

## Victory Newsletter for October, 2018

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### Principal's Message

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The fall is here and thankfully it is a little cooler in the building, it was a hot start to the year! October is a month of parent engagement here at Victory. Our School Council has partnered with Central P.S.'s Council and the EPNG. Together we are running a series of workshops for parents with the support of a Ministry of Education ProGrant. The first event is being held at Central P.S. on October 2nd at 7:00 p.m.. Author and speaker Ann Douglas will lead a discussion on, "Big Picture Parenting". Ann is the author of numerous books about pregnancy and parenting and the creator of The Mother of All Books® series: The Mother of All Pregnancy Books, The Mother of All Baby Books, The Mother of All Toddler Books, and The Mother of All Parenting Books. The books in the series have sold over half a million copies in North America to date. Her most recent book is, 'Parenting Through the Storm: How to Handle the Highs, the Lows, and Everything in Between'. All Victory parents are welcome to attend this free event. If interested please return the bottom section of the flyer that went home on Monday.

Later this month on October 24<sup>th</sup>, Victory and EPNG will host our event at E.L. Fox auditorium. We are going to be screening the movie, 'Screenagers', (see below). Screenagers is an award-winning documentary which tackles the subject of youth, technology, and the challenges that families face around digital media and screen time. We hope you can make it to this free event. If interested please get your free ticket at the following link:

<https://impactflow.com/event/presented-by-exhibition-park-neighbourhood-group-9402>

It was wonderful seeing so many families come out to Open House! It was delightful watching so many excited little ones eagerly leading their parents around the school introducing them to teachers point things out their self-portrait on the main floor.

We were also very thankful to have 20 parents come out to our first School Council meeting! Council is already mapping out exciting events for the year ahead. If you are interested please join us on the first Tuesday of the month at 6:30 in the Learning Commons/Library.

Our Character Ed. Assembly this month is on the topic of **gratitude** and it will take place on Oct. 4<sup>th</sup>.

**Amy Tepperman** will be coming in on Oct. 16<sup>th</sup> to work with each class in the school. She is part of **Moving EDGEducation Inc** which gives students an opportunity to not only be physically active and build their physical literacy, but also nurture positive character traits like self-regulation, problem solving, confidence and community building. They will also be working with teachers so that they can use their approach as a tool to interactively explore different curriculum concepts (like numeracy and literacy). Amy will be supporting our teachers with knowledge and tools for integrating movement and social emotional learning methods into their regular practice, creating healthy and engaging environments on an ongoing basis!

The cost of this program has been paid for with the revenue from Booster Juice sales.

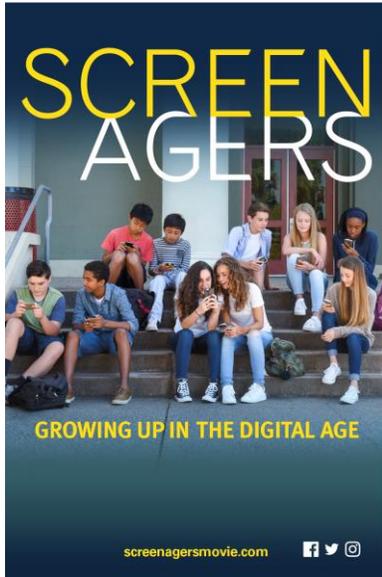
### Terry Fox Run

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On Thursday, September 27<sup>th</sup> our Victory community celebrated our 24th year of participation in the Terry Fox Run. Children learned about this Canadian hero during a presentation by a representative and walked/ran at Exhibition Park. This year we encourage parents to donate online and we also collected "Toonies for Terry" at school. We have raised \$1390. Donations may still be made on-line at: <http://www.terryfox.ca/VictoryPSGuelph>.

## Parent Involvement – Screenagers

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Join us at E.L. Fox Auditorium

For a free screening of

### Screenagers

October 24<sup>th</sup>, at 6:00 p.m.

ABOUT THE FILM (Runtime: 68 minutes. Directed by: Delaney Ruston, M.D. )

*Screenagers is about the impact of the digital age on children and how to help them minimize harmful effects and find balance. After seeing the film, people tell us that they feel more confident and better equipped to establish balance around screen time.*

There will be a discussion following the film.

