



PORT GUICHON Elementary School

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NEWSLETTER

No. 2 – October 2012

Dear Parents/Guardians,

Thank you for all your support during our first full month of school. We are proud to have started the year with such enthusiasm and we hope the energy will continue with some of the exciting events coming up in October.

Port Guichon is looking forward to welcoming three performance groups during the month of October. DreamRider Theatre will be presenting “Zero Heroes” a play about reducing garbage waste, on October 10th at 9:00 am. At 11:00 am on Monday, October 22nd, ScrapArts Music will present SAM2, an energetic, fast-paced musical show using instruments crafted from salvaged and recycled materials. Finally, on Wednesday afternoon, October 24th, our younger students will be entertained with a puppet show by Kids on the Block. Parents are always welcome to join us for these presentations.

Our teachers are looking forward to the opportunity to meet with you individually to discuss your child’s progress during the Parent-Teacher Conferences that are scheduled to take place on Wednesday and Thursday, October 17th & 18th. Please watch for the letter with your scheduled appointment time to come home on Wednesday, October 10th. If you don’t receive your letter by Thursday, October 11th, please call the office to confirm your appointment time. If the scheduled time doesn’t work for you, please call the office to reschedule.

At a brief assembly this morning, our students were informed about an initiative to help The Juvenile Diabetes Research Foundation (JDRF). Students are encouraged to participate in our upcoming “Walk to School Week” in support of the Juvenile Diabetes Research Foundation. Students are asked to commit to walking to school from October 22 to October 26. We are asking students to consider collecting pledges from family and friends to support their Walk to School Week. The school would like to raise more awareness about juvenile diabetes and promote physical fitness at the same time.

Walking to school for five days can be challenging for some of our students. In hopes of encouraging our students to commit to walking to school that week, Mr. Douangchanh will participate in our school’s first “Run for Diabetes Day”. Mr. Douangchanh has committed to running from his home in Cloverdale to Port Guichon (approx 31 km) during the morning of October 24th. Mr. Douangchanh will also collect pledges from his friends and family to help support JDRF. Please come celebrate the school’s efforts by joining us for our Great Pumpkin Run later on that day at 11:30 am.

We hope that you are able to show your support by encouraging your child to participate in our Walk to School Week in support of the Juvenile Diabetes Research Foundation.

Bob Thompson, Principal – Port Guichon
Mark Douangchanh, Vice Principal – Port Guichon

Thank you to everyone for making our Terry Fox Foundation fundraising drive a huge success. The Port Guichon School community raised \$405.02 to help in the fight against cancer. Great Job!

SCHOOL PORTRAITS – RETAKES – MONDAY, OCTOBER 22

The photographer will return on Monday, October 22nd, for photo retakes. **Retake envelopes are available for pick-up in the office. Please note – retakes must be pre-paid.**

In order to ensure delivery of all portraits before Christmas, Portrait packages will only be made for students who submit a Photo Order Envelope with Payment to the photographer on photo day.

There is no risk, as all photos are fully guaranteed.

If your child was absent for the original photos or if you have chosen not to order from the first previews, please have your child pick up a Photo Order Form from the school office. Complete the form, including payment, and have your child give it to the photographer on Photo Day.

Please note: Orders handed in after the second photo day require special processing and are therefore subject to a \$10 handling fee. These orders will be processed separately from the school orders and mailed directly to the customer’s home address in 6 to 8 weeks.

MESSAGES FROM YOUR PUBLIC HEALTH NURSE

WHEN SHOULD I KEEP MY SICK CHILD HOME FROM SCHOOL?

There are four important things to consider if your child feels unwell:

1. The protection of your child. Without proper rest and recovery, they could have a more difficult time fighting the infection or be open to a new infection.
2. The ability of your child to function and learn at school.
3. The school cannot care for a sick child and give them the emotional and physical support that they need.
4. The protection of other children.

PLEASE KEEP YOUR CHILD HOME IF HE/SHE:

- Has a fever.
- Is too sick to take part in all normal school activities.
- Has a suspected or known communicable disease (i.e. strep throat, pink eye, chicken pox or any other undiagnosed rash). Keep them home until they are no longer infectious. Please let the school know your child's symptoms.

If the school finds it necessary to send your child home because of illness, please make sure you have arranged an emergency contact if you are not available.

