



Port Guichon Newsletter

November Edition



Dates to Remember:

- 😊 **November 7**
6/7 Volleyball Home Game
- 😊 **November 8**
Performer D.O Gibson - Rapper
PAC Hot Lunch
- 😊 **November 9**
Remembrance Day Student Led
6/7 Volleyball Away Game
- 😊 **November 10**
District Closure Day
- 😊 **November 13**
Remembrance Day Stat Day
- 😊 **November 16**
6/7 Volleyball Home Game
- 😊 **November 17**
PAC Movie Night 5:30
- 😊 **November 23**
6/7 Volleyball Tourney – DS
- 😊 **November 24**
Div. 6 – Skating
PAC Family Night -wreath making
- 😊 **November 22**
PAC Hot Lunch
- 😊 **November 27**
Professional Day
Saleema Noon Parent Zoom
Info Night – 6:30 – 8:00
- 😊 **November 30**
Saleema Noon Student Sessions
- 😊 **December 2**
PAC Winter Market 10 -3

Principal's Message

Our PG community sure knows how to have fun. The Halloween Fair was definitely Spooktacular. Thank you to the creative team of organizers for an amazing event. We had fun playing games with the IceHawks and 'big kids' from DSS, loaded up on s'mores at the campfire, and saw some amazing costumes. The Haunted Hallway was sensational! The staff had fun making our Mr. Men/Little Miss costumes and the Halloween Parade was a hit. We loved seeing all of the families that came to watch and cheer us on. It seemed like a much calmer day with the parade being in the morning. Thank you to everyone who got up extra early to make the amazing special effects makeup happen!

Our Staff Book Club has started to read Teachers These Days by Jody Carrington and Laurie McIntosh. It highlights many of the values that we hold dear - that we are all at school to try to learn and grow together and to help 'walk kids home' in every way that we can. There is a heavy dose of humour and the stories really focus on how kids depend on their adults to learn how to regulate and navigate the bumps in life. Jody's first book was Kids These Days, which parents might enjoy as well.

We look forward to seeing everyone again this week. We have a special performance from Duane D.O. Gibson tomorrow at 9AM. He is a Guinness record holder for longest rap (8 hours and 45 minutes!) and has performed with Snoop Dogg! Families are welcome to attend to hear more of his message to Stay Driven and surround yourself with positive role models. We also have our Remembrance Day presentations created by our Grade 7s throughout the day on Thursday. Families are welcome to attend when with their child's class.

We have already begun the planning process for our concert coming up in December...stay tuned for the details!

Mrs. Palmer

dpalmer@deltaschools.ca



Remembrance Day Ceremony

Our Remembrance Day Assembly will be held on November 9th. Please remember to send a donation with your child to school for Remembrance Day. All proceeds go towards the Ladner Legion.

Grade 7's are hosting a presentation for each class separately held on Nov 9th. Each presentation is 25 minutes. Parents are being invited to join their children's class for the walk through at their scheduled times – your child's classroom teacher will let you know their time slot. Parents can arrive through the front door close to their children's scheduled time. Students are encouraged to wear white on top and black on the bottom. The presentation includes the meaning behind four subjects: The Poppy, Dove, Paper Cranes and Peace Symbol/Remembering those Who Served.

Schedule:

9:00 am – Division 4
9:30 am – Division 8
10:00 am – Division 9
11:00 am – Division 3 and the Grade 6's
11:30 am – Division 5
1:00 pm – Division 7
1:30 pm – Division 6

Volleyball

Our Grade 6 and 7 students have started the volleyball and participating with the other schools in Ladner on Tuesdays and Thursdays after school. Spectators are welcome to attend and cheer on our teams.

Thanks to those parents who can and have driven for our away games and to our Coaches Ms. Kay and Mr. Jang

There will be a final tournament for the Grade 6/7 Team on November 23, 2023 at Delta Secondary.

PAC Halloween Fair and Pumpkin Contest

The Halloween Fair held on October 27, 2023 was a huge success and well done to the students participating in the first annual pumpkin decorating contest! Great job!

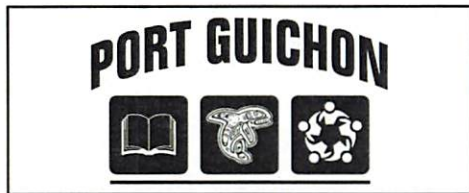


Jersey Call Out

We are missing a lot of our school sport Jerseys! If you happen to have a PG Jersey at home – please send them back to the school. Thank you for that.

