

# David Cameron Elementary School Parent Advisory Council

“Support - Listen - Nurture - Advise”



January 2011

## PRESIDENT'S PEN



“I like to walk with my Grandpa; his steps are short like mine. He doesn't say ‘now hurry up’, he always takes his time. Most people have to hurry; they do not stop and see; I am glad God made Grandpa, unrushed and young like me.” *Anonymous*. This is one of my favourite poems and in December I was reminded of how true this poem is.

The second week in December was a pretty busy week at school. On the Wednesday of that week, I did the same thing I do every day - I walked in the front doors, said “hi” to the nice Grandma sitting in front of the office, the same grandma I see sitting there almost every day, and walked into the office. I then went to the playground where I said “hi” to some parents and a Grandpa; the same Grandpa who is there most days picking up his grandchild. When I arrived home that day, I opened a package that contained 7 different boxes, each with a homemade square from my own Mom (she knew I was not feeling well and that I wasn't going to have time to do Christmas baking, so she did it for me). I then checked my PAC email and saw I had received two emails, each saying that a set of grandparents wanted to volunteer for Gift Day. As I sat at the computer that day and looked back at the last 60 minutes, I realized just how important our “David Cameron Grandparents” are to the school community.

The David Cameron Grandparents, who are a part of our broader school community, who quietly come and go from David Cameron, are, without even knowing it, role modeling kindness, caring, and supportive behavior to the David Cameron students. How often do we stop and take notice of this group of elders at the school? How often do we recognize their importance and contribution to our children, to us, to our community? How great is it for a child to see their Grandpa wrapping a Christmas gift on Gift Day? Or how about the Grandparents who rearranged their schedules to help with grandchildren while their daughter attends to her son who has had to go to Children's Hospital in Vancouver. Or what about the seniors, who do not even have grandchildren at the school, who like to help out? For instance, the Grandma who comes to David Cameron every Wednesday to help her daughter with the Quilt Club; or then there is the neighbor who has her whole Friday morning shuffle board club collecting Campbell Soup and Island Farm Labels for the students at David Cameron. Even though these individuals do not have grandchildren at David Cameron, they are supporting our children and our school community.

In a time where it is difficult to hold on to traditional family and community values, the seniors in our broader school community are quietly teaching our students the importance of being there for a child, whether they are 3, 13, 23, 38 or 55. It is wonderful to have such amazing role models in our lives no matter how old we are. Therefore, a BIG THANK YOU to all the elders in our David Cameron community who are there for our students. Your presence and support in our school is very much noticed and greatly appreciated.

Come join the fun on Friday, January 21, 2011, for the DC Family Dance from 6:30pm to 8:00pm in the school gym. All DC families are welcome to dance the night away, even Grandpas and Grandmas. The free family dance was planned at the November PAC meeting as a way to say thank you to all the families for their continued support to our school. However, in late November, 2010, one of our David Cameron families, the Savages, received news that their son, Lucas, has Lymphoma and Leukemia. Luc will be undergoing aggressive chemotherapy for the next 6 to 7 months, then 2 to 3 years of maintenance chemotherapy. The DCPAC would like to help the Savage family through this difficult time by making the DC family dance a fundraiser. We will be asking for a donation at the door to help support them. No matter how big or small, all donations are greatly appreciated. Please note that if your family is not able to donate, you are still welcome to come join the dance and have fun; this truly is a community event, welcoming and including everyone from our school. All monies raised at the dance will be donated to the Savage family to help with their expenses associated with Luc's cancer.

If you have any questions regarding the dance and the fundraiser, please feel free to contact me at [president@dcpac.ca](mailto:president@dcpac.ca)

Happy New Year David Cameron school community!

Kim Campbell

**Quote of the Month: “A parent holds their children's hands for a while but their hearts forever” *Anonymous***

## Sports and Entertainment Raffle

We are hoping to have a Sports and Entertainment Raffle soon. We would love to hear from anyone who is affiliated with a business that could donate prize items to that raffle. We are looking for things like tickets to theatre or sporting events, gift certificates to restaurants, night(s) stay at a hotel, travel on the ferries, or perhaps a golf package of some kind.



Please contact [fundraising@dcpac.ca](mailto:fundraising@dcpac.ca).  
Thanks, Fundraising Committee

## Staples Canada - Recycle for Education

We have registered David Cameron for Staples' ink and toner recycling program called Recycle For Education. Every Staples store location across Canada has a recycle bin near the ink and toner cartridge area where customers, students, parents, teachers and small businesses can drop off their empty ink and toner cartridges. You don't have to label the empty cartridges or fill out any forms. Or bring them into the school and we will deliver them to Staples for you. It will benefit both the environment and our school.

## Head Lice Check Program

Volunteers are needed to check for head lice. Also, I will be leaving the school at the end of this school year, so the school will need a new lice checker. It is easy to do, and I am happy to teach you how. Please contact me at Valerie's Hair Studio @250-391-1998.

