



Message from the Administration

Mr. Kal Russell
Principal

Mr. David Mark
Vice-Principal

Co-op Convenience Store

North Saanich Middle School has a new neighbour. The Peninsula Co-op has opened a Gas Station and Convenience Store on the corner of MacDonald Park Road and the Pat Bay Highway.

This presents some new challenges for our school, as our students are drawn to the Co-op. The first challenge is that we are a closed campus. Once students are at school, they are not allowed to leave school property unless they have permission. This includes the school bus waiting time at the end of the day. The second challenge is that students walking to school are showing up with 'ginormous' slushies and energy drinks. Consuming large amounts of sugar in the morning hinders the brain's ability to focus. We do not want our students to start their day's learning this way. For this reason we are asking students not to show up to school drinking pop or slushies. Parents can help by not dropping their children off at the Co-op in the morning and by encouraging them to not drink sugary drinks before school.

The expectations at NSMS will not change now that we have a very convenient convenience store as a neighbour. We will remain a closed campus school, which means students cannot visit the store during the day and we will not be allowing students to show up to school with sugary drinks. We have great kids at NSMS. Occasionally we have to help them make good decisions that support their health and safety.

Lunchtime Canteen and Snack Shack

NSMS has some healthy eating options at the school this year. Our lunch hour canteen is selling meals made by the Parkland Secondary Cafeteria Program. Mr. Thomas, the Parkland teacher, and his students have been providing us with a nice variety of hot meals that are very tasty and nutritious. All items are reasonably priced and meet the requirements of healthy schools. Visit the school website for the weekly menu.

Students can buy meals with cash or a punch card, which can be purchased at the office and is kept at the canteen. They can't lose the card and you don't have to send cash to school. The majority of our students bring their own lunch, but it is nice to know that you have a healthy, affordable alternative on the occasions when you want a break from making lunches or they need something extra to eat with their lunch.

At recess, students also have the opportunity to buy a snack at the Snack Shack. Madame McElgunn, our staff representative on the District Healthy Schools Committee, is working with students to find snacks that students like to eat that meet the healthy school guidelines. We are in the middle of trying out a variety of snacks and the students will pick the ones they like best to be the ones served in the Snack Shack for the rest of the year. One thing that students have asked to keep in the canteen is San Pellegrino drinks. Since these are not considered the best healthy choice we will only be selling them on Thursdays. This allows students to have the occasional treat without it becoming a daily event. The rest of the time we will be encouraging them to drink water at school.

Go Hawks!

DATES

December	
Winter Band Concert	7
Report Card #1 goes home	9
Christmas Social Last day	16
January	
First Day back	3
Non Instructional Day	30