

# **GEORGE BONNER MIDDLE SCHOOL**

## NEWSLETTER

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 Vice-Principal: Ms. Nicole Boucher E-mail: [nboucher@sd79.bc.ca](mailto:nboucher@sd79.bc.ca)

### **School Planning Council Goals 2011/12:**

- To improve numeracy skills for all students with a focus on problem solving.
- To promote school connectedness within a healthy school environment.

December 5, 2011

**Dear Parents/Guardians:**

## **Best wishes for 2012 to all of our Bonner families!**

As we near the end of another year, I would like to take this opportunity to thank the staff, students and parents, for the time, patience and commitment to making our school an excellent place to work and learn. Check out the school website by following the links to the district website at [www.sd79.bc.ca](http://www.sd79.bc.ca) - then click on Middle Schools followed by George Bonner Middle School.

### **DATES**

December 8	Thursday	Grade 6 & Jazz Band Winter Concert at 7:00 p.m.	
December 8	Thursday	Report Cards go home	
December 13	Tuesday	Grade 7/8 Band Winter Concert at 7:00 p.m.	
December 16	Friday	Last day of classes in 2011	
December 19 to January 2		<b>WINTER VACATION</b>	No classes
January 3, 2012	Tuesday	<b>First day of classes in 2012</b>	
January 11	Wednesday	80 minutes early dismissal	
February 6	Monday	<b>PRO D DAY</b>	No classes
February 17	Friday	Winter Activity Day	
March 12 - 16		<b>5 DAY DISTRICT CLOSURE</b>	No classes
March 19 - 23		<b>SPRING VACATION</b>	No classes
April 6	Friday	<b>GOOD FRIDAY</b>	No classes
April 9	Monday	<b>EASTER MONDAY</b>	No classes
April 24	Wednesday	80 minutes early dismissal	
May 4	Friday	<b>PRO D DAY</b>	No classes
May 21	Monday	<b>VICTORIA DAY</b>	No classes
May 23	Wednesday	80 minutes early dismissal	

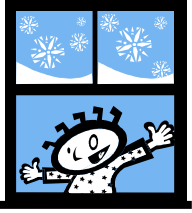
### **FIRST REPORTING PERIOD**

The first official report card will be issued to students by Thursday, December 8<sup>th</sup>. While we recognize that at this time the formal report card contains only demographic information, you should have received progress updates from your child's teachers. As always, if you require student achievement information, please contact your child's teachers.

### **PLC EARLY DISMISSAL**

We had our second PLC (professional learning community) early dismissal on November 23. Staff attended one of four workshops given by staff (PE, Special Education, Math, and Healthy Schools). Teachers value this collaborative time greatly.

## **INCLEMENT WEATHER POLICY AND LOSS OF POWER DAYS**



During the year, the school may be closed due to inclement weather. The Superintendent makes all decisions, including cancellation of bus transportation. These announcements will be posted on the district website and the following radio stations will be notified and report on the school district status: **CKKQ 100.3, CBC 90.5, SUN-FM 89.7, CFX 1070. A Channel** will also be notified.

Parents must make individual decisions to the appropriateness of sending their children to school during periods of inclement weather. Cowichan Valley School District cannot be aware of circumstances in every neighbourhood, or that may affect individual students, when it makes its assessments of school status. The district's objective on inclement days is to offer service to students who can safely get to school.

If the power goes out at Bonner once the school is in session, then the following procedures will be followed:

- Principal will contact the Director of Middle and Secondary Schools;
- Director will consult B.C. Hydro to determine how long the power is going to be out.

Depending on how long the power is going to be out, the Superintendent may decide to send the buses early. Please make sure you have given clear directions to your child during such an emergency. It is not possible for us to make contact with each parent prior to dismissal. However, we will keep your child at school if it is not safe for them to take a bus home without first making contact. In such circumstances, your child needs to report to the principal or vice-principal.

## **FOUNDATION SKILLS ASSESSMENT (FSA) RESULTS FOR 2011**

Area	Participation Rate			Percentage of students meeting or exceeding expectations		
	Bonner	District	Province	Bonner	District	Province
Reading Comprehension	94%	81%	84%	80%	62%	66%
Writing	94%	76%	82%	87%	61%	72%
Numeracy	96%	77%	83%	65%	53%	62%

First of all, we are very pleased with the exceptionally high participation rate for Bonner students (94% to 96%) compared to 82% to 83% in the Province. We are also pleased by the results when compared to both the District and Provincial scores but our goal continues to be to improve our own results each year.

