



# Monday Maverick

Mon. May 20<sup>th</sup> – Fri. May 24<sup>th</sup>

Are you looking for some Glanford SWAG?  
[Check out the link here](#)

## THIS WEEK...

<b>Mon. May 20<sup>th</sup></b>	○ Victoria Day – No School
<b>Tues. May 21<sup>st</sup></b>	○ Gr. 8 Exploratory Round Begins
<b>Wed. May 22<sup>nd</sup></b>	○ Anxiety 101 – Parent Seminar at 7pm
<b>Thurs. May 23<sup>rd</sup></b>	○ Gr. 7 Band Trip – May 23 <sup>rd</sup> and 24 <sup>th</sup>
<b>Fri. May 24<sup>th</sup></b>	○ Drumming – 8:10am ○ Hot Lunch – Pizza ○ Mini X

## Mark Your Calendars...



May 27<sup>th</sup> – Fire Drill

May 31<sup>st</sup> – Drumming – 8:10am; Hot Lunch – Pizza, Mini X

June 1 – PAC Bottle Drive

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

### Homestay Opportunities

It's that time of year! The Greater Victoria School District's International Student Program is looking for new families interested in joining the vibrant hosting community. With students arriving to attend short term programs in the summer (2-6 week stays) and longer-term programs in the Fall, there are many opportunities to begin hosting.

Host Families provide 3 meals a day along with healthy snacks and a welcoming environment. \$1260 per month is provided as reimbursement for student support (pro-rated for shorter stays.) Orientation and 24/7 support is available from the homestay office.

For more information:

Website: [www.studyinvictoria.com/homestay](http://www.studyinvictoria.com/homestay)

Phone: 250-592-6871

<b>May Mental Health Month</b> 		<b>1</b> <b>MHM launch</b> PM Advisory Studio	<b>2</b>	<b>3</b> <b>Move A Thon</b> 
<b>6</b> <b>Culture Connections Lunch</b> Mini Moccasin rock painting w/ guest Kristi  <b>MH WEEK</b>	<b>7 Lunch Games</b> w/Saanich Rec Lawn Games <b>Lunch &amp; Learn</b> w/Need2 What is Stigma?	<b>8</b>	<b>9</b> <b>T Swift Sing Along</b> w/ Saanich Rec	<b>10</b> <b>AM Drumming Anti-Stigma Club @ lunch</b> <b>Culture Connections @ lunch - Rock Painting</b>
<b>13</b> <b>RAINBOW WEEK</b>	<b>14</b> <b>Lunch Yoga &amp; guided meditation</b> w/Sannich Rec	<b>15</b>	<b>16</b> <b>Lunch Games</b> w/Saanich Rec Wide Games	<b>17</b> <b>Pro-D Rest &amp; Restore</b>
<b>20</b> 	<b>21</b> <b>Lunch Yoga &amp; guided meditation</b> w/Sannich Rec	<b>22</b> <b>Parent Night</b> Anxiety 101 w/Saanich Neighbourhood House	<b>23</b> <b>Vision Boards</b> w/Saanich Rec	<b>24</b> <b>AM Drumming Anti-Stigma Club @ lunch</b> <b>Lahal @ lunch</b>
<b>27</b> <b>Ask an Expert</b> Student questions with Monique Moore	<b>28</b> <b>Lunch Yoga &amp; guided meditation</b> w/Sannich Rec	<b>29</b> <b>Lunch &amp; Learn</b> Unpacking Anxious Feelings w/Saanich Neighbourhood House	<b>30</b> <b>Lunch Games</b> w/Saanich Rec Circle Games	<b>31</b> <b>AM Drumming Anti-Stigma Club @ lunch</b> <b>Lahal @ lunch</b>

### 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.

[Sign up here for our next session](#) – Anxiety 101 – with Saanich Neighbourhood House – see poster below

SAANICH NEIGHBOURHOOD HOUSE PRESENTS

# ANXIETY 101

WHAT IS ANXIETY & HOW DO WE  
RECOGNIZE IT IN OUR KIDS?

MAY 22  
7PM



## ANXIOUSNESS VS ANXIETY

- WHAT ARE TYPICAL EMOTIONS AND FEELINGS?
- WHEN DOES IT GO FROM ANXIOUS TO ANXIETY?
- WHAT IS ANXIETY?

## HOW CAN PARENTS SUPPORT THEIR CHILD?

- TALKING TO YOUR KIDS ABOUT THEIR MENTAL HEALTH
- STRATEGIES, TOOLS & TIPS FOR TWEENS
- SELF CARE FOR PARENTS
- COMMUNITY AND ONLINE RESOURCES



**GMS PAC BOTTLE DRIVE**

**COMING SOON!**

**Sat. June 1st , 2024**



**9 am - 12 pm**



**Glanford Drive Thu**

**Drop your bottles, cans &  
milk containers (no cream)**



**You only have to separate  
your glass!**



**All proceeds to support GMS  
students**