For the first time this year as part of our Spirit Wear – we are going to sell dry fit t-shirts with our school jersey logo. Your child will have an opportunity to secure their own Jersey then they can keep.

Spirit Wear



We are finalizing details of PG's Spirit Wear offer. Order Forms will be sent home this week and Sample sizes will be found at the office soon.

Spirit Wear Call Out

Carrying on with the Spirit Wear theme – we are asking if any families have gently used Spirit Wear their children are no longer wearing due to sizing and are willing to donate back to the school. We would then like to make them available to those who may not want to purchase new.

Clothing at School

As we proceed into the cold and wet months, it is important that children dress appropriately for the weather, even if they are being driven to and from school. Please remind your child about the importance of bundling up during recess and lunch, as they are sometimes too eager to rush out and play. Also, if possible, please label clothing items for your child.

For some children, it would be helpful if they had a change of clothes at school (particularly pants, socks and shoes). These items could be used during P.E. classes, as well as when children accidentally get wet during recess or lunch. This prevents the office from having to call parents, asking them to bring a change of clothing.

Saleema Noon Program

Pac has funded and arranged for a Body Science Boot Camp for Parents on November 27, 2023 and for Students on November 30, 2023. Please find attached more information and the Zoom link for the parent information evening.

PAC News

Attached is more information on the **PAC Fundraisers**. Order forms and details and order forms can also be found on the school website.

Purdy's Fundraiser. On-line order due December 2, 2023.

Purdy's Order code is 20830.

FundScrip Gift Cards – Orders due November 30, 2023

Pick up on Dec 7th
at approx. 6 pm

Neufeld Foods Fundraiser will start November 13, 2023 to November 27, 2023 – Pick up will be on December 4th at 7:30 pm.

PAC NEWS

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

Upcoming PAC Events:

PAC Movie Night – November 17

PAC Family Night – November 24 – Wreath Making

Winter Market, December 2 – 10am- 3pm

NEXT PAC MEETING:

The next PAC meeting will be held
Wednesday, Novem 29th at 6:30 pm.
Hope to see you all there!



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/



Community Events

Three virtual ERASE learning sessions for families and children will be held on November 8, 28, and 30, focusing on establishing safe, caring, and respectful digital communities. These online sessions are best suited for families and youth aged 10 and above.

Family Session: Establishing Safe, Caring, & Respectful Digital Communities – Everyone Welcome!

Details: Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community. This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sexortion. Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed.

YOU WILL LEARN:

- Digital media habits, oversharing, and digital addiction
- The permanence of online posts/activity
- The significance of your digital tattoo in how others perceive you (e.g., sports teams, college admissions, and potential employers)
- The importance of caring for peers both online and offline
- Geo-locational settings and the dangers of social media and cell phone misuse
- The social and legal consequences of cyberbullying behaviour as well as possession and distribution of intimate images (sexting and sextortion)
- An anonymous student reporting tool that can help you and your friends stay safe both online and offline

Schedule:

November 8, 2023 6:30pm – 7:30pm <https://www.eventbrite.ca/e/732334942527?aff=oddttdtcreator>

November 28, 2023 7:00pm – 8:00pm <https://www.eventbrite.ca/e/732343096917?aff=oddttdtcreator>

November 30, 2023 6:30pm -7:30pm <https://www.eventbrite.ca/e/732346587357?aff=oddttdtcreator>

November Newsletter



November 8th
9 am Assembly



**Guinness World
Record-Setting Rapper**

LIVE at your school!

@iamdogibson • www.staydriven.com
• www.iamdogibson.com

Port Guichon PAC Fundraisers

Current and Ongoing:

- **Bottle Depot** - use 604-946-0321 to print a sticker at our local return it depot, attach to your bag of empties and drop in the express window.
- **Cobs Ladner** - Mention "Port Guichon Elementary" when you purchase and we receive 5% back.
- **Mable's Labels** - https://mabelslabels.ca/en_CA/fundraising/support/
*Enter Port Guichon in the field to place your order and we receive 20% back.
- **Tru Earth** - <https://fundraising.tru.earth/PortGuichonElementary>
- **QSP - Magazine Subscriptions** - <https://shop.qsp.ca/collections/port-guichon-elementary-pac>
- **Ladner Village Arts & Crafts** - enter Port Guichon in the other field when you register for a class or camp and 5% comes back to the school
- **Purdy's Chocolates** - Order now - Dec 2, 2023 (Last day to order) order code 20830
<https://fundraising.purdys.com/1411559-110427>
- **FundScrip Gift Cards** - Nov 1, 2023 - Nov 30, 2023 (Last day to order) Order form attached
- ~~**Growing Smiles Holiday Plants** - Nov 1 - Nov 23, 2023
<https://pge.growingsmilesfundraising.com/>~~

***Purdy's, FundScrip & Growing Smiles delivery/pick up is December 7, 2023**

Upcoming - Mark your calendars

Mark your Calendar!

