

PORT GUICHON Elementary School

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

NEWSLETTER

No. 9 – May 2011

Dear Parents and Guardians:

A Community of Leaders – Port Guichon Students

EXCELLENCE

Hannah in grade two explored the writing of poetry a few months ago in Mrs. Mitchell's class. One night at home, she just wanted to write a poem about a horse. Hannah has discovered the power and beauty of words, which can communicate her deeply-felt feelings, images and desires to others.

A HORSE

*A horse is brown; they rarely frown.
If they wish, they could wear a crown.
A horse has a mane;
it walks down the lane.
A horse has four legs;
it likes to beg.
A horse has a tail and it doesn't fail.
A horse has a body and the horse is spotty.
A horse has ears and it has tears.
A horse has eyes and it hates good-byes.
A horse has a nose and it doesn't like the hose.
A horse has a mouth and it lives in the South.
A horse has a head and it always gets lead.*

COMPASSION: BALD and BRAVE

Hi, my name is Megan P. and I am in Mrs. MacLennan's class. I just wanted to tell you all that I am registered with the Canadian Cancer Society and will be shaving my head to raise money for cancer. This event will be on Wednesday, May 18th at approximately 12:15 pm in the gym at Port Guichon Elementary School and you are invited to attend. Admission is \$1 and all proceeds will go to the Canadian Cancer Society. I am doing this in honour of my cousin Lindsay who recently lost her life because of cancer and my Auntie Mona who has been battling cancer for a long time. I am also doing it for all of the other people who have had cancer. I want to raise money for research so that we can find a cure. I would be very happy if you would go to my webpage and make a donation. You can also go to my webpage anytime to see my progress! I hope that you will donate!

The website is

<http://cancerevents.kintera.org/baldandbrave?faf=1&e=4455800853>

COMMITMENT: Expanding Social Responsibility beyond Our School

News release by Science World British Columbia:

"Port Guichon Elementary students have been amazing recyclers and have reduced garbage by 50% through composting, recycling and encouraging the use of reusable lunch containers. Students have also supported green actions such as reducing electricity use and raising coho salmon. Students receive Green dollars for taking actions to be green."

In April, our school was the recipient of a \$1,000 award from Science World in a province-wide contest for demonstrating leadership in environmental stewardship. On April 21st, our students participated in the "Lights Out Canada" project using natural light throughout the day as part of our Earth Day Celebration.

Shoreline Cleanup

To further expand our environmental effort, on May 25th, our students, staff, Constable Doolan, and some of his colleagues, will be heading to Centennial Beach North for a shoreline cleanup. To support our students' efforts, we would like to invite our parents to join us on this special day. If you can help take the shoreline garbage to the dump or recycling depot, please contact Mrs. MacLennan or Ms. Tan before May 16th. We are looking forward to this special day when our students are the agents of positive change.

Walk or Wheel to School Week

May 30th to June 3rd, 2011 is Walk or Wheel to School Week. This week is a one-week commitment to getting more active and reducing traffic congestion and carbon emissions. Division 2 is challenging everyone to make a healthy choice regarding transportation to school. Join us the first week of June and make a difference in your community.

CREATIVITY: A WE INITIATIVE - Port Guichon's Talentpalooza 2011

Ever wondered if you have what it takes to shine on stage? Now is your chance. The WE Team of Port Guichon is planning a huge celebration of talent for our school. Talentpalooza will take place on Friday, May 27th, at 12:15 in the Port Guichon Gym. More information will follow in a permission letter and criteria for performing sheet, to come home early in the first week of May. So polish those shoes and sharpen those notes. Get ready to sign up with our team to perform.

This is a student-planned and orchestrated event. Please direct any questions to the WE Team and teacher supervisors, Ms. Tan and Mrs. MacLennan.

The above success stories and upcoming activities are a few examples which illustrate the leadership role our students have played. We would like to recognize the efforts of our staff and parents for empowering our students to discover learning that is whole and meaningful!

