



Victoria Terrace P.S. News

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From the Principal's Desk

The month of February has many special occasions that we are celebrating at VT - Groundhog Day, 100th Day of school, Valentine's Day, and Family Day to name a few. Students are enjoying snow soccer and lots of fort building outside when the weather cooperates and provides some snow. Our junior students will enjoy learning to curl at the Fergus Curling Club. We have special Spirit Days arranged by our Student Council to look forward to and they were really excited by the Twin Spirit Day. We even had some triplets. The V.T. Postal Service runs from Jan. 31st to Valentines' Day. February 2nd is National Sweater Day. We will be holding our V.T. Sweater Week from February 5th to Feb. 9th and our heating will be turned down 2 degrees that week. The ECO Mani Acts are planning a bake sale on February 14th to support a very worthwhile cause and more information will be shared with you about their goal. These special days and activities should help to ease the winter blues!

As we begin Term 2, we'd like to remind you just how important your role as parents is in supporting your children's learning. Please continue to:

- Maintain on-going communication with your child's teacher.
- Talk about school and the events of the day with your child at home.
- Model and talk about the importance of reading, writing and math of all kinds and for different purposes.

As we enjoy the cold and snow, I would like to remind you of the importance in helping your child(ren) come to school dressed for the weather with snow pants, hats, snow boots and extra socks and mittens. We have outside time at least twice daily, giving students the opportunity to stretch, run, and release some energy, to be ready for classroom learning. Weather permitting, our Kindergarten classes enjoy outdoor learning on a daily basis, so extra socks and waterproof mittens are a great asset to our early learners.

Just a reminder that the first report card of the year, that assesses all student work and learning skills since September, will go home Thursday, February 15th. Please take time to review your child(ren)'s successes and next steps for learning, then sign and return the bottom portion of page 4, no later than Friday, February 23rd. If you have any questions or concerns, please do not hesitate to contact your child's teacher or me.

Mrs. W. Shannon

family day

The Upper Grand District School Board will be observing Family Day on Monday, February 19th, and all schools will be closed. Enjoy the day with your family!!

Classroom ECO Reps

Kids at VT have always been great stewards of the earth, recycling paper and plastic, composting and using refillable water bottles. We also do our best to reduce energy usage as well. We continue to collect:

- ✓ POP CAN TABS
- ✓ USED, DRIED MARKERS
- ✓ MILK BAGS

Student Safety

In the interest of student safety and in compliance with the Ministry of Education, the UGDSB has directed all schools to conduct two lock down drills each year. A lock down is used when there is a major incident or threat of school violence within the school or in relation to the school, including the suspicion that an intruder(s) has entered the school and poses a threat to the life and/or welfare of students or staff or has a violent intent. In a lock down, exterior doors remain open, with interior doors (classrooms) secured (locked). In a lock down, students and staff are directed to secure areas where doors can be locked and children are kept out of sight. No one may leave their secure area until they receive an "all clear" from the authorities. If you have any questions or concerns about lock down drills, please don't hesitate to ask!



The Forest of Reading Programs

This program has started up again at V.T. The Primary students have begun to read the Blue Spruce selection of books, the Junior students are reading the Silver Birch Express selection and the Silver Birch fiction and non-fiction books. All the titles in this program are written and illustrated by Canadian authors. Voting for the student's favourite book will be in April. Reading great books is a great way to survive and thrive during these cold winter months.

Platinum Eco School Update

As the first elementary school in the Upper Grand D.S.B. to achieve Platinum Eco School status and maintain that designation, our focus is on keeping it! Please watch for more updates on the things we're doing to promote our environmentally-sound practices, including our Boomerang lunch program. Keep doing all you do at home to support our school being so environmentally friendly.

UGDSB Recognizes February as Black History Month

Every year, Canadians are invited to take part in the festivities and events that honour the legacy of black Canadians, past and present, during Black History Month.

