

GOLDSTONE PARK ELEMENTARY



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यह बहुत ज़रूरी नोटिस है एसका हिन्दी मे अनुवाद काकाईये।

ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਸੂਚਨਾ ਦਾ ਅਨੁਵਾਦ ਕਰਵਾਓ।

Ito ay importanteng impormasyon. Mangyaring isalin ito sa Tagalog.

Fri, Oct 22 nd	Pro-D Day – No School	Thu, Nov 11 th	Remembrance Day – School Closed
Mon, Oct 25 th	We Scare Hunger Food Drive	Fri, Nov 12 th	Pro-D Day – No School
Tue, Oct 26 th	Family Smart Workshops Virtual at 6:30pm	Mon, Nov 15 th	PAC Meeting – 7:00pm in Library

Spirit Wear

**LAST DAY TO ORDER IS
TOMORROW OCTOBER 15th!!**

T-shirt Tuesdays continue this year. Classes are invited to wear their class colour Goldstone Team shirt. It is an easy fun way to have whole school spirit. If you need a new shirt, order information is all online-under school cash. Please remember you must be registered under school cash.



We SCARE Hunger

Our annual Halloween food drive will begin Monday, October 25th! Please send a non perishable food item. No family should ever go hungry!!



FAMILY SMART WORKSHOPS

We are a team of Parent Peer Support Workers for Surrey, Delta, and White Rock.

We are very excited about an upcoming "In the Know" session, where we will discuss "Beyond Behaviours: When Is It More? What it Looks Like at Ages 9 to 12". I have attached our poster which has all of the information to register, please share it with those you feel would benefit. As always, our events are free to attend.

Virtual Event

Registration: <https://familysmart.ca/event/surrey-delta-white-rock-beyond-behaviours-when-is-it-more-what-it-looks-like-at-ages-9-to-12/>

Date: **Oct 26th, 2021 at 6:30pm**

If you have any questions, please don't hesitate to contact us at SurreyDeltaWhiteRock@familysmart.ca.

Mental Health Supports

We are very pleased to share two mental health videos for students (and supporting resources) that have been developed by our district through the Fraser Health region Rapid Response Team (RRT).

- The first video, titled *You Are Not Alone*, contains information about the importance of good mental health and how to recognize and manage signs of poor mental health. The video reminds students they don't need to deal with things alone, and to reach out if they are struggling, highlighting the many avenues of support available at school, at home and in the community.
- The second video, *Coping With Stress & Anxiety*, defines healthy stress versus unhealthy stress, and explains ways that the latter can contribute to mental health challenges and physical ailments. It includes tips on how to manage stress and again, urges students to seek assistance if they need it.

LINKS TO VIDEOS AND SUPPORTING RESOURCES

You Are Not Alone - Elementary ([English](#)); [French](#); [Punjabi](#), [Mandarin](#), [Arabic](#)
[Teacher Resource Guide](#)

Posters - [You Are Not Alone](#); [Your Mental Health is Important](#)

Coping with Stress & Anxiety - Elementary ([English](#)); [French](#); [Punjabi](#), [Mandarin](#), [Arabic](#)
[Teacher Resource Guide](#)

Posters - [Coping With Stress & Anxiety](#); [Stress](#); [Anxiety](#)

PAC HOT LUNCH PROGRAM 2021/2022

As we get ready for another exciting year at school, it is also time to get the Hot Lunch Program up and running. We will be doing online ordering for all orders to ensure accuracy with the orders and to make the process as easy for everyone as possible.

On-line registration and ordering:

The hot lunch online ordering system requires a small amount of set-up time at the beginning. However, once the account is set up, ordering lunch for the remainder of the year should be quick and simple. Here's how to get started...

- ✓ Go to goldstonepark.hotlunches.net
- ✓ Click on "Click here to register"
- ✓ Enter access code **GPHL**
- ✓ Complete registration form (please include a current email address to ensure you receive reminder emails about ordering deadlines and upcoming orders)
- ✓ Click the "Register Now" button at bottom of form
- ✓ Follow instructions to add each child in your family that attends Goldstone Park Elementary
- ✓ Once your child(ren) are registered, click on "Orders"
- ✓ Proceed to order lunch for your child(ren)

If you have any questions or need assistance with registration, please consult the "Parent Instruction Guide" under "Help".

