



# 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 2012

Dear Parents:

Welcome back and happy New Year! We trust and hope that you had an opportunity to enjoy some quality family time during the break. We are looking forward to 2012 with much enthusiasm and optimism. For many people, a new year represents a time for change, new beginnings and new challenges. As many of you are aware, Port Guichon will see a few new changes in 2012.

With the retirement of Mrs. Sproul, comes the welcome addition of Mr. Bob Thompson. Mr. Thompson is also the principal of Neilson Grove Elementary. Many of you may be wondering how Mr. Thompson will divide his time between the two schools and how things will look when he is not here at Port Guichon. Please be assured that Port Guichon will always have an administrator on site. Mr. Douangchanh will be in charge of the day-to-day activities of the school. Mr. Thompson will work closely with Mr. Douangchanh, and together they will make sure that our students will be provided with the best school experience possible. Since Mr. Thompson will often have to be at Neilson Grove, any questions and concerns that you have should be brought forward first to Mr. Douangchanh.

2012 will bring some very exciting events for our students such as Yoga and Gymnastics. The teachers and staff here at Port Guichon are dedicated to helping your child succeed. Please do not hesitate to contact your child's teacher with any questions that you may have. Together we can create the best learning environment possible for your child. We look forward to working with you once again.

Sincerely,

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.*
- *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 16<sup>th</sup>. A wonderful Christmas Treat!*

## 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 2012, will be held on **Tuesday, February 14, 2012**, 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

## 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.bchealthyiving.ca/node/104](http://www.bchealthyiving.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](http://www.AskDrSears.com) or call your local Health Unit



## 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. **Students should not come in through the front door. All students should report to the undercover area.** Students should line up with other students from their division and at 8:30 AM, Mr. Douangchanh will bring all the students into Library to wait until the bell rings at 8:40 AM and students can go to their classrooms.



## 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 - 44<sup>th</sup> Avenue  
Phone: 604-946-4158  
Date: Wednesday, January 25, 2012  
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 3, 2012. 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 - 12<sup>th</sup> Avenue, Tsawwassen  
Phone: 604-943-2244  
Date: Thursday, February 2, 2012  
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. 10, 2012. Applications received after the deadline will be considered, space permitting.

## PORT GUICHON ELEMENTARY SCHOOL UPCOMING EVENTS

<b>Polar Bear Jog</b> Wednesday, January 11	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.
<b>PAC Meeting</b> Monday, January 16	6:30 PM – Please join us at the school for our monthly PAC meeting.
<b>Yoga</b> Tuesday, Thursday & Friday January 17, 19 & 20	Students will have the opportunity to participate in beginning yoga classes. Each class will have a schedule time with our Yoga instructor so students should be sure to have their gym strip and/or clothes they can stretch in.
<b>Book Day – “Stop, Drop &amp; Read”</b> Wednesday, January 25	Be sure to bring your favourite book(s) to school today, as we will be having “Stop, Drop and Read” moments throughout the day!
<b>Kindergarten Registration</b> Tuesday, February 14	9:00 AM – 12:00 Noon - Port Guichon's Kindergarten registration for children who will turn five by December 2012
<b>Professional Day School Closed</b> Friday, February 17	<b>STUDENTS DO NOT ATTEND SCHOOL</b>