



Monday Maverick

February 23rd – February 27th

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 23 rd	<ul style="list-style-type: none"> o ACTS OF KINDNESS focus begins – see the Kindness Calendar below o Exploratory Round 5 Begins o Royals tickets available for pick up in the office
Tue. Feb 24 th	<ul style="list-style-type: none"> o Grade 8 Band Festival – 9-12
Wed. Feb 25 th	<ul style="list-style-type: none"> o PINK SHIRT DAY o HOT LUNCH – Subway o Student Services
Thurs. Feb 26 th	<ul style="list-style-type: none"> o
Fri. Feb 27 th	<ul style="list-style-type: none"> o Drumming 8:15 AM o HOT LUNCH – Pizza o Curriculum Completion Day - early dismissal 11:23 for those not staying o GMS Night at the Victoria Royals 8 PM

Mark Your Calendars...



- Mar 2 – PAC Meeting 7 PM
- Mar 3 – Cultural Connections Lunch
- Mar 4 – Play-A-Thon Pledges Due
- Mar 6 – Retro Assembly

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 WENT TO ALL FAMILIES WHO ORDERED TICKETS

SMALL ACTS OF KINDNESS CALENDAR

SUN

MON

TUE

WED

THU

FRI

SAT



22

23

Help tidy up or organize something in a classroom today

24

Class brainstorm - list ways that we can make GMS even kinder! Share with Ms. R

25

Use positive words all day! Share KINDNESS

26

Pick up trash you see on the ground

27

Make a list of 10 things you are grateful for

28

1

2

High Five Monday

3

Offer to help someone today

4

Make a kindness themed bookmark for the library

5

Give out compliments

6

Make a list of 5 things you will do to help your family this week end

7

8

9

Ask someone you don't know about their weekend

10

Visit the thank you station & write a thank you note

11

Share something of yours today- it can be kind words!

12

Tell a classmate something they have done to help you

13

Make a list of 5 things you will do to take care of yourself this break

14

M

A

R

C

H

B

R

E

A

K



VCPAC SAFETY TOWNHALL

FEBRUARY 26, 2026

*ON-SITE CHILDMINDING AVAILABLE!
PIZZA & GAMES FOR THE KIDS.*

CREATING SAFE & CONNECTED SCHOOLS

- K-12 Safety Framework
- Data and Trauma-Informed Practices
- Shared Responsibility among Partners

COME SHARE YOUR STORIES & ASK QUESTIONS!

SPEAKERS

- **DEB WHITTEN**, SD61 Superintendent
- **SEAN POWELL**, SD61 Associate Superintendent
- **GEOFF JOHNSON**, Former Superintendent
- **CHRIS CLARKE**, GVTA Health and Safety Officer

 **Feb 26, 2026**
6:30-8:30PM

 **ESQUIMALT HIGH**
847 Colville Rd.

FREE TO REGISTER

<https://forms.gle/z3zU9VA64ZAWqz7R8>





School Safety in British Columbia

Information for Parents – 2026

Keeping students safe is a shared responsibility across schools, districts, families, and communities. British Columbia has strong policies and coordinated practices to make sure every child learns in a safe, caring, and inclusive environment.

What Schools Are Required to Do in BC Safe, Caring & Inclusive Environments

BC's *Safe and Caring School Communities* policy requires all schools to create positive, respectful environments and have clear plans to prevent and respond to bullying, intimidation, harassment, and worrisome behaviors. [www2.gov.bc.ca]

Updated Safety Plans in Every District

All BC school districts maintain formal safety plans. These plans outline how schools work with community partners and police to respond to emergencies and safety concerns quickly and consistently. Schools also use a **3-step Behavioral & Digital Threat Assessment** model to respond early when behaviors may pose a risk. [www2.gov.bc.ca]

Emergency Preparedness Requirements

BC has strengthened emergency readiness in schools:
CPR & AED training for all Grade 10 students (as part of PHE 10).

Students learn basic lifesaving skills during regular class time. [alertfirstaid.com]

- **AEDs and Naloxone kits required**
Secondary schools must have AEDs and naloxone by **Dec 2025**; elementary/middle schools by **Sept 2026**. [alertfirstaid.com]
- **Standard provincial Emergency Management Plans**
Schools follow BC's Emergency Management Planning Guide, which covers preparedness, response, and recovery for events like earthquakes, fires, lockdowns, and severe weather.
- **Regular drills and practice**
Schools use the **Incident Command System (ICS)** with first responders for coordinated responses.

How Families Can Support School Safety

You can help maintain a safe, caring school environment by:

- **Reviewing your school's safety and conduct policies**
- **Talking with your child** about respect, belonging, and reporting concerns
- **Encouraging safe online behavior**
- **Keeping contact information up to date**
- **Knowing your school's emergency procedures**
- **Creating or reviewing a family emergency plan**

Student Safety Cheat Sheet: A Guide for Parents



Elementary School (K-5)

- **Commuting:** Practice the "Left-Right-Left" rule at crosswalks. Ensure backpacks weigh less than 10% of their body weight to prevent back strain.
- **Stranger Awareness:** Use "Check First" rules—always ask a parent or the person in charge before going anywhere or accepting anything from anyone.
- **Body Autonomy:** Teach kids they are the "boss of their body" and to identify "safe adults" at school they can turn to for help.
- **Home Prep:** Keep an updated emergency contact list at the school office. Use [PHE Canada's Parent Checklist](#) for after-school program safety.

Middle School (Grades 6-8)

- **Digital Footprint:** Remind students that nothing is truly "deleted" online. Set a "device-free" bedroom rule at night to ensure rest and safety.
- **Social Media Privacy:** Regularly review privacy settings on apps like TikTok or Instagram. Turn off "Location Services" (geo-tagging) for camera and social apps.
- **Bullying:** Watch for withdrawal or sudden changes in school interest. Empower them to use the ERASE anonymous reporting tool if they witness or experience harassment.
- **Communication:** Have a secret family "code word" they can text if they need to be picked up from a situation where they feel uncomfortable.

High School (Grades 9-12)

- **Mental Health:** Check in daily using open-ended questions. Recognize that "stress" can sometimes mask deeper issues like anxiety or depression.
- **Safe Decisions:** Discuss the risks of substance use and "think before posting" to protect future college or job opportunities.
- **Independence & Planning:** Encourage them to set their own alarms and manage their schedules but maintain an open door for when they feel overwhelmed.
- **Emergency Literacy:** Ensure they know school emergency protocols (Lockdown vs. Shelter in Place) and where to find crisis support resources.



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.