

Jan 31st, 2025



PAC UPDATE

Hello HME Parents -

Message from PAC Communications

Almost February and there's lots coming up at HME!

The HME **Parent Pub Night** at Mariner Brewing is coming up on **March 2nd! Tickets go on sale Feb 1st on Munch A Lunch.** A great way to meet other parents and have a fun night out, and unwind with a burger and a drink for \$25. A fun night filled with prizes, 50/50 and trivia. For even more fun, it's a great opportunity to come out to volunteer. See more details below.

Parent Info Sessions. Did you know SD43 and surrounding schools feature a lot of free in person and online parent education on a variety of topics? Check out the upcoming ones - more details below.

Snow! Just a reminder that snow is in the forecast, please make sure to check the school website for any closures, please do not call the school.

Fundraising Updates: Thank you Tammi for the organizing the Purdy's fundraiser and to all the parents who supported in raising \$308 for PAC funds.

A huge thanks to all the volunteers and organizers Sunny & Sharon of the **Winter Fest**, it was a great success and raised \$1327 for PAC funds!

Mark Your Calendars



- Mon Feb 3rd Pro D Day
- Mon Feb 17th Family Day Stat
- Feb 27th Domino's Pizza Night Gr 5 Fundraiser
- Fri Feb 28th Pro D Day
- Next Neufelds Orders Open Online Feb 14th
- PUB Night Mariner Brewing March 2nd

SD43 Family & Community Learning Series



SD43 DPAC Parent Info Sessions.

Free Info Sesion.

We're soon approaching our "panelist" stand alone session on

February 12th, 2025 7-8:30PM

at our education centre (1100B Winslow Avenue Coquitlam BC) and we're thrilled to be hosting such an interactive and engaging presentation.

We have an amazing lineup of speakers who are experts in their field;

Wendy Yu: Anti-Racism: Strengthening our stance on anti-racism in our schools & community)

Shaunna Martin: Mental Health: Promoting a school wide approach and awareness towards positive mental health. Supporting students with tools to enhance their mental well being.

Jen Morgan: Restorative Practices: Fostering an equitable and positive school culture by focusing on strengthening relationships, developing conflict resolution skills & creating a sense of belonging.

Shannon Sullivan: Executive Functioning: Helping students develop the skills and behaviors required to self regulate, overcome challenges, sustain attention, be organized and accomplish goals.

Student Perspective: Harpreet Esmail and SLC Tri-Chairs: For educators to acknowledge and give students a voice about their education and learning environment. Making space for them to create a positive impact in their schools.

Your feedback is essential for creating an informative evening and to have discussions with our panelist that matter the most to you.

Please take a moment to fill out the form:

**[https://docs.google.com/forms/d/e/1FAIpQLSft84AUdq2Ad-
uiJldi3zhtjLkC_DsGc6trjbrAFs9-6LKNw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSft84AUdq2Ad-
uiJldi3zhtjLkC_DsGc6trjbrAFs9-6LKNw/viewform)**

Community Learning Opportunities

**HWSS Free Parent Info Night:
Friday, February 7th 2025 6-7PM
Heritage Woods Secondary School Theatre**

**All parents in the community welcome:
Of elementary, middle and high school students.**

- Paul Davis parent night re: Digital Advocacy and Online Safety
- Friday, February 7th
- An incredible learning opportunity for parents.
- Paul Davis is one of Canada's leading experts on digital advocacy and online safety.
- Paul has tremendous passion for educating both kids and parents on all the complexities that come with our digital world.
- This talk is addressing some of the most challenging issues of our time, especially at this crucial stage of life as our kids come of age.
- Our hope is that this presentation will spark some great conversation at home.

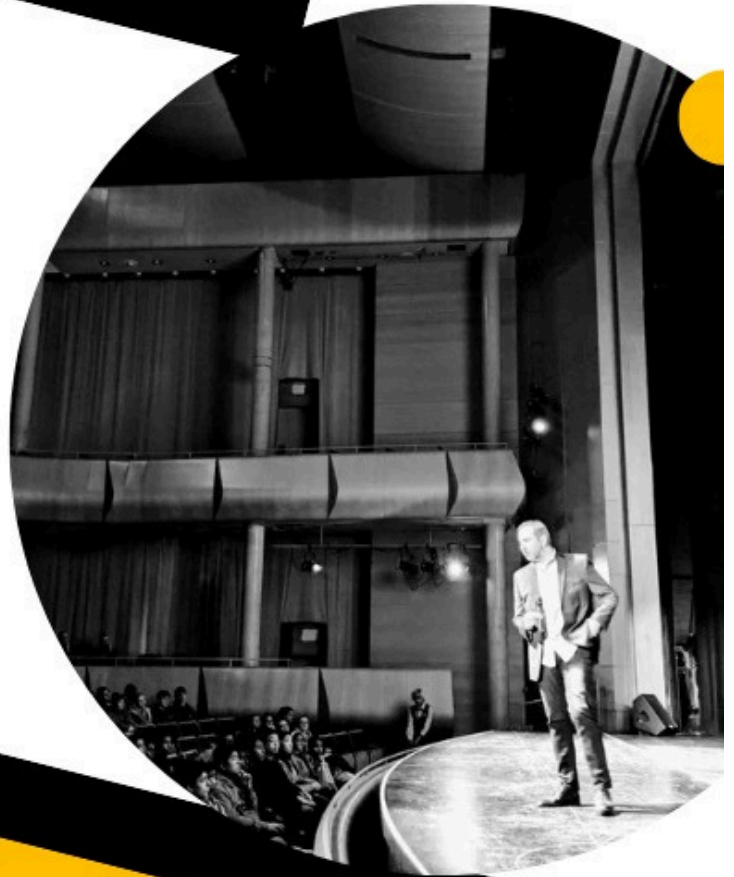
**More details in the attached poster below and
[@followpauldavis](#)**

