



# Blakeburn Banner

November 2012

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Dear {FAMILYNAME} Family

We hope everyone has settled into the new school year by now, as here we are already getting ready for the festive season. The PAC has a bagful of holiday activities going on: Christmas Treat Day, holiday cooking with Neufeld Farms, Mabels Labels gifts... and of course, those runny winter noses.

Let's get into the spirit!

*The Blakeburn PAC Executive*



The **Gardening Committee** is looking for more members to help coordinate our occasional gardening days. The outdoor classroom that we have created is diligently weeded by our primary students, and all students are enjoying the benefits of hands-on instruction, but we do need some adult input in planning and coordination of gardening events.

Contact Andrea Dowdle on [hotlunch@blakeburnpac.org](mailto:hotlunch@blakeburnpac.org) if you can help.



**Neufeld Farm Order Pickup** is on **Wednesday, December 5, at 2:30pm** at the school. You have to either pick up your order yourself or make arrangements for it to be picked up by a friend.

Please note that all these items are frozen, and the PAC does not have a freezer at our disposal, so we cannot store anyone's order. A reminder will be posted closer to the pickup time again.



The **Yearbook Committee** is asking everyone who has taken photos of students at school events up to and including Halloween to submit these before November 30. There are several methods of photo submission:

- Email a few photos at a time to [blakeburnyearbook@shaw.ca](mailto:blakeburnyearbook@shaw.ca)
- Leave a CD, DVD, flash drive or other media format marked with your name in the Yearbook folder in the school office
- Upload your photos in full resolution to a photo sharing site like Picasa or Photobucket, change the album to private, and share the album link via the above email.

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**Hot Lunch** this month is on **Friday, November 30**. **Treat Day** on **Friday, December 7**, is going to be really special, as kids would have ordered various seasonal treats like Gingerbread Kids, Reindeer Rice Krispie Cookies or Crinkle Cookies.



If you'd like to help distribute the lunches or treats on either day to classrooms, and have about 30 minutes to spare, please contact Andrea Dowdle on [hotlunch@blakeburnpac.org](mailto:hotlunch@blakeburnpac.org).



## PARENT Q&A

**THIS MONTH'S TOPIC:**  
**Skipping Getting Sick  
This Season**

Welcome to our new Parent Education Coordinator, Liesl Jurock, who will be serving up a monthly dose of topics relevant to our parent community. Do you have any issues you wish you had more time to do research on? Email Liesl on [education@blakeburnpac.org](mailto:education@blakeburnpac.org) and let her do the research for you!

*Q. I really don't want a repeat of last winter where some member of my family was sick every day between November and February. How do I get*

*my kids NOT to bring home the latest cold strain? And then there's lice going around too... help!*

A. That does not sound fun! I did some research and found some surprising facts about colds, flu and lice that might help all our families.

1. **It's not just about washing hands.** If your kids don't DRY their hands, it's even worse for carrying germs than if they hadn't washed them at all. Taking time to train our kids to wash hands with warm soap and water AND dry them after any contact with bathrooms, food, animals and other people is the best defense against transferring cold germs.
2. **Flu shots might be free for you this year.** The flu hits 10-25% of us between Nov-April every year and young children are among the highest at risk. This year, Fraser Health has added two new groups to the list of people eligible for free flu shots: "healthy children from 6 months to less than 5 years of age" And "household contacts and caregivers of children from birth to less than 5 years of age" which would include parents and other kids.

Find out about upcoming free flu clinics and where else to get a flu shot on the [Blakeburn PAC website](#).

3. **Know the "facts of lice" to avoid & get rid of the little buggers.** As the threat of lice spreads through some of the classes at Blakeburn, so does parent panic. But if lice hasn't hit home, there are some ways to try and prevent it. And if it has, there are many remedies that can beat the bugs which can be bought or home-made.

Get tips and remedies on the [Parent Education](#) page of the Blakeburn PAC website..

Want to share your tips? Add them to the comments on the Blakeburn PAC Parent Education blog: <http://www.blakeburnpac.org/parent-education.html>

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## **Mabel's Labels for Christmas presents**

Stuck on what to get the kids for stocking stuffers? Mabel's Labels make great gifts. not just for kids but also for that wife who wants to organize her craft supplies or husband labeling his countless drawers of screws in the garage.

They are dishwasher, laundry and microwave safe, so feel free to put these labels through their paces.  
Buy them through the link below, and a portion of the sales will benefit Blakeburn PAC. These make great gifts too!



**Buy Mabel's Labels to support our fundraiser.**

Label's for clothes, shoes, containers and more. [▶ Shop Now](#)



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