

Garibaldi Annex Newsletter



Volume 11

February 1, 2018

Issue 6

Message from the Vice-Principal

We've had a great start to our second term! Students and staff are busy with projects and activities and we continue to instill a love of learning in children. Thanks to the hard work and fundraising of the PAC the students at Garibaldi will enjoy participating in the gymnastics program put on by Gymsense at the start of February. On Wednesday, February 28th, we will also be participating in Pink Shirt Day as part of our ongoing efforts to speak about commitment, respect, responsibility and caring. We want all students at Garibaldi Annex to succeed and to feel safe, both physically and emotionally coming to school.

A few reminders for this term:

- Please have your children arrive at school on time (before 8:55) so that they don't miss any of the opening day schedule and important instructions or lessons.
- Students are supervised by staff before school from 8:40 until 8:55 am and after school from 3:00 until 3:15 pm.

Thank you for your continued support.

Donna Emeno,

Acting Vice-Principal

Code Red/Lock Down Drill

We will have our second Code Red drill on Wednesday afternoon, February 7th. Teachers will be speaking to students about how to react when there is a code red announcement. The staff and students take this drill very seriously. A code red is an in-school lock down and would be used if there were an intruder in the building that would be a serious threat or danger to students or staff. The students would be extremely quiet, crouched down in a locked room with the lights out and away from any sight lines.

Gung Hay Fat Choy

Happy Chinese New year, Friday, February 16th

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Important Dates

Feb 9 Literacy/PJ Day

Feb 16 Lunar New Year

Feb 19 Pro D Day

No School

Feb 20 Nelson Book Fair

Feb 21 PAC Meeting

6:00 pm

Feb 28 Pink Day

Feb 28 ArtStart Tree

Celebration

Evening

Garibaldi School Student Code

BE SAFE,

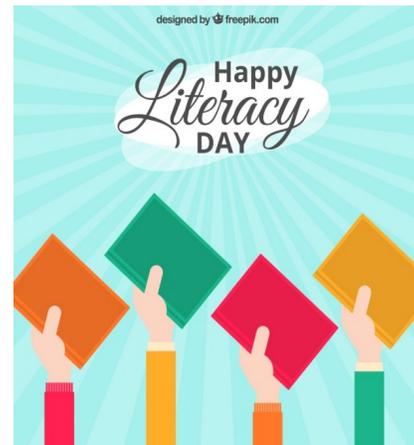
BE FAIR,

BE KIND,

And ALWAYS TRY
YOUR BEST

Literacy Day/PJ Day

We are having a literacy/pajama day on Friday, February 9th. Students will be rotating through four different literacy stations in the afternoon. The students are welcome to come to school in their pajamas and parents are welcome to drop by in the afternoon to view the stations and be part of the fun.



Learning Celebration

Our ArtStart Tree project will culminate in a learning celebration in the evening of February 28th. We hope you will be able to attend. More information will be sent home closer to the date.

Scholastic Book Fair

Lord Nelson has invited us to participate at their Scholastic Book Fair. The Book Fair runs from Tuesday February 20th - February 22nd from 8:30 am to 4:00 pm, although it is closed between 10:30am and 1:00pm each day.



Divisions One and Two are planning to visit the Book Fair on Tuesday February 20th at 11:00am. When you purchase books, remember to identify yourself as a Garibaldi parent and our school will receive 60% of the money spent to buy books for our school.

Pink Shirt Day

On Wednesday, February 28th Garibaldi will be participating in Pink Shirt Day to help raise awareness that bullying will not be tolerated anywhere. Remember to wear PINK on Wednesday, February 28th!



Change of Address or Phone Number?

Just a reminder that if you have changed your address or telephone number you must contact the school office with this new information. Also, please provide updated or new emergency contact information to the school. In cases where we are unable to reach a parent/guardian we will be contacting the next available emergency contact person on file. For safety and enrolment purposes, it is vital that the school office has this information.



PAC

The next PAC Meeting will be on Wednesday, February 21st from 6:00 - 7:30 pm.

If you would like to receive email notifications of Garibaldi PAC Blog postings regarding upcoming events and happenings, please sign up at <http://www.garibaldipac.wordpress.com> and BE INFORMED!!

Flu Season

At this time of year, colds and flu are very common. Here is some information that parents might consider in order to reduce the spread of colds and flu amongst all children:

- Encourage the habit of regular hand washing—especially after wiping noses
- Encourage your child to use tissue to sneezing or coughing or to sneeze into the elbow to reduce the spread of germs onto hands
- Discourage any sharing of pop and water bottles, toothbrushes, lip gloss, eating utensils and other items that involve sharing saliva

Keep your child at home if he/she has any of these signs:

- Fever
- Very sore throat
- Earache
- Frequent sneezing and coughing with feeling sick or tired

Fruit and Vegetable Program

BC Famers Grow Food for You – More than 200 different commodities are produced on about 20,000 agricultural farms in BC. Less than 5% of the land in BC is suited to agricultural production. It is included in the Agricultural Land Reserve (ALR). The ALR was put in place to preserve farmland and provide some guarantee that it would continue to be available to produce food for future generations.

Vegetables grown in BC include: asparagus, beans, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, Chinese vegetables, corn, cucumber, eggplant, fennel, green onion, leeks, lettuce, mushrooms, onions, parsley, parsnips, peas, peppers, potatoes, rutabagas, spinach, sprouts, squash, tomatoes, and watercress.

Fruits grown in BC include: apples, apricots, berries, cherries, cantaloupes, grapes, kiwi fruit, nectarines, peaches, pears, plums, rhubarb, and watermelons. Look for "Grown in BC" when buying fruits and vegetables and support BC farm families...

- Pick a variety of local fruits and vegetables
- Wash fruits and vegetables before eating
- Enjoy the taste of local fruits and vegetables

Colour Your World with a Variety of Fruits and Vegetables. The wide range of vitamins, minerals and photo-chemicals found in different colours of fruits and vegetables are used by the body to stay healthy and energetic. Also, they protect against effects of aging, help maintain healthy body weight, and may reduce the risk of cancer and heart disease.

There are five main colours: **Blue/Purple** – e.g. blueberries, prune, red cabbage, purple grapes, blackberries, purple carrots, purple peppers, eggplant. **Green**– e.g. green grapes, green pears, broccoli, romaine lettuce, spinach, green apples, kiwi fruit, brussel sprouts, green cabbage, green beans, green peppers, peas, zucchini.

White – e.g. cauliflower, brown pears, mushrooms, onions, parsnip, white corn, potatoes, garlic. **Yellow/Orange** – e.g. peaches, nectarines, cantaloupe, oranges, winter squash, pumpkins, yellow peppers, carrots, turnip, apricots, yellow potatoes, yellow beans. **Red** – e.g. tomatoes, strawberries, raspberries, red grapes, red potatoes, rhubarb, beets, cranberries, cherries, red peppers, red apples.

PRINCIPAL:

Dan Knibbs

VICE PRINCIPAL:

Donna Emeno, Acting V.P.

ASSOCIATE

SUPERINTENDENT:

Magdalena Kassis

PARENT ADVISORY COUNCIL

Chair

Cathy Matusicky