

newsletter

LORD TWEEDSMUIR PARENT ADVISORY COUNCIL



NOVEMBER 2021 NEWSLETTER:

MESSAGE FROM THE PAC CHAIR:

Dear Parents & Guardians,

Thank you all for attending our last PAC meeting. It's so great to see so many new faces at our meeting. I hope you find them as informative as I do as we get our updates from our Principal and chair members-myself, or Rob on what initiatives we're supporting each month. There is a financial update from our treasurer, Chamyl and most importantly, updates regarding the status of our current fundraisers and any upcoming ones that our talented Fundraising Coordinator, Enza is organizing.

The first two months have come and gone and as a parent, I feel like I'm finally establishing routines and norms and able to manage having our children back at school again. It's a big adjustment for our family after summer and one of the most important things for us is the amount of sleep we all get. I found this amazing resource page through the BC Children's Hospital website and it's called Live 5-2-1-0 and can be found at <https://live5210.ca/pages/home>. This infographic on sleep is hugely helpful to determine what is a healthy amount of sleep and how to achieve it and can be viewed on the following page.

I hope to see you all at the meeting

on the 17th!

Elaine

Chair: Elaine Soo
Email: pactweeds@gmail.com

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School on Twitter!
@TweedsNW



DATES TO REMEMBER:

Nov 17-PAC Meeting 7pm (Zoom)

PAC INFORMATION:

<https://lordtweedsmuirschool.ca/parents/parent-advisory-council/pac-information/>

Want to get PAC News?

Receive updates and info right to your inbox! Send an email to pactweeds@gmail.com to be added to our mailing list.



KEEP CALM
AND
COME TO A
PAC MEETING

Live 5-2-1-0 and Sleep

Live 5-2-1-0 is an easy-to-remember, evidence-based message for school-aged children:



Enjoy **FIVE** or more vegetables & fruits every day.



Play actively at least **ONE** hour each day.



Power down—no more than **TWO** hours of screen time per day.



Choose healthy—**ZERO** sugary drinks.

Sleep is also important for a child's health and well-being, including the **quantity** and **quality**.

Sleep is important for:



COGNITIVE GROWTH



OVERALL PHYSICAL & MENTAL HEALTH



A HEALTHY BODY WEIGHT

For optimal health benefits, children aged 5 to 12 need:

9 to 12 HOURS OF SLEEP PER NIGHT



How can following the Live 5-2-1-0 guidelines help to improve sleep in children?



Excessive screen use near bedtime can:

- Delay bedtime
- Make it difficult to calm down and fall asleep
- Lead to poor sleep quality and daytime sleepiness

Bright light exposure from screens interferes with the body's normal sleep-wake cycle.



Regular physical activity can:

- Decrease how often children wake up each night
- Increase how well-rested kids feel the next day

Adolescents with high physical activity levels tend to:

- Have earlier bedtimes
- Require less time to fall asleep



Drinking caffeinated beverages can:

- Increase the time it takes to fall asleep
- Decrease the amount and quality of sleep

Lack of sleep can lead children to make more unhealthy food choices (having more sugary drinks and fewer servings of vegetables).

Children who get enough restful sleep at night are more likely to make healthier choices during the day!

For sources and more information on Live 5-2-1-0, visit live5210.ca

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FUNDRAISERS:

Save the dates:

- Growing Smiles Fundraiser-order until Nov. 14th
- Pick-up is Nov. 22nd at the undercover area near the playground.
- Pick-up time is TBC.

<https://lordtweedsmuir.growingsmilesfundraising.com/home>

- Purdy's Chocolate Fundraiser-order until Nov. 28th
- Pick-up is Dec. 04th at the undercover area near the playground.
- Pick-up time is TBC.
- Campaign code: 51435

<https://fundraising.purdys.com/>

Contact: (604) 339-1740 or fundraising.tweedspac@gmail.com with any questions. Thank you for all your support!

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