



PORT GUICHON Elementary School

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

NEWSLETTER

No. 1 - September 2010



Dear Parents/Guardians,

I hope that you have enjoyed the summer season, finding opportunities to relax and renew your energy for the coming 2010-2011 academic year. Our staff is looking forward to working together with you to have another year of providing outstanding educational programs for our students. A warm welcome for both returning and new students!

You may wonder why we have borrowed the lyrics from "Climb Every Mountain". Well, throughout this academic year, our staff will challenge all of our students "to climb a mountain" in support of Mr. Zerbe's effort of climbing to the base camp of Mount Everest this fall to raise money for the Children's Hospital. All of us throughout our life journey may face many mountains to conquer. We set goals, persevere and work towards achieving our dreams. It takes practice to set realistic goals, understand what perseverance means, and make the effort to sustain our focused energy. We would greatly appreciate your involvement in exploring with your child about setting realistic goals either for the first term or for all three terms. The goal can range from minutes of reading per day, to doing a caring action for someone, or dribbling a basketball. The possibilities are endless.

Mr. Zerbe will come to our Monday morning assembly on September 13th at 9:00 am to present his project to us. In return, a Port Guichon student will present our school wide initiative to him. Not only Mr. Zerbe has a mountain to climb, all of our students can adopt a mountain "to climb" as well. There will be 190 mountains for our students to adopt. There will be a celebration of our students' effort when they reach their "base camp" at the end of Term One. When our students reach the "summits" in Term Three, they can plant a Canadian flag on top of their adopted mountain. We welcome any parents to join in the climb. Please let us know! More information will be shared with you about this climb on Thursday, September 9th, at Our Meet the Teachers Assembly.

Thursday, September 9, 2010, 7:00 – 8:00 p.m. Meet the Teachers Assembly

On this evening we invite all of our parents to meet your child's teacher and to introduce our teaching staff to all of you.

- **7:00 pm** - students and parents will report to the gym. Students will sit at designated places which they normally do at Monday morning assemblies. Parents may stand on the sides.
- **7:05 pm** - our teaching staff will be introduced to the whole school community
- **7:10 pm** - students will go with their parents to their classrooms. Our teachers will share with you about their program
- **7:35 pm** - a bell will ring as a signal to parents with multiple children to visit their next child's classroom

We are looking forward to a wonderful academic year filled with learning opportunities. You can count upon our continuing support, encouragement and hard work as we share the joys and challenges of creating the best possible learning opportunities for our students.

Promoting academics, social and life skills, communication, the arts, and athletics is all part of enabling all students to achieve their personal best. As we nurture leadership and team-building, we will be helping to build a good community. Is there something you can do to help out? Know that you are welcome as partners and participants in making our learning community the best it can possibly be.

Yours sincerely,

(Mrs.) Grace Sproul, Principal

Port Guichon Elementary School 2010-2011 Staff

Principal		Mrs. G. Sproul
Grade 7	Division 1	Mr. J. Hope
Grade 6	Division 2	Mrs. N. MacLennan
Grades 4/5	Division 3	Mr. A. Sowden
Grades 3/4	Division 4	Mr. R. Retallick
Grades 2/3	Division 5	Mrs. S. Mitchell
Grades 1/2	Division 6	Ms. I. Tan
Grade 1	Division 7	Mrs. Vinson
Kindergarten	Division 8	Miss P. Bird & Mrs. G. Sproul
Resource Room	Division 9	Mrs. J. van Rhyn
Library		Mrs. A. Grannary
Learning Assistance		Mrs. D. Chan
Music		Ms. L. Sadd
Education Assistants		Mrs. J. Koleyak, Mrs. P. Dyson, Mrs. F. Antic, Mrs. J. Rosychuk, Mr. D. Bounanno, Mr. W. Giesbrecht, Ms. J. Thompson
Secretary		Ms. S. Richman
Psychologist		Ms. J. Geisreiter
Counsellor		Mrs. E. Switzer
Speech/Lang. Pathologist		Ms. C. Stasiuk
Mainstream Support Teacher		Ms. D. Chan
Public Health Nurse		Mrs. S. Williams
Police Liaison Officer		
Custodian		Mr. T. Umali
Noon Hour Supervisors		Mrs. B. Wegner, Mrs. L. Tarumoto, Mrs. K. Elmer, Mrs. D. Crosby

Welcome Back to the 2010 – 2011 School Year.

