

David Cameron Elementary School Parent Advisory Council Newsletter

“Support - Listen - Nurture - Advise”



April 2011

PRESIDENT'S PEN

Do the following three questions sound familiar to you? “When can I have my own cell phone?” “When can I sign up on Facebook?” and “When can I walk home alone from school?” On a daily basis I am asked one or all of these questions by our eldest daughter. (I know I am not the only parent at DC hearing and answering these questions.) I answer these questions with the following; “When you’re in middle school”, “When I decide I am comfortable with you being on Facebook”, and “We live too far away”. As she gets older and is approaching the tween years, I find myself continuously evaluating if I am being overprotective or not protective enough; or if I am allowing her to be independent enough to show me how responsible she is, vs. is she responsible to be somewhat independent but not totally. The decisions I make about whether or not to allow her to experience something new that involves her being more independent, are based on the knowledge I have of the particular event and honestly going with my “gut feeling”.

During February’s DC Coffee House, the conversation between a number of moms turned to this very topic; when and how do we, as parents, start providing opportunities for our children to become more independent, but also keep them safe. Whether it is allowing them to cross the street by themselves for the first time, walk to a friend’s house on their own for the first time or signing them up on Facebook, how do we know they are going to be safe? What guarantees do we have that our children will not face harm or get taken advantage of? It was very reassuring to know that I share the same concerns as other moms and to know they were experiencing the same pangs of anxiety when it came to “letting go” and trusting their children. In order for us, as parents, to feel confident and secure, we have to be able to trust that our children have the right information and “tools” to make decisions that will help keep them safe. This means not only educating them but also ourselves.

The DCPAC believes in helping provide learning opportunities for the David Cameron students that will enhance their abilities to make educated decisions with regards to their personal safety. Therefore, the DCPAC has commissioned Victoria Police Department Staff Sergeant and owner of Personal Protection Systems, Darren Laur, to deliver two very different but empowering safety courses to the grade 5 and grade 6 students. In April, Darren will be attending our school and delivering the following seminars: *Safe Kids Pre Teens* and *Internet Safety and Digital Citizenship 101*.

The grade 5 students will be receiving the Safe Kids Pre Teen seminar. From Darren’s perspective, the grade 5 tweens “are unique in the area of personal safety, because they are no longer really young children, but not quite a true teenager.” The one hour seminar will address the following topics: the nine lures used to abduct or sexually exploit, the 8 safety rules to remember when out and about, the 3 important rules to remember when in physical danger, Body sovereignty rules, Home alone rules and, I’m lost or in trouble rules.

The grade 6 students will be attending the Internet Safety and Digital Citizenship 101 seminar. This course addresses several important discussion points, such as the good and bad of Social Networks including Facebook, Safe Blogging, the dangers of screen names and profiles, who is the Internet predator, what is Cyber Bullying/Violence and what can be done to stop it as well as **the** law as it relates to Cyber Bullying and Sexting and their unintended consequences.

I have personally heard Darren deliver the Internet Safety for Parents course. I consider myself somewhat knowledgeable about internet safety/security; however, I walked away from his seminar feeling both empowered and frightened. I was grateful to learn more ways to talk to my children about internet safety and for having new tools to help protect and educate them. I was also extremely frightened by how easily children can be vulnerable without realizing it, especially in the cyber world, if they do not have the knowledge to protect themselves.

I highly encourage all the David Cameron parents, but especially the grade 5 and 6 parents, to go to the Personal Protection Systems website www.personalprotectionsystems.ca, and read about these two seminars. If you have any question regarding these seminars, please feel free to contact me at president@dcpac.ca.

Each child and each parent is different, and the decision made regarding how to “let go” and give a child some independence will be governed by the child’s own personality as well as the parent’s own experiences as a child, tween, teen, young adult and adult. Each generation before us, and now our own generation, has had to be cognizant of their era’s potential dangers with regards to their children’s safety. Each generation has had to instill in their children the need to be aware of their surroundings and make decisions that will keep them safe, whether walking along a farm road or surfing the internet.

Sincerely, Kim Campbell

Quote of the Month: “Trust your gut instinct; it is usually right” *Moms and Dads everywhere.*

Fun Fair



Put the date on your calendar! The David Cameron 2011 Fun Fair has been scheduled for Friday, April 29. We will be sending plenty of information home throughout April. As always, we will need everyone's help to make the fun fair a huge success.



