

The AGMS Week at a Glance...

Passions, Challenge, Connections and Supports



Dear Parents/Guardians:

Parent Education Night on Social Media - First of all a big thank you to all of you that were able to join us for our Feb 13 PAC meeting and panel on the benefits and challenges of students using Social Media platforms. As advertised we had a mixed panel who shared their knowledge and experience with students using Social Media. I joined in on the panel along with Constable Steve Robinson- our Police Liaison Officer with the Saanich Police, Rich McCue- a member of the Digital Scholarship Commons at the University of Victoria, Jill Hirschbold - a parent who shared her experiences learning from her children, and two former students that are now in grade nine at Oak Bay Secondary school. The panel was moderated by Mr. Maxwell and there were about 40 audience members who attended. Topics included: *the appropriate age for students to engage with social media, tips to help students use social media more safely, the potential issues with adolescents using social media, why social media is so important to our youth, and pointers about how to help support young people as they engage and interact using social media.*

The main idea that resonated through the entire evening **was the need to engage with students where they are at. To learn with them and to be willing to engage in safe and open conversations about social media and what they are experiencing when they use it.** All of the members of the panel echoed the fact that the majority of users are using it to promote connections, but that also means that they are exposed to potentially harmful interactions. When these potential harmful interactions take place, students need to have a safe network of support from their families, the school and the community. This important event was a helpful addition to support our school goal to promote and improve student social and emotional well-being. It was a great evening and many thanks to our PAC for helping coordinate and plan this very informative evening.

Yours truly,

Rob Parker, Principal

	YOUR WEEK AT A GLANCE	Student Transfer Process: Feb 15—23
Mon., Feb. 19	7:30 am Gr. 6 & 7 Boys Competitive Volleyball Practice 12:06 pm Dance Club in the gym 3:45 pm Gr. 8 Boys Volleyball Game Cedar Hill 3 pm Gr. 7 Girls Competitive Volleyball Practice 3 pm Gr. 8 Girls Competitive Volleyball Practice	
Tues., Feb. 20	7:30 am Gr. 8 Girls Volleyball Practice 12:06 pm Gr. 6/7 Boys Recreational Volleyball Practice 3 pm Gr. 6 & 7 Boys Competitive Volleyball Practice 3:45 pm Gr. 6 Girls Competitive Volleyball Game at Royal Oak 3:45 pm Gr. 7 Girls Competitive Volleyball Game at SMUS 3:45 pm Gr. 6/7 Girls Recreational Volleyball Game at Selkirk	
Wed., Feb. 21	2:45—4 pm Homework Club in The Learning Centre 3 pm Gr. 8 Boys Volleyball Practice 3:45 pm Gr. 8 Girls Volleyball Game at Central	
Thurs., Feb.22	12:06 pm Gr.6/7 Boys Recreational Volleyball Practice 3:45 pm Gr. 7 Boys Competitive Volleyball Game at Arbutus 3:45 pm Gr. 6 Boys Competitive Volleyball Game at St. Pats 3:45 pm Gr. 6/7 Recreational Volleyball Game at Glanford 3:15—4 pm Arbutus Swim Team Practice at Gordon Head Rec Ctr	
Fri., Feb. 23	Pro D Day	

FEBRUARY 16, 2018

TEAM AVALANCHE

The AGMS Week at a Glance...



Arbutus Global:
Celebrating diversity;
Seeking sustainability

Inquiry-Based Learning Project

Students are encouraged **to bring their personal devices (tablets/phones, etc.) on Wednesday February 21.** We are moving into our research phase and students may want to use on-line resources to gather evidence on their inquiry question that morning. With 450 students all trying to do this at the same time devices from home will augment our supply of computers and tablets at school. Thank you!

Dates to Remember:

Wed. Feb. 28 Bandfest at UVic, CC Day—early dismissal at 11:35 am
Tues. Mar. 13 PAC Meeting at 7 pm in the Library
Wed. Mar. 16 Report cards go home
Mar. 19—Apr. 3 Spring Break

French Immersion to English Next Year?

It is important to know that if you are thinking about having your child switch from French to English for Grade 6, 7, or 8 next year, you are **required to fill out and submit a Student Transfer Application Form by February 23.** Approval of the transfer will be dependent on space in the English Program. Students in this situation are considered re-enrolling so are in the top priority category.

Dopamine and Our Brains In the introductory grade assemblies leading up to our Inquiry Based Learning Project last month, we shared a video with all students on the importance of the neurotransmitter dopamine as a motivating factor in our behaviour. The video explains how our brains love to “get” dopamine and that dopamine releases get attained in many ways. The writer argues that modern day sources of dopamine can include binge watching tv shows or movies, and the many social media apps available these days. He describes this type of dopamine arousal as ‘consumption’ and points out that it can lead to addictive behaviours. He also explains that other ways to create dopamine (more often done in the past perhaps) is the pursuit of a passion, or the use of creativity to build and develop a project. We all know some levels of consumption are fun and relaxing, but we are really thrilled to be promoting the use of creativity and students’ passions as another way to achieve high levels of dopamine in our brains and to enhance learning. Please go to the following link to view the video:

<https://www.youtube.com/watch?v=6pgaJb2Wwhs>

Social Media Panel on Tuesday night.



Flu Season

We did have one student who had the flu turn into pneumonia this week, so please make sure your child is staying home, resting and is carefully monitored this season. Please remind your child to be washing their hands throughout the day, covering their mouth when coughing, and not sharing drinks to stop any spread of infection. All these efforts help minimize illness in our school community.

ATTENDANCE - Please remember to inform the office if your child will be late or absent. You can email to attendance62@sd61.bc.ca or phone and leave a message on our call back line at 250-360-0725.