



ÉCOLE ÉLÉMENTAIRE
K I L M E R
ELEMENTARY SCHOOL

KPAC News

October 31, 2008

Next Meeting: Monday, November 3rd, 7p.m., Kilmer Library

CHAIR'S REPORT

We are well into our busy school, family and work schedules. I'm sure that we can all attest to at least one of those at some point. During one of these harried moments I was able to attend the DPAC presentation and learned a lot about Teacher/Parent communication. I encourage you to open the door of communication between you and your child's teacher if you have not had a chance already. They have an impressive task at hand, so if you can lend any insight to them about your child it would always be appreciated. You know them best. If you have the chance to attend any of the Parent Education programs (see below) that are out there, they are well worth it. Parenting is a continuous learning process for all of us and we are all part of the same community trying best to support our children which thus creates and fosters a healthy body of young people to send out into the larger community. This benefits us all.

Beyond The Bell is up and running, literally! The children are having a great time with a great instructor. This program is sponsored by PoCo Parks and Rec and runs in the gym on Thursdays after school for the remainder of the school year. It is a great way to get the children involved in an after school activity with no travel. Please remember to email me with suggestions of any other programs that you would like to see offered (e.g. cooking class, art class).

Class Rep notices have gone out and had a great return. Thank you very much. We are trying several ways to get the communication going home to you via email, PAC website, notices home and notices posted at Kilmer. Thank you Class Reps.

Rachelle Jadot (theadots@gmail.com)
604-552-7435

VICE CHAIR'S REPORT

I have now had a chance to get settled into this position and have been able to spend a lot more time around the school, familiarizing myself with parents, students, and our wonderful staff. I'm having a great time getting to know everyone better.

I'm happy to say that Kilmer spirit and grad wear is on its way. Keep watch for your order forms coming home during the week of November 3rd. We have also sent home a request for you to donate your gently used Kilmer Wear to recycle at the Sale. There is a box at the front office for these donations. This sale only comes once a year so make sure to order yours and show off your school spirit. It is your ONLY time to purchase Grade 5 GRAD wear.

Thank you.
Candice Miller (cmiller7@telus.net)

SAFETY COMMITTEE

As everyone is aware, we're heading into the darker days of fall and winter. As this change takes place, we'd like to remind everyone that the kids and parents are wearing dark colours. Please slow down and add a little more caution to your driving around the school perimeters as we'd hate to see any accidents.

Also, a quick reminder to those parents who park on Knappen when dropping your kids off. This road is extremely busy with both school traffic and residential traffic. We all need to remember that our neighbours would appreciate their driveways being kept open and no parent should be blocking these in an attempt to obtain a closer or quick drop/pick up spot.

Thanks again, and remember, look both ways before crossing or pulling out! They're little, they're cute and they're our kids.

2008/09 KPAC Executive

Chair
Rachelle Jadot

Vice-Chair
Candice Miller

Secretary
Kim Becker

Treasurer
Cathy Clelland

DPAC Representative
Dirk Rohde

Hot Lunch
Yvonne Greentree
Kim MacKinnon

Fundraising/Playground
Amber Henriksen
Kim Becker
Tia Turner
Rosie Shaw
Rachelle Jadot
Deborah Fowler
Jasmine Parker

Parent Library
Tia Turner

CPF Representative
Debra McNicol

SPC Representatives
Rachelle Jadot
Karen Elrick
Teresa Kazemir

Parent Education
Dirk Rohde

Emergency Prep
Susan Deyotte
Anna Sato

Volunteer Coordinators
Deborah Demers
position available

Safety Committee
Robyn Lau
positions available

Kilmer Information

1575 Knappen Street
Port Coquitlam, BC
V3C 2P8

Phone: 604-941-3401
Fax: 604-941-0459

www.sd43.bc.ca/Kilmer



Ongoing Events

Penny Drive for the Playground
(Kilmer Front Hall)

Me & Ed's – 3rd Weds. of each month
Nov 19th
Dec.17th
Jan. 21
Feb. 18th
Mar. 18th
Apr. 15th
May.20th
June. 17th

Collection of Campbell Soup Labels

Collection of metal tabs for Shriners

Collection of used ziplock bags from hot lunch and fundraisers for general reuse.

Fruit & Veggies

Nov. 4 & 6, 2008
Nov. 18 & 20, 2008
Dec. 2 & 4, 2008
Dec. 27 & 29, 2008
Jan. 27 & 29, 2009
Feb. 10 & 12, 2009
Feb. 24 & 26, 2009
Mar. 10 & 12, 2009
Apr. 21 & 23, 2009
May. 5 & 7, 2009
May. 19 & 21, 2009
Jun. 2 & 4, 2009

KPAC Meetings

Nov. 3, 2008
Dec. 1, 2008 (Social)
Jan. 5, 2009
Feb. 2, 2009
Mar. 2, 2009
Apr. 6, 2009
May 4, 2009 (Elections)
June ??, 2009 (Social)

PARENT EDUCATION



SouthSide Family of Schools
Parent Education

For further info, contact:
Dirk Rohde – KPAC
at (604) 942-6410
or dirk.rohde@solarsoft.com

SouthSide Family of Schools Is Pleased to Present
“Childhood Anxiety II”
with **Don Lassel**
of
Dennis Boyd & Associates
Wednesday, November 19, 2008.
6:45 – 8:30 pm
Citadel Middle School

Charge will be \$3/person or \$5/couple.
Child Care will be available

We generally learn most of what we know about childraising from our parents, who may not necessarily be experts on the subject. Parent education sessions are your opportunity to access the experts. The SFSPE has arranged some outstanding speakers that talk about things that affect all of our families in one way or another, and at a price that can't be beat! Make some time for your family - make some time to attend a parent education session.