- **Neufeld Frozen Food Holiday Menu** - Nov 13, 2023 - Nov 27, 2023 (Last day to order)
Order link coming soon! (Pick up - Dec 4 @ 7:30 pm)
- **West Coast Seeds** - January 8, 2024 - January 29, 2024 (Last day to order)





PORT GUICHON Elementary School

From Grade 7 Families

Hello Families,

Port Guichon's Grade 7's are fundraising for their Graduation! We are proud to offer an opportunity to shop local and support our school. Meridian Gift Cards for ONLINE ORDERING and DELIVERY come in \$20 and \$100 denominations. Share this wonderful fundraiser with family, friends, and co-workers!

Preferred payment is e-transfer: PG.grade7gradcommittee@gmail.com

PLEASE include you child's name, division and how many of each card in the E-TRANSFER Message section. This helps us keep track of orders.

Please return the **ORDER FORMS** to your child's class or the front office.

Last date to order is November 24th. No exceptions. Meridian Gift Cards for Online Orders and Delivery will arrive approximately the first or second week of December.

Please reach out to Jill Keating if you have any questions @ jill_y_beans@hotmail.com

Cheers,
Grade 7 Grad Committee



Meridian
FARM MARKET

Farm Fresh Fundraiser

Shop *fresh* craft meats, local handpicked produce, and farm market goodness delivered fresh to your door

30% of proceeds go directly to your organization

With your help, we've given back over \$1.5 million to local charities and organizations just like yours! Proceeds have been used to purchase everything from new ice skates to school supplies to tournament accommodations.

We're honoured to support our local community, and we're grateful for *your* support of our local farm market.

Convenient online gift cards

Our online gift cards never expire and are valid for all online purchases. They're like cash and can be used in combination with any offer or promotion. Simply enter the unique code at checkout.

Online gift cards are not valid in store.

Farm fresh to your door

Deliveries arrive hand-packed and chilled, fresh to your door, across Vancouver & the lower mainland. Enjoy our farm fresh guarantee, including hassle free refunds and truly exceptional customer service.

Shop online at meridianfarmmarket.ca

Start fundraising at meridianfarmmarket.ca/fundraising



Grass-fed Ribeye Steak,
Chef's Cut, 11.5-12.5oz

Add to cart



Local Free Run Chicken
Breast, Mediterranean, 7oz

Add to cart



Bacon, Double Smoked
Maple

Add to cart



Lettuce, Green Leaf

Add to cart



Tomatoes, Field

Add to cart



Mangoes, Tommy Atkins

Add to cart



Local Pizza, East of
Portugal

Add to cart



Lemonade, Strawberry
Blend

Add to cart



Dairy Free Gelato, Dark
Chocolate

Add to cart



Meridian **Ralph's** **Meridian**
FARM MARKET FARM MARKET MEATS & SEAFOOD

Meridian Farm Market, Ralph's Farm Market and Meridian Meats & Seafood
are locally owned and family run since 1989



Child's First & Last Name: _____

Division: _____

Return this form to school by November 24th latest

Farm Fresh Fundraiser

Shop *fresh* craft meats, local handpicked produce, and farm market goodness delivered fresh to your door



Online Gift Cards

Meridian online gift cards never expire and are valid for all online purchases and promotions

Name

Email or phone

\$20

\$100

NAME OF PURCHASER

EMAIL

30% of proceeds go directly to your organization!

Totals

\$20

\$100



Meridian Farm Market, Ralph's Farm Market and Meridian Meats & Seafood
are locally owned and family run since 1989

meridianfarmmarket.ca



Talk Sex Today.

Body Science Boot Camp for Parents

Parenthood never arrives with a rulebook, and when it comes to explaining the world of sexual health to your child, it can be hard not to end up a bright shade of red. Using humor and straight talk in an open, interactive environment, Saleema Noon Sexual Health Educators will show you how easy it is to convey healthy, positive messages about sexual health to kids.

