



## GLANFORD MIDDLE SCHOOL NEWSLETTER

September 28, 2005

### Ready. Set. Go!

Welcome to those families that are joining us this year. Welcome back to our returning families. GMS has had a very successful month of September.

The staff, Mrs. Wooster and myself are thrilled to be a part of the GMS family. Our focus this year, of course is on successful learning. However, two other very important goals are; 1) fostering a strong sense of school culture and 2) improving student literacy and numeracy skills. These goals are outlined in this newsletter under the topic School Growth Plan.

I would like to thank the many families who attended our BBQ on Wednesday, September 21 and our Grade 8 parent information evening on Monday, September 26, 2005. The staff did an amazing job organizing for these events and your attendance in great numbers was tremendously appreciated. Thank you, as well, to our Parent Advisory Council for their financial support of our BBQ.

Mr. G.Wayne Hunter

### School Organization

This year we have 343 students in 12 divisions. The divisions are organized in teams of 4. We look forward to each team presenting their Team Name at one of our future assemblies.

Team A is grade 8 with Mr. Brooker, Mrs. Kind, Mrs. Margetts and Mr. Beech

Team B is grade 7 with Mrs. Wooster, Miss Durrance, Mr. Dailyde, Mr. Durrance and Mr. Allsopp

Team C is grade 6 with Mrs. Rushton, Mrs. Macaulay, Mrs. Norbury and Miss Brown

Our Special Student Assistants this year are Mrs. Shewchuck, Mrs. Turner, Mrs. Cassidy, Mrs. Hall, Mrs. O'Connor and Ms. Elaine

Our School Secretary is Ms. Craig and the Account Clerk is Mrs. Reicker

Exploratory classes this year include Tech Ed. with Mr. Haupt, Art with Mrs. Ohl, Home Ec. with Mrs. Paul and Music with Mr. Fello. The exploratory classes are offered Tuesday, Thursday and Friday in 10 week sessions.

Our school counselor is Mrs. Bradshaw

Our Resource Room and Learning Resources teachers are Mrs. Chiappetta and Mrs. Paul

Our custodians are Mr. Schmidt, Mrs. Waelti, Mr. Bain and Mr. Connors

Our librarian is Mr. Leischner and the library clerk is Mrs. Cassidy



## School Growth Plan

### Summary of Progress on 2004/2005 goals:

In its first year of operation, GMS focused on two goals: (1) creating a strong cultural identity in our new school that would become the foundation for the future; and (2) creating a learning environment where literacy was celebrated, shared and valued by our learning community. Several satisfaction surveys were conducted with parents, staff, and students. The response to Goal 1 was extraordinary! Overwhelmingly students and staff reported GMS to be a friendly, safe, stimulating and fun environment. The school community is proud of many accomplishments, from its "retro assemblies" and jazz/band program to its vibrant atmosphere and sense of unity. Staff are committed to working as teams to enrich the academic and social experiences for GMS students. Glanford focused on literacy as its academic goal for its first year. In addition to Professional Development activities, the school participated in Orca assessments, a school-wide write and an exciting Literacy week in February 2005. Literacy strategies will continue to be a focus in the upcoming year, commencing with a one-day workshop with Susan Close in September 2005. As this is our first year of operation, data collected in relation to Language Arts and literacy will be used as baseline information for future years.

### 2005/2006 Goals

#1 – To continue creating a strong cultural identity at GMS that will be the foundation for our future.

Rationale: In its first year of operation as a Middle School, GMS identified the creation of a strong culture as a paramount indicator of success. From a new school logo and uniforms to grade level rituals and rites of passage, the staff has sought to implement behavioral standards, programs, and ideals that would become enshrined in future years. As data for this goal, the SPC referred to the following: (1) a student survey designed by GMS staff and administered in September 2004 and May 2005. (2) a District Middle School survey administered to parents, staff and students

in April 2005. (3) Feedback from staff on May 19, 205 Pro D activity.

#2 – To create a learning environment where literacy excellence is celebrated, shared and valued by our learning community.

Rationale: Data sources for this goal have included the following:

- a) Orca testing fro 2004/05
- b) School-wide write held in December 2004
- c) Report card achievement – number of students meeting or exceeding expectations at each grade level.
- d) In September 2005, our first FSA results for Grade 7 will be available

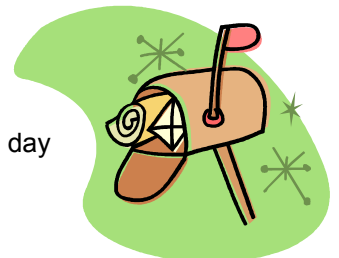
GMS initiated several exciting literacy initiatives in its first year, including a Literacy Week and Open House in Feb. 2005, and a school-wide write. As well, numerous Professional Development activities were made available to teaching staff.

