



## GLANFORD MIDDLE SCHOOL NEWSLETTER

January 25, 2007

Hey GMS students, families and staff – thanks for making our Middle School one that all of us are proud to be associated with – all the best for 2007!

### **Student Transfer Process – February 23 to March 2, 2007**



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 2007-2008 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](http://www.sd61.bc.ca) between February 23 and March 2, 2007.

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 other than Spectrum in the next school year request an appointment to meet with the Principal of the Spectrum to have the transfer form signed.
3. Parents mail or deliver the completed Student Transfer Form to the School Board office by Friday, March 2, 2007.

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 2, 2007, 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 26 and May 4, 2007.

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 or Baseball programs, Spectrum Hockey Skills Academy, Home Learners' Link, The Link at Burnside 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.

### **Basketball at GMS**



We have 5 basketball teams happening at the school at this time. Mr. Dailyde is coaching grade 6/7 boys, Ms. Kidd and Mrs. McKillop are coaching grade 6/7 girls, Mr. Brooker and Mr. Seaberg are working with the two Grade 8 boys teams, and Mr. McIntyre is coaching the Grade 8 girls. All of the teams are into 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 a commitment to the team, are enjoying the basketball season. Great job, everyone!

### **Upcoming GMS Ski Trip**

We are very pleased to be offering a GMS ski trip to Mt. Washington, scheduled for Tuesday, February 20<sup>th</sup>. This enhancement to our program is optional for students in all three grades this year. For those students who choose not to attend the planned ski trip, we will be offering a regular day at school, which will include recreational opportunities such as a swim or skate – details for those choosing not to go to Mt. Washington are currently



being planned out and will be communicated to all families. A ski trip

information package has been passed out to every GMS student, and if you choose to have your child attend we ask your assistance in completing the forms carefully, submitting them to the school as soon as possible, no later than Friday, February 2<sup>nd</sup>.

### **Upcoming Important Dates**

- ◆ Wednesdays, January 31, February 7, 14 & 21 – Mini Exploratory Blocks
- ◆ Friday, February 2 – last day to submit Mt. Washington forms
- ◆ Tuesday, February 6 – GMS PAC Meeting – all parents welcome to attend – 7 p.m. in the library
- ◆ Wednesday, February 7 – AVID parent information night for interested parents of grade 8 students, 7 p.m. – Spectrum library. This is a reminder, as information went out in a letter to grade 8 parents from Spectrum.
- ◆ Thursday, February 8 – Information night for parents regarding transition from Grade 5 schools to Grade 6 at GMS – 7 p.m. in the library
- ◆ Monday, February 12 to Thursday, February 15 – Literacy Week @ GMS – see details in this newsletter
- ◆ Friday, February 16<sup>th</sup> – Non-Instructional Day – school not in session
- ◆ Friday, February 23 to March 2 – Transition week in SD61
- ◆ Tuesday, February 20 – Optional school wide GMS ski trip to Mt. Washington or special day planned at GMS for those children choosing not to go skiing.
- ◆ Thursday, February 22 – 7:30 p.m. Spectrum holding an information meeting for parents of Grade 8 students in the Theatre.



## Upcoming Mini-Exploratory

One of the special features of middle schools in our school district is the implementation of Mini-Exploratory blocks. These are blocks of time designed to offer middle school students learning opportunities and experiences that they otherwise would not have. It is the intent of mini-exploratory blocks at GMS to be fun-filled, enriching, challenging, and experiential for all of our students. Our next round of four sessions begin on January 31<sup>st</sup> and include the following offerings: Floor Hockey, Introductory HTML websites, drama games, bowling, classic comedies of Charlie Chaplin, World Games, Teen Centre, Pod Casting, Miniature Wargaming: The 20<sup>th</sup> Century, Squash, Printmaking, Commercial Floral Arranging, Calligraphy, Cupcake Decorating, Swimming/Hiking, SPA – cosmetology, esthetics, healthy living, basketball, ZAP, Adventures in Practical Electricity, Chess Anyone, Singing/Choir, Favorite Photos mini Scrap Book and GMS Yearbook. Once again, we would like to extend an invitation to parents of our learning community to consider offering some of their time to lead an exploratory session. In the past, we have had parents lead groups of students in ceramics, mosaics, crafts, cycling, and other activities that they have expertise and passion. If you would like to offer your assistance with the future mini-exploratory blocks, Mr. Scigliano would like to hear from you! Send an e-mail to [lscigliano@sd61.bc.ca](mailto:lscigliano@sd61.bc.ca) and share your idea. We wish to thank the GMS PAC for once again generously supporting the mini-exploratory concept financially, effectively eliminating the need to charge students for any of the activities offered. This is VERY much appreciated. Thank you!

