

May 16
2013

GEORGE JAY BULLETIN

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"Learning to Care... Caring to Learn"

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

I wish to take this time to thank all parents who came to Student Led Conferences/Parent Teacher Interviews to discuss their children's progress. I am sure you are proud of what they have been doing this school year and the progress they have made. On April 30th, at the Aboriginal Family Dinner, we celebrated the successes of our aboriginal students. A good time was had by those who attended!

It's hard to believe that the school year is almost over—six more weeks and summer fun begins for the students. Please look over the calendar very carefully as there are many exciting activities planned. The annual Read for the Top final event is on Tuesday, May 28th at 1:30 in the library. It is always exciting to watch the two top teams compete. Many thanks to Ms. Waters and Mr. Warren who is returning to assist with this event. This time of year, routines are still very important for our students - lots of sleep and healthy foods. We thank you for your support in ensuring our students are ready to learn every day.

Dates to Remember

May 17th	Professional Development—school is not in session
May 20th	Victoria Day—School is not in session
May 21st	Welcome to Kindergarten in the library 1:30—3:00
May 24th	Strongstart closed today; Coast Capital Fun afternoon
May 27th	Track & Field Zone Meet
May 28th	Read for the Top competition in the library
June 4th	Bike rodeo 1—3 p.m , Volunteer Tea 2-3:30 in the library
June 5th	Whole school photo
June 17th	National Aboriginal week
June 21st	School Fun Day 12:45-2:45
June 24th	Gr. 5 Celebration at 10:30
June 26th	Reports home
June 27th	Strong Start closed; Year end assembly at 10:30; Final day for students

Welcome to Kindergarten Open House

If you have a child coming to Kindergarten this September, please be sure to mark in your calendar our Open House. This will occur on Tuesday, May 21st from 1:30 to 3:00pm. It will provide you an opportunity to visit the school, be involved in some purposeful play at centers, meet community partners and parents of other students. We hope you will come!!

Virtue of Confidence: Confidence is having faith in someone. Self-confidence is trusting that you have what it takes to handle whatever happens. When you have confidence in others you rely on them.


G V S D



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 Counselor for more information at 250 385-3381.

Fernwood Community Centre

 Youth Drop In Friday at the Fernwood Community Centre for 9-13 year olds, from 7-9pm. A place to come hang out and be yourself. We have sports nights, game nights, cooking, and community youth events. We will be open all summer, so if you need a place to go, or something to do, come by.



Read for the Top



The Read for the Top Program is an annual event that began in 1984 to help celebrate National Book Week. We now hold it to celebrate students reading at George Jay Elementary School. It is a school wide reading

initiative that is enjoyed by the entire school community. This reading competition was designed to celebrate mostly Canadian authors and literature. Students enter their teams of four members, which they make up themselves. The Junior section is for grade 2-3 students and grade 4 and 5's take part as Intermediates. On average, about 25 teams compete. A typical game consists of the students on two teams answering questions based on characters, events, and authors/illustrators of the chosen books.

Read for the Top has become a tradition at George Jay and it makes May a very exciting month. Bob Warren, former Teacher Librarian and Vice Principal at George Jay (now retired) was the founder of this event. He comes back to George Jay to run the preliminary competitions during the month of May leading up to the final. The whole school, local authors, celebrities and school district officials attend the final event.

Parents are invited to come on May 28th from 1:15—2:30. Students have been reading the books and creating questions for the event. Divisions 1 and 3's "book trailer" creations will be on display too.

Healthy Eating on a Budget

Eating healthy on a limited budget can be challenging. Try the following tips to help you find lower cost, healthy food choices in the grocery store. Using Canada's Food Guide and these shopping tips you can stretch your dollar to save money and eat well.

Plan your meals ahead of time and make a shopping list.

Find foods on sale by reading store flyers. Plan your meals around what is on sale.

Buy only what you need. It is a good idea to buy foods you eat often in bulk or on sale but be careful not to buy too much. If the food spoils before you can eat it you won't save any money.

Don't go grocery shopping when you are hungry because you may end up buying more food than you need.

Limit high calorie snack foods and drinks (chips, chocolate and pop). These foods are expensive and offer little nutrition.

