



Victory Newsletter for April 2016

From the Principal's Desk ...

Over the next few weeks we have many parents and community members coming to our school to share their time to talk and play with our students by engaging them in a craft, physical activities, or skills. Students in grades 1 - 6 are really looking forward to the Enrichment Clusters that will be taking place over the course of three Fridays: April 15th, 22nd and 29th. Kindergarten Enrichment Clusters are in the works, more information will be shared in the coming days regarding the dates and times. A big thank-you goes out to Ms Cadieux, Mlle Vaughan and Mme Cauley for their work in organizing the parents and community volunteers. This is a huge undertaking and the school very much appreciates all of the time and effort that goes into this labour of love. Community is alive and well here at Victory and we appreciate all of the time and effort many of our parents are contributing. Our students love to see their parents in the school, it makes them very proud.

We always appreciate the vital role that parents play in supporting your children at home. Thank you for listening to and answering their questions, reading to and with them, and asking them about school activities. This partnership between home and school contributes to the academic and social successes of our children.

Another huge initiative this month and next are our three Music Evenings. Mme Lewis teaches Music to all of our classes and once again this year she is having every class perform in the evening for parents! As our Gymnasium is small and can't accommodate all parents, she has chosen to have three evenings at which four or five classes present. Please see the schedule she has included in the body of this newsletter so that you know which evening their child is performing on (April 27th, April 28th and May 2nd).

Please feel free to contact me at any time to share ideas, questions or concerns about your child's education and school experiences. I welcome and value your input.

Julie Young

Moving?

If you know that you will be moving out of our school area before the end of June, or during the summer months, please call us at 519-822-6931. This information helps us with our school organization and classroom planning for September, 2016. Thank you!

Speed Limits in Elementary School Zones & Parking Areas

The City of Guelph has implemented reduced speed limits in elementary school zones across the city:



- 40 km/h speed limits on arterial roads, in effect on school days from 8:00-9:00 a.m. and 3:00-4:00 p.m.
- 30 km/h speed limits on collector and local roads, which will be in effect at all times.

There are 'No Parking' signs on Exhibition St. at the front of the school. You can stop your car to let children out, but please do not park and leave your vehicle. Also note that on Powell St. cars should not be stopping in the bus zone or across the street from the bus zone. Over the past few weeks there have been several cars parked on Clarke St. in the 'No Parking' area. When cars are parked on both sides of Clarke visibility is reduced and it becomes unsafe during our busy morning entry time and at the end of the day. Please park down the street in parking areas and walk your child onto the property. There have also be reports of cars going right through the stop sign at the crosswalk at Exhibition and Powell St.. The sun is often at a bad angle at the beginning of the school day, and results in drivers not always seeing the stop sign. Please be aware of the sign and stop accordingly.

Please obey speed limits in our school zones and parking signs. Let's all work together to ensure a safe walking environment for students, parents, crossing guards, pedestrians, and cyclists.



Emergency Drills

Fire drills, severe weather or tornado drills, lockdown/hold and secure drills and school evacuations are all important components of our school emergency procedures. These events are practiced periodically to reinforce our safety measures.

If you have any questions or concerns about our emergency procedures please contact Mrs. Young.

School Council

In April, the School Council takes requests for funding purchases and initiatives. In preparation for that meeting, we would like to determine the parent body's priorities for spending. We will be discussing this at our April meeting and welcome your input. The April meeting is Thursday, April 7th, 2016 beginning at 6:30 p.m. in the library. Everyone is welcome to attend, and you don't have to be an active member. If you need to contact the school council or have any questions please feel free to email us at: info@vpsfamily.ca

Clubs, Sports and Trips

Some of the clubs, sports and trips this month include:

- Glee Club
- Skills Canada Challenges: Lego Robotics and Design and Build Teams with Mrs. Kelly
- Patroller Movie Day
- Blue Spruce Reading Club
- Silver Birch and Express Reading Clubs

- SHARKS Swimming Program: Grade 3 and 5 students
- River Run Linamar Performances
- Police Safety Visits: Several Classes - See calendar for details.

