



Port Guichon Newsletter

December Edition



Dates to Remember:

- ☺ **December 2**
PAC Winter Market
- ☺ **December 6**
PAC Hot Lunch
- ☺ **December 7 –**
Div 1. & 2. Victoria
12:15 pm Div.5 City Hall
- ☺ **December 8**
5:30 pm PAC Movie Night
- ☺ **December 11-15**
Food Drive
- ☺ **December 12**
Ugly/Comfy Christmas Sweater
- ☺ **December 15**
Report Cards Posted
- ☺ **December 19**
Afternoon Christmas Concert
Evening Christmas Concert
- ☺ **December 20**
Comfy/Ugly Christmas Sweater
PAC Hot Lunch
- ☺ **December 21**
Jingle Bell Family Activities
- ☺ **December 22**
Pajama Day/ Pancake Breakfast
- ☺ **December 22-Jan 8**
Winter Break – first day back
January 8, 2024

Principal's Message

'Tis the season for holiday cheer. It is my favourite time of the school year as we prepare for all the festivities and come together to celebrate with our annual concert. Musical melodies fill the hallways, and the students are working on their choreography and artwork. It is a very special time of year.

We are so lucky to live in this amazing community. We have worked hard to help support a variety of growing needs and connect families with various resources. I'm very proud of our Angel Tree (organized by Dee, our CYCW) and our Food Drive (organized by Mrs. Ward). The Create-it Club is also nurturing the spirit of giving with their next Craft Fair to support Delta Community Animal Shelter. The Winter Market supported many local (some of them were our students!) artisans and entrepreneurs. We are also proud of Division 5 for helping to decorate one of the trees at City Hall.

We are looking forward to seeing everyone at the concerts on the 19th. Thank you to Mrs. Kay for once again creating, writing, and directing our show – 'Twas the Week Before Christmas (with a Ladner-themed twist). It is a chance for our budding actors and backstage tech crew to shine and for all the classes to work together for their best (and often the cutest!) performances. It is a busy time and I hope that everyone is able to relax and enjoy a well-earned rest over the holidays.

Mrs. Palmer dpalmer@deltaschools.ca

Extra Dry Cloths!

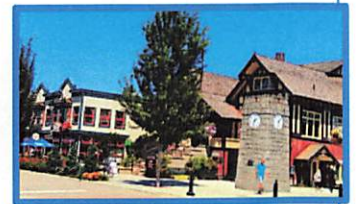
With our current conditions, our fields and playground seem extra boggy and muddy. We see many students at the office after recess very wet and muddy looking for extra clothing. Please send your child with a fresh pair of extra clothing for these exact occasion. Thank you!



DeltaAssist Food Drive

Once again we will be holding a canned/non-perishable food drive to support families in our community through Deltassist. **The Food Drive will start the week of December 11th up until the morning of the Friday, December 15th.** Thank you Port Guichon families for always being so generous in this way.

"Twas the Week before Christmas" Concert



Port Guichon Students are already rehearsing for "Twas the Week before Christmas" Concert. There will be two performances. One will be held in the **afternoon on TUESDAY, December 19 at 1:30 pm (doors open at 1:00)** and the second in the **evening on TUESDAY, December 19 at 6:00 (doors open at 5:30)**. If you are able, we encourage families to attend the afternoon performance since the chances are greater you will find a good seat and it will help reduce over-crowding at the evening performance. Doors will open 30 minutes before the performance. PAC is running a raffle to win front row seats. Information attached. **Students will be instructed by their teachers as to clothing attire for the concert.** There is no cost to attend the concert, but we will be asking for an optional opportunity to provide a cash donation to DeltaAssist.

Create It Club



The Create It Club has been working hard gearing up for their next **Create It Fundraising Sale scheduled on December 15, 2023 during lunch time**. The items they've been making include Christmas Ornaments, cupcakes, and candy canes. Items will be sold for 50 cents to \$4. The proceeds from the last sale totaled \$179. All proceeds from this sale along with the last \$179 sale will go towards the Delta Community Animal Shelter.



