



Victory Newsletter for March 2017

March, 2017

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[From the Principal's Desk ...](#)

This past month at Victory was a busy one celebrating our great Canadian winter and French Culture with Carnaval and our second annual Soirée. A very big thank you goes out to M. Elrick who organized both events with the help of School Council. We had a much bigger turnout for the Soirée than anticipated. Sorry to those of you who had to wait as we scrambled to make more hot chocolate!

A big thank you goes out to Sarah Bolton-Blair who ran the School Council Valentine's Day Dance on February 10th. There was a collection box out for Big Brothers and over \$60.00 was collected! We want to thank those families who contributed to this worthwhile cause.

Our Character Ed. Assembly on February 14th was a combination of a Caring Hands message and a presentation by *Kill it with Kindness*. Mme Duimstra's and Mme Sabinsky's classes put together the Caring Hands portion of the event. The kindergarten students showed a video they had made and they sang a song. The folks from *Kill it with Kindness* presented us with our Friendship Bench and talked to the students about bully prevention. The Friendship Bench will visit classrooms until the ground outside thaws and then it will be installed in the schoolyard. The idea is that if a child has nobody to play with then he/she can sit on the bench. If someone sees a child on the bench they can invite them to join their play. We were asked what we would like inscribed on the plaque and we chose the following quote:

"A friend is one of the nicest things you can have and one of the best things you can be" Winnie the Pooh

On Wednesday, February 22nd Victory went PINK! Many students came to school wearing pink in support of bully prevention and National Pink T-shirt Day. All teachers sported the staff pink T-shirts that were designed by last year's Grade 6 students. This was a great demonstration that our school community recognizes that bullying is not acceptable.

Live Free Day is March 3rd. On this day we ask students to bring in small change to go towards equity programs in schools across our board. The idea is that we each give up something for the day and contribute the funds that the item would have cost.

Enrichment Clusters begin in March. We thank Mlle Vaughan for all of the hours she has put into making

the Clusters a reality. Thank you, in advance, to all the parents and community members who have agreed to share their time and talents with us. The students are really looking forward to the clusters.

I truly appreciate the partnership that we continue to strive to build between home and school here at Victory. I hope you and your families have a great holiday later this month.

We wish you a very happy March Break between March 13th – 17th!

Mrs. Young
julie.young@ugdsb.on.ca

Winter Fun

Thank you again to M. Elrick who organized and ran our Winter Soirée along with the help of Mlle Cauley, Mlle Vaughan, and Mr. Fletcher. It was wonderful seeing all the lanterns and children teaching their parents who took part in the different winter activities. Thank you to Bill Whitehead who provided the sound system and to School Council for providing the hot chocolate. The fiddler really set the tone! We also all enjoyed the Carnival. Even though there was very little snow we all had a wonderfully active day in the great outdoors. Thank you to Trista Forth who spent the whole day helping out!

Valentine Dance

Our School Council ran a very successful and fun-filled Valentine Dance on February 10th that was open to all students. Thank you to Sarah Bolton-Blair who organized and ran the event.

School Council

If you need to get in touch with School Council, please note that the School Council email address is: info@vpsfamily.ca

Vehicle Traffic Around Victory

Vehicle traffic continues to be a concern on the streets adjacent to our school. If you are dropping off or picking up your child by car, please respect the No Parking and No Stopping signs on streets adjacent to Victory, and be sure that your car is not blocking driveway access to the street. There is to be no stopping or parking in the bus zone or across from the bus zone. Some roads allow parking on one side only, and some have restrictions for stopping during school hours. Parking is allowed on some side streets and on the laneway along Exhibition Park. Although this means a few extra minutes of walking time, we request that drivers make the safer choice by parking or stopping in these locations.

Allergies

The issue of students with allergies and anaphylaxis (severe reactions to allergies) has been a concern in schools for many years. Some allergic reactions can be mild, while others can be life-threatening if appropriate measures are not taken promptly. Our Victory community has been very supportive in helping all students have a safe and inclusive learning environment. We appreciate your continued support in this area.

