

DECEMBER 8, 2017

SHORELINE MIDDLE SCHOOL NEWSLETTER



What's Happening

Nights Alive

Every Wednesday at 6:30
And Dec. 1 & 15

December 22: Last day of
school before Winter break
and report cards go home
with students

January 8: School re-opens

January 22: Student Led
Conferences 4-6pm
Open House 7-9pm
Early Dismissal at 12:11pm

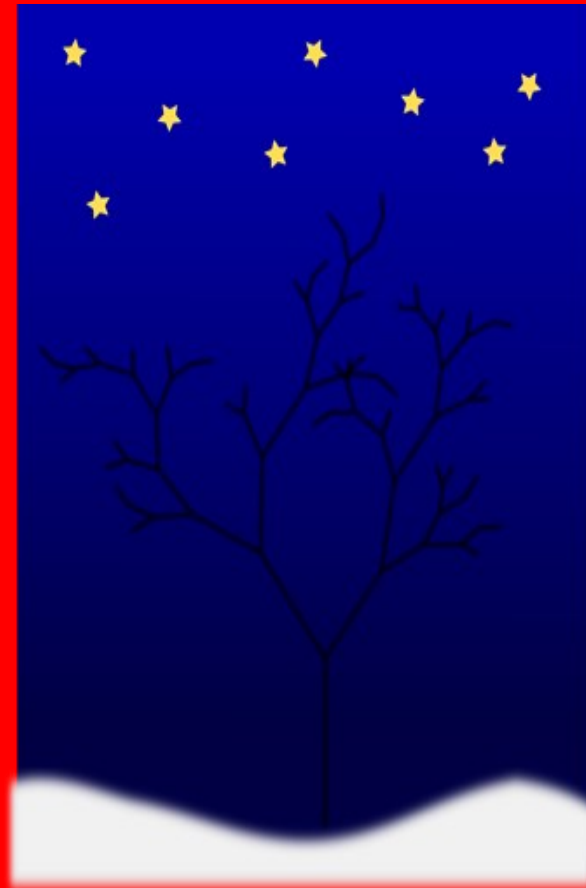
January 25: PAC meeting
with Piet Langstraat

January 26: Pro-D

2750 Shoreline Drive

Victoria, BC V9B 1M6

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



DAYS ARE SHORT AND IT GETS DARK
QUICKLY. USE CAUTION!



**FUN
WITH
BIG
CANOE**



CODING CLUB



**JERSEY DAY AT
SHORELINE**



Breakfast Matters!

The saying is true: breakfast really is the most important meal of the day. Studies have shown that students who eat breakfast before school have a general increase in math grades and reading scores, better attention spans, improved attendance, and improved behaviour.

The reason for much of these results is that breakfast jump starts our brains and bodies. Overnight people use up their body's available glucose (energy) and by morning their body is essentially fasting. Breakfast replenishes glucose (energy) and provides children and adults the fuel needed to maintain energy throughout the morning.

Kids that consistently skip breakfast may fall short in the nutrients required for optimum health. By missing breakfast they miss one-quarter to one-third of the day's energy and dietary needs.

Still not convinced? Children that eat a good breakfast have lower blood cholesterol levels and appear to have more success controlling their weight. Even if your child is at a healthy weight, breakfast is a healthy habit to start at a young age and carry into adulthood.

Your School Meal Program Dietitian



**Indigenous
Artists
Christmas Market**



**Wednesday
December 13th 2017
10am-3pm**

**UVic HSD Building
(2nd floor entrance
common area)**

Hosted by the HSD Indigenous Student Support Centre,
we wish you a very happy holiday season!
For more information contact us at 250-721-6005 or hsdissc@uvic.ca



View Royal Fire Rescue
Charitable
Food Drive!

Saturday, December 16th
10am to 2pm



Listen for the sirens, and see Santa riding through the streets of View Royal on a fire truck!

Come out with your charitable donation and/or non-perishable food items, and take a photo with Santa!

Or stop-by the hall with your donation during our drive, and enjoy a cup of cocoa on us!



Thank-you in advance for your support, wishing you all the best through the holiday season!



WINTER CONCERT

