

November 20,  
2014



# GEORGE JAY BULLETIN

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## "Learning to Care... Caring to Learn"

Dear Families,

What great fall weather we have been having this past month. Even though it has been chilly, the sunshine has allowed us to keep the children outside and be active. As rainy weather begins, please make sure your child is dressed appropriately to stay warm and dry and comfortable when returning to the class. We believe it's important that children go outside during their breaks as much as possible. Fresh air and exercise energizes learning, so unless it is pouring rain, out they go! We are asking, if possible, that indoor shoes (nothing fancy or expensive) can be sent to school to help us keep the school clean. Flu season is approaching and if your child is sick, please keep them at home. Keeping everyone healthy is a priority.

We are impressed with how quickly the children have adjusted to the new school, new routines and bussing. The children are doing great! The end of the first school term is almost completed! Reports cards are coming home in two weeks. If you have questions about your child's progress at any time, please feel free to contact your child's teacher. Good communication between school and home is always important to us. To support your child at home, reading is a great place to start. With the month of December being such a busy time of year, proper nutrition and enough sleep helps your child do their best at school. Good communication between school and home is always important to us.

Mrs. Leslie Lee

Mrs. Terri Smith

## Dates to Remember

Nov. 20	Photo retakes
Nov. 21	School Pro-D—School not in session
Nov. 24 /25	Vision and screening for all Kindergarten students by VIHA
Nov. 26	Family Quiz night 6:30-8:00 Gym
Dec. 5	1:00 SOAR assembly; Reports go home
Dec. 12	<b>Christmas Pancake breakfast sponsored by Maximus Health 8:30 am start. Parents welcome to attend with their child. Please come early to the gym</b>
Dec. 16	Winter concert at 1 p.m. in the gym
<b>Dec. 18</b>	Emporium 9-3:30 Gym
Dec. 19	Last day before Winter break
Jan. 5	School reopens after Winter break

**G V S D**

Virtue of Integrity: Integrity is living by your highest values. It is being honest and sincere. Integrity helps you to listen to your conscience, and to tell the truth.

## 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.

## Lost and Found

We have a lot of coats that belong to our students in our lost & found area! We would like to ask parents to mark the inside of their child's coat with the child's first initial and last name. Please use a permanent black marker. This way we can get their coat back to them if they leave it somewhere. Thanks so much for your help in this!

## Flu Season

Remember that the best prevention for all season flus and colds is by taking the following steps:



Students should not be exchanging/sharing makeup, lip gloss, bottled water, food etc.

Wash hands frequently. Proper hand washing should take 20 plus seconds and should include soap and water or hand sanitizer. It may be helpful to encourage younger students to wash their hands until they have finished singing happy birthday or their ABC's in order to promote proper hand washing.

When a tissue is not available, please cough or sneeze into the elbow of your sleeve.

Avoid touching your eyes, nose or mouth.

## Indoor slippers/shoes

As the rainy weather approaches we would like to suggest that students bring a pair of indoor shoes or slippers to keep at school to wear while they are in the classroom. This will help to keep our school clean and dry. Thank you for your help in this.



## Attendance

Please note that if your child arrives to school after 11:30 a.m. they will be marked absent for the morning. If they arrive before 11:30 they will be marked late. For the afternoon attendance, students who leave before 1:30 will be marked absent for the afternoon.

## Kindergarten parents: Making Literacy a Part of your Day

To encourage awareness of letters and words:

Find various letters and words on containers, labels, signs, newspapers and magazines (e.g. find the "m" on the milk carton)

Play rhyming games (e.g., "Can you think of a word that rhymes with house?" and I'm thinking of something that is black and furry and rhymes with bat.")

Make a shopping list together

Talk about symbols that represent words, (e.g. wheelchair symbol, washroom signs)

Cut out pictures and words from advertisements, newspapers and magazines

Make a book by slipping familiar signs and labels into an inexpensive photo album

See you reading and writing every day

Label photos of family members and attach to the fridge

## School Closure for Inclement Weather

We are now approaching the season when inclement weather may affect the safety and welfare of students. In particular, snowy weather has the potential to cause school closure or some School District 61 services to be suspended.



