

# The AGMS Week at a Glance...



Dear Parents/Guardians:


**Healthy Electronics Use:** I just wanted to review some healthy practices to encourage better sleep for students (and all of us!) when using electronic devices at home. Health experts recommend that you try and make sure your child turns off all devices at least an hour before bedtime. Often this means making sure that devices are not actually in the bedroom but re-charging elsewhere in your home. The blue light that screens give off can be detrimental to good sleep, so letting your child’s brain relax before they go to sleep by reading or another non-electronic, calm activity will really benefit their health. Some parents turn off the Wi-Fi to guarantee no access to the internet but those are family decisions. There are also apps (e.g., Disney Circle) that allow parents to monitor and control your child’s device. Being transparent and helping children understand that it is a parent’s job to monitor their device is a great approach as well. Finally, remember that those hours of sleep before midnight are like ‘high-voltage’ re-charging, so setting a reasonable and healthy bedtime is an important way to make sure those batteries (i.e., brains) are fully really re-charged for a good day of learning the next day! :)

**Lockdown Drill:** We had our first Lockdown Drill of the year today. Saanich Police were here to help check that we are responding quickly and safely in the event of an emergency. While these are not always easy scenarios to rehearse, I am thankful that that all staff and students know how to respond should it be required.

**Parking Lot Drop-Off:** Hopefully more students are riding their bike or walking this year, but if you do have to drive your child to school please use extreme caution when in the parking lot. Drive very slowly, and be patient and stay in line as you wait to get to the drop-off area (yellow painted strips in front of gym). Please make sure your child does not get out of the vehicle before the drop-off zone and walk through the parking lot - this is a very unsafe and congested area for pedestrians. Thank you for your support drivers!

Rob Parker, Principal

**ATTENDANCE REPORTING** - 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**.

	YOUR WEEK AT A GLANCE
Monday, Nov. 4th	12:06 pm Dance/Drama Club
Tuesday, Nov. 5th	
Wednesday, Nov. 6th	Grade 6 Immunizations 6 pm Parent Education Workshop: <b>Youth Anxiety and Building Resilience with Julie-Anne Richards</b>
Thursday, Nov. 7th	<b>10:30 am Remembrance Day Ceremony</b> 
Friday, Nov. 8th	Cookie Day—50 cents each! 12:06 pm Dance/Drama Club



Wednesday until 4 p.m., *Homework Club* in the Learning Centre, *Everyone Welcome*

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

NOVEMBER 1, 2019

TEAM AVALANCHE

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**Arbutus Global:**  
**Celebrating diversity;**  
**Seeking sustainability**

## October Dates to Remember:

Wed. Nov. 6	Gr. 6 Immunization Clinic
Wed. Nov. 6	6 pm <b>Parent Workshop on Anxiety and Stress in Students</b>
Thurs. Nov. 7	Remembrance Assembly at 10:30 am
Mon. Nov. 11	Remembrance Day— <b>school not in session</b>
Fri. Nov. 22	Pro D Day— <b>no school for students</b>
Fri. Nov. 29	Curricular Completion Day - 11:35 am dismissal for some (Parent letters to come home beforehand)

Basic Unisex T-shirt (Burgundy, Sport Grey, White)  
Print Location: Center Chest & Center Back



L/S Shirt (Sport Grey)  
Center Chest & Center Back Prints



Zip Up Hoodie (Sport Grey)  
Print Location: Left Chest & Center Back



F. Biz Wicking Tee (Burgundy)  
Print Location:  
Left Chest & Center Back



Sweatpants  
(Sport Grey)  
Print Location:  
Front/Left Thigh



Pullover Hoodie (Burgundy, Sport Grey)  
Print Location: Center Chest & Center Back



ATC Board Toque (Charcoal)  
Embroidery Location:  
Center Front



Families can order **Arbutus Spirit Wear** on **School Cash Online** now, [found on the front page of our website](http://www.arbutus.bc.ca) ([www.arbutus.bc.ca](http://www.arbutus.bc.ca)). **Orders can be placed until 4 pm on November 4<sup>th</sup>.** Late orders will not be accepted as we need to get final counts in to our supplier to ensure delivery prior to Winter Break—just in time for the Holidays.

Samples are available in front of the office for students to try on and/or parents to view. Students are welcome to try on sample sizes during nutrition breaks or before and after school. We will be offering a variety of hoodies, sweatpants, t-shirts in both youth and adult sizes. You can get a matching set for the whole family!

If you have any questions about ordering Spirit Wear, please contact Shauna Johnson in the office at [shjohnson@sd61.bc.ca](mailto:shjohnson@sd61.bc.ca) or 250-477-1878

Teams compete to win the **Socktober** event at Wednesday's assembly (right). Thank you Team Apex and Mrs. Mawson for organizing this charitable project to provide clean socks for Our Place shelter downtown!

## YOUTH & CHILDHOOD STRESS & ANXIETY: BUILDING RESILIENCE

EMPOWERING STRATEGIES EFFECTIVE SUPPORTS



Presentation and Discussion By:

**Julie-Anne Richards, M.A., R.C.C., C.C.C.**

Registered Clinical Counselor, Psycho-educational Consultant

[www.JulieAnneRichards.com](http://www.JulieAnneRichards.com)

6:00-8:00 pm

Wednesday

November 6, 2019

**ARBUTUS GLOBAL  
MIDDLE SCHOOL**

2306 Edgelow St, Victoria

Tailored for Parents,  
Guardians and Educators  
supporting children & youth  
ages 12 - 15 experiencing  
stress & anxiety

**PRESENTATION  
INCLUDING Q & A**

### Free Event!

Refreshments provided (donations accepted).

**REGISTRATION REQUIRED** (Click to Register)

<https://www.eventbrite.com/e/parent-presentation-on-youth-childhood-anxiety-tickets-74377016659>

Event Hosted by: Arbutus Global Middle School and inviting All Parents and Educators of Youth in the Area – **All Adults Welcome**

Funded by the Eric Palmer Memorial Foundation [www.ericfoundation.com](http://www.ericfoundation.com)

Please click on the following link to register for the Stress and Anxiety Discussion:

<https://www.eventbrite.com/e/parent-presentation-on-youth-childhood-anxiety-tickets-74377016659>





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Want to learn more about the **Indigenous Garden at Arbutus**? Maybe you didn't even know there was one? Your PAC this year is partnering with the school to make improvements in the garden, and two people involved in the project will be at the next PAC meeting to tell us more about it. We'd love to see lots of people there to learn and show their support! **Tuesday Nov 19<sup>th</sup>, 7pm** in the Arbutus library.

**Thank-you volunteers** who responded to our request for help with the Grade 6 immunization day! You are all amazing, we have enough help now.



ARBUS  
MUSIC

All students and their families are invited to come to see the Meridiem Wind Orchestra on Wednesday November 6 and 7:30 pm at North Douglas Church (675 Jolly Place). This is a great chance for band students to see a professional level wind band. The group is made up of musicians from the Victoria Symphony, Naden Band, UVic School of Music, and music teachers (including Mrs. Hill)! Admission is by donation with proceeds going to school music programs.



Congratulations to our Girls Volleyball team for finishing 7th in the High School Tournament at Mt. Doug High School last weekend!



The Fine Arts are an important part of our school and are featured in various forms from music to the visual arts. Pictured left is one of our **Drama Exploratory classes** in action yesterday—thanks Mrs. Hill!