



Glanford Middle School Newsletter

November 27, 2009

Dear Parents & Guardians,

The end of November is here, and it is time to share formally with students and parents the first formal report card of the year. Parents can expect reports to come home next Friday, December 4th. Regarding conferencing for the first term, we will be dismissing students one hour earlier than normal so that we can book parent-teacher conferences on Wednesday, December 9th (dismissal will be 12:06 PM – no classes that afternoon.) Many GMS parents have already met formally with their child's teacher and may not require an interview at this time. Should parents wish a formal interview with their child's teacher, please complete the request for interview form that will accompany the formal report card on the day it goes home. Teachers that wish to meet with parents for an interview will indicate this on the interview form as well. In the past, we have shared strategies for families as they receive a report card, so that the whole experience can be useful and positive. Being the first formal report of the year, we would like to share these ideas with you in this newsletter. In an effort to save paper and time, **we are using a new reporting format this year** – feedback from parents is welcome.

Teachers at GMS follow provincially mandated criteria as well as school district criteria when writing report cards. Reports will describe:

- A) what the students are able to do
- B) areas requiring further attention or development
- C) ways of supporting the student's learning

In addition to structured written comments for all report cards, middle school report cards also include letter grades. One exception to this is for students on individualized educational plans (IEP's).

When your child brings his or her report card home, we would like to suggest that you do the following things:

- * read through the report card together carefully
- * identify strengths that are communicated in the report
- * identify areas that require attention
- * discuss suggested ideas to support your child's learning
- * celebrate achievements
- * make plans for addressing areas needing attention
- * reread the report thoroughly a second time
- * jot down any questions that you may have for the teacher. At GMS, it is our intention to work collaboratively between home and school to support our children in their learning and to celebrate their successes!



The Music Program and Athletics @ GMS



Everyone is invited to this year's winter music concert featuring our band, strings, and choir. The concert will be performed on Tuesday, December 1st, at 7 PM in our gym. Families are encouraged to come out to listen to the beautiful music of our young students! With athletics, we have had many, many students participating in basketball this year – playing, and score / time keeping! The kids are having lots of fun and learning so much about the game of basketball! Great job, Mavericks!!

Me to We and Global Citizenship



Glanford Middle School was privileged to attend a provincial learning and sharing opportunity in Vancouver called **Me to We**. Since that session, **Mrs. Wooster** and **Mrs. Craig** have been facilitating a group of grade 6, 7, and 8 students with a variety

of initiatives, including a food drive at Hallowe'en, One Hour of Silence to promote awareness of the millions of children in the world without a voice. Our next project will be collecting items to assist the homeless in Victoria by providing them with a sock filled with basic necessities. We would encourage all students to get involved and bring in items such as new winter socks, toothbrushes, paste, shampoo, soap, razors so that we can fill socks for Victoria's Street Link. These basic items should be small enough to fit into a sock—perhaps you have some of these items from a recent stay in a hotel? Travel size shampoos, etc are the ideal size. We thank you for your support of this school wide effort to help those less fortunate in our community.

In addition to this initiative, GMS has supported the **Compassionate Resource Warehouse** in collecting used clothing articles and footwear. These donations will be part of a larger container destined for orphanages and needy families living in Moldova, Belarus, and the Ukraine. Thanks to all members of the GMS community for their contributions to this needy cause. **Mrs. Rushton's** Grade 8 students will be making a contribution to a local charity, St. Vincent de Paul, by collecting donations for gingerbread cookies that they are preparing and decorating. GREAT WORK! In addition, we will be asking families that are able to bring a non-perishable food item to our annual pancake breakfast and pajama day scheduled for Thursday, December 17th. These donations will also be presented to the St. Vincent de Paul, a local charity right here in our own community.

Trees for Tomorrow

Students in **Mrs. Norbury's** grade 6 class and **Mr. Allsopp's** grade 7 class have been participating in a fabulous endeavor called Trees for Tomorrow. In partnership with the Municipality of Saanich, students have had hands on experience with planting a variety of native plants in the Garry Oak section of Baxter Park, located at the East end of Judah Street. When driving South on the Pat Bay Highway before the overpass, take a look to your right and you will see some of the great work these students have been involved with. A wonderful learning experience and a legacy as well. GREAT WORK!



