



1575 Knappen Street
Port Coquitlam, BC
V3C 2P8

Phone: 604-941-3401
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www.sd43.bc.ca/Kilmer

2009/10 KPAC Executive

Chair

Rachelle Jadot

Vice-Chair

Candice Miller

Secretary

Anna Sato

Treasurer

Cathy Clelland

DPAC Representative

Rose Shaw

SFS Parent Education

positions available

Hot Lunch

Yvonne Greentree
Rita Moore

Fundraising/Playground

Amber Henricksen
Kim Becker
Rachelle Jadot
Jasmine Parker
Candice Miller
Joshy Charan
Susan Deyotte

Parent Library

Thaddeus Seidler

CPF Representative

Lisa Aspinall

SPC Representatives

Rachelle Jadot
Kim Becker
Rose Shaw

Emergency Prep

Susan Deyotte
Anna Sato
Della O'Reilly
Thaddeus Seidler

Volunteer Coordinators

Deborah Demers
position available

Safety Committee

positions available

ÉCOLE ÉLÉMENTAIRE
KILMER
ELEMENTARY SCHOOL

KPAC News

October 30, 2009

Next Meeting: Monday, November 2nd, 7p.m., Kilmer Library

CHAIR'S REPORT

We hope you have all adjusted to the fall routine. At some point, please take the opportunity to come to Kilmer to see your child's school. Also, see what all goes on at your PAC via the newsletter, websites, and emails just to name a few. Kilmer's school spirit is seen from inside each class, the halls, and assemblies which connects our children to the broader children's community.

Our local Pitt River Middle School is going to be replaced. You may now access a website for information regarding this. The **Neighbourhoods of Learning** plan will be taking public input into consideration. Please see these websites for more information and a quick 2 minute survey:

- <http://www.sd43.bc.ca/Schools/NewSchoolConstruction/Pages/default.aspx>
-select "Pitt River Community Middle", and then the link to "Survey".
- <http://www.neighbourhoods-of-learning.gov.bc.ca/create/>

H1N1 is a real concern in our community, & indeed globally. Please take all precautions to limit the spread of this dreadful virus. For more information, please visit the Government of BC websites:

- <http://www.gov.bc.ca/h1n1/>
- <http://www.immunizebc.ca/default.htm>

Don't forget! As the winter season approaches and with the anticipation of snow, these radio stations are notified by the district in the event of a school closure: **CKNW (980), CKWX (1130), and CBC (690).**

Rachelle Jadot (theadots@gmail.com)

VICE-CHAIR'S REPORT

It's that time of year again - Kilmer Wear is in full swing. Order forms went home last Monday and are to be returned to the school by Wednesday, Nov. 4th. This year we are offering lots of new and exciting items including sweatpants and water bottles. Along with Kilmer Spirit Wear we are also offering Grade 5 Grad Wear. Please note that this is the **only chance** to order Grad Wear so be sure to get your forms in by the deadline and don't miss your chance to show your school spirit.

Thanks,

Candice Miller, Cmiller7@gmail.com

GARDEN CLUB

The fall is flying by and the kids have been working hard. October was a big month as we had to call a few extra garden club meetings in order to be prepared for Kilmer Pride Day which took place on October 19, 2009. School District 43 donated two yards of soil and, with a few extra hands from parents, teachers and students, we were able to get all the soil moved into the courtyard. It was an amazing sight to see everyone working so hard to make our space greener and more beautiful.

I would like to thank several parents, grandparents and friends of Kilmer for their bulb donations, as well as Vessey Seeds (www.vesseysseeds.com) who agreed to make a large bulb donation. We are waiting on the arrival of the shipment of bulbs plant them on Monday, Nov. 2, rain or shine. Dress appropriately!

The Garden Club voted on several names for the new garden space and the winner was **KILMER'S LITTLE VILLAGE**. Mrs. Hardy had a beautiful sign made which will be going up in the next two weeks.



Kilmer Information

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November Events

Fruit & Veggies

Nov.10 & 12
Nov.24 & 26

KPAC Meeting

Monday, Nov. 2nd

Photo Retakes

Tuesday, Nov. 3rd

Kilmer Wear Orders Due

Wednesday, Nov. 4th

Garden Club

Alternate Mondays
Nov.2, 16 & 30

Hot Lunch Orders Due

Friday, Nov. 6th

Remembrance Day

Wednesday, Nov. 11th

Cookies/Pies/Pizza

Order Due

Friday, Nov. 13th

Hot Lunch

Friday, Nov. 20th

DPAC Meeting

Wednesday, Nov.25th

Poinsettia Order Due

Monday, Nov. 23th

Cookies/Pies/Pizza

Delivered

Monday, Nov. 30th

Poinsettias Delivered

Thursday, Dec. 3rd

We would also like to thank another of our parents who has lent us several picnic tables for the next few months until we are able to have our own made.

