

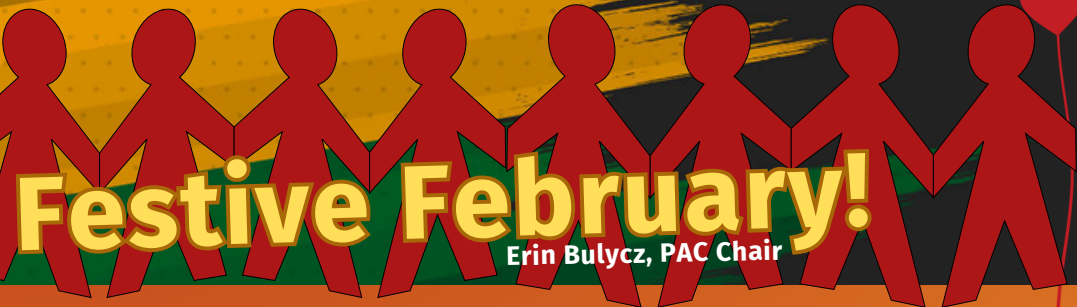
SEYMOUR HEIGHTS ELEMENTARY PAC

-NEWSLETTER-

Vol .06 (23/24) Newsletter



BLACK HISTORY MONTH



Festive February!

Erin Bulycz, PAC Chair



There is so much to celebrate in this short month! Black Excellence is celebrated for the whole month of February, February 10th started the 15-day celebration of the Lunar New Year, and then there is Valentine's Day and Family Day!

Black History Month is a great opportunity to celebrate ways in which Black folks have contributed to making Canada a diverse and prosperous country. Much of Black history focuses on traumatic experiences of enslavement and discrimination, so this celebratory month was voted unanimously in our House of Commons in 1995 and continues to gift us opportunities to learn about the perspectives and achievements from Canada's Black communities. Take time to relearn something this month and add BIPOC perspectives to your media intake for the rest of the year too!

Lunar New Year is celebrated on the second new moon after the Winter Solstice. This year marks the year of the dragon in the Chinese Zodiac, attributing strength, ambition and charm (Time) to children born during this year (our grade 6 students were the last dragon babies!). They are destined for success as visionary leaders with energy, independence and determination, but tend to have a lack of willpower (Washington Post). So if you want a baby born in the year of the Dragon, either get on it or wait another twelve years!

As for **Valentine's Day**, for many of us, this began with scratch and sniff paper stuffed into class-made

envelopes that were taped to the front of our desks. It evolved into single red roses and heartbreak, dipped into occasional boycotting and then evened out into regular family dinners served with heart napkins. Oh no, just me?

Even the history of Valentine's Day is shady! Saint Valentine was a 6th century rebel who was likely a criminal officiant who inspired a 14th century love poem. That poem sparked hundreds of years of writing about Valentine love. From that, elaborate heart-shaped Valentine card were created in the 19th century and today we use perforated cartoon cards that function as an economic pulse after January retail lows (History.com).

Family Day is our newest addition to the February Festivities. I would love to tell you that Family Day was created in 2013 to simply give families more time together, but that seemed suspicious. A few articles explained how time together is also good for the economy: a weekend of canceled activities gives families a chance to spend more time and money on other family events and attractions (Calgary Herald). Alternatively, check out kidsoutandabout.com and nvrc.ca for free or low cost ideas!

February is full of celebration: some historically embedded in our culture, others relatively new, and all with a subjectively interesting history. Take some time over the family day long weekend to share these tidbits with your kiddos! And I hope you find the space to rest and refuel.



MULTICULTURAL EVENT COMMITTEE

Monday, March 11th 4-5pm in the school LIBRARY
(during the student-led conferences)

We are forming our multicultural committee that will plan Seymour Heights' first (annual!) cultural event embracing and celebrating cultural diversity! Committee members will have the opportunity to contribute unique perspectives, ideas, and experiences while collaborating with individuals from various backgrounds to plan a celebration of diversity. Everyone is welcome! [Email Azzah at theseymourheightspac@gmail.com](mailto:Azzah@theseymourheightspac@gmail.com) if you have any questions. Otherwise, see you on the 11th!

SPRING MOVIE NIGHT

Friday, April 5th in the school gym

Doors Open at 5:15pm - Movie Starts at 6:00pm

Pre-Order Your Pizza!, and pick up at 5:15pm

Movie: UP - Rated PG

Entry is by donation, and space is limited (no camping chairs please!). There will be chairs/benches located at the back of the gym if needed.

No outside food please, \$7 popcorn combos and \$1/\$2 concession will run from 5:15pm

LINKS!

- The new lunch program session has launched!
- Check our school calendar and PAC website for PAC meetings and events.
- ***BEFORE FEBRUARY 18th!*** Consent to the Card Project to order quality, custom products that showcase YOUR child's art.

UPDATES!

Konstella, our new communication web/app service, is in trial mode! We are currently testing the app for announcements, committees and private communication tools. Next, we will get our class reps up to speed and they will send out invitations for our whole school community to start using it before our Heights Night fundraiser!

After consulting with staff, admin and district IT support, our **Tech Upgrade Committee** has drafted a proposal for classroom technology upgrades. Having consistent access to upgraded devices means predictability in the classroom for both standard lesson planning as well as for adapted curriculum.

Please vote! We will be voting on the Tech Upgrade proposal and the Vice Chair position at the Feb 22nd PAC meeting!



VOLUNTEERS NEEDED!

Please Email theseymourheightspac@gmail.com if you can help with any of the following:

PAC VICE-CHAIR

Let us know if you are interested in this position, as we will be voting for candidates at the February 22nd PAC meeting!

SPRING FAMILY MOVIE NIGHT

We need a few more volunteers for set-up on Friday April 5th. Childcare available! Email kyliemains@gmail.com.

TRAFFIC SAFETY

Our Traffic Safety Committee is looking for additional volunteers to remind and guide traffic on Carnation St for 15 minutes before and after school.

HOT LUNCH VOLUNTEERS

We need a few more volunteers to sort and deliver lunches to classrooms.

SPRING HEIGHTS NIGHT

Our infamous Heights Night team would like to start recruiting volunteers to find and collect donations for both our silent and noisy auctions! Please sign up for as many donations as you can [here!](#)

BLUERIDGE GOOD NEIGHBOUR DAYS

The Blueridge Team is looking for Seymour Heights representation in planning the June 2024 event. Monthly meetings start February 20th.

2023/2024 PAC MEETING DATES

Thursdays 7pm In the school library

September 28, 2023

October 26, 2023 November 23, 2023

January 25, 2024

February 22, 2024

April 18, 2024

AGM May 23, 2024 June 20, 2024

All caregivers at Seymour Heights are PAC members and are welcome to join us in person or online!

Agenda and meeting minutes!!

The Parent Advisory Council (PAC) of Seymour Heights Elementary School acknowledges and honours the səlilwətał, TWN, Skwxwú7mesh Squamish, and xʷməθkʷəy̓əm Musqueam nations, on whose unceded lands the school resides. We offer sincere gratitude and respect to the original and continued stewards of this land. We are committed to relearning Canadian history and continuously learning the truth about Indigenous experiences and how to advocate for reconciliation as individuals and as a PAC team.