



Monday Maverick

February 16th – February 20th

Follow Glanford Instagram for updates, reminders & snapshots of school events @glanford_middle and GMS PAC on Facebook – Glanford Middle School PAC

THIS WEEK...

	School Wide and Staff
Mon. Feb 16 th	o Family Day – No School
Tue. Feb 17 th	o REMINDER – EBikes and EScooters are to remain at home effective TODAY o Lahal Practice (don't forget to bring permission forms for tournament)
Wed. Feb 18 th	o HOT LUNCH – Subway
Thurs. Feb 19 th	o Exploratory Round 4 Ends o Lahal Tournament Spectrum - 8:40 AM
Fri. Feb 20 th	o Drumming 8:15 AM o HOT LUNCH – Pizza o Math Challengers - PM o Earthquake Drill 1PM o Mini X

Mark Your Calendars...



- Feb 23 – Exploratory Round 5 Begins
- Feb 24 – Band Festival Lansdowne Middle
- Feb 27 – Curriculum Completion Day/GMS Night at Royals
- Feb 28 – PAC Meeting 7PM

The Athletics Calendar is updated regularly

[CLICK HERE TO VIEW CALENDAR](#)

It is also located on the GMS website You can also see our community calendar on our website

SAVE THE DATE - UPCOMING PAC EVENTS

Friday, February 27th – GMS at the Royals – Choir and Chuck a Puck

Glanford Night at the Royals – **TICKET SALES CLOSED!**

Chuck-a-Puck fundraiser for new sports jerseys AND GMS choir is signing the anthem.

AN EMAIL WILL GO TO ALL FAMILIES WHO ORDERED TICKETS WITH TICKET PICK UP INFO

Mental Health & Wellness in the Middle Years – Info Session at Arbutus Middle School

Just a reminder that the Arbutus Parent Advisory Council (PAC) is pleased to invite **interested parents from all of the middle schools** in the Greater Victoria School District to the following **Parent Education Evening** hosted at Arbutus Global Middle School.

Topic: Mental Health & Wellness in the Middle Years

Date & Time: Thursday, February 19th from 7:00 to 8:30 PM including time for questions

Location: Arbutus Global Middle School (2306 Edgelow Street) in the school cafeteria

Presenter & Description: Monique Moore, GVSD61 District Counsellor and Registered Clinical Counsellor, will be facilitating a conversation with parents of middle schoolers focused on supporting your child's mental health and wellness. The following will be highlighted: trends in youth mental health and wellbeing; mental health literacy; awareness and how to have helpful conversations with your child; and accessing community resources.

Space is limited; while there is no cost, participants must pre-register via our online registration [link](#) and will be accepted on a first-come first-serve basis until we reach capacity. Please see the attached [Flyer](#) for further information.

The Arbutus PAC Invites Greater Victoria School District Middle School Parents to attend a Parent Education Session

MENTAL HEALTH & WELLNESS IN THE MIDDLE YEARS

Thursday, February 19th
7:00 to 8:30 PM

Location: Arbutus Middle School (2306 Edgelow St)
in the school cafeteria

Presenter Information:
**Monique Moore, GVSD61 District Counsellor
and Registered Clinical Counsellor**

Session Description:
A conversation around Youth Mental Health and Wellness will highlight:

- trends in youth mental health and wellbeing
- mental health literacy
- awareness and how to have helpful conversations with your child
- accessing community resources
- time for questions is built into the session

No cost to participate, advanced registration required via the [link](#) sent from your school.

agms.pac@gmail.com

The flyer features a light blue and white background with a large red shadow on the left side. At the bottom, there are several small icons: a red pencil, a blue folder, a blue binder, a soccer ball, a blue pen, a wooden table with colorful balls, and a yellow spiral notebook.



LET'S TALK ABOUT BC'S DRUG CRISIS

Real questions. Real answers. No judgment.

Wonder what's really going on with toxic drugs in BC?
Not sure what's fact and what's just rumors?

VCPAC invites families & teens to come ask your
questions and hear from people who work on the
front lines.



Use the QR code to submit
your anonymous questions
ahead of time.

With:

- **Dr. Jill Wiwcharuk**
Addiction Medicine Physician
- **Davana Harlow**
Clinical Coordinator, Discovery Youth &
Family Substance Use Services
- **Katy Booth**
Researcher, Canadian Substance Use Research UVIC
- **Shae Perkins**
Harm Reduction Peer Educator, AVI Health &
Community Services
- **Aura Boggs**
Education Team, AVI Health & Community Services

SJ WILLIS AUDITORIUM

Wednesday, February 18th - 6:30pm to 7:30pm

923 Topaz Ave, Victoria, BC

No wrong questions. Just information and support.