FRIDAY, OCTOBER 4, 2019

The AGMS Week at a Glance... School Week is NEXT WEEK!

Dear Parents/Guardians:

Orange Shirt Day: Many students and staff joined in on Orange Shirt Day (right) this past Monday to take time to think about the reconciliation process and past issues involving residential schools in Canada. We are proud of the progress all our students are making in learning about indigenous history and culture and continue to add programming and guest speakers to help us in this area.

Parent-Teacher Conferences: Conferences are coming up on **October 23 and 24**. <u>More information will be going</u> <u>home in next week's news with details on how to register</u> <u>on-line for an appointment with your teacher.</u> These meetings are very important for parents and teachers and we hope you can attend.



TEAM AVALANCHE

Online Safety and Social Media Savvy! Our advisory teachers will be conducting at least 3 lessons this fall on digital citizenship, to continue our efforts to ensure students can safely navigate the digital world they now live in. Your help at home is necessary as well, by regularly discussing with your child what they are viewing and who they are communicating with online. Modern online games so popular with our youth require special attention, as they can come with some risks (violence, racism, etc.) Frequent dialogue will help you stay aware as a parent, and help guide your child if they face issues online or with so-cial media.

60 Minutes Per Day: That is the suggested target for students in the 11–14 year old range found in the Canadian Physical Activity Guidelines. An activity can include almost anything, such as dog-walking, dancing, playing Frisbee or tag, or chasing your brother or sister! :) Let's just get moving every day!

Rob Parker, Principal

Check the LIMSSA (Lower Island Middle School Sports Association) website for current information on Middle School Sports. <u>https://lowerislandschoolsports.ca/middle-schools/</u>

Also, see information at bottom of page 2 on <u>how your child can find practice times</u> at Arbutus, and game and meet information.

	YOUR WEEK AT A GLANCE
Monday, Oct.7th	WALK or WHEEL TO SCHOOL WEEK STARTS! Forget the car and move your body! Check out pg 3 for more info.
	12:06 Drama/Dance Club
Tuesday, Oct. 8th	7 pm PAC Meeting - Guest Speaker: Police Liaison Const. Lisa Bruschetta on Cyber Bullying
Wednesday, Oct.9th	12:06 pm Magic the Gathering/D&D Club - Learning Centre (across from Gym)
Thursday, Oct. 10th	
Friday, Oct. 11th	12:06 pm Cookie Sales outside cafeteria
	12:06 pm Drama/Dance Club

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

OCTOBER 4, 2019

TEAM AVALANCHE

The AGMS Week at a Glance...





Arbutus Global: Celebrating diversity; Seeking sustainability

	October Dates to Remember:
Tues. Oct. 8	PAC Meeting at 7 pm in Library
Wed. Oct. 9	1st day of Hot Lunch Program
Mon. Oct. 14	Thanksgiving (Stat Holiday)
Wed. Oct. 16	Final Cross Country Meet at JDF
Mon. Oct. 21	Federal Election—Polling Station in AGMS Gym
Oct. 23-24	Parent-Teacher Conferences (11:51 am dismissal both days)
Fri. Oct. 25	Pro D Day - Province wide
Tues. Oct 29	Photo Re-take day
Wed. Oct 30	School Assembly 2 pm
Thurs. Oct. 31	Orange and Black Day!
Wed. Nov. 6	Gr. 6 Immunization Clinic

PAC meeting next week!

Please come to our PAC meeting next week! We will have our Saanich police liaison officer there for a discussion of internet safety. We will also be finalizing what school projects the PAC is able to support this year - many of you weighed in during the school barbeque. We hope to see lots of parents there, it should be a good discussion!

When: Tuesday October 8th. 7pm,

Where: Arbutus school library

Donation Drive

Speaking of what the PAC can support... if you haven't already contributed to our donation drive, please consider doing so now! This is our one big fundraiser of the year, and we hope it will be really successful.

If you are able to make a donation, please choose from the following options:

1) Go to <u>https://sd61.schoolcashonline.com</u> and select the Items tab. Choose the "Make a Donation" option and choose "Arbutus Global Middle School PAC" as the fund destination, add it to your cart and proceed to checkout.

2) Go to the Arbutus web site at https://arbutus.sd61.bc.ca and click the "Make a Donation" button. It will direct you to the donation form at School Cash Online. Select Arbutus Global Middle School - PAC as the fund destination.

3) Send a cheque or cash to the main office with your student and the form from the form package. Cheques should be payable to Greater Victoria School District. If you would like a tax receipt (\$20 and up) please include the name that should be on the receipt and full mailing address.

Contact us

If you have any questions you think the PAC can help with, or want to get involved, email us! agms.pac@gmail.com

Arbutus School Sports Information

Not sure when the practices are? Your child can find sports information about practice and game/meet times in one of the following four ways:

- 1. Pick up the Welcome Letter handed out by all coaches at the first meeting of the team or practice.
- 2. Listen to morning announcements when all practices, games or meets are announced over the PA.
- 3. Go to the small whiteboard outside the Office to see a posted written copy of the morning announcements
- 4. See the Master Schedule of updated practices and games/meet times on the Office window posted by our Athletic Director each week.

Mr. Martinson teaches some Grade 6 students introductory sanding skills in Technology Education in the woodshop.





Mr. Mazza and Mrs. Hill lead a Choir practice early on a Wednesday morning.

OCTOBER 4, 2019

TEAM AVALANCHE

The AGMS Week at a Glance...

Walk & Wheel to School Week October 7-11:

STO

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 (e.g. Lexington, Dawnview or Graduation Place) 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.

Make sure you pick up a ticket from one of the adults at the three stations. Then bring your ticket to the office to turn it in for a chance to win a prize for yourself and points for your team!



This **November 6th, 2019**, from 6:00-8:00 pm, Arbutus Global Middle School and the Arbutus P.A.C. are pleased to welcome all parents and educators of youth in the area to an evening with Julie-Anne Richards (M.A., *Registered Clinical Counselor, Psychoeducational Consultant*) for her presentation entitled "**Childhood Anxiety: Empowering Strategies and Effective Support**".

Julie-Anne will be sharing information that is essential for parents, caregivers, and educators of youth with regards to guidance, challenges, and implementation. See attached poster for further details

This is a free event, graciously funded by the Eric Palmer Memorial Foundation. Refreshments will be available upon donation.