During inclement weather, information about schools will be updated continuously on the Greater Victoria School District 61 website at <http://www.sd61.bc.ca/>.

Within the Greater Victoria School District, the Superintendent of Schools will provide media outlets with information about the status of our facilities and transportation service by 6:30am. We will also send out a synervice notification.

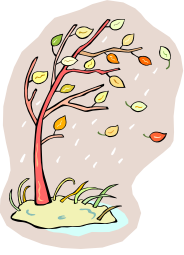
## Lunch Program

Lunch form notices for December/January will go home on Monday. Please sign and return the form by Thursday, November 27th if you would like your child on the lunch program.

## Library News

Students at George Jay love to visit the library and borrow books! Please be sure to check with your child's teacher about their library book exchange time so that books may be returned on time.





## George Jay “Coats for Students”

If your child is in need of a winter coat, please fill out the information below and return this form to the school A.S.A.P. Thank-you to the Coats for Kid’s campaign for donating coats to us this year.

Please get your request in soon as sizes and styles are limited.

Child’s name \_\_\_\_\_ Teacher \_\_\_\_\_

Size:            \_\_\_Small                            \_\_\_Medium                            \_\_\_Large

Teachers: please place completed forms in Leila or Sue’s mailbox.

We will come and get students from your class to choose a coat. Thank-you!



### From the School Meal Program

Bones are important for lots of reasons. They provide a framework for our growing bodies, they protect vital organs such as your heart and lungs, they provide an anchor for your muscles, and they store calcium.

Bones are living tissue that breakdown and rebuild throughout life. Most bone building happens in childhood and adolescence making it important to serve meals and snacks that include foods high in calcium.

Calcium is found in many foods. The most common source is milk and other dairy products such as cheese and yogurt. Orange juice with added calcium, breakfast cereal with added calcium, broccoli, almonds, and sesame seeds are other examples of foods containing calcium.

Some kids have trouble digesting the natural sugar in milk. This sugar is called lactose and eating dairy products can lead to stomach upset and uncomfortable gas. Trouble digesting this natural sugar is known as “Lactose Intolerance”. Most kids with lactose intolerance are able to digest milk when it is served in small amounts and combined with other foods like cereal. These kids may also do well with other dairy products such as cheese or yogurt even if milk is a problem. Lactose free milk products are available in most stores and pills or drops can be added to dairy products making them easier to digest.

Carol Graff, Registered Dietitian with the School Meal Program



# HOLIDAY HAMPERS

Dear Parent/Guardian,

At George Jay School, we want every child to have the opportunity to enjoy the upcoming holiday season. To this end, we try to support families in need whenever possible. This year we have the ability to provide Holiday Hampers to some of our George Jay families. Hampers consist of gifts for children and food. Please be aware that you should not be applying for a hamper if you have family support or have applied to another agency for a hamper, or have your own resources. Sponsors are told that their hampers will be the main source of gifts and food for that family. The hampers are generously provided by private individuals and groups in our community who want to support families in need.



Please note that the hampers are only available on a first-come first-serve basis.

If you have any questions, please contact me in Room 112A or by calling the school at 250-385-3381

Leila Durzi, Family Liaison Worker

**Fill out the form below and return to office or Family Liaison Worker by November 27th.**

Name of Parents or Guardians:

Address:

Phone number:

Children:

Name \_\_\_\_\_ Gender \_\_\_ Age \_\_\_ Clothing/Shoe size \_\_\_\_\_

Gift wish/interests \_\_\_\_\_

Name \_\_\_\_\_ Gender \_\_\_ Age \_\_\_ Clothing/Shoe size \_\_\_\_\_

Gift wish/interests \_\_\_\_\_

Name \_\_\_\_\_ Gender \_\_\_ Age \_\_\_ Clothing/shoe size \_\_\_\_\_

Gift wish/interests \_\_\_\_\_

Parent/guardian gift ideas \_\_\_\_\_

Special needs/requests/allergies \_\_\_\_\_

Preferred grocery store \_\_\_\_\_