## **FSA 2012**

We have received information to confirm that FSA testing will continue for Grade 4 and 7 students during the current school year. The Ministry dates for administration are January 16 – February 24. While we have set tentative dates at the school level, no firm plans are yet in place. There is parent information on the Ministry website, including access to online sample questions. The web address is: [www.bced.gov.bc.ca/assessment/fsa/sample\\_tests.htm](http://www.bced.gov.bc.ca/assessment/fsa/sample_tests.htm). If you have any questions, please contact Ms. Grant at the school.

## **WINTER ACTIVITY DAY - February 17, 2012**

Bonner students will again be given an opportunity to participate in a variety of activities on Winter Activity Day. In order to encourage students to join an activity, teachers are willing to sponsor a number of options at a range of costs from free to over \$80. The students will be asked to make a firm choice in early January so we would appreciate it if you would discuss this with your child. Some possibilities we are considering are listed below. Please note that prices listed below may change. Prices for individual activities will be finalized in January.

### **Activity**

Downhill Skiing at Mt. Washington (helmets required)  
 Snowboarding at Mt. Washington (helmets required)  
 Snowshoeing / Tubing  
 Rock Climbing (Romper Room)  
 Tennis/Golf (Arbutus Ridge with lunch)  
 Vancouver Trip to Vancouver Aquarium (limited to bus availability)  
 Duncan swimming, skating, bowling  
 Victoria trip  
 Floor hockey/badminton (gym)  
 Crafts/Baking

### **Approximate Cost**

\$35 - \$95  
 \$35 - \$95  
 \$60 - \$90  
 \$25  
 \$46  
 \$40  
 \$18  
 \$20  
 Free  
 Free



If parents have other ideas for activities, they could pass them on to our Winter Activity Day Committee members: Ms. Roach or Ms. Posey. We encourage all students to participate in one of the above activities.

**BONNER CLOTHING ORDER – Ms. H. Grant**

Bonner Clothing orders have been placed and will be arriving in time for the holidays. Orders will be delivered to students/staff as soon as they arrive. If you missed out this time on ordering Bonner clothing, there will be another opportunity to order in the new year.

**LIBRARY NEWS – Ms. V. Allan**

Another busy month has flown by in the library. All Grade 8's have completed their **research projects** on religions. They have learned the valuable skills of taking notes without plagiarizing, citing their sources in a bibliography and producing a quality piece of research. They now also have an appreciation of the differences, similarities and influence of the major religions of the world. Some Grade 7's have already started their research projects on Ancient Egypt and Mesopotamia; others will start in January. At Bonner every student will spend time in the library every year learning the important skills of information literacy.



This month has also seen the beginning of the **Red Cedar Book Awards**. Grade 6 & 7 students will have the opportunity to participate in this worthwhile program. Books by Canadian authors have been nominated by the Red Cedar committee, and it is up to BC students in Grades 4 to 7 to evaluate them and vote for a winner. You will hear more about this program as the year progresses. Take a look at [www.redcedaraward.ca](http://www.redcedaraward.ca) for more information.

For Grade 8 students the **Stellar Book Award program** will begin soon. This program is for students aged 13-19 and involves reading and evaluating Canadian books nominated by a committee of BC teens. For more information go to [www.stellaraward.ca](http://www.stellaraward.ca)

Did you know that the library runs a store so that students can buy school supplies as they need them during the year? The following is a list of the items we carry and their cost.

batteries AA	50¢	index cards pkg/60	\$1.50	pencils	25¢	post-it notes small	50¢
calculators	\$4.00	mechanical pencils	50¢	pencil refills	50¢	reinforcements	10¢/sheet
dividers pkg/5	\$1.00	notebooks:		pencil sharpeners	\$1.00	rulers	\$1.00
duotangs	50¢	ruled	\$1.00	pens	25¢	scissors	\$1.00
erasers	25¢	quad-ruled	50¢	poster board	50¢	sharpie black pens	\$1.50
glue sticks	\$2.00	paper 150 sheets	50¢	post-it notes large	75¢	white-out tape	\$2.00

