



Monday Maverick

Mon. Apr. 29th – Fri. May 3rd

Move a Thon – This Friday!
Please send all envelopes back by Tuesday. Remember participation includes a signed and returned envelope! We will be sending the route and details in a separate email – hope to see you along the way! Thank you for supporting GMS

THIS WEEK...

Mon. Apr. 29 th	
Tues. Apr. 30 th	<ul style="list-style-type: none"> ○ Young Entrepreneurs Market – see attached Flyer ○ Music Parent Meeting - pm ○ <u>Last Day to Order Hot Lunches on SchoolCash Online</u>
Wed. May 1 st	<ul style="list-style-type: none"> ○ Mental Health and Wellness Month begins (see below)
Thurs. May 2 nd	
Fri. May 3 rd	<ul style="list-style-type: none"> ○ Drumming (all are welcome) – 8:10 am ○ Move-a-Thon – right after announcements ○ Hot Lunch – Pizza ○ Mini X begins

Mark Your Calendars...



- May 6th – Culture Connections Lunch – with guest Kristi Bridgeman for rock painting; PAC Meeting
- May 9th – Grade 6/7 Exploratory Round 5 Ends; Beginner Band Festival; Immunization Pickups
- May 10th – Drumming; Hot Lunch – Subway; Mini X

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**

Mental Health and Wellness Month

We are excited to offer a month of learning and sharing to promote understanding, wellness and to reduce stigma. Students and staff have been working to put together a packed month of presentations, speakers, activities, prizes, give-aways, student driven learning and more! We are proud to partner with Need2, Saanich Neighbourhood House and Saanich Rec.

Thank you to families who came out for our Parent Night with Lisa Baylis. Participants left with strategies to support their wellness and to promote healthy communication with their children. Keep your eyes open for our next session – Anxiety 101. Date coming soon!

YOUNG ENTREPRENEURS FAIR

APRIL 30, 2024

10:00 AM TO 11:45 AM



COME SUPPORT OUR GRADE 7 ENTREPRENEURS

GLANFORD MIDDLE SCHOOL

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.

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.

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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