



# PAC News

Deep Cove Elementary School / École Deep Cove

January 2008

**Message from the co-presidents**

Hello everyone,

The Christmas Fair was a resounding success! Thank you Martine and Linda for your exceptional organizing skills and thank you to all the parents and children who volunteered and attended our fun fundraiser! Credit must go as well to the staff and administration of the school who, with good grace and much enthusiasm, helped us transform the school into Christmas party central! It was great! More on the Christmas Fair appears later in the newsletter.

We all hit the ground running in 2008 with an Executive meeting on the second day back after the holidays. We aren't yet through January but already our newest program, the BC Fruit and Veg Snack Program, is up and running well (albeit with 1 or 2 unexpected school-yard spive incidents;), recruiting has begun for the upcoming PAC elections at the AGM, our next Parent Education talk on Internet Safety is scheduled for Tuesday, January 29<sup>th</sup> and planning is underway for the French Book Fair in March! Whew, what a lot of interesting things we have going on at Deep Cove. Impressive!

The purposes of the Annual General Meeting are to inform parents about past and current activities of the executive and committees, to elect new executive members and to vote on the budget for 2008-2009. That's info about the past, present, and future workings of the PAC and the school all rolled into one brief meeting! If you can only come to 1 meeting this year, the AGM is **THE** one to attend.

The AGM is on February 20<sup>th</sup> at 7 pm. As usual, good food, good discussion, and good company will be on hand. We look forward to seeing you there!

Cheers,  
Christine and Lisa

**PAC Election, February 20<sup>th</sup>, 2008**

Every year, the PAC membership elects new members to their Executive. Ideally, the executive consists of some parents who have been around a while and some parents who are new to the school. Old hands ensure continuity and provide the benefit of experience. Newbies contribute to ensuring continuity but also come with valuable new ideas and a fresh perspective.

The table below shows the candidates that have come forward thus far with the intention to run for the positions indicated. **All positions, however, are available and you may nominate yourself or another person even if someone has already indicated their intention to run for that position.** It is an election after all. May the best candidate succeed!

Particularly important positions to consider are those of treasurer and secretary. Ina Smith, our current treasurer, is willing to assist the new treasurer and, as well, Ina has simplified the job immensely during her 3 year tenure. Ina had no background in accounting or bookkeeping but has been a marvelous treasurer nevertheless! Please consider taking on this role. Filling the position of secretary is an excellent way to get to know an organization quickly and thoroughly. It is also a position that is useful. Minutes are an important record of the activities of our organization (and an incredibly valuable aid to those of us with increasingly dodgy memories!).

**Parents standing for election to the PAC executive, 2008-2009**

Position	Candidate(s)
Co-presidents	Karen Gartside Christine Kenwood
Treasurer	
Secretary	
Associate: Parent Education	
Associate: Newsletter Editor	Kim Dennis
Associate: Volunteer Coordinator	
Associate: Website	
COPACS Delegate	
Past President	Lisa Coulson

If you have any questions about the treasurer or secretary position, or any of the other interesting available positions, please ask. Any one of the current executive would be happy to answer your questions.

## Silent Auction Donors

Below are the names of the people, stores, and other businesses that kindly donated items to our Silent Auction this past year. If you find yourself in a store or business, or if you know a person that donated an item, please thank them and let them know how much we appreciate their contribution and how important their support is to us!