SAFETY

Providing a safe community is a high priority for both the staff and parents of Port Guichon. Thank you for doing your part to keep our children safe. **The following items are being sent home today.** Please review them, complete them where necessary, and return them to the school as soon as possible.

LUNCH-TIME PLAN - Each student in grades 1-7 will be bringing home a letter/permission form for your signature that enables you to give permission for your child to leave the school grounds and go home for lunch. Please review and complete this form for each of your children and return it to their classroom teacher by Friday, September 10th.

PARENTAL CONSENT FOR PHOTOS/VIDEOS - In accordance with the *Freedom of Information and Protection of Privacy Act*, Delta School District requires consent to use students' personal information for purposes unrelated to educational programs. At Port Guichon, we often take pictures of our students participating in classroom activities, special events and field trips. Please complete the Parental Consent Form and return it to the office as soon as possible. This consent will now be kept on file until your child leaves Port Guichon.

FOR NEW STUDENTS TO OUR SCHOOL - BC SCHOOL FRUIT AND VEGETABLE PROGRAM ALLERGY REPORT – Our school is participating in the BC School Fruit and Vegetable Nutritional Program Sponsored by BC Agriculture in the Classroom Foundation and ActNowBC. One of the goals is to encourage healthy eating by providing fresh fruit and vegetables to the students during classroom time. The students will receive picked, washed, and ready to enjoy produce approximately twice every other week at no charge! To ensure every student's health and safety during this program, please return the reverse consent form only if you DO NOT wish your child to participate or if you need to alert us to certain **food allergies**.

VISITORS BADGES

We would like to remind our parents that Port Guichon Elementary places great emphasis on the safety of your children. Therefore, we ask that all parents and visitors sign in at the office and pick up a Visitor Badge.

TRAFFIC AND PARKING

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. Please pull into a visitor parking stall when dropping children off and have them use the walkway. Please do not park along the south side of the parking lot, as this makes it difficult for cars to get in and out of the designated parking stalls.

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 path or in the middle of the road.

SAFE ARRIVAL

The Absentee Phoning Program, operated by volunteer parents, ensures that each child is accounted for each morning. We ask for your support by:

1. Calling the school at 604-946-0321 before 8:45 AM if your child is going to be late or absent. **Our answering machine is available 24 hours a day, so you can call the night before if you know your child will be away.**
2. Keeping your child's emergency card information up-to-date.

In the event that your child is absent from school **without prior notification**, a phoning volunteer will make a reasonable attempt to determine the reason for absence. For this program to be effective, we need volunteers. If you could donate approximately 20 minutes in the morning to help out, please call the office.

HEALTH AND MEDICATION

When a child complains of being sick, the office will make a concerted effort to contact a parent or the emergency contact person. With minor bumps and scrapes, we will administer first aid mixed with tender loving care. With any more serious injury, we will attempt to contact the home.



Should a child require medication at school, the School Board requires you and your doctor to complete a *Request for Administration of Medication Form* allowing us to administer the medication. Forms are available at the office.

If your child has a significant medical condition which the school should be aware of, please contact the office for a *Medical Alert Form*.

WHEN TO KEEP YOUR SICK CHILD HOME

For the protection of your child, as well as other children, keep your child home if he/she:

- Has a fever
- Is too sick to take part in all normal school activities
- Has a suspected or known communicable disease (i.e. strep throat, pink eye, chicken pox, or any other undiagnosed rash). Keep them home until they are no longer infectious.

Please let the school know your child's symptoms.

A Message From Your School Nurse

www.fraserhealth.ca click "Health Topics" to find School Health Resources

CALENDARS AND NEWSLETTERS

A calendar of important dates and activities at Port Guichon Elementary for the 2010-2011 school year is attached to this newsletter. Please keep this for reference throughout the school year.

Newsletters are published monthly and are posted on the school website <http://schools.deltasd.bc.ca/pg/>. To be a part of the global movement in *supporting a sustainable environment* (Going Green), **we will only send a paper copy of the newsletter home if you request it on the attached form.** Please be sure to provide your email address on the attached form so that you can receive notification that the monthly newsletter is on the website.

STUDENT PLANNERS

Today, all students in Grades 2-7 will be bringing home a Port Guichon Student Planner. These have been purchased to encourage consistency throughout the school and to help students achieve the organizational goals of the Personal Planning curriculum. **We ask that you send \$8.00 to school as soon as possible to cover the cost of the planner.** We also believe that this will be an excellent tool for helping you to keep track of your child's assignments and progress.

