



Monday Maverick

Mon. Apr.22nd – Fri. Apr.26th

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. 22 nd	
Tues. Apr. 23 rd	<ul style="list-style-type: none"> o Greater Victoria Music Festival – Intermediate/Advanced Strings Performing at UVic (be to school by 8am)
Wed. Apr. 24 th	<ul style="list-style-type: none"> o Grade 6 Immunization Clinic #2
Thurs. Apr. 25 th	<ul style="list-style-type: none"> o Student Led Conferences – 3pm
Fri. Apr. 26 th	<ul style="list-style-type: none"> o Drumming (all are welcome) – 8:10 am o Hot Lunch – Pizza o Retro Assembly – 1:30pm

Mark Your Calendars...



Apr. 30th – Young Entrepreneurs Market/Return Move a Thon Envelopes

May 3rd – Move a Thon Mini X Begins

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**

Our final round of hot lunches, up until the end of the year, has been made available for pre-purchase on school cash online. Lunch can be ordered for Fridays from May 3rd to June 14th

Please Note: ***May 23 and 24 is the Band 7 Nanaimo Trip**

- May 3 - Pizza
- May 10 - Subway
- May 24 - Pizza
- May 31 - Pizza
- June 14 - Pizza

LAST DAY TO ORDER: Tuesday, May 1st

<https://sd61.schoolcashionline.com>

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)



PARKS, RECREATION
& COMMUNITY SERVICES

MINDFUL MEDITATION



AGES 13 - 17

Research supports the benefits of incorporating regular meditation in our daily lives. Whether it is for competitive sports, coping with anxiety, or dealing with everyday stressors, being able to calm our nervous system with mindful meditation has proven to have multiple benefits. Come learn the basic tools to meditate while sitting, walking, and laying down.

May 1st - June 5th
Wednesdays 4:30 - 5:30

@ The Youth Centre
Saanich Commonwealth Place



REGISTER
HERE

maddie.parks@saanich.ca

saanich.ca/youth

[250 475 7624](tel:2504757624)



PARKS, RECREATION
& COMMUNITY SERVICES

WYLD LEADERSHIP PROGRAM

GRADE 8 +

*Must be completing grade
8 in June 2024 or older*

Saanich's Youth WYLD Leadership Program is now accepting applications. Have you ever wanted to be a summer camp leader, lifeguard, police officer, or first responder? This is the program for you. Apply now for this hands on mentored placement program that prepares youth for future employment and post secondary education.



**APPLY
NOW**

maddie.parks@saanich.ca

saanich.ca/youth

250 475 7624

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](#)