



# AUBREY PAC NOVEMBER NEWS

[aubreypac.weebly.com](http://aubreypac.weebly.com)

## Sexual Health Educators Parent and Guardian Information Session

**NOVEMBER 4, 6:30-8:00pm**  
**Aubrey Library**

### Sex talk. No sweat.

A Workshop for Parents

Not all parents are comfortable talking to their children about sex, but all parents can *learn to be comfortable*. During this open and informative session, parents will come to terms with sexual health and understand how it fits into the lives of their children at this stage of life. Attendees will discover how to easily overcome embarrassment when talking about sexual health, learn words and concepts that are easy to use, and leave well equipped to clearly answer the questions children ask. The workshop is light hearted, but delivers straight and current facts on how parents and children can work together to promote good sexual decisions for a lifetime.

Saleema Noon will also explain why it is important to teach body science and sexual health to elementary students and what age appropriate techniques will be used. The Saleema noon group will be visiting the students of Aubrey this week.



### Mark the Calendar

**Nov 4** – Sexual Health  
Talk 6:30-8:00pm

**Nov 12** – PAC Meeting  
8-9pm

**Nov 13** – Pizza/Purdy's  
orders due

**Nov 18-20** – Scholastic  
Book Fair

**Nov 20** – Food Day

**Nov 27** - Pro D Day

**Dec 1** – Pizza/Purdy's  
order pick-up

**Dec 10** – PAC Meeting  
8-9pm

**Dec 11** – Food Day

**Dec 18** – Pancake  
Breakfast

# PAC Upcoming Events

## Scholastic Book Fair

This wonderful literacy event is always popular amongst students, parents and teachers, and is a great fundraiser for our school, enabling us to acquire much-needed resources to benefit our children's education and encourage a love of reading! We will have both English and French books at the fair plus **lots of prizes to be won!**

**When: November 18:** 12-1pm, 3-4pm

**November 19:** 12-1pm, 3-4pm

**November 20:** 12-1pm

**Where-** The Library

### We Need Book Fair Volunteers!!

This fantastic event can only be made possible with your help! We need volunteers and lots of them to help with set up, take down, and to help during the fair.

Please contact Stella at [aubreypacvolunteers@gmail.com](mailto:aubreypacvolunteers@gmail.com) if you can volunteer.

## Pizza and Chocolate...Yummm Fundraiser

Get ready for the Holiday Season with these great offers from the Aubrey PAC

### 1) Panago Pizza Gift Certificates

- Each certificate is \$10 and entitles the bearer to any medium pizza.
- \$4 from every gift certificate sold goes directly to the PAC!

### 2) Purdy's Chocolate

- Order from a catalogue of delicious Purdy products just in time for the Holidays
- 25% of the total order goes directly to the PAC!

### 3) Dominos Coupon Card

- Each card comes with one coupon for 1 large 1-topping pizza for FREE, plus 9 other coupons for buy 1 pizza and get an item for free.
- No limit on number of coupons redeemed per order (be sure to mention coupon when ordering).
- Valid at Burnaby, New Westminister, Walnut Grove (Langley), Mission and Whistler locations only.

**Deadline for ordering is November 13**

# PAC Updates

## PAC Meetings

Here are the dates of the upcoming PAC meetings for the year. **November 12, December 10, January 13, February 18, March 10, April 14, and May 19. The PAC AGM on June 9 will be held from 7:00-8:00pm**

## Clothing Drive

Thanks to everyone who contributed donated items and or volunteered to help out. We received 110 bags and are well on our way to achieving our goal of 300 bags!

## Family Photo Night

Our first ever Family Photo Night fundraiser was a huge success. **The PAC raised \$640!** Thank you to all the families that participated. We really appreciate your enthusiasm. Our apologies to those families that didn't get a chance to participate in the photo night. We are looking into booking three nights for next year.

## Bronco Belle

Bronco Belle in Brentwood Mall is now a proud sponsor of the Aubrey PAC! **5% of your purchase will be donated back to the PAC.** Just mention Aubrey elementary at the time of purchase or code 73588

Bronco Belle BBQ & Grill prepares cooked to order delicious and healthy meals. They specialize in Barbequing fresh, marinated, high protein meat such as Fire Grill Chicken, Fire Grill Chicken Breast Sandwiches, Hawaii flavor Maui Beef Ribs Plates etc. When meats are cooked over a fire BBQ grill, whether it is chicken, beef, or burger, most of the oil gets dripped out, therefore the finished product is very high in protein. They are located at the food court inside Brentwood Town Centre. Check them out to see their full menu. [www.broncobelle.com](http://www.broncobelle.com)

## Cobs Bread

Thank you **Cobs at Kensington Plaza** for **donating \$175 to the Aubrey PAC.** Did you know that 5% of your purchases made at the Cobs at Kensington Plaza are donated back to the PAC? Just mention code 1591 at the time of purchase.

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## **PAC sponsored activities at Aubrey.**

The PAC has recently sponsored extra fitness and music enrichment programs for the students of Aubrey.

1. **Capoeira**, which is an Afro- Brazilian martial art that combines elements of dance, acrobatics and music, was offered to the intermediate students of Aubrey in October. The PAC paid \$1600 for this activity.
2. **Zumba**, a Latin inspired dance aerobics fitness program, will be offered to the primary students of Aubrey in November and will cost approximately \$700.
3. **Tennis** is being offered to all the students of Aubrey. The students are participating in about 5 sessions of tennis and the PAC has paid \$2625 for this activity.
4. **Drumming** came to Aubrey in late September for all the students. It was a creative and fun way for the kids to express themselves musically. The PAC paid \$1000 for this activity.

## **Voluntary Donation Drive**

Thank you to all the parents who donated to the Voluntary Donation Drive. The PAC is very grateful for your contribution. You help make the “extra” enrichment programs at Aubrey possible. However, very few forms have been returned. **It is not too late to get your forms in and donate!**

## **Emergency Preparedness at Aubrey**

Thank you to all the parents who remembered to bring in a toonie in support of emergency preparedness at Aubrey. We raised about \$540 to put towards replenishing our emergency supplies for the students of Aubrey.