



School Goals
2014-2015

Goal #1—
To improve student achievement in Mathematics.

Goal #2—
To improve student social responsibility.

The Hawk Eye

Feb/Mar Dates

Family Day	F-09
Gr 8s to Parkland for Musical Theatre	F-11
Green Thumb Theatre @ NSMS	F-11
Swim Club Ends	F-13
Viking Cup & Early Dismissal	Mr-06
Global Friendships	Mr 24-28

Message from the Administration

Mr. Kal Russell
Principal

Mr. David Mark
Vice-Principal

Japanese Students visit North Saanich

One of the highlights each year at North Saanich is the annual visit of Japanese students to our school in March. The visit is called Global Friendship. Sixty students and a group of teachers from Japan arrive at NSMS eager to experience a week of English Language and Canadian lifestyle. During their time at North Saanich they attend two days of class with our students, visit a few local tourist sites and stay four nights with families in our community. This will be the seventh year that we have hosted this group and every year students, staff and host families have had a wonderful cultural experience.

There are many benefits of this cultural exchange for North Saanich Middle School. Our students get an opportunity to meet a large group of students from another country and culture. They quickly develop new friendships and learn valuable lessons on acceptance and communication. NSMS students take a leadership role in hosting these students while they are visiting our school. All our students get a lesson on the Japanese culture and our students get the opportunity of sharing and teaching our Canadian culture with their new Japanese friends. We have excellent feedback from families that host students in their homes, because the children are polite, respectful and very excited to be visiting Canada. Many continue to keep in touch with their billets after they return to Japan.

The school also benefits financially. Our PAC helps with finding host families and receives a small stipend for each NSMS family that billets a student. The school also receives a little funding that is used to support school programs, staffing and activities.

This year's group is arriving on the night of March 24th and they will be leaving for home on Saturday, March 28th. If you would like to be a host family for a couple of students for four nights, please email jtamburino@sd63.bc.ca or contact the school office. Each host family receives an honorarium of \$32 per night per student, to help cover the cost of food. We have had wonderful support from our North Saanich families in the past and we would like to encourage you to support our school again and take advantage of this great cultural experience by hosting a Japanese student.

Again for more information please email jtamburino@sd63.bc.ca or call the school office at 250-656-1129.

Have you heard about the "Punch Card Deal"?

Adolescence is a time of growing up both physically and socially. During these years, the nutrition choices people make will affect not only their current health, but their future health as well. Adolescents tend to eat differently than they did as children. With after-school activities and active social lives, teens are not always able to sit down for three meals a day. Busy schedules may lead to meal skipping, snacking throughout the day, and more eating away from home. When teens skip meals, they are more likely to grab fast food from a restaurant, vending machine, or convenience store. These foods are high in fat and sugar and tend to provide little nutritional value. In fact eating an unhealthy diet can lead to fatigue, excessive weight gain and, in some cases, **diabetes** and heart disease. (faqs.org)

Get your \$25 or \$50 Punch cards at the office.

**Starting this month
If you buy a \$50 Punch card you get one \$5.00 Combo meal free.**

Mondays and Tuesdays are open menu days with a variety of entrees, desserts and beverages for sale. Weekly menu is posted on Mondays.

Wednesdays and Thursdays are \$5.00 Combo menus that alternate with the following selections:

1. **Mac & Cheese, Juice and dessert**
2. **Pita & Tzaziki, Veggies & dip, Juice and dessert**
3. **Pasta with tomato sauce, Garlic bread, Juice and dessert**