### Connection to the Greater Victoria District Accountability Contract

Our goals are directly connected to Goal 3 of the District Accountability Contract. Goal 3, Objective 1, states that the District wishes to improve the level of success in Reading and Writing. Objective 3 states that the District wishes to improve Human and Social Development skills and feelings of safety. Both GMS goals directly mirror these objectives, and have received wide support from parents and staff.

### **Communication & Agenda Planners**

I hope that you have all seen your child's agenda planner. This important item will keep you abreast of activities going on in the school, be a communication with your youngster's teacher, as well as providing you with a copy of our Student Code of Conduct and Recognition Awards. This is an effective way to 'keep in the loop' with your youngster's learning. Thursday is a good day to check your youngster's backpacks. Thursday will be the day most communications from the school will be sent home.



## Electronic Toys, I-Pods, CD's Walkman, cell phones, etc.

A lengthy discussion, by staff, about the presence of these very expensive items has resulted in my requesting that these be kept at home. If they are seen, in use, in the school they will be confiscated and returned only to parents. Staff time is far too valuable to be overseeing the disappearance or breakage of these electronic toys. We appreciate your support in this matter.

## Athletics



Fall Sports of Soccer and Cross Country have started. The coaches for Cross Country are Ms. Brown, Mrs. Norbury, Mrs. Rushton, Ms. Bhalla and Mr. Hunter. Soccer coaches are as follows:

- Gr. 8 boys – Mr. Fello, Mr. Leischner
- Gr. 8 girls – Mrs. Kind
- Gr. 6/7 boys – Mr. Hunter & Mr. Dimeden
- Gr. 6/7 girls – Miss Doerksen & Mrs. Rushton

## Gr. 6 Immunization

Grade 6 students have recently brought home information and consent forms for Hepatitis B, Meningitis and Chicken Pox. Hepatitis B is a serious disease that affects the liver. Meningitis is a serious disease that can affect the lining of the brain. Chicken Pox can lead to serious complications and illnesses.

Please read the information and consents carefully. The first shot of Hepatitis B (a series of 2) and the single shot of Meningitis C will be given in October. The second shot of Hep B and the Chicken Pox will be given in the spring. Please sign and return the consents to the school as soon as possible. If you plan to have your child immunized elsewhere, please return the consents anyway, indicating on the form where they will be immunized. If your child is not to be immunized, please return the consents, indicating "refused" on them.

If your student has already received any of these vaccines, please let the school Public

Health Nurse know the dates the vaccine was given. Please note that the chicken pox vaccine should not be given if the student has already had the disease or the vaccine.

Note: This school based immunization program is offered to grad 6 students only.

For more information contact:

Shelagh Machin, Public Health Nurse  
744-5100 or  
BC Nurse Line 1-866-215-4700

## Library News

Our library is now up and running and most classes have booked visits for an orientation or to borrow items. Starting in October, we will be opening the library and the computer lab every morning from 8:10 a.m. to 8:40 a.m. and every lunch break from 12:25 p.m. to 1:00 p.m. This is a wonderful opportunity for students to catch up on assignments or to complete homework. Once again, we will be providing all students access to an excellent online reference offered through World Book. We encourage everyone to visit this site at [www.worldbookonline.com](http://www.worldbookonline.com). The ID is: **sd61student** and the Password is **athome**. It has proven to be an invaluable resource for students who require additional information for classroom work.

In October, we will be receiving a cheque from the Times Colonist Disbursement Fund in the amount of **\$2,500** which will greatly assist us in enhancing a number of key areas in the library, specifically our fiction area. We would like to thank the Times Colonist for their ongoing support of our school in particular, and public education in general. Our students will certainly benefit from such generosity!



## Student Safety

Thanks for promoting safe walking/cycling routes to and from GMS with your child. We have numerous students and staff cycling to and from the school – which is great! For parents driving their children to and from school, please use the DROP OFF and PICK UP zone located just off of Glanford Avenue. This area is ideal for drop off and pick up of students – should parents need to PARK, please proceed through the drop off and pick up zone into the parking lot on the south of the school property and park there. There is also plenty of parking available to parents along Judah Street; please do not try to enter the tiny parking lot off of Judah Street, as this is reserved for staff parking.

## Terry Fox

On Friday, September 16th, schools across Canada took part in a simultaneous "Run for a Cure" to celebrate the 25th anniversary of Terry Fox's inspiring run across Canada. Forty of our students were selected to run at Beacon Hill Park where a televised event was staged. The Fox family were in attendance, along with many local and national dignitaries, and a highlight was the unveiling of a Terry Fox statue. The remaining student body participated in a half hour run here at Glanford Middle School. We are delighted with the support our community has shown - the GMS Terry Fox Run raised \$947.33 for cancer research!

