



GLANFORD MIDDLE SCHOOL NEWSLETTER

January 26, 2006

Winter turns to Spring and energy levels will as well.

Happy New Year to our families. GMS staff hope 2006 brings you and your families good health. GMS started 2006 by welcoming 16 grade 7 and 8 Korean students to our school for their ESL January experience. These students are part of an International Exchange Program. Our guests participate in ESL lessons every morning, join our classes three afternoons a week and have outside educational tours two afternoons a week.

Thank you to parents attending the PAC presentation – Drug Awareness on **Tuesday, January 24th** featuring information on Crystal Meth. This was an excellent way to become more aware of challenges facing our young people in making healthy, safe decisions.

Interim Reports

Interim report week will be February 6 to 10. A contact will be made by teachers to parents either through an Interim Report Form, e-mail or phone call for those students whose grades require attention.

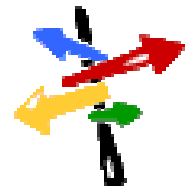
Variety Coin Drive

Congratulations to Jeneece Edroff for championing the Variety Club Coin Drive. Donations are being collected at the school and sorted according to "Team". So far, it looks like the Funkey Monkey's are winning the race!



Student Transfer Process – February 24 to March 3, 2006

The purpose of the Student Transfer Process is to accommodate students in attending the school of their choice. All students in the Greater Victoria School District are members of a Family of Schools. A family of Schools is comprised of several elementary schools from which students move to a designated middle school and from there to a designated secondary school. At any grade level, when students want to change schools (or pathway), they will complete a Student Transfer Application Form. Our school's pathway is Glanford Middle School to Spectrum Secondary School. Thus the only Glanford students who will need to complete a Student Transfer application for 2006-2007 will be:



- 1) Current Grade 8 students wishing to attend any other School District 61 secondary school except Spectrum Secondary, or,
- 2) Current Grades 6 or 7 students wishing to attend another School District 61 school.

Student Transfer Application Forms will be available at any district school or on the District website, www.sd61.bc.ca between February 24 and March 3, 2006.

The following steps are necessary to transfer to another school.

1. Complete the Student Transfer Form. Date and sign the form
2. Students currently in or planning on attending a secondary school (8 to 12 or 9 to 12) in the next school year request an appointment to meet with the Principal of the designated secondary school (which is the school that the students would like to transfer out of).
3. Parents mail or deliver the completed Student Transfer Form to the board by Friday, March 3, 2006.

Transfer requests are reviewed with school space in mind, and students receive written confirmation by the end of March 2006. When students complete a transfer, they will be considered members of the new Family of Schools.

After March 3, 2006, elementary and middle school students wishing to attend a school other than their designated school are asked to go to the school they wish to attend to put their names on a wait list. A late student transfer process for secondary students only will take place between April 2 and May 5, 2006.

The student transfer application form should not be completed when applying to a District Program such as Career Prep, Co-op programs as well as Challenge, Flex Studies, Grade 6 Late French Immersion, Soccer of Baseball programs, Spectrum Hockey Skills Academy, Home Learners' Link, or South Park and Sundance School, and District Special Education programs.

Please feel free to call the school if you have any questions regarding this process.

Layritz Little League

Registration Dates -February 11, 12 17, 18
noon to 3:00 p.m. - Layritz Park Clubhouse
T Ball, Baseball and Fastpitch
Phone 479-4311 www.layritz.ca

Mini-Exploratory at GMS

We are very excited to be starting a new year of Mini-X at Glanford. This term, students have an opportunity to select between 20 different activities. Research has shown how valuable it is at this age to introduce students to a wide array of potential "life" interests. This year's activities include: printmaking, Norwegian baking, bike touring, clay animation, strategy games, floor hockey, guitar demonstration/pop music study, basket making, bowling/hiking, yoga, classic films of the silent era, Kung-fu, digital photography, cake decorating, Warhammer, scrapbooking, Texas Hold'em, Jazz choir, friendship bracelets, and Teen Centre at the Commonwealth Pool. Mini-X will take place on four Wednesday afternoons – Jan. 25, Feb. 1, 8 and 15th, from 1:00 – 2:02 p.m.. We would like to thank the GMS PAC for their financial support of these special learning opportunities. Have a look on the GMS website over the upcoming weeks to see our Mini-X activities in action!

