

# PAC News

École Millstream Elementary

October 2017



## Halloween Howl

Come out and join your school community for the Halloween Howl fundraiser!

There will be costume contests, dancing, and the concession will be open.

Location: Gym

When: October 26  
6pm

Cost: minimum \$2  
donation per person



## Bottle Drive!

When: Saturday, January 6

Where: Millstream School

Please save your bottles so we can make this drive even more successful than last year! Volunteers will be needed!

Please contact  
Nicole Fraser at  
[fraser.nicole@gmail.com](mailto:fraser.nicole@gmail.com)

## Popcorn Day!

You can now prepay for Popcorn Day online! Order popcorn for the year under the Fundraiser banner on MunchaLunch.



**Tired of battles at  
mealtime?**

**Run out of healthy ideas  
for lunches?**

Join us for an informative chat full of ideas for feeding our kids food that is healthy, fun, and that they will actually eat!

When: November 7@ 6:30pm

Presented by:

Nicole Fetterly

Registered Dietitian

Down-To-Earth Dietitians

[www.victoriadietitian.ca](http://www.victoriadietitian.ca)

## Important Dates

October 3 – Picture Day

October 8 – Thrifty Foods  
Kids Run

October 9 – Thanksgiving  
(No School)

October 16 – Popcorn Day

October 20 – Pro D Day  
(No School)

October 26 – Halloween  
Howl

October 26 – Boston Pizza  
Hot Lunch

October 31 – Costume

Parade @8:40am

November 7 – Nutrition Talk



## Ongoing EASY Fundraisers

Cobbs Bread – tell them you are with Millstream Elementary before you pay

Co-Op Gas – use #13999

Bottle Depot – ask for your return refund to go to Millstream Elementary

Thrifty's Smile Card – pick up a card in the school office, load, and use in-store to purchase your groceries. Thrifty's gives the school 5% of your total!

## Emergency Preparedness Bin

The following is a list of items that are still needed for the school's emergency supplies:

- Pry bars
- Duct Tape
- Scissors
- Portable Radio
- Batteries
- Hand Sanitizer
- Wet Wipes
- Folding Shelves
- Rope
- Granola Bars
- Hard Candy
- Games for the kids to play
- Non-perishable food items
- Pop-up tents

Donations of these items would prevent the PAC from having to spend limited funds in order to purchase.

Please contact  
Tawny Bella

[tawnypye@shaw.ca](mailto:tawnypye@shaw.ca) if  
you can contribute

## Concession Make-Over!

**To link Millstream more closely to the BC School Food & Beverage Guidelines, the PAC is excited to announce a revamped concession menu!**

Alongside all of the fun treats, we're also going to be having more hearty fare, fresh fruits and veggies, and so much more. So when you come for an event, you can easily feed your family and feel good about what you're choosing . . .

**With guidance from Dietitian, Nicole Fetterly ([www.victoriadietitian.ca](http://www.victoriadietitian.ca)), a fellow Millstream Mama (to Max, gr 1 & Nora, gr 3)**

*Concession will be open for the Halloween Howl, Craft Fair, and Movie Nights*



### Millstream PAC 2017/2018 Executive/Sub-Committee Members

President	Sarah Ramsbottom	<a href="mailto:swramsbottom@gmail.com">swramsbottom@gmail.com</a>
Vice Presidents	Taryn Treloar	<a href="mailto:ttreloar@sd62.bc.ca">ttreloar@sd62.bc.ca</a>
	Bonnie Frazer	<a href="mailto:bonniemfrazer@gmail.com">bonniemfrazer@gmail.com</a>
Treasurer	Nicole Fraser	<a href="mailto:fraser.nicole@gmail.com">fraser.nicole@gmail.com</a>
Secretary	Dale Breese	<a href="mailto:dbreese17@gmail.com">dbreese17@gmail.com</a>
SPEAC Rep	Tracy Raven	<a href="mailto:tracyraven@hotmail.com">tracyraven@hotmail.com</a>
Events		
Co-ordinator	Sarah Gordon	<a href="mailto:sarahgordon82@icloud.com">sarahgordon82@icloud.com</a>
Hot Lunch		
Co-ordinator	Amanda Dumitru	<a href="mailto:mandi133@gmail.com">mandi133@gmail.com</a>
Emergency Preparedness	Tawny Bella	<a href="mailto:tawnypye@shaw.ca">tawnypye@shaw.ca</a>

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