (or soy alternative) for Grades K-2</b>
Thursday, October 10	<b>PAC Lunch—Pasta and Soup</b> To order, go to <a href="http://www.mavaliciouskidseat.com">www.mavaliciouskidseat.com</a> . <i>This program is optional.</i>
Thursday, October 17	<b>PAC Lunch—Pizza</b> To order, go to <a href="http://www.mavaliciouskidseat.com">www.mavaliciouskidseat.com</a> . <i>This program is optional.</i>
Monday, October 21 6:00—7:30pm Library	<b>PAC Meeting</b> All parents and guardians are welcome to attend. Childcare is provided at the school by our grade 7 students. We will review our goals and budget for the year. ** <i>Please note date change from Tuesday, October 22. **</i>
Thursday, October 24	<b>PAC Lunch—World Menu</b>
Thursday, October 31	<b>Fruit and Vegetable Delivery—Pears (Anjou) and Milk (or soy alternative) for Grades K-2</b>
Thursday, October 31	<b>PAC Lunch—Meal Packs (Hotdogs, Sliders, Chicken Fingers)</b> To order, go to <a href="http://www.mavaliciouskidseat.com">www.mavaliciouskidseat.com</a> . <i>This program is optional.</i>

### PAC Executive for 2013-2014

Chair	Larissa Warrington
Vice Chair	Jacquie Stolk
Treasurer	Miaka Nufer
Secretary	Lesley McKnight
DPAC Rep	Mike Scott
Chair, Social Committee	Kathleen MacDonald,
Chair, Sports and Recreation	Steve Ko
Chair, Arts and Culture	Gail Taylor

Thanks to all parents who attended our first PAC meeting in September. Welcome to new members Jacquie Stolk and Steve Ko and returning member Mike Scott to our Executive team. Parents who missed the meeting are still welcome to join our committees—please visit our website at [www.falsecreekpac.ca](http://www.falsecreekpac.ca) for contact details.

### PAC Money raised...

- Lemonade Stand: **\$600**
- Family Photo Nights: **\$875.**
- Each weekly PAC Lunch raises between **\$100-\$250.**
- Direct Donation total to date is **\$4,625**

### PAC Money Spent...

PAC is pleased to provide full or partial funding for the following in September/October:

- The Wolf Presentation for all grades
- A new canopy for outdoor activities and events

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Check out our website! [www.falsecreekpac.ca](http://www.falsecreekpac.ca)

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## Cross Country Practices and Meets



Our Cross Country season is underway! Students in grades 1-7 are invited to participate. **Practices are Tuesday and Wednesday mornings from 8:20-8:55am and Fridays at lunch from 12:35-1:00pm.**

**Mini-meets take place on Thursdays after school from 3:30– approx. 4:30pm.** There are still 2 mini-meets remaining: **October 3 and 10.** **The Final Meet takes place on Thursday, October 17 from 1:00-3:00pm at Trout Lake Park.**

**PARENTS ARE NEEDED TO DRIVE STUDENTS!** Please contact Ms Wallace (Division 2) if you are able to drive or need a ride for your child(ren).

A big thanks to our staff coaches—Ms Cotter, Ms Lee, and Ms Wallace, Ms Sarah Fleck—and all our parent volunteers for helping our cross country team members succeed!

## Treats and classroom parties

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



## Safe Arrival to School

When students arrive to school on their own—whether of necessity or as an expression of independence/maturity—there are a few things to keep in mind:



- Parents (not staff or PAC volunteers) are responsible for ensuring that their child(ren) arrive to school.
- Parents are responsible for letting the office or teacher know if their child(ren) will be absent.
- Staff and PAC volunteers do not routinely contact parents if their child is absent from school.
- A Staff member is present at the front of the school from 8:40-9:00am and 3:00-3:20pm to offer general supervision.

PAC would like to remind parents who drive to school that the parking area immediately outside the staff parkade and the undercovered 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.

Thank you for helping our students stay safe getting to school.

## Direct Donation Campaign

Our Direct Donation Campaign is PAC's largest fundraising effort. By contributing directly to PAC, all money donated goes directly to fund programs and supplies, rather than a portion of sales from other fundraising campaigns such as chocolate sales, etc. We ask you to consider \$50 per student, though any amount you can contribute would be greatly appreciated. Forms are available on our website at [www.falsecreekpac.ca](http://www.falsecreekpac.ca). Our current total is **\$4,625**. Our goal is **8,000**. Thanks to all who have contributed so far!

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