



# ÉCOLE GLENAYRE ELEMENTARY SCHOOL

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Newsletter 27

April 8, 2022

## Upcoming Calendar Events

Monday	Tuesday	Wednesday	Thursday	Friday
11	12 Order deadline for hanging baskets	13	14 Read-a-thon prize Pizza Lunch for Div's 6,8,9,15	15 Good Friday
18 Easter Monday	19	20	21 Hot Lunch Pizza Hut Student Led Conferences Early Dismissal 1:39pm	22 Pro D Day

## Principally Speaking

Will Return Next week



Welcome to the Counsellor's Corner, your place for resources, upcoming events/workshops and weekly mindful moments (short activities to do at home to foster mental health).

### Mindful Moment

Have a Bubble Bath

Spring seems to bring a new busyness into the world and in between extracurriculars, school and every day errands, many start to feel overwhelmed. Set aside some time to really enjoy a bubble bath (regardless of age, this is something most enjoy). Bring out the bubbles, rubber duckies or candles and take time to relax.

Events

*Virtual Workshops by Tri-Cities Family Smart*

### Topic - Digital Wellbeing and Mental Health:

As parents, we struggle with balancing our children's time spent in the digital world and what we consider the real world. It's not easy to know how much time on technology is too much and how to set boundaries that don't create conflict. Join us for a conversation with a digital wellbeing expert to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health.

### Dates to choose from:

April 12, 2022 at 5:00pm - 6.30pm

April 20, 2022 at 12:00pm - 1.30pm

April 26, 2022 at 6:30pm - 8pm

April 28, 2022 at 5:00pm - 6.30pm

## What to do next:

1. **RSVP** - Please let us know you are coming! **Register here:** <https://familysmart.ca/events/>
2. **ONE-ON-ONE** - If this time/date doesn't work for you OR you would like to talk one-on-one with a Parent Peer Support Worker, we are happy to meet with you at a time that works for your schedule.

Saleema Noon- Sexual Health Educator- Parent Workshop

### **Growing Up Game Plan: Parents' Edition**

<https://learn.saleemanoon.com/webinar-registration>

Questions? Comments? Concerns? Observations? Do not hesitate to contact me.

Natalia Kubiak, RCC

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## **HANGING BASKETS & PLANT SALE**

The Glenayre PAC is having a hanging basket and plant sale this Spring!

All orders and payment are done online at <https://teams.growingsmilesfundraising.com/>

Type in Glenayre PAC as your fundraising team.

**Only 4 days left to order.....All orders must be in by Tuesday, April 12. Order pickup will be on Friday, April 29 from 3-5 pm at Glenayre Elementary.**

For questions, please email [glenayrepac@gmail.com](mailto:glenayrepac@gmail.com)

### **HOT LUNCH- PIZZA HUT Thursday, April 21, 2022**

Pizza Hut Hot Lunch is open for ordering for the Thursday, April 21st lunch.

Go To <https://munchalunch.com/login.aspx>

### **SPRING CARNIVAL**

**Save the date! Thursday, May 26th from 2:45-7 pm** will be our annual Spring Carnival! Food trucks, Rocky Point Ice Cream, Mini donuts, Inflatables, Carnival games, Raffle Baskets, 50/50 draw, music and lots more. All welcome, this is a big event! More information to come!

\* We will be reaching out for volunteers at the end of April to help out with this fantastic event on Lotsa helping hands website at <https://www.lotsahelpinghands.com/c/630280/> . You can make an account now if you haven't already. More information to come. We do ask that each family try to volunteer for at least 1 hour before, during or after the event!

**\*\*If your company would like to help sponsor this event (any amount is truly appreciated), please email [glenayrepac@gmail.com](mailto:glenayrepac@gmail.com). All companies who sponsor that have company signs or banners will be on display by the inflatables and games.**



There are a variety of mixes & colours grown. Hanging Baskets received may not look like the one shown.



## **K-12 PROPOSED 2022 BC SCHOOL FOOD GUIDELINES**

Please take a minute to read the attached proposal that the BC Government is proposing to implement into the new 2022 BC School Food Guidelines. There are many changes proposed on what is allowed in school that will affect ALL fundraising for hot lunches, fun days, carnivals, celebrations, etc. These changes do not affect bagged lunches from home.

The Ministry of Health and Education are requesting ALL PACS, parents, educators to give feedback on the proposed changes. Once you have looked over the proposed guidelines, we are asking you to give your feedback on the survey. Takes less than 10 mins and needs to be done by April 30, 2022.

SURVEY LINK: <https://surveymoh.health.gov.bc.ca/public/survey/bc-school-food-guidelines-feedback-survey>

### **K-12 Consultation on Proposed 2022 BC School Food Guidelines**

The Ministries of Health and Education are requesting parent/guardian, DPAC and PAC feedback on proposed changes to the 2013 Guidelines for Food and Beverage Sales in B.C. Schools. Both Health and Education are seeking feedback on the proposed 2022 School Food Guidelines to help them identify challenges schools might face with implementation. They are very interested in hearing about any resources or tools you think would be useful in supporting schools with implementation.

The first set of Guidelines for Food and Beverage Sales in BC Schools were published by the Ministries of Education and Health in 2005. These were updated in 2008, 2011 and 2013. With the release of Canada's food guide in 2019, the Ministry of Health has drafted proposed 2022 Guidelines that reflect current national and provincial nutrition recommendations. They also reflect the findings of the 2020 school administrator survey on implementation challenges with the 2013 Guidelines.

We are inviting you to provide feedback and your input AFTER your review of the Proposed 2022 Guidelines AND the K-12 Discussion Paper outlining the Ministry's rationale for the proposed 2022 Guidelines:

1. Register for the PAC/DPAC webinar on **April 5** to hear an overview of the proposed changes, ask questions and provide your feedback. Registration closes April 1, 2022.
2. Complete the BC School Food Guidelines Feedback Survey online. The survey takes 10 mins or less and is open until April 30.

**PAC MEETING** - Minutes in Attachment from the April 4th Meeting

Next PAC Meeting will be on **Monday, May 2, 2022 at 7:15pm**

### **SOCIAL MEDIA**

Best way to stay up-to-date with PAC information is to follow us on either Facebook or Instagram.

Please "LIKE" our **FACEBOOK** page at <https://www.facebook.com/glenayrepac> in order to receive all the latest event notifications.

On ***INSTAGRAM*** follow us at: **@glenayrepac**

**If you have any questions on how you can get involved or questions/concerns related to PAC News, please reach out to us by email at [glenayrepac@gmail.com](mailto:glenayrepac@gmail.com)**

## **Attachments**

**27.1** PAC Meeting minutes

**27.2** City of Port Moody Afterschool Programs