



# PORT GUICHON Elementary School

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

## NEWSLETTER

No. 2 – October 2010

Dear Parents/Guardians,

### 21<sup>st</sup> Century Skills for our Students: Rethinking How Students Learn

Educators from all over the world have been grappling with the challenge of developing a variety of frameworks (pre-school to higher education, e.g. after high school) that support 21<sup>st</sup> century education. Our District has begun the process of promoting a vigorous conversation asking the question: "What should a 21<sup>st</sup> century education in Delta look like?"

In alignment with the District direction, our school has also started the process of discussing among staff ways to incorporate 21<sup>st</sup> century skills that build upon the core content knowledge (reading, writing and arithmetic). In other words, we are exploring ways to design learning environments that encourage students to know how to keep thinking and learning beyond the classroom. For example, learning and thinking skills are made up of critical thinking and problem-solving skills, communication skills and collaboration skills. The challenge for all of us is to incorporate these essential skills strategically, deliberately and broadly. A collective effort to develop this vision for our school and district requires everyone to share their ideas. Please feel free to contact me at [gsproul@deltasd.bc.ca](mailto:gsproul@deltasd.bc.ca) with your thoughts, observations, and ideas.

### Developing the Respectful Mind: Manners and Virtues

In continuing to build a respectful, safe and caring community, throughout this academic year we are continuing the Virtue project, and at the same encouraging everyone in the community to work with our students on 3 sets of social behavior which are fundamental to building respect for self and others.

1. When a greeting/salutation is presented, we expect our students to respond appropriately.
2. Eye contact needs to be given to the person who initiates the conversation.
3. As a caring individual, we need to offer help and empathy to others. In other words, our students need to learn how to offer help to others.

The 10 virtues we will focus on this academic year include:

September – Perseverance

October – Service

November- Peacefulness

December – Generosity

January – Self-Discipline

February – Friendliness

March – Commitment

April – Courtesy

May – Diligence

June – Honour

### Virtue for the Month of October: Service

Service is giving to others and wanting to make a difference in one's life, in the community and in the world. It is looking for ways to be helpful instead of waiting to be asked. The needs of others are as important to you as your own. When you work with a spirit of service, you give any job your very best. You make a real contribution. People who want to be of service to others can change the world. We will greatly appreciate it if you can help model and reinforce these behaviors at home, at school and in the community.

### Keeping our Students Safe in an Emergency

During the September 27<sup>th</sup> Pro-D day, the staff reviewed the procedures to be followed in case of an emergency at Port Guichon. We want to emphasize to you that your children's safety is our first concern in any situation. Of particular importance is the procedure for releasing students from the school grounds in the case of a school evacuation and we want to bring this to your attention. **All parents must check in at the Student Pick-Up Centre which will be located on the front basketball court.** When parents or designated adults arrive at the Student Pick-Up Centre, designated grade 7 runners will be sent to the marshalling area to inform teachers of the names of students to be released and those students will return with the runner to the Pick-Up Centre. **Students must be logged out at the Student Pick-Up Centre so that we have a record of "who went where"**. Thank you for your cooperation in helping to keep our school community safe.

Grace Sproul  
Principal

### SCHOOL PORTRAITS



Individual school photos will be taken in the morning on **Thursday, September 30<sup>th</sup>**.

**Don't wear green!** This year, parents have the opportunity to select special backgrounds for their child's pictures. The photographer will be using "green screen" technology, so don't wear green or anything with green in the design! About 2 weeks after photo day, order envelopes and procedures will be sent home.

Thank you to everyone for making our Terry Fox Foundation / Cops for Cancer combined fundraising drive a huge success. The Port Guichon School community raised \$748.00 to help in the fight against cancer. Great Job!

**THANKSGIVING CANNED FOOD DRIVE  
FOR THE LADNER FOOD BANK**



Once again this year, we will celebrate the spirit of Thanksgiving by sharing with those in need. Canned goods and other non-perishable food items (pasta, cereal, crackers, flour, sugar, baby food, macaroni & cheese, peanut butter, rice, etc.) will be collected in the classrooms and donated to the Ladner Food Bank. Our Food Drive will run from Monday, October 4<sup>th</sup>, through Friday, October 8<sup>th</sup>. Thank you for your support.

**SCENT FREE SCHOOL**

Port Guichon is a “Scent-Free School”. Increasing numbers of students and staff have sensitivities and allergies to scented products, so we ask that you refrain from using perfumes and scented personal products if you know you will be visiting the school. We appreciate your cooperation in making Port Guichon a safe and comfortable place for everyone.

