

March 2015

Manitoba Association of Parent Councils

# E-BULLETIN

*Helping Parents Find a Voice in Education*

Happy Saint Patrick's  
Day



## Upcoming Events

[St. Patrick's Day](#)  
Mar 17, 2015

[MTYP presents: Spot](#)  
Mar 23 - Apr 2, 2015

[Festival of Fools at the Forks](#) is  
Mar 28 - Apr 3, 2015

[WSO presents: Jack and the Beanstalk](#)  
Mar 29, 2015

[Easter weekend at Oak Hammond Marsh](#)  
Apr 3, 2015

[Talk With Our Kids About Money Day is](#)  
Apr 15, 2015

[MAPC AGM and Conference](#)  
May 1 & 2, 2015

## Plans Near Final for the MAPC AGM & Conference!

**F**riday, May 1 and Saturday, May 2, 2015 is the MAPC Annual General Meeting and Conference at the Victoria Inn Hotel and Convention Centre, Winnipeg. We hope you'll join us for an evening of celebration and a day dedicated to you and your fellow parent volunteers! Keynote speaker [Mark Burch](#), Author, Educator and Facilitator, will be presenting, *The Monkey in the Room: How Mindfulness Can Contribute to Personal, Family and Community Well-Being*.

*"Families now experience many pressures from many different directions. These stresses can undermine the quality of family life, the experience our children have in school, and the fabric of community relationships. We are reminded of the colourful Buddhist metaphor of the "monkey mind"—a state of continual distraction, hyperactivity and stress. This presentation will explore the*

*sources of monkey mind in modern life and how we might fashion alternative ways of living that can bring us greater well-being."*

Visit the MAPC website for all the [workshop descriptions](#).



The conference registration packages have been both mailed and emailed to all MAPC members - contact the MAPC office if you have not received your copy. Be sure to take advantage of the **Early Bird rate** of \$100 if you register before March 27, 2015. Please note there is no charge if you are interested in attending the AGM only. You must, however, pre-register your attendance so we can ensure sufficient seating. [Contact](#) the MAPC office if you have questions. We look forward to seeing you there!

## Celebrate Parents Who Enrich School Community

**R**ecognizing parent volunteers is a very special part of the celebration at the MAPC [Annual General Meeting and Conference](#). Show someone special that their efforts do not go unnoticed by nominating him or her for the [Judy Aiken Memorial Award](#).

Each year, MAPC looks forward to awarding an individual whose dedication to volunteering in their school community goes above and beyond and really epitomizes what it means to dedicate one's time and talents to enrich the lives of others in their community.

Nominations are being accepted until Friday, March 27, 2015. You can download a nomination package from the [MAPC website](#).



1005 - 401 York Avenue  
Winnipeg, MB R3C 0P8  
Phone: 204-956-1770  
Fax: 204-956-7780  
info@mapc.mb.ca

www.mapc.mb.ca  
[www.facebook.com/mapcmb](http://www.facebook.com/mapcmb)  
[www.twitter.com/mapcmb](http://www.twitter.com/mapcmb)

## MAPC Board of Directors for 2014–2015

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Director  
Director*

## SEND A KID TO CAMP

Every child deserves the opportunity to go to camp! The Manitoba Camping Association Sunshine Fund offers a subsidy to help children and youth in financial need experience summer camp. Visit the Manitoba [Camping Association](#) for more information.

## Creating Healthy Environments

**A**re you a parent interested in creating healthier environments in school? The Child Nutrition Council of Manitoba, in partnership with Manitoba Healthy Food in Schools and Prairie Mountain Health, are offering a free workshop on **April 10, 2015** in Brandon, MB, for people working with, or interested in, food in schools. Contact [info@childnutritioncouncil](mailto:info@childnutritioncouncil) for more information and to register.



## Manitoba Education

Visit <http://www.edu.gov.mb.ca/k12/index.html> or click on the links below for the latest news and offerings from our provincial government!

- [Refuse Refuse - A Guide to Waste Reduction in MB Schools](#)
- [A Parent and Student Guide to Senior Years Graduation Requirements](#)

## FREE WORKSHOP: FUNDING YOUR SCHOOL GROUND PROJECT

Looking for some extra funding for your school's green space project? [Evergreen Landscape design](#) is holding a free, 2-part workshop, 'Funding your School Ground Project' on **March 24 & April 7, 2015**. These 2 free sessions will be of interest to any public school planning its own 'greening' project and who are considering applying to Evergreen for funding (other funding sources will also be discussed). Contact [winnipeg@evergreen.ca](mailto:winnipeg@evergreen.ca).

North End Stay and Play,  
a program of  
Women Healing for Change Inc.,  
presents:

**Alpha Children**  
bossy, controlling, anxious, bullying...  
**Attachment is key...**

with Pamela Whyte

Friday, April 17, 2015,

9:00 a.m. to 3:30 p.m.

Rossmere Country Club

925 Watt Street

Cost is \$60. Email Debbie

[dsiegel@shaw.ca](mailto:dsiegel@shaw.ca)

for more information and to register.