HOT LUNCH PROGRAM

We did not have a Hot Lunch in October because of the Professional Day and Halloween. But we had fun selling pizza and popcorn at the Halloween Bingo Night on Oct 23; raising over \$300 for the playground. The next hot lunch will be Friday, November 21 and the menu will be hot dogs and sushi. Forms will be sent home November 7 with the deadline of November 14. Watch for a few new items on the menu.

Attention All Parents! We need your help. Yvonne, Laura and Kim are seeking a few Kilmer parents to join the Hot Lunch Committee. We have a lot of fun but it is a large job for the three of us. We need help in two specific areas - grocery shopping and the tallying of the orders. For the grocery shopping, we would give you the grocery list and money, and you would head off to Superstore. It would be a monthly commitment of about 2 hours. The second job is the tallying of the orders. It would be better if it could be shared by two people, and then it would be a commitment of about 2-3 hours each month. If you are interested, or know someone who is, please let Kim or Yvonne know, and we can get further details about these jobs to you. Since both jobs can be done in the evenings or on weekends, it is perfect for working parents who would like to be involved but can not be at the school during the day.

Kim (klmack@telus.net)
Yvonne (ylg@shaw.ca)

FRUITS & VEGGIES PROGRAM

Here is the remaining schedule for the **Fruit & Veggie Program** deliveries to the classroom. Parents may want to send less for lunch/snack on these days so the children are able to eat what they are delivered. All fruit is washed and fresh.

Tuesdays & Thursdays

November	4 th & 6 th
November	18 th & 20 th
December	2 nd & 4 th
January	27 th & 29 th
February	10 th & 12 th
February	24 th & 26 th

March	10 th & 12 th
April	21 st & 23 rd
May	5 th & 7 th
May	19 th & 21 st
June	2 nd & 4 th

Kim MacKinnon and Susan Deyotte

SCHOOL PLANNING COUNCIL

The School Planning Council met in October to review Kilmer's Code of Conduct. Some slight changes were recommended. The Code of Conduct will be posted on the school website for all families to review. Please forward any feedback to Mr. Collins.



FUNDRAISING REVIEW:

The **Entertainment Book** sale earned \$1400 profit. There were only 3 books not accounted for. Thank you Kilmer Families for having such a great sale!

Family Photo Night - Thank you for coming out and making a memory for your family. 15 Families participated for a profit of \$300. Watch for your photos to come home.

Reminder for **Me & Ed's** on Weds., Nov.19. Participation has been low, so please let us know if you would like to see this continue. (theadots@gmail.com)

DDA Clothing Drive - This was another successful event, thanks to everyone who made it a success. We beat last year's record with a whopping **239 bags**, totally **\$717!!** Also, a big Thank You, to the children and parents that helped with the loading up of all those bags!

Halloween Event - Thank you to everyone that participated and/or volunteered to help make this a successful event. The kids had a fantastic night playing bingo and watching Zany Zac do his magic! This event brought in \$2200!

Giving Day - Thank you to all those that purchased the \$5.00 coupon to receive 15% off Bay merchandise on Saturday November 1st for Giving Day! Totals are still coming in. Good Luck on your draws sponsored by the Bay!

NEW FUNDRAISING EVENTS/ITEMS:



The Fundraising Team is excited to announce that we are organizing a **fall raffle for a Nintendo Wii** to help raise funds towards our new playground. We will be providing your child with one book of 10 tickets to sell to family and friends at \$2 each or 3 for \$5.

- 1st Prize – Nintendo Wii or cash value (approx \$275)
- 2nd Prize – \$50 Gift Card to Coquitlam Grill
- 3rd Prize - \$25 Toys 'R Us gift card

Please note there is **NO OBLIGATION** to sell your tickets. If you do not wish to participate, simply return your tickets in your child's agenda. **TICKETS ARE DUE BACK Mon, Nov 17th. DRAW DATE IS Fri, Nov 21st**

Cookies & Pies - We had shelved this fundraiser to help reduce the amount of fundraising events this year. However, we received numerous requests by many parents so it's back by popular demand. Order forms will be sent out next week. Orders are due in by **Nov. 12th** with a Delivery date of **Dec 1st**.

Don't forget, **Pennies for the Playground** is up on display in the front hall by the parent board. Kids are encouraged to bring in their spare change to add to our "Pennies for the Playground" jugs. Come and see the scales!

