



# PAC NEWSLETTER



## COFFEE AND CONVERSATION

Thanks to all who attended the **Coffee and Conversation** meeting last month! The next two Zoom sessions have been scheduled:

-  Wednesday, 05 May, 9:15-10 am: Aubrey Counsellor **Chloe Deane**, ***Going in Deep: Improving Communication with your Child***
-  Wednesday, 26 May, 6:30-7:30 pm: Constable **Frank Terape**: ***Discord with Discord: How to Keep your Kids Safe in the World of Social Media***



(Zoom links to follow. All Aubrey parents and caregivers welcome!)

## WELCOME SPRING WITH MS. GREEN'S CLASS



***Releasing the Fry at  
Beecher Park***

# CARING FOR OUR KIDS' MENTAL HEALTH

The coming few weeks offer several opportunities of sessions for parents to learn and engage about helping to support the Mental Health of our children, especially regarding the ongoing impacts of the COVID-19 pandemic.



**Thursday, 29 April, 6:30-8 pm** - An **online session** which will address mental health and anxiety in our children, how stress and anxiety show up, and how to support your child or youth. Offered by the Government of BC's ERASE program (expect respect & a safe education). Registration and information [LINK](#)

**Friday, 07 May, 12-1 pm** - An **online session** marking National Child & Youth Mental Health Day, "*Conversations About Mental Health: What it Sounds Like at Different Ages*" from 0-18 years. Offered by the Government of BC's Ministry of Children and Family Development. Registration and information [LINK](#)

And finally an opportunity to **weigh in about your family's experience in a study** partnering the University of British Columbia and BC Children's Hospital, looking at the experiences of children from 6-17 years old (children under 10 will need parental help to complete the study, while older kids can complete the study on their own if desired). Registration and information [LINK](#)

## MARK YOUR CALENDARS

- **Wednesday, 28 April** - early dismissal (French 1:45 pm / English 2 pm) for Student Led Conferences
- **Thursday, 29 April** - Mental Health Parent Session on Zoom, 6:30-8 pm
- **Wednesday, 05 May** - Coffee and Conversation on Zoom, 9:15-10 am
- **Friday, 07 May** - Mental Health Parent Session on Zoom, 12-1 pm
- **Monday, 17 May** - **PAC General Meeting**, 6:30 pm, ZOOM
- **Monday, 24 May** - Victoria Day - NO SCHOOL
- **Wednesday, 26 May** - Coffee and Conversation on Zoom, 6:30-7:30 pm
- **Friday, 04 June** - early dismissal (French 1:45 pm / English 2 pm) for *Outdoor Fun Day!*
- **Monday, 07 June** - Pro-D Day - NO SCHOOL
- **Tuesday, 29 June** - Last Day of School, early dismissal (English 9:45 / English 10 am)

