



GLANFORD MIDDLE SCHOOL NEWSLETTER

April 30, 2009

Greetings to the GMS community!

This newsletter brings us to the end of April 2009, with much to celebrate and reflect upon, as well as much to prepare for! As we enter the final two months of the school year, we delight in the many highlights of the past month around our school, as well as look forward to some of the exciting events ahead!

GMS Students are the Best!

We are so very proud of the 397 students at GMS. Since the second term formal report cards went home, we are pleased to see the commitment students are making to their personal goals. Way to go, kids! At GMS, we pride ourselves on the positive climate and culture of our school. Our wonderful students are tremendous contributors to our school culture. Studio 85 continues to be a great way for us to start our day - hopefully, parents have heard all about it! The many great things happening around GMS are broadcast live on Studio 85 - our very unique live feed of announcements, which occurs every morning, and is sent live into all of our advisory rooms. The studio affords our grade 8 students with the opportunity to take on many important leadership roles in our school. Often, we will have staff and students from grades 6 and 7 as guests on the studio, which everyone enjoys. This year, we have added a new feature to Studio 85, called "Newsday Tuesday", where interesting events are broadcast live from various locations throughout

the school. To see some of the amazing things going on with our staff and students at GMS, please take an opportunity to visit our school's webpage -

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

Rugby, Field Hockey, Track and Field, and Badminton

We have been delighted with the high number of students in grades 6-8 that have given Rugby, Field Hockey, Track & Field, and Badminton a try this year. These exciting sports have been led by the expertise of **Mr. Seaberg**, assisted by **Mrs. McKillop**, in Rugby, **Mrs. Rushton and Andrea Rushton** (Mrs. Rushton's daughter - Canadian National Team member!) assisted by Mrs. Reicker in field hockey, **Mrs. Seaberg (and numerous other staff!)** along with parents **Wendy Pethick** and **Cathy Duncan** in Track & Field, and **Mr. Leischner** in Badminton. It has been a delight to see the enthusiasm of our GMS students in these three amazing athletic opportunities! Way to go, kids! It continues to be our endeavor at GMS to promote team play, skill development, and sportsmanship. Congratulations to all students involved and a big thanks to our many staff sponsors and parent helpers!



Band and Strings

Our Band and Strings programs continue to excel. We are very proud of the hard work and commitment made by our students with respect to practicing their instruments, and performing as a team! ***Ms. Gerrits and Mr. Welby*** and a rather large contingent of GMS students and parents have just returned from a phenomenal trip to Seattle! Congratulations to all of our musicians!

Final Round of Mini – X

The third and final round of Mini-X is set for Wednesday, April 29th, May 6th, 13th, and 20th. As in the past the Mini-X activities are fully funded and supported by the amazing commitment from our GMS PAC! Thank you so much! These enrichment activities provide students an opportunity to try an activity that they may otherwise never try! All of the mini-x activities are FREE to the students, again, thanks to the GMS PAC. For a complete list of the 20 mini-x options being offered to our students for round three, please have a look at the GMS home page.

School Wide Science Theme

GMS Project FLOW
(For the Love of Water)

Water is one of the most precious resources on Earth. With global warming, pollution, and an expanding world population, water is poised to be the “oil” of the 21st Century.

GMS has created an exciting week of investigation into water in the Greater Victoria area. How do we get our water? How is water quality tested? What is the impact of global warming on marine creatures, from whales to frogs? In total, 14 amazing water topics will be explored in the coming week. Parents are welcome to join us in our investigation and presentations! Project FLOW Schedule

- Mon. May 4th - Opening Assembly – school gym -keynote speaker: Andrew Weaver, Nobel Laureate for his work on climate change.
- Tues. May 5th - Climate Change & Polar Bears -presentation by local activist Cathy Lavoie; 10:15 in the gym.
- Wed. May 6th - GMS Walk for Water in Africa – 10:30 am -help us to fundraise for water in Africa; our target is to match or beat last year’s total of \$3,000. All students are to bring a water container to carry on the 2 km walk.
- Thurs. May 7th - Tour Day – our destinations include:

- 1) Can Our Salmon be Saved? - Howard English fish hatchery at Goldstream and Fisherman’s Wharf for tour & interviews.
- 2) Sewage Treatment Secrets – tour of Saanich Peninsula secondary treatment plant, Clover Point primary screened treatment, & Cowichan tertiary trtmnt.
- 3) Colquitz Creek CSI – water quality testing along Colquitz Creek
- 4) Exploring the Colquitz Estuary – Gorge Kinsman Park – Gorge Discovery Centre
- 5) Land use at Gowland Park/Todd Inlet
- 6) Intertidal life exploration, beach seine – Clover Point
- 7) Marine birds and eco-rowing – Esquimalt Lagoon
- 8) Intertidal marine life & plankton – Sidney Marine Ecology Centre
- 9) Victoria Watershed tour – Sooke Lake reservoir bus tour



