



# PORT GUICHON Elementary School

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

## NEWSLETTER

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No. 8 – April 2011

Dear Parents and Guardians:

Welcome back! I hope all of you had a wonderful Spring Break!

For the week prior to Spring Break, our gym was packed with action as part of our commitment to giving students a voice in making decisions (for example, last year rollerblading was requested by students in June 2010's school-wide student survey) and providing more opportunities for students to be more physically active. With the support of parents, we were able to provide the PAC sponsored "Kids on Wheels" program from March 7- 11, 2011. The instructor from Stardust was able to challenge our students at their various levels: from gaining confidence, to being able to move with wheels, to performing various steps requiring agility and coordination.

### **SCHOOL-BASED VISIONING PROCESS**

On February 16, 2011, our staff and parents were engaged in a process of articulating our inspired and inclusive dream for the future of our students. The group started off by celebrating our past and current successes in learning. The following are the word maps that emerged from stories of "Moments of Greatness":

Appreciating Individuality, Building Awareness of Self, Celebration of Success, Collaborative Learning, Community Approach, Community Building, Confidence Building, Creating Relationships, Experimental Learning, Global Citizenship, Inclusion, Life-Long Learning, Love for Learning, Mindful Learning and Teaching, Nurturing, Perseverance and Community Mindfulness, Reaching Potential, Shaping Attitudes, Showing Empathy, School – Community Connection, Student Centered Learning, Student Engagement

Then the group explored what truly mattered to us and came up with the following values that are important to our school community:

Caring Service / Community Responsibility, Embrace Diversity, Empowerment, Equality, Equity, Hope, Inclusion, Optimism, Perseverance, Respect, Teamwork and Partnership

The core values guided us in formulating the purpose and the mission statement:

To create a positive learning environment enabling children to achieve success, emotionally, academically and with a foundation of life skills, both now and in the future.

Building on our very best and guided by our noble purpose, the group came up with a "Bold Dream Vision" (see below), which was delivered to the School Board Office on March 14, 2011.

Success for all students; academically, emotionally, socially, creatively.

What is the next step?

With the input from all the schools and partners in Delta a district-wide session will take place in April to create a collectively held dream of the future for our school district. Stay tuned!

### **VIRTUE OF THE MONTH: COURTESY**

Courtesy is being polite and having good manners. It is a gracious way of speaking and acting which makes others feel valued and respected. It is greeting others with respect. "Please", "Thank you", "Excuse me", "Hello", "Goodbye", "You're welcome" are not just words. They are courteous expressions that show people you respect them and care about them. We will greatly appreciate it if you can help reinforce this virtue at home and in the community.

Mrs. Grace Sproul  
Principal

## Port Guichon Students Participated at the Delta Parks & Recreation "Hoop Shoot" on March 15<sup>th</sup>

A big "Thank You" to Mrs. Norcross for managing and coaching the Port Guichon Grade 5, 6, and 7 Hoop Shoot Teams who participated in the Delta Parks, Recreation and Culture Hoop Shoot Finals at South Delta Secondary School on Tuesday, March 15<sup>th</sup>. Our teams all did very well and everyone had a great experience.



### TRACK & FIELD PROGRAM

Our Track program for students in Grades 4, 5, 6, and 7 will be getting underway during the next few weeks. We will also be including our Grade 3 student in the practices and they may be able to compete on the Grade 4 teams. There will be a number of mini-meets leading up to the Regional



Track Meet at Delta Secondary on Tuesday, May 10<sup>th</sup> and the District Meet on Thursday, May 19<sup>th</sup>. It is important that every intermediate student have their **PE strip here everyday**, including running shoes that they can tie up. The various track and field events that we will be concentrating on are sprinting, long distance runs, relays, long jump and softball throw and shot putt.

A few parent volunteers are needed to assist in the implementation of this Track and Field program. If you can help, Please let Mrs. Sproul know.

### EDU-PAC ORDERS



Edu-Pac order forms for school supplies for next year will be sent home this month. Please be sure to **RETURN THEM BY THURSDAY, APRIL 21<sup>st</sup>**. Please remember that you do not have to purchase these packages. You may purchase school supplies on your own. Supply lists will be sent home with the final report card in June.

### PINK DAY

On Wednesday, April 13<sup>th</sup>, Division 2 will be sponsoring our **Pink Day, the International Anti-Bullying Day**. Students are invited to show solidarity in the "Power of One" and stand up against bullying by **wearing pink** on that day. In addition, Division 2 is hosting a **pink cupcake sale** at recess to raise money for the Lower Mainland Boys' and Girls' Club.



