

January 23,
2014



GEORGE JAY BULLETIN

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"Learning to Care... Caring to Learn"

Dear Families, Friends and Guardians of George Jay School students:

Happy New Year and welcome back. It has been a peaceful start up and it was wonderful to see everyone looking rested and ready to leap into the school year! January is an important learning time for children. It is often a period of great growth because of self-confidence and knowledge of routines and expectations. Be sure to connect with your child's teacher about their progress as they are available to meet with you and provide you with further information if you wish.

We had two amazing performances this month. Julie Kryk, the Jingle Lady, helped our students create a school song based on their ideas. She is setting the students' voices to music. We look forward to hearing the final cut! Next, Axis Theatre presented the play "Raven Meets the Monkey King". It was a story of a young girl who buys a mysterious box and inside it finds a Raven mask wrapped in an old Chinese opera poster. She sets out on an adventure to discover their true value.

Gung Hay Fat Choy! The Year of the Horse will start on January 31st. People born in the **Year of the Horse** share certain characteristics: Their captivating attributes are many. They are pleasant, have an easy-going disposition and have many friends, probably because they know how to put people at ease and are blessed with good humor. Best of all, if you befriend a Horse person, it won't ever be boring.

Finally, don't forget about kindergarten registration which begins on January 27th.

Leslie Lee, Principal

Terri Smith, Vice-principal

Virtue of Self Discipline: Self-discipline means self-control. It is getting yourself to do what you really want to do, rather than being guided by your feelings. You don't lose control of yourself when you feel hurt or angry, but decide how you are going to take charge of yourself.

G V S D

Dates to Remember

Jan. 24th	Pro D—school not in session
Jan. 27th	Kindergarten registration begins
Jan. 28th	Ready, Set, Learn 10:30—12:00 in the gym:
Jan. 29th	PAC meeting 5:30 & workshop
Jan. 31st	Chinese New Year
Feb. 7th	SOAR Assembly at 9 a.m.
Feb. 10th	Family Day—school not in session
Feb. 14th	Valentine's Day
Feb. 21	Pro-D Day—school not in session

Kindergarten Registration

Registration for September 2014 for both our **English and French Immersion Kindergarten** will take place the week of January 27th—31st.



All children born in 2009 are eligible to begin Kindergarten in September 2014. Registration will take place between 8:00 and 3:00 and will be processed according to the time of registration.

To register, please bring:

- ◆ **Proof of your child's age and citizenship status.** This can be a birth certificate, passport, landed immigrant authorization. Parents of children who **are not** Canadian Citizens or Landed Immigrants or **do not have a birth certificate** for their child are required to contact our International Student Program at 250-592-6871 prior to registration.
- ◆ **Proof of your address.** This can be your driver's license, a utility bill with your current postal code, etc.
- ◆ **Your child's BC Medical Care Card.**

Transfer Requests: Parents can request a transfer form at the time of registration for Kindergarten if they would like their child to attend a school outside of their catchment area. Transfer Forms are to be completed and dropped off at the school district office by Friday, January 31st, 2014. Families **not** residing within the Victoria School District but live in the Greater Victoria area, may go to any elementary school in our district to register a child from kindergarten to grade 5.

School Locator: Not sure if you are in the George Jay catchment? Visit our district website at <https://www.sd61.bc.ca/> - go to **SCHOOLS** and the **SCHOOL LOCATOR** and follow the prompts.

Open House: Families whose children have been accepted into our English and Early French Immersion Programs are invited to an Open House in the springtime. There is time for your child to visit in a kindergarten classroom and for parents to meet teachers and administration. There is a short parent meeting in the library during the Open House. Information is mailed to all families following registration week.

- ◆ For more information please see the district website at <https://www.sd61.bc.ca/fiRegistration.aspx>
- ◆ Our school website is <https://georgejay.sd61.bc.ca/>

Late French Immersion for Grade 6 students

Students enter Late Immersion in Grade 6. They apply to enter at their choice of dual track middle schools during the week of **Jan. 27 to 31, 2014** and are notified of placement by the District by mid February. Registration is on a first come first served basis with priorities. For additional information please visit the District website, late French immersion at www.sd61.bc.ca, or call Simon Burgers at 250-475-4189.

Ready, Set, Learn for Three Year Olds

George Jay Elementary School hopes to help families with preschool age children connect positively with our school and with other community agencies in our area. As such, we will be hosting an interactive morning for families and their three year olds on Tuesday, January 28th. Please pass this information to neighbours and friends who will not receive this newsletter via their school age children. We look forward to seeing you in the school gym between 10:30—12:00. As children will receive a free gift bag and to make sure we have enough refreshments, please RSVP via email to georgejay@sd61.bc.ca or by phone 250-385-3381.



Cold and Flu Season



A reminder to please keep your kids home from school if they are not feeling well and to dress warmly for the weather. If your child is going to be away please call the school office at 250-385-3381 to let us know.