VIRTUE OF THE MONTH: DILIGENCE

Diligence is working hard and doing the best job you possibly can. When you are diligent, you take special care to do things step by step. You think and move carefully to make sure things will turn out right. You give all you have to whatever you do. We will greatly appreciate it if you can help reinforce this virtue at home and in the community.

EMERGENCY PREPAREDNESS MONTH: MAY

At Port Guichon, we have regular monthly drills, either fire, earthquake or emergency preparedness. This month, in support of our District Earthquake Preparedness initiative, we will hold an earthquake drill – with evacuation of the building, on Thursday, May 5th.

Mrs. G. Sproul
Principal

PINK DAY



Division 2 would like to thank the students of Port Guichon School for their help in raising over \$150 for The Boys and Girls Club of the Lower Mainland. By purchasing a Pink Cupcake and wearing Pink on Anti-bullying Day, April 13th, you helped us spread the news that **BULLYING STOPS HERE**. It is our hope that you will continue to show leadership on the playground and in our school by taking a stand against bullying. Be the “**Power of One**.”

TRACK MEETS

We are preparing for the Ladner Regional Track Meet on Tuesday, May 10th and the Delta District Meet on Thursday, May 19th. Students who qualify to participate in the above mentioned meets



will bring home notices with specific information regarding these events. Parents of the participants are welcome to attend and cheer on our teams.

We also need parent volunteers to help with timing, judging and putting up the Port Guichon canopy. If you can help in any of these areas, please contact Mr. Brown at the school.

Unfortunately, **we cannot accommodate student spectators at the Track Meets**. School will be in session for all students not involved in the meets. We appreciate your understanding and support of these arrangements.

COME FLY A KITE WITH US

Bring a kite or just come for the fun! Please join us on Wednesday afternoon, May 4th, from 12:55 pm to 1:30 pm as we all go out onto the playing fields at Port Guichon and fly kites for our annual Kite Day in celebration of Spring!



PLANNING TO MOVE?



To help us plan as accurately as possible for the 2011-2012 school year, please notify the school as early as possible if you plan to leave Port Guichon and not return in September. Notification in writing would be appreciated. Also, please keep us updated on any changes to phone numbers or emergency contact information. Thank you for your cooperation.

Port Guichon presents
KIDS SWAP MEET

New and gently used items for sale
Saturday, May 14th
9:00 am - 2:00 pm
Admission: \$2.00

Table rentals: \$20
Book your table today!!!!!!

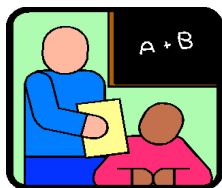
Contact: Leanne
Call 604.946.5279
lpryce@telus.net

Port Guichon Gym
4381 46A St, Ladner

CLASS PLANNING FOR THE 2011-2012 SCHOOL YEAR

This is the time of year when staffing allocations are made to schools by the School District office and class organizations for the next school year begin. The following factors are important considerations in this process.

Staffing and Class Size Limits:



The number of staff members assigned to Port Guichon is determined by the Delta School District. This is based on the number of students projected to be at the school in September 2011. The

number of teachers allocated and the class size limit at each grade level determine the configuration of classes. Currently, the class size limit is 20 for Kindergarten, 22 for Grades 1-3, 24 for a Grade 3/4 split and 30 for Grades 4-7. At a small school like Port Guichon, combined classes are an organizational necessity based on student numbers. In fact, you should expect your children to be in combined classes in September.

While reorganization is always a possibility because children may leave and enter the school at different grade levels over the summer, we would like to be able to place students in their classes on the first day in September. You can assist us in our planning by:

- informing us if you plan to move during the summer
- encouraging newcomers to our community to register at the school as soon as possible.

