



Victoria Terrace P.S. News

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December 2018



FROM THE PRINCIPAL'S DESK

December is such an exciting month! There are many events to look forward to in December, and lots of special activities are planned. Our annual Jingle Mingle is on Thursday, December 6th at 6:30 until 8:00 p.m. Please consider donating warm hats and mittens to our Christmas tree and donating non-perishable food items to our food drive. We want everyone to have a great Christmas season. We have special school skating trips and carolling in the gym planned for the last week of school before the holidays start. We are all looking forward to sharing in the upcoming festive season in VT style!

Happy holidays,
Mrs. Wilma Shannon

HEALTHY SNACKS

Thank you to all parents who are sending in healthy snacks in their children's lunches. These snacks usually come in recyclable containers that go home and are re-used. We appreciate your support for reducing waste here at V.T. through our 'Boomerang Lunches.' Fresh fruit, cheese and crackers, yogurt and raw veggies are some of the great foods that children are filling up on, feeding their brains, and in turn, these healthy food choices are helping children learn better at school!

Though The Weather Outside is Frightful...



We are enjoying our Canadian winter season in the great outdoors. We are so fortunate to have such a great playground to be active and to appreciate nature in all its beauty. It is important that children come to school prepared for all weather conditions, in order to comfortably spend 25 minutes for two recess breaks outside. Many of our classes, especially our Kindergarten students, also enjoy outside learning during the day as well. You may wish to send your child with extra pants, socks and mittens that can be kept in their backpacks in case of need, during wet, muddy or snowy weather. It is also important that students have appropriate footwear for both indoors and out. It helps your child to enjoy recesses in comfort and helps to keep our school floors dry and safe for everyone.

WE ARE STILL COLLECTING. . .

Pop can tabs: The wheelchairs that are purchased from the sale of these tabs can make a tremendous difference in the life of a person who requires one.

Old markers, highlighters, dry erase markers, mechanical pencils and pens: We have a collection box for these items, and Staples will recycle them for us, and help reduce our VT waste and improve our ecological footprint!

Milk bags - which are sent to a group at St. Andrew's Church who weave mats for third world countries.

JINGLE MINGLE

School Council is excitedly preparing to present another fun Jingle Mingle evening for the Victoria Terrace community on **Thursday, December 6th, 2017, 6:30pm-8:00p.m.** We hope to see many of our families!



6:30 -7:00 p.m. - GYM:

- Holiday Sing-A-Long in the Gym

6:30 -7:45- FOYER:

- There will be snacks and apple cider so please lug-a-mug. Parents are asked to provide a pan of squares, a dozen cookies or their favourite baked good treats for the snack table. Please remember that due to food allergies, we cannot accept baking that contains nuts or tree nuts, strawberries or peaches. Please label your container if you would like it to be returned. Also, refrain from wearing perfumes.
- Gift Basket sales in the foyer

7:00 -7:45 p.m. - CRAFTS and TOY/BOOK STORE in CLASSROOMS:

- Students and parents will have the opportunity to visit stations where they will create unique crafts.
- There is a 'gently used' shop where students can purchase gifts for family members or toys and books for themselves at a great price.
- Rm. 1: Paint a re-usable bag for \$2.00 to support the work of the ECO Club.

7:45 p.m.:

- Draws for baskets -- good luck!

Donations of **non-perishable or canned goods** for the Fergus Food Bank and hats and mittens for the 'Winter Warmth' tree are also gratefully accepted.



SCHOOL CAROLLING

During the last week of school before the holidays, classes will gather in the gym to sing some fun holiday songs. We look forward to some great sing-a-longs. Red & Green day is Friday, December 21st.

CHRISTMAS FOOD DRIVE

Starting December 4th and continuing until December 15th, the VT elves will be going room to room every morning, collecting items to be included in Christmas food hampers. All food will go to the Fergus Food Bank, and hampers will be created and delivered before Christmas to families who need them. Please send nutritious, non-perishable foods (cans, boxes, plastic jars and packages).



AND . . . Don't forget our WARMING TREE which will be used to help our VT students stay warm and dry during their outside play time. We will collect any warm outerwear: hats, mittens, gloves, scarves, toques, headbands, socks, ear muffs, and neck warmers. Extra snow pants and winter boots are also appreciated.

