



# BETTY GILBERT MIDDLE SCHOOL

## RAPTOR REPORT



### WELLNESS WEEK COMING TO BGMS

In collaboration with ACSS, we are excited to announce “Wellness Week” coming to BGMS, November 25-29. During this time, students will be lead through activities and presentations that address their physical, mental, and relational well-being. Below is a list of activities students will be involved in:

- ACUCC Orientation and Fitness Classes
- School-wide walk
- “Believe” presentation by Ishtar Society
- Mobile Dairy by BC Dairy
- Staff/Student/RCMP Dodgeball match
- “Redefining Manhood” presentation by Children of the Street Society
- “Girls MOVE” presentation and activities by Pacific Sport
- “Reach Out Psychosis” concert and presentation
- “Safer Space” presentation by Children of the Street Society

If you would like more information so that you can continue the conversation with your child at home, please don't hesitate to contact their homeroom teacher.

### DROP EVERYTHING AND READ (D.E.A.R) DAY

At BGMS we continue to make literacy a priority and hope it remains a priority at home as well. With this in mind, we have planned various events throughout the school year that are aimed to increase the excitement around books and reading. In October, BGMS PAC hosted the book fair, which not only got more books into students' hands but also helped PAC fundraise to get more resources in classrooms and provide more opportunities for our students.

November 15<sup>th</sup>, BGMS has scheduled a “Drop Everything and Read” day which coincides with Pajama Day. During this time, students will be given opportunities to participate in small-group, independent, and large group read-alouds, while in the comfort of their pajamas. We encourage parents to integrate the same routine in the household, where everyone puts away their screens and spends some time engaged in a good book.

## IMMUNIZATIONS

Date for **Grade 6 immunizations is set for 8:30 am on November 27, 2019.** Consent forms for grade 6 parents have been sent home and below is some helpful information.

- Fraser Health's School Health website is a great resource for staff and parents to get information about a variety of health topics related to school aged children/youth and can be accessed by visiting [www.fraserhealth.ca/schoolhealth](http://www.fraserhealth.ca/schoolhealth)
- The province has launched a new online "Vaccine Status Indicator" for parents to search whether or not their child's immunizations are up-to-date: <https://immunizebc.ca/vaccination-status-indicator>. Parents are not able to see what specific immunizations their child needs through this database, just whether or not they are up-to-date for their age. If parents want to know what specific vaccines their child has received already or needs to receive, they will need to call the local Public Health Unit to obtain this information.
- As you are probably aware, vaccine reporting is now mandatory: <https://immunizebc.ca/vaccination-status-reporting-regulation>. There have been some misconceptions about this amongst parents thinking that vaccines are mandatory, but it is the reporting of vaccination records that is mandatory, not receiving the vaccines themselves. Just a few notes about this:
  - For parents wishing to submit their child's immunization records, you can either provide a photocopy of the records to the Health Unit or, if your child is in Grade 6, you can attach it to their child's consent form. Another option is to take a photo/ scan them and send it to [reportimmunizations@fraserhealth.ca](mailto:reportimmunizations@fraserhealth.ca).
  - If parents are wanting to book an appointment for immunizations their child has missed they can call 604-476-7087.

## INFORMATION ABOUT SCHOOL STATUS DURING INCLEMENT WEATHER

Snow closures and power outages are an annual occurrence in Langley School District. So where do you go to get information about the status of schools during periods of inclement weather? If you are able to access the internet via computer or smartphone, current information about Langley schools can be accessed on all school websites or [www.sd35.bc.ca](http://www.sd35.bc.ca). Updates are also posted to Twitter @LangleySchools and Facebook at [www.facebook.com/langleyschooldistrict](http://www.facebook.com/langleyschooldistrict). If you don't have internet connectivity but your phone is working, call a relative or friend in an area that has not been affected by the storm and ask them to check the district website for you. Local radio stations are also informed of school status in Langley. Tune in to CKWX 1130AM, CKNW 980AM, Country Radio 107.1FM, Pulse 107.7 or CBC 690AM or 88.1FM for updates.

Please note that Langley District schools are all considered 'open' until a decision to close is required. Decisions on school closures are usually made by 6:30am. As always, it is a parent's decision whether to send their child to school based on safety and individual circumstances. If you feel it is unsafe for you or your child to travel to or attend an open school for any reason, please keep your child home and report an absence to the school.