SOCIAL MEDIA AND ONLINE SAFETY


AN EVENING FOR PARENTS WITH PAUL DAVIS

TOPICS INCLUDE

**SOCIAL MEDIA
SMARTPHONES
DIGITAL TRAILS
CYBERBULLYING
SEXTING
ONLINE GAMING
ONLINE GROOMING
& PRIVACY**



**HERITAGE WOODS
SECONDARY SCHOOL THEATRE
FEBRUARY 7, 2025
6:00PM**



HME PAC PARENT PUB NIGHT! MARINER PUB BREWING SUN MARCH 2ND 6-9PM

**Join fellow parents for a fun night out
at Mariner Brewing !**

Meet new people, enjoy great conversation,
and unwind with a burger and a drink
(included with your \$25 ticket).


**50/50 draw, trivia fun
& prizes!**

**Tickets available on Munch a lunch
starting Feb 1st. don't miss out!**

What's even more fun? Volunteer!
It's a great way to meet new parents,
be part of a school event and add to the
excitement of the night. Lots of positions available
to fit your volunteering style

Interested? Email Liz Kim to sign up!

If you'd like to help with door prize donations,
please email Liz !



**INTERESTED TO VOLUNTEER OR
HELP WITH DOOR PRIZE DONATIONS?
EMAIL LIZ KIM
HMEHOTLUNCH@GMAIL.COM**



Parents and Caregivers,

An important message and an official HME Coyotes call out for volunteer support. We're excited about all the new events coming up at HME and we really need YOU to make them a success!

Whether you're a seasoned volunteer or brand new to the scene, we'd love to see some fresh faces! Especially K-3 parents that may be new to the school or volunteering at events. Events won't happen without you. Do you have a great event idea? Please bring it forward, we want to hear from you.

Every fundraiser and event is important, and your help makes a real difference. Don't worry if you're not sure where to start - each event has a dedicated facilitator to guide you and make volunteering easy and fun based on your volunteer style and comfort level.

**Interested to help out? Email heritagemountainpac@gmail.com
We look forward to meeting you!**



UPCOMING Gr 5 FUNDRAISER

THURSDAY, FEBRUARY 27, 2025



Domino's
TRI-CITIES

PIZZA NIGHT FUNDRAISER

HERITAGE MOUNTAIN ELEMENTARY GR 5 YEAR END CELEBRATION

DOMINO'S PIZZA BARNET HWY WILL **DONATE 20% OF ALL ORDERS** PLACED BY THE COMMUNITY TO HELP SUPPORT HERITAGE MTN ELEMENTARY'S GR 5 YEAR END CELEBRATION!

PLEASE MENTION "**HERITAGE MOUNTAIN ELEMENTARY**" WHEN PLACING YOUR ORDER.
FOR ONLINE/MOBILE ORDERS, PLEASE ENTER COUPON CODE "**SFUN**" IN THE COUPONS PAGE.

(If you are experiencing issues applying coupon codes, please phone the store directly to place your order)



DOMINO'S STORE: 2773 BARNET HWY, COQUITLAM • (604) 941-8335

ORDER ONLINE



DOMINOS.CA



The Art Card Project is back Spring 2025!

Welcome to one of HME's most requested fundraisers.

For those new to this fundraiser, we celebrate HME artists by featuring their art on quality products like: custom greeting cards, mugs, tote bags, mouse pads, tea towels, notebooks, sketchbooks, and year planners.

Great as gifts or keepsakes.

Your children are working on their art in class right now and you will get the opportunity to purchase items featuring their art. You will get a sample of what art they created later in February.

2025 Timeline:

- **Art completed by Jan 31**
- **Sample cards sent home approx Feb 24**
- **Order deadline for products March 9th**
- **Products Delivered to school April 7-11**

Please see [The Card Project here](#) for more information and to check out the products available to order.

COMMUNITY SAFETY MESSAGE



No Parking at School Roundabout



An important message from the school, as this continues to be a very serious, dangerous and ongoing issue parents are creating for kids running between parked and moving cars at the round about. This area is not for parking.

IF you need to park your car to take your child to class, **do NOT park in the roundabout**. This area is for drop off OR for pickup, only if you see your child waiting.

- **Drop Off**

- If you need to get out of your car, you must park elsewhere.
- Students must only exit car when car is at the curb.
- DO not stop in the middle lane, this causes back log.

- **Pick Up:**

- This is a NO PARKING ZONE.
- For pick up only IF you see your child waiting at the curb.
- **If you DO NOT SEE your child, loop around or go park.**
- If you stop and wait, only 10 cars of 200 are able to access.
- No pickups in middle lane. Cars are moving and this causes a traffic jam behind you.