



## Greetings to all Glanford Families!

We hope this newsletter finds you in good health and spirits, and we are delighted to say that the first month of school at **GMS** is now complete - what a great month it has been! It has been our intent to have all students at our school feel like they belong here - it is their place! Our standards of behavior and respect have been set high, all in an effort to create a positive, safe environment for teaching and learning. We will be surveying our grade sixes to attain feedback on how good they feel about being part of the learning environment of **GMS**. We look forward to reviewing that feedback and remain committed to making our school the best it can be!

This year's staff at **GMS** is committed to working with each and every student in our care. Of course, we strive to create a professional relationship with parents, as this is integral to the success of our work with our kids. This year's **GMS** staff:

### Grade 6 Team

Wendy Kidd  
Anna Copp  
Sherri Norbury  
Micha Seaberg  
Paul Dailyde

### Grade 7 Team

**Sean Welby/Mrs. Wooster/Mr. Scigliano**  
Andrew Shires  
Jonathan Allsopp  
Marla Margetts

### Grade 8 Team

Gary Beech  
Derek Brooker  
Cindy Kind  
Vicky Seaberg  
Brenda Rushton

Learning Support Bev McKillop, Lisa Webers (for Jenny Ohl on Maternity Leave)

### Exploratory Team

Cidalia Alvernaz - Wood Working  
Glenda Vander Ende - Home Economics  
Lisa Webers for Jenny Ohl - Visual Arts  
John Weston - Technology  
Pam Gerrits - Music, Band  
Sean Welby - Strings  
Marianne Ing - Choir

Librarian Mark Leischner

Secretary Teri Craig

Counselor Diana Battie

Accounts Clerk Jenny Reicker

### Support Staff

Carol Hall	Debbie O'Connor	Sue Shewchuk	Lynn Cassidy
Elaine Bayles	Travis Kehler	Tina Jubinville	Devin Perfect

School Technology Assistant Barbara Wiggins

Custodian Fred Schmidt

Evening Custodian Chris Wightman,  
Shane Woolbert

Vice-Principal Elaine Wooster

Principal Louie Scigliano

### **Glanford's Open House**

Our Family Barbecue / Meet the *GMS* Staff evening and welcome back to school was a huge success! We had a great turnout of families to meet the staff, to hear about the upcoming year, and to see the facility. The important relationship between school and home has indeed begun, and fun was had by all! An enormous thank you goes out to our *GMS* PAC for organizing this important event, particularly our PAC Chairperson, Mr. Jeff Adams, for his leadership with this important event. Thanks to all of the parents and staff that pitched in to make this event a success!

### **School Planning and Professional Development**

On Monday, September 21<sup>st</sup>, we held the first non-instructional day of the year. The staff at *GMS* spent the morning working alongside our colleagues from Monterey Middle School. The topic was "Achieving Excellence in Writing". The presenter, Susan Augustyn, shared with our staff a very effective way to teach and to inspire middle school students to become great writers. The teaching techniques were very well received by the staff and we look forward to working on this academic goal area this year. The two formal goals that we have for our school community this year are the following: 1) To maximize student engagement and leadership in the highly successful culture established at *GMS*, and 2) To raise achievement in student writing skills and instill a positive attitude towards the writing process in an increasingly technological culture. These goals were created at the end of the last school year and are supported by our School Planning Council. Goals for this year will be discussed at upcoming PAC meetings, which of course all parents are encouraged to attend.



### **Current Athletic Offerings at *GMS***

We believe that by offering our students a variety of ways to become involved at the school, we are fostering a culture of belonging and pride. Thanks so much to the staff and community volunteers coaching our first athletic offerings of the year - Cross Country Running (Mrs. Rushton and former *GMS* student Alex Cassidy) and our **soccer teams** (Mr. Seaberg - Junior Boys, Mr. Hayward (student teacher) - Senior Boys, Mrs. Seaberg & Mr. Cannon - Junior Girls, and Mr. Scigliano - Senior Girls). We encourage our students to find ways to contribute to our learning community and to become involved in the variety of events offered at *GMS*.

### ***Tour de Rock - Cops for Cancer Campaign***

As you are probably aware, GMS is a big supporter of the annual Cops for Cancer Tour de Rock campaign. We believe that by supporting this worthwhile community endeavor, we are promoting empathy, compassion, and social responsibility in our learning community. Many thanks to Mrs. O'Connor and Mrs. Wooster for their sustained leadership in this campaign, and to the brave students, as well as one teacher and one parent, who volunteered to have their heads shaved September 30<sup>th</sup> to raise awareness and funds for the campaign. Thank you also to the many parents, relatives, and friends that were able to join us for the head shavings in the gym, and again on morning of Friday, October 2<sup>nd</sup> at 11:18AM to cheer on the Tour de Rock team as they made their way into Victoria with a stop right here at GMS! **This year's campaign has raised an astounding \$15,000 to date** - an accomplishment to be celebrated!

### ***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. 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, athletics, and other activities that they have expertise and passion.