Handwashing for Health

Germs spread easily in a classroom. Handwashing is the most effective way to stop the spread of germs that cause colds, influenza, diarrhea and other illnesses. It is important children learn how and when to wash their hands to decrease their risk of getting sick.

How to Wash Hands:

Wet hands under warm running water

Scrub with plain soap for a count of **20**, all over hands and between fingers

Rinse under running water for a count of **10**

Dry hands with a clean paper towel

Turn off taps with a paper towel



When to Wash Hands:

Before and after eating or handling food

After using the toilet, handling pets, coughing, sneezing, or wiping noses

How long is 20 seconds?

Slowly singing "Happy Birthday" twice takes about 20 seconds

For more information contact:

Your local Health Unit

HealthLinkBC at 8-1-1 (a free call) or www.healthlinkbc.ca

www.dobugsneeddrugs.org

1000X5

1000 Books by Age Five

Children's Book Recycling Project Greater Victoria

January 27, National Literacy Day for Everyone

January 27 - National Literacy Day

...Donate books to increase early literacy

Do you know that reading books to babies and preschoolers is the most significant indicator of early school success? Cuddling and reading to your little ones shows that you value reading, builds comfort, enjoyment and early skills that last a lifetime.

Help make that true for those still to gain those habits. **January 27 is National Literacy Day.** As well as enjoying a new story with your child, please make an extra effort to drop of gently used picture books for babies and preschoolers in the drop box in the..... All very young children benefit from being read to – help make that a reality for more. Thank you for being part of the 55,000 books donated over the last three years.

Breakfast Matters!

The saying is true: breakfast really is the most important meal of the day. Studies have shown that students who eat breakfast before school have a general increase in math grades and reading scores, better attention spans, improved attendance, and improved behaviour.



The reason for much of these results is that breakfast jump starts our brains and bodies. Overnight people use up their body's available glucose (energy) and by morning their body is essentially fasting. Breakfast replenishes glucose (energy) and provides children and adults the fuel needed to maintain energy throughout the morning.

Kids that consistently skip breakfast may fall short in the nutrients required for optimum health. By missing breakfast they miss one-fourth to one-third of the day's energy and dietary needs.

Still not convinced? Children that eat a good breakfast have lower blood cholesterol levels and appear to have more success controlling their weight. Even if your child is at a healthy weight, breakfast is a healthy habit to start at a young age and carry into adulthood.

Reference: www.kaboose.com

Carol Graff, School meal Program Dietitian

Happy, Healthy Kids Program

This is a community funded hygiene program for students of George Jay Elementary, which provides hygiene supplies free of charge. Please contact Leila Durzi, Family Liaison Worker or Sue MacTavish, Youth & Family Counsellor for more information at 250-385-3381.



The City of Victoria is inviting you and your family to drop in to an open house to share what type of play equipment you'd like to see in these parks.

Open House:

Help Us Improve Hollywood Park Playground

Tuesday, February 25 5 p.m.– 8 p.m.

Margaret Jenkins School, Library, 1824 Fairfield Road

Refreshments will be provided. Registration is not required.

For more information, visit: www.victoria.ca/parkimprovements

Food is Fuel

My Kids often used to look at the gas gage in our car and nervously ask “Mom, don’t we need to stop for gas?” They knew that if the gas gage hit E the car would stop. Our bodies function the same way and if we choose not to “re-fuel” our energy, concentration, behaviour, and mood will be negatively impacted. Too bad we don’t have a gage that reminds us when we need to fill up!

Food is how we re-fuel our bodies and ensure that we have the energy to maintain health and reach our potential. It is important that children learn healthy eating at a young age. Parents or guardians play an essential role in helping shape their children’s eating habits. Try these tips to help your children eat well and re-fuel regularly:

1) Focus on eating nutrient-rich foods instead of what not to eat:

Teach kids to spot brightly coloured fruits and 100% juice, vibrantly coloured vegetables, whole, fortified and fiber rich grain foods, low fat milk, cheese and yogurt, and lean meats, skinless poultry, fish, eggs, beans and nuts. These nutrient-rich foods and beverages provide high amounts of nutrients compared to calories. For example, a nutritious snack of a smoothie made with berries and low fat yogurt has more fat and calories than a diet soda and baked chips however, the smoothie is far better for kids because it provides many beneficial nutrients needed for growth and health.

2) Use Positive messages:

Let kids know that all foods can fit into a healthy diet. There are no “good” or “bad” foods. The key is moderation. Positive messages help to avoid stress and guilt which can lead to poor eating patterns as children get older.

3) Talk about nutritious choices wherever you go:

Talk to kids about smart food choices and how important they are for learning and doing well in school, playing for fun and sports, feeling good and staying healthy. Remind kids to re-fuel both at home and when they are at school.

