

PORT GUICHON Elementary School

4381 46A Street, Delta, BC Phone: 604 946-0321 Fax: 946-0322
<http://pg.deltasd.bc.ca/>

NEWSLETTER

No. 2 – October 2011

Dear Parents/Guardians,

WE DAY - Joining Thousands Of Young People In Learning How To Make A Difference In The World

On Thursday, October 13th, a group of our Grade 6 and 7 students under the leadership of Mrs. MacLennan and Ms. Tan will join thousands of youth from elementary schools around British Columbia at Rogers Arena to participate in a high-energy event – the Third Annual **WE DAY**. This year's event features many star-studded and inspirational speakers such as Mikhail Gorbachev (Former Soviet President and Nobel Peace Prize Laureate), Mia Farrow, NBA All-Star Shaquille O'Neal, JUNO and MMVA Award winning recording artists Hedley and many more. Their speeches aim at empowering our youth to change the world; educating students on social justice and important global issues, such as child labour and poverty. This one day event will act as the spring board to a year long and hopefully life-long commitment to social action. Stay tuned and find out more about the projects our students will be engaged in throughout this year!

Community Celebration Of Learning: Wizard Of Oz – A Musical Production

Everyone welcome! Al Pichler, an educator and an artist, has started the rehearsals working with **all of our students** in preparing a musical production – Wizard of Oz – for the whole school community. Our students are excited and engaged. Please mark on your calendar the following information:

- Concert nights:** October 18th and 19th (Tuesday and Wednesday)
Location: Port Guichon Gym
Time: **7:00 PM**
6:00 PM – Door is open for main cast only
6:30 PM - Door is open for all students, families and guests
Cost – free: Donations are welcome at the door.

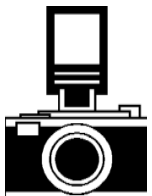
All funds raised will be used to offset the cost of transporting our students to the Wizard of Oz performance at Carousel Theatre, Granville Island in Vancouver on December 7, 2011. This will be an opportunity for our students to see a different interpretation of this musical production.

Let's Get Into The Spirit!

Port Guichon is working closely with a local company named Prostock to design official Port Guichon Spirit Wear. We are hoping to design and offer Port Guichon T-shirts, shorts, jackets and other athletic wear items to help promote our school spirit. We hope that our staff, parents and students will proudly wear their Port Guichon Spirit Wear at school and out in the community to show how proud we are to be part of the Port Guichon learning community. We hope to be able to offer the spirit wear for sale in the near future. Please watch for more information to come.

Grace Sproul
Principal

SCHOOL PORTRAITS



Individual school photos will be taken in the morning on **Friday, September 30th**.

Don't wear green! Parents will 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 fundraising drive a huge success. The Port Guichon School community raised \$569.02 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 3rd, through Friday, October 7th. 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. 5th, we will have our annual “Turkey Trot” and on Wednesday, Oct. 26th, 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.



BAND

Students in Grades 4 through 7 will be meeting with the Band instructor on Tuesday, October 11th, at 2:15 pm 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



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 we will return your call.

Entertainment Books

Our Entertainment Book fundraiser is continuing through the month of October. 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. Funds raised are used to support the wide variety activities enhancing the experience for all students at Port Guichon.

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 28th.**

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 2001, or are in grade five as of September 2011, are eligible for a Grade Five Pass. Grade six students & those born in 2000 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.

Community Notices:

The Delta Sungod Swim Club is now taking registrations for the 2011-12 swim season. Swimming is a great way to get your children active and healthy. The government's physical activity guidelines recommend that children get at least 60 minutes a day of moderate to vigorous physical activity, studies have shown that children are only active for about ½ of their practice in team sports and closer to 80% of their practice in a sport like swimming. Our practices run from 60-150 minutes, if your child is comfortable in deep water and can swim two laps of the pool they are welcome to join our programming. For more information please look at www.teamsungod.ca.

A MESSAGE FROM YOUR PUBLIC HEALTH NURSE

Welcome to a new school year!

I am your school nurse for Port Guichon Elementary. 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. I have access to various resources for health information. You can also access the www.fraserhealth.ca website for School Health Information.

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

- A booster for DTP, (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 C, and Chicken Pox (only if child hasn't had the disease). Grade six girls are eligible for the Human Papillomavirus (HPV) vaccine (2 in Gr.6). Consents will be sent home in September. Please read, sign and return the consent (even if you decline) to the front office ASAP.
- 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, Public Health Nurse
4470 Clarence Taylor Crescent,
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. Please do not park in front of the gym when dropping your children off.

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 7, 2011, 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

Individual School Photos Thursday, September 30	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! About 2 weeks after photo day, order envelopes and procedures will be sent home
Canned Food Drive For Ladner Food Bank October 3 - 7	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.
Turkey Trot Wednesday, October 5	11:30 AM All students 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.
Emergency Comfort Kits or Orders Due Friday, October 7	Please see the Emergency Comfort Kits letter and optional order form from the PAC.
Thanksgiving Day Monday, October 10	SCHOOL CLOSED FOR THANKSGIVING
Band Information Assembly Tuesday, October 11	2:15 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.
Wizard of Oz Tuesday & Wednesday October 18 & 19	Location: Port Guichon Gym Time: 7:00 PM 6:00 PM – Door is open for main cast only 6:30 PM - Door is open for all students, families and guests Cost – free: Donations are welcome at the door.
Pro-D Day Friday, October 21	STUDENTS DO NOT ATTEND SCHOOL.
PAC Meeting Monday, October 24	6:30 PM – All parents are invited to join us at the school for these important meetings.
Orange Day Wednesday, October 26	Get into the Harvest Spirit – everyone wear ORANGE!
Great Pumpkin Run Wednesday, October 26	11:30 AM Please join us for our run.
Entertainment Book Fundraiser Ends Friday, October 28	Please return your payment for the book and/or any unsold books to the office by October 28th.