## PARENT VOLUNTEERS NEEDED

It is an ongoing goal at BGMS that we provide students with multiple opportunities to pursue their passions and interests. Throughout the year, we have over 30 staff coaches involved in athletics alone. The BGMS staff pours into our extracurricular activities and generously invests their time and energy into before and after school activities. However, with a limited number of staff we often find ourselves without adult volunteers for clubs, athletics, field trips, and drivers to and from events.

If you are interested in getting involved please don't hesitate to contact your child's homeroom teacher, our athletic director (Mr. Kilvert), administration, or our BGMS PAC. We can connect you with opportunities that would help serve your children and the BGMS community.

## SUPPORTING OUR STRUGGLING AND RELUCTANT READERS



At BGMS, we place a strong emphasis on developing our student's reading and writing abilities. This is due to the impact that literacy has on all areas of academic success. In recent studies, strong reading ability has been shown to have a positive effect on not only language development and writing proficiency, but also on scientific and mathematical understanding. There is evidence that suggests a correlation between reading and children's mental and emotional health. For these reasons and many more, we want to support our struggling and reluctant readers by providing specific instruction in the school and equipping parents to continue this work at home. If you

are a parent of a child who has not yet met their grade level for reading or if you have a child who refuses to read at home, here are some suggestions that may help.

**Make choosing a book an exciting event** - Go to the library or bookstore and pick out books with your child. When you are helping your child to choose a book, a good way to check the level is what's called the 'five finger test'. Open a page of the book and ask your child to put one finger up for every word they don't know. If all five fingers have been used up, the chances are that the book is too difficult. If your family needs help with purchasing books, please talk to your child's classroom teacher or administration. There are a number of book grants available and our PAC has been very generous getting books in student's homes.

**Don't worry about the book** – A lot of parents come to us concerned that their child only wants to read graphic novels (comic-like books) or magazines. If they have found something they enjoy reading, encourage them to read as much of it as possible. Allow them to read entire book series and if they really enjoyed it, encourage them to read it again or introduce them to similar books. Reading familiar content helps with fluency and often students develop a better understanding of writing constructs the second time round.

Graphic novels allow students to encounter unfamiliar vocabulary and make sense of the word based on the illustrations.

**Set aside a time for reading** - Set aside 20 minutes a day that the house is electronic-free, where everyone is enjoying a book. Take away the phone and make this part of the bedtime routine so that your child has some down time. This will not only develop their reading, it will also help with sleep patterns and anxiety that comes from social networking.

**Read with your child** – Your child might want to read a book on their own but don't be fooled, reading to your middle schooler has all the same benefits as reading to your toddler. At BGMS, “read-alouds” are a key component of our approach to balanced literacy. When parents read to their children, it not only allows them to engage in literature that is more challenging, but also becomes a source of bonding between child and parent.

**Take turns reading** – When you know your child has a book that they are capable of reading, take turns reading through the book together. They might read one page and you read the next. Or you can both read out loud together, pointing at the words as you go. Shared reading allows the parent to model fluency and emphasize writing features, such as grammar and punctuation.

**Have book talks** – Talk to your child about what they are reading and ask them to describe the characters and plot. Ask them who their favorite character is and what they think will happen next. These book talks will help build enthusiasm for the book and helps students with comprehension.

**Celebrate their progress** – Create a reward system for completing books and celebrate their success. Reward them with a trip to the bookstore or library.

## **RED CROSS BABYSITTING COURSE**

So you want to be a babysitter? Or, your parents want you to take this course so they feel confident leaving you at home alone? Babysitting with First Aid Hero emphasizes learning through real life scenarios. information covered includes: Exploring the business of babysitting, creating safe environments, safely caring for ages 0-12, and first aid skills.

### Red Cross Babysitting Course

WHERE: Betty Gilbert

WHEN: Feb. 14, 2020 - 8:30am-3:30pm

WHO: Grade 6+

COST - \$60 + GST

REGISTER ONLINE - <http://www.firstaidhero.com/babysitting-vancouver.html>

## UPCOMING PARENT EDUCATION RESOURCES

### Social and Emotional Learning - Supporting Kids at Home and School

Where You Are Listen on Apple Podcasts

Social and Emotional Learning (SEL) is a hot topic in schools and parent communities right now. Gail Markin (parent, school counsellor and District SEL Lead) and Dr. Kimberly Schonert-Reichl (Psychologist, Professor and world- renowned SEL expert) unpack what parents and caregivers can do to support SEL at home, as well as learn about the role of schools in promoting SEL. Brought to you by BC Children's Kelty Mental Health Resource Centre.



