



### School Goals 2013-2014

Goal #1—  
To improve  
student achievement  
in Mathematics.

Goal #2—  
To improve student  
social responsibility.

# Message from the Administration

Mr. Kal Russell  
Principal

Mr. David Mark  
Vice-Principal

One of the things that we pride ourselves on at NSMS is having a safe and respectful school. This is very important to all of us, but does not mean that we do not occasionally have a student or two making a poor decision. Most of our office visits are the result of incidents that occur only once. Our staff makes every effort to follow up on each incident so that these incidents do not progress into a bullying situation. Parents are often interested in knowing how we deal with issues to prevent and limit bullying from occurring in our school and community. At NSMS we have a plan based on the **6 R's of Bullying Prevention**, that we have adapted from Michele Borba's work, to help make NSMS a safe place.

We start with our **rules**. Our school expectations focus on being safe, respectful and purposeful. Everything we do focuses back onto these three expectations. Our Code of Conduct explains the ways in which we maintain a safe environment. For example, NSMS is a closed campus. Additionally each classroom develops their own rules or social contracts on how their class will provide a safe and respectful learning environment.

We created a shared understanding about bullying so that we can **recognize** it. This starts with a common definition of bullying. **"Bullying is a pattern of repeated aggressive behaviour, with negative intent, directed from one child to another where there is a power imbalance."** (Dr. Olweuss.) At NSMS, we have discussed the different types of bullying and "hot spots" for bullying behaviour. We are proactive in our supervision, by encouraging appropriate behaviour and monitoring hot spots like the hallways, washrooms and stairways.

As much as we would like to see everything that happens at school, we know that this is not possible. Therefore, we rely on the students **reporting** bullying behaviour to us. This can be done in a variety of ways from; talking with a teacher or supervisor, or anonymously reporting it to our bullying prevention box in the Learning Commons or on the provincial ERASE website. We teach students at school to use their WITS, but when that does not work, to seek help from an adult. We hope that all of our students are comfortable coming to us when they need help.

When a student or parent comes to us with a concern, we make sure that we **respond** quickly. A big reason that our school feels so safe is that staff intervenes consistently and appropriately whenever they observe or suspect bullying. We try to use active supervision like greeting students at the door and respond to situations in ways that we believe helps to eliminate unwanted behaviours.

We **refuse** to let bullying become part of our school culture. We work at providing students with the skills to deal with other children and undesirable behaviour. We also attempt to make all students comfortable in sharing their concerns with the adults in their school community.

When we are dealing with unwanted behaviour at school we want to teach children how to **replace** those behaviours with proper social skills and etiquette. At NSMS, we use restitution and restorative practices to help those students struggling with behaviour to learn self-discipline.

The result of students, staff and parents working together to prevent bullying is a very safe and respectful NSMS community.

## The 6 R's in the Bullying Prevention Plan

### Rules

### Report

### Refuse

### Recognize

### Respond

### Replace

# NSMS Triathlon

## Welcome to

Each October 31<sup>st</sup> for the last 27 years North Saanich Middle School students have been participating in their own Triathlon. Students can work in teams of three with a swimmer, runner and a biker or they may participate as an individual in the Iron Person where they swim, run and bike. This is a great tradition that focuses on fitness and

Swim! Bike! Run! There's something for everyone!



New staff members joining our North Saanich Middle School team:

- Ms. D'Entremont Learning Support
- Ms. Thicke Behaviour Support

# Remembrance Day Assembly

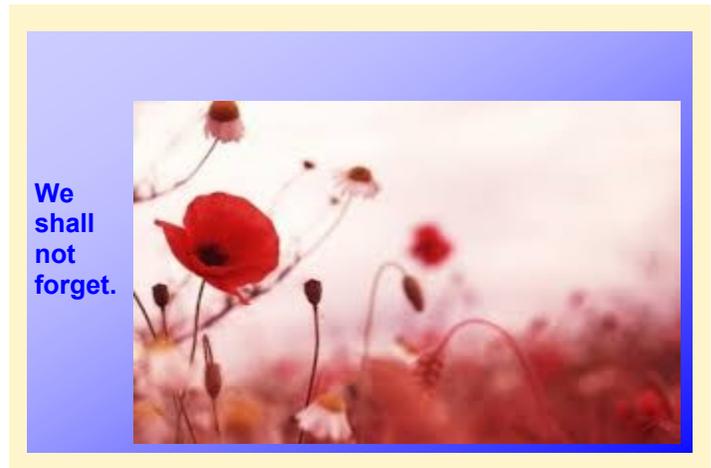
We are formally inviting parents to join us for our annual Remembrance Day Assembly.

This is a very important learning opportunity for our students and staff.

At 9:45 AM on Nov. 7, 2013 we will be assem-

bling in our gym to remember those Canadians who have served our country, providing us with the opportunity and privilege to live in a peaceful country.

We will have seating available for guests.



# Dates to Remember

Please check our school website at <http://northsaanich.sd63.bc.ca/> for current information on these activities.

October		November	
Triathlon Swim @ 12:00	23	FAAS #1 Ends	1
Mat Velvet & Charlie Show @ 9:15 (Gym)	24	FAAS #2 Begins	4
Early Dismissal @ 1:55	24	Interim Week	4-7
Provincial Pro-D Day (School is not in session)	25	Remembrance Day Assembly @ 9:45	7
Library Literacy Day—Stop, Drop and Read	28	Non-Instructional Day (School is not in session)	8
Triathlon in AM—Sandown	31	Remembrance Day (School is not in session)	11
Halloween Social in Block 4	31		