Black History Month exists to remind us all of the rich contributions within our society from people of African and Caribbean decent, and of their ongoing struggle for equity and social justice. This is a time to celebrate the many achievements and contributions of black Canadians who, throughout history, have done so much to make Canada the culturally diverse, compassionate and prosperous nation we know today. It is also an opportunity for the majority of Canadians to learn about the experiences of black Canadians in our society, and the vital role this community has played throughout our shared history.



Moving?? Please notify the school as soon as possible if you are moving out of the Victoria Terrace Public School area before September 2018.

Physical Activity Can Make You Smarter?

Yes! It's true!

We have heard a lot about how exercise is important for children to remain healthy but research from Harvard Medical School (and many other studies) has shown that children do better in school if they get plenty of exercise. As it turns out, exercise has a positive influence on concentration, memory, behaviour, sequencing, and making priorities.

According to one study in the Journal of Pediatrics, "School-age youth should participate daily in 60 minutes or more of moderate to vigorous physical activity that is developmentally appropriate, enjoyable, and involves a variety of activities". But other studies have found that even 20 minutes of activity such as walking can increase brain functioning.

There are so many fun physical activities to do in the winter, tobogganing, skating, snow-shoeing, hockey. Why not build a snow man, a snow fort or make snow angels? Whatever you and your family decide it is important for children to exercise every day, the more, the better.

It's good for the brain and the body!

(Information adapted from Journal of Pediatrics, Edutopia, Everydayhealth.com and Globe and Mail online)



FOOD & FRIENDS Program
DUPPERIN · WELLINGTON · GUELPH

Help to support our Live Free Campaign that supports our Food & Friends student nutrition program by making a donation online. Please go to www.livefreewdg.ca and find Victoria Terrace or send a donation with your child on March 2nd, 2018. Every dollar raised at our school comes back to support our Victoria Terrace Snack Program. On the week of February 26th to March 2nd the staff and students will be asked to make a promise about something they can live 'free of' for a day, such as chocolate, computer or iPad time, dessert, treats, watching T.V. or using a cellphone. They will pledge this on a "Live Free" promise card that will be posted in the foyer.

Engaging Your Child in Science 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 Science. Science encourages problem solving skills, curiosity and questioning, creative and critical thinking, observational skills and reinforces both literacy and math skills....and it's FUN! Here are some ideas for fostering Scientific skills in your children.

6 Tips to foster Scientific Thinking at Home

1-See science everywhere. Parents can take opportunities to ask "What would happen if ...?" questions or present brainteasers to encourage children to be curious and seek out answers. Children need to know that science isn't just a subject, but it is a way of understanding the world around us.

2-Lead family discussions on science-related topics. Dinnertime might be an ideal time for your family to have discussions about news stories that are science based, like space shuttle missions, severe weather conditions, or new medical breakthroughs. Over time, children will develop a better understanding of science and how it affects many facets of our lives. Movies and TV shows with science-related storylines are also great topics for discussion.

3-Encourage girls and boys equally. Many girls are left out of challenging activities simply because of their gender. Be aware that both girls and boys need to be encouraged and exposed to a variety of subjects at a very early age.

4-Do science together. Children, especially elementary-age children, learn better by investigating and experimenting. Simple investigations done together in the home can bolster what your child is learning in the classroom. Check with your child's teacher on what your child is currently learning in class and what activities you can explore at home.

5-Connect science with a family vacation. Family vacations are a great way to explore science. It could be a hiking trip where you explore nature or a discussion on tides during a beach vacation.

6-Show excitement for Science!

Reference:

"NSTA Science Matters: Tips for Busy Parents - National Science" <http://www.nsta.org/sciencematters/tips.aspx>.



Monthly environmental activities to help celebrate our planet

February 2nd is National Sweater Day!