Basketball

Our Junior Basketball team participated in the divisional tournament on Feb. 15th. They represented our school proudly and had fun too! A big thank you goes out to Mlle Vaughan and Ms. Kelly who coached our teams. Well done!

Safety Patrol

Our safety patrol members continue to act responsibly on behalf of all the students at Victory Public School. Congratulations to Charlee H. who won last term's Safety Patroller award!

Please remember that street patrollers are on duty at the following times only:

- **Morning: 8:30 - 8:45 a.m.**
- **Afternoon: 3:15 - 3:25 p.m.**
- **On extremely cold days they arrive at their posts by 8:40 a.m. and leave at 3:20 p.m..**

Thank you to the City of Guelph Police and CAA for continuing to support our patrollers with training and appreciation events such as an upcoming Guelph STORM hockey game.

School Council

Our next meeting is Thursday, March 1st, 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

Safe Schools Drill

Since 2001, all schools in Ontario have been required to hold two lockdown drills a year. In March we will be holding our second drill. We will be careful to reassure students that this is a drill or practice, and, just like in a fire drill, the purpose is to learn what to do in case we need to lock our doors. We will stress that during a drill everyone in our building is safe. If you have any questions or concerns about these procedures, please contact Mrs. Young at 519 822-6931.

Visitors in our School

For our children's safety, please sign the guest book in the office, and wear a visitor's badge when visiting our school. If you are picking up your son or daughter early, please check in at the office and we will call them there to meet you. Please do not go to your child's classroom. Thank you!

Junior & Senior Kindergarten Registration

If you have a child who will be four or five in 2017, please phone the school with this information if you have not already done so. Our registration times have come and gone but Mrs. Hambly is still accepting names, sending out packages, and registering children for September classes. Please share this information with any friends and neighbours in our school area who have children who are eligible for kindergarten. Thank you for your help!

Help Your Child to be More Resilient

Life can be stressful for both children and their parents. When children learn how to handle challenging situations in positive ways and to bounce back after a negative experience they become more resilient. Resilient people are happier, healthier and more successful in life. Children learn resiliency skills from the adults in their lives. Here are some ideas to help you to build resilience in your child:

1. **Build a caring and trusting relationship:** Listen to your child and talk about their day, share cuddles or hugs, play or do activities together.
2. **Think positive:** Each evening ask your child to share a positive thing that happened during their day. You could share something positive that happened in your day too!
3. **Gently challenge your child's negative thinking:** If your child has had a stressful experience, acknowledge their feelings and help your child see that experience as only one of many things that happened that day: "It sounds as if Max really hurt your feelings by not inviting you to play hockey. Did you play with him at another time? Did you play with some of your other friends?"
4. **Build confidence:** Allow your child to do things independently as often as possible; such as getting dressed, helping to make dinner, wrapping a birthday gift, helping with a chore. Only give guidance if absolutely necessary.
5. **Allow your child to feel that he or she has control over his or her life:** Allow your child to make age-appropriate decisions, such as what to wear, a choice of what to have in their lunch ("would you like a banana or yogurt?"), what book to read before bedtime, what movie to watch on the weekend.
6. **Model and practice calming:** When you are dealing with a difficult situation show your child how you calm yourself down. Practice calming with your child (deep breathing, counting to 10, going to a quiet place).
7. **Model coping:** When you have a problem, talk to your child about how you solved the problem calmly. What did you think about as you were solving your problem?
8. **Build your child's coping strategies:** Help your child think through a challenge. Help your child to know that the issue is just temporary and that he or she can solve the problem. Support your child in coming up with a solution.

In supporting your child in building resiliency skills you are developing a positive outlook that will last a lifetime. For more information on resiliency please go to the website below.

Source: Reaching In, Reaching out Website: <http://www.reachinginreachingout.com/resources-parents.htm>

Secondary French Language High School Survey

Parents invited to share feedback on secondary French language instruction.

Do you have a child enrolled in high school? Parents/guardians with children in a UGDSB secondary school are asked to complete a short, confidential survey on French language instruction at the high school level, in both Core French and French Immersion. For more information and to complete the survey, please visit www.surveymonkey.com/r/secondaryFSLsurvey.