Medication at School

Please be advised that we are not able to give medication to your child at school without the completion of a Consent for Oral Medication form. This form can be obtained at the office. Please do not send medication to school in your child's backpack. All medications need to be brought to the office by a parent or guardian and completed by said parent or guardian. The only exceptions are students who are permitted to carry an epipen or inhaler. Thank you for your help in this matter.

Call for Yearbook Photos!

Mme Stephens and Mme Wadleigh are collecting photos of great Victory moments for the 2015-2016 yearbook, and they NEED YOUR HELP! If you have photos of school-related events such as Terry Fox Run, Remembrance Day, Family Literacy Day, assemblies, sports tournaments, field trips, etc., please consider submitting them. You can bring them to the office on CD, DVD, or flash drive to go in Mme Stephens's or Mme Wadleigh's mailbox, or you can email or Google Share to diana.stephens@ugdsb.on.ca. The yearbook team is planning for an earlier print date, as well as colour, black-and-white, and digital options this year! The yearbook club will do much of the work in April, so if you have photos, please don't delay. Merci beaucoup in advance!

Volunteer Breakfast - May 3, 2016

We really appreciate all that our volunteers do here at Victory. On any given day we have volunteers in many different roles from reading with children, helping with Scientist in Schools, supervising field trips, tallying milk and lunch orders, distributing pizza, counting and ordering cartons of milk, attending School Council meetings, decorating for special events, sharing their skills and interests, leading book talks, organizing special events The list goes on and on.

On Tuesday, May 3rd, all Victory volunteers are invited to our Volunteer Breakfast. Please join us for food and conversation at 8:15 a.m. in our school library. Thank you!

Dress for the Weather

April weather can be very unpredictable and the "April Showers" can just as easily be "April Snowflakes"! We are outside at both nutrition breaks and very rarely stay indoors because of inclement weather. Please be sure that your child has appropriate outdoor clothing at school every day to accommodate these weather changes. We strongly encourage splash pants at this time of year so students can be comfortable in their classrooms with clean, dry clothes after recesses.

For safety and school cleanliness, please ensure that your child has clean indoor shoes. Running shoes with non-marking soles are required for gym. Flip flops or Croc-style shoes are not safe for gym classes.

Teach Your Child How to Put an End to Bullying at School

Parents often think bullying is just a part of life. But it should be taken seriously. Bullied children become anxious. Some end up not wanting to go to school. Kids who bully others are often in pain themselves. They use aggressive behaviour to cover up their shortcomings. To stop bullying, parents can:

- **Watch for symptoms that your child is being bullied.**
These include withdrawal, a drop in grades, torn clothes and needing extra money or supplies.
- **Listen to your child.**
Encourage him/her to talk about school and other kids. Ask about the walk or ride to and from school.
- **Show your child how to protect himself/herself.**
Practice walking with confidence. Role-play how to stand up for yourself verbally. If your child complains about another child, dig deeper. Children are often embarrassed or afraid to say they're being bullied. When probed, a seemingly minor complaint might reveal a more severe problem.
- **If your child is being bullied, tell the school.**
Teachers can take steps to ensure your child's safety.
- **Get together with other parents.**
Ensure that children in your neighbourhood are supervised to, from and after school.
- **Teach your child the social skills he/she needs to make friends.** If your child is a bully, get help. Talk to a teacher, counselor or a child psychologist.



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Beginning in April 2016, Victory Kids Club will be offering child care on all non-instructional days (P.A. Days, March Break, and Summer Break) to all children attending Victory Public School and the surrounding area. If you have any questions or would like to enroll your child for the above mentioned days, please contact Allison at 519-822-0262.

Thank you

Victory Kids Club

Kindergarten Graduation Photos

Senior Kindergarten photos will be taken on Wednesday, March 30, 2016. Forms were sent home on March 21, 2016.

