

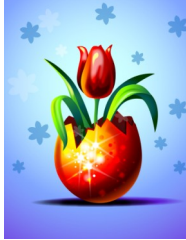


# Glanford Middle School Newsletter

March 29, 2010

## Greetings to all *GMS families!*

We hope that you took some time to relax and unwind during Spring Break! Having a two week Spring Break seems to have had a very positive effect on our students and staff! Everyone is rejuvenated and ready to embark upon our third and final term of the school year. Parents will be asked to express their views regarding the two week Spring Break via a survey to parents from the VCPAC. All parents are encouraged to take part in this survey.



The teachers at our school have taken time to articulate the progress of every student on the second term report cards. The reports that came home are important for students and their families - celebrate your successes, and make the goal areas set for third term a top priority. Middle School is an exciting time for everyone and there are numerous opportunities for development. The third term will continue to bring these many opportunities, and a focus on intellectual development will continue to be of importance as staff plan their lessons.

With the improvement in weather, we encourage more students to walk or cycle to and from **GMS**. If you are riding to and from school, please remember to wear your helmet, walk your bicycle on the school property, and lock up your bicycle in the designated bicycle racks. Our school fields are now officially re-opened!



## Anti-Racism Campaign

We celebrate cultural diversity and are proud to have over 20 cultures represented at GMS. This week, the students heard a presentation focusing on "Stopping Racism", and subsequently, many of our classes have embarked upon a variety of activities to support this campaign. Treating people with respect, irrespective of race, color, religion, choice of foods, and other beliefs, is something we continue to promote in our school. Parents are asked to discuss this important theme at home with their students. Thanks for your ongoing support.

## GMS PAC Fundraising Effort

Each year, the **GMS PAC** takes on one major fundraising endeavor – chocolate sales! We wish to express our sincere appreciation to the **GMS PAC** and all of the parents/students/staff that have diligently worked hard on behalf of our learning community by taking part in this year's chocolate fundraising event. Under the leadership and tireless efforts of parents **Alison Carretero, Audrey Smith, and many** of the parents of our school community, this year's chocolate sale will surely be a huge success! The profits made by this effort are in turn used to support our programs for **GMS** kids in their entirety. We know that the students have also worked hard by selling the chocolates, and a huge thanks goes out to all that worked so hard to support this important endeavor!



## Upcoming Athletic Opportunities at GMS

We are very excited about new sports for students to take part in at our school.

Field Hockey is being offered by **Mrs. Rushton**.

Rugby is being offered by **Mr. Seaberg**.

We will be having Juggy League during our lunch hours – a game named after a former GMS student, offered by **Mr. Brooker** during our noon hours. Additionally, students interested in playing badminton can do so under the leadership of **Mr. Leischner** and **Mr. Dailyde**. After Easter Break, students will also have the opportunity to participate in Track and Field Events. Students are encouraged to try something new – you just might fall in love with a new sport! In addition, thanks in advance to the parents that assist us with our teams and with the transportation that is required for these activities.

## Planning for September, 2010

We are making plans for our school organization for next year. It is imperative for us to know if a **current grade 6 or 7 GMS child** is moving/not returning to Glanford Middle School in September. If this is the case for your family, please advise Mr. Scigliano (479-7179) or by e-mail: [lscigliano@sd61.bc.ca](mailto:lscigliano@sd61.bc.ca) just as soon as possible. This information is very much appreciated and greatly assists us in our planning.

## Canspell Competition – And Then There were 60!

Congratulations to Gabrielle Carretero from Mr. Dailyde's C-5 class, who proudly represented Glanford at the regional finals of the Times Colonist Canspell competition at UVIC, earlier this month. Gaby lasted a full 10 rounds, before capitulating at a less than 'mirthful' moment. Regardless, she did finish a highly respectable 9<sup>th</sup> out of a total of 60 competitors. Bravo from all of us, Gaby! You'll win it next year!