Vision Health

If you suspect that your child is struggling with vision issues, there are several things that you can do. First, book an eye exam with an optometrist. Basic OHIP coverage for eye exams, is available free of charge, for children from birth to age 19. Speak with your child's teacher regarding your concerns and encourage your child to clearly express to the teacher the difficulties they are having (Are they having

trouble seeing things on the board? Are they having trouble copying information? Are they having trouble seeing the information in novels/textbooks/notebooks etc.?) There are a number of accommodations that can be made to quickly address potential problems, including seating closer to the board or larger print on computers or photocopies. You can also discuss with the classroom teacher or SERT the possibility of making a referral to one of the Vision Itinerant Teachers who provide support to your school.

Digital Saturday returns this March!

All parents in the UGDSB are invited to attend Digital Saturday, which will be hosted at JD Hogarth PS in Fergus.

See a variety of technology used in the UGDSB. Meet with Special Education staff to learn more about how they support all students. Discover the rich online digital resources available to your children from home and at school.

Presentations include: devices in our schools, Homework Help, Cospaces and Ozobot, Google Apps for Education, UG2GO, Coding in the Classroom, MIT App Inventor, Grandpals, Virtual Reality, SEA, and My Blueprint.

Digital Saturday is on March 25 from 9 to 11:30 a.m.

Feedback welcome on draft policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review is the **Website and Social Media Management** Policy 312. You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy. The deadline for public input is March 16, 2017 at 4 p.m. EST. Persons without internet access may call 519-822-4420 (or toll-free 1-800-321-4025) ext. 723 to request a printed copy of the draft documents.

MONTHLY ENVIRONMENTAL ACTIVITIES TO HELP CELEBRATE OUR PLANET

March 25th is Earth Hour!

It is vital to teach our children to respect and take care of the environment.

Join the global Movement! Celebrate Earth Hour on March 25th at 8:30pm.

Earth Hour's mission is uniting people to protect the planet by raising awareness of about climate change and encouraging positive action.

"Earth Hour was famously started as a lights-off event in Sydney, Australia in 2007. Since then it has grown to engage more than 172 countries and territories worldwide."

Earth Hour is more than an event. It is a movement that has achieved massive environmental impact, including legislation changes by harnessing the power of the crowd.”

Click here to see a short video clip of Earth Hour’s story around the world and click here for highlights of 2015

Ideas for your family to do for Earth Hour!

Earth Hour belongs to you. Celebrate your commitment to the planet with your friends, family, community or at work - in your own way.

A simple event can be just turning off all non-essential lights on March 25th from 8:30-9:30 pm. For one hour, focus on your commitment to our planet. To celebrate, you can:

- prepare a candle lit dinner,
- talk to your neighbours, or invite people over
- stargaze, or go camping in your backyard
- play board games, or charades
- host a concert, or a sing-a-long
- create or join your own community event
- have an Earth Hour every month

The possibilities are endless!

Quotes and information taken from: <https://www.earthhour.org/>

Your Child’s Hearing is Important!

Seventy-five percent of a child’s day is spent listening; listening to complex language, directions and instructions which need to be comprehended. Being able to hear peers is important for developing social skills and friendships. That is why it is important that any hearing difficulty be discovered as soon as possible because even mild hearing loss can put a child at risk for academic and communication difficulties. Audiologists are experts who assess hearing sensitivity and functioning that provides a window into the language/listening parts of the brain. Since listening is a critical learning skill, test results can be helpful in planning a program of intervention. Students who wear hearing aids, cochlear implants, or use personal FM systems should routinely visit an Audiologist to have their equipment checked. If you suspect your child has difficulty with hearing or attention it is recommended that you have your child tested by an Audiologist. To find an Audiologist in your community, visit the website of the College of Audiologists and Speech Language Pathologists of Ontario (www.CASLPO.com) and click on “Find an Audiologist” and search for Private Practice.

At UGDSB you can call 519-941-6191 ext. 231 for information.