Combined Classes:

While combined classes are an organizational necessity, research indicates that multi-age groupings provide very positive learning environments for children. Studies show that children in multi-age classes learn to become more independent, responsible learners and develop a greater degree of social responsibility. Achievement levels of these students are as good as, or better than, the achievement levels of students placed in single grade classrooms.

Criteria for Student Placement:

Our objective is to create balanced classes based on gender, intellectual development and social/emotional development. The professional staff are in contact with the children in the school setting for 30 hours a week. Therefore, the decision about student placement based on the above criteria, is a school-based, professional decision to meet the needs of all pupils.

Parent Input

In some cases, parents have important information to help with placement of students. This information should not include a request for placement with a particular teacher, but rather personal or educational information that will assist us with our decision. If you wish to provide the school with input, please do so in writing by **May 13th**.

PORT GUICHON ELEMENTARY SCHOOL UPCOMING EVENTS	
Kite Day Wednesday, May 4	Come and join us at 12:55 PM for fun with tangled strings and flying things!
Emergency Preparedness Earthquake Drill Thursday, May 5	We will be practicing our drop-cover-hold and orderly evacuation of the building as part of our regular preparedness exercises.
Spring Fair Friday, May 6 - 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.
Regional Track Meet 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.
PAC Meeting Tuesday, May 10	Please join us at 6:30 PM. We will be holding elections for the 2011-2012 year.
Kids' Swap Meet Saturday, May 14	Contact Leanne Pryce for information at 604-946-5279
Grade 3 Swimming Program Starting Tuesday, May 17	Our Grade 3 program of 8 swimming lessons (Tues/Thurs) begins today at the Ladner Leisure Centre. Please remember your swimsuit and towel!
Spring Sprint Wednesday, May 18	11:20 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.
District Track Meet Thursday, May 19	The Port Guichon Track Team will be participating in the Delta District Track Meet at South Delta Secondary School. This event is only for students who have qualified for the Port Guichon District Track Team. (Start time – 9:45 am)
Non-Instructional Day School Closed Friday, May 20	STUDENTS DO NOT ATTEND SCHOOL
Victoria Day Monday, May 23	SCHOOL CLOSED
Grupo América Tuesday, May 24	9:00 AM in the PG Gym. Parents are welcome to join us as we welcome a dance performance by Grupo América.
Crazy Shorts Day Wednesday, May 25	Plaid, Flowers, Neon colours – let's see those signs of summer – Crazy Shorts! No Short-Shorts please.
Shoreline Clean Up Wednesday, May 25	Watch for the field trip notices as the whole school participates in this effort to keep our environment clean.
Talentpalooza Friday, May 27	Watch for further details about this WE Team sponsored talent event.
Walk or Wheel to School Week May 30 – June 3	Plan to walk or wheel to school this week – It's good for you and the environment!

Summer Activities

We are beginning to receive notices and flyers from community groups and organizations offering programs for kids during the summer. Please be sure to check the bulletin board and table in the front hallway of the school for these items.

Soccer Camps

Brad Higgs Soccer School



Offering a variety of programs for all levels of play including individual skill enhancement designed for boys and girls from beginner to experienced, goal keeping clinics, a high achievers program and team development. Please check their website – www.bradhiggs.com – for details and registration information or call 604.939.1114.

Royal Soccer Club

Offering morning, afternoon or all day sessions. Camps are 1 week long beginning July 4th and running through September 2nd. Please check their website at – www.royalsoccer.com – for details and registration information or call 1-800-427-0536.

Roman Tulis European Soccer School

Offering morning sessions for all levels of play, for boys and girls, ages 6-13. Please check their website at - www.romantulis.com – for details and registration information or call 604-937-0500.

Art Camps

Imagine That – Summer Arts Camp

A quality Arts program for kids with an opportunity to be mentored by artists active in their fields, July 25 – 28, 2011 for children ages 3-13. Offering Animation, Creative Writing, Culinary Arts, Dance, Drama, Music, Painting, Story Illustration. For more information, check their website at imaginethatartscentre.com

Or call 604-946-7410 or email imaginethatarts@gmail.com



Skin Protection

Sun Smart Tips:

- Apply sunscreen, SPF 15 or higher, 30 minutes before going in the sun
- Wear a hat and sunglasses
- Avoid the sun between 10am and 4pm.

