

PAC NEWSLETTER



Co-Chair Report



Emergency Preparedness Committee

With the recent tragic events in Haiti, we are reminded that natural disasters can strike at any time. Our Emergency Preparedness Committee is mindful of this, and is holding a Bootcamp Fundraiser for the acquisition of a container to house emergency equipment for the school. The Bootcamp will take place every Saturday 10-11 am during February. For details contact Sharon Kinahan 250-519-0340 or kinahan1@telus.net



Gaming Funds - Have you written your letter yet?

Our information and request that you send a letter to the Government asking for 100% of Gaming Funds to be given back to our school was sent out recently. Please write your letter asking the government to reinstate this money and drop it off at the school.



We would like to thank the many parents in our community who coach. This year the School District allowed parents to coach without a teacher-sponsor. This is done under the condition that parents have a criminal check and be approved by the Principal. What this means is a potential for more teams if parents can volunteer. To those of you who volunteer your time for the Monterey community,

coaching, driving and scorekeeping, we express our gratitude.

Sincerely,

Rhea Cavelti jrcavelti@shaw.ca
Patty Wells pattywells@shaw.ca
Monterey PAC Co-Chairs



Upcoming Programs for Teens at the Library

Here are some of the upcoming programs for teens at the library. For full program information for Adults and Children, please see www.gvpl.ca All library programs are free.

Here's what we've got this term:

Book Clubs - various locations, various themes, some online, some as groups, some independent ...

Creative Writing Workshops

Classic Video Game Tournament

Volunteer Opportunities: Reading Buddies and Youth Advisory Council

Contest for Freedom to Read - review a banned book and win a prize



2010 Friday Fun Foods Dates (Arguably the most important information in the Newsletter 😊)

😊Feb 12

😊Feb 26

😊Mar 26

😊Apr 9

☺Apr 30

☺May 14

☺May 28

☺June 11

ChildsPlay101.com.

This is an interactive community directory that lists all the activities, lessons and camps for children between the ages of 3-16 in the greater Victoria area.



Parent Education Evening

Many thanks to Constable Davindar Dalep, Oak Bay's School Liason Officer, who presented an excellent talk on Youth and Drugs, Alcohol and Mischief in Oak Bay. This event was well attended and parents had great questions. If you missed this evening go to www.montereypac.org to view the power point presentation. Thanks to Karen Pettit, Member at Large, organizing this evening.

Constable Dalep touched on the fact that Facebook should be a concern for parents as this social networking site can be misused by children and adults alike.

Here are some good tips regarding Facebook and other social networking sites.

[Marc Saltzman](#)
[Five ways to protect yourself on Facebook!](#)

By [Marc Saltzman](#)

As you likely know, Facebook is now the world's most popular social networking site, where more than 300 million users post information about themselves, keep in touch with old friends and join groups and support causes that matter to them.

But many Facebook users are unknowingly exposing themselves to identity theft by publishing personal details on the mega-popular website. Or they're falling for scams that exploit tragic events, such as the recent earthquake in Haiti - giving money to thieves instead of those in need.

If you're spending time on Facebook, take heed to the following five tips to better protect yourself online. Much of the same advice can be used for other networking sites such as MySpace, Twitter and LinkedIn.

1. Never give out personal information

Posting your name on your Facebook profile page is perfectly reasonable, but you need not list your address, birth date, phone number, work details or any other private information that can be used against you. Also be cautious about what kinds of photos your kids or friends are posting, in case they reveal personal info such as a photo of them in front of their school sign. Remember to remind your kids to never ever meet a new Facebook "friend" in real life.

2. Close your network

Rather than making your profile public to everyone – meaning all your details pop up if someone clicks on your name – choose to close your Facebook network to everyone except for a small group of friends. Further, when you accept a friend request, don't be afraid to click the box that says "limit my profile." Don't feel obligated to accept a friend request from someone you don't know.

3. Watch your wall

You might do a good job keeping personal info off your main page, but your friends or coworkers might blow it. Example: you're going on vacation and leaving your house vacant for a week, so you don't broadcast this information on the Internet. Except a friend or two writes on your wall - for all to see - "Mary, have fun in Mexico this week! Bring me home some tequila!" Sigh, be sure to remove these comments as soon as possible. You might be tempted to ask a friend to remove these comments while you're away - but remember to change your Facebook password when you return.

4. Be wary of forms

Thousands of third-party Facebook applications can add to the site's functionality, be it trivia games, video posts, horoscopes and so forth. While free, many of these companies like to collect names for marketing purposes, so be aware of forms you might be asked to fill out before using their application. Don't fill out every field if you don't feel comfortable with it. If it's mandatory, consider another application or make up the information - like the street address 123 Sesame Street.

5. Use email messages

Remember, Facebook walls can be viewed by anyone, and on multiple devices (computers, mobile phones, televisions, etc.), so before you post a comment or question to it, ask yourself if it's better as a private email. Similarly, you might upset the person you're writing if your message contains personal information. Be cautious of what information you're revealing about yourself, such as "Hey, here's my new cell phone number!"

[Email This Article](#)

[IM This Article](#)

MIDDLE SCHOOL COMMITTEE

Hello, My name is Annette Woroniuk and I am the Middle School Representative for Monterey. The Middle School Committee tries to meet monthly to discuss current events at each school and to share and discuss questions, concerns and successes from each Middle School. If you as parents have any concerns or questions as to what may be happening at other middle schools please feel free to contact me at aworoniuk@shaw.ca and I will be happy to voice your questions.

To date VMSC has met four times and has covered topics such as: parent involvement at PAC meetings, District changes to parent coaches without teacher-partners, parent-teacher interviews, parental response to new implications of the two week Spring Break and Curriculum Completion dates.

Most recently the Middle School Committee has been busy assisting a PAC

hosted **Appreciative Inquiry**. The Appreciative Inquiry was a highly successful two day session that emphasized looking at creative solutions to make middle schools in Victoria the best possible places of learning. People shared fabulous stories of what was working in their schools. The kids that attended were great and really contributed to the whole event, especially with the stories. It was really more about thinking about the process, not being given the solutions but rather being shown the tools to gather the school together in order to use the Appreciative Inquiry model back at the school by doing visioning exercises about the best possible school and what that would look like. The next step was to try and put those visions into practice. For further progress on the Appreciative Inquiry as well as opportunities to volunteer, I invite you to check out the website at www.victoriamiddleschools.ca.