Safety on the Playground

Our students are anxiously waiting for our playground structure to re-open. Board policy determines that the equipment is off limits from November 1 to March 31, and at other times as determined by the school administration. This includes periods of freezing temperatures, when there is freezing rain, if the ground cover is frozen, or if there is a buildup of snow and ice. This year we anticipate the equipment will re- open on schedule!

This is a good time to remind everyone of the rules that help make these structures fun and safe places to play. Our playground is designed for users aged 12 and under and we do not provide supervision, maintenance and inspections outside of school hours.

Skipping ropes, ropes, scarves or loose drawstrings on children's clothing and bicycle helmets are not allowed on play structures. In the event of an injury, students and staff are reminded that the injured person should not be moved, and a supervisor must be notified immediately.

We know how much the children enjoy our play structures and are looking forward to the spring weather so they can use them again. Safety on the playground is a top priority, and once the play structures open again we will be reminding our students of playground rules.

Healthy Aquatic Recreation for Kids (SHARK)

The YMCA-YWCA of Guelph SHARKs swim program is an innovative and exciting swim program provided to all Grade 3 and 5 students in the city of Guelph. SHARKs has grown from the humble beginnings of 6 schools and 250 Grade 3 students in 2004, to over 2300 Grade 3 and 5 students at all schools in Guelph. It is the only program of its kind, including all Public, Private and Catholic Elementary schools.

The SHARKs program teaches the Lifesaving Society's "Swim to Survive" curriculum of surviving a sudden and unexpected fall into Deep Water. With SHARKs training, the students of Guelph learn how to:

- recover from a fall into the water
- tread water until rescuers arrive
- swim to safety



The YMCA – YWCA of Guelph has partnered with the City of Guelph and the University of Guelph to bring this program to 100% of Grade 3 and 5 students in Guelph, FREE OF COST! The goal of the YMCA-YWCA of Guelph and the City of Guelph is, by 2019, to have 100 percent of students graduate from Grade 8, being able to achieve the Swim to Survive Standard. SHARKs is an important and vital step to reaching this goal, and the YMCA-YWCA of Guelph looks forward to ensuring the aquatic safety of the students in Guelph both now, and in the future.

Victory SHARKS Swim will begin at the end of April.

Feedback welcome on draft policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are Equity and Inclusive Education (#504) and Alcohol and Drugs (#513). You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy. The deadline for public input is April 13, 2016. Persons without internet access may call 519-822-4420 ext. 723 to request a printed copy of the draft documents.

Light it up BLUE!- World Autism Awareness Day



The eighth annual World Autism Awareness Day is April 2, 2016. Every year autism organizations around the world celebrate the day with unique fundraising and awareness raising events. This year, global landmarks will light up blue to raise awareness. In Canada the CN Tower will participate by shining blue to shine a light on autism and turn awareness into action. Please join Upper Grand District School Board in our effort to inspire compassion, empowerment and hope by wearing BLUE on Saturday April 2nd 2016. Use #LIUB to share your experience across social media and help light the world up blue this April!

<https://www.autismspeaks.org/liub>

[Autism Ontario](#)

[Kerry's Place Autism Services](#)

Earth Day, 2016

April 22nd is Earth Day! It's a day when we can celebrate our amazing Earth and look at ways we can help protect our environment. During the week of April 20 to 23, Victory staff and students will be participating in various events to help bring awareness to protecting our world. Wear blue and green on Friday, April 22nd to celebrate Earth Day! We will also be having an assembly run by the Green Team and a yard clean up. All week long members of our Green Team will be making announcements about protecting the earth, recycling and saving power. Students will be challenged to bring a litterless lunch to reinforce good habits of stewardship.

We will also be having our Compost Kick-off assembly on April 19th!



Engaging Your Child in Mathematics At Home!

As parents we have the wonderful opportunity and responsibility for nurturing our children's growth. Parents play a key role in the physical, emotional, and intellectual development of their child. As parents we can usually find time to read a story to our children, thereby instilling a love of literature, but we are often at a loss as to how to instill a love and appreciation for mathematics.

