

# The AGMS Week at a Glance...



Dear Parents/Guardians:

**Hot Meal Program:** **Ordering** for hot lunches will start **next week**. Parents will be able to pay online through School Cash. The first session will run from **Wednesday, October 10th** to Friday, February 8th. There will be lunch options available for purchase on Mondays, Wednesdays, and Fridays.

**Orders/Payments will be due Monday, October 1st** (*there will be no exceptions to this deadline*). If you do not have access to pay online, paper copies of the order form will be available in the office.

**Attendance:** Parents, please remember to always inform the office if your child will be late or absent. You can email to [attendance62@sd61.bc.ca](mailto:attendance62@sd61.bc.ca) or phone and leave a message on our attendance line at **250-360-0725**.

**Outstanding Student Forms:** We are still missing forms for some students. Please sign and complete the forms and return to our school office ASAP.

**School Sports:** Remember to check the LIMSSA (Lower Island Middle School Sports Association) website for current information on Middle School Sports. <https://lowerislandschoolsports.ca/middle-schools/> It's an excellent resource!

**Orange Shirt Day:** Friday, Sept. 28 is Orange Shirt Day - a day we wear orange to recognize past injustices to aboriginal people in Residential Schools and also a time to celebrate the importance of aboriginal culture in our community and country. Students and staff are encouraged to wear orange to mark this occasion.

**September 17 Pro D Day:** Thank you to all families for allowing our staff time this past Monday to work on our professional learning. Sessions were held with staff to make further progress in our two main school goal areas:

- 1) *to develop further strategies to improve the social and emotional well-being of all students, and*
- 2) *to use place-based education to enhance student learning by increasing the use of local resources and amenities in our community.*

**Rainy Weather:** Just a reminder as we approach the rainy season that students should always be bringing a jacket to school for our outdoor breaks. We typically try and get students outside even if it is raining to enjoy some exercise and fresh air. Rain Days (staying inside) are only called if it is a heavy downpour.

Have a great weekend!

Rob Parker, Principal

	YOUR WEEK AT A GLANCE
Monday, Sept. 24th	8 am Cross Country Practice 3 pm Boys 6/7 Soccer Practice
Tuesday, Sept. 25th	3:45 pm Cross Country Race at Lambrick Park (starting with gr 6's) 7:30—8:20 am Student Yoga Class (sign up sheet attached)
Wednesday, Sept. 26th	11:51—12:06 Cross Country Practice 2 pm Whole School Monthly Assembly
Thursday, Sept. 27th	3 pm Gr. 6/7 Boys Soccer Games at Gordon Head Middle School
Friday, Sept. 28th	<b>Orange Shirt Day</b> 7:45—8:15 am Student Meditation Session (sign up form attached) Cookie Sales outside cafeteria—12:06 pm

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

SEPTEMBER 21, 2018

TEAM AVALANCHE

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## Sept. 17 Pro D Day

Mr. Maxwell points out some of the local learning opportunities to staff at Hollydene Park on Monday.

## Extra-curricular Opportunities Starting Soon!

Please see the attached consent forms for the following **free** activities available for your child:

**Fit Quest** - a 6 week series put on by staff from Gordon Head Rec centre on Thursday afternoons to introduce students to fitness training in an emphasis on fun!

**Yoga** - starts next Tuesday morning in the Cafeteria!

**Meditation** - starts next Friday morning—a healthy way to self-regulate and relax before the school day begins!

## PAC Barbeque and Meet the Teacher Night

We want to say a big thanks to our PAC and all the parent volunteers who helped at the PAC Barbeque this past Tuesday evening at Meet the Teacher Night. Special thanks to Tracy Poulin who coordinated the event and Erin Farris-Hartley our PAC President who was busy behind the scenes!

Thanks also to all parents who were able to join us that evening to meet your child's teacher. Good relations and communication between home and school are essential for student success and we hope you are able come to school events often this year.

## Walk & Wheel to School Week Oct. 1-5



Our school has registered to take part in this community event to promote sustainable and healthy living. Some suggestions to try that week are:

### Parents

- “Drive to Five” - drop your child off so they have a short but healthy 5 minute walk to school instead of driving right to our parking lot.
- Ride your bike with your child to school, then carry on to work.

### Students

“Two-Wheel it!” - try and see how many friends will join in and ride their bikes with you that week  
Hike and play - Invent a game to play (e.g., Who Can Spot the Most....) while you walk with friends to school.