Ugly/Comfy Christmas Sweater

Feel the warmth of Christmas by wearing an ugly or comfy Christmas sweater on Tuesday, December- 12th and 20th. Decorate your current sweater with tinsel or bells. Get creative!

December Newsletter

PG and Pancake Breakfast



Once again, our Grade 7 students, together with our staff, will host a Christmas breakfast for all the students and staff in the gym on **Friday, December 22nd**. As seating will take place in shifts, please ensure you child has their regular breakfast at home. All students can dress up in their cozy pajamas for the day.

Lost and Found Items

Our Lost and Found is overflowing with items. If you have a chance, please come take a look to see if any belongs to your child. We will have the items laid out in the hallway during the concert times as well for your convenience. Any items not claimed by Friday, December 22nd will be donated to the local Thrift store.

PAC News

Hot Lunch: PAC is has set up the Hot Lunch Dates for the New Year and ordering system with the Muncha-a-Lunch program. More information and direct links to order are found on the school website.

Parents Night Out – Night of crafts and cookies – see attached information for more details

Heads Up – Any parents interesting in helping with the Spring Fair - first **Spring Fair Committee** Meeting is scheduled to be held on Monday, January 8, 2023 at 5:45 pm.

NEXT PAC MEETING:

The next PAC meetings will be held on
January 8, 2023 at 6:30 pm in the
Library. We hope to see you all there!

Other Events:

Did you know there are two
FRENCH IMMERSION
programs offered in Delta?





EARLY FRENCH IMMERSION
for Kindergarten to Grade 12

LATE FRENCH IMMERSION
for Grade 6 to 12

Online registration for both
programs begins on January 4, 2024 at 8am.



Early French Immersion

Online Information Nights: Nov 29 and 30, 2023 at 6:30p.m.
In-Person Information Nights: Jan 15, 2024 at 6:30p.m. at Burnsview Secondary
Jan 18, 2024 at 6:30p.m. at South Delta Secondary
Application deadline: January 22, 2024 at 4p.m.

Late French Immersion

Online Information Nights: Jan 24 and 25, 2024 at 6:30p.m.
In-Person Information Nights: Feb 7, 2024 at 6:30p.m. at Chalmers Elementary
Feb 8, 2024 at 6:30p.m. at Cliff Drive Elementary

Application deadline: February 12, 2024 at 4p.m.



Visit our website to learn more:
deltasd.bc.ca/programs/french-immersion/

Stop, Drop & Create

The Create-it Club is Fundraising

\$0.50



\$3.00



\$4.00



Cupcakes will also be for sale for \$1.00

December 15 - Lunch

Christmas Concert Raffle Draw – Dec 15th

Student Name: _____

Phone # _____ Division # _____

I would like to enter the draw for the: Afternoon Concert ☐ Evening Concert ☐

Prices: Ticket are \$2 each. I would like \$_____ worth of tickets. I will pay: Cash ☐ EMT ☐

There will be 2 winners per concert. Each Winner will receive 4 reserved seats plus reserved parking at the front of the school for their concert time. 1st place gets cozy couch seating! 2nd place gets regular seating. Sales end at 3:20pm. Winners will be contacted after the draw, which takes place on Dec 15th at 3:30pm. EMTs can be sent to pgorcaspac@gmail.com – note “Raffle” in the comments and return your form on Friday the 15th. Cash can be returned with this form or purchased directly before/after school on Dec 15th.

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2 draws per
concert

VIP CHRISTMAS CONCERT

Raffle

\$2 each

Win front row seats for
4 and VIP parking

Buy your tickets before or after school Dec 15th.
Etransfers accepted until noon on the 15th
pgorcaspac@gmail.com

Draw is Dec 15
@ 3:30

FRIDAY, DECEMBER 15TH
5:30-8PM
PG GYM

INCLUDES:
HOT DOG
JUICE BOX
BAG OF CHIPS
CANDY BAG
COOKIE DECORATING
CRAFT SUPPLIES
2.5 HRS CHILDCARE



Parents' Night Out

\$25 PER CHILD
\$45 FOR 2 SIBLINGS

GRADE 6/7 CAMP FUNDRAISER

How would you like 2.5 hours of Adult time?!

