

PAC Newsletter

February 2019

Save the Dates

Staff Appreciation Luncheon

The date of the 2019 Glenwood Staff Appreciation Luncheon has been set for **Tuesday, March 12th**.

A request for food contributions and volunteers will be sent home shortly.

Movie Night

The last movie night of this school year will be held on **Friday, March 8th**.

The movie has yet to be determined, but an advertisement and reservation form will be sent home shortly.

Bodyscience Workshop

The Glenwood PAC is pleased to present Saleema Noon's Body Science workshop. More information will be sent home in coming months, but in the meantime save the following dates.

Parent session mon **Monday, May 27th** from 6:30 until 8:00 pm. Kids and parents session **Wednesday, May 29th** from 6:30 until 8:30 pm.

Upcoming PAC Meeting

Our next PAC meeting will be held on Wednesday, **April 3rd at 6:00 pm** in the school library.

Everyone is welcome to attend PAC meetings and contribute thoughts and ideas. Join us to discuss priorities for the year and to hear from Vice Principal Mr. LaPlante about current school-related news and events. PAC meetings will be held approximately every second month and days/times will be varied to accommodate diverse schedules. Child-minding will be available for all meetings.

Tentative PAC meeting for the PAC AGM is **May 29th**.

Volunteers Needed!

Studies have shown that helping others can make us happier, as long as the activity is rewarding and something to look forward to. Did you know that those feelings of happiness can prevent and relieve some of our most painful struggles?

Mental Health Benefits of Volunteering:

Reduces Stress

Whether we are working with adults, children or pets, a meaningful connection can take our mind off our worries when we put our attention on someone or something else. The richer the experience, the more we feel satisfied with giving of our time and talents, and that can result in improved mood and less stress.

Builds community, increases socialization, combats loneliness

While volunteering, we can make new friends growing our social network and, potentially, our professional one. Picking an activity that we enjoy gives us a higher chance of meeting people who share our values and worldview. Like-minded, like-hearted people come together over common interests. It's possible to create friendships that can last long after the volunteering ends. For those of us who are naturally more shy and introverted, a volunteer activity can help break the ice while helping others.


Increases Confidence

Some volunteering activities require learning new skills. Gaining a new ability coupled with being in an unfamiliar environment can provide mental stimulation that we would otherwise not experience. Also, in growing our skill set to make a difference for others, we can gain a sense of pride and identity, which can lead to having a more positive view of oneself.

Gives a Sense of Purpose and Meaning

Regardless of our age, whether we are still in our prime income-earning years or retired, volunteering can give meaning, purpose, and fulfillment in ways different than what we do or have done for work. Regardless of what you choose to volunteer for, the willingness to do what's needed in the moment no matter how humbling the task can put things in perspective and help grow compassion for others while expanding our minds and worldview.

If you are ready to make friends, improve your mental and physical health, and develop new skills along the way, please consider volunteering at Glenwood. You can change your life and the lives of others when you do. Don't overlook the benefits of volunteering. Embrace them!



Volunteers are always needed for all of our committees. This is a great opportunity to get involved and help ensure our annual and ongoing PAC sponsored events are a success. You can find out more about each of the committees or sign up by speaking to a member of the PAC Executive or by emailing us at **Glenwood.PAC@burnabyschools.ca**

Contact Us

Contact the Glenwood PAC at Glenwood.PAC@burnabyschools.ca

Watch for details about PAC news, events, meetings and more through the Glenwood listserv, the school website (<https://glenwood.burnabyschools.ca/>) and on the bulletin board at the school entrance.

Ongoing Fundraisers

Please consider supporting the following ongoing Glenwood Elementary fundraising initiatives:

Oliver's Labels

Oliver's Labels is a great source for durable personalized labels and tags for kids. Find labels and tags for almost anything a kid can lose, throw or leave behind! Use the Glenwood link (<http://www.oliverslabels.com/GlenwoodPAC>) and 20% of your purchase will support our school.

COBS Breads

Each time you buy baked goods at COBS Breads at Market Crossing, mention you're raising dough for Glenwood Elementary and 10 percent of your purchase will be donated to our school.

Lee's Bottle Depot

Bag your bottles, cans, and other refundable containers and drop them in the Glenwood Bin at Lee's at 7385 Buller Ave, Burnaby. Glenwood receives 100% of the value of your returnables. Spread the word to your neighbours, friends, and family!

QSP

Purchase your magazine through QSP subscriptions and Glenwood earns 37% of your order. Visit www.qsp.ca to register and shop. Glenwood's ID number is 3744828.