



Glanford Middle School Newsletter

January 27, 2012

Greetings to all Glanford families,

Hello **GMS** students, families, and staff - thanks for making our Middle School one that all of us are proud to be associated with! **GMS** is off and running in 2012.


Student Transfer Application Week: Thursday, February 16th to Friday, February 24th

Students in Greater Victoria School District follow a pathway from elementary school to middle school to secondary school. Students at all grade levels (K-12) wishing to change schools or pathway will need to complete a Student Transfer Application Form, which is available beginning February 16th at all schools and on the District website, www.sd61.bc.ca. **Our school's pathway is Glanford Middle School to Spectrum Secondary School.** Thus the only Glanford students who will need to complete a Student Transfer application for 2012-2013 will be:

- current Grade 8 students wishing to attend any School District 61 secondary school other than **Spectrum Secondary School** (for example, **Reynolds Secondary School** or **Mt. Douglas Secondary School**), or,
- current Grade 6 or 7 students wishing to attend another School District 61 middle school.

You will find additional information regarding the transfer process on our school district website. **GMS** will be hosting a **Parent Information Night** on Thursday, February 2nd at 7 PM in our gymnasium - this is an evening of information for families of grade 5 children planning for Middle School, and for families of grade 6 or 7 children wanting to learn more about Glanford Middle School. We know that most of our grade 8 students and families have attended Secondary School information nights - well done! Please contact Mr. Scigliano if you have any questions regarding the student transfer process for our school district.

Strings Begins at GMS!

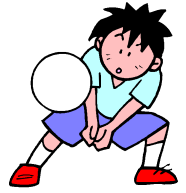


We are delighted to welcome Mrs. Chloe McConchie to our staff at **GMS** to teach our strings program! We have been without a teacher for strings since the start of the year and are very excited to get started! Mrs. McConchie is a highly qualified strings educator and currently is an active member of the Victoria Symphony. **GMS** students have been invited to join the strings program and those expressing an interest have brought an information letter home to parents. We will be offering a beginner's strings group as well as an advanced strings group. Classes are Tuesday and Friday mornings. If you did not receive a letter regarding strings and are interested in this program for your child, please contact Mrs. McConchie at the school.

Athletics at GMS



Active living and taking care of oneself is a goal we have at GMS. Thanks so much to our staff volunteers for offering volleyball to GMS students! We have a wonderful recreational league running at lunch times for all interested students. Mr. Allsopp is also offering competitive skill development in volleyball and it is great to see such enthusiasm for the sport! An update in Basketball: Our senior girls' basketball team became *City Champions* prior to the Christmas break. The team is hosting a Mavericks Invitational Tournament the weekend of January 27th and 28th and everyone is welcome to cheer on our team. This tournament will help keep the girls sharp and will also be a great way to prepare for the British Columbia Provincial Championship tournament that our girls will be attending on the lower mainland in March, 2012. Way to go girls!



Hoops for Heart

Each year, GMS supports The Heart and Stroke Foundation while promoting physical fitness and an active lifestyle. We are pleased to support this important endeavor at GMS by encouraging our students to participate in the Hoops for Heart Basketball Shoot Out. Students that are interested in this event will collect pledges from family and friends, sponsoring them for a basketball shoot out. All funds raised are given to The Heart and Stroke Foundation, a wonderful cause. At our last retro assembly, Celeste Zimmer from the Heart and Stroke Foundation of Canada helped us launch this year's event and students were invited to take pledge envelopes home. We really are looking forward to the shootout for Hoops for Heart, which happens in our Gymnasium on Thursday, February 9th over the noon hour. It is not too late to get involved! Anyone interested in supporting the Heart and Stroke Foundation via our Hoops for Heart event may contact Mr. Scigliano in the office.



Foundation Skills Assessment

During the months of February and March, students throughout British Columbia will write Foundation Skills Assessments in the areas of Writing, Reading Comprehension, and Numeracy. The [Foundation Skills Assessment](#) is an annual province-wide assessment of British Columbia students' academic skills, and provides a snapshot of how well BC students are learning foundation skills in Reading Comprehension, Writing, and Numeracy. The main purpose of the assessment is to help the province, school districts, schools and school planning councils evaluate how well students are achieving basic skills, and make plans to improve student achievement. FSA is designed and developed by British Columbia educators. The skills tested are linked to the provincial curriculum and provincial [performance standards](#). This year, two of the six assessments will be administered electronically, with the remainder in booklet format. Each student will receive their individual results and personal booklets later in the year, while schools will use overall results as one source of data to consider when planning for improved student learning. If parents have any questions about this year's FSA assessments, please contact Mr. Scigliano or Mrs. Wooster.

Upcoming *GMS* Ski Trip



We are very pleased to be offering a *GMS* ski trip to Mt. Washington, scheduled for Tuesday, February 21st. This enhancement to our program is optional for students in all three grades this year. For those students who choose not to attend the planned ski trip, we will be offering a regular day at school, which will include recreational opportunities - details for those choosing not to go to Mt. Washington are currently being planned out and will be shared soon with students. The deadline for submission of forms and money is today, January 27th. The response has been wonderful with a large portion of the school participating in this wonderful event!