The courtyard is coming together. It is so exciting to see more and more people using and enjoying the space. We are actively pursuing a garden grant to help with some spring and fall 2010 projects.

If you ever have any questions or would like to help with garden club, please feel free to contact me.

Good growing and gardening to everyone,
Michelle Oucharek-Deo, mlo@telus.net

FUNDRAISING UPDATE

Great Job Kilmer on another successful **DDA Clothing Drive**, you helped raise **\$735**.

The **Family Photo Night** was cancelled due to not enough interest. Thank you to **Mary Hill Elementary PAC** for accommodating one of our families. If you would still like to see family photos tried again, please send a note to the PAC mailbox. Also, the **Cards by Kids** (Kilmer Students) will not be going ahead at this time.

The **Entertainment Book** sale is now closed raising approximately **\$1100**. Unfortunately, we had 2 books not accounted for. Thank you all for your support and feedback on the sale. Next year the sale will be stretched to 2 weeks and held later in September.

There are only 3 cheques left to be (hopefully) returned & made out to **Kilmer** to be eligible for a tax receipt. The total raised from direct contributions came to approximately **\$1690**.

Totals are still being tallied for your profits on the **Halloween Howl**. Thank you to the many volunteers from Riverside and the parents from Kilmer – especially those that stayed for the entire event like the ladies in the concession stand. These kinds of events could not happen without you. Thank You ,Thank You Thank You!!! It is so wonderful to see the children and families having such quality time together. This being said; we still need more help. We are all stretched for time. However, if your name is on the volunteer list, any commitment to help will always be appreciated whether it is helping one time, one hour or with one project.

With so much going on; you were mistakenly given the **cookies/pies/pizza/etc** order form this past week. It was meant to go home the following week. So, lucky you! You get 3 weeks to get your order in. It is due Friday, Nov. 13th for delivery on Monday, Nov. 30th. Then we are on to the **Festive Poinsettias**. Orders due back by Monday, Nov. 23rd, and delivered to you on the afternoon of Thursday, Dec. 3rd.

All the best to you during the holidays. See you Saturday, Mar. 20th for the pub night at Dewey's & of course a bit of Canucks! Please see Jasmine Parker for details on volunteering for this event.

The Fundraising Team

CANADIAN PARENTS FOR FRENCH (CPF)

The Tri-Cities CPF met recently to assemble welcome kits for French Immersion Kindergarten students and their families. Included in this kit was a CPF membership application form. Thank you to those who have applied for membership. These funds are used to provide field trips, cultural events and many other exciting French activities for kids. Any family wishing to become a member can email Lisa Aspinall (lpaspinall@hotmail.com) or visit the CPF website at www.cpf.bc.ca.

SAFETY COMMITTEE

Thank you to those parents using the loop along Pooley to drop off Kilmer students. Please direct your child away from the staff parking lot during pick up and drop off times. The children are small and the cars are not able to see them cutting through the staff parking lot from the loop to the north side of the school.



Ongoing Events

Collection of **Campbell Soup Labels**

Collection of **metal tabs** for Shriners

Collection of used **ziplock bags** from hot lunch and fundraisers for general reuse can be found by the Parent Library.

DISTRICT PAC REPORT

Meeting on November 9th with B.C. Secretary-Treasurer, trustees, principals, etc. to discuss the budgeting process for schools. Boundary review of northwest region is scheduled.

All-day Kindergarten is to be implemented in 50% of schools in our district the next school year. What impact this will have on daycares & preschools that occupy space in schools will also be reviewed at that time. BC would like to become one of the most literate provinces.

Looking for commonalities in organizations that have higher than average success and organizations that have a vision for more parent involvement.

Snow policies discussed: Closing or opening schools on a snow day is a no-win situation, so they want to implement the best options possible. The District has developed a process that provides a lot more information regarding snow conditions from city, RCMP, etc. Will close the district more readily in the future than they have in the past. The District has worked with cities to elevate priority when it comes to clearing roads for schools.