GMS Website

If you have not already done so, please visit our school's amazing website, which you can easily locate by going to: www.sd61.bc.ca/school/glanford You can find the following on the school web page:

Information about the staff
The three teams at GMS: The Hippy Hooplas, The Geckos, and the Rocking Rookies
A calendar for the year and upcoming events
Resources for parents and students
GMS PAC and GMPA information
Student photos and videos that capture the numerous events that occur at GMS

The school has once again invested in the World Book Online as a resource for our students. It is an invaluable resource for students when they require information and need to do research. You can find this from the GMS link listed below. To access World Book Online, you need to:

go to www.sd61.bc.ca/school/glanford
go to the library button
go to World Book Online and click
for log in ID, use sd61student
for password, use athome

Remember NOT to leave spaces for the login ID or the password, and to use lower case letters. We have the required license to use this resource at home this year, and you are encouraged to try it out!

GMS is a Happening Place!

The reality of running a busy middle school has set in here at GMS. The school is buzzing with activity – academic, athletic, and social! The young adolescent learner is an interesting one – there is never a dull moment! At any time at GMS, you can feel the energy and see the activity in the building. Academics are a priority for our students, as are a variety of learning opportunities. Through student leadership activities – including Studio 85 and assemblies, dance, athletics, the computer lab and library, band and strings, as well as other fascinating activities and clubs, student opportunities to explore new, exciting things are definitely here! Being well organized at home with established homework routines and good communication with parents all helps our students enjoy an enriching middle school experience while being the best they can be academically. A big THANK YOU goes out to our GMS PAC for their generous financial support shown for our mini-exploratory blocks – round one is now almost complete, and the students are gaining wonderful experiences. Thanks also to all of our parents for continuing to support the work we do at GMS.

Safety Around the School

Safety is a concern for us at GMS. We are concerned about the vehicle traffic around the school, particularly in the morning, and then again after school. We hope that students can walk or cycle to school. If parents must drive their child to school, we ask you to strongly consider car pooling with other GMS families. If families must drive, we ask that parents remember to use Judah Street as the main access point for drop off and picking up their child. The “school side” of Judah Street is acceptable for parking, NOT the residential side of the street. We must also avoid having vehicles “park” in the drop off and pick up zone on the Glanford side of the building. We ask that special care and attention happen at the crosswalk on Glanford Avenue as we have had some recent concerns there for student safety. Of course, bicycles and skateboards may not be used when on the school property, and safety helmets are a must. Thanks for reinforcing this with your child!

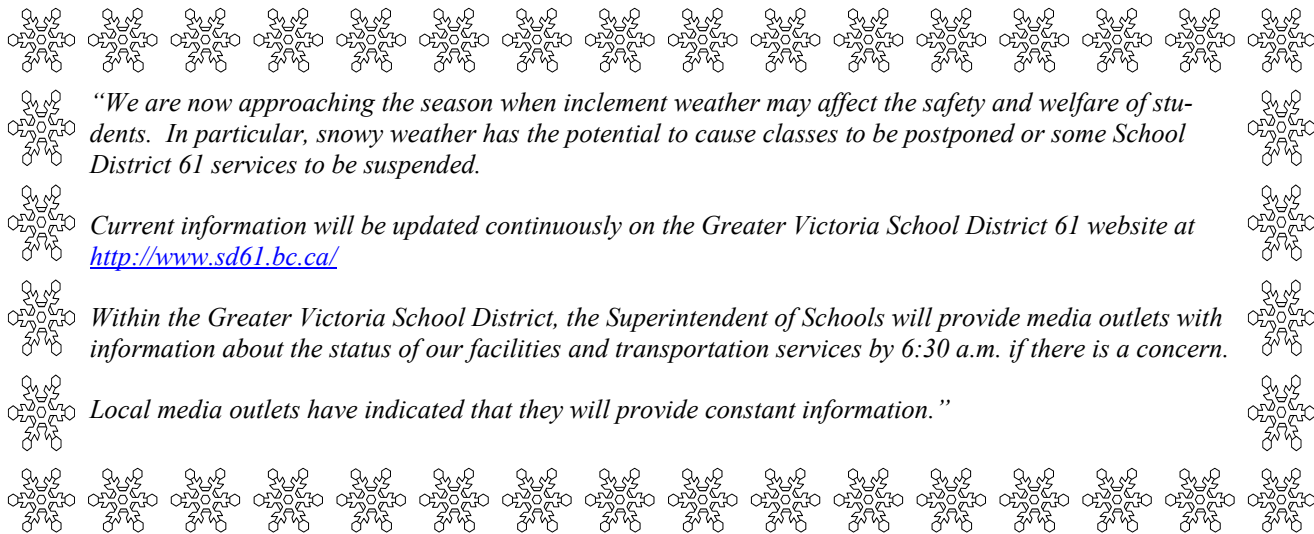
See you in and around GMS!