## Literacy Week at GMS

February is a month when GMS focuses its attention on *literacy*! Developing literacy skills is one of our school goals and many initiatives and activities happen throughout the year to support your child's learning. During the week of February 12<sup>th</sup> to 15<sup>th</sup>, however, a number of exciting events have been planned to further enhance students' involvement in the reading and writing process. These include:

### Guest Authors:

- ♦ Mon. Feb. 12<sup>th</sup> - Nikki Tate – a local author introducing her latest novel.
- ♦ Wed. Feb. 14<sup>th</sup> – Dean Griffiths – a Vancouver Island illustrator and author. Dean will be introducing students to the process of illustrating books.

Book Fair: Feb. 12 – 15<sup>th</sup> – Scholastic Book Fair in the library. Thousands of exciting titles to choose from.

Writing Contest: Feb. 5<sup>th</sup> – at the January Retro assembly, our third annual writing contest was introduced to the students. Entries are due by Monday, February 5<sup>th</sup>. Thank you to our volunteer judges from the PAC.

Book Club: Tues. Feb. 13<sup>th</sup> – This year students will have 2 student Book Clubs to choose from. One will focus on *Saduko and the Thousand Cranes* (led by Miss Kidd), and one will feature a longer novel selection led by Mrs. Wooster.

Book Contest: Feb. 6<sup>th</sup> – 15<sup>th</sup> – “Name That Book!” contest daily at 1 pm.

A variety of other activities are scheduled. Stop by and see our fabulous main hall display for further details!

See you in and around Glanford!

Louie Scigliano, Principal  
& Elaine Wooster, Vice Principal

## **Homestay Families Needed for International Students**

Did you know that the Victoria School District has more than 500 international students, who have come here from 45 different countries? Most students stay with a Canadian homestay family while studying here. The family provides room, board and parental guidance, plus cultural support for the student. They also learn first-hand about the culture of their student guest and receive monthly remuneration.

The Victoria International High School Programs is currently looking for homestay families in the area. Would you be interested? Prospective hosts need to fill out an application form, provide reference checks, attend an orientation meeting and have an interview in their home.

If you are interested and need more information about homestay for international students, please contact Susan Lawrence, Homestay Coordinator, at [slawrence@sd61.bc.ca](mailto:slawrence@sd61.bc.ca), or call 592-6871 for a homestay application package and an invitation to the next homestay orientation meeting.

## **HEALTHY, SAFE AND CARING SCHOOLS PROJECT**

On November 7, 2006, Mrs. Norbury and three students attended the 12th annual Healthy, Safe and Caring Schools Planning Forum. The evening included the Power of Hope facilitating fun activities on the theme of **Learning from Differences**, students showcased last year's projects and health teams from 30 schools started planning their 2006-2007 projects.

Glanford Middle School received a grant of \$400 to use towards their project which is to establish an Environmental Club. The

criteria for schools to receive a grant are attendance at the forum, student involvement in the planning and implementation of the project and a year end summary of their work.

For more information on the Healthy, Safe and Caring Schools program you can visit the website: [www.healthyschools.sd61.bc.ca](http://www.healthyschools.sd61.bc.ca)

Being a Healthy School is paramount at GMS. So far this year we have all participated in an Anti-Bullying campaign led by Mr. Scigliano and we've participated in a culture building assembly led by Mike Sheenan of The Beatboard. [www.beatboard.org](http://www.beatboard.org). After the session at GMS Mike wrote to tell us that "...that was one of the most 'willing to participate' groups I have ever seen:) I saw a healthy looking school culture. I thought we had a good session and I enjoyed some positive feedback from youth afterwards."

Watch for the Environment club to begin public service announcements and the great sticker design contest soon. In the meantime, we thank parents for helping their children to pack low litter lunches and to encourage the proper recycling of drink containers at school. The band **loves** the container refunds!

### **Pro-G-Day - Feb 16th**

9:00-3:30 Saanich Recreation All Girls Event for grades 6-9. Salsa Dancing, self-defense, anti-bullying workshop, prizes, gala lunch and goodie bags. Spend this Pro-D-Day with loads of other fun Girls! Get Active! Have Fun! Register at any Saanich Rec Centre - only \$5.00/participant. Call Loryn @ 475-7624 for more info.

