

# Bayside Middle School PAC Newsletter



Happy New Year!

*From your PAC*

2017

Wow! Can you believe this school year is already half over! We hope your kids are having a fabulous year at Bayside so far!

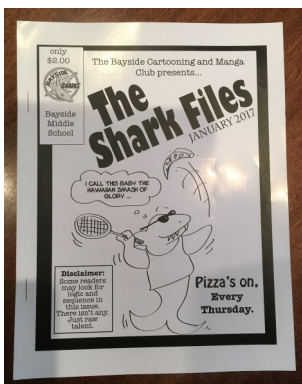
We've been heavily focused on creating an excellent environment at Bayside through the PAC's spending and activities; and we still have much more to come! We'd love to see you get involved too.

Check out how you too can be part of this amazing team on page 4.

Thank you for all your support towards our PAC!

## Hey Kids! Have you attended any of the many Lunch Clubs and programs lately?

Come hang out and try one of the many Lunch Clubs sponsored by the PAC!  
Everyone Welcome!



- Monday Lego Club
- Tuesday Crafts Club
- Wednesday Creativity Club
- Thursday Board Games Club
- Friday Cartooning/Manga Club

Other Lunch activities that have happened so far this year:

- Friendship Bracelet Making
- Shawls
- Robotics

Hello  
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#PinkShirtPromise

The world can be a negative place sometimes, lowering self-esteem and creating bullying behavior.

On February 22nd, we aim to change that by teaming up with Shaw and Coast Capital to bring #PinkShirtPromise to life on social media and raise funds for Pink Shirt Day and the partners combating the issue of bullying. Help spread kindness and make your promise to end bullying by making a #PinkShirtPromise on your social media accounts!

## Pink Shirt Day—Help Us End Bullying!

### 2017 Make Nice Campaign

Through our campaign this year, we encourage everyone to “Make Nice”. We all have the capacity to be kind and compassionate, and our slogan acts as a friendly reminder that no matter what our differences, being nice is always a choice worth making.



Wednesday, February 22, 2017

For more information: [pinkshirtday.ca](http://pinkshirtday.ca)



Presented by:  
The Institute of Families  
dba The F.O.R.C.E. in BC

### It's As Easy As 1, 2, 3!

A good portion of funds raised by the PAC comes from neighbouring businesses within the community. Lets talk about Thrifty Foods, Fairways, and Co-op. Do you shop at any one of these three places?

Both the Thrifty Foods Smile Card, and the Fairways Community Card is offering Bayside 5% of what ever amount you load onto your card! That's \$0.05 from every \$1.00 added, will be donated to the Bayside PAC! It's so simple and it cost you nothing, not a penny extra beyond your normal everyday grocery shopping! Have you received a loyalty card in support of the Bayside PAC yet? Contact [baysidepac@gmail.com](mailto:baysidepac@gmail.com) to get yours today!

1. Do your shopping;
2. Load money onto your Loyalty Card **prior** to ringing through your purchases;
3. Have the cashier ring through your purchases;
4. Pay using the card.

What an easy way to help create funds for the PAC to support programs at Bayside!

Do you shop at Co-op? Gas or groceries - it's all the same to us - use the Bayside Co-op membership #74721. Did you know, if everyone filled up their car with gas only TWICE in one year, our PAC would earn \$1000!

## 'in the know'



'in the know' is a monthly networking and information sharing session that provides a topic expert on what parent/caregivers and professionals really want to know.

This is an opportunity to share so that everyone is 'in the know'.

Sessions are provided as a webinar through home internet and group viewings and are available in participating communities or with special speakers at community locations

See [www.forcesociety.com](http://www.forcesociety.com) for locations

All Welcome!

Free Workshop!

