

THIS IS AN IMPORTANT NOTICE



**CPAC Food Programs
2009-2010**

www.capilanoschool.ca

**Food orders
due
September 15**

Dear Capilano Parent,

Welcome to an exciting year at Capilano! As well as gaining the coveted International Baccalaureate Program Candidacy status, our school population is growing. In order to reduce the workload for our parent volunteers, while also delivering high quality programs to meet the needs of our students, our food programs and CPAC communications are going completely on-line.

Parents have the option of placing food orders through our new web-based system, or by paper form.

Online Orders:

There are many advantages to using the online system:

- It's quick, secure and user-friendly (no calculator required!)
- You will receive a **discount** on your lunch order
- You can view your lunch orders anytime (online, save, or print)
- You have complete control over your account
- You can receive CPAC e-newsletters and email reminders throughout the year
- You have access to event calendar, free classified ads, class and staff lists, and math worksheets.

Want to receive CPAC information, but don't want to order lunches? Just log on and create an account.

Access the online form* :

- Go to the school website at www.capilanoschool.ca and go to the CPAC page, OR
- Go direct at <http://capilano.hotlunches.net> (NOT www)

From the home page:

- Create an account and enter the school access code: **caplunch2010**
- Add your students
- Place your orders for the current schedule (email reminders will be sent for subsequent schedules)
- Send payment (print the order remittance slip and enclose in a sealed envelope).

For extra help and information, the school website has a downloadable **USER GUIDE** that you can save to your desktop or print. Alternatively, refer to the copy at the school office.

Paper Orders:

Paper order forms can be picked up from the school office. Please leave sufficient time to complete the order form and submit it with payment by the due date of September 15. Because there is so much extra work involved for volunteers to process paper orders, the discount will not apply to orders received on paper forms. Please be sure to double-check your math, and you **must** provide an email address. One order form should be completed for each student for whom you are placing orders. We will create an online account on your behalf, and sign you up to receive CPAC newsletters.

Orders must be placed by Tuesday, September 15, to allow us time to process the orders for our Family BBQ and food programs that start in September. Late orders can only be processed as paper orders. Payment is due September 17.

* If you have difficulty gaining access to a computer, please see the school Principal, Mr. Marshall, to use our school's computer lab.

FAMILY BBQ – Food Orders Due September 15

The CPAC is pleased to offer parents and staff a fun social event to start the new school year on September 17, from 5.30 to 7.30 pm on the gravel field. Please come out and join us for the very popular annual Family BBQ. Pre-order to ensure your choice, as limited numbers of meals will be available to purchase at the BBQ.

- ⇒ In order to make this event successful with a wide variety of foods and to support our fundraising efforts, we are asking families to bring a small contribution for our buffet table, according to the following grades (finger foods please, provide a serving utensil if required and be sure to label your serving dish with your name):

Grade K - 1	Desserts
Grades 2 – 4	Burger stuffers (e.g., sliced tomato, cheese, pineapple, bacon, pickles, mushrooms, sliced onion, lettuce, etc.) (condiments will be provided)
Grades 5 – 7	Vegetables and dips, fruit platters, salads

- ⇒ **VOLUNTEERS** are needed to help set up, grill, etc. Please contact me if you can help to make this BBQ another fun and successful CPAC event.

OTHER FOOD PROGRAMS – Food Orders Due September 15

Fruit and Vegetable Program

This program was very popular with our students last year, so we are pleased to announce that our school is again participating. This program is intended to improve nutritional awareness and encourage healthy eating habits amongst school-aged children. Twice per week, every second week, students will be offered fresh produce during classroom instruction. The program is **free** to parents, but does require parental consent. Please note: the program is not intended to replace food sent from home, so please continue to send snacks to school with your child.

- ⇒ To give your consent, place an order for 1 for each student (this will be clear when you see the order form)

Lunch Programs

This year, we are pleased to offer four lunch programs: Pizza Day, Hot Dog Day, Subway Day and My Tiffin Day. **These lunches will take place on Fridays.** The menu choices have been carefully selected to meet the requirements for the Provincial Food Guidelines. Please contact me if you require information on ingredients. Subway Day is being sponsored by the Grade 7 class as their principal fundraiser for graduation celebrations. We are using different hot dog buns this year.

*******Kindergarten Parents*******

Due to the short duration of the Half-Day kindergarten sessions, safe food-handling practices and volunteer schedules, participation in our programs is set out below. Please complete your order accordingly.

Program	All Day K	Half-Day K
Family BBQ	Yes	Yes
Lunch Programs	Yes	► No
Fruit and Vegetable Program	Yes	► No

Here is a summary of the important information:

- Orders must be placed by Tuesday, September 15 for all food programs
- Payment is due by Thursday, September 17
 - Sealed envelope with remittance slip and payment, returned to teacher or school office
 - Cheques payable to Capilano Parent Society
- Late orders can only be processed as paper orders
- View links, user guide and additional information at www.capilanoschool.ca.

If you have questions, please contact me.

Kate Weiss, Food Coordinator, 604 985 1002 or kate@bedakaro.com