Donor Name		
Stonestreet Café	Jacqueline Perry	Monk Office Supplies
Beacon Landing Pub & Restaurant	Brenda Carvaggion	Donatello's Equestrian Apparel
Safeway	Allegro Performing Arts Centre	Ron Sager
The Red Brick Café	Barbara's Boutique	Epicure Selections
The Victorian Birdhouse	Unique Boutique	Stone Trends
Bevan Ave. Salon & Esthetics	Dr.Richard Burns	Dog's Breath Antiques
Fairway Market	Sidney Eyeland Optical	Custom Yacht Sales Ltd.
Christine Laurent Jewelers	Panorama Recreation	Sidney Feed Barn
Muffet & Louisa	Joanne Chouinard	Kids Connection
Sweet Talk & Lace	Gartside Marine	Silk Road
The House Dressing Company	Dragon Horse Feng Shui	Shoppers Drug Mart
Beacon Books	Exist Hairworks	Waypoint Marine
Fish On Fifth	Vanc.Isl.Helicopters	Buddies Toys
Pier 1 Restaurant	Tanner's Books	Lordco Auto Parts
John's Place Restaurant	Saltspring Isl.Lavender	Archifolia
The Black Olive Restaurant	Stonehouse Pub	Home Hardware Saanichton
Hypersport Activewear	Spitfire Grill	Richlock Rentals
Sidney Natural Foods	The Rumrunner Pub	private donation
Surrender	Dunsmuir Lodge	South Isl.Pure Soy Co.
Good Fortune Restaurant	Dr. Sean O'Laidley	Sidney Fire Equipment
Ocean Palm Spa	Buddies Toys	Liz Label
Inner Vision Design	Deep Cove Market	Esther Morgan
Liquid Heaven Diving Experience	Canadian Parents for French	Peden R.V.Superstore
Healing&Wellness Centre	Ann Watley,D.F.H. real estate	Dr.Mark Galloway
Marigold Nurseries	Pharmasave	Victorian Birdhouse
Murray & Cindy Hull	Peninsula Co-Op	Avalon Beauty Concepts
The Marine Ecology Centre	Fiorenza Classic Flowers	Sol Farms
Sidney Casuals	Fish Hair Salon	Peninsula Landscape Supplies Ltd.
Big Moo Ice Cream Co.	Slegg Lumber	Sidney Source
Integrity Sales, Keating X-Rd	Total Sportswear	Bubba Loo
John Plant Excavating	Quattro Stagione Café	Bowling One Hour
Capital Iron, Sidney	Tab Imports	Home Hardware Sidney
Christine Kenwood	Village Gallery	Dr.Maurita Schauch & Dr.Mark Galloway
Beacon Yarn Cabin	Lilaberry	Sidney Cleaners
Kiddin' Around	Chalet Estate Winery	Mary's Blue Moon Café
Rogers Chocolates	Pirate Store	Sea Cider Farm&Ciderhouse
The Thought Shop	Twin Peaks Nursery	Beacon Inn at Sidney
Janet's Special Teas	Royal Bank	Wine Kitz
Deep Cove Market	Kool 107.3	Dakota Café
Tivoli	Meadow Oak Nursery	The Sidney Fashion Exchange
Russell Nursery	Coast Capital	Sidney Suncare
Rebecca	Dynamic Imagery	Northern Wave Kayak
Classic Rock Garden Ornaments Ltd.	Sidney Music Works	Victoria Flying Club
Lush	Starbucks	Phi Massage & Well Being Centre
Pizzability	Bullock&Kirstein Photography	Bikram Yoga
Build-A-Bear Workshop	Art Knapp	Mary Winspear Centre
Ina Scholten	Mark's Work Wearhouse	Let's Make-up & Gaea Studio
Silastial Glass	Toast Café & Debbie Gray	Gaea Salon
Jawl & Bundon		

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## COPACS

### 2008 South Vancouver Island Parent Conference

#### “Generating Action from Dialogue”

Mark your calendar now to attend this full day Conference that is devoted to helping parents navigate the education system, network with their peers and offer information and resources to help them support their kids in learning. After enormous response, **Gary Anaka** returns with a session on “**Growing the Brain: Helping Children Learn**”. There will also be a series of Safe & Healthy Workshops including **Silken Laumann** with her **Active Kids Movement; Healthy Food and Fundraising**, and **Internet Safety for Children**.

**When: Saturday, February 23rd, 2008 - 8:30 am to 4:15 pm**

**Where: Spencer Middle School 1026 Goldstream Avenue, Langford**

**Contact Karen Gartside [karen.gartside@shaw.ca](mailto:karen.gartside@shaw.ca) if you are interested in attending.**

#### **Is Your Teen Affected by Anxiety?**

**AnxietyBC** and **The F.O.R.C.E. Society for Kids Mental Health** are proud to present a family skill building seminar focused on anxiety disorders in children and youth. Parents, caregivers and counselors will learn how to recognize anxiety as well as be given home management tools to manage anxiety.

**Thursday Jan 24th 2008, @7:00pm**

**Spectrum Community School Theatre,**

**957, West Burnside Rd, Victoria BC**

If you or someone you know would benefit from this seminar, invite them to attend. No registration is required for this FREE event. Just show up early to avoid being disappointed. Visit the website below for more details:

[www.anxietybc.com](http://www.anxietybc.com)



## Christmas Fair

We did it again! Thanks to all our collective efforts at the Christmas Fair, we have raised \$ 18,931 for the PAC, \$97 for the grade 5 fieldtrips (coat check room) and \$2,752 for Motati School in Lesotho. The real figures are likely to be a bit lower as some expenses still have to come through, but all in all, this is an excellent result, and possibly a record for the school. This shows what an exceptionally dedicated school community we have here at Deep Cove School.