**REMEMBRANCE DAY**

At our Remembrance Day ceremony, our school paid tribute to the women and men who have served our country, past and present, and in particular to those who lost their lives in the line of service. We were very fortunate to have had two wonderful guest speakers: Mr. Allan May, who served in the British Merchant Navy, shared his story, and Naval Officer Lieutenant Mark Blondeau gave us an overview of the Canadian Armed forces, both past and present. Our assembly could not have happened without the help of many students. Thanks to the following students for their contribution:

Singing of O Canada:

**Sierra MacKay**

Student Emcees:

**Ashtyn Quinn-Lindahl, Masaru Evans, Malanya Hanson, Noah Crumb, Tom Mansey and Kalenta Menu**

Original Poem:

**Travis Clark**

Last Post and Reverie:

**Graham Braun, Merek Pipes, Alyssa Casavant and Nathan Elmes**

Cadets:

**Nathan Elmes, Levi Procee, Madii Turvey and Miranda Kinniburgh**

Thank you also to Mr. Launder and the Grade 8 Band students for their exceptional performance.

**PENNIES FOR PRESENTS**

Divisions 63/64 (Linked Together) will once again be participating in this community service project sponsored by The Cowichan News Leader / Pictorial until Wednesday, December 14<sup>th</sup>. Funds help the Cowichan Valley Basket Society and the Salvation Army provide for those less fortunate in our area.



Each classroom will have a container to collect pennies and small change and students from Divisions 63 & 64 will roll and count the money daily. A large graph in the atrium will display the growing totals. Last year George Bonner donated \$1000.00! Please start sending in your small change to make a big change in the lives of local people at Christmas time.

**YEARBOOK**

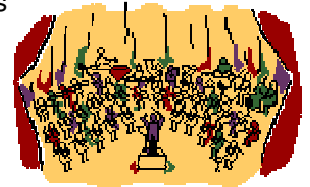
Parents, would you like to support our yearbook by placing an ad in it? Prices start at \$40.00 for a business card sized ad. Please email ([svanhell@sd79.bc.ca](mailto:svanhell@sd79.bc.ca)), drop off a hard copy at the office or call 250-743-5571.

**BAND PROGRAM – Mr. G. Launder & Mrs. T. Carter**

Students taking band in Grades 6, 7 and 8 are busy practicing at school and at home in preparation for the upcoming winter concerts. Here are the dates and times:

- Grade 6's and Jazz Band: Thursday, December 8 at **7:00** p.m. in the multi-purpose room
- Grade 7's and Grade 8's: Tuesday, December 13 at **7:00** p.m. in the multi-purpose room

All students taking band in Grade 6, 7 and 8 are expected to attend the concerts unless previously arranged with Mr. Launder or Mrs. Carter. Proper dress for the concerts is black pants (no shorts and no blue jeans) and dark shoes (if possible). Band shirts will be provided for all students at the concert. Audience seating will be at a minimum especially at the Grade 7 and 8 combined concert on December 13. Grade 6 students and Jazz band students need to arrive in the gym at 6:30 p.m. on the evening of the concert. Grade 6 bass players and drummers must arrive at 6:15 p.m. in order to set up their equipment properly. Grade 7 and 8 students are expected to arrive at 6:30 p.m. in the gym in order to be prepared to start the concert right at 7:00 p.m.



Thank you to Susan Stevenson and the many parent helpers who donated their time to collect money from students who sold poinsettias this year. The band students sold a total of 512 poinsettias. Top sellers by grade are: **Koltin King** (23 sold), **Lauryn Jarabek** (14 sold) and **Alyssa Lalani** (28 sold). Poinsettias orders must be picked up when they arrive at the school in the afternoon of Thursday, December 8<sup>th</sup>. Please do not leave them at the school over the weekend.

Grade 8 band students sold 438 E.J. Hughes calendars this year. Top 3 sellers were: **Alysha Greene** (26), **Masaru Evans** (18) and **Brett Laurie** (16). Well done! Thank you to the many parent helpers who helped to make this activity happen.

More information on the potential Grade 8 band trip will arrive in the new year. No destination or dates will be set until the teacher job action is over.