Get your free ticket online at:

<https://impactflow.com/event/presented-by-exhibition-park-neighbourhood-group-9402>

Join us for a screening of the award-winning documentary, "Screenagers", which tackles the subject of youth, technology, and the challenges that families face around digital media and screen time. Presented by Victory Public School Council in collaboration with Central Public School Council, the Exhibition Park Neighbourhood Group, and the Guelph Film Festival. This important event will take place at the E.L. Fox Auditorium, 21 Meyer Dr., Guelph (John F. Ross High School) beginning at 6:00 p.m.. Following the viewing of the film there will be a discussion lead by Michelle Nogueira, an Addictions/Problem Gambling Counsellor from the Homewood. The event is free, but you will need a ticket. Tickets are available at: <https://impactflow.com/event/presented-by-exhibition-park-neighbourhood-group-9402>

For more details, please see the EPNG website or our school website.

## Safety Patrols

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Our street patrols have recently been trained (or re-trained) by Officer Sherry, our City of Guelph Police Safety Officer. Patrollers have been doing an excellent job of arriving on time at their posts and crossing families safely as they walk to school. We remind parents that our patrollers are on duty before and after school but not during nutrition breaks. **If you are walking your child to school please cross with the patrols.** Please also be conscious of signs indicating where you can and can't park. It is very difficult for patrols to see if the road is clear if cars are parked in the no parking areas. Please also be aware that cars are not to park in the bus zone on either side of the street on the Powell side of the school.



## Hallowe'en Parade

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Students will be participating in special activities on Wednesday, October 31, 2018 including our annual costume parades. Kindergarten students are asked to wear their costumes to school and will have their parade at the beginning of the day. The parade will take place right after the morning announcements and they will be going from room to room. Once back in the classroom the children will be taking off their costumes before 1st Nutrition Break. It would be helpful if students brought labeled bags that they could then place their costumes into them. All other students are asked to bring their costumes to school. Their parade will take place at approximately 1:45 p.m. This second parade will take place outdoors if the weather permits, or in the school Gym. In the spirit of keeping this event fun for all ages, we ask that children do not bring toy weapons or artificial blood as part of their costume. As always, parents are welcome to join us!

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## Student Accident Insurance

This is a reminder that the student accident insurance forms were sent home during the second week of school. The acknowledgement form should be returned to the school but application forms go directly to the insurance company. If you require an additional form please contact Reliable Life at 1-800-463-5437, or [www.insuremykids.com](http://www.insuremykids.com).

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## Booster Juice

Order forms for Booster Juice have gone home. Booster Juice is a healthy option for part of a nutrition lunch. The school does make a small amount on each order. The money made will be used by the school to for things like bring in guest speakers or performers for the students, small tokens of thanks/appreciations, and miscellaneous items for example last year we used some of the money to help purchase our Friendship Bench.

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## Visiting the School

Please feel welcome to visit with us before school, during our breaks from instruction, or after school. When you enter the building, please go first to the main office on the second floor, sign our guest book and check in with Mrs. Hambly. If you would like an interview with a specific staff member, please make arrangements ahead of time. **Remember to use the Exhibition Street doors!**

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## Student Agendas

Thank you to our School Council for contributing to the cost of student agendas/communication bags. We believe that they are a valuable communication tool between home and school, and also teach our children habits of organization and responsibility. We thank the families who have already made a voluntary donation of \$5 per agenda to help offset the cost. It's not too late! If you wish to make a \$5.00 voluntary donation, please go to [ugdsb.SchoolCashOnline.com](http://ugdsb.SchoolCashOnline.com). Thank-you in advance.

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## Community Connections

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### Victory Kids Club

Victory Kids Club will be offering care on non-instructional days (March break and Christmas break) to Victory Kids Club children as well as families attending Victory Public School and surrounding areas. The program must be considered viable in order to operate on non-instructional days.

ENROLLMENT IN VICTORY KIDS CLUB EXTENDED DAY PROGRAM ON NON-INSTRUCTIONAL DAYS DOES NOT ENTITLE YOUR CHILD/REN A SPOT IN VICTORY KIDS CLUB DURING REGULAR INSTRUCTIONAL DAYS.

Criteria for Enrollment

- Victory Kids Club families – Priority # 1
- Victory Public School – Priority # 2
- Guelph and Surrounding area families – Priority # 3

Hours of operation on non-instructional days – 8:00 a.m. – 5:00 p.m. 5 days/week

Fees - \$200.00 per week or \$40.00 per day, per child (subject to review and approval by the Board of Directors)

Payment – non-refundable and/or non-transferable

Food - Families must supply all lunches, snacks, and drinks for the day.

