



# Monday Maverick

March 9<sup>th</sup> – March 13<sup>th</sup>

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. Mar 9 <sup>th</sup>	
Tue. Mar 10 <sup>th</sup>	<ul style="list-style-type: none"> <li>o Family Photo Fundraiser 3 PM</li> </ul>
Wed. Mar 11 <sup>th</sup>	<ul style="list-style-type: none"> <li>o Play-A-Thon Pledges Due</li> <li>o HOT Lunch – Subway</li> </ul>
Thurs. Mar 12 <sup>th</sup>	<ul style="list-style-type: none"> <li>o Learning Updates Home</li> <li>o Music Play-A-Thon</li> </ul>
Fri. March 13 <sup>th</sup>	<ul style="list-style-type: none"> <li>o Drumming 8:15 am</li> <li>o HOT Lunch – Pizza</li> <li>o Last day before Spring Break !</li> </ul>

## Mark Your Calendars...



- Mar 30 - School Re-Opens
- April 3 – Good Friday No School!
- April 6 – Holiday Easter Monday
- April 7 - Cultural Connections Lunch/Drumming with Saanich Police

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

**THANK YOU PAC, Families and Mrs. Kelly**

What a great GMS Night at the Royals event! The choir was amazing, the Chuck a Puck was a success and we loved seeing so many families, staff and friends out. Thank you to the PAC for organizing and to Mrs. Kelly for organizing and leading the beautiful choir in the national anthems.

# 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



# VICTORIA VOLLEYBALL

## VVA Volleyball Skills Camp

**Saturday, March 21, 2026**

There are two separate sessions being held, designed for girls in grades 6-9 who are currently playing volleyball or are interested in the sport. Participants will build confidence while developing fundamental volleyball skills in a fun, supportive, and age-appropriate environment.

**\$50/ session**



### **Skills Camp Fundraiser**

This camp is proudly hosted by the VVA U17 Girls Red Team as a fundraiser to help them make their way to Nationals! Our U17 athletes will be leading the session with enthusiasm and leadership, supported by their two dedicated VVA coaches who will help guide the fun.

Every dollar raised goes directly toward helping these hardworking athletes compete at Nationals.

We hope to see you there! [VVA Volleyball Skills Camp](#)

Questions? Email [vvaskillscamp@gmail.com](mailto:vvaskillscamp@gmail.com)



# 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](http://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](http://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](http://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](http://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.

Glanford Middle School PAC

# Bottle Drive



Drop Off Date/Time:

**Saturday, April 11th  
9:00am-12:00pm**

Drop Off Location:

**Glanford Middle School  
4140 Glanford Avenue**

Please help us raise funds for the  
school PAC



Share your art, poetry, and photography on  
the topic of water and gender to



A YOUTH ART ZINE CELEBRATING WORLD WATER DAY

Scan the QR code for more info,

submissions due March 9



University of Victoria  
Sustainability Project



SGU



POLIS Project on Ecological Governance  
watersustainabilityproject



**UVIC Sustainability Project Youth Initiative:** It is a youth art zine that we put together every year for World Water Day on March 22 and this year's theme is water and gender.

<https://docs.google.com/forms/d/e/1FAIpQLSc5FcvJRpJ-fj5YfeUphoNbFw3aLVJk6-GtbWyMjVksqZrceA/viewform?usp=header>

<https://www.uvsp.ca/ripples-art-zine.html>

<https://www.un.org/en/observances/water-day>