

April 2014  
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**PAC Executive  
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Stefanie Putzhammer  
Craig Woods

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Melissa Fong

**Hot Lunch  
Committee**  
Connie Wong  
Diane Kan-Lee

**After School  
Program Coordinator**  
Connie Reed  
Nicola Ho

Walton PAC e-mail address: [waltonpac@gmail.com](mailto:waltonpac@gmail.com)

School Website: <http://www.sd43.bc.ca/elementary/walton/Pages/default.aspx>

Walton PAC Website: <http://www.waltonpac.ca/>

## Invitation to the PAC Annual General Meeting

**Date: May 12th, 2014**

**Time: 6:45p.m.**

*Dear Members of Walton PAC, and that is everyone who has a child currently enrolled in our school:*

We would like to invite you to attend our Annual General Meeting on Monday, May 12th. At the AGM, elections of the office holders on the PAC for the coming school year of 2014/15 will be held. An amendment of our bylaws is also on the agenda.

The spirit of democracy and inclusiveness, which is the fundamental principle of the PAC, depends on your involvement. We would like to encourage as many of you as possible to cast your vote and make your opinion heard.

Please come and join us at the AGM to find out more about the Executive positions available for you to take up. Being more involved with the PAC is an excellent opportunity for parents to be an active contributor to our school community.

Please note that we are providing child-minding during the meeting, free of charge, but cannot accommodate youngsters under the age of three of who are not toilet-trained.

Hoping to see you there.

Yours truly,  
Stefanie Putzhammer and Craig Woods  
Co-chairing Presidents  
Walton Elementary PAC

### Upcoming PAC Meetings 2013-2014

PAC meetings will be held on the following Monday nights for the 2013-2014 school year.

**May 12th, 2014 (Annual General Meeting)**

**June 9th, 2014 (last meeting)**

The meeting will begin at 6:45p.m. Refreshments will be available at 6:45p.m.

Please contact us at [waltonpac@gmail.com](mailto:waltonpac@gmail.com) if you require child-minding during the meeting.

This newsletter is also available in Chinese, Korean and Farsi. Thank you to our volunteer translators Joy, SeungHee and Parisa. This version, as well as all of the translated versions can be found on the Walton Elementary School PAC Website.

## Fundraising Update



(from left to right) Doug Ramsay, Nicola Ho, Craig Mah, Yvonne Chow and Mike Clay. The Mayor of Port Moody, Mr. Mike Clay, bid and won this painting "Happy Homes", and donated it back to Walton Elementary.

### 'Sip N Savour' was a huge success!

We are thrilled to report we have overwhelmingly exceeded expectations of our fundraising goal of \$7,000 at the Walton 'Sip N Savour' fundraiser held on April 25th.

Special **Thank You** goes out to Nicola Ho and Yvonne Chow, who headed the organizing committee, for all your dedication and hard work.

We would also like to thank all the volunteers listed below, Walton staff, students, parents and the local business community for their support, which made the Walton 'Sip N Savour' event possible and the huge success that it was.

**Organizing Committee:** Yvonne Chow, Nicola Ho, Leah Hamer, Megan Risk, Margaret Bickerton, Connie Wong, Stefanie Putzhammer, Gail Harrop, Vivian Tong, Diane Lee, Melanie Lee, Ingrid Doerksen and Anna Teglassi

**Volunteers:** Anna Richter, Anthony Ho, Philippa Segrave, Craig Woods, Elisa Tjin, Desmon Tansuma, Ivonne Kho, Valentino Tjia, Serene Ho, Edwin Fong, Jason Ho, Harald Hutter, Kathy Chan, Leanne Murakami, Connie Reed, Gina Yeung, Jennifer Law, Marichu Philp, Valentin Hutter, Cindy Law, Helen Leung, Kenson Leung, Julieta Sanchez, Jennifer Montgomery, Erin Ruggeri

**Teacher Co-ordinator of Artwork:** Ms. Evans

**Mail distribution:** Ms. Gradiner

**Thank you to all the hard-working volunteers for all your support to help make this such a successful Fundraiser!**



### WALTON FAMILY MOVIE NIGHT

Bring your family and friends, pillows and blankets and join us for Walton's last Movie Night of the year!

