



GLANFORD MIDDLE SCHOOL NEWSLETTER

May 31, 2005

Greetings to all Glanford Middle School Families!

We are well into all of the many activities that have a Spring theme - outdoor education and field trips, track and field, transition activities, and planning for next year! The excellence of our students, staff, and parents has been plentiful in its occurrence and its variety over the past few months. What an awesome inaugural year we are having here at **GMS** - it is a privilege to be a part of this learning community!

An Evening of Fine Arts

On May 12th, our learning community was treated to a spectacular evening of performing arts at The University of Victoria. Performing were all of our band students from grade 6-8, our strings musicians, a selection of "Glanford Idols" from our recent talent show, our choir, and one of our dance groups. Also performing that evening were strings students from Marigold School and a jazz band from Spectrum Secondary. Congratulations to all of the students that performed! What an amazing event it was - the musical and performing arts are indeed something we are proud of at **GMS!** Thank you goes out to our own Mr. Fiello, Mr. Wellby, Mr. Durrance, and Ms. Phillips, as well as the **GMS** staff for their amazing support of this wonderful event.

Student Transition

We had a wonderful day of transition on May 19th, welcoming all incoming students that will be joining us at **GMS** in September, and sending out our grade 8 students for an afternoon at neighboring secondary schools. At our school, our own grade 6 and 7 students, as well as the students that will be joining us in September (about 130 kids!) were treated to a barbecue lunch. A tremendous thank you goes out to our **GMS PAC** chairperson, Audrey Smith, for her leadership in this event. The lunch could not have been so successful without the assistance of parents Darryl Redlin, Lisa Stone, Shannon Sartori, Joanne Barnes, Diana Jackson, Lori Matheson, and other parents and grandparents from neighboring elementary schools. Great Job, everyone!



GMS Thanks You, Mrs. Javorski!

This week marks the end of Mrs. Javorski's temporary teaching appointment at our school. What a wonderful addition Mrs. Javorski has been to our team - her positive attitude, sense of fun, and expertise in the area of learning support has truly been an asset to our school. Thanks Mrs. Javorski - we have appreciated your work at **GMS**.



Parent Appreciation Breakfast



Glanford Middle School thrives as a learning community because of the excellent relationship that is alive between school staff and wonderful parents. Many parents have helped out in a variety of ways to make this, our inaugural year as a Middle School, a great school year for our students. On **Thursday, June 16th**, the Glanford staff wish to show their appreciation for the involvement and work our volunteer parents. The staff would love to visit with parent volunteers on June 16th before school over coffee, tea, and breakfast treats – please meet in the library. Invitations will be forthcoming to all parents that have assisted us this year and RSVPs are appreciated for planning purposes; please don't hesitate to RSVP to the school office (479-7179) if you inadvertently do not receive your invitation for this event.

School Planning Council Report – Mrs. Wooster

I would like to take this opportunity to thank the parents and staff who have volunteered to serve on our School Planning Council. The SPC meets in the spring to review the accomplishments of the school, the student data collected and the parent/student surveys that have been conducted. Using this information, the SPC establishes goals for the upcoming year. This is important work in creating the standards and excellence we have at GMS. Thank you to our SPC Chairperson, Mrs. Wooster, Mrs. Norbury (staff rep), and three dedicated parents – Caroline Gregg, Cindy Egan and Sandra Skene. Details of the 2005/2006 School Goals will be shared at the June PAC meeting.

GMS Retro Assembly and Final Assembly

The final **Retro Assembly** of the year is planned for Friday, June 17th at 9 AM. Hopefully, your child has shared with you some of the exciting events and fun we have at these assemblies. If you are able, please join us! The retro assemblies are an opportunity for us to share the many wonderful events happening around **GMS**. Also, our year end assembly is planned for Wednesday, June 29th, at 9 AM – parents are also welcome to attend this assembly.



Planning For This Year and Next:

Please note that the **Bunnies**, the **Geckos**, and the **Hoopla** teams are all planning year end events for this year; each advisory teacher will be sending detailed info to parents specific to their team

- Wednesday, June 1st, 8th, and 15th – final three rotations for Mini-X
- Monday, June 6th – Friday, June 10th – Bike to School Week
- Tuesday, June 7th – 6:30 GMS PAC meeting as well as a 7 p.m. Band meeting
- Thursday, June 9th – Bike to School Day at **GMS**
- Thursday, June 16th – Parent Appreciation Breakfast, 7:45 AM – 8:45 AM
- Friday, June 17th – Retro Assembly 9 AM
- Friday, June 24th - All Classes to Waterslides
- Wednesday, June 29th – Final Assembly 9 AM; Last day of classes; Year End report cards come home, 2 PM Dismissal