## Cops for Cancer

Once again GMS is fundraising for the Tour de Rock. So far, we have had an ice cream sale, freezie sale and hot dog sale. We hope to have another freezie and hot dog sale before the Tour comes to Glanford on Friday, October 3 at approximately 2:15. If we raise \$1,000, four staff members have pledged to dye their hair and one brave grade 8 student has promised to shave his head. So bring in your loonies & toonies!



## Technology - Keeping our Kids Safe on the Internet

In my thirty plus year career as an educator and technology teacher I experienced my first example of student cyberbullying last year. Thanks to the willingness of a concerned parent to confront the issue head on we were quickly able to involve security resources of the School District and service providers in tracking down the source of inappropriate messaging. We picked up some valuable knowledge in the process. The trail lead from Victoria to California and back to Victoria and in the end we determined, with certainty, that in this case, the bullying was a simple case of a friend trying to get a reaction from another friend. The students involved were lucky! Much more serious situations are out there.

As a result of this incident I involved myself this summer in a Tri District Cybersafety initiative with representative teachers from the Sooke, Saanich and Victoria School Districts. Our task was to produce classroom teaching aids to address the issue of cybersafety. What I heard from other teachers and other districts was shocking. Our one example pales in comparison to that being experienced at other schools. Over the coming weeks you will be hearing of our project and other initiatives to keep our kids safe. While I believe information and communication technology is the most important advance in teaching and learning since I started my teaching career, it does not come without dangers. Teachers, parents and students must become savvy. Stay tuned. Mr. Durrance



## Gifted Program

The Special Education teachers at Glanford will use a team approach to support students designate "Gifted". Academic enrichment will be provided by classroom teachers and their team partners that will help students explore, more deeply, subjects being covered in those classes. Students will be involved in a pull out program, weekly, that will provide students with opportunities to **Observe, Explore, Discuss, Demonstrate and Manipulate** the world around them. Students will work individually and cooperatively to produce both a Personal Project and a number of small Team Projects to be presented in classroom situations or on a school wide basis.

## Calendar

- Monday, October 3 – Catriona Lemay Doan will be here at 1:30 p.m.
- Tuesday, October 4 – Gr. 8's to Camp Thunderbird
- Tuesday, October 4 – Glanford PAC Meeting
- Friday, October 7 – Tour de Rock here at 2:10 approx.
- Monday, October 10 – Thanksgiving Holiday
- Tuesday, October 18 – VCPAC Meeting at GMS – 7 to 9:30 in the Multi-Purpose Room
- Wednesday, October 19 – Gr. 8's Bowling/Pizza
- Wednesday, October 19 – Gr. 6 Family Potluck dinner

- Friday, October 21 – Non-instructional Day
- Tuesday, October 25 – UVIC Hoops Challenge at noon
- Tuesday, October 25 – South Island Wind Ensemble at UVic Centre-7:30 pm
- Thursday, October 27 - newsletter

**Newsletter via e-mail** – If you wish to receive this newsletter via e-mail please let the school office know – call 479-7179 or e-mail Ms.Craig @ [tcraig@sd61.bc.ca](mailto:tcraig@sd61.bc.ca) – Thank you!



Prevention Services

## WHO SHOULD GET THE FLU VACCINE

Students who are identified by their doctors as being at “high risk” for influenza (flu) should get the flu vaccine, including:

- Students with ongoing heart, lung or kidney disease, or with asthma, diabetes, cancer, anemia, or immune system disorders are especially at risk, and should get the flu vaccine every year.
- Students being treated with acetylsalicylic acid (ASA or aspirin) for long periods of time are also at high risk, and should get the vaccine.
- Healthy siblings and adults living in the same house as these “high risk” students should also get the vaccine, to protect the student at risk, as well as themselves.

New this year, flu vaccine is also recommended for:

- Children between the ages of 6 months and 23 months
- Siblings and adults living in the same house as children ages birth to 23 months

Flu vaccine is available through Health Units and physicians.

For more information contact:

- your local Health Unit
- <http://www.bchealthguide.org/healthfiles/index.stm>
- BC Nurse Line 1-866-215-4700
- your doctor

## Health Units

SN-HP-107	Esquimalt	360-5600	Salt Spring Island	538-4880
	Outer Gulf Islands	539-3099	Sooke	642-5464
	Peninsula	544-2400	Victoria	388-2200

## Prevention Services

Prevention Services staff (public health nurses, dental hygienists, community nutritionist, audiologists and others) work with students, parents and school staff to promote the health of all students in the school. A public health nurse is assigned to each school and is in the school on a regular basis. If you have any questions about the school health program, contact the school or your local health unit. The following are highlights of the school health program.

