



Kitsilano PAC | March 2021 Newsletter

Main Items

- Message from the Chair
- PAC Events
- Buy a Yearbook! on School Cash Online
- Save the Date - Virtual Pub Night
- Next PAC meeting - Zoom Link
- Community Events and Resources



Message from the Chair

Spring Break is almost here!

It has been a year since things changed at our school due to COVID-19. The teachers, administration, students, and families have done an amazing job of adapting to all of the changes that we have faced. It hasn't always been easy, but a lot has been accomplished.

PAC has a new webmaster! Thank you to Ray who has very generously stepped in over the last weeks. If you would like to get involved with the Kits PAC [please contact us](#).

Please check out the information in this newsletter about

- Purchasing a 2020-21 Yearbook before Spring Break to win prizes
- PAC's Spring Pub Night plans to go virtual and raise money for clubs and PAC costs

All parents are welcome and encouraged to come to PAC meetings. You will learn more about what is happening at the school and hear from:

- invited speakers on topics of interest to parents
- updates from the Principal, Ms. Bains
- updates from teacher representatives and student council

We look forward to you joining us at the next meeting and finding your way to get involved!

Please visit our [PAC website](#) for more information.

Upcoming ONLINE PAC Events

March 30

PAC Pub Night

Arrangements for Pac's annual Spring Pub Night are underway. We are going virtual this year. Watch for more details on the Pac [website](#) and by email.

April TBD

What's Next

Date to be confirmed - Jake Fidler from Capilano University will be joining us in April. For grade 10, 11, and 12 families, Jake will give an overview of

admission, program, and financial support information. Watch for details on the Pac [website](#) and by email.

April 27 7:00 PM

PAC Meeting

Zoom link for [registration](#)

Buy a Yearbook!

A note from Mr. Mehl:

The yearbook is coming together, however they are VERY behind with sales. Only about half of all grade 8 to 11's and about 60% of Grads have purchased a yearbook. With decreased sales the cost per book increases; so please buy a copy!. There are many reasons why you want a book, here are just some of them:

- **THERE WILL BE NO PDF version**, there was last year, but there will NOT be one this year.
- We are creating a full yearbook with over 200 pages that document the crazy year this has been. You will want to have one so you have a printed record of what 2020 was like at school.
- We DO have content, not just about COVID; this content includes quarantine trends/looks, how summer 2020 went, elections, protests and all the 'traditional' content such as Arts, Sports activities and clubs, however they managed to meet and run their activities.
- Higher per-book costs mean we will NOT be ordering extra books for cash sales in June.

Please avoid disappointment, and go to School Cash Online to order your yearbook – everyone who orders a book before March Break will be entered into a draw for Kits Merchandise – Hoodies, Hats, etc! Marketing students will be going out to all classes to share details over the course of next week.

If you have any questions, you can contact Mr. Mehl at atrmehl@vsb.bc.ca

Save the Date - Virtual Pub Night!

We are planning our Spring Pub Night!

Save the date: March 30

We are planning the annual fundraising Pub Night and going virtual. Plans are in the works to partner once again with Rogue Kitchen on Broadway. PAC Pub Night raises funds to support clubs and PAC costs. Watch your email and the PAC [website](#) for more details about how to buy tickets and participate online.

Next PAC Meeting - JOIN US!

Looking forward to seeing you at the Kitsilano PAC ONLINE meeting

When? Tuesday, April 27, 2021

Time? 7:00 - 9:00 PM

Where? [zoom link registration](#)

Minutes from the last PAC Meeting are available on the [PAC website](#).

- You will be sent an email with your own specific link to join the meeting.
- When you join, you will enter a waiting room until the host admits you.
- Registration will remain open until after the meeting starts.

- For questions about the meeting, please contact kitspac@hotmail.com.
- For questions about registration, please contact alan.patola.moosmann@vancouverdpac.com

Community Events and Resources

Kitsilano Neighbourhood House

- Youth Drop-Ins and Lounge day run regularly using Zoom, and is a place for kids in grades 7 – 12 to drop-in and hang out with other teenagers their ages in a safe space right in their own community. Drop-Ins will often include activities and special events, while Lounge day will be less structured, and a place for teens to hang out and chat with friends. Check their [website](#) to find out more about upcoming online activities or subscribe to their [newsletter](#).
- Every Tuesday and Friday, 4:00 – 6:00pm – [Virtual Drop-In](#)

Big Sisters of BC Lower Mainland Study Buddy Program (Free)

- Study Buddy is a weekly 1:1 mentoring program that focuses on schoolwork. Students in this program not only improve their academics but also report a higher level of self-esteem and better social interaction with peers.
- Referral criteria: Female-identified youth (girls, transgender youth and non-binary) age 7 to 17 at the time of application who are in need of academic support or assistance for school-related work and able to meet the minimum time commitment (1 hour per week for at least 6 months).
- For more information, please contact: Ivy Chiang, Program Manager Email ichiang@bigsisters.bc.ca or call C: 604.832.9136
- www.bigsisters.bc.ca

Kelty Mental Health Resource Centre (BC Children's Hospital)

- BC Children's Kelty Mental Health Resource Centre provides peer support, information, and resources to help you talk to and guide a youth in your life to the services and supports they may need.
- Find tips for starting a conversation with your youth about their mental health, how to support a youth who comes to you with concerns, information on how to reach a parent peer support worker at the Kelty Centre, and additional resources and tools.
- Foundry, a unit at Kelty, offers young people ages 12-24 resources and services online and through centres across BC, including virtual counselling and youth peer support.
- Check their [website](#) for more information.

Youth Empowering Youth

- Youth Empowering Youth (YEY) is a developmental movement led by teens for teens to nurture, support, and strengthen young leaders.
- YEY is a safe, positive place where teens can explore their talents while equipping themselves with the life skills they need to reach their goals.
- Through a comprehensive curriculum based on the Slight Edge Principles, YEY dives into real issues like identity, self-assurance, resiliency, and taking responsibility for thoughts, feelings, and actions.
- Each 90-minute Zoom class builds on the principles of the last lesson and is designed to be fully participatory and interactive.
- For more information check the YEY website [here](#).

Follow Us on Instagram!