PORT GUICHON PARENTS' EMAIL LIST

An email list has been created on Yahoo! Groups called PortGuichon. It's a discussion group for parents and caregivers of children attending Port Guichon Elementary School. PAC newsletters, important announcements, event reminders, school activities, etc, will be sent out through this group via e-mail.

If you're not already a member and would like to be, please contact Tea Sampson at tea@wilmstmour.com with the e-mail address you'd like added.

If you're already a member and need to change your email address or have any other questions or concerns [including how to leave the list], again, please contact Tea at tea@wilmstmour.com with any issues regarding the list you are having.

MedicAlert's NO CHILD WITHOUT Program

The **No Child Without** program offers a free MedicAlert membership to students who attend our school and are between the ages of 4 up to their 14th birthday. If your child has a medical condition, allergy or is required to take medication on a regular basis then you should consider a MedicAlert membership through this program.

Your child's voice in an emergency, MedicAlert membership;

- Gives emergency first responders immediate access to your child's medical information on their MedicAlert bracelet or necklet
- Enables first responders to quickly obtain up to date medical information by means of the child's Electronic Health Record through the **24 Hour Emergency Hotline.**
- Communicates with the parent or emergency contact upon activation of the **Hotline**
- Allows free updates of the child's medical record as needed

MedicAlert identification can alert school staff, friends, coaches and others about your child's medical condition should an emergency occur. For further information come to the office for a brochure or visit www.nochildwithout.ca. To register your child you will need a **No Child Without** brochure from the office. If your child is already part of the **No Child Without** program and there have been changes to their medical condition, medications or emergency contact information, call MedicAlert at 1-866-679-3220 Ext 1 to update your child's file.

Remember: Dismissal is at 1:45 p.m. every Wednesday.

UPCOMING EVENTS

Meet the Teachers Assembly and Classroom Visit Thursday, September 9	7:00 – 8:00 PM Please join us in the gym at the school for a school opening assembly where we will introduce the teachers to everyone. Following the assembly, there will be a chance to visit your child's classroom.
Terry Fox Run Wednesday, Sept. 22	11:30 AM Grades 1-7 will walk or run in our annual Terry Fox Run. Parents are invited to participate or volunteer to assist in this event. Please call the school if you can help.
Cops for Cancer Friday, Sept. 24	The Cops for Cancer bike riders will be visiting our school today.
Pro-D Day Monday, September 27	STUDENTS DO NOT ATTEND SCHOOL.
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! Ordering procedures will be sent home about 2 weeks after photo day.
Entertainment Book Fundrasier Books due back at school Thursday, September 30	Please send your payment for the Entertainment Book to the school, or return the book to the school by today. Thank you for support Port Guichon activities.
International Walk-To-School Week October 4 - 8	Join us as we walk or bike to school this week.
Canned Food Drive For Delta Food Bank October 4 - 8	Once again this year, we will celebrate the spirit of Thanksgiving by sharing with those in need. Canned goods will be collected in classrooms and donated to the Delta Food Bank. Thank you for your support.
Turkey Trot Wednesday, October 6	11:30 AM 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.
Thanksgiving Day Monday, October 11	SCHOOL CLOSED FOR THANKSGIVING

c:\...worddocs\n newsletters\sep_10

Messages from your Public Health Nurse

Grab, Go and Grow: Healthy School Snacks

That time has rolled around again ... snacks need making and lunches need packing. With all the chores of the day, who has time to organize nutritious snacks? Today's parents are time-stressed and in many cases forced to be multi-taskers, but savvy parents also know that putting together healthy snacks is not rocket science. In fact, healthy snacks can be quick and easy!

Tips for Being a Super Healthy Snack Shopper

- buy an assortment of fruits and vegetables, cut them up and stow them away
- choose unsweetened applesauce or fruit cups packed in unsweetened fruit juice
- look for whole grain crackers or bagels to combine with nut butter or cheese
- select low fat cheese sticks or yogurt to accompany fruit
- choose pre-washed baby carrots or snap peas, add a yogurt dip
- accompany whole wheat pita with ready to serve hummus
- choose granola bars with dried fruits and nuts
- buy cereals low in sugar to snack on
- pick up some dried fruit, mini pretzels, nuts, seeds to add to unsweetened cereal to make your own trail mix
- stock up on yogurt & granola to add to fruit for a yummy parfait



What is the Brand Name Food List?

