

Aubrey PAC January News



Snowy Aubrey Day

Mark Your Calendars

Jan. 10- Clothing Drive 8:30-9:15am

Jan. 15- PAC Meeting 8-9 pm

Jan. 17- Food Day

Jan 20- Pro-D Day

PAC Meeting Dates for 2014

- February 19, 8-9pm
- March 12, 8-9pm
- April 16, 8-9pm
- May 15, 8-9pm
- June 11 AGM 7-8pm

January PAC Meeting

When- January 15 from 8-9pm

Where- Library

We are pleased to present **Guest Speaker Elise Blair**. She will be speaking about the **MindUP** program.

“MindUP™ teaches social and emotional learning skills that link cognitive neuroscience, positive psychology and mindful awareness training utilizing a brain centric approach.”

For Parents looking to understand the MindUP program better and incorporate it into their daily life, an excellent resource is **10 Mindful Minutes** by **Goldie Hawn**.

This will be a very interesting evening and we look forward to seeing you there.

The Aubrey PAC would like to extend a warm welcome to our new principal Ms. Shairoz Merani.

Ministry of Education New Curriculum Site Is Now Live

The K-9 curriculum is being redesigned. Check it out at www.curriculum.gov.bc.ca



January Clothing Drive Reminder

What- Place used clothing, bedding, towels, etc. into large garbage bags to help support the Aubrey PAC and the Canadian Diabetes Association.

Where- Bring your bagged goods to the undercover area at the front of Aubrey.

When- January 10th from 8:30 to 9:15 am.

Help us reach our goal of 300 bags!

The Aubrey PAC Recycling Fundraiser



Raising money for the PAC has never been easier!

Simply recycle your beverage containers to the **Return-It Depot at Kensington Plaza.**

It's as easy as:

1. Bag up your beverage containers (sorry, no dairy containers).
2. Label the bag "Aubrey PAC".
3. Bring it to an attendant at the front counter.

Free Groove Class!!

Friday January 9 Groove instructor Magdalena Lima will be giving a free class in the **Aubrey gym at 7:30pm.** Join us for this exciting, exhilarating and fun-filled fitness class and find out what this craze is all about! Sorry, Ladies only.

Pancake Breakfast A Huge Thank You!

The PAC would like to extend a huge thank you to Dave Stephens and all the volunteers who helped make the Pancake Breakfast a huge success. The breakfast was fantastic!

It's a wonderful feeling knowing we have such a caring and committed parent community to help the PAC organize such a fun event.

The PAC would also like to thank the Wholesale Club and Costco for their generous donations to the Pancake Breakfast. The Wholesale Club donated \$200 and Costco donated \$25.