Louie Scigliano, Principal &
Elaine Wooster, Vice Principal

Upcoming Important Dates at GMS

- Tuesday, December 1st – Music Holiday Concert, 7 PM
- Wednesday, December 2nd - GMS PAC meeting, 7 PM; all parents welcome and encouraged to attend
- Friday, December 4th – Formal reports home
- Wednesday, December 9th – early dismissal at 12:06 PM for parent/teacher conferences
- Thursday, December 17th – GMS PAC sponsored Pancake Breakfast and Pajama Day – always lots of fun!
- Friday, December 18th – last day of classes prior to Winter Break
- Monday, January 4th, 2010 – school reopens





“We are now approaching the season when inclement weather may affect the safety and welfare of students. In particular, snowy weather has the potential to cause classes to be postponed or some School District 61 services to be suspended.

Current information will be updated continuously on the Greater Victoria School District 61 website at <http://www.sd61.bc.ca/>

Within the Greater Victoria School District, the Superintendent of Schools will provide media outlets with information about the status of our facilities and transportation services by 6:30 a.m. if there is a concern.

Local media outlets have indicated that they will provide constant information.”

Breakfast FAST

No time for breakfast? Try these:

Breakfast in a Drink

Make fruit smoothies in a blender or food processor. Blend, fruit juice, **milk, yogurt, or soft tofu, and pieces of fruit. Experiment with different juices and fruit. For a thicker drink use chunks of frozen fruit. Pour into a travel mug and enjoy on the way to school or work.**

Breakfast Wrap and Roll:

Spread a tortilla with light cream cheese and add any vegetables on hand (**left over cooked vegetables, shredded carrot or lettuce, alfalfa or mixed sprouts, strips of sweet red or green pepper**), season with your favourite dressing or salsa. **Roll up and eat on the go.**

* Pick local fruits and vegetables	* Wash fruits and vegetables before eating	* Enjoy the great taste of local fruits and vegetables
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Families Eating Together, Eating Better

With busy schedules, it can be hard to arrange a family meal together. Finding the time for a family meal is worth it. Children who eat with an adult almost every day:

- Eat more vegetables and fruit
- Make healthier food choices
- Eat less fat and “junk” food
- Maintain healthy growth and weight
- Are more connected to their families
- Do better in school
- Are less likely to engage in high risk behaviours such as smoking, using drugs and drinking
- Have a better use of words (language)
- Have better social skills (making friends)
- Have less risk of depression

Children and teens say eating together as a family is one of the things they like to do with their parents. Eating together has benefits for the whole family.

Here are some ideas for getting started:

- Make family meals a priority. Schedule meals the same way you schedule other activities.
- Share any meal – breakfast, lunch or dinner.
- To start, eat foods you usually eat. Just eat them together.
- If children are old enough, have family members take turns choosing and/or preparing the meal items. It doesn't have to be fancy.
- Keep talk positive and supportive. Focus on the good things that happened in everyone's day, such as things learned at school, holidays, good deeds done, a book you are reading or a joke you have heard.
- Make preparing a meal and cleaning up family time, too. Give everyone a job; even young children can set the table.

For more information contact:

Your local Health Unit
HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca
www.elleynsatter.com
www.bcdairyfoundation.ca/nutrition_education/docs/Eat_Together-Revised.pdf