



## Week at a Glance

<b>Week of December 5 – December 9</b>	
<b>Mon. Dec 5<sup>th</sup></b>	Santa Hat Month begins <i>(wear your Santa hat for the month of December)</i>
<b>Tue. Dec 6<sup>th</sup></b>	Red & Green Day
<b>Wed. Dec 7<sup>th</sup></b>	White Out Day Talent Show Auditions
<b>Thur. Dec 8<sup>th</sup></b>	Holiday Socks Day Talent Show Auditions
<b>Fri. Dec 9<sup>th</sup></b>	Flannel Day Assembly

Dear JMS Families,

**Talent Show-** We're excited to share with you that JMS Got Talent will be taking place on Thursday December 15<sup>th</sup>, dress rehearsal will take place on December 14<sup>th</sup> and auditions are scheduled for December 7<sup>th</sup> & 8<sup>th</sup> during lunch recess. We already know that JMS is full of talent and so this is a fantastic opportunity for the students to share and celebrate their creative performances - telling jokes (tasteful), magic tricks, dance, singing, saying a poem, juggling, playing an instrument and any other talents. Sign-up forms are in the foyer beneath the white board. Please return completed forms to the green bin,

**Winter Formal-** JMS Leadership is hosting a Winter Formal, the dance and festivities is scheduled for December 16<sup>th</sup> at 12:30 pm. The concession stand will be open to purchase drinks and snacks.

**Holiday Donations-** Lucky 7's and Candy Cane sales will begin on Monday, December 5th. Lucky 7 tickets are 4 for \$1 and Candy Canes are \$1 each and with each candy cane students will receive a raffle ticket to possibly win one of the prizes in the raffle case. The sale will be at lunch every day that week, or until tickets and candy canes are gone. All proceeds from this fundraiser will go toward the Sooke Food Bank and the Sooke Shelter Society:)

JOURNEY MIDDLE SCHOOL  
LEADERSHIP CLUB PRESENTS

# 5000 TODAY Food Drive

Food is a human right and is an immediate way to help someone. Every donation helps.

Help support the Sooke Foodbank with a donation of food or funds. We have challenged all the SD 62 middle schools to see if they can also bring in 5000 items to support the local food banks.

FINAL COUNTDOWN  
DEC. 15TH

We accept donations of non-perishable food valid for two more years (not close to expired). Also needed are monetary donations, pet supplies, diapers and hygiene items. Please drop off in your classroom by December 15th.

### VOLLEYBALL



JMS Volleyball sign-ups are next week! Brush up on your skills to get a head start on your middle school season! This is an opportunity to get guidance from experienced coaches and train and play in an energetic environment. Fun and athletic development are a guarantee.

Sessions are Monday, Tuesday, and Wednesday, December 19-21, 9:00 am to 11:30 pm

**Gr. 6 & 7 (Female) December 19-21 9:00 am-11:30 am**

**Gr. 8 (Female) December 19-21 12:00 pm- 2:30 pm**

Coaches for this camp are Brent Hall, coach of the Camosun College Chargers women's team and Team BC, and Gracie May 4th year Chargers middle, former Team BC and Team BC Beach athlete, and youth volleyball coach.

Click [here](#) for more information



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**Holiday Cards-** Mrs. Maragh would appreciate old Christmas cards for exploratory projects. Please drop them off at room 116. Thank you!

The CMHA (Canadian Mental Health Association) is excited to announce that the **Living Life to the Full for Youth** program is available for youth in BC for free until March 2024. More information and courses can be found here: <https://livinglifetothefull.ca/our-courses/>

**Living Life to the Full - Free Mental Health Course for B.C. Youth-** [Living Life to the Full](#) is a mental health promotion course designed to help people deal with everyday life challenges and learn self-management skills using Cognitive Behavioural Therapy (CBT) principles. It's an interactive 8-week course, where participants learn how to reduce stress, worry, and boost mood; improve motivation and problem-solving skills; and change unhelpful thoughts and behaviours.

**BGC Online Parenting Programs- The Boys and Girls Club (BGC)** is offering a series of online programs helping parents of teens, pre-teens, and children gain confidence, discover practical tips and resources, and find support from other parents.

- **Parents Together** Tuesdays-Ongoing- For Parents with Kids age 13-25 - 12-1:30 PM or 6:30-8PM
- **Parents in the Know** Wednesdays For Parents with Kids age 13-18 - 6:30-8PM - 10-12 weeks
- **Parenting Without Power Struggles** Thursdays For Parents with Kids age 9-12 - 6:30-8PM -10-12 week
- **Alumni Thursdays** Ongoing Drop in All Ages - 12-1 PM

For more information visit <https://bgcsvi.org/programs/parenting/> and/or contact [parentingprograms@bgcvc.org](mailto:parentingprograms@bgcvc.org), or 250-686-9122.

**The December Multicultural Calendar** the Cultural spotlight this month is on Iran, and additional content and resources are available for Hanukkah, Kwanzaa, and "Christmas around the world". Click on the following link <https://bit.ly/DecemberMulticulturalCalendar2022>.

**JMS virtue of the month** is **Responsibility**. Responsibility is the quality of behaving correctly; the duty to always do the right thing. Check out the "Responsibility" video we watched during morning announcements. Click [HERE](#) to view the video we watch during morning announcements.

**Weekly Quote** "The time is always right to do what is right" – Martin Luther King, J

### Upcoming Dates to Remember

Monday November 28<sup>th</sup>- PAC Meeting at 7:00pm in Library  
Thursday December 15<sup>th</sup> Talent Show  
Friday December 16<sup>th</sup> Holiday Dance and Activities (**Winter Break starts**)  
Tuesday Jan 3<sup>rd</sup> – **Students return to School**

**Attendance-** Please remember to inform the office if your child will be late or absent. Attendance Line: [journeyattendance@sd62.bc.ca](mailto:journeyattendance@sd62.bc.ca) or 250-642-5881

**When a student is late:** Please have them enter through the front door and check in with office staff.

**Building Access-** Parents/Guardians and visitors must sign-in at the front. If you have an appointment with a staff member, please wait in front seating area until your appointment arrives.



## Week at a Glance

### Journey Middle School December Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
					Door Decoration Contest Begins	
4	5	6	7	8	9	10
	Santa Hat Month Begins. Wear your Santa Hat everyday	Red & Green Day -check those closets... get out your Red & Green and wear it loud and proud	White -Out Wednesday ... Wear as much white as possible!	Holiday Sock Day Get out those wild and crazy holiday socks and wear them with pride.	Flannel Friday -get out your flannel shirts, PJ's and etc..	
11	12	13	14	15	16	17
	Holiday Sweater -wear your wackiest.. your wildest or homemade holiday sweaters <b>Door Winners Announced</b>	Holiday PJ Day- break out those holiday PJ's	Holiday Hat Day Get creative...Have Fun! Talent Show dress rehearsal	Dress like a Ornament ... Talent Show	Winter Dance and festivities  Winter Break Begins	



**HAPPY HOLIDAYS!**