Created out of popular demand, www.brandnamefoodlist.ca is an easy to access, up-to-date list of packaged and franchised products rated according to the government Guidelines for Food and Beverages Sales. This website makes it easier to select products that fit within the 'choose most' and 'choose sometimes' categories for schools.

- Log on to www.brandnamefoodlist.ca and create a free account. It's fast and easy!
- Search the product list by keyword, manufacture name, product name or guideline category
- Make sure to click on the boxes marked 'choose most' and 'choose sometimes' for products that fit the guidelines
- Be sure to select the type of school you are (Elementary, Middle or Secondary school) as this affects how foods are rated
- Search tip: when searching under keyword, be brief. For example, if searching for potato chips, simply type 'chips' into the keyword search to receive the most complete list of products
- You can also submit a product not on the list and a registered dietitian will rate and post this new product

A Reminder to Parents of Allergic Children

- A single use auto-injector (EpiPen) is the recommended product for safe and effective administration of adrenalin (epinephrine) in the school setting.
- Public health nurses are available to provide EpiPen auto-Injector teaching to school staff.
- If an alternate auto-injector (Twinject) is being considered please check with the school administrator to see whether it may be administered in the school setting. If approved, school staff training must be provided by parents.
- Please ensure that the school receives an up-to-date medical plan for your child and that any medication(s) have not expired.
- Some providers of epinephrine offer an e-mail expiry date reminder service free of charge www.epipen.ca .
- Talk to your school staff or your public health nurse about having an extra auto-injector at the school, in case it is needed for any severely allergic student.
- For more information on allergies and anaphylaxis in schools, please see the School Health Resource link on the Fraser Health Web site <http://www.fraserhealth.ca/HealthInfo/PublicHealth/SchoolHealth> or contact your Public Health Nurse.

ELEMENTARY BAND PROGRAM

Two levels of Band will be offered again to children in Grades 4 to 7 in Ladner. The teachers of the program are Curt Jantzen and Margaret Behenna. They conduct the Delta Music Makers Concert Band and have been involved in teaching elementary band in Ladner now for several years.



Beginner Band: This program is for children in Grades 4 to 7. Parents can choose to enroll their child in either the class offered at Ladner Elementary School or at Hawthorne Elementary.

Ladner Elementary: Wednesdays, 7:30-8:30 a.m. beginning October 13

Hawthorne Elementary: Thursdays, 3:15-4:15 p.m. beginning October 14

Tuition fee is \$275 for the year. Students also need to rent or purchase a band instrument and buy a method book. Cost of rental for an instrument runs \$15-20 per month for flute, clarinet, trumpet, snare drum, or trombone; more expensive for saxophone or bass guitar. The instructors will speak to all intermediate students in early October to demonstrate the instrument choices and explain the program. More detailed information along with a registration notice will be given to students at that time. Registration and **INSTRUMENT RENTAL NIGHT** will take place on Thursday evening, October 7th at Hawthorne Elementary.

Advanced Band: students with one or more years of experience will be in **Advanced Band** meeting at Hawthorne Elementary after school on **THURSDAYS beginning October 14th 4:30-5:30 p.m.** Tuition Fee for Advanced is \$275 and parents are asked to register prior to the first rehearsal. A registration notice will be given to all students at the beginning of October.

For more information, please contact Curt Jantzen cjband@telus.net, or Margaret Behenna mbehenna@dccnet.com.

Delta School District's Continuing Education branch invites you to view the Fall 2010 Course Catalogue on-line:

<http://web.deltasd.bc.ca/coned/catalogue.asp>

Continuing Education on-line registration:
<http://ConnectandLearn.deltasd.bc.ca>

Registration phone: 604-940-5550



PORT GUICHON Elementary School

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

PLEASE RETURN THIS FORM TO THE SCHOOL OFFICE

Name of Port Guichon Student: _____ Grade: _____

Monthly Port Guichon Newsletter:

- Yes, Please continue to send a paper copy of the Port Guichon Newsletter home with my youngest child attending Port Guichon
- No, I don't need a paper copy of the Newsletter sent home. I will check the website. Please send me an email notification that the newsletter is on the website.

Parent's name: _____

Email address: _____