



GLANFORD MIDDLE SCHOOL NEWSLETTER

April 27, 2005

Greetings to All **GMS** Families!

MYABC Conference

The **GMS** staff have just returned from a most inspiring professional development experience in Abbotsford, BC. We joined hundreds of middle school teachers, support staff, and administrators at Rick Hansen Secondary School and Eugene Reimer Middle School to be part of this annual event. BC's own **Rick**



Hansen was the opening speaker, reminding all of us that "anything is possible", and that the work we do with middle

school kids is critically important. Rick's keynote address was SO inspiring – there weren't many dry eyes in the audience! Rick reminded us that all students should receive an excellent school experience, and challenged us as professionals to do everything we can to motivate and inspire Middle School students to reach for their dreams and to believe that anything is possible. Workshops were offered in the areas of social/emotional development, academic development, physical development, and leadership. The **GMS** staff have returned to school this week with wonderful strategies and ideas to



implement in our classrooms. The **MYABC** conference (Middle Years Association of British Columbia) has been a tremendous success, having all of us reflect on our practice and work diligently to meet the needs of our fine students. Next year, the **Greater Victoria School District** will be hosting the 2006 **MYABC** conference right here in Victoria, and we are very excited about this! A tremendous thank you goes out to **Sherri Robb**, one of our district's Associate Superintendents, for bringing leadership for our district to this event and facilitating our participation in the conference.

The conference was also highlighted by the presence of **Mr. Rick Wormeli**, a very accomplished middle school educator and executive member of the *National Middle School Association*. There were many strategies and challenges presented to us by Mr. Wormeli, and we'd like to share one of the anecdotes presented (credit to nmsa.org 2002). It is on the topic of "What Do Young Adolescents Crave?" It is suggested our kids crave the following:

- positive social interactions with adults and peers
- structure and clear limits
- physical activity
- creative expression
- competence and achievement

- meaningful participation in families, school, and communities
- opportunities for self-definition

At **GMS**, we are committed to supporting the development of each and every child.

The **GMS** Administrative Team



We are very pleased to announce that the administrative team for **GMS** has now been confirmed by the school district for next year and for the coming years. You may have known that

Mr. Scigliano, our Principal, will be taking a one year leave of absence from **GMS** for the 2005/2006 school year. Mr. Scigliano will be spending time with his family and will be visiting *Italy*, his country of origin. We are delighted to confirm that **Mr. Wayne Hunter** will be the Acting Principal of **GMS** for the 2005/2006 school year, working alongside **Mrs. Wooster**, our Vice Principal. Mr. Hunter has many years of Middle School experience, most recently at Rockheights Middle School in Victoria as Vice Principal. He has extensive experience in the Saanich School District, including the Principalship of Bayside Middle School. Mr. Hunter will be visiting us soon to meet our students, and will be attending upcoming **GMS** PAC meetings as well. Mr. Scigliano will return to **GMS** to be the Principal in September of 2006 and rejoin Mrs. Wooster on the administrative team. Thanks so much to parents and staff for your support and kind words during this staffing process – it is a privilege to work with you!

Mini-Exploratory

Our second round of mini exploratory comes to an end this week. Much like the first round, our students have very much enjoyed the opportunity to try something new! Thanks so much to the **GMS** PAC for their generous financial support of our mini exploratory program. For detailed information regarding this round of mini-x, please see the **GMS** website at <http://www.sd61.bc.ca/school/glanford/sitepages/home.htm>. Thanks so much to **Mr. Brooker**, our very own webmaster, for maintaining our amazing web page.

Tips for Parents from Ms. Brooks, Counsellor

Your children need you to be interested and involved in their academic progress. Your children must, however, be responsible for their own grades, attendance and behavior.