Like reading, mathematics is a subject that is indeed necessary for functioning adequately in society. More than that, mathematics is a subject that should be more enjoyable than it is perceived to be. Parents' attitude toward mathematics has an impact on their children's attitudes. Children whose parents show an interest in and enthusiasm for mathematics around the home will be more likely to develop that enthusiasm themselves.

Activities in the Home

If you have dice, playing cards, and a bit of time....oh the "number sense" fun you can have.

- Work on Place Value-use a grade appropriate number of dice and use the numbers rolled as digits to "make the biggest number you can, make the smallest number you can, make a number close to 100" etc.
- Work on Number Sense-use 2 die to add numbers together....to make it harder, you can use the 2 die to subtract, and multiply.
- War-Use a deck of cards to compare numbers. Each person flips their cards at the same time, the person with the higher number gets both cards.
- What's my number? Someone holds a card on their forehead and asks the other person questions to try to guess their number (for example, is it greater than 5, is it odd or even).

Give it a go and have fun building number sense fluency together.

Library up

The Forest of Reading programs continue to run. The **Blue Spruce** program is nearing completion with many of the classes having heard all 10 picture books and giving their diverse opinions. The **Silver Birch** and **Silver Birch Express** clubs (meeting on Thursday mornings at recess) are still going strong. Voting, for those who have read at least half the books, will take place in April. Students have been able to participate in a variety of activities related to the books including blogging. Two favourite titles for the Silver Birch Express participants are Weird Frogs and Tank and Fizz.

Don't forget to visit **Victory's library website!** Go to the Victory school site (www.ugdsb.on.ca/victory/) and click on **Victory Library** in the menu on the left. See and read what's been happening in our dynamic library. Check out the page "Great Reads" where recommendations for some of the newer books in our collection are given. There are also links to a number of great literacy related websites.

Grade 3-6 students enjoyed **author Michael Wade's** visit on March 3rd. During his entertaining visit, Michael talked about the power of words and the ability for anyone and everyone to be a writer. Upcoming **Book Fair**: This year Victory will be collaborating with **The Bookshelf** in our fundraising efforts for the library. Our Book Fair is planned for **Wednesday May 4th and Thursday May 5th**. Please contact Mme Sabinsky at extension 412 if you are able to assist.

Transition Plans

While it may feel like it is early in the year to think about moving on to the next school year, plans are underway to ensure that students have a successful transition in September. For students that are changing schools, visits may have already begun. Specific transition plans are often particularly important for students with an Individual Education Plan and therefore are a required component of any IEP. For many students, the support provided to the whole class is all they need to have a successful transition, however other students may need more specific goals and support to help them deal with a variety of changes throughout the day.

Common transitions that can be addressed on a transition plan include:

- entry to school
- move to a new school or new grade/teacher
- transition to post-secondary: workplace, apprenticeship, college, university, community etc.
- in school transitions could include: starting/stopping activities, leaving the classroom, going to recess/gym, going on field trips

As a parent, you can play an important role in transition planning for your child by:

- working together with school staff to discuss the transition goals
- providing visits to the new school
- talking about the transition in a positive way
- looking at pictures of the new teachers and school building
- reading social stories to give your child the reassurance they need

Preparation is crucial for transitions to be successful, and a team approach between home and school is key.

April Environmental Theme: Ecosystems

In April we celebrate Earth week and Earth Day so it is fitting that the environmental theme is all about what we are really trying to protect. We are working together to save our Ecosystems. An Ecosystem is a group of plants and animals living in their own environment of soil, water, air and sun. So examples are a garden, or a forest, or a lake, or even a fallen, decomposing log.

As humans on planet Earth we have a responsibility to take care of all Ecosystems. We need to have thoughtful, long-range plans on how many forests to cut down and turn into houses or parking lots or factories. We need to think about the long-term effects of turning good farmland into a subdivision. There are more and more people living on this planet every year and we need to make plans on how to give everyone a place to live without destroying our essential Ecosystems. With good planning this can be done.

