



Port Guichon Elementary Week-at-a-Glance

May 5 - 9, 2025

Week-at-a-Glance on school website:

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

Monday 5	National Day of Awareness Missing and Murdered Indigenous Women, Girls and 2-Spirit https://amnesty.ca/red-dress-day/
Tuesday 6	Grades 4-7 Regional Track Meet (at SDSS in Tsawwassen) Please remember to bring a hat, water, sunglasses, snacks and great school spirit!☺ Please remember to apply sunscreen and bring extra to apply when needed. Parents, please partner with us to encourage great manners and sportsmanship, thanks! FamilySmart online event 6:30pm: https://familysmart.ca/event/finding-and-creating-connection-with-kids/ If interested, please use link above to register in advance.
Wednesday 7 1:45 Dismissal every Wed.	Orca Spirit Day! Please wear your school logo and/or school colours! Kite Event in the afternoon! *Please look for specific details from your child's classroom teacher. (Family participants: Please arrive to back field area at 1:10pm after students have gone inside to classes for the afternoon attendance.)
Thursday 8	Have a great day!
Friday 9	Hot Lunch Day! Please check Munch-a-Lunch to see if you placed a student order: https://pg.deltasd.bc.ca/news-events/daily-announcements/hot-lunch/ Please contact portguichonpac@gmail.com if you have difficulty with the online ordering system. PAC hosted Movie Night at 5:30pm in PG's gym! Great treats available for purchase during this fun family event! (Please see PG PAC online for movie title) <i>Students are under the supervision of their adult family member(s) if attending this event. Please remind children to use the washrooms in a responsible/respectful manner.</i> <i>Please note that no alcohol/substances can be brought onto school premises (district-wide reminder).</i> Thanks for your support!

Upcoming Dates & Other Information:

Upcoming Dates:

<https://pg.deltasd.bc.ca/wp-content/uploads/sites/27/2024/05/PG-Calendar-2024-2025.pdf>

Alternate Track Meet Day - (Friday, May 9) *only if weather is unexpectedly horrid on Tuesday, May 6

Hot Lunch Day – (Friday, May 9) Thank-you to parent volunteers who organize student orders!

PAC hosted PG Family Movie Night (Friday, May 9) – in the gym. Thanks for your support!

Professional Day (Friday, May 16) Students do not attend school. Staff across the school district worked in late August for this day-in-lieu.

Victoria Day (Monday, May 19) Stat. Holiday – Schools are closed.

Parent/Family Appreciation Event (Wednesday, May 21) – Parents, if you can make it, we would love to serve you coffee and treats in the gym from 8:15am to 9:15am! We appreciate all that you do to support PG

Important Information & Other Notes:

Our hearts and thoughts continue to be with everyone affected by the recent tragedy at the Filipino Lapu Lapu event in Vancouver.

Parents/families, please consider the information in the link (below) and other similar resources that can be found online to support conversations with children and youth regarding sad, scary and/or disturbing current events in the news:

<https://www.commonsensemedia.org/articles/explaining-the-news-to-our-kids>

<https://pg.deltasd.bc.ca/wp-content/uploads/sites/27/2025/05/Safer-Schools-Family-Guidance-April.pdf>

Dear Families,

Please continue to partner with us in teaching and reminding your children that making threats, inappropriate or discriminatory comments or racial slurs toward or about others undermines a sense of safety, comfort, and belonging at school and in the community and is unacceptable and damaging. Although we realize that it may be a small minority of students who engage in this behaviour, it causes very strong feelings among students, families and staff, and wastes valuable time and energy that may otherwise be focused on kindness and strengthening a sense of belonging and community.

Students who make threats or use other violent words can face significant disciplinary consequences and possibly, criminal charges (12+yrs. of age).

Please take time to talk with your child(ren) and encourage responsible, kind choices regarding safe and appropriate language and actions, especially while at school or school-related events and/or while engaging with other students during online activities.

We really appreciate your partnership and ongoing support in appreciating our diversity and care for one another. 🙏

Message from GovBC (opportunity for parents): Creating a Substance Use Prevention Plan Webinar for home: <https://blog.gov.bc.ca/ecc-dm-bulletin/article/creating-a-substance-use-prevention-plan-webinar-for-parents/>

Restricting Cellphone usage in elementary schools:

Please be reminded that students are not permitted to use cellphones or other personal digital devices at school or at school & district events/field trips. For more information, please visit: [Elementary school restrictions](#). If you have any questions, please contact the school.