We are still looking for your help with any donations to the fun fair that you can provide, such as*:

- Small items which could be given away as prizes at the booths
- Bigger items which could be set up in a silent auction (services work great, such as a couple hours of free electrical work, plumbing, painting, dry walling...)
- Hamburgers, hotdogs, buns, condiments, drinks, etc which could be used at our BBQ (Please contact us first, as we have to adhere to the government's school food guidelines.)
- New stuffies
- Canadian Tire Money (we collect this all year long for the fun fair)
- Cash donations to help sponsor our booths/games

**Remember the prizes your children have brought home from the fun fair in years past? We're looking for things like that!*

You can also help us with items from around your home such as unopened fast food toys, stickers or temporary tattoos. (No used items, please.) There is a box in the foyer near the office for fun fair donations.

Raffle Baskets - Newsletters have gone home in your child's backpack listing the themes for each classroom's raffle basket. Please have your child's item clearly labeled with their name and division. (Do not permanently mark the item; rather put it in a bag with your child's name, or use masking tape that can be easily removed.) Your child's name will be entered in a draw for a gift certificate. There will be one name drawn from each class.

Volunteer sign-up sheets will be coming home soon. Please be sure to volunteer for at least one 1/2 hour shift. If every family offered just one 1/2 hour, we would have an amazing turn out, and everyone would get to enjoy the fun fair.

Ticket pre-sale order forms will be available soon. The cost of tickets for this year's fun fair is \$15 for 25 tickets (purchased as a pre-order before the fun fair). On the night of the fun fair, the cost will be \$15 for 20 tickets. Be sure to pre-order and save.

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Licensed Technician
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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 of 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 April 21 for inclusion in the May PAC Newsletter (your child's teacher will leave the package in the PAC mailbox.)

Advertising deadline for May issue: April 21

David Cameron Newsletter Advertising Order Form

- **Please make cheques payable to DCPAC**
- **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 if you wish**

Student's Name	
Teacher's Name	
Business Name, Your Name, Phone Number and Email	

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 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.



Healthy Living - Healthy Families



One of the great mysteries of healthy eating today is deciphering food labels. Many considerations go into a food label - from the food manufacturer's perspective. Whether they make any sense or trying to understand them is another story. So where do you start? Here are some key resources you may want to check out. Labels in Canada have to follow the regulations made by Health Canada so they are different from food labels from other countries. It is interesting to compare what information is on food labels when you have an opportunity while traveling, depending on what that country's health and nutrition priorities are.

Health Canada Food Labeling Regulations (lots of detailed information here, and many links that will lead you to all kinds of places)

<http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index-eng.php>

and

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/using-utiliser/label-etiquet-eng.php>

Information about food recalls and alerts:

<http://www.hc-sc.gc.ca/fn-an/securit/allerg/index-eng.php>

and

<http://www.healthycanadians.gc.ca/index-eng.php>

This link has some excellent resources to understand labels, with a focus on specific topics and translations to other languages.

<http://www.healthyeatingisinstore.ca/>

Lastly, with all the talk about Trans Fats over the last few years, have a look at this site:

<http://www.restricttransfat.ca/>

Did you know that when health inspectors go in to do an inspection of a food service establishment, a check about trans fats is one of the things they include in their inspection. Because of the negative health concerns associated with Trans Fats, many jurisdictions are becoming 'Trans Fat Free' in an effort to get rid of these man-made bad fats. Even still, it's a good idea to know how to find them in the food you are eating. For instance, if a portion size is small enough, the Food Facts Label section may show that a food item has no trans fats, however if you have a close look at the ingredients section and find that the food has 'hydrogenated fats', then it has trans fats. So don't just look at the Food Facts Label section; read it with the ingredients in mind. The basic rule is as few ingredients as possible means it's likely a healthier choice than one that has a long list of ingredients.

Healthy eating information at your fingertips,
Swati



Hanging Baskets

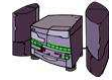
Due to the colder weather, and the winter that didn't want to go away, our hanging basket orders were not available during the month of March. We will be selling baskets during April, and they will still be available for Mother's Day. Please look for the order forms to come home soon in your child's backpack.

Sports and Entertainment Raffle

Our Sports and Entertainment Raffle made \$5,908.65 to split 50/50 between the DC PAC and the Luc Savage Trust Fund. Thank you so much to the David Cameron community for your support!

The winners are:

- TV - Bill R.
- Stereo - Brenda M.
- Canucks Tickets - Crystal P.
- Mt Washington Tubing - Trent C.
- Salmon Kings Tickets - Glenn W.
- Shamrocks Tickets - Bill H.



The following students' names were drawn for movie tickets to the Caprice Theatre: Makyla C., Morgan S., Marisa W., Cassandra C., Brandon C., Shelby M., Marissa B., Terezka S.

Congratulations to everyone!

Thank you!

The DCPAC would like to thank all the families for selling the tickets, and extend our appreciation to all their friends, families, neighbours, co-workers and local businesses for purchasing the tickets and supporting our school community.



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Hello all Opera Club members,

The last opera dress rehearsal performance for this season is 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 this year (3 shows since September). 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 on the DC school website and notices from Mrs. Garry.



