



Aubrey May PAC News

May

Mark the Calendar

May 1- Popcorn day

May 4 – Walk-a-thon forms due

May 6 – Staff appreciation lunch

May 8 – Walk-a-thon

May 15 - Food day

May 27- Guest speaker 7-9pm

May 27-29 – Used book sale

June 4 – Sports day

June 12 – Food day

June 12- Clothing drive

June 17 – PAC AGM 7-8pm

June 19- Popcorn day

Run For Your Life



Aubrey's Walk-a-Thon 2015

Deadline for Returning Pledge Forms Extended to May 4.

Prizes! Prizes! Prizes!

There are fabulous prizes to be awarded to the top fundraisers. Pizza parties for top fundraising primary and intermediate classes. Raffle prizes to be won for all participants who raise at least \$10.

Grand Prize:

- 4 Playland Passes
- 4 Splashdown Water Park Passes
- 4 White Spot Pirate Pack Coupons
- Safeway Gift Card

Second Prize:

- 4 Playland Passes
- Vancity Gift Basket
- 4 White Spot Pirate Pack Coupons

Third Prize:

- \$80 Dollar Gift Card to Kidoodles Art Studio
- Soccer Themed Sports Gear

The Walk-a-thon is on May 8 at the Burnaby North track. Class walking times will be sent out soon. More pledge forms are available at the office.

Upcoming PAC Events

Aubrey's Annual Used Book Sale

The book sale will run **May 27, 28, and 29** over the lunch hour and from 2:45-3:30pm. Volunteers are needed to help sort books and run the book sale. To volunteer, please contact Ingrid at vick.ingrid@gmail.com or Lada at lada_s@icloud.com.

All books are just \$1, so stock up for summer!



BOOK DONATIONS NEEDED!

Book collection will start Monday, May 11.

Please bring your gently used books to the school and deposit them in the boxes in the foyer. The deadline for donating books is May 22.

Generally, all genres of books are needed, but please do not bring in your university economics text book from 1995. Nobody wants it.

Summer Clothing Drive



The PAC will be holding its last clothing drive of the school year on **Friday, June 12**. Please drop off bags in the undercover area in front of the school between 8:30 and 9:15am.

We are so close to reaching our goal of 300 bags! Time to clear out all your old clothes and help us achieve our goal! The more bags we collect, the more money we earn!

To volunteer, please contact Pat at runpkc@gmail.com.

Popcorn Days!

May 1 and June 19 are our next Popcorn Days. Bring your loonie, and you won't miss out on our mouth-watering popcorn!



Sports Day Concession

Aubrey's Sports Day will be on **June 4**. The Aubrey PAC will be holding its annual sports day concession. There will be lots of yummy snacks to be had. Volunteers are needed to help run the concession. Please contact Ingrid at vick.ingrid@gmail.com or Lada at lada_s@icloud.com to volunteer.

PAC AGM

Join us **June 17 from 7:00-8:00pm** for our Annual General Meeting. This is your chance to get involved, and we would love to hear from you.

We are putting out a call for nominations for the positions listed below:

1. PAC Chair
2. Vice Chair
3. Financial Committee
4. Treasurer
5. Secretary
6. DPAC Representatives
7. Members at Large

Cobs Hot Cross Buns Fundraiser



The hot cross bun sales raised \$180 for the Aubrey PAC! Thank you Teresa and all the volunteers who helped run this event.

We would also like to thank Cobs at Kensington Plaza for sponsoring this event. Did you know that Cobs at Kensington Plaza donates a portion of your purchase back to the Aubrey PAC? Just mention code 1591 at the time of your purchase

Important Notice

The May 21 General PAC meeting has been changed. Instead, you are invited to join us on Wednesday, May 27th at 7:00pm for a two hour special presentation: **A Parent's Guide to Surviving Anxiety in Children** by Sarah Mellett RN BScN MN and Shana Lund RN BScN MN. This event is sponsored by the Aubrey PAC.

The event is free, but seating is limited. Please **RSVP** to PAC.aubrey@gmail.com by May 17.

In your RSVP please include your name, number attending, and school your child attends.



Wednesday, May 27
7:00pm in the
Aubrey Gym

Aubrey Elementary is pleased to present
A Parent's Guide to Surviving
Anxiety in Children

Sarah Mellett RN BScN MN

Shana Lund RN BScN MN

Sarah and Shana are Advanced Practice Nurses in the area of Child and Youth Mental health. They are parents as well as educators. Both have many years of clinical experience working in acute and community pediatric mental health. Now they are faculty of Psychiatric Nursing at Douglas College and conduct workshops to support parents in managing their children's anxiety.

What's we will discuss:

What causes anxiety?

Good stress vs bad stress.

How children experience anxiety

Making Anxiety our Friend

When Anxiety becomes a problem

Parenting patterns that reinforce anxiety

What Parents can do to help

How to navigate the mental health system when your child needs services