### Enrichment Clusters

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At Victory Public School, we host a series of Enrichment Clusters for all students - endeavoring to provide new experiences for our students and involve family members in a meaningful and authentic way. Our clusters will be taking place this year on November 9th, November 16th, November 23rd !

Enrichment Clusters are 100-minute long workshops, (1:35-3:15 p.m.), that expose our students to new skills and learning, such as geocaching, woodworking, claymation, photography, canning etc. The possibilities are endless! The Clusters are designed and facilitated by parents and community members in the Victory PS community, and are supported by Victory PS staff members.

We are building our list of workshops for this year's Enrichment Clusters and would love to hear from you if you are interested in leading a Cluster or would like to volunteer to help a Cluster leader. We are happy to answer questions and brainstorm ways that you can participate. Please email by October 19th to ensure that this beautiful tradition continues! Please email Olivia Vaughan (FI Grade 1/2) or Monique Cadieux (Grade 2) with any questions or CONFIRMATIONS of commitments at:

[mcadieux@ugcloud.ca](mailto:mcadieux@ugcloud.ca) and/or [ovaughan@ugcloud.ca](mailto:ovaughan@ugcloud.ca)

### Extra-Curricular Sports & Clubs

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There have been many opportunities for students to participate in Clubs and Sports outside of the classroom this past month.

Mrs. Forster and M. Elrick have begun holding practices for the Cross Country Running Club. M. Elrick will be taking the team to the board meet event on Oct. 19th (rain date Oct. 24th)

This club is for Grades 4-6 only

Mme Cauley and Ms. Kelly have been running Soccer try-outs most days over the past several weeks.

Ms. Ferris is starting our Green Team Club for students in Gr. 3 & up.

Mrs. Stephens will be working with our Primary/Junior Choirs this year.

Thank you to teacher coaches for these sport teams and clubs.

***Please ensure that your child has running shoes at school for PhysEd.***

### Virtual Reality at Victory!

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We are looking to grow our virtual reality kit! VR is a great opportunity for students to take virtual field trips all over the world right from our school. If you have an old or unused smartphone that you aren't using and wish to donate, please contact Mme. Sproule at [ksproule@ugcloud.ca](mailto:ksproule@ugcloud.ca)

Thank you!

### U.N.I.C.E.F.

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October is traditionally a month in which we raise money to send to UNICEF. This worldwide charity upholds the Convention on the Rights of the Child, advocating for equality in children's access to education, health and

peace. This month there will be four spirit days, which we encourage children to bring a toonie to school to raise funds :

Our spirit day themes are:

October 5 – Victory Colour Day – Wear your Victory swag or red, white and/or black

October 12 – Animal Day – Dress like your favourite animal

October 19 – Neon Day – Everyone dress up in his/her favourite bright colour (sunglasses suggested)

October 26 - PJ and Stuff Day

Thank you for supporting our spirit days for Unicef.

## Report a Bully - On-Line Reporting Tool

As part of our Safe Schools policy, the Upper Grand District School Board has launched an on-line tool that can be used to report incidents of bullying. Reports that are made through the web-site are forwarded to the Principal of the school for follow-up. The web address is: [www.ugdsb.on.ca/stop-a-bully](http://www.ugdsb.on.ca/stop-a-bully)

Please also take a moment to review our updated Bully Prevention Plan that is located on our school website.

## Parking

When you visit the school or pick up children, please don't park on the school side of Clarke Street. You can park across the road at Exhibition Park. During school hours, vehicles should never drive onto the playground area.

## Smoke-Free Environment

The Upper Grand DSB provides a smoke-free environment for its students, staff and others while on school Board property, in accordance with the Smoke-Free Ontario Act. This policy refers to all forms of tobacco, and any processed form of tobacco that may be smoked, inhaled or chewed, including e-cigarettes.

Smudging is the tradition of using sacred smoke from sacred medicines (e.g., tobacco and sage) that forms part of the indigenous culture and spirituality. Smudging is allowed in schools under the Smoke-Free Ontario Act. Parents will be informed using the school's usual forms of communication when smudging is going to occur in our school. Participation by staff and students is optional in a smudging ceremony.