CIAO TUTTI, Swati

Staples Canada - Recycle for Education

David Cameron is registered 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.

Please note that the **PAC meeting** for this month will be a week earlier than usual: Tuesday, **April 12th**, at 7:00 pm. This is to avoid conflict with the **Art Walk and Musical Performances** scheduled for the evening of April 19th.

David Cameron Coffee House (for parents & guardians of DC students)

When: Friday, April 8, 2011
8:50 - 10:15 am



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

What: Free coffee, tea, snack and good conversations are on the menu.

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

The Circle Garden

The DCPAC would like to thank the Alpine Group for graciously donating the bark mulch for the circle garden. The bark mulch looks fantastic and will make the upkeep of the garden all that more manageable for the volunteers who generously donate their time to maintain it.
Thank You!



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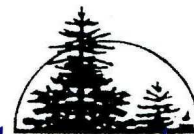
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Book Fair



Hello, DC families! Our latest Scholastic book fair was a raging success, thanks to all of you! Even the nasty windstorm that delayed the arrival of the fair for a day didn't stop you from coming out and supporting our school. We raised an amazing amount of money that will go into our school and help pay for a variety of amazing things that will benefit everyone!

This is the last book fair I will be chairing personally, as this is my daughter's last year at David Cameron. We are still looking for someone who is interested in taking over this wonderful and fulfilling job for the coming year. I promise, it isn't as hard as it may look. Anyone interested can contact me, Tracy Green, at dwthgreen@shaw.ca, or attend a PAC meeting and speak with our PAC president, Kim. I am more than happy to walk you through the process and will pass on any related info I have. (*See job description below.*)

I want to say a huge thank you to all my dedicated volunteers over the last couple of years, and big thanks, too, to the staff and families at David Cameron who have helped make our fairs such a success- I only organize them - you guys do all the work! Good luck to you all next year!

Tracy Green

Job Description: As a Scholastic Book Fair Chairperson, there really isn't a ton of time to invest in between fairs. When a fair is coming up, you will receive a box from Scholastic with your posters, guidebook, etc. in it that will help you get set up. The Scholastic representative will phone you and ask you to choose the types of books that you want for the fair and will guide you through any questions you may have. (She is a fantastic resource - use her!)

Talk to the principal regarding where and what dates the fair will take place. In the past, it has usually been in the library. Hang all your advertising posters around the school so that students know when to start getting excited!

Put in a request to PAC, to receive a \$100 float for the days you will be open.

In the past years, we have had a trivia question for the primary grades and a separate one for the intermediates. Scholastic allows you a \$60 "advertising" amount with which to have draws and award prizes: usually a \$10 book for each trivia winner and then other draws for staff and students with the remaining \$40 worth of advertising budget.

The day the fair is delivered (it comes from Vancouver) you need to be there (or have other volunteers ready) to receive it and set it all up. There are images in the guidebook to help with this. (The guidebook will tell you everything you need to know about displays, etc.) Do not open the fair to customers on this day! There is no guarantee as to what time of day the shipment will arrive and you will be quite busy setting up that day- you don't need customers trying to shop while you are setting up. (Voice of experience here...)

Cash boxes are available in the office. You will need a calculator to add up purchases. At the end of every day of the sale, you need to fill out an end of day tally sheet for deposit. (Available through PAC).

You will need a minimum of two volunteers per shift for the days you are having the fair open. I tried to keep the shifts to a maximum of 2 hours each as volunteers usually don't like to be locked in for longer than that at one time. The 2 volunteers per shift ensure that at the end of each shift, there is confirmation regarding the end of day tally sheet.

At the end of the fair, you must count each day's deposit money and make sure it tallies with what is on the tally sheet. Then you must roll and count all the money taken in throughout the fair and prepare a final tally sheet for the Treasurer. Keep copies of individual day tallies so that if there is a discrepancy, you can track it down.

After that, you fill out the Commission worksheet provided by Scholastic and the Treasurer sends it, along with the credit card receipts and a cheque for what we owe to Scholastic and your fair is complete until the following term, when you start again!



David Cameron Parents' Advisory Council Annual General Meeting

The Annual General Meeting is where we will elect our executive and coordinators for the 2011-2012 school year. It will be at 6:30 pm on Tuesday, May 19. Please attend if you are interested in letting your name stand for a position. Some of the parents who are currently actively involved will be leaving David Cameron this year, as their children are finishing grade 6. This, and the fact that an executive position can be held by the same person for only three years in a row, means that **we need you!!!**



Our president will be accepting nominations for all PAC positions. You may nominate yourself or another person. You can email president@dcpac.ca to state your nomination, or you can do so in person at the AGM. **You must be present at the AGM to accept a position on PAC.**

If it is your first time attending a meeting, and want to come just to get familiar with PAC, you will not be pressured to take on a position. But if you choose to do so, we will be happy to include your name on the ballot!