Upcoming Important Dates

- Friday, January 27th, February 3rd 10th, and 24th- Mini-Exploratory Blocks
- Thursday, February 2nd - Information night for parents regarding transition from Grade 5 schools to Grade 6 at *GMS* - 7 PM in the gymnasium
- Friday, February 3rd—subway lunch
- Wednesday, February 8th - Glanford PAC Meeting, 7 PM in the library
- Thursday, February 9th - Hoops for Heart Shootout in our gym 12:10 PM
- Friday, February 10th—pasta lunch
- Thursday, February 16th to Friday, February 24th Greater Victoria School District Student Transfer Week; see details in this newsletter
- Friday, February 17th - Provincial Non-Instructional Day - school not in session
- Tuesday, February 21st- Optional School wide *GMS* Ski Trip to Mt. Washington or special day planned at *GMS* for those children choosing not to go skiing
- Friday, February 24th—pizza lunch
- Monday, February 27th - Glanford Music Parents Association Meeting, 7 PM
- Wednesday, February 29th- Anti-bullying day and Pink Day at *GMS*
- Friday, March 2—subway lunch
- March 12 to 23—SPRING BREAK

See you in and around Glanford!

Louie Scigliano, Principal

Elaine Wooster, Vice-Principal

PEOPLE COME IN MANY SHAPES AND SIZES!

Part of healthy living is being comfortable with your body. Parents, teachers and caregivers play an important role in helping children feel good about themselves.

Children's bodies change and grow over time. It is normal for children to gain weight before a "growth spurt" (an increase in height). When this happens, they may appear chubby. Most children will outgrow this when their height catches up with their weight.

Here are some tips to help children cope with changes in their bodies:

- Avoid making too many comments about your child's appearance as this puts too much focus on looks.
- Avoid making negative comments about your appearance; role-model acceptance of your own body.
- Avoid making negative comments about other people's appearance.
- Let children know you love them just the way they are.
- Teach children to value qualities such as honesty and kindness in themselves and in others.

Remember, there are a variety of body shapes and sizes that are healthy. Active, healthy living and self-esteem are more important to health than size or shape.

The most important thing you can do for your child is to role model healthy behaviours and attitudes. If you feel good about yourself, your children are more likely to feel good about themselves too.

For more information contact:

HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca/dietitian/

Middle Years

Working together for school success



Short Stops

Happy New Year!

New Year's resolutions can help your child form good habits. This year, have her think of resolutions for your family, like exercising together once a week. Then, come up with a plan, such as walking on Saturday mornings, and motivate each other to stick with it.

Internet pledge

To help protect your middle grader when he uses the Internet, consider creating a safety contract. Put rules in writing ("I will not give out personal information," "I will not talk to strangers"). Then, have him sign the pledge and post it near the computer. *Tip:* Find sample rules at www.safekids.com/contract.htm.

Promptness, please

Being at her desk when the bell rings means your child won't miss important announcements or class instruction. Suggest that she add a five-minute "cushion" to her morning so she has time to deal with the unexpected (a missing shoe, an early bus).

Worth quoting

"A mind that is stretched by a new experience can never go back to its old dimensions."

Oliver Wendell Holmes Jr.

Just for fun

Q: A man went out in the rain without an umbrella or a hat, yet not one strand of hair got wet. How is that possible?

A: He was bald!



Friendly reading

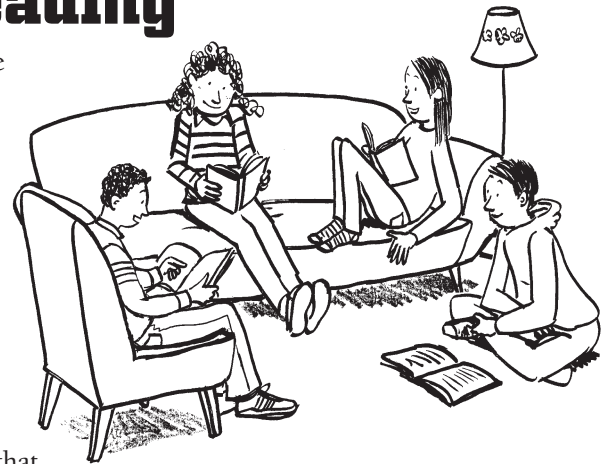
Looking for a way to motivate your children to read regularly and enjoy books? Have them turn reading into a social event! Sharing reading with friends can improve comprehension and keep youngsters motivated to read through the middle years. Try these ideas.

Reading buddies

Your children might plan to read with friends at libraries or at one of their houses. Suggest that they each take a novel to read or share some magazines. This is also a good way to tackle books they're assigned for class. They can discuss passages they like or ask for help with parts that aren't clear.

Book clubs

Encourage your youngsters to find out whether the public library or school media center offers book clubs. Or they could start their own groups with several classmates. The students can choose a book to read and pick a date to get together and talk about it. Each member could take



several titles to the meetings so the group will have plenty to choose from.

