



NORMA ROSE POINT PAC NEWSLETTER

Message from the PAC Chair

Welcome back! I hope everyone had a great summer full of fun and relaxation.

This year we are wanting to focus on community building. We will do this by reaching out for more help on the PAC Executive, starting up monthly parent coffee and conversation times where any parent is invited to come, talk to PAC Executive members and just have a great time socializing. We have also arranged for Parent Education Nights. We also would like to encourage all parents to come out to our monthly PAC meetings. To make things easier for all parents we will have Child minding available (made possible by our own middle school children who have completed the Red Cross Babysitting Course. All PAC meetings are kept to 1 hour (from 6:30-7:30pm). We also will host a few larger events like the Meet the Staff night, Multicultural Day and Spring Event.

Important Dates:

Tues. September 6: First Day of School.

Join us from 9:00-10:00am in the main foyer for coffee and tea!

Thur. September 15: Family Fun Evening and Meet the Staff Night

Fri. September 16: ProD Day

Tues. September 20: PAC Meeting

Tues. October 4: PAC AGM

Mon. October 10: Thanksgiving. No School

Wed. October 12: Photo Day at school

Tue October 18 and Wed. October 19: Goal Setting Conferences **2:00pm Dismissal both days!**

Fri. October 21: ProD Day.

: Red Cross Babysitting Course at the school (must pre register)

First Day of School:

We would like to invite all parents to come have tea or coffee with us on Sept. 6 from 9:00-10:00am.

Come meet some new parents or re connect with friends. PAC Executives will be there to help



PAC EMAIL:

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If you have any questions, please do not hesitate to email the PAC at:

rosepointpac@gmail.com

LUNCH EMAIL:

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If you have any questions about the PAC run lunch program please email:

rosepointpac@lunch@gmail.com

PAC WEBSITE:

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Looking for information on what is happening at the school?
Looking for a list of After-school programs? Looking to order lunch?

Go to:

<https://nrppac.hotlunches.net>

answer any questions you may have about the upcoming year. Look for the PAC poster boards where you can read about "What is the PAC?", "Who is part of the PAC?", "What does PAC do?", and ways you can get connected.

Meet the Staff Night:

On Thursday September 15 come and meet the teachers and staff of NRP and learn more about the school community.

Representatives from many of the after school programs and school clubs, along with PAC itself will be there to answer your questions. To make the evening easier, food will be available to purchase (more details on that to follow). This is a fun event for all parents and students!

PAC Meeting/AGM:

I know your first thought is....boring! Actually PAC meetings can be very useful and interesting. Since the PAC executives work hard behind the scenes this is our time to update you on what we have done. It is also a time when school administration can provide updates on what they are working on. We are very careful to keep all meetings to a maximum of 1 hour. Meetings are held the first Tuesday of the month from 6:30-7:30 in the School Library. This year we have also booked a few speakers to come in for Parent Education Nights. We will combine these talks with PAC meetings. We are excited as well this year that, at each PAC meeting, we will have Child Care. We hope, by doing this, that it frees more of you up to come to the meetings.

The first PAC Meeting will be Tuesday September 20 from 6:30-7:30pm

The AGM will be held on October 4th this year. This is when we as parents will vote in the new PAC Executives. We encourage every parent to come vote!

Nut and Dairy Aware School:

This is VERY important. There are



a number of students in the school (staff as well), who have severe allergies to either Dairy, Peanuts or Tree Nuts (Cashews, Walnuts, Almonds, Pecans, Pine Nuts, Pistachios, Hazelnuts). Because of this, the school requests that you **DO NOT SEND LIQUID DAIRY (milk or yogurt), or ANYTYPE OF NUTS TO SCHOOL!** Let us all keep the children safe.



PAC Run Lunch Program:

Last year we rolled out an optional 5 day/week lunch program. We have made a couple of adjustments and will be offering it again. We will be working with 3 caterers this year as we were last year. All of them follow the BC Health and Nutrition Guidelines. This year we have Calhoun's (Monday, Tuesday, Wednesday and Thursday), Sushi Sushi (Tuesday and Wednesday) and Foodie Kids on Fridays.

At NRP we believe in being as sustainable as possible so all the caterers remove and recycle the containers that the food comes in. **We also ask that all kids provide their own utensils.** This not only is better for the environment but will reduce the cost for the PAC so we can use those funds for other things.

We will continue to offer the option to order one week at a time, although you are welcome to order as far in advance as you like.

The PAC run lunch program will start deliveries on Monday September 19th.

You can find more information in the PACkage that we will send home with each child the end of the first week of school.

