



# GLANFORD MIDDLE SCHOOL NEWSLETTER

February 27, 2009

Hello **GMS** Families! We bring February to a close this week and we prepare for Spring at **GMS** - WOW!

## Activities at **GMS**

One thing we continue to learn about young adolescent learners in Middle Schools is the need for kids to interact socially. At **GMS**, we are privileged to have so many staff members that give willingly of their time to allow opportunities for our kids. We have just come off a magnificent day of skiing up at Mt. Washington, with over 350 **GMS** students, staff, and families participating - thanks so much to **Mrs. Craig** and **Mrs. Reicker** for their masterful organization of this huge event! About 60 students chose not to attend the ski trip and had a wonderful day full of fun-filled activities here at the school. Basketball season is now winding down, and we have been delighted to have SIX teams wearing **GMS** jerseys for basketball - grade 6/7 boys with **Mr. Dailyde**, grade 6/7 girls with **Mr. Shires**, grade 7/8 girls B with **Ms. Norbury**, grade 7/8 girls A with **Mr. Brooker**, and grade 7/8 boys B with **Mr. Seaberg**, and grade 7/8 boys A with **Mr. Brooker**. Congratulations to all involved. Our next team activities will be field hockey under the leadership of **Mrs. Rushton**, and rugby under the leadership of **Mr. Seaberg**.



Our fourth annual **Cabaret and Patisserie Night** was a HUGE success this year! It has been amazing to see the event evolve to include not only **GMS** students and staff, but students and staff of neighboring secondary schools as well as local artists. The emphasis on fine arts, allowing students to perform in a number of ways, combined with delicious desserts and donations from the community combined to help create a most amazing atmosphere. Thanks so much to **Ms. Gerrits** and **Mr. Welby** for their leadership, parent **Sue Smith** and the countless number of parents that volunteered their time, the **GMS** staff for their support, and for the kids for making it happen! We are proud of you!

## Lockdown Drill Planned - March 10<sup>th</sup>

This year, schools in the Greater Victoria School District are not only having regular fire drills and an earthquake drill, we are also having a Lockdown Drill. At **GMS**, we will be conducting our lockdown drill on Tuesday, March 10<sup>th</sup>. Although very important as an activity, we plan to keep our drill very low-key and want to do our best to not over-alarm anyone. Should there be a time in the future when **GMS** would need to go into lockdown, it is important for the students and staff to be familiar and comfortable with a plan. More information will be shared with parents at the PAC meeting the evening of March 3<sup>rd</sup>, as well as in our advisory classes with our students. If you have any concerns about this drill, please contact Mr. Scigliano.



## Hoops for Heart

We would like to thank the students and staff for their amazing effort to contribute to this year's *Hoops for Heart* campaign. Over 30 GMS students went out and received sponsors of support as they shot as many baskets as possible in one minute. At this point, we don't have a final total raised for Heart and Stroke research, but we are overwhelmed by the participation of our students. Congratulations to all of the students involved and a big thanks goes out to **Mrs. Copp, Ms. Margetts, and Mr. Shires** from our staff for helping out. Thanks to **everyone** that supported this important campaign!

### Did Someone Say Book Fair?

After weathering a rather difficult transfer of operating systems at the start of the year, our library continues to play host to a wide variety of activities, ranging from research to Red Cedar readers to poetry slams.

Traditionally, February marks the annual return of our Scholastic Book Fair. This year, however, we will be hosting the Fair during the first week of March, from the 2<sup>nd</sup> to the 6<sup>th</sup>. In addition to opening the Fair to shoppers before school, at lunch-time and after school, as an added bonus the library will be open on the evening of Tuesday, March 3<sup>rd</sup>, which just happens to coincide with the monthly PAC meeting. For this month only, the PAC meeting will commence at 7:30 p.m. in the multipurpose room, so that parents can browse the

selection of books in the library from 6:30 p.m. - 7:30 p.m. It's a perfect opportunity to stock up on some great books just before Spring Break!