Choose foods in season or try frozen. Foods like fresh berries are expensive when they are out of season. Try frozen for good quality and better value.

Cut down on convenience foods. Ready to eat or prepared foods usually cost more for less food.

Compare Brands. Different brands might have very different prices but be almost the same quality.

Shop at grocery stores. Prices are higher at convenience stores and they have less variety.

Shop around the edge of the grocery store to find many of the basics. Items on shelves at eye level may be more costly so be sure to look at options on upper and lower shelves too.

<http://www.healthlinkbc.ca/>

<http://www.healthyfamiliesbc.ca/>

Carol Graff, School Meal Program Dietitian



Supervision Reminder Before and After School

Just a reminder to parents, that supervision for students begins at 8:25 a.m. Students should not be arriving before this time if possible. Students are reminded to wait outside until the bell rings unless it is raining. After school supervision ends at 3 pm and all children need to be picked up for safety reasons.

Toast Club—8:20—8:40

We would like to take a moment to thank everyone who volunteers at toast club. Our volunteers are so generous with their time and donations. Without them, we would not have Toast club. As some of our volunteers have had miscommunication with parents here is an outline of Toast Club rules:

- ◆ Eat first, play later. You will not be allowed to enter the toast club line once the warning bell has rung.
- ◆ Toast Club is for breakfast only. It is not to provide snacks for recess. Please take only what you can eat at that moment so there is enough food for everyone.
- ◆ Know what you want to eat before you enter the line. Parents please ask that question before. Children deciding at the counter takes away time others could be served.
- ◆ Treat the volunteers with respect. They are instructed to shut the program down when the bell rings. If you do not have breakfast, you need to come earlier the next day.



Thank you so much for taking the time to read this and respecting this program.

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 _____



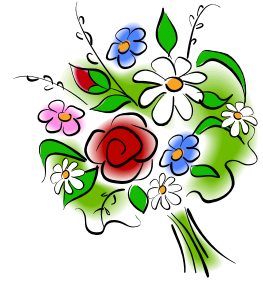
Please check off the type and number of boxes ordered:

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)

VOLUNTEER APPRECIATION TEA



George Jay has so many wonderful volunteers who have been so important to our school community throughout the year.

We would like the opportunity to say thank-you! Please come to our event on Tuesday June 4th from 2-3:30 in the George Jay library. There will be appreciation performances by George Jay students and refreshments

All volunteers are welcome:

- ◆ Classroom readers and helpers
- ◆ Drivers and chaperones for field trips
 - ◆ Toast Club volunteers
- ◆ Helpers with PAC events – including the Halloween Dance, Holiday Emporium, Movie nights, Quadra Village Day, etc.
 - ◆ Mentors



GEORGE JAY'S VERY OWN MR. "BIG DAWG" WILSON IS OFFERING A SPECIAL DISCOUNT AT HIS BARBERSHOP/SALON TO THE STUDENTS/STAFF/PARENTS OF GEORGE JAY

DISCOUNTS INCLUDE: \$5 OFF MEN'S CUTS

\$5 OFF WOMEN'S CUTS

\$5 OFF CHILDREN'S CUTS

STATUS BARBERSHOP LOCATED AT 1010 YATES ST(BEHIND MOXIE'S GRILL/NEXT TO CABANATAN)

WE CUT ALL STYLES, ALL LENGTHS, ALL CULTURES

At Status we are a multifaceted barbershop that specializes in the styling, grooming and overall hair care for all ethnicities. Status exemplifies the rich legacy of the art form of barbering. This legacy has helped build the foundation that allows us to continuously redefine ourselves through creative expression. We are driven by our goals and exceptional standards, which only strengthens our dedication to providing a uniquely stylish, affordable service. We are educated and up to date with our ever changing industry. Everyone on the Status Team is professional and exceptional with their own creative natures and eccentric personalities. Our mission is to make sure your experience is nothing less than the best, leaving you completely STATUSfied.

VOTED BEST OF THE CITY BY VICTORIA NEWS.

TO HAVE A LOOK AT DIFFERENT STYLES AND COMMENTS PLEASE CLICK ON LINK BELOW

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