### WHAT'S APPROPRIATE?

With Spring approaching and warmer temperatures looming, students are often tempted to wear beach-like clothing to school. Please help us to maintain an age appropriate dress code for all grades at Port Guichon by ensuring that strapless, spaghetti strapped, midriff-like tops are not worn to school. Very low rise pants and T-shirts with inappropriate slogans are also not to be worn at school.



We hope to work with the parent community in helping to ensure that students wear clothing respectful of and appropriate to the school learning environment. These guidelines are intended to maintain a wholesome environment where children can be children without the pressures to hurry up and be young adults.

If students come to school wearing clothing which, in the professional opinion of the staff, detracts from the learning environment, they will be asked to change or will be given clothing supplied by the office.

## Sodium & Kids



Most kids eat more sodium (salt) than they need. Consuming too much sodium is linked to health problems such as increased blood pressure. This condition is typically diagnosed in adults but many doctors are starting to see high blood pressure in children. Eating too much salt can also increase a child's thirst, leading to increased cravings for sweet drinks which are often high in calories.

The majority of salt we eat is hidden in processed foods such as canned goods, salty snack foods, fast foods and cured deli meats. Hot dogs and pizza, the favourites of many children, are high sodium culprits. To increase your awareness on sodium intake pay attention to labels on packaged foods and choose those lower in sodium. Adults are recommended to have no more than 2300mg per day and for children aged 6 -13 years, 1900 -2200mg per day is maximum. Getting into the habit of tasting food before reaching for the salt shaker helps to reduce the amount of salt added to cooking or at the table. Alternatives such as herbs, spices and lemon add wonderful flavour without the sodium.

Think "fresh, fresh, fresh!" One of the best ways to minimize the sodium content is to prepare fresh foods at home as much as possible.

**Eat Well...Be Active...  
Live Tobacco Free.**



## Walk With Your Kids, Rain or Shine - Walk With Your Kids All the Time

- It is a fun and relatively easy exercise.
- It makes you feel good and is good for your physical and mental health.
- It is a good way to spend some time together before and after school.
- It provides an excellent opportunity to teach young people about vital road-crossing and road safety skills.
- It's good for the environment.



Regular physical activity supports healthy brain development in children and helps to prevent osteoporosis, Type 2 Diabetes, heart diseases and some cancers. The earlier children establish healthy active lifestyles by including 60 minutes of moderate to vigorous physical activity every day, the better.

Walking all or part of the way, to and from school also helps to reduce the number of potentially dangerous traffic hazards caused by traffic congestion around the school. Reduced traffic is good for the environment in terms of providing clean air. We all want our kids to be happy, healthy and safe. **Active kids are healthy kids.**

### PORT GUICHON ELEMENTARY SCHOOL - UPCOMING EVENTS

<b>PAC Meeting</b> - Tuesday, April 5	6:30PM Please join us at the school for our monthly PAC meeting.
<b>Spring Fair Meeting</b> - Thursday, April 7	6:30PM Spring Fair Committee Meeting – Volunteers are welcome.
<b>Grade 6 – 2<sup>nd</sup> Hep B Shots</b> Tuesday, April 12	The nurses from Fraser Health will be conducting the 2 <sup>nd</sup> Hep B clinic.
<b>Computers &amp; Technology Guest Speaker</b> Tuesday, April 12	Mr. Ed Tadeuszow, an Engineering Technologist with Telus Business Transformation & Technology Operations, will be speaking to our students in Grades 4-7 about Computer, Electronics and Technology.
<b>International Anti-Bullying Day – PINK DAY &amp; Pink Cupcake Sale</b> Wednesday, April 13	We will all be wearing PINK in support of International Anti-Bullying Day. This ties in directly with our monthly Virtue of COURTESY. Cupcake sale sponsored by Div.2 to raise funds for the Boys' and Girls' Club.
<b>Non-Instructional Day - School Closed</b> Friday, May 15	<b>STUDENTS DO NOT ATTEND SCHOOL</b>
<b>Starting with Stories</b> Tuesday, April 19	9:00 AM in the library. This program is for 4 year olds and their parents or guardians /caregivers in preparation for starting Kindergarten next year. There will be a Kindergarten orientation session.
<b>Bunny Hop</b> - Wednesday, April 20	11:30 AM This run is similar to those held earlier this year. If you can help out as a marshal along the route, please contact the office.
<b>Math Celebration</b> – Thursday, April 21	We are the host school for teams of intermediate students who will be participating in the Delta District Math Celebration.
<b>Good Friday, April 22</b>	<b>SCHOOL CLOSED</b>
<b>Easter Monday, April 25</b>	<b>SCHOOL CLOSED</b>
<b>PAC Meeting</b> - Tuesday, May 3	6:30PM Please join us at the school for our monthly PAC meeting.
<b>Kite Day</b> - Wednesday, May 4	Come and join us at 1:00 PM for fun with tangled strings and flying things!
<b>Spring Fair - Friday, May 6<sup>th</sup></b> 5:30 – 8:30 p.m.	Plan to be here for the Fair! Lots of games to be played and prizes to be won! Contact Karen Sabourin at 604-940-6458 if you can help out.
<b>Regional Track Meet</b> - Tuesday, May 10	Members of the Port Guichon Track Team will be attending this full day event at the Delta Secondary School Track. Watch for the permission slip.