Grade 7 band students wanting to perform at Cobble Hill, Bench and Discovery in the spring need to be part of the concert band which has practices every second Wednesday at lunch in the band room. Grade 7 concert band is open to all students in Grade 7 band. Come out and let's show the elementary schools what a great music program we have a George Bonner.

Thank you to all parents of band students for supporting the very successful music program at George Bonner Middle School. Enjoy the break.

**ATRIUM HOLIDAY TREE**

The 'Chained Champions', Divisions 61 & 62 will be setting up December's tree in the atrium. Underneath, many wrapped boxes are waiting for your donations of non-perishable food items which go to our Community Food Bank. Team names are on the boxes and it is hoped that all divisions can fill one box (OR MORE!). Your acts of kindness make the difference for many families during the Christmas Season.



We are slowly decorating the tree. If you wish to bring and add an ornament to the 'Atrium Tree' please see Mr. Posey or Mrs. Carter, so it can be safely placed and displayed.

Thank you for your support, The Chained Champions

**CROSS COUNTRY and TC 10K TEAM - Ms. K. Simmons**

Our Cross Country season has come to an end for the year. Congratulations to all runners who participated in practices and meets! It is still a ways off, but registration is open for next year's TC 10K. If you would like to register for our team "George Bonner Bears", you can do so online and save if you do so before January 31st. This note is just for the "early birds" out there. There will be more information about how to register in the next newsletter. Practices will resume again mid January on Mondays at 3:00 p.m. and Fridays at lunch. These practices are open to anyone who would like to build up to the 10k distance.

**GR. 8 GIRLS' VOLLEYBALL TEAM – Mr. J. Cutt & Mrs. M. Webb**

Congratulations to the girls for a successful volleyball season. Throughout the season they dedicated themselves to the two morning practices per week and one game per week. By the time of the final tournament, the players were working together as a team, playing more two and three hit volleyball than one hit ping pong. Many thanks to the parent drivers. Thanks also to the parents and students who helped during the final tournament held at Bonner, especially Melanie and Lou Brancato, and **Bryn Griffiths**. The coaches this season were Mrs. Webb and Mr. Cutt.

**Team A: Taya Laird, Rachel Price, Julia Urniezius, Ivy Hanson, Kaitlyne Lewis, Cierra Paisley, Jade Canning, Sarah Kaufmann, Micaela Fracy, Megan Wilbur, Lauren Robilliard and Juliet King**

**Team B: Taralynne Lewis, Tawney Geddes, Marina Ellison, Anna Brancato, Avishag Sharabi, Grace Baxter, Jessica Parkin, Amy Moorwood, Hazyl Jonas, Gillian De Valk, Olive Kiruiro and Kirsten Harry**

**GR. 8 BOYS' BASKETBALL – Mr. D. Posey and Mr. J. Cutt**

In the final weeks of November, a dedicated group of boys started practicing for this season's league, which runs from December through February, ending in a mid-island tournament held in the week of February 13, 2012. The boys practice every Tuesday and Thursday morning from 7:45 to 8:30 a.m., with games on Mondays and Wednesdays starting in December. All players and coaches will be in formal clothes, including ties, on game days, so wish them luck when you see them looking their best. The coaches for this season are Mr. Posey and Mr. Cutt.

**GR. 8 GIRLS' BASKETBALL – Mr. P. MacKay, Mr. G. Hamilton & Mrs. J. Hopwo**

The Gr. 8 girls have started their practices for this season's league, with a similar time line to that of the boys. The coaches this year are Mr. Hamilton and Mr. MacKay, student teachers at Bonner, and sponsored by Mrs. Hopwo. Due to the varied days that the coaches are at Bonner, the practice times and days will change through the season. In December, the practices are every Tuesday and Friday morning from 7:45 to 8:30 a.m.

**HEALTHY EATING HACE DAY**

On November 26<sup>th</sup> naturopathic doctor Katherine Ahokas was pleased to be part of the Grade 8's day focused on healthy eating. Dr. Ahokas spoke about balancing meals and snacks with protein, complex carbohydrates, and healthy fats. The students learned that good sources of protein include lean meats like chicken, turkey and fish, as well as eggs, yogurt, nuts, beans, and yes even quinoa! Protein is essential for muscle and bone growth and should be eaten with every snack and meal.

