



NORMA ROSE POINT PAC



PAC Chair/CoChair Message

Hope everyone had a wonderful Spring Break.

There is so much happening at the school over the next several months! We will do our very best to keep you informed as early as we can about them. Over the next couple of weeks we should be able to lay the activities and dates out for you. We will be needing parent help with some of the activities especially in June so hopefully you can lend a hand.

PAC Email

Rosepointpac@gmail.com

Lunch Email

rosepointpac_lunch@gmail.com

Important Dates:

Fri. March 31: Family Reading in Learning Commons 8:15-9:00

Thur April 6: Saleema Noon Parent Ed Talk on Body Science - 6:00-8:30pm

Fri. April 7: Family Reading in Learning Commons 8:15-9:00

Fri. April 14: Good Friday (No School)

Mon. April 17: Easter Monday (No School).

Fri. April 21: Family Reading in Learning Commons 8:15-9:00

Fri. April 28: Family Reading in Learning Commons 8:15-9:00

: Terry Fox Run

Mon. May 1: ProD Day (No School)



Parent Night: Saleema Noon:

A reminder that next Thursday, April 6th from 6-8pm Saleema Noon will be coming to speak to parents about Body Science (sex ed). She will be coming to the school to speak with students on April 25th.

Lunch Website

[Http://nrppac.hotlunches.net](http://nrppac.hotlunches.net)

This evening is a perfect opportunity to learn how to approach our children and begin the conversation about body science, how to create an open dialogue within the family, and how to answer their questions. Along with Saleema letting us know what she is going to be teaching kids in each grade level, we will have the chance to ask any questions we may have. PAC had her in last year and it was an incredibly successful evening for parents.

Feel free to bring your children as PAC will have 6 students available for childcare.

To find out more information about Saleema Noon and what she does, check out: <http://www.saleemanoon.com>

April PAC Mtg. Cancelled:

A reminder that, due to Saleema Noon coming on Thursday April 6th we have cancelled the regular Tuesday (April 4) PAC Meeting. We have built in a few minutes at the beginning of Thursday's parent talk for any urgent PAC issues.

Parent Conversation Group:

On Friday April 21 from 9:00-10:00, parents are welcome to come join Julie and other NRP Parents as they discuss the topic: **Self Compassion for Parents - Why it is so important**

Let's face it: Parenting can be hard. We all have an image of the perfect parent in our heads, and more often than not we fall short of our ideals. But instead of judging ourselves, we should use kindness and love towards ourselves. Please join us for a **special discussion led by NRPS parent Conny Scheffler** about why and how self compassion can help us become better parents.

Conny Scheffler is a Life and Mind Body Coach based here at UBC. She received her training from the Martha Beck Institute as well from the Mind Body Coaching University. She focuses on helping her clients awaken into their true selves.

Reconciliation Pole Raising:

On **April 1 beginning at 1:00pm** there will be a Pole raising ceremony outside of the Forestry building (Main Mall and

Agronomy Road). UBC partnered with a private donor and commissioned the carving of the totem pole which recognizes the complex aspects of reconciliation in relation to Canadian residential schools.

This cedar totem pole will stand 55 feet in height and was carved by James Hart, Haida master carver and hereditary chief.

It is not every day that we have the opportunity to watch this type of ceremony. It would provide a great educational opportunity for both child and parent.

For more information visit:

www.ceremonies.ubc.ca/reconciliation-pole

NRP After School Programs:

Vancouver Chess School:

Fridays: March 31-June 23

Time: from 3:00-4:30pm

Where: Library ****Please note the room change!**

Register: <http://www.vanchess.ca/groups> >Chess in Schools > Norma Rose Point Elementary School

Ocean Explorers:

Fun interactive games and activities to learn how we can help our oceans.

Mondays: April 24-June 19 (excluding May 22)

Time: 3:15-4:45pm

Cost: \$240/Child (includes t-shirt)

Register: seasmartschool.com

<u>Monday</u>	Farsi	3:30-5pm
<u>Tuesday</u> (Maker Space)	Enrichment Class	3-4:30pm

Pear Tree 3-4:30pm

Register: paul@pear-tree.ca.

Website: www.pear-tree.ca

Wednesday

Taekwondo 3-4:20pm

Ning Ma: Email: 2010wwt@gmail.com

WeChat: WenWuTang2010

Lego Robotics 3:15-5:15pm

Register: robocamps.ca

Website: <http://daedalosacademy.com>

Thursday

Young Rembrandts 3:15-4:15pm

Register: www.youngrembrandts.com/metrovancouver

Website: www.youngrembrandts.com

Friday

Taekwondo 3-4:20pm

Ning Ma: Email: 2010wwt@gmail.com

WeChat: WenWuTang2010

Vancouver Chess School 3-4:30pm

Learning Commons

Register: <http://vanchess.ca/locations/set/id/25/target/%252Fgroups>

Website: www.vanchess.ca

Around the Community for Kids and/or Parents:

Laughing in the Year of the Chicken: The Past and Future of

Chinese Humour: Everyone is welcome to an interesting talk given by one of the NRP parents on April 8 – Christopher Rea. Christopher

Rea's *The Age of Irreverence* received the AAS's 2017 Joseph Levenson Post-1900 Book Prize (China). The book examines how the early twentieth century changed how Chinese people talked about what is funny. Join us for a discussion about past and current trends in Chinese humor, comedy as culture, and why some jokes last the ages--and some don't. Dr. Rea, a Columbia PhD, is Associate Professor of Modern Chinese Literature at UBC.

When: Saturday April 8th

Time: 7pm-9pm

Location: Old Barn Community Centre

Cost: Free!

Please RSVP to qiuning.wang@myuna.ca

Kids Fit: It's a 6-week, fun and interactive after-school program for kids ages 7-12 who live in Utown@UBC. Registration for kids who live on campus is only \$40 and for kids who live off campus is \$80.

Details can be found here: www.utown.ubc.ca/kidsfit