



...a bulletin from Springwood Advisory Council (SES PAC)

SES PAC would like to help you keep your New Years Resolution of:

- **Being more organized** (...so many practices, tournaments, field trips, assignments....."How do we keep track of them all???"
- **Being more active** (...can we really take 10,000 steps a day..."I wonder how many steps from the Dog Park will help with that daily goal???"
- **Being more involved** (...I work, have other kids and volunteer for my kids sports, "Do I have to be able to volunteer every day, all the time at school?"

With information coming from all different directions, websites and media, SES PAC has put together this list of tips and tricks to help get you and your family through Elementary...and hopefully with a smile on your face because...next comes High School!

- ORGANIZATION -

Bookmark the School Website: <https://www.sd69.bc.ca/school/SES/Pages/default.aspx#/=>

- This page changes almost daily.
- Check daily for links to Newsletters, Classrooms Websites, MuchaLunch, School Supply Lists, Code of Conduct, Links to lots of Education Games & Websites and there is a Calendar at the bottom that shows field trips and more!
- District 69 Notices will be posted and communicated here (There are great speakers brought in throughout the year, open houses and opportunities extended to all families in SD69 – Make sure to check here every couple days and remind your friends it's a great resource!)

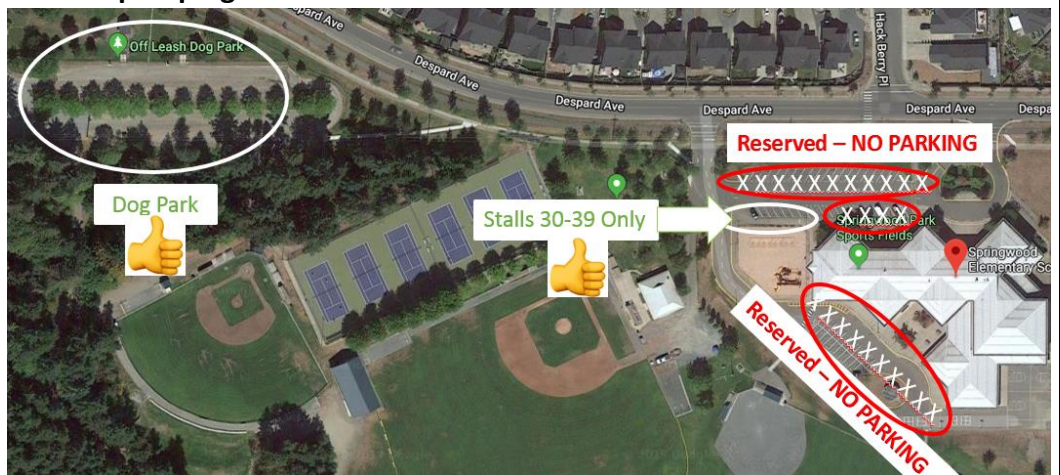
Newsletters:

- The School Newsletter is emailed (and posted on the School Website) about every 2 weeks. Ensure you have signed up via the school webpage. (Scroll to the bottom of the SES webpage above and add your address to the "Sign up for our newsletter & keep in touch" section or stop in at the office if you are not receiving your copy.
- The School Newsletter is easy to read on handheld devices and has a link to the PAC Newsletter embedded in it.
- The School Newsletter can contain: A message from the Principal, Important dates coming up, School wide news that needs to be communicated and RDN or District Programs that are being offered.

- GETTING ACTIVE -

Start your day with a walk and get the blood pumping!

- SES is super lucky to be situated right next to a large paved Public Parking lot. There are almost 500 kids at SES and there are only 10 Public Parking spots on the school property (Stalls 30-39). All other spots are Reserved. It's not possible for all families to pickup or drop off kids using those 10 Visitor stalls, so everyone is encouraged to use the Public Parking at the Dog Park when driving to school. **Please consider leaving the 10 Visitor Stalls for:**



Parents with sleeping babies – we all remember those precious naps!	Volunteers delivering hot lunch, arriving early or staying late	Kids carrying in heavy school projects
Elderly & those with reduced mobility	Quick pick up for appointments	Community Visitors & Volunteers

- All Stalls in the school parking lot, other than the 10 listed above, are Reserved for Teachers, EA's, Maintenance, Support Staff and District Personnel. With not all Staff members starting at the same time, these **Reserved School spots need to be available during office hours of 8:00am – 4:00pm.**

- INVOLVEMENT -

Volunteer

Just wait!

Keep Reading...Or at least please consider, PAC is writing this as a parent volunteer and we just want to share what this means to us at Springwood!

The world "volunteer" is huge and we hear it at school, sports and work...and how are there enough hours to do any of that?! I'm sure you've thought volunteering is an inconvenience, confusing and maybe even a little scary or intimidating. The same way you would support and encourage your children to "keep trying" when they are in a similar situation – that's what BC's Parent Advisory Councils can be to you! Our SES PAC Executives, under BCCPAC, are passionate about communication, transparency, and collaboration. We are dedicated to organizing events, poster making, fundraisers, newsletters, or decorating a bulletin board for a busy teacher! The opportunities in elementary school to volunteer or help out are ever changing (and demanding) – It's not just the 9 voted in SES PAC Executives who participate in volunteering – It's the hundreds of other parents and guardians who are "Members at Large" of the SES PAC who we recognize are the champions that we want to stand along with and create memories for all our Springwood families. PAC is honored to create opportunities for inquiry and participation from each of you. Sometimes, we too, get too busy and miss an email, inquiring glance or opportunity – but "keep trying" – If you want to get more involved at the school (even if it's a day or two or all year) We want to do this together with you! Send us an email: springwoodpac@gmail.com or check out these other volunteer highlights:

- Ensure you have a Police Clearance Form (You can stop in at the SES office to pick up a form. They last about 5 years and are super easy to fill out and free to turn in at the RCMP). Processing takes about 2 weeks and PAC encourages parents to get them now and not wait until they are needed. (Police Clearance Forms are required to read in a child's class, help in the Foods room and go on field trips like Hornby and Playland!)
- Check with your child's teacher to see if they need any help in the class with a messy art project or fun activity they want to do and could use an extra hand.

Attend a PAC Meeting

- Starting in February we are switching around the dates and times of meetings, for the rest of the year, to be more accessible and inclusive to a variety of families.
- Can't make a meeting? Read the minutes of the meeting here: <https://www.sd69.bc.ca/school/SES/parents/Pages/Parent-Advisory-Council.aspx#/=>

PAC tries to communicate unique volunteer opportunities all year. We no longer have a separate PAC website and will communicate all volunteer opportunities via the main school website or the PAC reminder emails.

Sign up for PAC Emails

- The school maintains all parent and guardian email addresses. PAC maintains a *separate* list for those families that wish to receive emails directly from PAC. (We try to send out weekly reminders for hot lunch, volunteer opportunities or general things that, as parents, we go "oh darn – I almost forgot about that!"). If you wish to receive these emails you can either:
 1. Send PAC and email at springwoodpac@gmail.com and say "Please add me to your email list"
 2. Complete the tear off below with your name & email and have your child drop it off in the box outside the office

(Note: PAC does not share any email addresses. We strive to not fill up inboxes and only send around one email per week. You can email us at any time if you wish to be removed from the list.)

Add my name to the SES PAC Email List

(Cut this off and drop it off in the box outside the office)



Name: _____

Email: _____