Not all fats are created equal. Avoiding saturated and trans fat is recommended. However, healthy fats are important in the diet for many reasons, including the health of our brain, nervous system, and cardiovascular system. Some of the best sources include nuts and seeds, olive oil, avocado and fish. Carbohydrates should primarily be the 'complex' type found in whole grains, beans, and vegetables. Simple carbohydrates or sugars are far too common in the average diet and in excess are linked to obesity, some cancers and heart disease. Eliminating juice boxes, pop and sugary packaged snacks is the easiest way to reduce the amount of simple carbohydrates in the diet.



Finally, the Grade 8 students were lead through an easy exercise of how to incorporate a rainbow of coloured vegetables into their daily diet. Variety is very important in vegetables. Including a rainbow of colours ensures that more vitamins, minerals and healthy

phytochemicals are consumed regularly. So next time you are grocery shopping make sure your cart is filled with bright colours of vegetables!

Changing eating habits does not happen over night. Start with one new healthy habit per week to make the transition sustainable. But now is the time to make change and strive for health; the best place to start is diet and it all comes down to simple choices.

Dr. Katherine Ahokas practices out of two locations in Victoria. She is the nutrition consultant for the Pacific Institute of Sports Excellence and practices naturopathic medicine out of Energy Health Clinic in Langford.

**PAC NEWS**

If you have not attended a PAC meeting yet, you are invited to the next ones on Wednesday, December 7<sup>th</sup> and January 4<sup>th</sup>, 2012 at 7:00 p.m. in the school library.

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Teachers new to the school and Teachers-On-Call always comment on the excellent conduct of Bonner students. We are really fortunate to have students who are well behaved, respectful and compassionate. Our students are also supportive of the many service projects undertaken at this school. We certainly consider these to be very important to their development as good citizens.

**Once again, on behalf of the Bonner staff and students, have a wonderful holiday!**

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Heidi Grant, Principal

HG/jb

**DECEMBER, 2011**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Newsletter home	6	7 PAC Meeting at 7:00 p.m. in the Library	8 Gr. 6 & Jazz Band Winter Concert at 7:00 p.m.	9	10
11	12	13 Gr.7/ 8 Band Concert at 7:00 p.m.	14	15 Move for Health Day (5k walk, jog, run)	16 Last day of classes in 2011– regular classes in morning – activities in the afternoon	17
18	19 .....	20 CHRISTMAS	21 HOLIDAYS	22 .....	23 .....	24
25	26 .....	27 .....	28 .....	29 .....	30 .....	31
1	2 .....	3 School reopens Tuesday, January 3, 2012				

**COMMUNITY EVENTS:**

• **Kerry Park Recreation Centre:**

Kerry Park Recreation is offering the following upcoming programs/events. Hope to see you there.

- At Home Alone & First Aid                      Ages 10+                                      Friday, December 9
- Mt. Washington Ski Trip                      Ages 12+ / families welcome        Tuesday, December 20
- Old Time family Christmas Skate        Tickets available Dec. 1                Sunday, December 18
- Learn to Skate Program                      Ages 4 – 15 years                        Jan. 10 – Feb. 7

To register or for more information please call Kerry Park Recreation at 250-743-5922. Watch for the new Winter-Spring Activity Guide in your Newsleader on December 30<sup>th</sup>.

• **Cowichan Valley Regional District's Youth Outreach Programs:**

- Teen Skates at the Cowichan Arena (13 to 18yrs) - Come hang out, bring your friends! DJ Dennis will be there pumping out the tunes!! Friday, November 25 AND December 16 between 7:30 p.m. to 8:50 p.m.
- Breakout Recreation (14 to 18yrs) - A place for youth to hangout, shoot hoops, play soccer, or play whatever. This is an opportunity for free play as well as some organized activities in a supervised venue. Wednesdays 6pm to 8pm until Dec 7<sup>th</sup>, and Jan 11- May 30 . Meet at Quamichan School at the Gym Doors – it's free!

- **Duncan Dynamics Gymnastics – Christmas Gymnastics Camps** - Need to get some energy out of your children between now and when school goes back in?? We have Christmas Camps and Programs for children ages 2 to 18! Keep you children warm and safe while you work. For more information, please contact Jackie at: 250-746-0193 or [duncandynamics@shaw.ca](mailto:duncandynamics@shaw.ca)