

What's New on the Ranch

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October 10 - October 14, 2022

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

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.

<https://us06web.zoom.us/j/82687469232?pwd=UTJ4VIRRQXpTbEFLSThiaTlXMnJldz09>

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 rphotlunch@hotmail.com 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 rphotlunch@hotmail.com or use this link: <https://volunteersignup.org/APWA3>

Scholastic Book Fair October 24-28th - 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 rphotlunch@hotmail.com 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 <https://fundraising.tru.earth/RPGrade5>.



the
Lunch
Lady

The “Lunch Lady” program is up and running. Deliveries on **Mondays**. Visit <http://www.thelunchlady.ca> 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: Sunday, October 16, 2022 at 10:00 PM

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

****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 <i>FSA Begins</i>	4 <i>FSA</i>	5 <i>World Teacher Day</i> <i>FSA</i> <i>Adventure Yoga-2:45-4</i>	6 <i>FSA</i>	7 <i>FSA</i> <i>Hot Lunch - Grade 5</i> <i>Fundraiser</i>	8
9	10 <i>Thanksgiving Day</i>	11 <i>FSA</i>	12 <i>PAC Meeting</i> <i>Adventure Yoga-2:45-4</i> <i>STEAM Workshop</i>	13 <i>STEAM Workshop</i>	14	15 <i>BC General Local</i> <i>Elections</i>
16	17 <i>Earthquake Drill (w</i> <i>evac) 10:15</i>	18 <i>Picture Day</i>	19 <i>Adventure Yoga-2:45-4</i>	20 <i>Parent Teacher mtgs</i> <i>1:45-5:30 Interims</i>	21 <i>Provincial Profes-</i> <i>sional Day.</i> <i>Non Instructional Day</i>	22
23	24 <i>Hip Hop Week</i>	25	26 <i>Adventure Yoga-2:45-4</i>	27	28 <i>Hot Lunch - Fuel</i> <i>Pumpkin Carving</i> <i>Night—PAC</i>	29
30	31 <i>Halloween Activity</i>					

Scholastic Book Fair

Ranch Park Elementary Grade 5 Fundraiser

ORDER DEADLINE: OCTOBER 12, 3PM

RAISE THE FUNDS

Name of Fundraiser

Insert Date

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

Insert Date, Time & Location



BEST OFFER

12 pieces \$40

NOT Marinated
Great on the BBQ or oven roasted!
MADE TO ORDER • FRESHLY FROZEN



chicken legs

*PRICE SUBJECT TO CHANGE



5 racks for \$55

Over 5 pounds of ribs
Individually wrapped - not marinated
MADE TO ORDER • FRESHLY FROZEN



no msg, no antibiotics & gluten free

baby back pork ribs

*PRICE SUBJECT TO CHANGE



2 SMALL OR 1 MEDIUM \$55

Italian-Style Lasagna



Medium Size feeds 12-16
Small feeds 6-8

lasagna

*PRICE SUBJECT TO CHANGE



10 for \$30

Spinach Ricotta Cannelloni in Rose Sauce
OR
Traditional Meat Cannelloni in Red Sauce



10 large hand-made pieces

cannelloni

*PRICE SUBJECT TO CHANGE

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



approx 6 doz for \$20

6 dozen potato cheddar perogies



Made to order • freshly frozen

famous pnc perogies



30 for \$25

Crispy Spring Rolls
Par-cooked • Heat and Serve
SO EASY!!

spring rolls

*PRICE SUBJECT TO CHANGE



20 for \$30

Chicken, Potato, Beef
Par-Cooked
Includes Chutney Sauce

samosas

*PRICE SUBJECT TO CHANGE



approx 40 for \$50

Best chicken fingers you'll ever eat!
Made with all-white breast meat. Just heat & serve.
no msg, no antibiotics
made to order & freshly frozen



chicken fingers

*PRICE SUBJECT TO CHANGE

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

Raise ^{the} Funds



14 for \$40

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



Individually quickly frozen

chicken thighs

*PRICE SUBJECT TO CHANGE



ELEN'S FAMOUS CHICKEN
SOUVLAKI

6 SKEWERS FOR \$25

TZAZIKI AND HUMMUS \$5/EA



Chicken \$42

Beef \$45

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



freshly frozen
no msg, no antibiotics

stir fry meat packs

*PRICE SUBJECT TO CHANGE



12 for \$40

6oz boneless skinless chicken breasts



no msg, no antibiotics & gluten free
individually freshly frozen

chicken breasts

*PRICE SUBJECT TO CHANGE



36 for \$44

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



no msg, no antibiotics & gluten free
vacuum packed & freshly frozen

36 italian sausages

*PRICE SUBJECT TO CHANGE



3 pack of 1.5lb \$30

Lean Ground Beef
or Italian Mix for \$35
3 packs • 1.5lbs each



lean ground beef

*PRICE SUBJECT TO CHANGE



12 for \$42

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



no msg, no antibiotics
made to order & freshly frozen

bacon cheddar burgers

*PRICE SUBJECT TO CHANGE



6 lbs for \$40

Hot, Plain or Salt & Pepper



individually quick frozen

chicken wings

*PRICE SUBJECT TO CHANGE

Raise the Funds



Two 1 Litre packs **\$36**

Slow simmered beef in rich, savory 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 APRON

DAIRY FREE/NOT FREE/GLUTEN FREE



beef bourguignon

*PRICE SUBJECT TO CHANGE



Two 1 Litre packs **\$36**

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

DAIRY FREE/NOT FREE/GLUTEN FREE



green thai prawn curry

*PRICE SUBJECT TO CHANGE



Two 1 Litre packs **\$30**

Protein packed vegan 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 APRON

DAIRY FREE/NOT FREE/GLUTEN FREE



vegan chili

*PRICE SUBJECT TO CHANGE



Two 1 Litre packs **\$36**

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

THE DIRTY APRON

DAIRY FREE/NOT FREE/GLUTEN FREE



lemongrass coconut chicken

*PRICE SUBJECT TO CHANGE