We need to get outside and learn more about all of the many different Ecosystems on planet Earth and do everything we can to protect them. When we pollute, or destroy habitats, the plants and animals can no longer live there and species become endangered or extinct. When we buy too many things we don't need, or don't buy locally, or use the car too often instead of biking or walking, Climate Change speeds up and Ecosystems can't survive the new temperature changes or flooding or drought. So all the suggestions we have been talking about all year - including turning off the lights, or not wasting water when you brush your teeth, using cloth bags instead of plastic, and reducing, reusing and recycling are really very important. Together we can make a difference!



Slogan of the month: Go outside and explore an Ecosystem today!

What is RESILIENCY?

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means “bouncing back” from difficult experiences.

~ Bonnie Bernard

According to **The Canadian Mental Health Association (CMHA)** RESILIENCE is, being in good health means more than feeling physically well; it also means feeling mentally well. Today, we are more aware of how our mental and physical health affect each other. Setting aside time to focus on mental health is important – to you and those who care about you. Life is full of change, risks and challenges. Good mental or emotional health helps us find our balance and stay in control, even during turbulent time

With the ability to communicate across the world in an instant, and electronic entertainment coming from every direction, life in today’s world is fast-paced and full-on. Anything seems possible, and with so many options and devices at our disposal, parents can be tempted to make their kids’ lives very easy. **Want that \$2 toy? Okay, you got it. (Better to avoid a meltdown, right?)** However if we want our children to stand up to the inevitable challenges they will face in the future and keep going despite disappointment or frustration, we need to help our children develop **resilience**. **This means they need to practice coping skills, and therefore need some challenges to practice these skills with.** After all, life is not about figuring out how to turn off a thunderstorm or switch on the sun – no matter how much we would like this to be possible. Our children will learn to be much happier, more resilient people, when they can enjoy the sunshine when it is around and dance in the rain when there is no other choice.

The list below is not your typical “do and don’t” list but rather a set of prompts to begin reflecting on ways we can teach children resilience through simple interactions every day.

- Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is “too hard” for them.
- Encourage your child to serve others or let others go first when sharing food.
- Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment
- Show your child that it is worth making a good decision for the long run even if it’s not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare
- Teach your child the difference between needs and wants
- Teach your child that they do not need every single material thing they desire (toys, food, designer clothes, technology devices, etc) even if “everyone else has it.”
- Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.
 - Give your child opportunities to help others younger than them, starting with simple ways such as showing the other child pictures in a book.

- When we foster resiliency in our children we promote the development of positive mental health because we enable them to develop coping strategies to get through the toughest parts of life, regardless of their social and economic environment they are living in.



<http://creativewithkids.com/25-ideas-for-teaching-your-kids-resilience>

Talking About Mental Health – March 2016

Kids Do Well If They Can - Collaborative Proactive Solutions

In our schools we use a positive supportive approach with all our students. One such approach that we follow in our schools is Collaborative Proactive Solutions (CPS). This is a very effective way to help children and youth who are struggling by working with them to building skills and resources.

Dr. Ross Greene, who developed Collaborative Proactive Solutions, believes that **Kids Do Well If They Can**. If they are not doing well it is because they're lacking the skills not to be challenging. If they had the skills, they wouldn't be challenging. Dr. Greene also stresses that **Doing well is always preferable to not doing well** (*if a kid has the skills to do well in the first place*).

When children and youth are faced with challenges that are too much for their skills and resources, they often engage in challenging behaviour because they do not have the skills to engage in positive behaviour.

Challenging behavior in children and youth is best understood as the result of lagging skills (in the terms of flexibility/adaptability, frustration tolerance, and problem solving) rather than as the result of lack of motivation on the child/youth's part. And second, the best way to reduce challenging behaviour is by working together with the child/youth – collaborating – to solve the problems setting them in motion in the first place.

Dr. Greene's Collaborative Proactive Solutions is a very successful approach for children and youth presenting with a variety of challenging behaviours, which is why we use this approach in our schools.

