

Ross Road PAC Newsletter April 27, 2021

## Virtual Auction

ÉCOLE ROSS ROAD ELEMENTARY

# VIRTUAL AUCTION

→ OPENS 9AM APRIL 30 ←  
CLOSES 9PM MAY 14

COMING SOON!

OVER 80 ITEMS

PRESENTED BY

**JORDAN HURDAL**  
604.786.6131  
jordanhurdal.com

exp REALTY

Three stylized hands are shown at the bottom, each holding up a circular sign. The left hand holds a sign that says "COMING SOON!". The middle hand holds a sign that says "OVER 80 ITEMS". The right hand holds a sign that says "PRESENTED BY JORDAN HURDAL 604.786.6131 jordanhurdal.com" and includes the "exp REALTY" logo.

## Ross Road's Got Talent

We want to see your talents! Get creative - show off your baking talent with a time lapse video, or share your mad mountain biking skill. As long as it's creative and you have fun doing it, then go for it. We're looking for talents such as (but not limited to) singing, dancing, instrumental music, skits, magic, comedy, martial arts, juggling, and lip syncs.

Visit [rossroadpac.ca/events](https://www.rossroadpac.ca/events) for the video submission form.

**REGISTER TO WATCH** - celebrate spring and the end of our online auction.

*Ross Road's Got Talent* will include some additional fun games and prizes for all families that tune-in.

Free Zoom Talent Show & Family Fun

Friday May 14

6:30-8:00pm

[Register here to watch and be entered for a prize!](#)

### Videos:

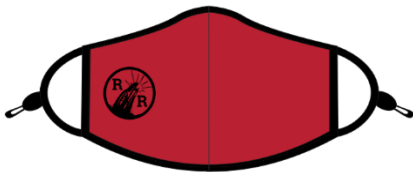
Talent show submissions will be pre-recorded and uploaded to a secure link. The different acts will be made into a movie to create our show, that will take place on Zoom May 14th.

Please remember:

- videos must be 3 minutes in length or less
- videos must be shot in landscape orientation
- all student participants must have signed parent/guardian consent
- please adhere to all COVID safety protocols for safe distancing and gathering

Questions? Email: [rossroadevents@gmail.com](mailto:rossroadevents@gmail.com)

## Ross Road Masks



Ross Road Masks We still have Ross Road face masks in size small and size medium (fits most adults) available. Masks are \$10 with net proceeds going to support the PAC. To purchase masks please contact [denisedehestani@gmail.com](mailto:denisedehestani@gmail.com)

## Ross Road on Instagram

The Ross Road PAC is now on Instagram! Follow us today @rossroadpac to stay connected to your school community!





**North Shore Neighbourhood House presents:**

**Positive Mental Health Spotlight...**  
**a program for Pre-Teens Grades 4 - 7 on**  
**Enhancing Positive Mental and Physical Health**

**REGISTER TODAY** by emailing:  
[alesage@nsnh.bc.ca](mailto:alesage@nsnh.bc.ca)

Program facilitated on Zoom on the following dates/times  
(must commit to all):

Wednesday May 12th 4:30 - 6:00pm

Wednesday May 19, 26, June 2, 9 @ 4:30 - 5:30pm

You will learn:

- Create a practical mindfulness toolbox
- How to decrease stress + anxiety
- What increases/decreases our mental energy
- Benefits of meditation + mindfulness
- Creation of a personal movement program
- Creating sustainable healthy habits
- Strengthening your mental and physical health



Program proudly supported by Neptune Terminals

Facilitated by Hayley Winter (CMT, CCP)  
email [info@refuelhealthandwellness.com](mailto:info@refuelhealthandwellness.com)