## Pediculosis (Head Lice)

The presence of head lice continues to be a community problem. They do not cause disease and they don't result from a lack of cleanliness, but they are certainly a nuisance. The control of head lice requires the cooperative effort of parents, school personnel and health officials. Parents are responsible for meeting their child's personal well-being, health and safety needs. This includes treating your child's hair (if head lice have been found), checking for nits daily for two weeks after the treatment, and notifying the school that treatment has been carried out.

## Victory Newsletter on the Web

In an effort to reduce the amount of paper we use we will continue to post our school newsletter on our school website. This newsletter and calendar will be available by the last Friday of each month at: [www.ugdsb.on.ca/victory](http://www.ugdsb.on.ca/victory).

## Journee du Drapeau Franco-Ontarien

On Tuesday, September 25, Grade 1 to 4 French Immersion classes had planned to walk downtown to City Hall to join Mayor Cam Guthrie, students from Ecole Saint-Rene-Goupil, Ecole L'Odyssee and GCVI to celebrate the French language and culture in Ontario. Due to the weather they celebrated here at the school at an assembly. September 25th is Franco-Ontarian Day, a day to commemorate our community and its history. The green and white Franco-Ontarian flag was designed and first raised by a group at Laurentian University in Sudbury in 1975.

Green and white are the two colours on the flag to represent the two opposite climates in Ontario. The flag also includes a white trillium, Ontario's provincial flower, and a fleur de lys, which is symbolic of French language and culture. Students watched as the flag was raised and sang the song "Mon beau drapeau."

## School Council Meeting Wednesday, Oct. 3, 2018

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### **School Council Meeting Wednesday, Oct. 3, 2018**

Teacher rep: Kelly Pagnan

Student rep: TBD

#### **AGENDA**

- 1) Welcome and introductions** – 5 minutes
- 2) Student report** – 5 min
- 3) Notes from Chair** – 10 min
  - QSP
  - Zoup replacement
  - Twitter handle
- 4) Principal's Report – Julie Young** – 5 minutes
- 5) Treasurer's Report** – 5 minutes
- 6) Astroturf/mulch for playground** – 10 minutes
- 7) EQAO scores** – 10 minutes
- 8) Screenagers/Ann Douglas talk** – 10 minutes
- 9) Holiday Craft Sale** – 10 minutes
- 10) Dessert Party** – 10 minutes
- 11) 100<sup>th</sup> Anniversary** – 10 minutes
- 12) Newsletter** – 5 minutes
- 13) Other business**
- 14) Dismissal**



On Tuesday, November 6 please donate \$2 to the **Upper Grand Learning Foundation's Free to Achieve Fund!** With your donation we can help students in our community with basic needs. Bring your donation to Victory Public School.

Upper Grand Learning Foundation (UGLF) is a registered charity that raises money to help students in the Upper Grand District School Board access needs and activities both in school and outside, regardless of income. For more information, ask your principal or visit the [UGLF website](http://www.uppergrandlearningfoundation.com) at [www.uppergrandlearningfoundation.com](http://www.uppergrandlearningfoundation.com)

## Environmental Activities to help celebrate our planet



**OCT 3<sup>th</sup> IS INTERNATIONAL WALK TO SCHOOL DAY!**

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***A walk outdoors is good for our hearts and minds!***

**Participate in International Walk to School Day on October 3th 2018!**



In October we celebrate “active travel” by encouraging students to walk or bike between home and school, or to actively travel as much as they can in their local environments.

*“In the ParticipACTION Active Healthy Kids Canada Report Card, the overall grade for children remains at a D- for the third year in a row. Overall, only 9% of 5-17 year olds are getting the 60 minutes of heart-pumping activity they need each day. And sadly, only 24% of 5-17 year olds are walking/wheeling/rolling to school. Our tendency to constantly watch over them or keep them indoors to ensure they are safe from risk limits their opportunities for physical activity, endangering their long-term health.”* <http://www.saferoutestoschool.ca/>

### **4 ways that walking, biking or rolling can benefit kids**

*by Katherine Martinko*

- **Outside activity is known to improve academic performance.** Children that have had some outside time in the morning arrive brighter and more alert for their first morning class.
- **Walking gives children good life experience.** It's an opportunity for them to be independent, think responsibly, and make decisions for themselves. Some children feel less anxiety about being at school when they know how to get home.
- **Walking gets children outdoors** – and, according to Richard Louv, who wrote about Nature Deficit Disorder, kids certainly aren't spending enough time outside these days. Find opportunities for your child to get outside and get moving by walking, biking, skipping, or rolling too!
- **Walking/biking/rolling provides daily exercise for children.** Obesity rates have skyrocketed in North America, so incorporating physical activity into a child's daily routine is a good place to start fighting it.