Important Dates:

In accordance with the School Act and the District Calendar Regulations, the following are important dates, scheduled holidays, as well as the Non-Instructional days planned for next year (6 in total) where students will not be in session (PLEASE retain for your Records):

School Hours for 2005/2006

Supervision begins – 8:10 a.m.
Morning classes begin – 8:40 a.m.
Nutrition Break – 10:01 to 10:16 a.m.
Lunch break – 12:08 to 12:58 p.m.
Dismissal – 2:58 p.m. Mon., Tues., Thurs., Fri.
 - 2:01 p.m. Wed.
Supervision ends – 3:13 p.m. / 2:16 p.m.
(Wed.)

Calendar for 2005/2006

2005

- Tuesday, September 6th – School Opening
- Monday, September 19th – Non-instructional day
- Wednesday, September 21st – 12:08 p.m. dismissal – P/T Conference
- Monday, October 10th – Thanksgiving holiday
- Friday, October 21st – Non-instructional day
- Friday, November 11th – Remembrance Day
- Friday, December 7th – Report cards sent home
- Wednesday, December 7th – 12:08 p.m. dismissal – P/T Conferences
- Thursday, December 8th – 1:58 p.m. dismissal – P/T Conferences
- Friday, December 16th – Last day of school prior to Winter Break

2006

- Tuesday, January 3rd – School re-opens after Winter Break
- Monday, January 23rd – Non-instructional day
- Friday, February 17th – Non-instructional day

- Friday, March 10th – Last day of school prior to Spring Break
- Monday, March 20th – School re-opens after Spring Break
- Friday, March 24th – Reports cards sent home
- Wednesday, March 29th – 12:08 p.m. dismissal – P/T Conferences
- Friday, April 14th – Good Friday
- Monday, April 17th – Easter Monday
- Friday, April 21st – Non-instructional day
- Friday, May 19th – Non-instructional day
- Monday, May 22nd – Victoria Day Holiday
- Thursday, June 29th – Last day of school for students

Emergency Preparedness

We are planning a full evacuation of the building and implementing our Emergency Plan in the event of an earthquake. Practicing an earthquake drill allows us to practice our established plan, review our responsibilities, and reduce anxiety for children. Many thanks go to **Debbie O'Connor, Lynn Cassidy, Glenn Bedard, and Fred Schmidt** from our staff for their continued support in this area. Being prepared at home is also of tremendous importance.

Track and Field at GMS

We have had many students participating in Track and Field activities this year at **GMS**, and we are thrilled to have such terrific participation! Students were able to run on relay teams, 800m endurance, 200m, and sprints. We also have field events. Congratulations to all of our students that have participated in these events, and to those that qualified for City Final events. A tremendous thank you goes out to **Ms. Chiappetta** for her leadership with Track and Field this year, as well as **all staff** involved in coaching and supporting our students in these important events.

Bicycle Safety and Environmental Awareness



With the weather improving, more staff and students are riding to school. What a great way to contribute to a cleaner environment!

Canadian Environment

Week is Sunday June 5th to Saturday June 11th, 2005. **Clean Air Day**, Wednesday June 8th, 2005 is a national day to remind us that 'we all share the air.' The National Clean Air Day webpage:

www.ec.gc.ca/cleanair/index_e.cfm

The month of June is dedicated as "Bike Month" in the province of British Columbia.

Bike to School Day is Thursday June 9th, 2005: a day to focus on bike safety. There is a challenge made out to all advisory classes to see which class has the greatest percentage of students/staff riding to school on that day. Prizes will be awarded – so get in the spirit, and tune up that bicycle! Furthermore, we encourage students, parents, and staff to get involved in "***Bike to School and Work Week***" during the week of June 6th – 10th. From the Way to Go Program sponsored by ICBC, we would like **GMS** families and staff to... **Bike Safe! Be Equipped & Get Ready! Before you set out.... Review and practice these rules with your children:**

* **Wear a helmet.** It is the law to wear a helmet while cycling. Wear your helmet at all times with straps firmly fastened.

* **Obey traffic rules.** Bikes and cars obey the same rules.

* **Keep to the right,** ride single file in a straight line, and always with the traffic.

* **Shoulder check.** Look all ways, right then left shoulder check, and signal before turning or stopping.

* **Turn with care.** Most incidents occur at intersections. Look and listen before proceeding, perform hand signal, and obey all traffic signs and lights.

* **Beware of parked cars.** Pass parked cars with caution. Leave adequate distance to prevent being hit if a car door opens or a vehicle pulls out into the traffic lane.