### VICTORIA COMMUNITY SITE & PARENT INFORMATION & NETWORKING SESSION

Bell Irving Room - Saanich Neighbourhood Place in Pearkes Rec. Center - 3100 Tillicum Rd, Victoria

## "Collaborative Problem Solving"

A webinar with Karen Copeland and Victoria Keddiss FORCE PiR's (Parent in Residence), supported by Ross Robinson, M.Ed

Karen and Victoria are FORCE PiR's with lived experience using collaborative problem solving in their own homes. Ross Robinson has worked as a Child and Youth Mental Health Clinician/Therapist in the Lower Mainland for the past 17 years. He has training in psychology from both major universities in Alberta (U of C & U of A), in clinical psychology from Simon Fraser University, and has practiced in hospital and community mental health settings in a career that spans 41 years.

Date: Thursday, February 16, 2017 - Time: 7:00pm – 9:00pm

For more information and other topics go to [www.forcesociety.com](http://www.forcesociety.com)

Please rsvp your attendance by email to [lisat@forcesociety.com](mailto:lisat@forcesociety.com) or phone 1.855.887.8004

Presented by: The Institute of Families dba The F.O.R.C.E. in BC; a member of the BC Partners for Mental Health and Addictions Information. We're working together to help individuals and families better manage mental health and substance use problems. Funding provided by the BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority and by the BC Ministry of Children & Family Development in collaboration with the Kelly Mental Health Resource Centre



## Check Out What We've Done So Far!

The PAC has been super busy this year!

- PAC School Supplies were successfully delivered to students. We sincerely thank everyone who ordered through the Bayside PAC, this is always a fantastic fundraiser for our PAC!
  - We had a very successful Welcome Back BBQ at Meet the Teacher Night on September 15th!
  - So far we've enjoyed three very successful homemade PAC Hot Lunches. Be sure to check out page 5 for the next Hot Lunch!
  - We've enjoyed hot pizza by the slice on Thursdays!
  - We've had a very successful fall campaign to sell the Bayside Spirit Wear clothing! If you're still interested in purchasing any bayside clothing, please contact [baysidepac@gmail.com](mailto:baysidepac@gmail.com). All Spirit Wear is on display in the school Gallery.
  - We had a wonderful turnout for the Bayside Craft Fair on December 8th. Thank you!
  - We've had tons of funding requests approved to enhance the school:
    - Soccer and Volleyballs for Bayside Teams;
    - Sports Equipment for kids to use at recess and lunch (Frisbees, footballs, playground balls, etc...);
    - Christmas programs;
    - Lunchtime Cartooning Club;
    - Traditional Shawl Making Club (and many more are participating now);
    - Traditional Knitting Club;
    - Band Festival Registrations for ALL Grades;
    - Dictée Competition Registration;
    - Speakers from UVIC;
    - Audio/Video equipment upgrade to support Bayside programs;
    - 10 Hokki stools for use around the school;
    - Scripts and directors notes for the Grade 8 play;
- ... with much much more to come!

### Do you have a request for funding?

The PAC Fundraising Request Form, including a detailed description of the eligibility guidelines and criteria, is found on our PAC website under forms.

Please submit all requests to our principal, Wendy MacDonald:  
[wmacdonald@sd63.bc.ca](mailto:wmacdonald@sd63.bc.ca).

Wendy will review your request to insure it meets the criteria, and pass it along to the PAC for consideration at the next general meeting .