For more information, contact your pharmacist, or go to [\\*http://www.bchealthguide.org/healthfiles/index.stm](http://www.bchealthguide.org/healthfiles/index.stm)

To report head lice, contact David Cameron School at 250-478-7621

Thank you  
Valerie Wilde



## Bottle Drive

We will be having a bottle drive on January 8, 2011. You can bring your bottles/cans to the school on Saturday from 10:00 am to 2:00 pm.

Anyone who can help on Saturday, January 8, 2011 can e-mail us at [fundraising@dcpac.ca](mailto:fundraising@dcpac.ca) with your information. We will need drivers to canvass the neighbourhood and people to help sort the bottles at the school. We would also like to send out flyers around the neighbourhood to announce the bottle drive, so anyone who can help with that task beforehand would be appreciated. (If some of students deliver the Goldstream Gazette, perhaps we could deliver our flyers with the Gazette.)

Thanks  
Fundraising Committee



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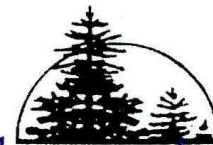
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**Gift Day 2010** - Gift Day was once again amazing. The DC students proved to be great shoppers and raised \$2180.00 for their school. Thank you to all the families for donating their treasures and to all the wonderful volunteers. It truly was a great day!

## Build Community While Building Your Business

David Cameron PAC has a unique advertising opportunity: Buy a business card-size ad in our newsletter and let other families in the school know where they can turn locally when they need a service or product. Your business will be recognized as a supporter our school, and only businesses run by David Cameron families are being offered this opportunity to reach more than 280 avid readers. The cost is \$10 per issue. Please complete the advertising form and provide us with a copy of your business card, which will be scanned. Return the form, the cheque and the business card to the school by January 21 for inclusion in the February PAC Newsletter (your child's teacher will leave the package in the PAC mailbox).

**Advertising deadline for February issue: January 21**

### David Cameron Newsletter Advertising Order Form

- **Please make cheques payable to DCPAC**
- **All orders for December must be submitted by November 22nd.**
- **Please send the following items together to the school: your business card, your cheque and your order form. (Your child's teacher will leave the package in the PAC mailbox.)**
- **Send an electronic copy of your business card to [secretary@dcpac.ca](mailto:secretary@dcpac.ca)**

<b>Student's Name</b>	
<b>Teacher's Name</b>	
<b>Business Name, Your Name, Phone Number and Email</b>	

### Thrifty Foods Smile Cards

We're registered again for the Thrifty Foods Smile Cards program! For those of you that still have your Smile Cards from previous years, please feel free to start using them again. You load your Smile Card with any dollar amount at the cashier using cash or credit card BEFORE your order is rung through, and then use your Smile Card to pay for your grocery order after it's been rung through. Five percent of all purchases go to David Cameron PAC. If you don't have your Smile Card from previous years, or are new to the program, please email us at [fundraising@dcpac.ca](mailto:fundraising@dcpac.ca) to ask for a card, or fill out the form below. Be sure to ask for additional cards for other family members too.

Name: \_\_\_\_\_

Student: \_\_\_\_\_

Teacher: \_\_\_\_\_

No. of Smile Cards requested: \_\_\_\_\_



## Ongoing/Year-round Fundraisers

**Cobs Bread** - We are involved in Cobs Bread's "Dough Raiser Program" at Millstream and Westshore locations. Remember to say "David Cameron" when you purchase your baked goods at either Cobs Bread location.



**Co-Op** - Our membership number is 56855. Mention our membership number, or just say "David Cameron" when buying anything from the Co-Op.

**Campbell's Soup** - Save all labels/UPCs from participating Campbell's Soup products, including Goldfish crackers and V8 juices (see <http://www.labelsforeducation.ca/english/eligible.asp> for a list of participating products).

**Island Farms** - Cut out the UPCs from all of your favourite Island Farms products and bring them to the school. We receive 3¢ from every UPC saved.



**Canadian Tire** - We save Canadian Tire money and use it to cover some of our expenses for the Fun Fair.



## Hello all those interested in Club Opera -

Mark your calendars for the two remaining Dress Rehearsals in the 2011 Pacific Opera Victoria season:



*La Bohème* on Tuesday, Feb 15th and *Vanessa* on Tuesday, April 26th. If you haven't been to one yet, be sure to talk to one of the students who has attended one of these fabulous events. It's a wonderful opportunity to experience seeing at least one show. Ticket purchasing and confirmation usually takes place about two weeks before the show.

Watch for details coming from Mrs. Garry towards the end of this month and early April respectively.

Swati

## Foundation Skills Assessment (FSA) and 21st Century Learning

The Sooke Teachers Association would like to invite all interested parents to an opportunity to share their experience, to speak with teachers and to hear some of the latest information relative to these topics.

Many parents may well have heard some of the general discussions around the FSA, but may not yet be aware of its impact on their child's classroom. Parents may also have read some of the commentary that has appeared in the print media, representing both these important issues facing parents and teachers.

The teachers of Sooke School District look forward to having a chance to hear from parents, to share classroom experiences and to share the latest information that we hope will inform public debate on these very important topics.