## **PLAY JUNIOR FIELD HOCKEY!**

Registration for the Greater Victoria Junior Field Hockey Spring League starts soon! Now in our 27th season, we welcome boys and girls from kindergarten through to grade 12 regardless of experience, athletic ability or skill level.

Field Hockey is a very popular social sport played around the world by people of all ages. Many of our junior players have gone on to represent Canada at the World Cup and Olympic Games as adults, but our league's prime goal is participation.

All games and practices are played on the synthetic turf fields at the University of Victoria. Our season starts April 15th and runs through to the end of June. Please visit our website, [www.eteamz.com.qvjfha](http://www.eteamz.com.qvjfha) for more information and registration forms...or call Lorne Carnes at 384-5499.



## **IS YOUR CHILD DRINKING ENOUGH?**

It is always important for children to get enough to drink but even more so when they are physically active, as children are especially vulnerable to dehydration. Children need to be encouraged to drink because by the time they feel thirsty, they are already dehydrated. Dehydration happens when a child's body loses more water than they take in. When dehydrated they urinate less often and their urine is a dark yellow. Frequent urination of clear pale yellow urine is a sign the child has had enough to drink.

Water is the best choice to keep children hydrated. The next best choices are milk, calcium fortified beverages such as soy or rice milk or 100% fruit or vegetable juices. Sports drinks have been developed for adults and are generally not recommended for children. Older children participating in intense athletic activity should use sports drinks in moderation.

### **Consider your child's teeth when making drink choices.**

The sugar in soft drinks and other sweet drinks combines with bacteria in your mouth to form acid. Some drinks, including diet pop, fruit juices and sport drinks contain their own acid. The acid from these drinks attacks your teeth and weakens tooth enamel. Sipping on these types of drinks all day can be a problem because each acid attack lasts about 20 minutes and starts over again with every sip.

To keep active children hydrated, follow these guidelines:

- ◆ Offer water instead of pop, fruit beverages and sport drinks.
- ◆ During activity, encourage them to drink 125ml (1/2 cup) every 15 minutes.
- ◆ After activity drink another 125ml (1/2 cup) for every 15 minutes of activity performed.
- ◆ Offer watery snacks such as fruit and veggies, e.g. watermelon and cucumber or smoothies.
- ◆ Avoid sipping all day on drinks that are high in sugar or acid.
- ◆ Encourage children to brush twice a day with fluoride toothpaste.

For more information contact:

- ◆ Children, parents, and teachers can check out the following interactive website: [http://www.mndental.org/dental\\_health/sip\\_decay/](http://www.mndental.org/dental_health/sip_decay/)
- ◆ Dial-A-Dietitian 1-800-667-3738 or [www.dialadietitian.org](http://www.dialadietitian.org)
- ◆ Your local Health Unit

## **“Screen” Time Can Be Harmful To Your Children’s Health**

Screen time, which is time spent watching TV, surfing the net, playing video or computer games has been linked with numerous detrimental effects to our children’s health.

- ◆ Children who watch more TV eat more calories and drink more pop
- ◆ Children who watch TV eat more low nutrient, high calorie foods
- ◆ Research shows the strongest predictor of childhood obesity is the number of hours spent watching TV, surfing the net, or playing computer or video games
- ◆ Academic achievement drops sharply for children who watch more than 10 hours of TV a week
- ◆ TV interferes with the development of intelligence, thinking and imagination skills
- ◆ TV interferes with language development
- ◆ TV impedes development of longer attention spans
- ◆ Certain types of TV cultivate aggressive or violent behaviours

The new recommendations for physical activity are for children to accumulate 90 minutes of physical activity every day in order to achieve and maintain a healthy weight and for proper gross and fine motor development.

Research shows that physical activity in three 10-minute sessions is just as effective as one 30-minute session. Health experts recommend parents assist their children to gradually increase physical activity and decrease TV time in 30 minute segments until they are being physically active for 90 minutes and watching no more than 2 hours of TV a day.

Encourage your children to do alternate activities such as:

- ◆ Play outdoor or indoor games
- ◆ Go for a walk or hike as a family everyday before or after dinner
- ◆ Take advantage of after school programs
- ◆ Find an activity or sport they like to do and sign them up for a group at the local recreation centre
- ◆

For more ideas and information see the following websites:

- ◆ [www.activehealthykids.ca](http://www.activehealthykids.ca)
- ◆ [www.healthcanada.ca/paguide](http://www.healthcanada.ca/paguide)
- ◆ [www.limittv.org](http://www.limittv.org)