

PORT GUICHON Elementary School

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<http://pg.deltasd.bc.ca/>

NEWSLETTER

No. 5 – January 2013

Dear Parents:

Welcome back! Best wishes to all of you from all of us for a very Happy New Year in 2013. We hope that you had an opportunity to enjoy some quality family time during the break. We look forward to a great year ahead as we work together to create the best possible learning environment for our students.

We want to thank you for your support during our many December activities culminating in our winter Christmas concert and the pancake breakfast. The staff and students at our school worked extremely hard on their numbers for the concert and the decorations for the gym. It was great to see our students on stage. Our staff was also treated to many days of treats during the month of December. Thank you to the many parents who provided the much-appreciated goodies during the days leading up to the winter break and to those who helped to prepare the pancake breakfast on the last day of school.

January is bringing some changes to Port Guichon. We are pleased to welcome back Mrs. Jennifer Duke to her position as our school psychologist following her maternity leave. Thank you to Ms. Monica Shah for her work at Port Guichon during Mrs. Duke's leave.

We would also like to inform our parent community Mrs. Sukhy Dhillon will be returning to Port Guichon from her medical leave. Miss Athwal has been in a term-specific position covering Mrs. Dhillon's leave. Mrs. Dhillon is planning on gradually returning to the classroom, teaching on Fridays beginning January 11th. She then hopes to add an additional day (Thursdays) later in January. Mrs. Dhillon hopes to return to teaching full time within approximately eight weeks, depending upon the advice of her physician. Miss Athwal and Mrs. Dhillon will work together to make the transition as smooth as possible for our Division 3 students. Please join us in welcoming Mrs. Dhillon to Port Guichon and in thanking Miss Athwal for her work with our students since September.

We look forward to a great new year and appreciate your efforts in supporting your child's education.

Mark Douangchanh, Vice Principal – Port Guichon

Bob Thompson, Principal – Neilson Grove & Port Guichon

Congratulations and Thank You

- *The Port Guichon School Community is to be congratulated for their contributions to our annual Christmas Canned Food Drive. We collected a large number of food items that were taken to Deltassist for Christmas Food Hampers. Thank you all for your generosity.*
- *The WE Team thanks everyone who contributed to their Stocking Stuffer campaign. Many children in our community were able to receive a Christmas Stocking thanks to your generosity.*
- *Thank you to Mrs. Ewert, the PAC, Mr. Sowden and the Grade 7 Students for preparing and serving a pancake breakfast to our students on Friday, December 16th. A wonderful Christmas Treat!*
- *The Christmas Pyjama Drive would like to thank the students, parents and staff of Port Guichon Elementary for collecting 164 pairs of pyjamas for needy kids in our community. Well done Port Guichon- thank you for giving back.*

SCHOOL TEAMS



We will be starting our basketball season this term for Grade 6/7 boys and girls. If you are able to help out with coaching duties, please give Mr. Douangchanh a call. Everyone is looking forward to a successful season. As usual, we will require your help to get students to and from games. If you can help, we would really appreciate it. A schedule will be given to each school team player prior to games starting.

KINDERGARTEN REGISTRATION

Port Guichon's Kindergarten registration for children who will turn five by December 2013, will be held on **Tuesday, February 12, 2013**, from 9:00 AM to 12:00 noon. Parents are asked to bring:

- the child's original birth certificate
- immunization records and BC Care Card
- proof of residence (Rental Agreement, Tax Bill, Hydro Bill, etc.)
- Parents' proof of Canadian Citizenship, landed immigrant status, refugee status or work permit

WET WEATHER MORNING PROCEDURES

As we move into the wetter, colder months, we want to remind you of the procedure for morning arrival. **Students should not come into the school before 8:30 AM. All students should report to the undercover area. Students should not come in through the front door.** Our teachers are busy preparing for the day and need uninterrupted time to get ready for their classes. Students wait in the undercover area and at 8:30 AM we will ring a double bell. Mr. Douangchanh will then bring all the students into Library to wait until the bell rings at 8:40 AM and students can go to their classrooms.

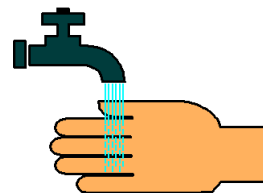


MESSAGES FROM YOUR PUBLIC HEALTH NURSE

During the winter months, we spend more time indoors which exposes us to more cold and flu germs. One way to protect yourself is to practice good hand washing technique. Hand washing prevents the spread of germs. Why not take a few minutes and review these steps with your family. Remember, healthy family members are happier family members.

Proper hand washing means:

1. Wetting your hands under running water
2. Scrub with soap for a count of 30. Make sure you work up some suds.
3. Rinse under running water for a count of 5.
4. Dry with a clean towel.



Sip-Smarts for Students

What does 1 glass of fruit punch and 10 cookies have in common? Sugar! Imagine eating 8 spoonfuls of sugar or all of those cookies. That's how much sugar is in 1 glass of fruit punch!



It is important to keep your kids well hydrated, but sugary beverages are not the answer. Slurpees, sport drinks (Powerade and Gatorade), punch, pop, and fruit drinks all have too much sugar and provide little or no nutrition for your child. The better drink options by far are water and milk. To help kick the liquid-sugar habit, a new education program called Sip Smart has been launched in some BC schools (www.bchealthyliving.ca/node/104). It educates BC elementary school students on how to choose healthy thirst-quenching beverages. Watch - these lessons may be taking place in your child's classroom!