Fundscrip Fundraiser

Do you buy groceries, gas, household items, shop at big box stores or have a renovation project? Go to out to restaurants or need gifts for upcoming birthdays, holidays or special events? Do you have a business looking for employee and client gifts?

Fundscrip is a fundraising program that allows our PAC raise much needed funds by purchasing gift cards to the stores you're already shopping at. You receive the face value of the gift cards you purchase and a percentage of your purchase will be donated to our fundraising campaign.

There are over 100 different cards to choose from! Order online through our hot lunch website or by printing out the order form below and returning to your child's teacher with a check made payable to Goldstone Park PAC.

For assistance with large orders please contact PAC directly.
Please have all orders in by **Friday, October 29th.**

NAME	TELEPHONE	PAYABLE TO
		https://goldstonepark.hotlunches.net

NOTES
 Paper order forms along with a check made payable to Goldstone Park PAC can be returned to your child's teacher Online orders can be made on our hotlunch website.
<https://goldstonepark.hotlunches.net>

THE ESSENTIALS

Grocery												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Extra Foods, No Frills, Real Canadian Superstore, Real Canadian Wholesale Club, Your Independent Grocer	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
Instacart	3%	\$25 >		\$50 >								
M&M Food Market	3%	\$25 >		\$50 >								
Sobeys, Safeway, Thrifty Foods	3%	\$25 >		\$50 >		\$100 >		\$250 >				

Gas												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Esso, Mobil	2%	\$25 >		\$50 >		\$100 >						
Petro-Canada™	2%	\$10 >		\$20 >		\$25 >		\$50 >		\$100 >		
Shell	2%	\$25 >		\$50 >		\$100 >		\$500 >				

OTHER CATEGORIES

Restaurant & Coffee												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
A&W	4%	\$10 >		\$25 >								
Boston Pizza	5%	\$25 >		\$50 >		\$100 >						
DoorDash	4.5%	\$25 >		\$50 >								
Earls Kitchen + Bar	5%	\$25 >		\$50 >								
JOEY	6%	\$25 >		\$50 >								
Kelseys, East Side Mario's, Elephant & Castle, Harvey's, Montana's BBQ & Bar, New York Fries, Original Joe's, Swiss Chalet, The Ultimate Dining Card	5%	\$10 >		\$25 >		\$50 >		\$100 >				
Kentucky Fried Chicken, Pizza Hut, Taco Bell	3%	\$25 >		\$50 >								
McDonald's®, McCafé	2.5%	\$15 >		\$25 >		\$50 >						
Moxie's Grill & Bar	10%	\$25 >		\$50 >		\$100 >						
Pizza 73	10%	\$10 >		\$25 >		\$50 >		\$100 >				
Pizza Pizza	10%	\$10 >		\$25 >		\$50 >		\$100 >		\$500 >		
Starbucks	3%	\$5 >		\$25 >								
SUBWAY®	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$500 >		
Teriyaki Experience	10%	\$10 >		\$25 >								
Thai Express	4%	\$25 >		\$50 >		\$100 >						
The Canadian Brewhouse	8%	\$25 >		\$50 >		\$100 >						
The Chopped Leaf	10%	\$25 >		\$50 >		\$100 >						
The Keg Steakhouse + Bar	5%	\$25 >		\$50 >		\$100 >						
The Old Spaghetti Factory	5%	\$25 >		\$50 >								

Restaurant & Coffee (Continued)

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Tim Hortons	2%	\$15 >		\$25 >		\$50 >		\$100 >				
Uber Eats	2.5%	\$10 >		\$25 >		\$50 >						
Wendy's	3%	\$10 >		\$25 >		\$50 >						
White Spot	5%	\$25 >		\$50 >								

