



# PAC CONNECTION

MAY 1 2026



## SLEEP AND SCREENS

Want to learn more about how screens can affect your child's sleep, as well as practical ways to manage healthy sleep, and screen use? Hosted by Mackenzie Elementary, and lead by Island Health, join this free, virtual parent education session on Sleep and Screens, Wednesday, May 13th from 7 to 8pm. Join the webinar [HERE](#) (no registration needed).

## SAVE THE DATE - AGM

Our PAC AGM is happening on June 3<sup>rd</sup>, at 6:30pm. This is an important meeting to attend as this is when we conduct our annual elections.

We are currently seeking nominations for our Chair, Vice Chair, and Secretary, as well as volunteers who might be interested in helping out with Fundraising, and Events committees, or getting involved with our Healthy Schools Committee.

If you are thinking about getting involved and have questions, or would like more information, email [northridge.pac.info@gmail.com](mailto:northridge.pac.info@gmail.com)

## BOTTLE DRIVE THANK YOU

Thank you to all the volunteers who helped out, and everyone who dropped off their cans and bottles last weekend - we raised \$618!

**Next PAC Meeting**  
**Wed, May 6 @ 6:30pm**  
**in the staff room, or**  
**online [HERE](#).**

Did you know that every Northridge Family is automatically a voting member of the PAC?



More Info?  
[northridge.pac.info@gmail.com](mailto:northridge.pac.info@gmail.com)



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