Please read the list of position descriptions following, and see if one of them is a position in which you would be interested.

Executive

President

Oversee the PAC monthly meetings and serve as the spokesperson or representative for the PAC at extracurricular functions for school and school district events. Receive and deal with all requests coming to the PAC via parents, administration, teachers, community partners. Help to resolve any issues that need to be resolved. Work with PAC to create new opportunities for the students/parents and school. Work with PAC to create new opportunities for the students/parents and school. Volunteer at PAC sponsored functions.

Vice President

Serve as backup for the PAC President and review all correspondence forwarded to the PAC. Chair the monthly PAC meetings in the President's absence.

Fundraising Coordinator

Oversee all fundraising events; assist event coordinators in preparing and proposing fundraising events/projects; assist where necessary in fundraising events to ensure they run smoothly and in a manner approved by the school and the DCPAC; ensure fundraising reports are accurate and completed and revenues are passed to the Treasurer for deposit; keep a file of all fundraising reports and related information.

General Account Treasurer

Organize and prepare the upcoming school year's budget, based on year-end funds in the General PAC account at the end of the fiscal school year; attend annual budget meeting in August; maintain the General Account books during the school year, and present an updated financial statement at each of the monthly PAC meetings.

Gaming Account Treasurer

Maintain Gaming Account books during the school year; put forth applications to the B.C. Gaming Commission; prepare a budget, and prepare financial statements for the fiscal year end.

Sooke Parent Education Advisory Council Representative (SPEAC)

Attend the monthly SPEAC meeting, usually held at the School Board Office, and report back to the PAC with any information gathered there. Often SPEAC, as a whole, has requests for help from its fellow PACs regarding educational issues for the School District. This is an excellent position to see how your school district is working for our students' education.

Secretary

Record minutes for each PAC meeting, and type them up to be kept as a record in the PAC files. The secretary may help with other correspondence as requested by the PAC; maintain the current contact information for those involved in PAC.

Coordinators

Safe Arrival Coordinator

Schedule volunteers to phone parents to check on student absentees every morning. Having an active "Early Warning" system in place ensures that all student absentees are effectively monitored.

Hot Lunch/Foodfest Coordinator

Plan and serve a meal once a month. This position relies heavily on parent volunteers to complete the lunch orders for 300+ students, and then to fill each classroom's order correctly on the Hot Lunch Day.

Earthquake & Emergency Preparedness Representative

Work with the school administration to ensure the school has adequate supplies in the Earthquake/Emergency kits to assist the staff/students in case of an emergency.

Social Convener

Organize PAC sponsored school events, such as Halloween pumpkin carving, the Christmas Santa visit and the annual Staff/Parent Appreciation lunch.

Newsletter Editor

Gather and edit any information that should be part of the DCPAC monthly newsletter, including dates and information for the calendar of events. Prepare the newsletter using desktop publishing. Distribute the newsletter by e-mail and (some) hardcopies. It is important to attend the monthly PAC meetings.

Webmaster

Gathering and edit any information that should be part of the DCPAC website; work with the Newsletter Editor to keep the calendar of events up-to-date, post monthly newsletters and add information as required.

The following positions are not officially elected positions according to our current constitution, but important just the same!

Lice check coordinator

Coordinate and train volunteers to check for head lice when needed. (See article on page 6.)

Fruit and Vegetable coordinator

Apply to the government each spring for our school's inclusion in the Fruit and Vegetable program for the next school year. Receive the shipment of fruit and vegetables and coordinate distribution to the classrooms. Must have Foodsafe training.

Book Fair Coordinator

Organize the Scholastic book fair twice a year. (See detailed description on page 7.)

"Nobody made a greater mistake than he who did nothing because he could only do a little." - Edmund Burke

"Act as if what you do makes a difference. It does" - William James

"Nobody can do everything, but everyone can do something" Author Unknown



April 2011



Safe Arrival 478-4363

DCPAC Website: www.dcpac.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:30 am Assembly	2
3	4	5	6	7	8 Coffee house 8:50 - 10:15am 	9
10	11	12 PAC Meeting - 7:00 pm 	13 Spring Photos 	14	15 Non- instructional day	16
17	18	19 Story Theatre 1:00 pm Art Walk & musical performance 6:00 - 7:30 pm	20	21 <i>Raptor Report</i> 	22 Good Friday 	23
24	25 Easter Monday 	26 - Darren Laur Seminars for grades 5 & 6 - Raffle basket items due - Club Opera	27	28	29 Foodfest Day Fun Fair 6pm - 8:30pm 	30


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