***Encourage your children to get outside and get active!***

## Talking About Mental Health October 2018- Building Resilience

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Resilience is our ability to recover from difficulties and adapt to change; to be able to function as well or better after a challenge. Resilience is an important part of good mental health. We all can develop resilience, and we can help our children and youth develop it as well. The following tips are taken from Resilience Guide for Parents and Teachers, by the American Psychological Association. For more information see:

<http://www.apa.org/helpcenter/resilience.aspx>

Tips for building resilience:

**Make connections**

Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends.

**Help your child/youth by having them help others**

Children and youth who may feel helpless can be empowered by helping others. Engage your child/youth in age-appropriate volunteer work, or ask for assistance yourself with some task that they can master. At school, brainstorm with children about ways they can help others.

**Maintain a daily routine**

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child/youth to develop their own routines.

**Take a break**

While it is important to stick to routines, endlessly worrying can be counter-productive. Build regular breaks into school and home routines.

**Teach your child/youth self-care**

Make yourself a good example, and teach your child/youth the importance of making time to eat properly, exercise and rest. Make sure your child/youth has time to have fun.

**Move toward goals**

Teach your child/youth to set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child/youth on what they have been able to do rather than on what they haven't done, and can help build resilience.

**Nurture a positive self-view**

Help your child/youth remember ways that they have successfully handled hardships in the past and then help them understand that these past challenges help them build the strength to handle future challenges.

**Keep things in perspective and maintain a hopeful outlook**

Even when your child/youth is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. An optimistic and positive outlook allows your child/youth to see the good things in life and keep going even in the hardest times.

**Look for opportunities for self-discovery**

Tough times are often the times when children/youth learn the most about themselves. Discuss with your child/youth what they learned after facing a tough situation.

**Accept that change is part of living**

Change often can be scary for children and youth. Help your child see that change is part of life and new goals can replace other goals.

Have a mentally healthy day!

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

*Follow me on instagram: [ugdsb\\_mental\\_health](#)*



**DEAR PARENTS,** Your child's school has signed up for the Ontario Schools Battery Recycling Challenge, 2018 (Waste Reduction Week) and runs until April 19th, 2019 (Friday before Earth Day). The Challenge is bigger and better than ever, and every school has a chance to walk away with a prize!

**WHAT IS THE OSBRC?** The OSBRC is a recycling competition between 200 elementary and secondary schools across Ontario. Its purpose is to teach children and their families about the proper way to handle, store and recycle batteries at home and at school. Since 2014, OSBRC schools have recycled more than 5.5 million single-use batteries. The OSBRC prize pool has paid out more than \$60,000 to winning schools and every year, 10% is donated to the SickKids Children's Hospital.

**STUDENT MISSIONS** With your consent, your child can sign up for Student Missions. If they complete 3 missions they will be entered into a draw for one of ten \$50 VISA Gift Cards. If they complete all 5 missions by Family Day, they'll have a chance to win a family trip to Great Wolf Lodge in Niagara Falls! We also added three bonus missions this year to give students extra chances to win! For more information and to register, please visit: [www.rawmaterials.com/ontario-school-recycling-challenge/student/](http://www.rawmaterials.com/ontario-school-recycling-challenge/student/)

**YOU CAN HELP!** Collect single-use alkaline batteries from your home, family, friends and work. Before you send them to school, please tape the terminals on all 6V, 9V and button cell batteries. To learn more about how to store batteries in your home and how to prepare them for recycling, please visit: [www.rawmaterials.com/page/education/prepare-batteries/](http://www.rawmaterials.com/page/education/prepare-batteries/) Primary single-use alkaline batteries only. Alkaline batteries come in common sizes including AA, AAA, C, D, 6V, 9V and button cell. Primary "lithium" and rechargeable batteries are not part of this program. To recycle them and all other types, please visit [makethedrop.ca](http://makethedrop.ca) Sincerely, Sarah Lacharity School Program Coordinator Raw Materials Company Inc. [www.rawmaterials.com](http://www.rawmaterials.com) [osbrc@rawmaterials.com](mailto:osbrc@rawmaterials.com) 1 (888) 937-3382