## Up Coming Dates to Remember Mark Your Calendars!

- Feb 7** • Parent Workshop
- Feb 9** • Interim Report #2
- Feb 13** • Family Day (*No School*)
- Feb 14** • Valentine's Day (*School in Session*)
- Feb 16** • Parent Workshop
- Feb 21** • PAC Meeting @ 6:30pm
  - PAC presentation @ 7:00pm
- Feb 22** • Pink Shirt Day
- Feb 24** • Non-Instructional Day (*No School*)
- Feb 25** • Vancouver Island Parent Conference
- Mar 6** • Non-Instructional Day (*No School*)
- Mar 16** • Fine Arts Performance @ 7:00pm
- Mar 17** • St. Patrick's Day (*School in Session*)
- Mar 20 - 31** • Spring Break (*No School*)
- Mar 22 - 26** • Annual Japanese Student Visit
  - Apr 3** • School Re-Opens
    - FAAS #3
  - Apr 5** • Report Cards Distributed
  - Apr 12** • Class Photos
  - Apr 13** • PAC Hot Lunch
  - Apr 14** • Good Friday (*No School*)
  - Apr 17** • Easter Monday (*No School*)
  - Apr 18** • PAC Meeting @ 6:30pm (*setting the Vision for 2017/18*)
  - Apr 28** • Non-Instructional Day (*No School*)
  - May 8** • Non-Instructional Day (*No School*)
  - May 11** • Band Concert @ 7:00pm
  - May 14** • Mother's Day (*Sunday*)
  - May 16** • PAC Meeting & AGM @ 6:30pm
  - May 18** • Interim Report #3
    - Early Dismissal @ 1:33pm
  - May 22** • Victoria Day (*No School*)
  - May 25** • PAC End of Year Celebration/BBQ /Open House
  - May 30** • Staff Appreciation Lunch
  - Jun 6** • PAC Hotdog Lunch for all students and staff (*extended lunch break*)
- Jun 12 - 16** • Gr. 8 Exams
- Jun 18** • Father's Day (*Sunday*)
- Jun 20** • PAC Meeting @ 6:30pm
- Jun 26** • Gr. 8 Awards Assembly @ 1:00pm
  - Gr. 8 Farewell @ 7:00pm
- Jun 27** • Gr. 8s to Centennial Park
- Jun 29** • Report Cards Distributed
  - Early Dismissal @ 10:00am
- Jun 30** • Admin Day (*No School*)



## Are you interested in getting involved?

We are so grateful for our wonderful team of active parents involved in the PAC. Without their dedication and hard work, we simply could not give as much as we currently do to our kids.

*Thank you!*

If you're interested in getting involved, and being part of this amazing team, please contact [baysidepac@gmail.com](mailto:baysidepac@gmail.com)  
Volunteers are always needed!

Our goal is make the most out of this short time our kids have here at Bayside. To create a safe, fun, and positive environment with memorable moments for our kids to reflect back on when they think about their time here in middle school. We can't do that without the help of volunteers. If you have some free time, please check out the following list of fantastic opportunities for you to get involved!  
What if your schedule is so jam packed that you can't commit to meetings; but perhaps you can offer a one time helping hand, just for an hour or two? No Problem! You choose the day and the amount of time you can give - we are happy to welcome you on a 'No Commitment Necessary' basis.

## Lets Talk; Sex, Brains, Letting Go and Connecting

**Speakers:** [vipc.ca/workshops](http://vipc.ca/workshops)

- Gary Anaka: "What Ties Us Together? – Our Precious Brain"; and "How to Grow a Child's Brain"
- Brad Buie: "Building Habits for Excellence"
- Jennifer Gibson: "E<sup>3</sup>: Educated, Empowered, and Engaged"
- Lyndze Harvey: "Praxis of Letting Go"
- Kathy Lynn: "Vacuums Suck"; and "Twixt Twelve and Twenty"
- Rich McCue: "SmartPhones and Tablets: Research and Homework Tools for Students?"
- Dr. Tim Pelton: "Math Apps and Basic Skills in Identifying a Good App"
- Colleen Politano: "Possibilities to Help Children Build Confidence and Deal With Stress and Anxiety"

**When:** Saturday, February 25 ~ 8:00am to 4:00pm

**Location:** Royal Bay Secondary School  
3500 Ryder Hesjedal Way, Victoria BC

**Cost:** Register by February 10 it's \$100 per person  
Register after February 10 it's \$140 per person  
(Email for special rates for groups of 10 or more)  
\*Includes lunch & refreshments\*

