



PORT GUICHON Elementary School

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

NEWSLETTER

No. 5 – January 2011

Dear Parents:

"Excellence involves enjoying what you are doing, feeling good about what you've learned, and developing confidence...Excellence is also where creativity, passion and perseverance come into play."
~H.E. Marano~

2011! Make this year a great time in learning. As we enter the New Year with a surge of energy, a spirit of hope and optimism, we set goals and identify action plans. Below is a brief write up about our new set of goals approved by both our staff and School Planning Council for this academic year 2010-2011.

Last year, 2009-2010, was the end of the 3-year cycle for our school plan in which we set and achieved our goals. In the area of reading for understanding, students acquired improved strategies such as making connections, visualizing stories, and questioning. In the area of social responsibility, our students have come to a better understanding of shared responsibility in building a good school, in managing conflicts, and respecting and accepting diversity. Our students understand bullying is an unacceptable behavior and have been learning how to develop positive relationships.

Now, in 2010-11, our school is continuing to expand leadership roles for all of our students, building confidence, personal assets and resiliency. We have started implementing the District's Social and Emotional Learning program, developing in our students an awareness of emotions and feelings as well as strategies to deal with stress and problems. In view of our District's direction in exploring 21st century skills needed for our students, our school community has come up with 2 goals for this academic year which address current educational practices designed to integrate critical thinking skills and learning-to-learn skills (habits of mind).

1. To improve students' literacy in the areas of reading for understanding and writing through organizing ideas
2. To increase student awareness and commitment to integrate and sustain habits of mind such as perseverance/persistence

We are confident that with staff and parent involvement, student engagement, teamwork and partnership, 2011 will be another year which we can all look back on with pride at our students' efforts to achieve their personal best.

On behalf of our staff, we would like to wish you all a healthy, happy and hopeful 2011.

CHRISTMAS BREAKFAST

On December 17, 2010, the last day of school before the holiday break, our grade 7 students, under the guidance of Mr. Hope, prepared a Christmas breakfast with sausages and pancakes for the whole school. Happening at the same time, Mrs. MacLennan's grade 6 class provided a Christmas story entertaining all the students in the library. To top it all, Santa came with presents and treats. Our parent helpers were superb, orchestrating the whole event with efficiency, enthusiasm and a sense of fun. A heartfelt "thank you" goes to Mrs. Ewert and her cadre of parent helpers, and to Ms. P. Murphy and Ms. McGregor for their generous donations of syrup, butter and marshmallows. A true model of teamwork!

VIRTUE FOR THE MONTH OF JANUARY – SELF-DISCIPLINE

Self-discipline means self-control. It is getting yourself to do what you really want to do. You do not lose control of yourself when you feel hurt or angry but decide how you are going to talk and what you are going to do. With self-discipline, you take charge of yourself. We will greatly appreciate it if you can help reinforce this virtue at home and in the community.

Discipline is to bridge goal and accomplishment. ~ J. Rohn~

Grace Sproul
Principal

- *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.*
- *Thank you to the PAC and the Grade 7 Students for preparing and serving a pancake breakfast to our students on Friday, December 17th. A wonderful Christmas Treat!*

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. Our teachers are busy preparing for the day and need uninterrupted time to get ready for their classes. **All students should report to the undercover area.** Students should line up with other students from their division and at 8:30 AM, Mrs. Sproul will bring all the students into Library to wait until the bell rings at 8:40 AM and students can go to their classrooms.



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 Mrs. Sproul 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.

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KINDERGARTEN REGISTRATION

Port Guichon's Kindergarten registration for children who will turn five by December 2011, will be held on **Tuesday, February 15, 2011**, from 9:00 AM to 12:00 noon. Parents are asked to bring:

- an original birth certificate
- immunization records and BC Care Card
- proof of residence (Rental Agreement, Tax Bill, Hydro Bill, etc.)

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



GYMNASTICS

This fall the Delta Gymnastics Society received a grant with the Telus Community Board to implement a school based gymnastics program throughout the Delta School District. The grant covers the coaching costs to have certified gymnastics instructors visit elementary schools throughout the District to implement the KidsCanMove program and curriculum. The KidsCanMove 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).

During February, the students in our grades 1 and 2 classes 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*. Notices will be going home to those classes with information about the dates and how to dress for our in-school gymnastics sessions.

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: Tuesday, January 25, 2011
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 4, 2011. 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: Thursday, February 3, 2011
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. 25, 2011. Applications received after the deadline will be considered, space permitting.

**PORT GUICHON ELEMENTARY SCHOOL
UPCOMING EVENTS**

PAC Meeting Tuesday, January 11	6:30 PM – Please join us at the school for our monthly PAC meeting.
Polar Bear Jog Wednesday, January 12	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.
Crazy Hat Day Wednesday, January 26	Get in the spirit and wear your wildest, craziest hat to school today!
PAC Meeting Monday, February 1	6:30 PM – Please join us at the school for our monthly PAC meeting. Babysitting will be provided at the school.
Kindergarten Registration Tuesday, February 15	9:00 AM – 12:00 Noon - Port Guichon's Kindergarten registration for children who will turn five by December 2011
Professional Day School Closed Friday, February 18	STUDENTS DO NOT ATTEND SCHOOL

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Magical Nook
Childcare center

Located at Port Guichon Elementary

Before & After School Care and Kindercare Program

Spaces still available!

For more information, call 604-306-2296

Or email us at linda@magicalnook.com

Please check out our website at www.magicalnook.com