We would like to give a special Thank You to all the parents who have coordinated venues and solicited donations for the Fair: if you know these people, please make sure to thank them for their hard work.

A big thank you to : Toni-Rose Carvalhal, Christine Kenwood, Dawn Mooney, Michelle Osborne, Tara Bowler, Robin Grist, Tracey Jones, Michelle Bohnet, Hugh and Grace Owen, Karen Gartside, Maria Hilton, Deb Welle, MaryLou McRae, Marlene Speckert, Maria Mangiola, Alison Coley-Donohue, Lionel Sandner, Susan Green, Dan and Cheryl Smith, Kirsten Wood, Cindy Greenway, Lorna Henderson, Shelley Rebneiris, Lorraine Doxey, Denise Crawshaw, Kim and Adam Dennis, Janine Reedeker, Teresa Ainey, Heather Minielly, Julie Newman, Jim McIsaac, Debbie Giles and Vik Peck.

It was a pleasure working with each one of you.

We would also like to congratulate the 4 classes who won the pizza party. Mr Jungen's class, Mrs Lebel's class, Mrs Davis's class and Mrs Beaudry's class all had participation rates of **100%** for bringing goodies for the Bake Sale. With numbers like that, we had no choice but to offer them all a class pizza party.

Martine Lunke and Linda Scholten



By shopping at Thrifty Foods, here is an easy way to support **Deep Cove PAC**:

1. e-mail **Karen Gartside** at [Karen.gartside@shaw.ca](mailto:Karen.gartside@shaw.ca) and ask for a Thrifty Foods Fundraising Smile Card.
2. Take the Smile Card with you to Thrifty Foods when you go grocery shopping. Ask the cashier to load any amount you wish onto the card **before** paying for your grocery order. Pay for the card load with cash, debit card or credit card.\*
3. Pay for your grocery order with the Smile Card.

**It's that simple!**

\*Thrifty Foods will donate 5% of the amount loaded on your Smile Card to the fundraising group. There is absolutely no cost to you. When the card is running low, load it again to continue to support the PAC every time you shop!

## Frequently Asked Questions

### ***What does the money raised go towards?***

When applying to participate in the smile card program we have to outline what we intend the funds to be used towards. The funds raised this year will be put towards funding field trips and buses for field trips.

### ***How much can the PAC raise with smile cards?***

Thrifty foods have approved a fundraising amount of \$3000 for this school year ending 31/5/2008. If enough people participate we should be able to reach this goal easily. You will see regular updates of the amount raised to date in the PAC newsletter.

### ***What if I do not have enough funds on my Smile Card to pay for my grocery order?***

The cashier can apply all available funds on the card to your order. The outstanding balance can be paid in cash, debit card, or credit card. Cashiers cannot load a Smile Card once a grocery order has been rung though the till.

### ***What if there are funds remaining on my Smile Card once I've paid for my grocery order?***

Use the funds to pay for purchases next time you shop at Thrifty Foods! Many customers will load an amount equal to their weekly, biweekly or monthly grocery budget on payday or at the beginning of the month and use the card for their next several purchases. This speeds up the purchase transaction time as no pin number or signature is required.

### ***How do I know the current balance of my Smile Card?***

Your grocery receipt will show the remaining balance of your Smile Card after each purchase or a cashier can swipe the card at the till and do a balance inquiry. You can also check your card balance at [www.thriftyfoods.com](http://www.thriftyfoods.com) under Our Services, Smile Card, Check My Smile Card.

### ***What if my Smile Card is lost or stolen and there is a balance on it?***

Lost or stolen cards should be reported immediately by calling Thrifty Foods Customer Service (250-544-1234 or 1-800-667-8280) or by going to any Thrifty Foods store. Once reported, existing funds on the card are locked. A replacement card can be obtained from the Customer Service desk at any Thrifty Foods location. Keep a record of your 19 digit card number, located on the back of the card, for reference in case of loss/theft.

### ***Should I keep my Smile Card after the fundraising dates are over?***

Yes – if the PAC applies for future funding, previously issued cards will be valid for the next approval period.

