#### What's New on the Ranch

2701 Spuraway Avenue Coquitlam, BC V3C 2C4

Tel: 604-464-6684 Fax: 604-937-8034



#### October 10 - October 14, 2022

Date	Activities and Events		
Monday, October 10 <sup>th</sup>	Thanksgiving Holiday – No School		
Tuesday, October 11 <sup>th</sup>	FSA Grade 4		
Wednesday, October 12th	Adventure Yoga - 2:45 - 4pm / PAC Meeting - 7:00pm -		
	Library		
Thursday, October 13th			
Friday, October 14 <sup>th</sup>			

#### This Week in Review:

Hello Everyone,

We are now fully into October, with lots of great things coming up. We have many opportunities for parents to be involved with the life of the school, including helping with hot lunch, with the upcoming Scholastic Book Fair, and with the Pumpkin Carving Night. Please see the next page for how to get involved through our Parent Advisory Council. We need your involvement to make these events happen, and even an hour of your time makes a big difference in the lives of our students. Please see "Parent Information" for how to get involved.

You can also support our school through direct PAC donation. Please check your email for the School Cash Online link for PAC donation, and to sign up to receive information directly from the PAC.

For your information, we have a staff member who works on Thursdays at Ranch Park with a significant allergy to cucumbers. We would ask you to avoid sending cucumbers in your child's lunch on Thursdays.

Please remember to do a daily health check with your children, and keep them home if they have signs of illness. We want to minimize the impact of regular colds and flus as well as COVID.

I hope you all have a wonderful weekend.

Rob Killawee Principal Ranch Park Elementary









#### **Parent Information**

#### **PAC Meeting**

The meeting is in person on Wednesday October 12 at 7pm in the Ranch Park Library, with a Zoom link for those who may need to attend remotely.

 $\underline{https://us06web.zoom.us/j/82687469232?pwd=UTJ4VlRRQXpTbEFLSThiaTlXMnJJdz09}$ 

Meeting ID: 826 8746 9232 Passcode: 375138

#### Meat Order - Grade 5 Fundraiser

The Grade 5 meat fundraiser closes Oct.12th. All orders can be placed through MUNCH-A-LUNCH at https://munchalunch.com/schools/ranchpark/

#### **PAC Volunteer Opportunities**

October 28th hot lunch - Please email <a href="mailto:rphotlunch@hotmail.com">rphotlunch@hotmail.com</a> or use the volunteer option on the Munch-a-Lunch website.

October 28th Pumpkin Carving/Pizza and Movie night - lots of open shifts available. If we do not have enough volunteers by October 14th we will not have time to secure the vendors and will have to cancel the event. Please email Diana at <a href="mailto:rphotlunch@hotmail.com">rphotlunch@hotmail.com</a> or use this

link: <a href="https://volunteersignup.org/APWA3">https://volunteersignup.org/APWA3</a>

<u>Scholastic Book Fair October 24-28th -</u> We are looking for the following Volunteers:

Set up - 1 person on Friday October, 21st - time to be confirmed

Cash/help with students and organization - Wednesday (26th)/Thursday (27th)/Friday (28th) -

11:50am-12:40pm and 2:45pm - 3:45pm shifts

Please email Diana at <a href="mailto:rphotlunch@hotmail.com">rphotlunch@hotmail.com</a> if able to help out!

#### **Reporting Absences**

We encourage you to report absences and lates through the "Absence Report" link on the website. It is on the right-hand side, under "Quick Links. You can also bookmark this link on your phone or browser so you always have it.

#### **Grade 5 Fundraising**

You can support our Grade 5 activities through purchasing Tru-Earth laundry products at <a href="https://fundraising.tru.earth/RPGrade5">https://fundraising.tru.earth/RPGrade5</a>.



The "Lunch Lady" program is up and running. Deliveries on Mondays. Visit <a href="http://www.thelunchlady.ca">http://www.thelunchlady.ca</a> for information.



### **Student Goal of the Week:**

**Core Competency:** Creative Thinking

Facet: Generating ideas

Goal Statement: "I get ideas when I use my senses to explore."



## **RANCH PARK PAC**

# Fuel Catering Hot Lunch - Friday, October 28, 2022 Order Deadline: <u>Sunday, October 16, 2022 at 10:00 PM</u>

Menu Items	Price
Baked Favorites	
Potato & Cheddar Perogies (7pc)	\$6.75
Chicken Nuggets (6pc)	\$6.75
Grilled Cheese Sandwich	\$6.75
Pastas	
Chicken Alfredo	\$6.75
Macaroni & Cheese	\$6.75
Spaghetti & Meatballs	\$6.75
Gluten Friendly Rotini	\$6.75
Baked Goodies	
Chocolate Chunk Cookie	\$2.75
Fruit & Veggies	
Fresh Fruit Cup (Watermelon, Honeydew, Cantaloupe and Grapes)	\$3.75
Drinks	
Chocolate Milk 1%	\$1.50
White Milk 2%	\$1.50
Chips	
Doritos Nacho Cheese	\$2.00
Lay's Classic Plain	\$2.00
TCBY Frozen Yogurt	
Frozen Yogurt Chocolate	\$3.00
Frozen Yogurt Strawberry	\$3.00
Frozen Yogurt Vanilla	\$3.00

