

NOVEMBER 24, 2016

SHORELINE MIDDLE SCHOOL NEWSLETTER



WHAT'S HAPPENING

Curriculum Completion Afternoon
Friday, November 25
12:11 Dismissal

Vancouver Theatre Sports
ArtStarts
Tuesday, November 29, 1:30 pm

Winter Band Concert
10:30 am
7 pm
Wednesday, December 7

Challenge (4C) Exploratory
Esquimalt High School
Thursday, December 8

Craigflower Christmas Event
Wednesday, December 14, 6 pm

Winter Assembly
Thursday, December 15, 1 pm

Pancake Breakfast 8:30 am
Report Cards go home
Friday, December 16

Winter Break
December 19—January 3



At Shoreline we are proud of our values of
Safety, Kindness, and Respect.

2750 Shoreline Drive

Victoria, BC V9B 1M6

Phone: 250-386-8367 Attendance: 250-386-8213 Fax: 250-361-2630

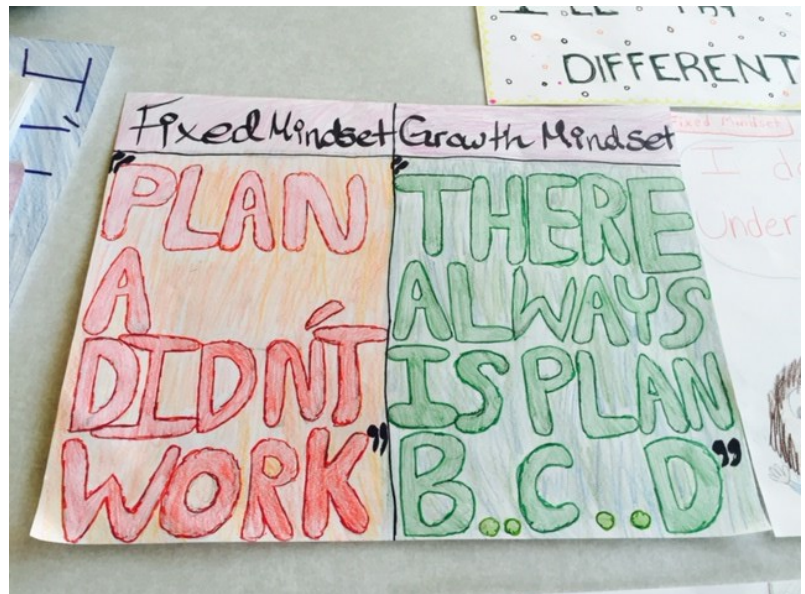
INFORMATION SESSIONS

There are two critically important dates and sessions for parents coming up at the Songhees Wellness Centre.

1. **Wednesday January 11th**- Parent session by Darren Laur (The White Hatter @darrenlaur on Twitter):

"**Social Media Safety in Today's World.**" This session will be hosted at the SWC from **6:30 -8:30 pm** and it is **FREE** to parents of Shoreline, Rockheights and ALL of our feeder schools.

2. **Wednesday Feb. 8th**- Combined Shoreline/Craigflower PAC and Community Consultation meeting with Superintendent Piet Langstraat. Hosted at the **SWC 6:30- 8:00 pm**. Please join us to discuss the vision for the future of our community school.



Happenings at Shoreline

Learning Through Experience: Our hike with Mark Albany
By Sonya McRae, Home Ec teacher, Shoreline Middle School

How to teach students about Salmon?

What is our relationship with salmon these days? Standing at the front of the class and explaining what salmon are and why they are important seems as far from salmon as going to the grocery store and buying a fillet is from fishing. Salmon are a keystone species, without salmon our ecosystem would be dramatically different or it may cease to exist altogether. We started our learning about salmon by reading current newspaper articles about salmon. They all told a sad story of how the salmon are disappearing.

Where have the salmon gone? Maybe it's best to find out where they were to begin with. So we gathered up the students and brought them out into the woods to see what was there. From Shoreline School we hiked into Thetis park and back along Craigflower creek. There are salmon in the creek but we didn't see any.

Every plant we pass along the way has a story. We can't stop and talk about them all but the ones we do hear about gives us a new understanding of this place we call home. Standing on a bluff overlooking the golf course where the creek runs, Mr. Albany describes how the Songhees and Esquimalt Nations lived on the all land we can see. The land belongs to these Nations and these Nations belong to the land. We listen carefully because there is definitely something we can learn here.