If you would like to offer your assistance with the first round of 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. Specifically, the first round of mini-exploratory blocks have been set for four Wednesdays - November 4<sup>th</sup>, November 18<sup>th</sup>, November 25<sup>th</sup>, and December 2<sup>nd</sup>, from 12:56 PM - 1:56 PM on each of those days. 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!

### ***Parent / Teacher Conferences***

We have arranged for two afternoons of early dismissal of students to allow for parent / teacher conferences. This conference time is intended for parents to share information about their child with teaching staff, and for teachers to share initial observations of our students. The two dates for these are Wednesday, October 7<sup>th</sup> and Wednesday, October 21<sup>st</sup>. All students will be dismissed at 12:06 PM on those days so that parents and teachers can meet. If you have not already completed the Parent / Teacher conference sheet that was sent home with each student, please contact the school and ask to speak with your child's teacher. We feel that it is important that all parents meet with the staff for these first conferences of the year.

*Me / We Conference: GM Place - Tuesday, Sept. 29<sup>th</sup>*



GMS was privileged to send two staff and 6 leadership students to an outstanding children's conference in Vancouver entitled "Me to We." The "Me to We" movement was started by a young social activist, Craig Keilburger, who at the age of 12 visited India and was appalled by the child

labour conditions he saw. Returning to his Grade 7 classroom, he started an organization called *Free the Children* which has, since 1995, built more than 500 schools in third world locations and provided education to more than 50,000 children every day.



The focus of the Conference was to inspire young people to become socially conscious global citizens who will create a school-wide action plan. After a welcome from Governor General Michaëlle Jean, the students listened to social leaders, from his Holiness the Dalai Lama and Dr. Jane Goodall, to Mia Farrow and Michel Chikwanine from the Congo. Another highlight were performances by Sarah MacLachlan, Hedley, Jason Mraz, and the Canadian Tenors.

The GMS action plan will be formulated in the coming months with details to be shared with parents and students. We hope our students are inspired to "*be the change!*"

***Upcoming Events in October***

Friday, October 2<sup>nd</sup> - Cops for Cancer Tour de Rock stops at GMS, 11:18 AM - parents welcome to join us for this most amazing event!

Tuesday, October 6<sup>th</sup> - GMS PAC meeting in our library 7 PM; all parents welcome!

Wednesday, October 7<sup>th</sup> - International WALK TO SCHOOL Day - please make an effort to walk to and from school today! **Early dismissal for parent/teacher conferences at 12:06 PM**

Monday, October 12<sup>th</sup> - Thanksgiving Day, school not in session

Wednesday, October 21<sup>st</sup> - **Early dismissal 12:06 PM -parent/teacher conferences**

Friday, October 23<sup>rd</sup> - Provincial Non-Instructional Day - school not in session

***See you in and around Glanford!***

***Louie Scigliano, Principal***

***Elaine Wooster, Vice-Principal***



## Autumn is Harvest Time in BC

Many communities are having fall fairs or apple festivals to celebrate the harvest. Farmers markets are still open and many farms offer tours of corn mazes and pumpkin patches. Try to take advantage of these opportunities to explore the bounty of food produced in our province.

Traditionally Thanksgiving was a time to give thanks for the food that was harvested and would sustain families through the winter. Think about featuring BC fruits and vegetables for your Thanksgiving dinner (e.g., mashed BC russet potatoes and turnip, locally grown Brussels sprouts or beans, carrot and cabbage coleslaw, fresh BC fruit salad, apple or pumpkin pie).

* <b>Pick</b> BC fruits and vegetables	* <b>Wash</b> fruits and vegetables before cooking or eating	* <b>Enjoy</b> and celebrate the great taste of local fruits and vegetables
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### Which would you pick?

Juice box - 200 ml	Drink box - 200 ml	600 ml pop or beverage like Snapple
100% Real juice	Coloured sugar water with a bit of real juice for flavour	Coloured flavoured sugar water
Natural sweetness	6-12 tsp. Sugar (30 - 60 ml)	14-20 tsp. Sugar (70 - 100 ml)

Beware of words like beverage, cocktail, and punch when purchasing drinks for school lunches. According to Canadian labeling regulations only drinks that are 100% juice can call themselves juice. Other drinks sometimes try to look like juice with pictures of fruit or words like "real juice flavour" but most have very little real juice. Read the ingredient list and look for 100% juice with no sugars added (hint: the following words are sugars - sucrose, glucose, fructose, corn syrup).

Frozen juice boxes will thaw out by lunch time and still be cold. They also keep the rest of the lunch cool and out of the danger zone for bacteria growth.

Real fruit juice counts as a serving for the Vegetable and Fruit Group of Canada's Food Guide to Healthy Living but you can get even greater health benefits if you eat fresh fruit, so...

* <b>Pick</b> local fruits and vegetables	* <b>Wash</b> fruits and vegetables before eating	* <b>Enjoy</b> eating 5 to 10 servings of fruits and vegetables each day
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