“Wheels” on School Grounds & To/From School:

Please help support safety on school grounds by partnering with us in reminding children to always dismount from “wheels” (scooters; roller blades/skates; bikes, etc.) upon arriving on school grounds.

Please also see this very important information provided to all Delta Schools:

Electric Scooters and E-Bikes

As the warmer weather approaches, students will have more opportunities to engage in bike- and scooter-related activities like commuting to school. Please find below a reminder of the provincial regulations regarding electric kick scooters and electric bikes (e-bikes).

Electric kick scooters should not be used by students travelling to school or while on the school grounds. Despite their popularity in our province, electric kick scooters remain illegal for use on public roads, bike lanes and sidewalks across most of B.C., except in a handful of cities that are taking part in a [pilot program](#) to test the use of them. The City of Delta is not part of the pilot program. Even in the pilot program cities, it is illegal for a person under 16 years of age to operate an electric kick scooter. You can view the provincial rules here: [Electric Kick Scooter Pilot Project Regulation](#).

E-Bikes: In B.C., it is illegal for students under 14 years of age to ride e-bikes. Students can operate light e-bikes at age 14 and standard e-bikes at 16. Parents or guardians of students below the minimum age must not knowingly permit them to ride an e-bike. For more information, including the definitions of a light e-bike and a standard e-bike, please visit: [E-Bike Rules of the Road](#)

Please encourage students to use marked crosswalks and sidewalks whenever possible. Please encourage them to cross only after carefully checking for traffic, waiting until vehicles have fully stopped and learning to make eye contact with drivers (when possible) before crossing.

Please drive with caution, pay extra attention in PG's parking area and abide by school zone speed limits and other guidelines for drivers in the neighbourhood, especially while on school grounds. Please help keep everyone safe.☺ Thank-you!

Guidance for families on establishing healthy screen habits at home:

Important message from Fraser Health: Even very young children are exposed to more screens than ever before, including television, computers, gaming consoles, smartphones and tablets. While quality media may offer benefits for learning and exploration, too much screen time can reduce the time children/youth spend engaged in activities that support mental health and physical health. ***e.g. in-person conversations with friends and family, being active outside in the fresh air and natural light and getting enough sleep.***

Please see the following for more information: <https://www.fraserhealth.ca/health-topics-a-to-z/children-and-youth/physical-activity-for-children/screen-time-for-children#:~:text=For%20children%20under%20two%20years,than%20two%20hours%20a%20day.>

<https://www.fraserhealth.ca/-/media/Project/FraserHealth/FraserHealth/Health-Topics/Children-and-Youth/FH-Screen-Time-Brochure-5-12---Final---28012025.pdf>

Ministry Survey for Parents of Students in Grade 4 & Grade 7:

<https://pg.deltasd.bc.ca/wp-content/uploads/sites/27/2025/04/Ministry-Survey.pdf>

https://www.awinfosys.com/SurveyFull1/central/main/access_Parent.asp

Munch-a-Lunch – Hot Lunch Online Ordering:

<https://pg.deltasd.bc.ca/news-events/daily-announcements/hot-lunch/>

Please contact portguichonpac@gmail.com if you have difficulty with the online ordering system.

Fraser Valley Library Offerings:

<https://fvrl.bibliocommons.com/locations/LD>

<https://fvrl.bibliocommons.com/locations/SD>

FamilySmart Events:

Please click the link for upcoming events: <https://familysmart.ca/monthly-events/>

Every month, FamilySmart hosts in-person or online events for parents & caregivers who are parenting a child or youth with a mental health and/or substance use challenge called “In the know.” We watch a video and share experiences and strategies that help in the hard moments and focus on strengthening our understanding and connection with our kids. Online events are facilitated by FamilySmart Parent Peer Support Workers. <https://familysmart.ca/>

The Canadian Dental Care Plan (CDCP):

The Canadian Dental Care Plan (CDCP) aims at reducing the costs of dental care for Canadian residents who have a family net income of less than \$90,000 per year. Applications are currently open for Persons with disabilities and children under 18. The program will then expand to all eligible Canadian residents as of 2025.

<https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>

Fraser Health Information/FAQ:

<https://www.fraserhealth.ca/health-topics-a-to-z/school-health/illness-and-immunizations/illness-in-the-classroom>

<https://www.fraserhealth.ca/health-topics-a-to-z/school-health/illness-and-immunizations/head-lice>

<https://www.fraserhealth.ca/health-topics-a-to-z/immunizations/children-and-youth-immunization>