



Victoria Terrace P.S. News

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January 2019

From the Principal's Desk

Happy New Year, everyone! I hope you all had a wonderful holiday with family and friends! The V.T. staff has enjoyed some well-deserved family time, and they are all looking forward to continuing the school year with lots of exciting learning opportunities in the coming months.

As a staff, we also value our partnership with you. We recognize that parental involvement is the key to success at school. You can be involved by helping your child with homework, volunteering in the classroom, assisting with the Food & Friends Snack Program, joining us on school trips or being a part of our School Council team. Please consider popping into the office or calling to let us know how you'd like to be included in our plan to make Victoria Terrace P.S. the best that it can be and stewards of the earth!

The V. T. team wishes you all the best for 2019!

Mrs. W. Shannon

Christmas Hamper and Mitten/Hat Drive Success

Thanks to the generous support of our community - staff, students, parents, family and friends – in providing food items and warm clothing to support the needs of our school and the Fergus community. Your efforts and support are very much appreciated!

Jingle Mingle

Our annual Jingle Mingle was held on December 6th and the school was full of students, parents, family and friends. We began the holiday season by making crafts, eating snacks, drinking hot apple cider (Thanks Chef Jess!), singing Christmas carols, and sharing in the Christmas spirit. Lots of presents were purchased by our students and families thanks to the seasonal sale in room 10. The ECO Team had 'Earth Beads' and decorated T-shirt bags for sale to raise money for their programs to care for our environment.

The combined efforts of our School Council, volunteers, parents, and V.T. staff made our evening a huge success. Thank you for being a part of this community event. Our basket draw, always a highlight of the evening, generated 53 baskets of donated items this year, and raised \$723.48, after Jingle Mingle expenses. We made \$137.25 from the toy and book sale. The funds raised will be used by School Council to pay for 'Scientists in the School' classroom presentations, the purchase of levelled books and birthday books, and to support the playground fund. The ECO Team made \$45.72 from their sales, after expenses.

Winter is Officially Here!

It is important that children come to school prepared for the conditions of the day in order to comfortably spend time outdoors. It would be helpful if you sent your child with extra socks, pants and mittens in case of need during wet or snowy weather. They need snow pants and boots to enjoy their time playing outside.



Please note that unless the wind chill, temperature and conditions on the yard prove unsafe for outdoor play, recess will continue so we can all enjoy the great activities that are part of our Canadian winters! Please consider that if your child is too ill to go outside for recess, they are probably too ill to be at school.

Kindergarten Registration

This year, Kindergarten registration will be held from January 8th- January 18th. If your child turns 4 years old by December 31, 2019, they are eligible for Junior Kindergarten and/or if your child turns 5 years old by December 31, 2019, they are eligible for Senior Kindergarten. If your child is currently enrolled in JK, they DO NOT need to re-register for SK. Registration will be for those children who have not yet attended Kindergarten.



This year again we have an easy tool that allows parents to pre-register online when it's convenient for them. For more information and to pre-register online visit: www.ugdsb.ca/kindergarten. Make sure that you get a pre-registration confirmation email after completing the online form. Then visit our school to show the required documents: birth certificate, proof of address and your child's immunization record.

We also have a chrome book here at the office for you to use for the pre-registration process if you do not have access to a computer or wifi. If you are aware of neighbourhood children who would qualify, please have the parents call the school at (519)843-2720.

Head Lice -- Please Keep Checking!

Please be reminded that it is very important to check your child regularly for head lice. We remind the children not to share hats, hair bands, hockey helmets, etc. and we know that you do as well. If you do find head lice, please make sure to contact the school office so that a notice can be sent home as soon as possible.

Family Day – February 18th, 2019

The Upper Grand District School Board will be observing Family Day on February 18th and our school will be closed. We hope you enjoy the day with your family!

Program Notes...

What is the Special Education Advisory Committee?

Every school district is required to have a **Special Education Advisory Committee (SEAC)**.

SEAC is a broad-based, educationally focused committee that meets monthly to engage in a variety of discussions all related to the educational programs for students with special needs. These meetings are open to the public and are held on the second Wednesday of each month throughout the school year. Meetings begin at 7:00 p.m. at the Upper Grand District School Board office in Guelph.

At SEAC meetings, the representative members from different organizations (ABC - Association for Bright Children, Autism Ontario Wellington Chapter, FASD-Fetal Alcohol Spectrum Disorders, Integration Action for Inclusion in Education and Community (Ontario), Learning Disabilities Association of Wellington County, Parents for Children's Mental Health, VOICE for Hearing Impaired Children) share knowledge about their agency programs with the committee. These community members then take back points of information about the Board's educational programs to the agencies that they represent. In addition, SEAC makes recommendations to the board with respect to any matters affecting the establishment, development, and delivery of Special Education programs and services for exceptional students within the board. The SEAC committee also participates in the board's annual review of the Special Education Plan and participates in the board's annual budget process as it relates to Special Education. For further information about SEAC or Special Education Programs in the Upper Grand District School Board please call the Program Department at 519-941-6191 ext. 254.