### Schedule:



7:30-8:30	Registration
8:30-9:00	Opening Ceremonies
9:00-9:45	Keynote – Gary Anaka
9:45-10:00	Transition to Session
10:00-10:45	Session 1
10:45-11:15	Refreshment Break
11:15-12:00	Session 2
12:00-1:00	Lunch
1:00-2:30	Workshop
2:30-3:00	Refreshment Break
3:00-4:00	Panel/Q&A/Discussions

**Register on-line:** [vipc.ca/registration](http://vipc.ca/registration) (early registration highly recommended)

## Upcoming Events (Please contact the PAC if you're interested in offering a helping hand)

- Grade 8 Transition events - starting now.
- Grade 8 Farewell planning - after Spring Break (for June).
- Bayside Grade 8 Band trip in April.
- Hot Lunch on Thurs. Apr. 13.
- Grade 5 Transition events in May.
- Grade 7 Quebec trip in May.
- PAC End of Year Celebration/BBQ/Open House on Thurs. May 25.
- Staff Appreciation Lunch on Tues. May 30.
- PAC BBQ Hotdog Party for all students and staff (extended lunch break) on Tues. Jun. 6.





## When Was The Last Time You Checked For Head Lice?

Did you know Island Health recommends that you check **once a week!**

STAY INFORMED! Please read the detailed information guide **Island Health - Head Lice Management Guidelines** to stay informed on how to keep rid of these pesky bugs!

<https://bayside.sd63.bc.ca/mod/folder/view.php?id=361>

(located on the PAC website under PAC Minutes, in the Other PAC Documents folder)



## Proposed 2017/18 and 2018/19 School Calendars for Public Feedback

The Saanich Board of Education is pleased to share the proposed school calendars for 2017/18 and 2018/19. Based on feedback in previous years, Saanich School District #63 has collaborated with Greater Victoria School District #61 and Sooke School District #62 to align school calendar dates wherever possible.

Your feedback is welcome and can be directed to the Superintendent by email at [super@sd63.bc.ca](mailto:super@sd63.bc.ca)

The deadline for feedback to be received is 4pm on Wednesday, March 1, 2017. Calendars will be finalised at the Board Meeting on Wednesday, March 15th, 2017.

<https://www.sd63.bc.ca/news/2017-01/proposed-201718-and-201819-school-calendars-public-feedback>

## Parent Information Night

**Date:** Tuesday, February 21  
**Time:** 7:00-8:00pm  
**Location:** Bayside Multi-Purpose Room

**Mark your calendars - you won't wanna miss this!**

All Bayside parents are welcome!

- Keely Kastrukoff and team (Island Health) will talk about your child's needs around sleep, nutrition and activity during this crazy time in middle school.
- Miriam Miller and Mike Schmalz from the Boys & Girls Club of Greater Victoria, will talk on feeling better prepared for adolescence; and how to help parents and teens grow together.
- Wendy Macdonald (Principal) and Steve Newlove (Vice Principal) will talk about what school is like for your kids now that they've been here a few months; and some very important information on curriculum changes.

Each speaker will have about 20 minutes, and then we'll open up for questions to follow.

Refreshments will be served.

**Please RSVP:** <https://www.eventbrite.com/e/bayside-parent-info-night-tickets-31684678727>



## Next Hot Lunch - Thursday, April 13

What would you like the PAC to serve for lunch?

**Students Pick The Theme!!**

Submit your ideas into the PAC box in the office no later than Friday March 3rd!



## Bayside Welcomes Our Annual Japanese Students

Bayside Middle School will be welcoming our annual Japanese Kokusai group Mar. 22-26th.

On Thursday March 23, all Japanese students will attend Bayside Middle School for a day of fun cultural activities. They will learn about Canada and our customs and culture, including Geography, the First Nations people, Easter, Arts and Crafts, etc...

**From 2:00-4:00pm, we welcome all SD63 students and families to join us at Bayside for a Cultural Fair** presented by the Japanese Students to learn about Japan, and their customs and culture.