A Good Night's Sleep

Sleep is important for good health and to keep children feeling their best. Lack of sleep affects children's learning. Children need about 9-10 hours of sleep a night.

To help your child get enough sleep:

- Set a regular bed time routine
- Have a quiet time 30 minutes before bedtime (read, warm bath, etc.)
- Avoid caffeine-containing soft drinks and chocolate
- Provide a cool, dark, quiet room for sleeping
- For more information on dealing with sleep issues, go to www.AskDrSears.com
or call your local Health Unit



PORT GUICHON ELEMENTARY SCHOOL UPCOMING EVENTS	
Polar Bear Jog Wednesday, January 16	11:30 AM Please join us for our run (weather permitting). If it's raining (or snowing!) we'll be doing our Polar Bear Jog activity in the gym.
PAC Meeting Tuesday, January 22	7:00 PM – Please join us at the school for our monthly PAC meeting.
Student-Led Conferences Wednesday, February 6	2:00 PM Following regular Wednesday Dismissal we will be having our Student-Led Conferences. Please watch for a notice coming home for your scheduled time on either Wednesday, February 6 th or Thursday, February 7 th
Early Dismissal for Student-Led Conferences Thursday, February 7	2:00 PM Early Dismissal for Student-Led Conference. Please watch for a notice coming home for your scheduled time on either Wednesday, February 6 th or Thursday, February 7 th for our Student Led Conference
Family Day Monday, February 11	SCHOOL CLOSED
Kindergarten Registration Tuesday, February 12	9:00 AM – 12:00 Noon - Port Guichon's Kindergarten registration for children who will turn five by December 2013
Friendship Frolic Wednesday, February 13	11:30 AM Please join us for our run (weather permitting). If it's raining (or snowing!) we'll be doing our Friendship Frolic activity in the gym.
Professional Day School Closed Friday, February 15	STUDENTS DO NOT ATTEND SCHOOL
PAC Meeting Tuesday, February 26	7:00 PM – Please join us at the school for our monthly PAC meeting.

DELTA SCHOOL DISTRICT NOTICES

FRENCH IMMERSION PROGRAMS

Delta offers **two French Immersion Programs - Early and Late**. For Early Immersion, children start in Kindergarten; for Late Immersion, the starting point is Grade 6. These programs are open to all children in Delta in these age categories, space permitting. For more information about these programs, please contact the principal of the participating schools or the Modern Languages Coordinator at 604-952-5066.

Parents and students interested in learning about the District's **Early French Immersion Program** are invited to attend the following information meeting:

Location: Ladner Elementary School
5016 - 44th Avenue
Phone: 604-946-4158
Date: Wednesday, January 23, 2013
Time: 6:30 PM

Application forms will be available at the information meeting or at the school office. The deadline for submitting all application forms for Early French Immersion is 4:00 PM, Friday, February 1, 2013. Applications received after the deadline will be considered, space permitting.

Parents and students interested in learning about the District's **Late French Immersion Program** are invited to attend the following information meeting:

Location: Cliff Drive Elementary School
5025 - 12th Avenue, Tsawwassen
Phone: 604-943-2244
Date: Wednesday, January 30, 2013
Time: 6:30 PM

Application forms will be available at the information meeting or at the school office. The deadline for submitting all application forms for Late French Immersion is 4:00 PM, Friday, Feb. 8, 2013. Applications received after the deadline will be considered, space permitting.

Parent Information Night about Child Abuse Prevention Programs

Delta Manor Education Centre
Second Floor Action Room
4750 57 Street, Ladner

Wednesday, February 6, 2013
6:30 pm to 8:00 pm

Your children will be learning about personal safety this year. The information they receive from their teachers is a mandatory part of the BC Health and Career Curriculum for grades kindergarten through to grade 7.

This information night will present programs available to teachers that are or can be used in the District and a brief rationale for their use in the area of child abuse prevention. It will describe the HACE curriculum connections for each program and provide resources and information regarding the programs.

The programs used are developmentally appropriate and designed to help children learn to keep themselves safe from abuse. They include:

Let's Talk About Touching for Kindergarten
CARE for Grade 1
Kids in the Know for Grades 2-7

To register, parents are asked to contact Diane Parsons, email dparsons@deltasd.bc.ca or phone at 604-952-5056.

Grandparents Raising Grandchildren (GRG)

Learn new ways to nurture and love your grandchildren

Find resources, support and encouragement through

Parent Support Services' GRG Support Circles

Free • Confidential

- Open to all grandparents with children & teens

Each group is led by two trained facilitators

Child-minding and transportation assistance is available with most Circles

Here's what Circle members say

"...a safe place to meet other grandparents - discuss parenting issues and feel like you're not alone."

"get support, feedback, new ideas and other alternatives of discipline."

"... a place where I can relax and talk about everything I want to and not feel afraid to be judged."

"... is a great place to reflect, share successes and frustrations over parenting."

Where we have circles:

Central Island Region: Duncan, Nanaimo, Port Alberni and Parksville

Victoria Region: Salt Spring and Victoria

Prince George Region: Prince George (2 groups)

Lower Mainland: Delta, Langley, Surrey (upcoming), Vancouver

To start a GRG Circle in your community For more information:

604.669.1616 or 1.877.345.9777

www.parentsupportbc.ca



Supported by the Provincial Government of BC

A world where all children and their families are nurtured, valued and safe.



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