Talking to Children

How many times have you asked your child what they did in school today and they said "nothing"? Do you feel that most of the conversations you have with your children are just about telling them what to do? Many parents feel this way; life is busy. Giving children opportunities to have conversations is really important for their growth and learning. What to do? Children often ask a lot of questions, especially young children. Parents answer those questions and the conversation often just ends. How do you keep the conversation going? Instead of answering the question what if next time you ask a question instead? Consider these questions: What do you think it is? What do you think about that? What interests you about that? What do you notice? How do you think that works? If you get a one word answer you might make a comment such as, "tell me more", "I'd like to hear more about that" or ask another question.

Listening carefully is also important when talking to your child. Children respond positively if they know they have been heard and that you are interested in what they have to say. Use comments to encourage your child to keep talking: "Tell me more about that", "that must have been difficult/interesting", "it sounds like you had fun", "you must have felt disappointed/frustrated/angry". Talk while having dinner together, preparing dinner, going out for a walk, at bedtime, on the way to school or while standing in the grocery line. Think of yourself as a partner in the conversation.

Talking About Mental Health January 2019 – Getting Outdoors

Did you know that taking a 20 minute walk can boost your memory and brain power? Getting outside reduces stress, improves sleep and creates feelings of liveliness and energy. Even in the cold weather it is important to find time to get outdoors - even if just for brief amounts of time.

If you want your family:

To be less stressed

To be happier

To be more resilient

To feel better about themselves

To have increased attention

To have a better ability to learn

Then GO OUTSIDE! Take your kids outside! Enjoy and be part of nature.

One study showed that even 5 minutes in nature improves our mood. 5 minutes! We all can take 5 minutes (or more if have it) to go outside and enjoy nature.

Go for a walk or a ski or a skate or a run. Head for the woods. Go birdwatching. Follow tracks in the snow. Watch the sunrise or the sunset. Watch the clouds drift by. Visit a river or lake or pond. Listen for all the sounds of nature. Take in the smells. Notice all the colours and textures. Notice the light as the days get longer.

If you are not sure where to go, check out the links below for lots of great parks in our area.

<http://guelph.ca/living/recreation/parks/>

<http://www.wellington.ca/en/discover/trailsandforests.asp?hdnContent=>

<https://www.grandriver.ca/en/grand-river-parks.aspx>

<http://headwaters.ca/experience/parks-conservation-areas/>

<https://www.uoguelph.ca/arboretum/>

Have a mentally healthy 2019

Jenny Marino is the Mental Health Lead for the Upper Grand District School Board.

Follow me on Instagram #ugdsb_mental_health



Monthly environmental activities to help celebrate our planet

JANUARY is the time to carry out your Eco Resolutions!

“There will be more waste plastic in the sea than fish by 2050” Dame Ellen MacArthur

It’s a brand new year and the perfect time for positive change. For example, let’s end plastic pollution.

Based on the daily news, it’s never been more critical to increase your environmental efforts. The *Earth Day Network* is calling to end plastic pollution. Imagine a future free from harmful plastic garbage! Single-use plastics are especially wasteful and many plastics are also not properly recycled and take up precious landfill space or pollute our oceans, killing marine life and washing up on pristine beaches. Plastic garbage ‘islands’ are appearing in seas and oceans all over the world.

<https://www.nationalgeographic.org/encyclopedia/great-pacific-garbage-patch/>



www.wuft.org

Tips on how to reduce single-use plastics:

- Extend your use of cloth shopping bags beyond the grocery store. Use them at all other retail stores too.
- Avoid buying over-packaged food. The choice is yours. Do you need to buy the carrots that are shrink wrapped on a Styrofoam tray?
- Let the restaurants you frequent know that you would them to join the growing movement to ban the use of straws. Many have implemented a 'serve-straws-upon-request' policy.
- Tap water is best. Bottled water can deplete our precious groundwater resources and produce unnecessary green house gas emissions through the production and transport of plastic bottles. Carry a reusable water bottle instead.
- Lug a travel mug to your local coffee shop. (The plastic lining makes coffee cups unrecyclable, and they all end up in the garbage and in our overflowing landfills.)
- Write letters to the government asking them to fix a problem that you are concerned about such as: mandating the reduction of plastic packaging, banning Styrofoam, or promoting research for recyclable coffee cups or coffee pods, etc.