PARKING

As we get closer to winter, we will see snow banks beginning to emerge along Victoria Terrace. At this time of the year, it is even more important to keep the street in front of the school clear for the drop off and pick up area between the two driveways. We have two buses dropping off children in the bus loading area. To ensure the safety of our students, parents are reminded that parking is permitted past the second driveway on Victoria Terrace to Forfar Street. Additional parking is available on Forfar St., Cameron St., and Glencoe Ave.

The parking lot is reserved for staff parking only. Some families have special arrangements to use our accessible parking spot to drop off or to pick up children due to their own needs or the needs of their children. Using the accessible parking lot without the special sticker on your license plate or paper displayed on your dashboard may result in a \$300.00 fine. Please be reminded that the parking lot is available to staff and volunteers only. Thank you for choosing safety and consideration for others' needs over convenience.

Thank You to our Snack/ Nutrition Program Volunteers, to our ECO Team, to our Reading Tutor, to our Parent and Community volunteers, to our students who are office helpers, and announcers, to our corporate and business sponsors, to our Community Agencies, to our Victoria Terrace staff, students, parents and guardians. It truly takes a village to raise a child. This generous and caring school community is amazing and please know that your work and help is appreciated.

Talking About Mental Health December 2018 - GIVE THE GIFT OF RESILIENCY

As we head through December and towards the holidays, it is important to be aware that this can be a very exciting time of year, but for some it is also a difficult time of year.

REMEMBER TO:

- eat well
- get a good sleep
- don't over-schedule
- stay connected to family and friends
- keep daily routines going
- avoid over-use of technology
- get outside and enjoy the crisp, fresh air

HOLIDAY "CONNECTING & REFLECTING" IDEAS:

23 Days of Giving

Every day in December have everyone put something that they don't use or need into a basket. Later in the month you can go as a family and donate to a shelter or community center

Reflection Wall

Have a wall in the house where everyone can add sticky notes of what they are grateful about from the year. Focus on lessons learned, new skills and strategies used throughout the year

Rose, Bud, Thorn

Have everyone identify one or two things that they feel were successes from the year (rose), something that was a struggle (thorn) and what they did to overcome the struggle, and something they are looking forward to in the new year (bud).

Signs to look for that someone is struggling *Sometimes it's hard to tell that someone is suffering. Here are some signs that someone is struggling.*

- not coming to school or work
- not engaging with friends or family
- not participating in activities that they used to enjoy
- withdrawing
- feeling hopeless
- increase use of drugs or alcohol
- changes in behaviour
- anger/irritability

Security Cameras at Victoria Terrace P.S.

The Upper Grand D.S.B. has installed cameras inside and our school as a security measure. The cameras run 24 hours per day, seven days a week and provide good views of our school hallways, the playground, the Kindergarten yard and the Outdoor Classroom area. The goal is to reduce acts of vandalism at UGDSB schools and the cameras will be used if there are incidents that need to be investigated.

Also, as a security measure, our outside doors are locked and the school is accessible through the front doors by the office only during the school day. All visitors to the school are asked to sign in at the Office and pick up a tag or a sticker if you are helping at the school. Please remember to drop off your tag and sign out when you leave the school. We appreciate your cooperation in helping to ensure a safe learning and working environment for everyone here at V.T.

Monthly environmental activities to help celebrate our planet



December 10th is HUMAN RIGHTS Day!

“You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.” –Jane Goodall

Celebrate Human Rights Day on December 10th!

Human Rights Day calls on everyone to stand up for someone's rights. It starts with each of us. Step forward and defend the rights of someone whose voice is not being heard. Recognize that human rights include the right for everyone to have access to clean water, unpolluted air and healthy food.

<http://www.un.org/en/events/humanrightsday/>



Simple yet meaningful ways for your family to celebrate the rights and responsibilities that we all share as human beings!

- **Learn about how children live in other parts of the world.** Find out about their schools or traditional food and language.
- **Read the book: We Are All Born Free:** The Universal Declaration of Human Rights in Pictures by Amnesty International.
- **Read the Ontario Environmental Bill of Rights.** Decide if there is a cause your family wants to support, or an Ecojustice action you want to take on.
- **Make a World Wishes Dove with your family.** Cut feathers from white paper. Have everyone in the family write their wish for the world on a feather. Cut out the body of a dove and glue all the feathers on it.
- **Start a tradition of doing a family service project on Human Rights Day.** Find an opportunity to volunteer in your local community and make a difference.

“For the bigger picture we can (and should) do what we can to fight injustice. But on a smaller scale, in the day-to-day, practicing kindness can help knit a web of compassion to give humanity a boost of resilience” by Melissa Breyer