

PORT GUICHON Elementary School

4381 46A Street, Delta, BC Phone: 604 946-0321 Fax: 946-0322
<http://pg.deltasd.bc.ca/>

NEWSLETTER

No. 5 – January 2014

Dear Parents:

Thank you for a wonderful first term. We hope that you were able to devote some time to your loved ones over the holidays. We are enthusiastic about this new year, and we know that 2014 will bring many great events to Port Guichon.

We would like to sincerely thank all the parents for their endless hours of help during the first term of the school year. Port Guichon was able to achieve many great successes at the end of 2013 and we could not have been able to do so without parent support. We would especially like to thank all the parents who were involved in “behind the scenes” work during our production of “Dear Santa”.

Please note that term previews are being sent home on Wednesday, January 15. Your child’s preview should provide a general description of topics that their teacher hopes to cover during this term. As always, we encourage you to contact your child’s classroom teacher if you should have any questions about their school work

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 and over \$190.00 that were taken to Deltassist for Christmas Food Hampers. Thank you all for your generosity.*
- *Thank you to everyone who contributed baking for the Rice Krispie Squares and Cookie Sale that was sponsored by Divisions 5, 6 and 8 and the WE Team to raise funds for relief efforts in the Philippines.*
- *The WE Team thanks everyone who contributed to their Toques, Gloves, Socks & Scarves Christmas collection. Many individuals in our community will be able to keep warm this winter thanks to your to your generosity.*
- *Thank you to the PAC, Mr. Sowden and the Grade 7 Students for preparing and serving a pancake breakfast to our students on Friday, December 20th. A wonderful Christmas Treat!*

KINDERGARTEN REGISTRATION

Port Guichon’s Kindergarten registration for children who will turn five by December 2013, will be held on **Tuesday, February 18, 2014**, 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

The Scholastic Book Fair Is Coming

February 17 - 20, 2014

This event is a great opportunity for our students and their families to purchase many wonderful books and support our school library at the same time. Did you know that for every \$10.00 dollars you spend at the Book Fair, up to \$6.00 in books goes directly back to our school? *Our Book Fair accepts cheques, cash, Visa and MasterCard.*

Volunteers are needed to help ensure the success of this event. Any time that you can share to help out would be greatly appreciated. Even as little as a half an hour would benefit everyone. Please watch for information about signing up to help.

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.

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.**

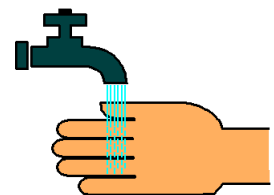


MESSAGES FROM YOUR PUBLIC HEALTH NURSE

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	
PAC Meeting Tuesday, January 14	7:00 PM – Please join us at the school for our monthly PAC meeting.
Polar Bear Jog Wednesday, January 15	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.
Hot Lunch Orders Due Friday, January 17	9:00 AM Hot Lunch Orders and Money are due by 9:00AM Thank you to the PAC and volunteers for these special lunches.
“Just in Time” Tap Co Performance Monday, January 20	1:15 PM Parents are welcome to join us in the gym for this rhythm tap performance by Tap Co. Thank you to the PAC for supporting our cultural experiences.
Pizza Lunch Friday, January 24	The pre-ordered Pizza Lunch will be served today. Thank you PAC and volunteers.
Family Day Monday, February 10	SCHOOL CLOSED
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.
Scholastic Book Fair Monday - Thursday February 17 - 20	Please plan to stop by the library and visit the Book Fair. We will be open each day at lunch and after school.
Kindergarten Registration Tuesday, February 18	9:00 AM – 12:00 Noon - Port Guichon's Kindergarten registration for children who will turn five by December 2014
Early Dismissal for Student-Led Conferences Tuesday, February 18	2:00 PM Early Dismissal for Student-Led Conference. Please watch for a notice coming home for your scheduled time on either Tuesday, February 18 th or Thursday, February 20 th for our Student Led Conference
Early Dismissal for Student-Led Conferences Thursday, February 20	2:00 PM Early Dismissal for Student-Led Conference. Please watch for a notice coming home for your scheduled time on either Tuesday, February 18 th or Thursday, February 20 th for our Student Led Conference
Professional Day School Closed Friday, February 21	STUDENTS DO NOT ATTEND SCHOOL

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. Application forms will be available at all elementary schools in January. The application deadline for Early French Immersion is the 1st Friday in February. The application deadline for Late French Immersion is the 2nd Friday in February.

Parent information meetings take place during the 3rd and 4th week of January each year. Please visit the Delta School District's website for the exact dates and locations. web.deltasd.bc.ca

For more information about these programs, please contact the principal of the participating schools or the Modern Languages Coordinator at 604-952-5066.

Early French Immersion Schools:

- Ladner Elementary- 5016 44th Avenue, Ladner, 604-946-4158
- South Park Elementary – 735 Gilchrist Drive, Tsawwassen, 604-943-1105
- Devon Gardens Elementary – 8884 Russell Drive, North Delta, 604-581-6185
- Richardson Elementary – 11339 83rd Avenue, North Delta, 604-596-7481
- Sunshine Hills Elementary – 11285 Bond Boulevard, North Delta, 604-594-8491

Late French Immersion Schools:

- Cliff Drive Elementary – 5025 12th Avenue, Tsawwassen, 604-943-2244
- Chalmers Elementary – 11315 75th Avenue, North Delta, 604-594-5437