# Bayside Parents Advisory Council

## About Bayside PAC

We are a group of committed parents working together to make our kids' years at Bayside as great as they can be. All parents are members. Come join us!

## Bayside Middle School

1101 Newton Place  
Brentwood Bay, BC  
V8M 1G3

**Phone:** 250-652-1135

**Fax:** 250-652-0110

**E-mail:** [baysidepac@gmail.com](mailto:baysidepac@gmail.com)

**Website:** [bayside.sd63.bc.ca/course/view.php?id=68](http://bayside.sd63.bc.ca/course/view.php?id=68)

**Facebook:** [facebook.com/BaysideMiddleSchoolPAC](https://www.facebook.com/BaysideMiddleSchoolPAC)

### **Attendance Alert:**

If your child is going to be absent or late, please contact the school by one of the following methods:

**Phone:** 250-652-8653

**E-mail:** [bsms\\_attendancealert@sd63.bc.ca](mailto:bsms_attendancealert@sd63.bc.ca)

## Bell Schedule

Welcome Bell	8:22 AM
Homeroom	8:30 AM - 8:34 AM
Block 1	8:34 AM - 9:41 AM
Block 2	9:41 AM - 10:48 AM
RECESS	10:48 AM - 11:03 AM
Block 3	11:05 AM - 12:12 PM
LUNCH	12:12 PM - 12:52 PM
Reading Block	12:57 PM - 1:26 PM
Block 4	1:26 PM - 2:33 PM

## Get to Know Your 2016-17 Team!

### **Executive:**

<b>Chair:</b> Martina Redman	<a href="mailto:m.redman@telus.net">m.redman@telus.net</a>
<b>Vice-Chair:</b> Lori Smith	<a href="mailto:loribryansmith@gmail.com">loribryansmith@gmail.com</a>
<b>Treasurer:</b> Tora Cameron	<a href="mailto:toracameron@gmail.com">toracameron@gmail.com</a>
<b>Secretary:</b> Darcy Winkel	<a href="mailto:dmwinkel@shaw.ca">dmwinkel@shaw.ca</a>
<b>COPACS:</b> Kelly Hoffman	<a href="mailto:kpjh@shaw.ca">kpjh@shaw.ca</a>
<b>CPF Reps:</b> Andrea Calder	TBA

### **Members at Large:**

Alice Bacon	<a href="mailto:alice-bacon@shaw.ca">alice-bacon@shaw.ca</a>
Sandra Arthur	<a href="mailto:sscarthur@gmail.com">sscarthur@gmail.com</a>
Liza Glynn	<a href="mailto:arpiseta03@yahoo.ca">arpiseta03@yahoo.ca</a>
Eva Jaycox	<a href="mailto:jaycox@telus.net">jaycox@telus.net</a>
Andrea Nugent	<a href="mailto:alnugent03@gmail.com">alnugent03@gmail.com</a>

### **Communications:**

Cindy Wezenbeek	<a href="mailto:baysidepac@gmail.com">baysidepac@gmail.com</a>
Natalie Salem	<a href="mailto:natalie-salem@hotmail.com">natalie-salem@hotmail.com</a>

### **Fundraising Coordinators:**

Chris Wakefield	<a href="mailto:chris.wakefield5@gmail.com">chris.wakefield5@gmail.com</a>
Brian James	<a href="mailto:mysundog@hotmail.com">mysundog@hotmail.com</a>

### **Emergency Preparedness:**

Gus Underwood	<a href="mailto:gunderwood78@gmail.com">gunderwood78@gmail.com</a>
Kimberley Bramadat	<a href="mailto:kbramadat.ramsey@gmail.com">kbramadat.ramsey@gmail.com</a>

### **First Nations Liaison:**

TBA	TBA
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### **PAC Fun Lunch Coordinator:**

Lily Yee	<a href="mailto:smartravel@shaw.ca">smartravel@shaw.ca</a>
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