Literacy Week – Feb. 20 – 24th

One of our two school goals at GMS this year has been the development of strong literacy skills. Our aim is to create an environment where reading and writing skills are celebrated, enjoyed, valued, and embraced by our learning community. We are pleased to announce our second annual "Literacy Week" upcoming in February. A brochure will be sent home in the coming weeks to fully advertise our activities, but the highlights will include:



- Scholastic Book Fair – School library
- Visits from local authors – Nikki Tate and Sylvia Olsen
- Writing Contest and School-wide Write
- *Name That Book!* contest
- Student Book Club – students will read a novel & meet to discuss. This year's title is a well-guarded secret until February.

- Book Rewards program – any student who signs out a library book in February and completes a book review will receive a Red Robin gift certificate.
- Student Book Reviews on Studio 85.
- Prizes, prizes...prizes!

The theme of this year's Literacy Week is "Reading Rocks!" Look for details and photos of this exciting event on the GMS webpage.

Basketball at GMS



We have a number of basketball teams happening at the school at this time. Mrs. Rushton and Ms. Durrance are coaching the Gr. 6/7 girls' teams, Mr. Dailyde the Gr. 6/7 boys' teams, Mr. Brooker the Gr. 8 boys' teams, and Mrs. Norbury the Gr. 8 girls' team. All teams are beginning their schedule of games being played against other middle schools. Practices are happening before and after school, as well as at lunch times (coaches have sent information letters home to parents for each team) Like other team sports in middle school, our philosophy at GMS is centered around participation – all students interested, and willing to make the commitment to the team, are enjoying the basketball season. Great job, everyone!

Upcoming GMS Ski Trip

Thanks very much to those families that have returned ski trip notices for the planned "optional GMS ski trip to Mt. Washington for Grade 7 & 8 students" on February 28th. We are reminding families at this time that the pink forms are due in at the office by February 2nd to allow us to finalize plans for February 28th. Thanks for your assistance with this. Once we finalize the number of students attending/not attending the ski trip, alternate plans for the day for students not going skiing will be formalized.



Upcoming Important Dates

- Tuesday, February 7th – PAC meeting, all parent welcome – 7 p.m. in the library
- Friday, February 17th – Non-instructional Day – school not in session
- February 20 to 24 – Literacy week – see details in this newsletter

MSN – an article written for BCPVPA by Jordan Tinney Assistant Superintendent in Saanich.

Over the past couple of years there has been a drastic increase in the use of Internet Chat by teenagers. In our schools, we now frequently deal with issues that have emerged on MSN (Microsoft Network). As school-based administrators, we are concerned about the nature of the activity that occurs on MSN and want to encourage parents to speak to their children about the uses of online chat and how to be Internet aware.

MSN allows groups of people to gather online to "chat." These chats are often anonymous and the invitation is often open to anyone on the Internet to join these "forums." As a parent, when your son or daughter goes on to MSN you are literally opening the invitation to thousands of strangers to speak with your children from an anonymous veil. There are some minor checks and balances in place but generally, the door is wide open and anyone can walk through. In addition, people steal nicknames to fake identity all the time. There is no way to know who Chewbacca really is when they ask if they can speak with you online.

We have had instances of sharing of names, addresses, photos, phone numbers, and other personal invitation and I'm sure you have heard on the news of situations where students have met people online and have set up meetings. Such meetings would cause us, as educators and parents, great concern.

We ask you to become Web-Aware. Know what your children are doing online, to whom they are speaking, and enforce the expectation

that they do not share any personal information. Below are some guiding thoughts for students going online. These come from Web Awareness Canada, which is a wonderful source for parents and can be found at:

http://www.media-awareness.ca/english/special_initiatives/web_awareness/

- Learn about the Internet, and what your kids do on it
- Create a family agreement on Internet use
- Accompany young kids online as they learn their way around
- Teach your children never to give out personal information
- Encourage good Netiquette
- Encourage an open dialogue with kids regarding Internet conduct
- **Put your connected computer in a well-used area of your home**
- Explore technological tools to filter content and control Internet access

We hope that you consider the above information as support for healthy Internet exploration and that you have the time to visit Web Awareness or other sites such as the Government's report at:
http://cyberwise.gc.ca/pdf/illegal_content_e.pdf

The above report has a wonderful section called Internet Safety and Awareness which is recommended reading for all parents.

Crystal Meth Awareness Workshops (Open to all ages):

Three workshops are coming to local Saanich Recreation Centres this winter and spring. Cst. Dean Duthie, an experience police officer will be the presenter for all three workshops. He comes fully prepared with a vast amount of knowledge and experience.

