



PORT GUICHON Elementary School

4381 46A Street, Delta, BC Phone: 604 946-0321 Fax: 946-0322

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

NEWSLETTER

No. 7 – March 2011

Dear Parents and Guardians:

STUDENT-LED CONFERENCES

On Thursday, February 24, 2011, our students and staff welcomed the school community to celebrate with us the wonderful journey of learning of our students. More than 94% of our parents participated in this event. (Kindergarten students will hold their conferences on March 2, 2011.) Once again we would like to thank our parents/family members for taking time out of their busy schedules to attend our Student-led Conferences and for sharing thoughtful comments on their child's progress. Student-led conferences is a way for parents, students, and teachers to exchange and share information about the learning taking place. It is through this continuous feedback that we celebrate progress and develop plans for continuous improvement. The following is a sample of comments from parents:

"I am so glad to always come in and see how hard you are working. Keep trying your best and always focus on a goal for yourself. There's never a limit to your learning." ~Love, Mom~

"I was very impressed with your writing and organization. You seem to be trying very hard and enjoying grade 6. We are so proud of you." ~Love, Mom and Dad~

"I really enjoyed R.'s presentation today. I was proud of his work. He presented me with reading/writing journals and understands that he would like to improve on his spelling, sentence structure and overall writing skills. Keep up the good work, R.!" ~Love, Mom and Dad~

"J. and all Classmates: I am very pleased to see the pride you all have in your classroom. Thank you for sharing all your great work. I am very proud of your effort. Mr. R., thank you very much for making this special year so comfortable with students wanting to do great work at school." ~S. C.~

"Wow! What a great classroom. Lots to learn! E. seems to really enjoy Mr. R.'s teaching. E. is proud of his work and enjoys coming to school! Fantastic! Thank you very much. ~K. E.~

"Thanks so much for having me in your classroom! You have done so much work and I am really proud to see how much you have improved since September. I am so glad that you really love math, art, and gym ... they are and were my favorites too! Great job, R.!" ~Love, Mom~

"Wow! I am amazed at how much you are learning in grade 1! I can't believe how much you're reading. I know you are having an awesome year. Keep up the great work!"

CELEBRATING WRITING – HERITAGE DAY

Writers spend a lot of time thinking and writing by themselves. But they also need an audience – someone to listen or read what they have written. It is through sharing of ideas, that writers discover new ones and learn new skills through feedback from others. Here are some letters (a different type of writing) written by Div. 2 to me about Heritage Day on February 4, 2011.

Dear Mrs. S.,

"I would like to thank you for the wonderful Heritage Fair. You put a lot of work into making it so much fun! I thought that all the dances we watched from different heritages were very entertaining and interesting to see since most of the time you wouldn't get to see dances like those. The music from other countries was also very neat and a pleasure to hear. It was interesting that we got to see kids from other schools sharing their information about other heritages with us since most of the time we didn't know much about it.

Another part about heritage day that made it fun and different was all the neat and organized stations with the food, crafts, information, and games. My favorite station was the one about East Indian Heritage because it had some really good food (samosas) and you could get some henna done on your hand if you wanted..." ~H. G.~

"I had a great time at Heritage Day fair on Friday. I really enjoyed all of the different performances which represented the different cultures. For example, I liked the Scottish highland dancing, especially since my mom's parents were both from Scotland. I also liked the challenges at the different stations such as the golfing challenge at the Scottish station. I thought the hardest challenge was the challenge where you had to pull your leg out from in between a pole and your other leg." ~B. L.~

"I had fun learning about all the different cultures and liked tasting the different foods at each station. I enjoyed working at the Chinese table because it was very interesting and I learned a lot. I learned that China is the third largest Country in the world. I helped with the chopstick challenge and the kids had fun trying to pick up the marshmallows and goldfish crackers with chopsticks." ~A. P.~

"I am Scottish so I really appreciated your choosing it to be one of the Heritages. Since golf is huge in Scotland, thank you for putting in a putting area. Another thing that is huge in Scotland is the Lock-Ness monster, and I would like to thank you for supplying all the paper for the younger grades to make a Lock-Ness monster.

There were a lot of different things at each table so that everybody had a smile when they left. One thing I liked was the Bhangra dance at the beginning. I liked this because my sister is in that dance club and it was very exciting. They also did a lot of moves that I could never do. I also liked the Korean table because they had lots of games to play, like a topple game that you have to keep spinning with a whip. I really liked the First Nations tables because they had lots of traditional artifacts.

Overall, thank you for the amazing Heritage Day Festival." ~M. R.~

VIRTUE OF THE MONTH – COMMITMENT

Commitment is caring deeply about something or someone. It is the willingness to give your all to a friendship, a task, or something you believe in. It is the ability to make decisions and follow through on them. It is keeping your promises. We will greatly appreciate it if you can help reinforce this virtue at home and in the community.

