



# THE GREEN ISSUE

October 2012

Blakeburn Banner

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Dear {FAMILYNAME} Family

Welcome to the green October issue of the Blakeburn Banner, the newsletter of the Blakeburn PAC that keeps you connected with what is happening at your child's school.

This month we'd like to show the PAC's support of the school's Litterless Lunch efforts, by giving you some practical tips and ideas. In the last 2 years the PAC have made great strides in becoming an eco-conscious organization. This very newsletter that you are reading now is the result of our first such effort a couple of years ago. Not having a 4-page newsletter printed for 370 students every month makes a difference, and we thank you for your support of this initiative.

Enjoy this issue!

*The Blakeburn PAC Executive*

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[www.blakeburnpac.org](http://www.blakeburnpac.org)

Yes, we have done some serious spring cleaning this fall! Our brand spanking new website is live and ready for your perusal. Watch the home page, as we will post important messages right there for you to see first. This is a way of going **green** by minimizing notices sent home.

The aim with the redesign was to create something of value to every parent in Blakeburn. Parents of prospective and new students will find explanations of events happening around Blakeburn - not everyone automatically knows what hot lunches and walk-a-thons and running club is about! Those parents who would like to volunteer some time but are not quite sure where they are needed will find a place just for them in the "[Get Involved](#)" section. And even experienced parents will find some helpful web resources that we have carefully chosen for you in the "[Find help](#)" section. And if you're not sure what PAC is even about, you can find out in the "[Discover PAC](#)" section.

Also, for the first time ever, our website is also mobile-friendly, meaning that you can check us out on the run.

Have a look and let us know what you think. Comments are welcomed at [webmaster@blakeburnpac.org](mailto:webmaster@blakeburnpac.org)



The due date for the **Activity Fee** is **Friday, October 26**. Please ensure you get your donation in by this date to

**IMPORTANT  
DATE!**

guarantee a tax receipt before the end of the year. If you need to print a copy of the form to fill out, [click here](#).

This fee gives parents the chance to make a one-time donation and not be inundated by constant fundraising efforts throughout the year. We only keep those fundraising activities that are of actual value to parents or the community, like Neufeld Farms and the carnival.

Money that the PAC raises get plowed directly back into the school. We are proud to say that only 0.8% of funds are needed for operating costs, directly because of the selfless gifts of time and money of parents and volunteers. The other 99.2% are applied in keeping with the goals of making Blakeburn a Caring, Creative and Intelligent School. Visit the [budget page](#) on our website to see for yourself how these monies are budgeted to be spent this year.

**Hot Lunch** this month is on **Friday, October 26**, and the kids can get ready to enjoy some goodies from Bread Garden.

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

The logo for 'HOT LUNCH' features the word 'HOT' in white above a stylized orange bowl with a smiling face and three wavy lines representing steam. Below the bowl is the word 'LUNCH' in white. The entire logo is set against an orange rectangular background.

## PARENT Q&A

THIS MONTH'S TOPIC:

### Litterless Lunches

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. After Blakeburn's Litterless Lunch week, my son wants me to pack a litterless lunch every day. I am happy he is becoming green conscious but I don't have any more time to prep lunch. How can I make this easier?*

A. I was also a little overwhelmed when it came to switching to litterless lunch, but found some tricks to make it easier and cheaper:

### **Three Tips for a Painless Switch to Litterless Lunch**

#### **1. Get the goods.**

If you don't have reusable food containers, or want to start from scratch, you'll want to invest in some that will work for your child's favourite foods and fit in their lunch kit. Compartmentalized containers, like bento boxes, various sized Tupperware-like storage units, or washable bags work well. Add a refillable water bottle, cloth napkin, and reusable cutlery, and you are set.

*Get ideas for reusable products on the [Parent Resource](#) page.*

#### **2. Buy in bulk.**

Skip the individually packaged Goldfish crackers or mini yogurts and pick up normal or bulk-sized packages of your child's favourites that you can divvy up into the containers. Stock up on healthy foods like fruits and vegetables that don't come in any packaging! You'll save money too - studies show you can save a third of what you were spending before going litterless.

*Get ideas for what to put into litterless lunches on the [Parent Resources](#) page.*

#### **3. Prep ahead.**

To really make this worthwhile, prep what you can ahead of time and enlist your child to help. If you have five sets of containers, you can pre-load snacks, pre-cut veggies, and dole out yogurt or drinks on Sunday night, then add whatever else the night before. Or if you're reusing the same containers, teach your child rinse and refill their snack and drink containers every night.

*Get more tips on making litterless lunch easier on the [Parent Resources](#) page.*

Making changes in your family is not always easy, and if it still feels overwhelming, take it one step at a time. Our Principal, Jane Kruks, is encouraging the kids to take their drink boxes home and refill baggies. Next, replace those boxes and baggies with containers. And so on. Besides saving money for your family, you're saving your school as well from wasting money on trash removal. Of course you're helping the environment too by keeping waste out of the landfill. But more importantly you're supporting your child to make this positive change!

*How many pounds of waste do you think the average elementary school kid brings into their school each year? Check out the [Parent Resources](#) page to find out!*

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## **Mabel's Labels**

Now that everyone is ready to go litterless. how on earth do you keep all those containers from making it safely home? Easy - use Mabel's Labels!

They are dishwasher, laundry and microwave safe, so we promise that you will throw away the container long before that label will come off. The fact that these labels stay stuck means that a little goes a very long way.

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](#)



**facebook**

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