## School District and Community Information

### **Resilience/Anxiety: Current Research and Strategies**

#### **Workshop for Parents**

Thursday, April 7<sup>th</sup>, 2011– 7:00 pm to 8:30 pm

Hellings Elementary School

11655 – 86 Ave., Delta

This workshop will provide parents with the latest information on Social Emotional Learning, the inter-relationship between anxiety and learning and its impact on overall child wellness. Participants will learn about strategies including evidence based cognitive behavioural approaches and come away with tools to help their children develop strategies to cope with stress and other emotions.

**Please register with Liz Shields by Monday, April 4<sup>th</sup>, 2011, at 604-952-5056; email [lshields@deltasd.bc.ca](mailto:lshields@deltasd.bc.ca) or fax 604-946-0823**

We are asking for a donation of **\$10.00** per person at the door, to go towards the purchase of additional books and parent resources that will support Social Emotional Learning programs currently taught in schools.

### **Deadline extended to April 8 - LATE FRENCH IMMERSION Applications -**

Did you miss the February application deadline for this popular BILINGUAL programme? One Grade 6 class is already full, and there is a wait list. However, if a sufficient number of extra applications are received, a second class will be offered at Cliff Drive Elementary (Tsawwassen). If you know of anyone who may be interested in the French Immersion programme or may benefit from it, please share the great news that late applications are still being accepted.

Application forms are available at all elementary schools.

You may contact Christine Carriou, Modern Languages Coordinator, for more information. Tel. 604-952-5066 E-mail: [ccarriou@deltasd.bc.ca](mailto:ccarriou@deltasd.bc.ca)

### **Don't miss out on this exciting opportunity for your child!**

#### **Delta School District - Tuition Free Adult Foundations Courses in English, Math, and Computers.**

These courses are skill building courses for adults who range from low level learners (new to Canada) to higher level learners who are upgrading skills or preparing for High School Completion courses.

##### **Nannies and other Non-Canadian Workers**

People on a work permit for one year or more **are eligible for our tuition free courses.**

##### **Parents of International Students – can take courses for a fee**

Our low level English Foundations courses are suitable for non-English speaking adults.

Courses are offered mornings at Delta Manor Education Centre (Ladner) and mornings, afternoons, and evenings at Delview Adult Learning Centre (North Delta).

Delta Adult Foundations courses feature: Continuous enrollment, Free Educational Advising, Part time and full time programs, Day and evening classes.

Contact our office at 604-594-6100 for more information or to book an appointment for an assessment.

### **SUNGOD SWIM CLUB**

The Delta Sungod Swim Club is now in its 25<sup>th</sup> swim season and will be hosting our spring registration and information nights April 4, 5 and 6<sup>th</sup> from 5-7:30 pm. Please join us for a free assessment and lesson for your child, swimming is a great way for your child to meet his/her fitness requirements. Studies have shown that in universities across the country that the varsity swim team consistently maintains the highest overall average of any varsity sport. If your child is comfortable in deep water and can swim two laps of the pool they are welcome to join our programming and experience swimming in a team environment. For more information please look at [www.teamsungod.ca](http://www.teamsungod.ca).

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# SAFETY FIRST

The traffic circle in front of the school is to be free of traffic between 8:30 and 8:50 am, and between 2:50 and 3:15 pm to allow the buses to drop off and pick up students.

Please pull into a visitor parking stall when dropping children off and have them **use the walkway**.

Please remind your children not to run across the grass circle or driveway areas. Buses and trucks are often backing up and may not see little ones dashing into the roadway.