**TURKEY TROT and  
GREAT PUMPKIN RUN**

This month we have two runs that will see our students running, jogging and walking through the Port Guichon community. On Wednesday, Oct. 6<sup>th</sup>, we will have our annual “Turkey Trot” and on Wednesday, Oct. 27<sup>th</sup>, our annual “Great Pumpkin Run” will take place. Parent volunteers are needed to help marshal the route and keep our students safe. Parents are also welcome to accompany our students along the route. Both runs start from the front of the school at 11:30 am. If you are able to help marshal the route, please meet at the school office at 11:15 am to pick up a safety vest.



**Grade 5 & 6 FREE Delta Parks & Recreation Admission Passes  
*Getting our Children Active***

Delta Parks, Recreation & Culture have been delivering this initiative since 2005 to encourage healthy, active lifestyles and introduce Delta’s young people to public facilities. Grade 5 students can drop by any Delta Recreation Facility and activate your one year Grade 5 Pass. With your pass, you will be able to attend any public SKATE or SWIM. And you can bring along a youth, young adult or adult for free, each time you use your pass!

**ELIGIBILITY REQUIREMENTS**

All Delta Residents who were born in 2000, or are in grade five as of September 2010, are eligible for a Grade Five Pass. Grade six students & those born in 1999 are eligible for a ten pass admission card. In order to activate your Grade Five Pass or 10 Pass Admission Card, grade five & six students simply need to attend the Customer Service Office at any facility and present proof of birth date & Delta residence. Students who are older or younger than the typical grade five or six student will need a signed letter from their principal to confirm enrollment.

**BAND**

Students in Grades 4 through 7 will be meeting with the Band instructor on Friday, October 8<sup>th</sup>, at 1:00pm to discuss the band program. Parents are also welcome to attend this meeting in the gym. A notice will be sent home with each student following the band meeting. Once again, Mr. Curt Jantzen and Mrs. Margaret Behenna will be sharing the duties of band instructor/director. They are both extremely accomplished and experienced musical directors and we are pleased that our students have the opportunity to learn with them. You can contact Mr. Jantzen at [cjband@telus.net](mailto:cjband@telus.net)



**LEARNING ASSISTANCE & HOMEWORK CLUB**

Learning Assistance at Port Guichon is available for students whose needs range from short term intensive sessions to learn one skill or concept to on-going support through out a child’s time in the school. Mrs. Chan and Mrs. Koleyak work with students both in their classrooms and in the Learning Assistance room in Pod C as they supplement their classroom learning. The Homework Club meets in the Library from 12:15 during lunch hour Monday to Friday. All students are welcome to attend and get a head start and/or help with their homework.

**HELP US KEEP YOUR CHILD SAFE  
Completion of Medical Alert Forms**

We are required to maintain a safe and efficient procedure for all students who attend school. If your child has a medical condition that requires precautionary treatment or medication at school, and you have not filled out the required “Medical Alert” form and/or the “Request for Administration of Medication at School” form, please contact your school and complete the required forms. Please have the form completed and signed by your doctor, sign it yourself, and return it to the school as soon as possible. This procedure complies with School Board Policy. If there are any questions, please leave a message at the school and the school will return your call.

## ***Entertainment Books***

Our Entertainment Book fundraiser is coming to an end. People look for the Entertainment Book each year, so be sure to tell everyone you know that our school is selling it.

The Entertainment Book makes a great gift for that "hard to buy for" friend or family member.

The Book is still only \$46 and has hundreds of dollars of savings in groceries, fast food, restaurant, clothing, entertainment and other services.

We have additional books available in the school office if you need them.

**Please return your payment for the book and/or any unsold books to the office by  
October 8<sup>th</sup>.**

### **A MESSAGE FROM YOUR PUBLIC HEALTH NURSE**

**Welcome to a new school year!**

I am the school nurse for Port Guichon Elementary School. I can be reached at the South Delta Public Health Unit at **(604) 952-3550**. My office hours are **Monday to Friday 8:30 - 4:30 p.m.** I also have a box in the school office for non-urgent messages and drop by 2-3 times a month to check in.

Please feel free to contact me if you have health concerns about your child. You can also access the [www.fraserhealth.ca](http://www.fraserhealth.ca) website for School Health and general health information.

Some school age immunizations your child may be due for this year are:

- A booster for DPTP, (Diphtheria, Pertussis, Tetanus, and Polio) is recommended between 4 and 6 years.
- Grade 6 students are eligible to receive the following immunizations at school: Hepatitis B (2 in a series), Meningococcal and Chicken Pox (only if child hasn't had the disease). Grade six girls are also eligible for the Human Papillomavirus (HPV) vaccine (3 in a series). Consents were sent home in September.
- If your child is new to the school, immunization records are requested from parents as soon as possible.

If your child has a **SERIOUS HEALTH CONDITION** that may require emergency care or medication at school, it is important to review medical information with the principal and your child's new teacher each year. I am available to work with the school and parents in planning the appropriate care for these students. Throughout the year, please keep the school informed of any changes in your child's medication or health status.