Awareness is key to prevention. The workshops are designed for parents and will cover the effects of meth us, signs/behaviors of a meth user and the dangers of using and

producing meth. Cst. Duthie is the drug expert for the Saanich Police and has presented drug awareness lectures to Saanich schools for the past few years. Dates and places:

Gordon Head Rec Centre – Jan. 31, 7 to 9
Commonwealth Rec – Feb. 7, 7 to 9
Pearkes Rec – March 28, 7 to 9

All workshops are free. Space is limited and people are asked to contact the Rec Centres to sign up. There will be space available for drop in as well. Constable John V. Price, Executive Administration Office, Saanich Police Depart.
[475 4337](tel:4754337) or jprice@saanichpolice.ca

VERY IMPORTANT INFORMATION FROM THE GMS PAC

The February 7th AGM is election time for the GMS PAC. We have some proposed amendments to the constitution to be voted upon and, if passed, an interim PAC executive. Are you interested in becoming involved at GMS? This could be your chance. There is a form in this newsletter to nominate candidates for the Executive positions. For the interim all of the current officers are running again however, we seek candidates for everything. Our next meeting is February 7th 7PM in the Library. The annual fundraiser will run from March 27th thru April 7th. We will be selling chocolates like last year. We seek help. We need a parent rep for each class to make distribution and tracking sales more efficient. If you have some time you can free up for helping on this one time project we would love to hear from you. Email us at Glanford.pac@vcpac.ca or sign the tear off on this newsletter and send it in to school.

The proposed amendments are again included in this newsletter. Take a look at them and join us on February 7th for the vote.

Sincerely
Audrey Smith
PAC Chair

Nominations for PAC Executive:

Chairperson _____ Vice Chairperson _____

Treasurer _____ Secretary _____

Members at large 1) _____ 2) _____
3) _____ 4) _____

VCPAC Rep _____

School Planning Council (one of these must be on the PAC Exec.) 1) _____
2) _____ 3) _____

Notice of intent to amend the Glanford Middle School PAC Constitution:

Section VII: Meetings

c) There shall be an annual General Meeting for the purpose of election of Executive Members held in February of each year.

AMENDMENT:

c) There shall be an annual General Meeting for the purpose of election of Executive Members held in May of each year

Section XI: Term of Executive Position

a) The term of an Executive position shall commence on March 1st and end on the last day of February.

AMENDMENT:

a) The term of an Executive position shall commence on June 1st and end on May 31st.

Section XIV: Finances

a) A budget and tentative plan for expenditures shall be drawn up by the Finance Committee and presented for approval at a General Meeting prior to the end of March each year.

AMENDMENT:

a) A budget and tentative plan for expenditures shall be drawn up by the Finance Committee and presented for approval at the General Meeting in September of each year.

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I am able to be a parent rep in the classroom for the PAC fundraiser March 27- April 7th.

Name _____

Contact information to be used confidentially by the PAC.

Phone Number _____

Email address _____

Teacher _____ Grade _____

MAKE PHYSICAL ACTIVITY PART OF THE DAY, EVERY DAY!

Encouraging and helping children to fit physical activity into their daily routine creates a pattern for the rest of their lives.

Research shows that these 5 steps work together to change behaviour and help to develop new lifestyle habits that last a lifetime.

1. **Be a Good Role Model:** Active parents usually have active children. Encourage your children to be more active by setting a good example.
2. **Develop Awareness:** Help your child become aware of how much, or how little, activity they do by having them record the number of minutes they are active as compared to the number of minutes they sit each day. Over a few days a pattern will emerge.
3. **Get Active as a Family:** Children enjoy spending time with their parents. Spend time with your kids while being active: go for a walk after dinner, join your local recreation center, go for a bike ride or hike on the weekends, or do household chores together while listening to music – anything goes!
4. **Set Goals:** Work with your children to set realistic goals. Setting goals help children check their own progress. In the beginning, make goals small and very easy to do. If your child is successful at meeting their goals it will encourage them to do more. Success is addictive!
5. **Give Feedback and Praise:** When striving to meet a goal, have your child track their progress to find out what is working and what is not, then revise the goal if needed. Once a goal has been reached set a new one. Review with your child what they did; praise them for being active everyday and reward small steps. Post a copy of the *Physical Activity Chart* on the fridge. Have your child use the stickers provided to track their progress on the chart.

For more information see the *Family Guide to Physical Activity for Children* available from Health Canada at www.hc-sc.gc.ca. To order your copy of the *Physical Activity Chart* visit www.hc-c.gc.ca/hppb/paguide/child_youth/index.html or call 1-888-334-9769