Be interested. Make sure that your child knows that his/her academic progress is important to you. Attend all open houses and parent conferences. Know when each grading period ends, and make sure that you see all progress reports and report cards as soon as they come out. If you do not see a progress report or report card, immediately call the school and request a copy. *Do not just assume that someone will call you if there's a problem.*

Discuss classes and set goals. Sit down with your son or daughter at the beginning of each grading period and help him/her set realistic academic goals for the term. Your child will better understand what your expectations are, and having goals will give your child something to work towards. For example, at the beginning of the grading period, Kathy and her parents decided that she should be able to earn A;s in math, social studies, English, PE,

and art. Since Kathy finds Spanish and biology more difficult, they decided that they'd be happy with B's in these two subjects.

Throughout the term, recognize effort and improvement. Acknowledge each academic success, even if it's only a good grade on a quiz or homework assignment. At the end of a term, you can offer "rewards" if goals are met and/or "consequences" if they're not. Rewards are particularly good when you want to encourage a change in attendance, effort or behavior. Eventually, doing well will be its own reward. Consequences should be logical whenever possible. For example, a logical consequence for routinely being late to school is an earlier bedtime. Never take away a positive activity (sports, school plays, music lessons, scouting, etc.) as a consequence.

Be available to help. Be available to help with homework, but don't give more help than is wanted. Your son or daughter may not ask again. Keep in mind that it is your child's responsibility to be organized, to get homework done, and to prepare for tests.

Listen. Talk to your child about what's happening in school and be a good listener.

Encourage involvement. Students who are involved in school-related activities enjoy school more and they have greater academic success. Encourage your child to be involved in one or more activities at school.

Monitor activities and jobs. Make sure that your child is not spending too much time watching TV, playing computer games, or talking on the phone. Also, make sure that your child is not working too many hours or working too late at a job.

Important "don'ts."

- Don't nag about school or grades. Your child will tune you out.
- Don't allow your child to miss school unless he/she is truly ill. You will send a message that school isn't important.
- Don't criticize a teacher in front of your child. Your child will only lose respect for that teacher.
- Don't make your child's failures (or successes) your own. Your child may see getting poor grades as a way to rebel.
- Don't have expectations that are unrealistic. If your child knows that your expectations cannot be met, he/she may not even try.

Work with the school. Know that teachers, counselors, and principals are there to help your child get the best education possible. A health problem, death in the family, or divorce can affect your child's attitude and/or performance in school. If such a circumstance should arise, contact the principal or counselor and explain the situation. If you have a concern that relates to a specific teacher or class, call the teacher. For other questions and concerns, call your child's counselor.

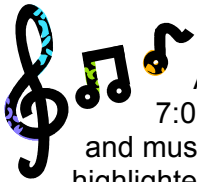
Athletics and Leadership @ GMS

We are now part way through our **Rugby** (Mr. Bedard and Mr. Brooker) and **Field Hockey** (Mrs. Rushton, Mrs. Hall, and Mrs. Paul) seasons and are delighted to see many **GMS** students participating. We also have a **Badminton Club** meeting once a week with Mr. Leischner. Now, we are getting set to offer **Track and Field** (Mrs. Chiappetta and other staff members) for our students – information has come home with interested students. The many leadership opportunities are also a great way our students are



becoming involved and making our school their school – School Spirit, Environmental, Community Outreach, Fundraising, Talent Show, and Monthly Assemblies. Thanks so much to our hard working staff for providing your leadership in these extra-curricular offerings for our students!

Performing Arts Evening @ UVIC



GMS Evening of Fine Arts Thursday, May 12 at 7:00 p.m. Singing, dancing, and music galore will be highlighted in our upcoming event. Enjoy a wonderful evening of fine arts in the beautiful University Centre Auditorium. Tickets are only \$6 and any proceeds after expenses go to support our GMS fine arts programs. GMS Band, strings, dance, exploratory and talent show winners joined by special guests from Spectrum Community School and Marigold School will delight the audience with their skill. Invite your friends and show your support for fine arts at GMS. Ticket request forms are available through a link from our website:

<http://www.sd61.bc.ca/school/glanford>

Upcoming important dates:

- Tuesday, May 3rd – Class photos
- Tuesday, May 3rd – GMS PAC meeting
- Wednesday, May 4th – HAT Day!
- May 5 & 6th – Sr/Jazz Band Sailing trip – Pacific Graces
- Saturday, May 7th – Bandtastic!
- May 9 & 10 – Gecko Team to Camp Qwanos
- May 11th – Assembly 1 p.m.
- May 12th – Fine Arts Evening
- May 19th – District wide transition afternoon – information for Gr. 8 students forthcoming.
- May 20th – Non-instructional day
- May 23rd – Stat Holiday
- May 26 & 27 – Bunnies to Camp Thunderbird overnight

See you in and around GMS !

Mr. Scigliano, Principal
Mrs. Wooster, Vice-Principal

HUNGER & FULLNESS “CUES” - WHY DO WE NEED TO LISTEN TO THEM?

At the first sign of hunger, your body starts to give you signals to make you think about food; this is a hunger ‘cue’. Hunger is directly linked with your body keeping your blood sugar level even, and your brain and body fuelled. When your blood sugar drops, it sends a signal to your brain to let you know the levels have dropped and it is time to eat. If you do not respond, hunger will continue until you find it hard to think about anything else. The stomach will start to growl and you will most likely become grumpy and irritable. When you do eat, your stomach will send a signal to the brain letting it know it is full – fullness ‘cue’. This is your body’s built in system to make sure it is kept well fuelled. Children tend to be more aware of these cues than adults. As we get older and ignore them more often, these cues tend to disappear.

Some people, who have ignored their hunger in the past, will not experience hunger signals very often. This makes it hard for your body to stay fuelled and working well. Teach your children to respect and trust their bodies' ability to let them know when they are hungry and full by role modeling it yourself. Encourage your children to listen to their body’s hunger and fullness cues. It is important to know the difference between hunger and other feelings that may lead us to eat, such as boredom, stress, anger, or anxiety. Let them know that if they are feeling irritable or having difficulty completing a task, that it could be because they're hungry.

By teaching children the importance of eating for their body, it supports their healthy growth and development, and makes it less likely for them to put on unnecessary weight.

For more information www.ellynsatter.com

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HEAD LICE ALERT

Outbreaks of head lice are more common when children start school in September and when they return to school after school breaks.

Head lice cannot jump or fly, they spread quickly by head to head contact and by sharing combs, brushes, etc. Lice cannot live on furniture or carpet. The most common symptom of head lice is constant itching of the scalp.

You can help by:

- teaching your child to not share or borrow hats, hairbrushes, combs, scarves, helmets and hair accessories.
- checking your child’s head frequently (about every 2 weeks).
- telling the classroom teacher if your child has head lice, so other parents can be notified.

For more information contact:

- your local Health Unit
- <http://www.bchealthguide.org/healthfiles/index.stm>
- your doctor
- your pharmacist

DRINK! DRINK! DRINK!

When children are physically active it is important to remember to hydrate ---- drink, drink, drink! Thirst is not a good indicator of hydration; by the time we feel thirsty our bodies have already lost important body fluids (dehydration). Children are especially vulnerable to dehydration.

Water is the best choice to keep children hydrated. The next best choice is milk or calcium fortified beverages (soy or rice) or 100% fruit juice. Sports drinks have been developed for adults and are generally not recommended for children. Children participating in intense athletic activity should use sports drinks in moderation.

To keep your child hydrated, follow these guidelines:

- Encourage them to drink before they feel thirsty.
- Have water available during activity and encourage them to drink frequently (125ml or 1/2 cup every 15 minutes).
- Encourage them to drink water right after exercise (125ml or 1/2 cup for every 15 minutes of exercise).

For more information contact;

- Your local health unit
- Dial A Dietitian 1-800-667-3738 or www.dialadietitian.org

Health Units			
Esquimalt	360-5600	Salt Spring Island	538-4880
Outer Gulf Islands	539-3099	Sooke	642-5464
Peninsula	544-2400	Victoria	388-2200
Saanich	744-5100	West Shore	478-1757