**May 23rd**

Show time: 6:30pm

Concession opens at 6pm

Admission: \$3 per person at the door

**All proceeds will go towards Walton Elementary PAC**

The Walton PAC invites all Walton Students & Staff to the **Hot Lunch Fundraiser** Wednesday, May 7th

**The Hot Lunch will include:**

- \* Choice of Cheese, Pepperoni, or Hawaiian Pizza on Whole Wheat Crust
- \*Red Seedless Grapes
- \*Apple Slices
- \*Choice of Cookie or Sun Rype Fruit
- \*Bottle of water

**Cost - \$5 per lunch, \$2 for a second slice of pizza**

If you would like to order a vegetarian, gluten-free, or dairy-free pizza or have other dietary requests, please email waltonpac@gmail.com by May 1st.

## **Parenting our Kids in the 21st Century**

***Presented by Kevin Cameron***

***Director: Canadian Center for Threat Assessment and Trauma Response***

*The 3rds of a Three Series Event sponsored by The Ministry of Education, School District No.43*

Date: May 15th, 2014

Location: Dr. Charles Best Secondary School  
2525 Como Lake Avenue, Coquitlam

*Seating is limited to 700. Child minding will be provided.*

The factors that can negatively influence child and adolescent behaviours are far more prevalent now than when most parents were children themselves. Recently, the McCreary Centre Society of B.C., identified a set of factors which support youth and their physical and mental health.

These include:

- School connectedness
- Positive family relationships
- Ability of youth to look for help
- Positive peer relationships
- Good nutrition
- Feeling engaged and valued
- Stable home
- Adequate sleep
- A safe neighbourhood
- Cultural connectedness

Building on this work, research and practice, the district is pleased to welcome Kevin Cameron back to the present on May 15th.

## **Upcoming Workshops**

Walton Elementary PAC has invited Saleema Noon Team to come to the school and offer the iGirl and iGuy Empowerment workshops. These are straight-to-the-point, lighthearted empowerment workshops that prepare 9-12 year old girls and boys to make smart decisions in even the toughest situations.

### **[iGirl Empowerment Workshops](#)**

#### ***I am my own BFF***

Celebrate your strengths and feel great about your unique self.

#### ***I think my body's a beauty***

Magazine bodies are make-believe. We'll help you see how all of us are gorgeous in our own way.

#### ***I expect respect***

Stand up to bullying and peer pressure in a way that works using - you guessed it - "I" statements.

## [iGuy Empowerment Workshops](#)

### ***I don't need to be Superman***

A superhero takes many forms. Let's talk about what it really means to be a guy, krypnonite and all.

### ***I am not my biceps***

What you see in video games isn't real life. Real power comes from within, and has nothing to do with muscles.

### ***I express myself***

Newsflash: Guys have feelings too! Let's learn how to express them in a healthy way.

### ***I get and give respect***

Assertiveness isn't weakness, and confidence isn't arrogance. To deal with conflict in a way that works we need to know the difference.

## **WORKSHOP DETAILS AND REGISTRATION INFORMATION:**

**Who:** Girls and boys ages 9-12 can register. The workshops will be held separately.

**When:** Monday, May 12th from 6 - 8 p.m.

**Venue:** Walton Elementary School

**Cost:** \$15 per person

**Registration details:** Please visit our website at [www.waltonpac.ca](http://www.waltonpac.ca)

All registration and payment (through PayPal) will be done online.

***Please note - space is limited. Early registration for Walton students will be until April 30th. After this date, spaces will be offered to other schools within the district.***

If you have any questions, please contact the Walton PAC at [waltonpac@gmail.com](mailto:waltonpac@gmail.com)