Make the Earth better by wearing a sweater

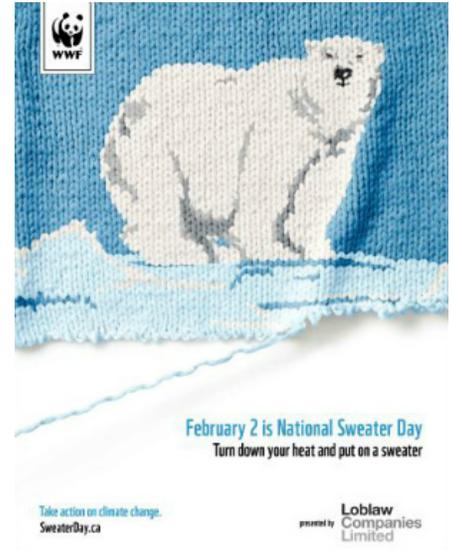
Celebrate International Sweater Day on February 2nd!

National Sweater Day is a fun way to learn about the importance of saving energy and to inspire you to use less heat all winter. Heating accounts for 80% of residential energy use in Canada. If all Canadians lowered their thermostats by just 2 degrees Celsius this winter, it would reduce greenhouse gas emissions by about 4 megatons – that's equivalent to taking nearly 700,000 cars off the road!

http://www.wwf.ca/events/sweater_day/

National Sweater Day is about thinking differently about how we use energy, where our energy comes from and how we can play an important role in fighting climate change by using energy wisely. It is designed to help raise awareness about renewable energy and change behaviours around energy consumption in Canada.

assets.wwf.ca/downloads/nsd_2017_en_school_toolkit.pdf



Ideas for your family to celebrate Sweater Day!

- Turn down your thermostat and wear a sweater!
- Ask your children to brainstorm with you about ways to save energy at home. Make a pledge to implement as many as you can.
- Research the differences between climate and weather. Ask your child to characterize some different climate types (polar, tropical, coastal, etc.).
- Read a children's book on conservation such as: *Why Should I Save Energy?* by Jen Green. Encourage lots of discussion and questions.
- Valentine's Day is just around the corner - use recycled materials to create your cards this year!

For more ideas and fun things to do on International Sweater Day, please take a look at this pdf supplied by WWF

assets.wwf.ca/downloads/nsd_2017_en_school_toolkit.pdf



February 5th – February 9th is VTPS SWEATER WEEK!

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

Tap Water Tuesday!



On Tuesdays, students are encouraged to just drink water from their reusable water containers. These students want people to think more deeply about the accessibility of water for all, as well as using less plastic waste. Please support this initiative by encouraging your son/daughter to come to school on Tuesdays with a water bottle and no other drink!

Sincerely, The EcoManiActs



Introducing the EcoManiActs...

Back in October, Ms. Mark took six very keen students to a Youth Forum in Milton organized by L.S.F. (Learning for a Sustainable Future). On the way home on the bus, one of the students thought they could call themselves the, "EcoManiActs!", students who are excited to bring more Eco-Actions into our schools. Since that time, this group of six students (Meaka, Gray, Sarah, Sam, Simon and Quinn) have been leading outdoor field trips for classrooms and are now in the midst of planning a bake sale to support Joy's Wildlife Haven in Waterloo. Other Eco-Actions that they hope to achieve are: bring back Tap Water Tuesdays with an added water tasting text; and create a pollinating garden in the summer. You can show your support at home by sending your son/daughter to school with some money for the bake sale on February 14th, Valentine's Day, and by encouraging your children to come to school with reusable water bottles, especially on Tuesdays!

UG2GO

Our Board has a wonderful resource for all of our students that can be accessed 24/7 from school or from home. It's called UG2GO and includes Learn360 (educational video streaming), Student Link (a site children use at school that gives them access to web sites that are kid friendly and relate directly to their current units of study), Tumblebooks (A site that has hundreds of books children can click on and have read to them), Overdrive (eBooks and audiobooks), and much more.

When students are at home they can go to the URL: <https://www.ugdsb.on.ca/ug2go>

They will be prompted to enter the same Windows username and password that they use at school to get onto the school network. Once they enter their Windows username/password they will enter the site and they can then click on any of the resources and be taken directly to the individual resource without the need for additional passwords.

Please take a few minutes to explore the site with your child. It is an important tool that will aid them in their education, and may make your life easier when it comes to homework and projects. We are excited that students will be able to access information from anywhere at anytime in this information age!