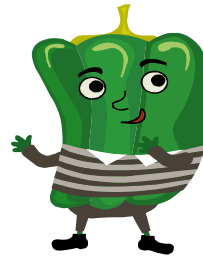
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## LESOTHO

The Van Stolk family has just returned from their trip to South Africa and Lesotho. They have been able to visit Motati School and meet with some of the teachers and students there. Motati school was not in session, as it was the summer break. Maryan, Rom and their children brought them a large bag of gifts purchased with the money collected at our last book fair. Some photos from their trip have been placed on our Lesotho bulletin board near the school office, so check them out. We are trying to arrange for an opportunity so that they can share their stories and pictures directly with the students and parents of Deep Cove School. We will keep you posted.

We still have about 40 copies of the children's book "Beatrice's goat" left to sell after the Fair, so if you would like a copy, please contact Martine Lunke ( at [martinelunke@uniserve.com](mailto:martinelunke@uniserve.com), 656-5658) . The books cost \$10 and 100% of the money goes to Help Lesotho to help Motati School. **A big Thank You to Rosemary Scott** for donating the books to the Lesotho group. If you think that you may be able to sell some copies ( through your preschool, church group or business, etc) , your help would be greatly appreciated. It is a lovely book and a good cause.



### **BC Fruit and Vegetable Program**

We have started the BC Fruit and Veggie program at our school and from all accounts it has been a great success. Our first shipment arrived on Jan 15 and all of the children and staff were given kiwi on the Wed. and Thurs. of that week. These kiwi came with little spifes (a spoon/fork combo) which were a real hit with the kids! Also, we requested volunteers to assist us with the delivery of the F or V and the response has been outstanding!! If you are someone who has volunteered you will hear from us shortly and thank you so much for your support. The interest in this program has been great! Our next delivery is Jan. 29th.....so stay tuned.

Grace Owen & Susi McMillan (coordinators)

### **Thank you ...**

- © **Grace Owen** and **Susi McMillan**, co-ordinators of the BC Fruit and Vegetable Snack Program for your adaptability in the face of changing delivery schedules, for your meticulous washing of the ENORMOUS yellow delivery bins in the teeny tiny kitchen sink, and especially for your commitment to bringing healthy snacks to all our kids!
- © Teachers **Johanne Chouinard** and **Cindy Lister** for presenting your project on the usefulness of podcasting in the classroom at our last PAC meeting. There is now hope for homework help for us non-French speaking parents of French speaking children. And that is only one possible use of this intriguing new tool!! Also, we learned that podcasting DOES NOT require an IPOD ;) Who'd have thought?!
- © To our Hot Lunch co-ordinator, **Michelle Bohnet**, for doing her homework well and ensuring that ALL the items on the Hot Lunch menu meet or exceed Ministry guidelines for food in schools.
- © To the small but focused group of Moms, **Toni-Rose Carvalho**, **Martine Lunke**, **Carol Hoedman** and **Christine Kenwood** who spent a sunny Sunday afternoon writing over 150 thank you cards to community members who contributed in some way to our recent Christmas Fair.
- © **Julie Kaye**, our CPF Representative, who arranged to have crepes for Carnaval prepared by the Foods 10 class at Parkland Secondary. What a great way to involve the community in our school activities (and spare us parents from making these delicacies ourselves!)
- © To all the people who made **Private Donations** to our Christmas Fair Silent Auction. We can't thank you by name but we are all very grateful for your contributions nevertheless!

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## Deep Cove PAC Presents

### INTERNET SAFETY 101 FOR PARENTS How to Keep Our Children Safe in the CYBER WORLD”



*By Darren Laur, Victoria Police Officer and  
Head Instructor of Personal Protection Systems, Inc.*

**Tuesday, January 29<sup>th</sup> 7 - 9 p.m.**  
**Deep Cove Elementary School Mini-Gym**

**RSVP:** Kelly Tomer

By email: [kbulltomer@shaw.ca](mailto:kbulltomer@shaw.ca) By web: [www.deepcovepac.ca](http://www.deepcovepac.ca)

#### Topics include:

- When to be concerned when your child is on-line
- The Four Steps to Internet safety all parents should know
- Hardware/software monitoring and protection issues
- The good and bad of social networks, e.g., My Space
- What is cyber bullying and what can be done to stop it
- The Internet predator and use of social engineering
- The "grooming" process and lures used in chat rooms
- How to protect yourself from Phishing & Spoofing

*Refreshments provided*

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