



# The A.V.G. Griffin

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815 Brenda,  
Tecumseh, Ontario, N8N 2G5

## Dear A.V. Graham Community:

February was a fantastic month for learning and building relationships.

We were grateful to have adult volunteers sharing their interests with us on Community Day. VIP Graduation was exciting, as well as our Speech Contest.

Hats On for Mental Health Day was so successful that we continued it for three days! We had overwhelming participation on Twin Day. Check out some photos on the last page.

Grade Seven held a Literacy Showcase in the Library. Students shared their insights and projects.

We received thank yous from Windsor Regional Hospital, the Essex Area Food Bank and our neighbours for our fundraising efforts and Random Acts of Kindness on Community Day.

Just a couple of housekeeping items:

1. The school grounds tend to flood, we are working with the Plant Department for a resolution. In the meantime, please do not idle in front of the no parking zone.

2. Students have been busy filling out the anonymous online School Climate Survey. Parents also have an opportunity to complete a

survey. Please visit <https://publicboard.ca> to login. Result will assist to guide us in developing school safety and improvement plans.

We hope everyone enjoys the March Break!

Sincerely,  
A. Dibbs, Principal &  
T. Rilett, Vice Principal



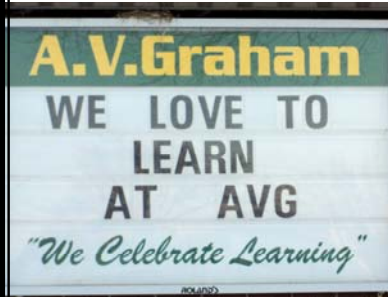
### March

- 4th: Grad Photo Retakes
- 6th: Sub Day
- 7th: Assembly
- 8th: Movie Day for Bus Patrols
- 11th-15th: March Break
- 20th: Spring Photos
- 21st: School Council
- 23rd: Earth Hour
- 27th: Pizza Day
- 29th: Good Friday

### April

- 1st: Easter Monday
- 10th: Pizza Day
- 22nd: Earth Day

## Images...





## Inclement Weather Attendance

When wondering whether the buses are running, please remember to visit

<http://www.buskids.ca> where bus cancellations are posted.

Fog Days: Buses do not run in the AM but will in the PM.

Snow Days: Buses do not run in the AM or the PM.

Please call our 24 attendance line when your child will be absent from school.

It is also helpful to call, even if you write a note about the absence in your child's agenda.

Thank you for understanding.

### On a day when buses are not running:

As a part of the Inclement Weather procedures, if your child(ren) regularly walks to school and you decide to keep your child(ren) at home for all or part of the day, please contact the school in the usual manner.

## Eco School News



In February, we conducted school wide recycle and garbage audits. Stay tuned next month for our results.

Earth Hour is fast approaching. This year's event occurs on: Saturday, March 23, 2013 between 8:30 pm and 9:30 pm.

Earth Hour link at:

<http://www.earthhour.org/>

*And the ECO School Trophy goes to 4M for the month of February!*



### Caught You Coupon Monthly Winners:

Hunter 4G  
Cassidy 4M  
Michael 6V  
Abbey 8G

### Newsletter Monthly Winner:

Milan ASD



## Windsor-Essex County Health Unit

### March '13 ~ Sugar Shock

#### Did you know?

Drinking too many sugar-sweetened beverages is linked to childhood obesity. Drinking them regularly may increase the risk of heart disease, diabetes and cavities. As well, these beverages have few nutrients like calcium, magnesium and iron found in milk and fruit juices.

To help children maintain a healthy body weight, Canada's Food Guide

recommends limiting soft drinks and other sweetened beverages. Instead, encourage children to quench their thirst with water, milk or 100% fruit juice.

#### What can you do?

•**Know the Rule of Four.** 1 teaspoon of sugar = 4 grams of sugar. So, a medium soft drink with 56 grams of sugar equals 14 teaspoons of sugar!

•**Read the ingredient list on labels.** Sugar has many other names like corn

sweetener, glucose, malt syrup, high-fructose corn syrup, honey, molasses, dextrose, fructose, and inverted sugar. Be aware that if one of these names is first or second on the list it is likely high in added sugar.

•**Think water.** Children 4 to 8 years old should drink about 5 cups of fluid (including water) daily, and children 9 to 13 years old should drink about 6 to 7 cups. Remember to offer foods that are high in water content such as oranges, grapes, cucumbers and peppers.

## School Council

### Intramurals coming to end...

#### Thank you to all parent volunteers !

The intramural program is drawing to a close at March break. A big thank you to all the parent volunteers who came out to help run the various sports.

Thank you also to all the intermediate student referees that volunteered to help referee the various sports this year. The student referees will receive a pizza

party courtesy of AVG SAC as a token of our appreciation following March Break.

Congratulations to 8V - Mr. Vickers class who won their second consecutive Dodgeball tournament this year and also to the runner up class 7M - Mrs. McGregor who gave them a run for the title.

Thank you also to Brenda Fletcher for helping

coordinate and run the various intramurals for all grades.

Thank you,  
Wayne Samwell  
A.V.G. School Council Chairperson

## Zehrs' Tapes

Please remember to save your ZEHRS' tapes and send them to school with your child. Saving grocery tapes is an easy way to raise funds for our school and success can only be achieved if everyone participates. In the

past few years we have raised over \$1000.00. The funds are administered by School Council and go directly toward classrooms to assist in your child's education. We encourage everyone to save up their ZEHR's grocery

receipts and send them to school with your child. There is a drop off box in the office.

FYI: Sobey's is no longer participating in the fundraising activity.

**The next School Council Meeting is on Thursday, March 21, 2013.**

**Time: 6:30 P.M.**

**Location: Library**

**All parents are welcome to attend!**

**We hope you see you.**

## Grade 6 & 7 News



Congratulations to our VIP Graduates!



A fantastic Grade 7 Literacy Showcase was enjoyed by all!



## Speeches

Our annual speech contest occurred on February 27, 2013. Congratulations to all of our brave presenters. It takes much courage to speak in front of a large audience.



# Student Parliament News

Community Day was February 1, 2013.



Twin Day was on February 22, 2013.



# The A.V.G. Griffin March 2013

**SPECIAL NOTICE:** The newsletter may be found at [www.publicboard.ca](http://www.publicboard.ca) under Schools > A.V. Graham. If you do not have access to the internet, please have your child go to the office to pick up a printed copy.

Sincerely, The ECO School Team

## We Value Your Input - Feedback Form

If you have any comments, please feel free to write us a note in the space provided and send it with your child to school. Homeroom teachers will collect these and send them to the office.

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\*Note—All returned feedback forms will be entered into a monthly draw for a prize. In order to stick to our ECO Friendly Goal, this feedback form will only be given to the youngest child in each family. With that being said, please print the names of your children attending A.V. Graham below.

Name of Student: \_\_\_\_\_ Class: \_\_\_\_\_

Name of Student: \_\_\_\_\_ Class: \_\_\_\_\_

Name of Student: \_\_\_\_\_ Class: \_\_\_\_\_

Please sign: Parent/Guardian: \_\_\_\_\_



The February Newsletter Draw winner was Milan (ASD).