In this workshop parents will learn:

- Why we need to talk to children about sexual health at a young age
- How to reduce risk of child sexual abuse
- What children should know at each stage of development, with specific examples of how to explain concepts and processes
- How to become their kids' preferred source of sexual health information
- How to normalize open, honest sexual health conversations in their family
- How to effectively answer even the toughest questions kids ask
- What will be covered in Body Science workshops for students
- **This workshop will be delivered via live Zoom!**

Join us!

Port Guichon Parent Session via zoom Monday November 27th at 6:30pm with Brandy.
This session will not be recorded for privacy reasons.

Dr. Brandy Wiebe (she|they) is inviting you to a scheduled Zoom meeting.

Topic: Port Guichon Parents

Time: Nov 27, 2023 06:30 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81343761552?pwd=R1VZcWhSRnlkM1ErbEZzZFhub0dBZz09>

Meeting ID: 813 4376 1552

Passcode: 948839

SPONSORED BY Port Guichon PAC

For more information about Saleema Noon Sexual Health Educators go to www.saleemanoon.com.

Smart decisions start here.

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w www.saleemanoon.com





PORT GUICHON Elementary School

4381 - 46A Street
Delta, B.C. V4K 2M2
School website: <http://pg.deltasd.bc.ca/>

Phone: (604) 946-0321
FAX: (604) 946-0322

Dear Parents/Guardians of Port Guichon Elementary students,

Each year, students in all elementary grades throughout BC receive instruction in sexual health education. This information is included in the Physical and Health Education program mandated for all BC students by the Ministry for Education. From time to time, schools bring in experts in the field to address this topic with the school community. We are excited to inform you that this year Saleema Noon Sexual Health Educators will be visiting our school to work with parents and students in **K to 7**.

In their Body Science presentations, Saleema Noon and her team of experienced educators work with children of all ages, teaching them about healthy bodies and healthy sexuality in ways they find non-threatening and entertaining. In their own language, children learn about how their bodies change, and what those changes mean.

Based on research and many years of experience as sexual health educators, they identify three reasons why providing this information starting in kindergarten is crucial:

1. Most importantly, studies from all over the world consistently show that children who are educated about healthy bodies, healthy boundaries and healthy sexuality are at reduced risk of child sexual abuse. Even if children are not asking questions yet (some never will) we need to give them information about their bodies and help them to develop strong personal boundaries. Sexual offenders (the majority of which are known to the victim) prey on children who aren't educated about their bodies and therefore lack the skills to differentiate between appropriate and inappropriate touching. These children find it hard to say "no", especially to an adult, and may not report abuse for fear of getting in trouble.
2. Young children are easiest to teach. They are excited to be body scientists, and accept the information very matter-of-factly. Older children and teens, however, often find it difficult to talk about sexual health openly, especially with their parents! This means we have to navigate the embarrassment barrier before they can accept the information they need. The good news is that young children only absorb information they are ready for...everything else just goes over their head. More good news, studies show that children who learn about healthy bodies at an early age from reliable adults in their life delay sexual activity.
3. Children today are exposed at earlier and earlier ages to all things involving sex and sexuality. We, as responsible adults, need to stay one step ahead of this by arming our children with accurate information about sexual health before they get their questions answered on the playground, by older friends or online. We need to teach them to think critically about what they hear, and this allows parents need to establish themselves early as their child's number one source of sexual health information throughout their development.

Please join us for an informative **Parents Workshop via Zoom on Monday, November 27, 2023 6:30-8pm**. In this session, Saleema or a member of her team will give an overview of student presentations and, using humor and straight talk in an open, interactive environment, will show parents how easy it is to convey healthy, meaningful messages about sex and growing up to young children.

Student sessions will take place in person during the school day Thursday, November 30, 2023 The content of the presentations is supported by current research as being age appropriate and we believe that it contributes to healthy child development. Some of the topics Saleema Noon Sexual Health Educators cover in their workshops extend beyond the content of the BC Physical and Health Education curriculum. For this reason, parents may choose to have their children OPT OUT of the Body Science workshops. If you do not wish your child to attend, we ask that you notify our office no later than Wed Sept 20th. Attendance at the parent presentation before making this decision is strongly encouraged.

Please also feel free to phone me at the school if you have any questions and/or concerns about Saleema Noon Sexual Health Educators' presentations.

Sincerely,
Danica Palmer, Principal