Mrs. G. Sproul
Principal

REGISTRATION DEADLINES FOR NEXT YEAR

March 4th, 2011 is the deadline for New Non-Catchment Applications to be submitted for priority consideration. All applications will be date and time stamped. If you know of anyone new in the neighbourhood, or anyone with children who are eligible for kindergarten next September, please encourage them to come into the school to register for next year as soon as possible.

CLASS PHOTOS

The photographer will return to Port Guichon on Thursday, March 3rd to take class photos. Each student will receive a complimentary copy of their class photo once they are delivered to the school.

BASKETBALL



Congratulations to all of our Grade 6 and 7 students who have been playing basketball. The final games and tournament will be taking place during the next two weeks. Thank you to our coaches, Mr. Brown, Miss Bird, Mr. Ferreira and Mrs. Norcross. A big **“thank you”** as well, to all the parents who helped with driving to and from our away games.

In addition, Port Guichon will be entering teams in the Delta Parks and Recreation basketball Hoop Shoot taking place at South Delta Secondary on March 15th. Thank you to Mrs. Norcross for coordinating and coaching our Hoop Shoot teams.

Elementary Advanced Band

The Delta Elementary Schools Advanced Band will be performing at Port Guichon on Friday, March 4th, at 2:15 pm. Parents are welcome to join us in the gym for this performance.

STAYING HEALTHY AT SCHOOL

Missing school due to illness is one of many hurdles students face in being successful. To reduce illness and the spread of illness to others, we have the following suggestions:

- **Get a good night’s sleep.** You need to be rested and alert to learn!
- **Eat healthy foods and drink plenty of water.** Food is your fuel!
- **Dress warmly.** It’s still cold outside and the temperature inside the school is also cool, so students should have a sweater, sweatshirt or long sleeves to wear in class, as well as a warm jacket for walking to and from school and wearing outside at recess and lunch.
- **Wash your hands.** Please encourage your children to wash their hands thoroughly with warm water and soap after using the bathroom and before eating.
- If your child has “stomach flu-like” symptoms, including upset stomach, vomiting and/or diarrhea, it is important that your child does not return to school until at least 2 full days (48 hours) **AFTER** the symptoms have ended and your child feels better.

TRAFFIC SAFETY



Thank you for observing our traffic safety rules in both the parking lot and on Kelly Drive. **Please remember not to park or block the traffic circle in front of the school. It needs to be kept clear for buses and emergency vehicles.** Please do not try to squeeze past the buses. Children sometimes cut across the circle and you won’t be able to see them. Also, please take special care when dropping off or picking up students near the Kelly Drive crosswalk. The majority of Port Guichon students use this entrance to Port Guichon, so be on the look-out for bicycles and pedestrians. The Delta Police will be monitoring this area as we all want to keep our students safe.

KIDS ON WHEELS - MARCH 7 - 11

Thanks to the fund-raising efforts of the P.A.C., we are able to have the **Kids On Wheels** program once again at Port Guichon. During the week of March 7 - 11, each class will have skating instruction in the gym with a trained instructor from Stardust Skating Centre. The following information may be helpful in preparing your child(ren) for this learning opportunity.



- Students are welcome to bring their own skates. However, it is important to remember that skates are only permitted in the gym. Skates will also need to be checked prior to entering the gym. Things to look for include protruding nuts and axles, stones embedded in wheels, and red or bright blue stoppers.
- Helmets are mandatory. Students are encouraged to bring their bicycle helmets from home to wear during skating sessions. Helmets will be available for students who do not bring their own.
- Wrist guards are also required and will be provided if your child does not have their own.

Please be sure to return the Kids on Wheels permission form that was sent home last week. Your child will not be allowed to participate until we have the form on file at the school.

MESSAGES FROM THE SCHOOL NURSE

Wear a Helmet Each Time You Ride

Bicycle helmets are mandatory in BC. It is the parent's responsibility, by law, to ensure their child is wearing one. **A helmet can decrease the chance of injury by more than 70%.**

Choosing a helmet:

- A bicycle helmet is fine for bike riders and scooters, but not for in-line skaters
- In-line skaters have helmets that provide more protection for the back of the head
- Make sure the helmet has an ASTM, SNELL, CSA, or CPSC safety label on it.
- Helmets should be replaced every 5 years, or if it is damaged or in a crash.

Proper Fitting for Bicycle Helmets:

- The helmet should be just above the eyebrows
- Side straps should fit around the ear in a "V"
- Tighten the chin strap so that you can fit one finger between the strap and your child's chin.



Websites: www.safekidscanada.ca www.injuryresearch.bc.ca www.injuryfreezone.com
www.fraserhealth.ca click on **School Health Resources**

How do I Keep My Child Safe in the Car?

- **All drivers** must ensure that **all children** are secured in an age-and weight-appropriate child seat **until their 9th birthday** unless the child has reached the height of 145 cm (4'9") tall.
- Put your child in the back seat- in most cases this is the safest position in the vehicle.
- Make sure your child is restrained on every trip- even short ones!
- Give yourself lots of time to get to places- try not to rush!