- 10) Intertidal creatures & *Squids in the Hall* – Bamberton Beach Prov. Park
- 11) Amazing local amphibians – dissecting a frog & visit to Beaver Pond to check minnow traps & dip net for specimens.
- 12) So You Want to be a Scientist – lab work at UVic as well as visit to Mystic Creek to collect and test water samples.
- 13) Global warming & the Canadian Arctic – presentation plus visit to Coast Guard/Ocean Sciences Institute at Pat Bay.
- 14) Whales – visit to UBC Blue Whale workshop on Harbour Rd, IMAX show *Whales*, and afternoon presentation by local marine biologist Anna Hall.

If you have not already done so, please contact your child's teacher or Mrs. Wooster in the office if you are wishing to assist with your child's field trip.

Other highlights of water week include:

- Daily water trivia contest on Studio 85. (Sample question: How much of the earth's water is potable?)
- Water vignettes for expanding our learning about water – daily on Studio 85
- Writing Contest – The GMS PAC will sponsor a "Letter to the Editor" writing contest to be announced during FLOW week. Take a stand on a water issue, and in 200 words or less, write a letter to the editor. Prizes, prizes, prizes!

Wednesday, May 27th

Project FLOW Symposium – a full-day celebration of all that GMS students have learned. The day includes a Retro Assembly, GMS video of water week, and presentations from students and local experts. Stay tuned for more details!

Upcoming Transition Events

On Thursday, May 14th, our school district is hosting a Transition Afternoon. The afternoon is dedicated to allowing students an opportunity to visit the school that they will be attending in September 2009. For our grade eights, most of our students will be attending Spectrum Secondary, Reynolds Secondary, or Mt. Douglas Secondary next year; they will be spending the afternoon of May 14th at those respective schools. For neighboring students currently in grade five that will be attending GMS in September 2009, we have invited these kids to spend an afternoon with us May 14th. This will be a chance for these youngsters to see the school they will be attending, learn more about what to expect when they come here, and finally, get a taste of our wonderful school culture we are so proud of around **GMS!**

Upcoming Important Dates

- Wednesday, April 29th, May 6th, 13th, and 20th – Round Three of Mini-X at GMS
- Tuesday, May 5th – GMS PAC Meeting, in our library, all parents welcome to attend!
- Monday, May 4th - Friday, May 8th – School Wide Science Theme – Flow Week
- Wednesday, May 13th – a.m. – class photos
- Thursday, May 14th – District Transition Afternoon – see notes above
- Friday, May 15th – Non-Instructional Day; students are not in session
- Monday, May 18th – Victoria Day Holiday, students are not in session



SWINE FLU

As you are aware from recent media coverage, families throughout Victoria and British Columbia are seeking information in regards to the swine flu outbreak.

The Greater Victoria School District is working closely with Dr. Richard Stanwick, Chief Medical Health Officer, Vancouver Island Health Authority, to

keep parents fully informed. Please read the attached letter from Dr. Stanwick for the latest information.

See you in and around GMS!

Louie Scigliano, Principal
Elaine Wooster, Vice-Principal



SAVVY SHOPPING TIPS FOR LUNCHESES AND FAMILY MEALS

What you buy on your weekend grocery trip becomes the next week's lunch and meal options. Before you make your shopping list, include your children in the planning. They are more likely to eat foods in which they have had a say in the choices. The following steps will help make preparing lunches (and family meals in general) an easier task.

1. Make a list. Check your cupboards, refrigerator and freezer to see what you have on hand.
2. Eat before you go. This way you are more likely to stick to your list – and your budget.
3. Shop the outside aisles (the perimeter of the store). This is typically where the freshest, most nutritious and least processed foods are found - dairy, produce, grains and meat, and meat alternatives.
4. When shopping the inside aisles, resist the urge to buy whatever is at eye-level and at the end of aisles. These are not always the best choices for quality and price. They are intended to catch your eye so you will buy them whether you need them or not. Stick to your list so that you leave the store with only what you need.
5. Become a label reader. Reading labels helps you to make informed choices and lets you know what is in the foods you buy.

For more information contact:

- ◆ Dial-A-Dietitian 1-800-667-3438 OR www.dialadietitian.org
- ◆ www.healthcanada.ca/nutritionlabelling