Apparel

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Aerie	6%	\$25 >		\$50 >		\$100 >						
ALDO	10%	\$25 >		\$100 >								
American Eagle®	6%	\$25 >		\$50 >		\$100 >						
Claire's	4%	\$20 >										
Gap, Baby Gap, Banana Republic, Old Navy	5%	\$25 >		\$50 >		\$100 >						
H&M	3.5%	\$25 >		\$50 >		\$100 >						
Harry Rosen	5%	\$100 >										
La Senza, La Senza Express	7%	\$25 >		\$50 >								
La Vie en Rose, Bikini Village	8%	\$25 >		\$50 >								
lululemon	2.5%	\$25 >		\$50 >		\$100 >						
Mark's	7%	\$25 >		\$50 >		\$100 >						
Roots, Roots Kids	10%	\$25 >		\$50 >		\$100 >		\$250 >				
Simons	5%	\$25 >		\$50 >								
Suzy Shier	6%	\$50 >		\$100 >								
Warehouse One	6%	\$50 >										

Business & Office

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Staples	3%	\$25 >		\$50 >		\$100 >		\$200 >		\$500 >		

Children & Toys

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Build-A-Bear Workshop®	7%	\$25 >										
The Children's Place	8%	\$25 >		\$50 >		\$100 >						
Toys "R" Us, Babies "R" Us	2%	\$25 >		\$50 >		\$100 >						

Department Stores

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Amazon.ca	2%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
Dollarama	3%	\$10 >		\$25 >		\$50 >						
Hudson's Bay, TOPSHOP TOPMAN	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
Walmart	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
WINNERS, HomeSense, Marshalls	6%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		

Electronics

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Best Buy	1.5%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
The Source	2%	\$25 >		\$50 >		\$100 >						

Entertainment

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Chapters, Indigo	5%	\$10 >		\$25 >		\$50 >		\$100 >				

Entertainment (Continued)

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Cineplex, Famous Players, Scotiabank	4%	\$10 >		\$25 >		\$50 >		\$100 >				
Landmark Cinemas	4%	\$25 >		\$50 >								

Health & Beauty

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Bath & Body Works	5%	\$25 >		\$50 >								
Fruits and Passion, THE FACE SHOP	10%	\$25 >										
Regis Salons, Hairmasters, MasterCuts	5%	\$25 >										
Rexall	2%	\$25 >		\$50 >								
Sephora	4%	\$25 >		\$50 >		\$100 >		\$250 >				
Shoppers Drug Mart	3%	\$25 >		\$50 >		\$100 >						

Home & Garden

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Canadian Tire	4%	\$10 >		\$25 >		\$50 >		\$100 >				
Home Depot	3%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Home Hardware, Home Furniture	3.5%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Lowe's	3%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
RONA	3%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Stokes, ThinkKitchen	6%	\$25 >										

Specialty

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
App Store & iTunes	3%	\$25 >		\$50 >		\$100 >						
DAVIDsTEA	3%	\$25 >		\$50 >								
DeSerres	5%	\$25 >		\$50 >		\$100 >						
Groupon	3%	\$25 >		\$50 >								
Kernels Popcorn	5%	\$15 >		\$25 >		\$100 >						
MOLLY MAID	4%	\$100 >										
PetSmart	2%	\$25 >		\$50 >		\$100 >		\$250 >				

Sports & Leisure

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Bass Pro Shops	4%	\$25 >		\$50 >								
Cabela's	4%	\$25 >		\$50 >		\$100 >						
Foot Locker	5%	\$25 >		\$50 >								
Golf Town	3%	\$25 >		\$50 >		\$100 >		\$250 >				
LifeExperiences.ca	7%	\$100 >										
Running Room	6%	\$25 >		\$50 >								
Sport Chek, Atmosphere	4%	\$25 >		\$50 >		\$100 >						

Travel

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Best Western	2.5%	\$50 >		\$100 >								
Fairmont Hotels & Resorts, WillowStream	8%	\$50 >		\$100 >		\$250 >						
Origine artisans hôteliers	2.5%	\$50 >		\$100 >		\$250 >		\$500 >				
Uber	2.5%	\$10 >		\$25 >		\$50 >						

Others Retailers

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Ivanhoe Cambridge, Guildford Town Centre, Metropolis at Metrotown, Tsawwassen Mills	3.5%	\$25 >		\$50 >		\$100 >						

TOTAL OF THIS ORDER	\$
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