



Monday Maverick

Mon. Apr. 15th – Fri. Apr. 19th

Student Led Conferences are Thursday, April 25th
 No sign up required – please come with your child
 between 3:00 – 5:00 pm
 Students will showcase their learning with you!

THIS WEEK...

Mon. Apr. 15 th	○ Grade 8 Exploratory Round 6 Begins
Tues. Apr. 16 th	
Wed. Apr. 17 th	
Thurs. Apr. 18 th	○ Parent Night-Mindfulness – doors open at 6:30pm for tea/snack session 7:00 – 8:00
Fri. Apr. 19 th	○ Drumming (all are welcome) – 8:10 am ○ Hot Lunch – Subway ○ Fire Drill – 12:45pm

Mark Your Calendars...



- Apr. 23rd – Greater Victoria Music Festival, Music Parent Meeting
- Apr. 24th – Immunization Clinic 2 (*Gr 6 Parent Volunteers Needed* - please email the office if you are interested in helping)
- Apr. 25th – Student Led Conferences – 3:00 – 5:30
- Apr. 26th – Drumming, Hot Lunch, Retro Assembly

The Fine Arts, Clubs, Athletics Calendar in the Google Drive is updated regularly
['click here for quick access'](#)

The 2023-2024 GMS Yearbook is ready to order!
 To order, visit ybpay.ca and enter the code **14299424**

Class Placements 2024 - 2025

We are at the time of year where we begin planning for the 2024-2025 school year. Our grade 8 students have selected their courses for secondary and we have registered our incoming grade 6s. If your child is *currently* in grade 6 or 7 at GMS and you know at this time that you will be moving and/or changing schools in the fall please email to let us know. We will soon begin our class placement process. All classes are developed to meet the mandated class size and composition guidelines. As we build classes we consider: learning strengths and needs, social/emotional factors, inclusive learning balance, and productive peer pairings. Staff put significant time and consideration into the process. Students will have the opportunity to share 5 positive learning partner names they would possibly like to be placed with. We will assure *one* of the requests. If you have input for your child's class placement please email me directly by **April 22nd** citing educational or social/emotional reasons.

Please note that we will consider input, but cannot always accommodate requests within the criteria we must follow.

Thank you for your support

Mindfulness & Self-Compassion for Families

With Lisa Baylis

Thursday, April 18th 7:00 - 8:00 pm

Parenting a middle school student comes with all kinds of joys and challenges, and sometimes all within the same moment!

Self-compassion is the act of treating ourselves with kindness and acceptance, even in moments of struggle or difficulty.

It doesn't tend to come easily, but with intention & practice, self-compassion can contribute to our emotional well-being and help us stay present and calm during those difficult parenting moments and in our relationships.

In this session, you will:

- understand the benefits self-compassion and how and why it can help you and your child
- gain some simple practices to reduce stress and anxiety for you and your pre-teen
- Learn strategies for practicing self-compassion and how to model it for your family

[CLICK HERE to RSVP](#)

Lisa Baylis has been sharing well-being strategies for the last 20 years. A natural-born connector with an innate ability to make people feel valued and heard, she is a teacher, a counsellor, a speaker, and a mother of two middle school children. Lisa is a published author of *Self-Compassion for Educators*.

Lisa has a master's degree in Counselling Psychology. Currently, she is the Education Director for the Center for Mindful Self-Compassion, the non-profit organization created by Drs. Kristin Neff and Chris Germer to spread self-compassion around the world.



Questions? Email Vicki Roberts, Principal Glanford Middle School vroberts@sd61.bc.ca

A Reminder for Grade 8 Families



Hippity Hoopla Hoodies 2023-2024



We are excited to introduce the first-ever Hippity Hoopla Hoody!

This unique grade 8 GMS hoody sporting the student designed Hippity Hoopla logo for 2023-2024 is now available to order for \$40.

The online store is open through the link below and will remain open until April 22 to ensure that the hoodies will arrive at the beginning of May.

Link to order: <https://store.passionsports.ca/GMSG8>

If your family requires support with this purchase, please contact Vicki Roberts, Principal at vroberts@sd61.bc.ca

Glanford Middle School

Grade 8 Team

Community Parent Sessions and Resources

South Island Counselling is offering an 8-week DBT skills workshop for middle school aged children (11-14ish). This is a subsidized workshop and very valuable training for kids navigating through the challenges of this stage in life. Each spot is open to 1 child and 1 parent/guardian to attend together. **It starts April 17.**

For more information on DBT and how it can help:

- Dialectical behavior therapy (DBT) is a state-of-the-art, evidence-based form of cognitive behavioral therapy for children, teenagers and adults who experience significant trouble managing their emotions, thoughts and behaviors.
- It is an excellent option for those who want a comprehensive treatment that teaches emotional, behavioral and cognitive skills.
- DBT Skills Training can help with:
 - Understanding, managing and regulating emotions
 - Tolerating distress and crises without making problems bigger
 - Maintaining satisfying relationships with others
 - Increasing self-awareness, expanding one's ability to recognize alternative points of view and managing emotional situations
 - Increasing problem-solving skills, learning validation and effectively managing differences of opinion with family members

Current research suggests that DBT may also be effective for children and preadolescents who struggle with intense emotions, disruptive behaviors, and challenging relationships.