Protection from Mosquitoes:

- Use insect repellents that are registered in Canada and contain Deet
- Deet in repellents should not exceed 30% for adults or 10% for children
- Do not use insect repellent in children under 2 years of age.



www.fraserhealth.ca click on 'Health Topics' then select 'School Health'

Healthy Habits for Kids

Healthy habits, including healthy eating, regular physical activity and being smoke free begin at home and continue throughout life. At a young age, children learn to make decisions and begin to make more choices of their own. They are developing habits and attitudes they may carry with them for the rest of their lives. Peer pressure influences children and youth of all ages and is particularly strong in the early teen years.

In the meantime, you, as a parent, play an important role in helping your children stay healthy. You may want to:

- Encourage your children to eat three well-balanced meals by selecting food outlined in Canada's Food Guide, ample vegetables and fruit is particularly important
- Offer them water and lower-fat milk (1% or 2%) instead of pop and other sugary drinks
- Serve healthier options like fresh fruit, veggie sticks and low-fat yogurt for after school snacks
- Encourage free outdoor play and limiting their screen time
- Make both your indoor and outdoor family activities free from secondhand smoke
- Encouraging your kids to choose activities they love - any activity - dancing, basketball, hockey, soccer, swimming or rollerblading
- Schedule active family outings like hiking, swimming or biking
- Set a good example yourself by eating healthfully and being physically active on a regular basis and by being smoke free

For more healthy living tips visit: <http://www.actnowbc.ca>

About Smokeless Tobacco

Smokeless tobacco is a mixture of tobacco, nicotine, sweeteners, abrasives, salts and chemicals. It comes in two basic forms: chew and snuff. Chew is a leafy tobacco sold in pouches. Plug tobacco is a form of chew, sold in brick form. Snuff is finely ground tobacco in powder form, sold in small tins. Moisture releases the nicotine, which enters the bloodstream through the lining of the mouth and nose. Smokeless tobacco is addictive and harmful.

Spit Tobacco Facts

- 8 - 10 dips or chews of smokeless tobacco contain the same amount of nicotine as 30 - 40 cigarettes (nicotine is a stimulant that causes increased heart rate and blood pressure)
- smokeless tobacco is often flavoured with licorice, cherry or mint, and sweetened with molasses or sugar - flavours that appeal to young people
- a 2009 survey reports that 8% of Canadian youth 15 to 19 have tried smokeless tobacco

In addition to the addictive drug nicotine, smokeless tobacco contains over 3,000 chemicals, including 28 known cancer-causing chemicals (carcinogens). The most harmful carcinogens in smokeless tobacco are the tobacco-specific nitrosamines (TSNAs). Other cancer-causing substances are formaldehyde, acetaldehyde, arsenic, nickel, cadmium and benzopyrene

Cancer Facts

- smokeless tobacco causes oral cancer, about half of all oral cancer victims die within 5 years
- long-term moist snuff users increase their risk of cancer of the cheek and gum by up to 50 times
- smokeless tobacco increases the risk of cancers of the throat, voice box and esophagus

Other Health Risks

Smokeless tobacco also contains abrasives, used by the tobacco manufacturers to make tiny cuts in the gums and lining of the mouth so that the nicotine can be absorbed more quickly and enter into the bloodstream. These abrasives cause dental issues such as stained teeth, tooth decay, tooth loss, receding gums, gum disease, bad breath and black hairy tongue. Stomach problems such as ulcers, stomach upset, increased bowel activity and stomach cancer are also common in smokeless tobacco use.

Adapted from: www.actnowbc.ca/everyone/about_spit_tobacco