Traffic safety was discussed. The issue of crossing guards for schools that are not on the main street (Kilmer is on Knappen but our busy road would be Pitt River). Also getting petitions together to have 4-Way stop signs put in.

HOT LUNCH PROGRAM

We had another successful Hot Lunch with a new vendor, Taco Del Mar. The students really seemed to enjoy their lunch and we had good feedback. The only issue was the size of the 6" tacos – they were pretty small. The next time we use this vendor, we will lower the price so that kids with larger appetites can order more than one. The San Pellegrino was also a hit, but unfortunately we won't be able to offer this again. In our desire to have exciting new lunches, we did not fully do our research and later found that it does not meet the criteria under the BC School Guidelines (sugar content is too high). Your Hot Lunch team is working really hard to be innovative, so if you have any suggestions or ideas, please email Yvonne (ylg@shaw.ca). Watch for the next forms to come home on November 6, with Hot Lunch being November 20. We are trying out another new vendor, and I think that the students will be really excited.

Yvonne Greentree and Rita Moore

FRUIT AND VEGGIES

During the week of September 28 - October 2 we enjoyed fresh Bartlett pears and just this week we served fresh cut carrots. Both were delicious and seemed to be thoroughly enjoyed by the children. Along with a serving of fresh fruits and vegetables the children also learned about each item they were served.

We can always use extra help distributing the fruit & veggies so if you're interested in volunteering or just want some information on the program please contact me.

Candice Miller, clmiller7@gmail.com

EMERGENCY PREPARATION

Just another reminder that if you have not submitted the \$2 per child to help replenish the emergency preparedness food items, please do so. The food is very important in the unfortunate case of an emergency. Because we have not collected enough funds to cover costs, we will be sending out another notice with an attached envelope for your convenience. If you have already contributed, please disregard the notice. Thank you again to the parents who have already contributed.

Emergency Preparation Team
Susan Deyotte, Anna Sato, Della O'Reilly, & Thaddeus Seidler



VOLUNTEER COMMITTEE

Thanks to all the volunteers who assisted with the Halloween Howl on October 22nd and helped make the event such a "great" success.

Please contact Deb Demers at demersfamilyednnw@hotmail.com if you are interested in helping out with future volunteer opportunities. Your assistance is greatly appreciated!

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.**

~~September 14, 2009~~

~~October 5, 2009~~

November 2, 2009

December 7, 2009 (Social @ tbd)

January 11, 2010

February 1, 2010

March 1, 2010

April 12, 2010

May 3, 2010 (Elections)

June 7, 2010 (Budget)

June ??, 2010 (Social @ tbd)

Check out upcoming meeting agendas & past minutes, as well as archived KPAC newsletters at: ([http://public.sd43.bc.ca/elementary/Kilmer/Web Part Pages/PAC.aspx](http://public.sd43.bc.ca/elementary/Kilmer/Web%20Part%20Pages/PAC.aspx))

Please sign up to receive this newsletter by email. Not only will it save the KPAC money on paper & photocopying & is more environmentally friendly, but the PDF version is in colour & contains Hyperlinks for direct access to websites & email addresses. Email your student's name(s) & division(s) to theadots@gmail.com. Thanks.



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Limiting Screen Time



Too much screen time can interfere with activities such as being physically active, reading, doing homework, playing with friends, and spending time with family. Try the following tips to reduce screen time:

- **Set limits on screen time.** Your children should spend no more than 2 hours a day watching TV, surfing the internet or playing video games.
- **Remove the TV or computer from your child's bedroom.** Children with TVs in their rooms spend almost 1½ hours more per day watching TV than kids without one.
- **Provide other options and alternatives.** Watching TV can become a habit for your child. Provide other alternatives for them to spend their time, such as playing outside, learning a hobby or sport, or spending time with family and friends.
- **Be a role model.** As a parent, set a good example for physical activity and screen time in moderation. If your kids see you following your own rules, they will be more likely to do the same.
- **Make physical activity a fun family routine.** Do not rely on "active" video games to get children moving.

Canada's Physical Activity Guide suggests at least 90 minutes of physical activity per day for children and youth. Yet, research studies show that more than half of Canadian children and youth are not active enough for optimal growth and development.

For more information: http://www.actnowbc.ca/?section_copy_id=248§ion_id=402

Eat Well...Be Active...Live Tobacco Free.