[CLICK HERE for more information and registration](#)

Online - Understanding, Supporting and Connecting with Teens with Depression

Mood roller coasters are a part of normal development for our teens, but sometimes something more is going on with their mental health. How can we tell the difference? At what point should we intervene, and how can we go about it? If you as a caregiver and feel lost about how to best support your teen struggling with Depression, you are not alone.

Join **Victoria Keddiss, a parent with lived experience** and **Karen Peters, a mental health therapist** who supports children, teens and families, for a discussion about understanding how depression shows up in teens and ways of journeying with them through it.

Dates: April 3, 4, 11, 23, 25

Register: <https://familysmart.ca/monthly-events/>

SD61 Snapshot

The March/April 2024 snapshot focuses on connection to culture.

It's valuable to understand and be connected to culture as it supports a sense of identity and belonging. Culture provides a framework to understand who we are, where we come from, and our place in the world. This sense of identity and belonging can contribute to overall well-being.

Please review the resources below that pertain to your child's school level:

- Middle – [Building Bridges](#)

Glanford Move-A-Thon (MAT) 2024

Frequently Asked Questions

What is the MAT?

The Move-a-Thon (MAT) is a fun, school-wide fundraising event which supports PAC funded initiatives. The PAC provides funding for Mini-X, funds teacher-led extra-curricular activities and supports other school-based projects. This year, we will replenish the grounds beautification budget that was previously spent on the Mac Lab. Students can collect pledges prior to the MAT. On May 3rd, the entire school population moves on a route through the neighbourhood. Students do not need to collect pledges on a 'per lap' basis, just lump sum pledges. Pledge envelopes will be going home in the next couple of days.

Are there prizes?

Yes! The organizing committee has worked hard to ensure we have quality items to recognize contributions and promote school spirit. This year's prizes are:

Pledges Collected	Prizes Awarded
\$40	MAT t-shirt (single colour logo - exclusive design by Creative Juices)
\$80	Rec Centre pass, MAT t-shirt
\$125	\$15 Bolen Books gift card, Rec Centre pass, MAT t-shirt
\$200	Glanford hoodie, \$15 Bolen Books gift card, Rec Centre pass, MAT t-shirt

Are there any other prizes?

Yes! The class with the highest total of money raised, plus the class with the highest percentage of participation will each receive a pizza lunch (2 slices) from the PAC. There will also be a grand prize draw for an annual family pass to IMAX, plus other fabulous random draw prizes.

How do I get entered into the grand prize draw?

All students who return a pledge sheet will get one entry into the draw. If your family has chosen not to collect pledges, simply complete the top of the pledge form and return it to your teacher. For every \$20 in pledges you will receive an additional entry into the draw. The more pledges you collect, the better your odds of winning.

When will the prizes be delivered?

The prizes should be delivered to students approximately four weeks after the Move-A-Thon.

continued on next page

Who should I ask for pledges?

- Friends and family - pick up the phone, send a text or write a letter! Ask for e-transfer or do a mailbox drop.
- Send a note to neighbours and offer a no contact mailbox pick up.
- Pledges can be e-transferred directly to the PAC account (glanfordpac@gmail.com). **E-Transfers MUST include the student's name and teacher/advisory in the comment AND students must return the pledge sheet** to qualify for prizes.

What is the Move-A-Thon Pledge goal?

We are aiming for \$15,000 – which is about \$40 per student and will help replenish funds for grounds improvements amongst other projects and initiatives.

How can I help?

Do you own a business or know someone who does? If you would like to donate a draw prize, or contribute to the grand prize, please email glanfordpac@gmail.com and let us know. Additionally, we will be sharing the route ahead of the MAT and we invite any families and neighbours to cheer on students along the route.

When are the pledge forms due back?

Please return your pledge forms and pledges to the office as soon as you are finished collecting to allow us to start organizing the incentive prizes. All forms and pledges should be returned to the office no later than **Tuesday, April 30th**. Additional forms are available from the office, or by emailing glanfordpac@gmail.com

Any questions? Email the Glanford PAC (glanfordpac@gmail.com)