Social networking

Online reading communities are fun places for kids to swap book recommendations and express opinions about what they read. They can rate and review books at www.goodreads.com. Using the site regularly is a good way to keep track of titles they've read, too. At www.youarewhatyouread.com, each reader can leave a "book-print"—a list of all-time favorite books. They'll also be able to see which books their friends like best, and why. 👍

Go, team!

Cheering on the home team with good sportsmanship shows class. Your child can help her school and team earn a nice reputation with these suggestions:

- Show school pride by wearing team colors on game days and to sporting events.
- Hold up signs that encourage the home team. ("Go, Hawks!") Avoid slogans or messages that put opponents down.
- Join in positive chants and cheers to spur on your team ("De-fense! De-fense!"), and don't boo the other team.
- Respect referees' and officials' calls by keeping negative thoughts to yourself. Remember that just one angry fan can turn the tide of a crowd.
- Be courteous to fans, players, and coaches of other teams if you run into them before or after a game. 👍



Let's talk!

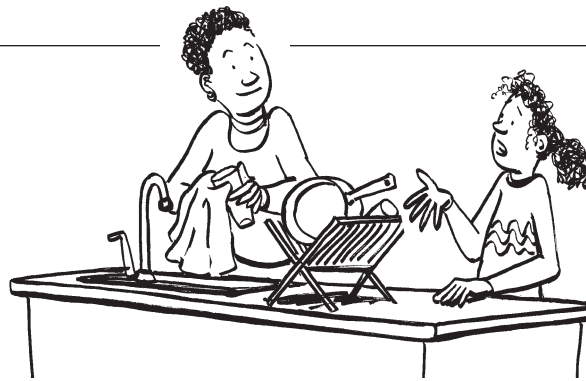
Something seems to be on your middle grader's mind, but you can't get her to open up. Or you've disagreed about a decision, but she's not interested in talking about it.

The words you choose can make a difference in whether discussions take off or end quickly.

Starters

These comments invite further conversation by showing you care about what your child has to say. They also demonstrate that you're willing to listen rather than interrupt with your own opinions or solutions. Try conversation openers such as:

- "Tell me more about that."
- "How do you feel about it?"



- "I can tell this really matters to you. Why do you think that is?"
- "What would you like to see happen?"

If your youngster knows she can talk without being judged or lectured, she will be more apt to share her feelings.

Enders

These phrases can give your middle schooler the impression you're not interested in a two-way conversation or that you don't respect her feelings. Try to avoid saying things like:

- "I'm the adult."
- "Don't argue with me."
- "You shouldn't feel that way."
- "You don't know what you're talking about."

If your child is afraid you'll criticize, she'll be more likely to keep her thoughts to herself. 👍



Fun with electives

One exciting thing about middle school is that your child gets to take electives. Here are ways he can decide which subjects to choose—and get the most out of them.

Start by scanning the course offerings together. Look for classes that match his interests (photography, poetry) or that help him explore careers (computer programming, journalism). He can ask his school counselor about specific courses or get input from teachers on what kind of assignments he'll have.



Then, when your tween takes electives, ask him to introduce your family to what he's learning. You might take family "field trips." For example, visit an art museum if he's taking painting, or head to a local creek if he's studying environmental science. Also, you can show support by attending a school play if he's in charge of sound effects, or you might display a table that he built in shop class. 👍

Q & A

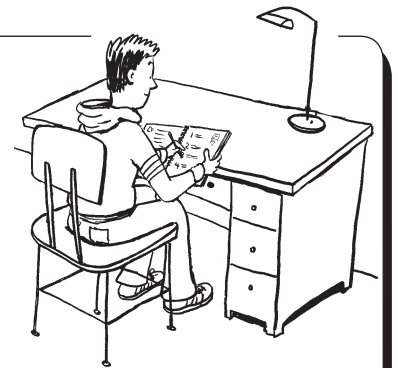
Jump right in!

Q My son waits until the last minute to start school projects. Then, he ends up stressed out and doesn't do his best. How can I help him change this?

A When it comes to projects, getting started might seem like the hardest part. But the longer your child puts it off, the tougher it can be to do a good job and finish on time.

As soon as he knows about a project, he should write the steps in his planner, making sure to allow enough time for each one. For example, to do a science project, he'll need to gather materials, set up the experiment, collect and record data, and analyze results. If he sees the steps broken down, getting started might not seem overwhelming.

Let him know that the important thing is to do something each day, no matter how small, so that he keeps moving forward. 👍



Parent to Parent

Smart spending

When my daughter Alyssa reached middle school, she started asking for money to spend on things like weekend outings and trendy jeans. These extras usually weren't in my budget, and I wanted her to learn about making good spending choices for herself.

I started giving her a small allowance so she could pay for non-necessities and get comfortable managing money. We talked about ways to be responsible with her allowance, like shopping

around for the best price and thinking carefully about each purchase. I suggested that she ask herself if she'd rather save the money for something else, if the purchase was something she could wait for, or if she could live without it altogether.

Alyssa's been getting her allowance for a month. Last Saturday, she invited a friend over instead of meeting at the mall for lunch so she could save for jeans. I'm glad she's learning to make these choices now so she'll be more prepared to manage her own budget when she's older. 👍



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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