**With new challenges ahead, learn how to develop your relationship with your pre-teen to its greatest potential.**

Get the tools to build strong and positive relationships with your tween. How can we open the lines of communication to discuss current issues like drugs, alcohol and social media?

Build lasting connections with your tween that will help them to make safe, healthy choices now and during their teen years.

**BETTY GILBERT MIDDLE SCHOOL**  
26845 27 Ave, Langley

Wednesday's 6:30-8:30pm Oct. 9-Nov. 27  
Twins attend with their parent, every other session

Cost for this workshop series is \$50 for 1 parent and 1 child. Registration is limited!  
\*Subsidies may be available, contact us

Presented by:



BC COUNCIL FOR FAMILIES



REGISTER @ EVENTBRITE  
CONTACT: ALICIA.REMPER@ME.COM

### Langley Single Mothers Support Group



#### Accepting new Members!

Single mothers come together in our weekly group meetings to connect with resources, share information, stories and support in a safe and welcoming space.

- *FREE service*
- *FREE child minding*
- *FREE dinner*

#### Location:

- Encompass' Aldergrove Family Place on Tuesday evenings

#### We also offer other group locations outside of Aldergrove

- Abbotsford- Thurs evenings
- Maple Ridge- Mon evenings
- Newton (Surrey)- Sat mornings
- Clayton - Baby and Me Group for pregnant moms and single mothers with a child under 18 months old- Sat mornings



#### For more Information or to Register:

Phone [604-619-5276](tel:604-619-5276)

Email [singlemoms@ywcavan.org](mailto:singlemoms@ywcavan.org)

Website [www.ywcavan.org/singlemothers](http://www.ywcavan.org/singlemothers)

## HOT LUNCH & POPCORN ORDERS

If you are setting up an account for the first time please go to: <https://munchalunch.com/schools/BettyGilbert>

If you already have an account you may log in at: <https://munchalunch.com/login>

Nov 21 - Popcorn (Due - November 13)

Jan 9 - Popcorn (Due - January 1)

Dec 5 - Popcorn (Due - November 27)

Jan 10 - Brick Alley Bistro (Due - January 2)

Dec 6 - Chopped Leaf (Due - November 28)

## STAYING CONNECTED

BGMS will continue to work towards being a completely paperless school when it comes to communication with parents. In order to stay informed, please be sure you use at least one of the following online methods:

- **RemindApp** to communicate last minute reminders. This will send you a text message (or a message through the app) to your phone. When you have a moment, please subscribe to our school “Remind” by texting:
  - Gr. 6 - “@bgms2022” to 450-977-0818
  - Gr. 7 – “@2021bgms” to 450-977-0818
  - Gr. 8 – “@bgms2020” to 450-977-0818
- **Email:** If you are not receiving emails please contact the office to make sure your email address has been updated.
- **Instagram:** Follow us @bgmsraptors
- **Twitter:** Follow our feed @bgmsraptors
- **Website:** Stay up-to-date at <https://bgms.sd35.bc.ca/>.

## ON THE HORIZON

<b>Nov. 14<sup>th</sup></b>	PAC Meeting – 7pm (library) Popcorn Day
<b>Nov. 15<sup>th</sup></b>	Pajama Day Drop Everything And Read (DEAR)
<b>Nov. 18<sup>th</sup></b>	Design and Assessment Day – NO SCHOOL FOR STUDENTS!
<b>Nov. 21<sup>st</sup></b>	Popcorn Day
<b>Nov. 22<sup>nd</sup></b>	Aboriginal Department Christmas Party – 5pm-8pm (HD STAFFORD)
<b>Nov. 25<sup>th</sup> -29<sup>th</sup></b>	Wellness Week!
<b>Nov. 27<sup>th</sup></b>	Div. 64 & 65 Fieldtrip – 12:30pm-2:45pm
<b>Dec. 5<sup>th</sup></b>	Popcorn Day
<b>Dec. 6<sup>th</sup></b>	Report Cards Issued
<b>Dec. 11<sup>th</sup></b>	Christmas Concert
<b>Dec. 12<sup>th</sup></b>	PAC Meeting – 7pm (library)
<b>Dec. 19<sup>th</sup></b>	Popcorn Day
<b>Dec. 20<sup>th</sup></b>	LAST DAY OF SCHOOL BEFORE CHRISTMAS HOLIDAYS!

Sincerely,

Mr. J. Harris  
Proud Principal  
Betty Gilbert Middle School