Looking forward to a healthy and safe school year,

Sharon Williams, RN; MsN  
Public Health Nurse  
4470 Clarence Taylor Crescent, Delta  
604-952-3550  
sharon.williams2@fraserhealth.ca

### **Keep Active and Keep Strong**

Back to school also means the start of organized activities and sports for many young people. Children and youth need to take care of their bodies in order for them to have fun and perform optimally physically and in school.

To help your child be at their best, provide support to:

- Keep well hydrated throughout the day - water is needed for many basic functions in our bodies
- Follow a healthy diet - Eat 3 meals and snacks every day, choosing foods from each of the 4 food groups
- For most children, there is no need to supplement any nutrients if a balanced diet is followed
- Make sure they get adequate sleep - school age kids need 8 - 10 hours per night
- Be smoke-free, talk to your children about the dangers of smoking and ensure their environment is smoke-free.
- Be active - it is recommended that children have at least 30 minutes of activity everyday
- Role model healthy behaviours - after all, you have the most influence over your child's health choices.



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

### IMPORTANT SAFETY REMINDERS

**Parking:** Please remember to park in designated areas and follow our school signs for everyone's safety.

**Kelly Drive:** Kelly Drive is a busy traffic area where students walk and cross. Please be aware of your speed.

### WALK SAFELY

1. Always walk on the inside edge of the sidewalk
2. If there is no sidewalk, always walk facing on coming traffic. Be sure to use the far edge away from traffic and stay visible
3. Don't jaywalk (cross the street from the middle of a sidewalk) always cross at the end of the sidewalk or the intersection of the street. Drivers do not expect people to cross in the middle of the road.
4. Watch for cars backing out of their driveways.
5. During bad weather or low lighting remember to wear high visible clothing.
6. When crossing the street and there are parked cars blocking your view down the street make sure that you step slowly out from the parked vehicle and look to see if a car is coming before you cross the street
7. When crossing the street remember to:
  - **STOP** (with your feet on the edge of the sidewalk)
  - **LOOK** in all directions for vehicles (vehicles may be turning and / or not paying attention to you- make EYE contact and ensure that the vehicle has stopped before you cross the street)
  - **LISTEN** for oncoming traffic. You can hear a speeding car before you can see it and speeding vehicles can appear very quickly.

Please note that there will be additional truck and farm vehicle traffic along 46A Street during the duration of the potato harvest season.

### PAC PARENT CONTACT INFO

There will be occasions when the Parent Advisory Committee (PAC) would like to contact parents to communicate information about important events. Unless we are contacted prior to October 8, 2010, your name, phone number, and email address will be made available to the PAC. No personal information will be used for commercial purposes or distributed outside of the school community. Thank you for your support of our school PAC.

### UPCOMING EVENTS

<b>Individual School Photos</b> Thursday, September 30	<b>Don't wear green!</b> This year, parents have the opportunity to select special backgrounds for their child's pictures. The photographer will be using "green screen" technology, so don't wear green! About 2 weeks after photo day, order envelopes and procedures will be sent home
<b>Canned Food Drive For Ladner Food Bank</b> October 4 - 8	Once again this year, we will celebrate the spirit of Thanksgiving by sharing with those in need. Non-perishable food items will be collected and donated to the Ladner Food Bank. Thank you for your support.
<b>International Walk to School Week</b> October 4 - 8	Port Guichon students will be participating in International Walk to School Week. Please encourage your child to walk, bike or rollerblade to school safely.
<b>Power of One</b> Monday, October 4	This morning our students will be participating in the Power of One anti-bullying program. Thank you to the PAC for funding this important session.
<b>Virtues Assembly</b> Monday, October 4	1:00 PM Our monthly virtues assembly, focusing on Service will take place in the gym. We will also be launching our "Green Team" conservations efforts. Parents are welcome to attend.
<b>PAC Meeting</b> Tuesday, October 5	<b>6:30 PM</b> – All parents are invited to join us at the school for these important meetings.
<b>Turkey Trot</b> Wednesday, October 6 11:30 AM	Students from grades 1-7 will walk or run in our annual Turkey Trot. Parents are invited to participate or volunteer to assist in this event. Please call the school if you can help.
<b>Band Information Assembly</b> Friday, October 8	1:00 PM in the Gym. Our Grade 4-7 students will meet with the Band Directors to learn about joining the Ladner Elementary Schools Band program. Parents are welcome to join us.
<b>Thanksgiving Day</b> Monday, October 11	<b>SCHOOL CLOSED FOR THANKSGIVING</b>
<b>Pro-D Day</b> Friday, October 22	<b>STUDENTS DO NOT ATTEND SCHOOL.</b>
<b>Orange Day</b> Wednesday, October 27	Get into the Harvest Spirit – everyone wear ORANGE!
<b>Great Pumpkin Run</b> Wednesday, October 27	11:30 a.m. Please join us for our run.