Carol Graff, School Meal Program Dietitian

GOOD FOOD BOX ORDERING

We are pleased to be able to offer Good Food Boxes for pick up from George Jay Elementary School every two weeks.

This is the only school in Victoria that offers this program!

Good Food Boxes feature high quality, local, unsprayed, and/or organic sustainably grown produce for up to 50% less than market prices. Tastier produce with higher nutritional content for less cost!

To order your box: fill in the order form. This can be found in the parent room or sent home with your child by request.

Sample Order Form

Name _____ Student’s name _____

Phone number _____

Please check off the type and number of boxes ordered:

Large Fruit and Veggie \$18 ____ All Fruit Box \$15 ____

Medium Fruit and Veggie \$12 ____ Snacking Box \$10 ____

Small Fruit and Veggie \$6 ____ All Organic Box \$18 ____ Amount enclosed _____ (please pay in cash or check made out to the Capital Region Good Food Box Society)

Positive Parenting Using Restitution



Winter Workshop Series

Tuesday evening 6:30-8pm

February 4-March 4th

Room #212 George Jay Elementary School

No cost to GJ parents and guardians

Child minding available

Restitution is a values based method of teaching children how to be self controlled, which involves making up for and learning from mistakes.

Session #1 Restitution Explained- Feb. 4th

Session #2 Your Values and Beliefs- Feb 11th

Session #3 The Family Contract- Feb 18th

Session #4 Speaking the Language- Feb. 25th

Session #5 Implementing Restitution- Mar. 4th

This workshop series is facilitated by Sue MacTavish, B.A. CYC. She is a trained Restitution Facilitator and a parent who has been practicing Restitution for 7 years. Sue has over twenty-five years experience working with children, youth & their families in a variety of settings; she is currently employed as a Youth & Family Counsellor at George Jay.

**Please contact Sue MacTavish or Leila Durzi at GJ
for registration information 250 385-3381**

George Jay's January PAC Newsletter

"Learning to Care, Caring to Learn"

Holiday Emporium

Once again, our Holiday Emporium was a big success! We raised almost \$1,800 with the Emporium and Silent Auction this year. We even got our picture in the *Times Colonist* (see below)! Thank you so much to all our donors—this event wouldn't go as smoothly and be as successful without you. Our neighbourhood businesses who donated gift certificates for our silent auction included Aubergine Specialty Foods, Belfry Theatre, Cornerstone Café, Crystal Pool, Fernwood Inn, Floyd's Diner, Gemi Hair Salon, Larsen's Music, Market on Yates, Nando's Restaurant, North Park Bikes, Patisserie Daniel, Status Hair, and WIN.



Thanks also to both the parent and community volunteers from Central Baptist Church, Glad Tidings and Oak Bay High who came and helped with the set-up and the event, and the gift-wrapping volunteers—many of who have done so for years. And a big thanks to our Grade 4 and 5 students who spent a morning moving boxes and happily setting up for the big day!

The money raised will go towards increased activities for our students: field trips, theatre programming, clubs and so much more. We are so grateful for all the helping hands at this annual event!

PAC Meeting: January

Our January PAC meeting will be split into two parts: a short general meeting followed by the special Parent Education Night (see below). The regular meeting starts at 5:30pm on Wednesday, January 29. Please RSVP to georgejaypac@gmail.com with your name and if you are bringing children. Your RSVP will ensure that we have enough babysitters and food. Thanks for understanding!

Parent Education Night

Exciting news—our first Parent Education Night is going to be held in the Parent Room at 6pm on Wednesday January 29, directly after a brief PAC Meeting.



Our guest speaker **Brooken Sayers** will talk about self-regulation—a practice that teaches kids how to stay focused at school, and how you can bring these tools into your home. Please RSVP georgejaypac@gmail.com if you can, just in case there are enough of us attending that we need to move to another room.

Thanks!

Thanks to parent volunteer Anne for keeping both the Lost & Found and the Clothing Exchange room clean and organized. It also looks like we need more boy pants, so if you have children's clothes that are clean and in good shape, please bring them to the Clothing Exchange room located in the Parent Room.

Thanks also to local Kaleidoscope Theatre, who gave free tickets to some of our grade 3, 4 & 5 classes to go see their production of *The Neverending Story* in December. What a treat it was!

Lunch Clubs Need You!

We are looking for parents, guardians or family helpers to participate in fun noon hour clubs. Crafting, skipping, playing board games, drumming . . . the list of possible clubs goes on and on! We just need you once a week for 30 minutes at lunch to spend some quality time with our fantastic kids. Contact Beth at rusty-cauldron@icloud.com if you are interested in heading a club or have an idea for one to start.

Find us online at www.georgejaypac.com or email us at georgejaypac@gmail.com

And we're now on Facebook—just go to www.georgejaypac.com then click the 'F' to join our group and receive instant email messages!