Keep Active and Keep Strong

The fall often means the start of organized activities and sports for many young people. Children and youth need to take care of their bodies in order for them to have fun and perform optimally physically and in school.

To help your child be at their best, provide support to:

- Keep well hydrated throughout the day - water is needed for many basic functions in our bodies
- Follow a healthy diet - Eat 3 meals and snacks every day, choosing foods from each of the 4 food groups
- For most children, there is no need to supplement any nutrients if a balanced diet is followed
- Make sure they get adequate sleep - school age kids need 8 - 10 hours per night
- Be smoke-free, talk to your children about the dangers of smoking and ensure their environment is smoke-free.
- Be active - it is recommended that children have at least 30 minutes of activity everyday
- Role model healthy behaviours - after all, you have the most influence over your child's health choices.

IMPORTANT SAFETY REMINDERS

Parking: Please remember to park in designated areas and follow our school signs for everyone's safety. Please do not park in front of the gym when dropping your children off.

Kelly Drive: Kelly Drive is a busy traffic area where students walk and cross. Please be aware of your speed.

WALK SAFELY

1. Always walk on the inside edge of the sidewalk
2. If there is no sidewalk, always walk facing on coming traffic. Be sure to use the far edge away from traffic and stay visible
3. Don't jaywalk (cross the street from the middle of a sidewalk) always cross at the end of the sidewalk or the intersection of the street. Drivers do not expect people to cross in the middle of the road.
4. Watch for cars backing out of their driveways.
5. During bad weather or low lighting remember to wear high visible clothing.
6. When crossing the street and there are parked cars blocking your view down the street make sure that you step slowly out from the parked vehicle and look to see if a car is coming before you cross the street
7. When crossing the street remember to:
 - **STOP** (with your feet on the edge of the sidewalk)
 - **LOOK** in all directions for vehicles (vehicles may be turning and / or not paying attention to you- make EYE contact and ensure that the vehicle has stopped before you cross the street)
 - **LISTEN** for oncoming traffic. You can hear a speeding car before you can see it and speeding vehicles can appear very quickly.

Please note that there will be additional truck and farm vehicle traffic along 46A Street during the duration of the potato harvest season.

THANKSGIVING CANNED FOOD DRIVE FOR THE LADNER FOOD BANK



Once again this year, we will celebrate the spirit of Thanksgiving by sharing with those in need. Canned goods and other non-perishable food items (pasta, cereal, crackers, flour, sugar, baby food, macaroni & cheese, peanut butter, rice, etc.) will be collected in the classrooms and donated to the Ladner Food Bank. Our Food Drive will run from Monday, October 1st, through Friday, October 5th. Thank you for your support.

TURKEY TROT and GREAT PUMPKIN RUN

This month we have two runs that will see our students running, jogging and walking through the Port Guichon community. On Wednesday, Oct. 3rd, we will have our annual "Turkey Trot" and on Wednesday, Oct. 24th, our annual "Great Pumpkin Run" will take place. Parent volunteers are needed to help marshal the route and keep our students safe. Parents are also welcome to accompany our students along the route. Both runs start from the side door of the gym at 11:30 am.



SCENT FREE SCHOOL

Port Guichon is a "Scent-Free School". Increasing numbers of students and staff have sensitivities and allergies to scented products, so we ask that you refrain from using perfumes and scented personal products if you know you will be visiting the school. We appreciate your cooperation in making Port Guichon a safe and comfortable place for everyone.

HOMEWORK CLUB

The Homework Club, under the supervision of Mrs. Beeksma, meets in the Library from 12:15 during lunch hour Monday to Friday. All students are welcome to attend and get a head start and/or help with their homework.

HELP US KEEP YOUR CHILD SAFE Completion of Medical Alert Forms

We are required to maintain a safe and efficient procedure for all students who attend school. If your child has a medical condition that requires precautionary treatment or medication at school, and you have not filled out the required "Medical Alert" form and/or the "Request for Administration of Medication at School" form, please contact your school and complete the required forms. Please have the form completed and signed by your doctor, sign it yourself, and return it to the school as soon as possible. This procedure complies with School Board Policy. If there are any questions, please leave a message at the school and we will return your call.