# Prevention Services School Health Program

## COMPREHENSIVE SCHOOL HEALTH

- Assist schools to plan and implement comprehensive programs to improve student health. In conjunction with school staff, plan comprehensive initiatives that create healthy school environments, refer families and students to health services, provide teachers with health education resources, and raise the profile of child and youth health in the community.
- Implement Healthy Choices<sup>®</sup>, a comprehensive program developed by Prevention Services. This program assists students to examine healthy eating, physical activity, dental health, relationships, substance use and sexual health.

## HEALTH SERVICES

- Kindergarten students are screened for hearing problems. Students not passing the screening are referred to PS hearing clinics for assessment and treatment.
- Students with hearing aids or other specialized hearing equipment receive school visits and support.
- Kindergarten students are surveyed for cavities and parents are notified if a referral to a dentist is needed.
- Consultation is provided for all students who have health concerns, on request of parents, students or school staff.**
- Provide information about community health resources and services.**

## PREVENTION SERVICES PHONE NUMBERS

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

## IMMUNIZATION

- Hold kindergarten immunization clinics at health units between January and March each year. The following vaccines are provided to eligible students:
  - Diphtheria/Pertussis/Tetanus/Polio;
  - Measles/Mumps/Rubella;
  - Varicella (Chickenpox).
- Immunize grade 6, 9, and 12 students at schools (parental consent required). The following vaccines are provided to eligible students:
  - Meningococcal - grade 6, 9 and 12;
  - Hepatitis B & Varicella– grade 6;
  - Tetanus/Pertussis/Diphtheria - grade 9.

### **LIFE-THREATENING HEALTH CONDITIONS**

- In consultation, develop emergency plans for students who have life-threatening health conditions (i.e. anaphylaxis, diabetes, seizure disorder) that may lead to emergency situations while at school.

### **COMPLEX MEDICAL CARE NEEDS**

- Specialized nurses and dental hygienists develop medical/dental care plans for students with complex health care needs (students must meet eligibility criteria). Special assistants or nurses are trained to support the medical needs of these students while they are at school.

### **CHILD/YOUTH HEALTH WEB SITES For more information on child and youth health check out the following websites:**

- [www.viha.ca/children/](http://www.viha.ca/children/)
- [www.viha.ca/prevention\\_services/](http://www.viha.ca/prevention_services/)

P-107-3-05 – Revised 2005-9-15



Prevention Services

### **BREAKFAST – IS STILL THE MOST IMPORTANT MEAL OF THE DAY!**

I'm sure you've heard a million times... "breakfast is the most important meal of the day". Just as the word implies, breakfast breaks the [overnight] fast. The brain needs fuel to think which impacts ability to learn. The only source of fuel that the brain can use is carbohydrate. Carbohydrates are found in grain products, vegetables, fruit, and milk products. Since our bodies do not have the ability to store large amounts of carbohydrates, by morning, we need to fill up the fuel tank to in order to think and perform our best.

Eating breakfast kick starts our inner furnace (metabolism) so it burns the 'fuel' and allows us to think, work and play. Regularly skipping breakfast slows down the internal furnace, called the metabolic rate. A slower metabolic rate means that body needs less fuel and may contribute to weight gain.

Children who eat breakfast perform better at school, and people who eat breakfast are less likely to become overweight. These are two excellent reasons for you and your children to take the 5 to 10 minutes needed to eat breakfast. Healthy breakfasts include a carbohydrate food for brainpower and a protein food for staying power. Make a healthy breakfast by choosing items from at least 3 of the 4 food groups.

Examples of healthy breakfasts:

- A fruit yogurt shake and a small muffin
- Cereal bar, milk or fortified soy beverage and a piece of fruit
- A piece of cold pizza and juice

For more information on healthy breakfasts and to answer nutrition questions, call Dial-A - Dietitian at 1-800-667-3438 or visit [www.dietitians.ca](http://www.dietitians.ca)

SN-HP-107-25-03 – Revised 2005-08-05

The Aboriginal Mentorship Program is designed to provide support, positive role models, skills, and leadership opportunities to aboriginal students in school district #61. By definition, a **mentor** means a wise and trusted friend and guide. Mentoring is a wonderful way for caring adults to make a **positive** difference in a young person's life. Positive role modeling for youth from aboriginal adult mentors provides youth with the opportunity to "**restory**" a positive vision of self in school and in the future. Be a part of the story for a young person

### **FIND OUT HOW YOU CAN BECOME A MENTOR**

#### **BY PHONING**

**Romy Pritchard @ 888-2542 or Romy.Pritchard@viha.ca**

All mentors will require a criminal record check. Mentorship Training will be given to all mentors within the program. You will receive a certificate of training and a certificate for program completion.

#### **Commitment:**

- 35 Hours of Mentorship Training**
- 1 Hour a Week With A Group Of Students**

**From October - June**

*Join Us In Making A Difference In The Lives Of Young People!*

**Become a  
Mentor!**

*Be a Part of the Story of Wellness  
in a Young Person's Life...*