* **Beware of roadway hazards.** Stop and look all ways before entering a roadway, driveway or alley. Try to make eye contact with the driver. When weather conditions are poor, slow down, apply brakes earlier and be extra careful. Avoid riding over potholes, cracks and railroad tracks.

* **Pedestrians have the right of way.** Ride slowly and yield to pedestrians when riding on paths or walkways. Walk bike in crosswalks.

* **Be visible.** Equip bike with front and rear lights and a red rear reflector. Wear light-colored or reflective clothing. Avoid biking at night.

* **Avoid heavy traffic.** Plan your route to use bike paths and less heavily traveled roads. Avoid high-volume traffic or high-speed highways until you have developed the necessary safe bicycling skills.

* **Ride safely.** Don't weave, race or stunt-ride in traffic; don't carry riders or large bundles.

* **Don't carry a passenger on a one-seated bicycle.**

* **Never tow or pull anybody with a bike,** unless using equipment specifically made for safe towing (e.g. trailer).

* **Keep both hands on the handlebars** unless signaling.

* **If passing a cyclist, look behind for approaching traffic** and use a bell, horn or voice to indicate passing.

See you in and around **GMS!**
L. Scigliano, Principal

DANCE!
Jazz, Hip Hop, and Jazz Funk
with
Katie Anderson Summer Dance
July 11 to July 29
9am to 12 pm, Monday to Friday
@ Spectrum Community School

All dancers, whether a beginner or an advanced dancer, both boys and girls, are welcome to come and dance with Katie Anderson for three weeks this summer. Katie currently teaches at Colquitz Middle School and taught at Colquitz Jr. Secondary for the previous four years. The cost is \$70 a week per student or \$200 for all three weeks. If you're interested please pick up a registration form from the office. If you have any questions please contact Katie Anderson at Colquitz (479-1678) or by email at klanderson@sd.61.bc.ca.

VOLUNTEERS NEEDED

The Art Gallery of Greater Victoria needs volunteers for its **GALLERY-in-the-SCHOOLS** program for the 2005/06 School Year.

A short training program is provided in six two hour sessions during September and October at the Gallery. Volunteers then take works of art from the AGGV collection into elementary and middle school classrooms and engage children in looking at and talking about the art.

Previous experience is not necessary to volunteer in this program. A love of children, art and learning are all you need. Participation is rewarding and enjoyable.

Time commitment: Six two hour training sessions September/October. One half day every two weeks November to May. Having your own transportation is preferred.

INFORMATION SESSION ON JUNE 21ST 3:30 – 4:30 pm

For more information, phone Diana Brooks at 384-4171 x 288
Art Gallery of Greater Victoria. 1040 Moss St.

MORE LUNCH IDEAS...

Kids, especially young ones, don't need a lot of food for lunch, but they do like variety. Nifty, colourful packaging (available at the dollar store) makes it interesting. Children involved in making their lunches are more likely to eat them. Here are some more ideas to pack in the lunch bag.

- Instead of sandwiches, try wraps, bagel sandwiches, or crackers and cheese.
- Leftovers such as mini-pizzas and casseroles make for time saving lunches.
- For young ones, prepare fruits and vegetables so that they are easy to eat – peel the orange, segment the melon.
- Kids love dipping – be sure to include a small container of vegetable dip.
- Choose “real” foods, that is, fruit leathers or bars made from 100% fruit or juice boxes that are 100% fruit.
- A frozen 100% fruit juice box makes a super way of keeping lunches cold.
- If sending a hot lunch, make sure that the container keeps the heat in well.
- Non-food treats can include a note from home, stickers, a funky pencil, or a favorite small toy home.

Is it okay to provide a treat in the lunch bag? – sure it is! Make sure 80% of the lunch is nutrition ‘all the time’ foods and 20% are ‘sometimes’ foods.

For more nutrition information call 1-800-667-3438 or visit www.dialadietitian.org. For information on nutrition labelling visit www.healthcanada.ca/nutritionlabelling.

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WHAT IS VITALITY

Vitality is a positive approach towards health and aims to support physical, mental and social well-being by encouraging:

- eating well,
- being active, and
- feeling good about yourself

Follow Canada's Food Guide to Healthy Eating to help make healthy food choices. Work towards 90 minutes of activity each day to support healthy minds and healthy bodies. Work at feeling good about who you are is important to a healthy body image and overall health.

Homes, schools, workplaces and communities that support healthy lifestyles help people to make the health choice the easy choice when it comes to healthy eating, being active and feeling good about themselves.

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