<sup>\*\*</sup>Please note all sales are final once your order has been placed\*\*

For any questions, enquiries, and to volunteer for the Hot Lunch

Please Email: rphotlunch@hotmail.com

# October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 FSA Begins	4 FSA	5 World Teacher Day FSA Adventure Yoga-2:45-4	6 FSA	7 FSA Hot Lunch - Grade 5 Fundraiser	8
9	10 Thanksgiving Day	11 FSA	12 PAC Meeting Adventure Yoga-2:45-4 STEAM Workshop	13 STEAM Workshop	14	15 BC General Local Elections
16	17 Earthquake Drill (w evac) 10:15	18 Picture Day	19 Adventure Yoga-2:45-4	20 Parent Teacher mtgs 1:45-5:30 Interims	21 Provincial Profes- sional Day. Non Instructional Day	22
23	24 Hip Hop Week	c h o 1 a	26 Adventure Yoga-2:45-4  Stic B	ook Fa	28 Hot Lunch - Fuel Pumpkin Carving Night—PAC	29
30	31 Halloween Activity					

Ranch Park Elementary Grade 5 Fundraiser

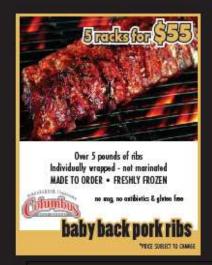
ORDER DEADLINE: OCTOBER 12, 3PM

Name of Fundraiser

PICKUP: OCTOBER 24, 4 PM, FRONT ENTRANCE OF RANCH PARK

Insert Date, Time & Location





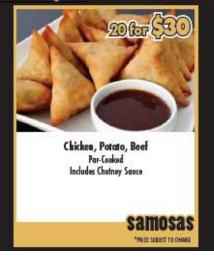




#### ORDER VIA MUNCHALUNCH AT https://munchalunch.com/schools/ranchpark/









Ranch Park Elementary Grade 5 Fundraiser ORDER DEADLINE: OCTOBER 12, 3PM

Name of Fundraiser

Insert Date

PICKUP: OCTOBER 24, 4 PM, FRONT ENTRANCE AT RANCH PARK ELEM.

Insert Date, Time & Location





14 pieces bone-in thighs LEMON/HERB OR PLAIN GREAT FOR BBQ

Individually quickly frozen





ELENI'S FAMOUS CHICKEN
SOUVLAKI
6 SKEWERS FOR \$25
TZAZIKI AND HUMMUS \$5/EA



Easy & Delicious Stir Fry Meat Packs SIRLOIN BEEF OR CHICKEN BREAST THREE 1.5LB VACUUM PACKS

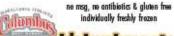


frishly frazes no mag, no antibiotics

# stir fry meat packs



60z boneless skinless chicken breasts



chicken breasts

"VIRCE SMUSC! TO CHANGE



Authentic Italian Pork Sausages 6 Mild • 6 Hot • 12 Mild Barese • 12 Hot Barese PACKS ALSO AWAILABLE IN ALL MILD OR ALL SPICY!

## risg, so arribitatis & gluren five waxuun packad & freshly frazen

36 italian sausgages



Lean Ground Beef or Itlaian Mix for \$35 3 pads • 1.5lbs each



lean ground beef



6 oz 100% Beef Bacon-Cheddar Burgers BEADY TO GRILL!



no resg, no antibiotics made to order & freshly frazen

bacon cheddar burgers

\*HOCE SUBJECT TO DWARD



Hot, Plain or Salt & Pepper



individually quick frezen

chicken wings

BYS SHIRT TO FRAME

# raise & funds



Slow simmered beef in rich, sayory red wine & beef broth reduction until it's falling apart tender. Feeds 3-4 per 1 Litre — Heat & Serve Easy to pair with your choice of side dish

THE DIRTY APPRON

DAJRY FREE/WOT FREE/GLOTEN FREE



"PRICE SUBJECT TO CHANGE

beefbourguignon



Succulent prawns cooked in our creamy Thai curry.
Loaded with corn, red peppers & potatoes.
Feeds 3-4 per 1 Litre – Heat & Serve
Easy to pair with your choice of side dish.

THE DIRTY APRON

DAINY FREE/BUT FREE/GUITEN FREE



THE SHART OF THE SECOND

green thai prawn curry



Protein packed yegan chili bursting with flavor. Filled with trio of nutritious beans, carrots & juicy corn. Feeds 3-4 per 1 Litre – Heat & Serve Easy to pair with your choice of side dish

THE DIRTY APPRON

DAINY FREE/MUT FREE/GLUTCH FREE



THREE SUBJECT TO CHANGE

vegan chili



Chicken thighs simmered to perfection in luscious lemongrass & coconut broth. Brimming with potatoes & mushrooms. Feeds 3-4 per 1 Litte – Heat & Serye Easy to pair with your choice of side dish

THE DIRTY APPION

DAIRY FREE/NIT FREE/GLUTEN FREE

TRACE SUBJECT TO EMAKE

lemongrass coconut chicken