Our PAC website is: <http://nrppac.hotlunches.net>

If you need to ask a question or have a problem with the lunch you can email us at rosepointpac lunch@gmail.com



Dropping off/Picking Up:

Those of us who were at the school last year know that drop off and pick up times at the school can be a challenge. NRP has been set up as a "Walking School". This means all the students who are within the boundaries for the school should be able to walk. The PAC runs (thanks to Natalie) a Walking School Bus which services Wesbook and Hawthorn. We encourage parents to sign up (information will be available this week when you get the PAC package which will be sent home with your child).

We also encourage children to ride their bikes to school. There is plenty of parking space on both the K-5 and the middle school side. We would like to remind you that it is the law that all cyclists must wear a helmet.

Also we would like to remind you that once you are on school grounds you must get off your bike and walk it. "No wheels on school grounds". This is for the safety of all the children.

If you do need to drive to drop off or pick up, please remember that **parking is very limited and all parking spots are designed to have vehicles back in!**



Ways to Participate:

All PAC Executives are voted in by the NRP parents. We are all volunteers. There is a lot for parents to participate in and help out with throughout the school year. We have a number of PAC Executive positions that need to be filled. I am a true believer that many hands make light work so the more parents who volunteer their time, the more we can accomplish! If you want to be part of the PAC but do not have the time to commit to a PAC Executive position there are many other ways you can help. With every event PAC hosts we are in need of parents to volunteer their time. You can join the Event Committee if one of the scheduled events throughout the year interests you.

You can join the Lunch Committee and be a voice to help set the upcoming menu. We are also always looking for parents to help supervise the lunch delivery. This is usually just a one hour commitment, from 11:30-12:30pm.

Look for more information outside of the main office, in the PACkage, or email Jody for more information at: rosepointpac@gmail.com

New Crosswalk on 16th and New Speed Limit:

As Most of you who live on South Campus likely know, the new crosswalk at Binning across to Hampton Place is not fully operational. The Provincial Government, who is in charge of 16th Avenue, has also reduced the speed limit from Blanca to Wesbrook Mall. It has been reduced from 70km/h to 50km/h. We would like to remind all families that it will likely take time for the drivers to become used to the new speed limit as well as the crosswalk. Please be extra careful crossing both Binning as well as the round about at Wesbrook Mall and 16th. Unfortunately not all vehicles stop appropriately for pedestrians.

Red Cross Babysitting Course:



On Friday October 21 Norma Rose Point will host the Red Cross Babysitting Course. This is put on once a year and it allows children in Grade 6 and up. It will take place from 8:30-3:30pm.

If you are interested in signing your child up, please go to: <http://www.firstaidhero.com/babysitting.html>

Cost is \$60 + GST per student for Online registration

Since the PAC is hiring students to help out at all our PAC meetings and Parent Education Nights, this would be a great opportunity for your child. If they complete the course and would like to be added to our list of available students to contact for Childminding, email the PAC at: rosepointpac@gmail.com

If your child already has certification and would like to be hired for PAC events, please email us!

After School Programs:

Pear Tree Education:

Tuesdays from 3:00-4:30pm

For Grades: Kindergarten-Grade 3

Science Exploration: 14 weeks of chemistry (learning about the properties of matter), Biology (local animals like bats, owls and sea creatures) and Physics (basic properties-challenge activities where students can think critically and work in a team).

Register: By phone: 604-355-2155 or email info@pear-tree.ca

Taekwondo:

Wednesdays & Fridays (starting September 7)

Time: 3:00-4:20pm

Instructor: Ma, Ning is World Taekwondo Federation Licensed. Team achievements since 2010 include 6 Gold medals at Canada Nationals and 40 gold medals at BC Provincials, BC Open and BC Master Cup

Contact: Wechat: WenWuTang2010

Email: 2010wwt@gmail.com

Young Rembrandts:

Thursdays starting September 22nd

Time: 3:15-4:15pm

Fall Session 1: Sept 22-Oct. 27

Fall Session 2: Nov. 3- Dec.15

Ages: Grade 1-6

Price: \$96/session or \$180 for both sessions

Registration: www.youngrembrandts.com/metrovancouver

Mad Science:

Tuesdays starting Sept.20

Time: 3:15-4:15pm

Registration: www.madscience.org

LEGO Robotics:

Wednesdays starting September 21

Time: 3:15-4:15pm

Grades: 1-3: WeDo 1.0 and WeDo 2.0

4-8: Mindstorms (eager and able Grade 3`'s also welcome)

Registration: <http://daedalosacademy.com/events/lego-robotics-nrp-fall-2016/>

Free Kick Soccer:

Wednesdays starting September 21

Time: 3:15-4:15pm

Ages: 5-11

Cost: \$110 (includes t-shirt)

Registration: www.freekickFC.com

Young Stars Basketball Club (YSBC):

7-9 year olds practice at UHill Elementary while

10-15 year olds will practice at NRP

Registration: <http://ysbc.club>