STOP, DROP & SHOP NIGHT - On December 5th, the PAC fundraising team is excited to offer 4 hours of child minding!! You can stop at the school, drop off your kids and then the next 4 hours are yours!! Your kids will enjoy games, movies, pizza, and more! More details will follow soon. Please keep in mind that space will be limited so tickets will be sold on a first come first serve basis!

Breakfast with Santa - We are currently negotiating dates with the North Pole in hopes to have Santa come have breakfast with the kids in December. Details will follow later in November.

Crash Crawlys Fun Night - has been moved to January, watch for the notice with details early in the new year.

Remember to visit the Kilmer Website for the latest updates on fundraising. Click on "PAC" at the top of the page at the following address (<http://public.sd43.bc.ca/elementary/Kilmer/default.aspx>)

from:
DoBugsNeedDrugs.org

- about 200 different viruses cause colds.
- Children can get 8 - 10 colds per year.
- Adults get fewer colds because they have built up immunity against some of the viruses.
- Antibiotics do not work against cold viruses.

Prevention: Wash your hands, your kids' hands, and shared toys/objects to prevent spread of viruses.

Symptoms: Runny nose, sore throat, sneezing, cough, headache, fever and watery eyes. Fluid from the nose is clear at first but turns thick yellow or green within 2 - 3 days. **This does not mean it is a bacterial infection.** Children might have a cough, which is worse at night. A cold usually lasts for 4 - 7 days but might take as long as 3 weeks to fully recover.

Treatment: Offer plenty of fluids such as water or juice, warm clear fluids such as soup, and acetaminophen for fever >38.0° C by ear thermometer. Get plenty of rest. Use salt-water (saline) nose drops to treat stuffiness and cough, especially for infants and toddlers. **A decongestant or cough syrup might help symptoms but will not shorten the length of the cold.** Note: *Decongestants and cough syrup might also contain acetaminophen. Read labels carefully and check with your pharmacist to avoid overdosing. Recently recommended not for children younger than 5.*

(continued below...)



(...continued from above)

See your doctor if . . .

Fever returns or symptoms worsen 5-10 days after first becoming sick. Yellow or green nasal discharge lasts longer than 10 days

Salt Water Drops:

- 125 ml (4 oz or ½ cup) warm water
 - ¼ tsp table salt
- Mix well. Prepare fresh every day. Position child so that head is slightly back. Use a medicine dropper to put 1 - 2 drops in each nostril. Repeat 4 to 5 times per day

KPAC Volunteer Opportunities

1. QSP Reader's Digest Program. Coordinate the ordering of magazine subscriptions at up to 85% off newsstand price
2. FundScrip Gift Card Fundraising program
3. Looking for someone to be the contact person for Gale with the Shriners Pull Tabs. She just needs a call when the water jug is full and help with coordinating the exchange with a empty bottle for replacement.
4. Posting and removing signs around the school 4-5 doors. (no tape, only the blue tacky stuff)
5. Making up the letter board signs and putting up and taking down of KPAC meeting signs. (once a month)
6. Photocopying for the PAC - Includes Newsletters once a month and fundraising copying as events are in process.

Please contact:
Deb Demers
604-942-4674

PLAYGROUND:

We are continuing our Sponsorship Request campaign to the local business community. Should anyone have any contacts they feel we should send requests to, please let us know. We could also use volunteers to help send out letters to potential sponsors. This is something that can be done from home on your own time. Please contact Amber as noted below. We currently have several grant applications in and pending. To date, none have been approved and 12 have been declined.

In order for us to meet some requirements for **The City of Port Coquitlam grant application**, we have started a Petition in support of our playground. This simply shows that we have the support of the school families and surrounding community for this project. We encourage you to stop by the school office and sign the paper petition, or if you prefer, we have an online petition at <http://www.ipetitions.com/petition/kilmer/index.html>. Please note that the online petition will also ask for a petition donation ... **YOU DO NOT HAVE TO PARTICIPATE IN THIS REQUEST.** Simply click "Next" after it asks you to select a \$ amount and then close the following page. Your signature will be recorded on the petition without any cost to you. The City grant is done on a points system, so the more participation we get, the more points we receive, which equates to dollars received from them. Another way you could help is to write a personal letter of support or have your child write a letter to the City of Port Coquitlam and explain why they support the need for a new playground. Any letters should be sent to KPAC through your child's class so we can submit them along with our grant application.

Should you have any questions please contact Amber at 604-945-7933 or amberh@telus.net

Thank you from your Fundraising/Playground Team

SAFETY COMMITTEE

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KPAC MEETINGS

Meetings are generally held on the first Monday of each month (unless it falls on a holiday) in the school library; starting at 7:00 p.m. **Babysitting is provided.**

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|------------------------------|-------------------------|
| September 8, 2008 | February 2, 2009 |
| October 6, 2008 | March 2, 2009 |
| November 3, 2008 | April 6, 2009 |
| December 1, 2008 (Social) | May 4, 2009 (Elections) |
| January 5, 2009 | June ??, 2009 (Social) |

KPAC Newsletter By Email

Please help KPAC go green (and save money) by registering to receive this monthly newsletter by email.

I would like to receive this newsletter at this email address: _____

Student(s) name(s) and division(s): _____