Dr. Greene also has many tips for parents, so they can use Collaborative Proactive Solutions at home. If you are interested in learning more, please see his website:

<http://www.livesinthebalance.org/parents-families>

Information for this article has been taken from Dr. Ross Greene's website.

*Dr. Lynn Woodford, Psychologist, is the Mental Health and Addiction Lead for Upper Grand District School Board
Follow me on twitter: @drlynnwoodford*

Spring 2016 - Enrichment Clusters - Grades 1-6

Exciting News! The Spring Enrichment Clusters will be held on April 15th, 22nd and 29th . The Student Selection Sheet will be sent home with students on Thursday, March 24th. Our goal is to place every student in an Enrichment Cluster that is of keen interest to them. Therefore students are asked to list their top three choices on the sheet. Thank you to the wonderful parents who have volunteered to host an Enrichment Cluster this year:

Justine Dainard, Elisa Harrison, Joe Harrison,
Peter Mazzotta, JD MacNeil, Gabriel Mellor,
Sarah Gower, Miranda McCausland, Lies Neyes,
Andrea Harvie Porras, Frances Hahn, Jennifer Matheson
Melissa Grieve, David Weymouth, David Di Cenzo,
Casey Berard, Christine deVuono.

Would you be interested in volunteering to help out in the Enrichment Clusters? Our Cluster leaders would appreciate an extra pair of adult hands! Please email Monique Cadieux at mcadieux@ugcloud.ca if you are available for any of the three dates.

Victory Vermicomposting Program

The students in Ms. Gold's grade 3/4 class and Ms. Cadieux's 4/5 class have partnered up with The Julien Project at Ignatius Farms to help start the Victory PS vermicomposting project! Friends from Ignatius came to teach our classes about the process of vermicomposting, and we now have an active worm composter going between our classrooms. As part of the Julien Project, students at College Heights will build a large cedar composter to go in the Victory garden where we will expand the use of our composter to include the whole school. Students in our classes will collect compost from different classrooms, and maintain the composter in the yard. We should have this going by the end of April. Thank you to Jeanna Rex for helping connect our school with Ignatius.

Victory Music Nights

The students are very excited to show off their musical talents once again this year! We have three exciting shows planned for our Victory families. Please save the date for the following concerts and stay tuned for more information closer to the date. Hope to see you there!

Wednesday, April 27:

Mifsud, Wadleigh, Akram and Kelly's classes will perform

Thursday, April 28:

Duimstra, Roussy, Moore, Labelle and Gold's classes will perform

Monday, May 2:

Vaughan, Elrick, Cauley and Cadieux's classes will perform.

AVRIL 2016

APRIL 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			SK Grad Photos March 30th		1 Day 2 PIZZA DAY	2 World Autism Awareness Day
3	4 Day 3 Time2Read	5 Day 4 Trip to River Run Centre 3's in F2/3B, F3A, 3/4C, F4A and 4's in 4/5B	6 Day 5	7 Day 1 School Council Meeting 6:30	8 Day 2 Skills Canada	9
10	11 Day 3 Time2Read	12 Day 4	13 Day 5	14 Day 1 Breaking Down Barriers Through Parent Engagement Presentation at Centennial CVI 4:00-8:00 p.m.	15 Day 2 PIZZA DAY Enrichment Clusters	16
17	18 Day 3	19 Day 4 Compost Kick- off Day	20 Day 5 Trip to River Run Centre 1/2A, F1B, F1/2C, F2/3B OC Appreciation Day VP from Willow to talk to Grade 6 class	21 Day 1 The Ned Show -students can purchase yoyos	22 Day 2 Enrichment Clusters Earth Day Wear blue and Green	23
24	25 PA Day – No School for students	26 Day 3	27 Day 4 Music Night #1 FKKA, JKD, F4A & 6A	28 Day 5 Music Night #2 FJKB, 1/2A, F1B, F2/3B, 3/4C Custodial Appreciation Day	29 Day 1 PIZZA DAY Enrichment Clusters	30