For more information go to www.ChildSeatInfo.ca or call the toll free Child Seat Info line 1-877-247-5551.



9-Tips to Get Your Family Back to the Table

1. Make family meal time a priority - aim to eat together 4 or more times a week.
2. Be creative and flexible about when and where to eat.
3. Make meal time fun for everyone by keeping the conversation pleasant and saving arguments for another time.
4. Serve a variety of foods by including food from each of the food groups from Canada's Food Guide.
5. Keep meals simple and easy - cook it quick and eat it slow.
6. Involve everyone by shopping and cooking together.
7. Eliminate interruptions and distractions, turn off the TV and take phone calls later.
8. Respect each individual's right to decide how much to eat.
9. Show children the respect and good manners that you want them to have - children learn by watching adults.

Family meals can be a challenge; but scheduling simple meals daily improves the health of the entire family.



***Have a Safe and Healthy
Spring Break***

**PORT GUICHON ELEMENTARY SCHOOL
UPCOMING EVENTS**

Vancouver Opera Tuesday, March 1	9:15 AM in the PG Gym. Parents are welcome to join us as we welcome the Vancouver Opera tour company's performance of "Cinderella".
PAC Meeting Tuesday, March 1	6:30 PM Please join us at the school for our monthly PAC meeting. All Port Guichon parents are welcome.
Class Pictures Thursday, March 3	9:00 AM The photographer will be returning to take class group photos. Each student will receive a complimentary copy.
Elementary Advanced Band Friday, March 4	2:15 PM in the PG Gym. Parents are welcome to join us as for this concert.
Kids On Wheels March 7 - 12	Thank you PAC for this fun activity. Please be sure to return your child's permission form for this week-long program.
Report Cards Sent Home Monday, March 14	Report cards are coming home today. Please return the report card envelopes by Friday, March 18. Please contact the classroom teachers if Parent-Teacher conferences are needed.
Leprechaun Leap! Wednesday, March 16	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.
Green Day Thursday, March 17	<i>Shoes, Pants, Shirts, Hair – Go Green!</i>
Last Day of School Before Spring Break Friday, March 18	Normal Dismissal today at 3:00 PM. Enjoy your Spring Break.
School Closed March 21 – April 1	Spring Break and District Closure School Re-Opens Monday, April 4
SCHOOL RE-OPENS Monday, April 4	8:45 AM – Welcome Back!

School District and Community Information

**Resilience/Anxiety: Current Research and Strategies
Workshop for Parents**

Thursday, April 7th, 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 4th, 2011, at 604-952-5056; email 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.

Many organizations are offering **programs during Spring Break**. More information on the following programs is available on the front table at the school, or by checking the websites and contacting the phone numbers listed below:

Delta Parks, Recreation and Culture

For more information contact: on the web at www.deltarec.ca
By phone: 604-952-3000

Brad Higgs Soccer Schools

For more information contact: on the web at www.bradhiggs.com
(Being held at Holly Park) By phone: 604-939-1114

***Delta School District – Continuing Education – Delta Youth Activities for Spring Break 2011
Spring Break Youth Activity Camps***

For the 8th consecutive year during spring break, Delta Continuing Education – Youth Activities is offering a program of week long camps for Delta children. As usual there is a wide variety of camps available. Check the Delta Continuing Education catalogue or the four page Youth Activities flyer for a detailed description of individual camps.

To register, call 604 940 5550 or register on-line at connectandlearn.deltasd.bc.ca.
For more information contact: on the web at <http://ConnectandLearn.deltasd.bc.ca>
By phone: 604-940-5550

For those of you using Kelly Drive, please park your car before dropping children off. Children should not be dropped off in front of the school or in the middle of the road.

Use the walking path
Port Guichon
Reserved for Bus Traffic
Please do not drive past here

Ladner Stingrays Swim Club

DRIVEWAY

604-952-4100

Learn, Compete, Cross-train, or Just have fun! Whatever your swimming level, we have a group for you!

Registration for 2011 summer season (May-Aug) at Ladner Leisure Center lobby, March 5th, 9am-12noon. Bring a suit to be assessed if you're a new swimmer. Registration for all groups, including Masters. More information on our website.

Stingrays (6-18 years)

1. **Development Program:** develop strokes and learn to compete
2. **Competitive Program:** compete in summer swim meets
3. **Cross Trainer Program:** practice 3 times/week to enhance other sports

Little Stingrays Program (4-6 years)

Learn the basic swim strokes in a fun environment and small groups.

Masters Program (19 years and over)

Any level swimmer can choose between one or two days a week, learn to swim, compete, cross-train or stay in shape.

www.ladnerstingrays.com

Registration info: registrar@ladnerstingrays.com or 604-952-4100

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.