PARENT - TEACHER CONFERENCES

Our first reporting to parents will be our fall parent-teacher conferences on October 17th and 18th. Please note that this is an opportunity for you and your child's teacher to meet and discuss their progress. Please do not bring your children to this first parent-teacher conference. Please watch for the conference notice which will be sent home the week before our fall conference dates. There will be an early dismissal on Thursday, October 18th, at 2:00 PM, to accommodate the parent-teacher conference schedule.

Delta Gymnastics will once again deliver The KidsCanMove program to primary students across the Delta School District. The Kids Can Move program focuses on the fundamentals of movement. The emphasis is on basic landing skills, locomotor skills (hopping, running, skipping and jumping), body and spatial awareness skills, and the projection and reception of objects (ball, stick, bat, etc.).

On October 30th, November 6th, 13th and 20th, the students in Division 5, 6 and 7 will be provided with four 30-minute sessions of gymnastics instruction. During these sessions the basics of gymnastics and movement will be introduced in a *fun* way utilizing *games* and *individual challenges*.

Entertainment Books

Our Entertainment Book fundraiser is coming to a close. The Entertainment Book makes a great gift for that "hard to buy for" friend or family member.

The Book is still only \$46 and has hundreds of dollars of savings in groceries, fast food, restaurant, clothing, entertainment and other services. Funds raised are used to support the wide variety activities enhancing the experience for all students at Port Guichon.

We have additional books available in the school office if you need them.

Please return your payment for the book and/or any unsold books to the office by October 18th.

UPCOMING EVENTS	
Canned Food Drive For Ladner Food Bank October 1 - 5	Once again this year, we will celebrate the spirit of Thanksgiving by sharing with those in need. Non-perishable food items will be collected and donated to the Ladner Food Bank. Thank you for your support.
Turkey Trot Wednesday, October 3	11:30 AM All students will walk or run in our annual Turkey Trot. Parents are invited to participate or volunteer to assist in this event. Please call the school if you can help.
Thanksgiving Day Monday, October 8	SCHOOL CLOSED FOR THANKSGIVING
Parent-Teacher Conferences Wednesday, October 17	2:00 PM Parent-Teacher Conferences – Watch for the notice with your appointment time
Early Dismissal Thursday, October 18	2:00 PM Dismissal for all students. Parent-Teacher Conferences – Watch for the notice with your appointment time
Entertainment Book Fundraiser Ends Thursday, October 18	Please return your payment for the book and/or any unsold books to the office by October 18 th .
WE Day Thursday, October 18	18 student leaders from Port Guichon will be attending this important event at Rogers Arena
Pro-D Day Friday, October 19	STUDENTS DO NOT ATTEND SCHOOL.
Walk- To- School Week Monday-Friday, October 22 - 26	Let's all support Mr. Douangchanh's Great Run for the Juvenile Diabetes Research Foundation by pledging to walk to school this week and help by keeping ourselves healthy and fit.
Photo Retakes Monday, October 22	9:00 AM You must pick up a re-take envelope from the office and submit it pre-paid to the photographer on this date. DO NOT WEAR GREEN or solid white!
SAM2 Performance Monday, October 22	11:00 AM Parents are welcome to join us for our first performing group of the year. Scrap Arts Music will be presenting "SAM2" in the Port Guichon Gym.
PAC Meeting Tuesday, October 23	6:30 PM – All parents are invited to join us at the school for these important meetings.
Mr. Douangchanh's Great Run Wednesday, October 24	10:00 AM Come out to watch Mr. Douangchanh arrive at Port Guichon after completing his Great Run from his home in Cloverdale in support of the Juvenile Diabetes Research Foundation.
Great Pumpkin Run Wednesday, October 24	11:30 AM Please join us for our run.
Subway pre-ordered Lunch Friday, October 26	Thank you PAC volunteers for this lunch treat.

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Just a reminder to watch for field trip permission forms coming home with your children this month. Many classes are heading out on a variety of field trips. Your assistance with the prompt return of these permission forms and your help as parent volunteer drivers is much appreciated.

MORNING OPENER POSITION

Our school is still looking to hire someone who is willing to work as our Morning Opener. Some of the duties of a morning opener may include, but are not limited to: unlocking the front doors, checking the schools alarm status, removal of broken glass and litter on the school grounds and salting the walkways on icy mornings. We would require our Morning Opener to work for 1/2 hour between 7:30 am and 8:00 am on school days. If you or anyone you know of is interested in this paid position please contact the office for more information.