## Falon Wins Olympic Gold...Er...Red!

In what turned out to be a hotly contested writing competition for a pair of the red Olympic mittens, Falon Lancey from Division B-2 submitted a wonderful paragraph about the slalom snow skier from Ghana, thereby winning her very own pair of the highly coveted mittens. Keep on writing, GMS!

## GMS Library News - Scholastic Book Fair

Mark your calendars now for the upcoming Book Fair which will be held in our library from Monday, April 12<sup>th</sup> to Friday, April 16<sup>th</sup>. As this is our only library fundraiser during the year, Mr. Leischner hopes the entire GMS community will support this initiative to raise money for new resources. As always, the school will be open before school, at lunch-time and after school for the entire week. The fair will be accepting cash, cheques, Master Card, Visa and, if all goes as planned, Interac! We'll see you at the fair!

## Upcoming Important Dates

- Friday, April 2<sup>nd</sup> – Good Friday – school not in session
- Monday, April 5<sup>th</sup> – Easter Monday – school not in session
- Tuesday, April 6<sup>th</sup> – **GMS PAC** Meeting, 7 PM; all parents welcome to attend
- Wednesday, April 7<sup>th</sup> – Students dismissed at 12:06 PM to allow for parent teacher conferences that afternoon – if parents have not already done so, please contact your child's teacher to arrange for an appointment if you desire one
- Wednesday, April 14<sup>th</sup> – Anti-Bullying Day and Pink Shirt Day
- Friday, April 23<sup>rd</sup> – Provincial Non-Instructional Day; School not in session
- Tuesday, April 20<sup>th</sup> – Saturday, April 24<sup>th</sup> – **GMS** Music tour to Jasper, Edmonton, and Kamloops with **Ms. Gerrits** and **Mr. Welby**
- Wednesday, May 5<sup>th</sup>, May 12<sup>th</sup>, May 19<sup>th</sup>, and May 26<sup>th</sup> - Final round of Mini-X; watch for choices being offered on our school website in the near future. PARENTS/ GRANDPARENTS – please contact Mr. Scigliano (479-7179) or by e-mail: [lscigliano@sd61.bc.ca](mailto:lscigliano@sd61.bc.ca) if you are interested in offering a mini-x experience during these times.

See you in and around **GMS**

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

# Snack Attack! – Easy Ideas With Veggies and Fruit

Most children don't get enough vegetables and fruit each day. School-age children and youth need 5 to 8 servings of fruit and vegetables per day.

Try these ideas with salad dressing or yogurt for dipping, or include a slice of cheese for a classic combo:

Sweet peppers, cucumber slices, carrot sticks, cherry tomatoes, celery, broccoli or cauliflower

Oranges, berries or cut-up fruit

Apple, pear or banana slices packed with a teaspoon of lemon juice to keep them from going brown

Kiwi cut in half with a spoon for scooping

Chunks of watermelon or cantaloupe are always a hit

Encourage your child to eat more vegetables and fruit:

Eat plenty of vegetables and fruit. Children learn by watching you. They will be more willing to eat vegetables and fruit if they see you eating them.

Involve children in buying and preparing vegetables and fruit.

Cut and serve them in many ways. For example "ants on a log"- celery with hummus or raisins on top or celery and dip. Add dried or fresh fruit to breakfast cereals or yogurt, or make a fruit smoothie.

Add extra vegetables to soups, casseroles and stews.

Prepare vegetables in ways you have never tried before, e.g. use sweet potatoes and yams instead of potatoes to make great oven baked fries.

Buy pre-cut vegetables and salads.

Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack. Serve them with different dips and sauces.

Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it. Never force children to eat. With time children will learn to eat what you eat.

Remember, a child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time.

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](http://www.healthlinkbc.ca)  
[www.dietitians.ca](http://www.dietitians.ca)

[www.actnow.bc](http://www.actnow.bc)

Child, Youth and Family Community Health  
SN-HP-107-27-09 – Revised 2009-07-09

**Is Your Student Going to be  
Absent or Late? Please call our  
Student Attendance Line at  
250-479-5032 whenever your  
student is going to be away or late**