We look forward to seeing you on of the following dates:

Spencer Middle School Library: Monday January 10<sup>th</sup> @6:30pm

Edward Milne Community School Library: Tuesday January 11<sup>th</sup> @ 6:30pm

Sincerely yours, Patrick Henry, President

## Healthy Living - Healthy Families

So, now that the holidays are over and it's back to the usual routines, it also means fewer home cooked meals (made from scratch, that is). No doubt everyone has been hearing about sodium and salt in our food, lately. You will be hearing a lot more in the coming year. Both the federal and provincial governments have made it one of the top priority items on the health agenda. Don't worry, I will spare you the details why. Did you know that Canadian food has more salt than similar foods in other countries? (You may be surprised . . . check out the first link below.) We are consuming more and more foods prepared by 'others' and this is where the sodium is sneaking into our diets - by double if not triple the amount compared to what our bodies need. This is where, once again, fresh fruits and vegetables play a protective role because most of them are loaded with potassium, a mineral that counteracts the effects of too much sodium. Ideally, we, young and old, should be consuming twice the amount of potassium than sodium; however, surveys have shown that we are consuming twice the amount of sodium as potassium. This is why we are beginning to see high blood pressure problems in children as young as 12 and 13 years old. Many think that if they avoid the salt shaker at the table and/or do not cook with salt, they are okay. Unfortunately, the reality is, that, that only accounts for 20% of the total salt consumption – the rest is from all the prepared, ready-made, and especially restaurant/fast food we are eating (in other words, food made by 'someone' else). You will be surprised to see how much salt sneaks in – have a look at the label next time you are grocery shopping or check out the menu nutrition information next time you are eating out (most restaurant chains have all their information available online and often at the restaurant). Don't hesitate to ask for this information when you order the food – bigger chains have this information readily available when asked. There are a few foods that contain a natural source of sodium; one example is milk/dairy foods. These food still don't come close to what we find in all the added/manufactured sources such as through ready-made, pre-prepared, snack, and baked foods, just to name a few. As far as the type of salt is concerned, when broken down to its basic chemical structure, our body sees all salt as salt regardless of the source and purity or impurity. Lastly, when you start to decrease the salt/sodium in your diet, you will start to notice many other flavours in the food you are eating. One thing to note is, do give yourself about three weeks to allow your body to adjust to this 'lower salt/sodium' way of eating and new taste buds to take the place of old ones.

Canadian food has more sodium than other countries: <http://www.cbc.ca/consumer/story/2009/07/23/salt-food-cereal.html>

Sodium: <http://www.sodium101.ca/en/>

[http://www.lowersodium.ca/uploads/SodiumBookletPatientEN\\_02june2010.pdf](http://www.lowersodium.ca/uploads/SodiumBookletPatientEN_02june2010.pdf)

Sodium and Children: <http://www.sodium101.ca/en/less/childrens.html>

More details about sodium: <http://www.hc-sc.gc.ca/fn-an/nutrition/sodium/issue-question-sodium-eng.php>

BC Health File: <http://www.healthlinkbc.ca/healthfiles/pdf/hfile68b.pdf>

More on hypertension: <http://hypertension.ca/>

Healthy eating tips at your fingertips, Swati



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## David Cameron Family Dance

Friday, January 21  
6:30-8:00pm.



All David Cameron Families are welcome. We will be asking for donations at the door to help raise money for the Savage family, whose son is battling cancer at Children's Hospital. Even if you cannot donate, please bring your family and dance the night away. Let's show these youngsters how it was done in the 70's and 80's. (I hear Mr. Stinson can do a mean John Travolta!)

Just a gentle reminder - parents/guardians are required to stay with their children.

If you have any questions regarding the dance please feel free to contact Kim Campbell at [president@dcpac.ca](mailto:president@dcpac.ca)



## David Cameron Coffee House



Need a coffee? How about a free coffee? Need a donut hole? How about a free donut hole? Want to chat with other parents in a warm, comfy room (not in the cold parking lot), where your infants and toddlers are welcome to play freely? Want to meet new friends at your child's school?



If one or all the above applies to you, come visit ***The David Cameron Coffee House.***

**When:** Friday, January 14, 2010  
8:50 - 10:15 am

**Where:** Multipurpose room across from the office and down the hall.

**What:** Free coffee, tea, donut holes and good conversations are on the menu.

**Why:** Because we all deserve a good cup of coffee and an opportunity to meet new friends.  
Our kids have; why not us?



**Foodfest** - Order forms for January, February and March will be sent home on Friday, January 14, and will be due back on Friday, January 21.



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# January 2011



Safe Arrival 478-4363

DCPAC Website: [www.dcpac.ca](http://www.dcpac.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Assembly	5	6	7	8 Bottle Drive 10am - 2pm 
9	10	11	12	13	14 Coffee House for parents 8:50-10:15 am 	15
16	17	18 PAC Meeting - 7:00 pm 	19	20 <i>Raptor Report</i> 	21 Foodfest orders due Family Dance 6:30 - 8:00 pm 	22
23	24	25	26	27	28 Foodfest Day 	29
30	31					



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