As the Scholastic Book Fair represents a major fund-raising initiative for our school, it is hoped the GMS staff, students and parents make an effort to drop on by and peruse the great selection of items for sale. As always, we'll be accepting, cash, cheques and credit cards. And don't forget to submit your name for our book draw.

We'll see you at the Fair!  
Mark Leischner - Teacher-Librarian

### Upcoming Important Dates (please note Spring Break/Return to School Dates Below)

- ♦ Tuesday, March 3<sup>rd</sup> - GMS PAC meeting in our Multi-purpose Room, 7:30 PM - all parents welcome!
- ♦ Wednesday, March 4<sup>th</sup> - Spectrum and Reynolds Secondary counselors here to see grade 8 students regarding course selection for grade 9
- ♦ Friday, March 13<sup>th</sup> - Last day of classes before Spring Break; report cards come home
- ♦ Monday, March 23<sup>rd</sup> - School re-opens after Spring Break

See you in and around **GMS!**

Mr. Scigliano, Principal, and  
Mrs. Wooster, Vice-Principal

## *Quick Tips For Creative Healthy Lunches*

As a parent it is a constant struggle to continually come up with lunch ideas that are creative and nutritious. Try these quick tips.

To keep things simple and ensure you are preparing balanced lunches for your children, use this basic rule of thumb:

- ◆ Always include items from at least 3 of the 4 food groups as outlined in *Canada's Food Guide*. Mix and match any of these ideas for a tasty, healthy lunch:

<b>Vegetables and Fruit</b>	<b>Grain Products</b>	<b>Meat and Alternatives</b>	<b>Calcium-Containing Foods</b>
<ul style="list-style-type: none"> <li>◆ Celery and carrot sticks or green pepper</li> <li>◆ Sliced cucumber</li> <li>◆ Broccoli and cauliflower "trees"</li> <li>◆ Fresh or canned fruit</li> </ul>	<ul style="list-style-type: none"> <li>◆ Whole grain bread</li> <li>◆ Crackers</li> <li>◆ Mini bagels</li> <li>◆ Tortilla</li> <li>◆ Roti or naan bread</li> <li>◆ Pita bread</li> </ul>	<ul style="list-style-type: none"> <li>◆ Sliced meat</li> <li>◆ Tuna or salmon</li> <li>◆ All-bean chili</li> <li>◆ Soy based products</li> <li>◆ Nuts and seeds</li> </ul>	<ul style="list-style-type: none"> <li>◆ Milk</li> <li>◆ Yogurt</li> <li>◆ Cheese</li> <li>◆ Fortified rice or soy beverages</li> </ul>

Try these other healthy, creative lunch ideas:

- ◆ Instead of sandwiches, try wraps, bagel sandwiches or crackers and cheese.
- ◆ Leftovers such as mini-pizzas and casseroles make for excellent time saving lunches.
- ◆ For young ones, prepare fruits and vegetables so that they are easy to eat – peel the orange and segment the melon.
- ◆ Kids love dipping – be sure to include a small container of dip for vegetables.
- ◆ Choose "real" foods, that is, fruit leathers or bars made from 100% fruit, or fruit and veggie juice boxes that are made from 100% fruit and vegetables.
- ◆ A frozen 100% fruit juice box is a super way to keep lunches cold.
- ◆ If sending a hot lunch, make sure that the container keeps the heat in well.
- ◆ Include a non-food treat – a note from home, stickers, a funky pencil or straw or a surprise small toy.
- ◆ It is also okay to provide food treats occasionally, too. Include a small oatmeal cookie, raisin cookie, yogurt tube or granola bar as a treat.

For more information contact:

- ◆ Dial-a-Dietitian 1-800-667-3438 OR [www.dialadietitian.org](http://www.dialadietitian.org)
- ◆ [www.healthcanada.ca/nutritionlabelling](http://www.healthcanada.ca/nutritionlabelling).