An Elder comes to the school to tell us another story. This story is about the salmon people. In this story we hear the same thing that the news articles were saying. Salmon are important and if the salmon disappear, we need to change our ways in order to get them back. Butch Dick bangs his drum as the Thunderbird comes down to grab the orca whale and we understand the lengths that are required to for us to figure out a way to bring the salmon back. The story ends with good advice. Take care of the creeks, the rivers and the oceans and the salmon will return.



Girl's Basketball

Once more our girls' basketball team was amazing at our second tournament. They continued to display extraordinary sportsmanship and played really well as a team. They improved so much since our first tournament that they even won their first game! Every girl contributed something to the team. It's a pleasure to be their humble coach.

Daphne Savard

Our School Musical!

The wait is over!! Our School Musical will be.....**The Lion King, Jr.** performed

May 25-27, 2017.

Auditions are Thursday Dec 1st and Friday Dec 2, 3-5pm, with callbacks Saturday, Dec 3, 1-3 pm.

Practice tracks and other audition information is up on our website.

<http://shorelinemusicaltheatre.weebly.com/>



More Happenings at Shoreline

Library News

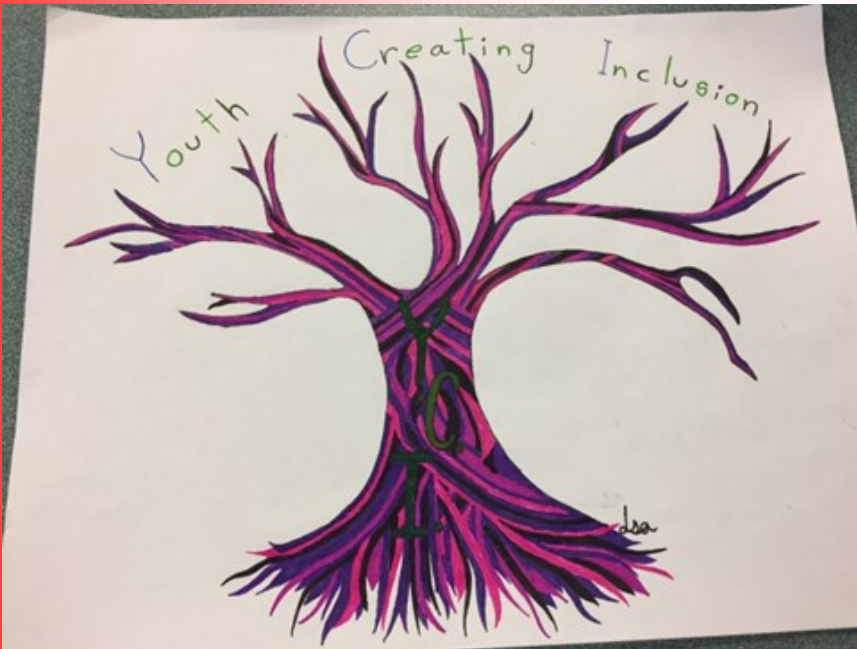
Here is a link to Shoreline's school library website. It is a work in progress and is meant to be used by both students and staff for information literacy, inquiry skills, technology and library resources.

<http://shorelineschoollibrary.weebly.com/>

You can access the website from your school website under the library tab and from the library catalogue home page that both staff, students and parents have access to.



Chess Club on Fridays in the library! Starting on Friday Dec 2. If you are interested in learning how to play chess, come to the library on Fridays at lunch.



This year's YCI student logo design is by Isabella Szczurek. Her design will be featured on our t-shirts this year.

Thank you, Isa, for your creative efforts!

Fun and Learning at Shoreline



Whether it's in our Remembrance Day Assembly, having a baby shower for a beloved teacher, learning from our sea aquarium, or drumming, Shoreline students are always learning and having fun!



PAC NEWS

A quick note to keep you informed on some things the PAC has been working on, and a few dates you might want to save on your calendar.

- **Shoreline has teamed up with a few of our community elementary schools to fund-raise with the Victoria Royals Hockey team. In September we were able to help with the 50-50 draw organized by View Royal Elementary, and were the recipients of over \$800 from that night. Thank you to the parents who not only organized the event, but helped sell tickets at the game. We have another collaborative effort, this time with Macaulay Elementary, for a Royals game on December 28th. We have a commitment to sell tickets (a choice of two different hockey games), and an order form with all the information is coming home with your student. If your family (or someone you know) enjoys watching the Royals (with a discounted ticket price) this is a win-win for all of us!**
- **The Save Around Coupon Savers campaign is wrapping up and we were able to add almost \$400 to our budget, so thank you for all the parents who supported this. If you still want a book please see Mrs. House at the front office by the end of the month.**
- **The PAC is excited to help support the school book fair running between December 2nd-8th, sponsored by Russell Books and organized by our librarian, Jane Spies. The PAC has been asked to help staff the table the night of December 7th so please email morleybryant@shaw.ca if you can spare 30 minutes. The PAC is also going to try something new this year. We are going to ask for families to donate gently used books of all types to Shoreline PAC and we will trade them for a credit to Russell Books. In turn we will use those credits to distribute to students to use at the book fair. Maybe you have some books your child has outgrown, or perhaps some adult books you have finished reading? Feel drop of your donations to the office at any point and we will take it from there!**