Registration is now open for our Kids/Parents Night out!
We welcome kids, ages 5 and up, for an evening of crafts,
cookies, and holiday fun! Dinner is included.

Have friends with kids from another school?
Invite them along and enjoy a Double Date Night!

More details can be found at:

<https://www.signupgenius.com/go/10C0E49ACA82AA2FEC16-44914832-parents>

Questions? Email pggrade67camp@gmail.com

'intheknow'

Connect and Learn

For families and caring adults who
are parenting a child or youth with
mental health and/or substance
use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'.
WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT
HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR
UNDERSTANDING AND CONNECTION WITH OUR KIDS.

ADHD - The Real Deal

Join us as we listen to Dr. Don Duncan dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does.

Come together with other families to watch this one hour video presentation followed by a 30 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Cost: Free of Charge

Date(s):

Tuesday, December 5, 2023, 6:30pm (PST)
Wednesday, December 6, 2023, 6:00pm (PST)
Thursday, December 7, 2023, 12:00pm (PST)
Tuesday, December 12, 2023, 6:30pm (PST)
Thursday, December 14, 2023, 6:00pm (PST)



Registration required:

www.familysmart.ca/events



Supporting Your Family After a Mental Health Crisis

"Really filled the gap where it was most needed by way of information and moral support. I feel this workshop nailed the exact questions and concerns I as a parent was having."

TOPICS INCLUDE:

- How to support a safety plan at home
- How to take care of yourself and family after a crisis
- How to find the resources you need

THE WORKSHOP IS OFFERED THREE TIMES EACH MONTH FOR B.C. FAMILIES:

- Wednesdays: 9:30am - 11am (2 weeks)
- Tuesdays and Wednesdays: 12pm - 1pm (2 weeks)
- Thursdays 6pm - 8pm (2 weeks)

The workshop is free and offered online. Registration required.



DENTAL PROGRAM REFERRAL FOR SCHOOLS

The dental program staff may be able to assist families having difficulty accessing dental treatment. This includes urgent care or regular dental care. A referral form is not required if a parent or guardian prefers to contact the dental program directly at the telephone number below. Schools please fax or mail your referral to the appropriate health unit listed below.

Date: _____

Child's Name: _____

Child's Birth Date: _____

School: _____

Parent's/Guardian's Name: _____ Telephone: _____

Parent's/Guardian's consents to referral: Yes ☐ No ☐

To protect privacy, the child's parent or guardian must be aware that a referral is being made to the dental program.

Please describe the concern:

Referred by: _____ Telephone: _____
(Print Name)

Health Units with Dental Staff

<u>Abbotsford HU</u> 104-34194 Marshall Rd. Abbotsford, B.C. V2S 5E4 Tel: 604-864-3400 Fax: 604-864-3410	<u>Burnaby HU</u> 300-4946 Canada Way Burnaby, B.C. V5G 4H7 Tel: 604-918-7605 Fax: 604-918-7630	<u>Chilliwack HU</u> 45470 Menholm Road Chilliwack, B.C. V2P 1M2 Tel: 604-702-4900 Fax: 604-702-4901	<u>Guildford HU, Surrey</u> 100-10233 153 Street Surrey, B.C. V3R 0Z7 Tel: 604-587-4750 Fax: 604-587-4777	<u>Langley HU</u> Unit 110-6470 201 St Langley B.C. V2Y 2X4 Tel: 604-539-2900 Fax: 604-530-8138	<u>Maple Ridge HU</u> 400-22470 Dewdney Trunk Rd Maple Ridge, B.C. V2X 5Z6 Tel: 604-476-7000 Fax: 604-476-7077
<u>Mission HU</u> 7298 Hurd St Mission, B.C. V2V 3H5 Tel: 604-814-5500 Fax: 604-814-5517	<u>New Westminster HU</u> 218-610 Sixth Street New Westminster, B.C. V3L 3C2 Tel: 604-777-6740 Fax: 604-525-0878	<u>North Delta HU</u> 11245 84 Avenue Delta, B.C. V4C 2L9 Tel: 604-507-5400 Fax: 604-507-4617	<u>North Surrey HU</u> 200-10362 King George Boulevard Surrey, B.C. V3T 2W5 Tel: 604-587-7900 Fax: 604-582-4811	<u>Tri-Cities HU</u> 200-205 Newport Drive Port Moody, B.C. V3H 5C9 Tel: 604-949-7200 Fax: 604-949-7211	