**Happy
Holidays!**

Community News

Friday Nights are Alright!

saanichrec.ca

G.R. PEARKES RECREATION CENTRE 250-475-5462

Fri 5:45-10pm FREE

Sept 16, 23, Oct 7, 14, 21, 28,

Nov 11,18,25, Dec 2, 9, 16.

G.R. Pearkes Recreation Centre - The Flipside

- Themed “Everyone Welcome” skate.
- Junior Braves home game.
- Come to the Flipside Youth Lounge for refreshments, music, games and fun until 10pm!

MIDDLE & HIGH SCHOOL STUDENTS ARE SPECIALLY INVITED.

Grains

Grain products make up a large part of our diet. Most people don't have trouble getting enough grain servings in their diet but many people are in a grain rut, sticking to the usual refined bread, cereal and pasta day after day. Canada's Food Guide recommends that at least half of our intake of grain products comes from whole grains because whole grains are higher in fibre. Don't rely on a food's colour to tell you if it's a whole grain. Make sure that whole wheat, whole rye, oats, or another whole grain is the first ingredient on the food label. Over the holidays why not try shaking things up a bit. Instead of white pasta try whole wheat pasta. Instead of white rice try brown rice, wild rice or quinoa. You might just find your family prefers it!

Perfect Quinoa

1 cup quinoa, rinsed well
1.5 cups water
Pinch of salt
1 clove garlic, whole (this seems to mellow out the quinoa flavour)

Add all ingredients to a saucepan and bring to a boil over high heat. Stir, reduce heat to low, cover and cook for 20 minutes. Fluff with a fork and enjoy! Serves 4.

Happy Holidays from your School Meal Program Dietitian



ProMotion WEEK NOVEMBER 27- DECEMBER 4



Join us to celebrate inclusion and learn about opportunities for adapted sport and physical activity.

OPEN HOUSE at PISE (4371 Interurban Road) December 3 from 1 – 4pm

Everyone is invited to participate in and learn about parasports such as basketball, rugby, spin, rowing, S&C, physical literacy, indoor sledge, boccia and more!

For more info visit: OneAbility.ca

EDUCATION DAY at PISE

December 2 from 11am – 1:30pm

Expand your existing knowledge about disability and the importance of incorporating inclusive values into your programming—ideal for recreation, sport, education and health professionals.

FREE DROP-IN November 27 – December 4

Wheelchair Basketball

Sunday November 27
5:30 – 7:30 at PISE

Tuesday November 29
8:30 – 10:00pm at PISE

Wednesday November 30
5:00 – 7:00pm at McKinnon
Gym, University of Victoria

Adapted Dance Class

Monday November 28
5:15 – 6:15pm at MOVE Gym

Family Yoga

Tuesday November 29
6:00 – 7:00pm at Rise

EveryBody Yoga

Thursday December 1
11:00am – 12:00pm at Rise

Exercise Chair Class

Saturday December 3
9:00 – 10:00am at MOVE Gym

Wheelchair Rugby

Sunday December 4
6:00 – 8:00pm at PISE

Blind Soccer

Friday December 2
7:30 – 8:30pm at CARSA Fieldhouse

Wheelchair Tennis

Tuesday November 29
8:00 – 9:00pm at CARSA

Friday December 2

8:00 – 9:00pm at Cedar Hill
Recreation Centre





WELCOME TO ESQUIMALT!

All New Residents are Invited!

Welcoming Event

November 26th

DANCING!

DISPLAYS

This fun expo will feature presentations of municipal services, local businesses, cultural and community groups.

Location:

Songhees Health and Wellness Centre
1100 Admirals Road
11:00 a.m. to 4:00 p.m.
(BC Transit Route: 24 or 25)

Join in:

- traditional indigenous welcoming ceremony!
- interesting displays of local municipal resources
- helpful services & community contacts
- local businesses, social/cultural/clubs

All representing the best of the region!

SNACKS

MUSIC



Songhees



WestShore
City of Esquimalt