I request that my son/daughter be registered in the Children's Dental Program to be held at UBC. I consent to my child receiving routine dental treatment. **I understand that treatment will be provided by a dental student ("dentist and or dental hygienist in training") under the supervision of a faculty member of UBC Faculty of Dentistry.** However, if the supervising faculty member feels that the treatment is beyond the scope of a dental student, my son/daughter will be referred for treatment to the UBC Graduate Specialty Program in Pediatric Dentistry. Treatment in the graduate program will be provided by a dentist who is taking extra training in children's dentistry. Fees will be charged for treatment in the graduate program and I must arrange transportation.

I understand that treatment may include x-rays, preventive procedures (teeth cleaning, fluoride treatment, dental sealants), silver fillings, silver caps, tooth coloured fillings, extractions (tooth pulling), root canals on baby teeth, and the use of local anaesthetic (freezing).

PLEASE PRINT

Child's Name:		Male <input type="checkbox"/> Female <input type="checkbox"/>	
Last name		First name	
Address:		City:	Postal Code:
Home Phone:	Email address:	Birthdate:	
		Year	Month Day
Name of parent or guardian: Mother <input type="checkbox"/> Father <input type="checkbox"/>			
Last name		First name	
Primary Contact Person:		Primary contact home phone or cell number :	
Family Doctor:	Dr's Phone:	Care Card #:	
Child's School:	Division:	Grade:	
Language Spoken at Home:	Translator:	Translator's Phone Number:	

Please describe your concern: _____

PLEASE COMPLETE THE FOLLOWING MEDICAL HISTORY FOR YOUR CHILD

- Has your child been a patient in a hospital during the past 2 years? If yes, please explain: Yes ☐ No ☐
- Has your child been under the care of a physician during the past 2 years for other than regular, routine checkups? If yes, please explain: Yes ☐ No ☐
- Has your child taken any kind of medicine or drugs during the past year? If yes, please explain: Yes ☐ No ☐
- Does your child have any allergies? If yes, please explain: Yes ☐ No ☐
- Does your child have any known heart disease? E.g. Heart murmur If yes, please explain: Yes ☐ No ☐

6. Does your child have chest pain upon exertion? If yes, specify: Yes ☐ No ☐
7. Is your child ever short of breath after mild exercise? If yes, specify: Yes ☐ No ☐
8. Has your child ever been told his/her blood pressure is high or low? If yes, specify: Yes ☐ No ☐
9. Has your child ever been told he/she has kidney disease? If yes, specify: Yes ☐ No ☐
10. Has your child ever had hepatitis, jaundice or liver disease? If yes, specify: Yes ☐ No ☐
11. Does your child have a blood disorder? E.g. anemia If yes, specify: Yes ☐ No ☐
12. Has your child ever bled heavily after having a tooth removed? If yes, specify: Yes ☐ No ☐
13. Does your child bruise or bleed easily? If yes, specify: Yes ☐ No ☐
14. Has your child ever had an unexpected response to medicines or injections? E.g. local anaesthetic (freezing for dental work) If yes, specify: Yes ☐ No ☐
15. Is there anything else you would like us to know about your child? Specify: Yes ☐ No ☐

I declare that the information above is true and accurate to the best of my knowledge and that our family does not have any insurance or other coverage for necessary dental care. I also understand that my child's provincial Care Card number will be used to check his/her eligibility for the Healthy Kids Dental program. My family may be contacted for dental health counselling or for telephone follow-up.

Signature of Parent or Guardian

Date

Although UBC will make every effort to complete all treatment your child needs, any treatment not completed is the responsibility of the parent or guardian. Please go to your family dentist for completion of unfinished treatment.

Return Completed – Signed Form To:

Christina Inkster, CDA
North Delta Public Health Unit
11245 84th Ave
Delta, V4C 2L9
Phone: 604 507-5446
Fax: 604 507-4617
Chris.inkster@fraserhealth.ca