

Victory Newsletter for January 2019

A new year brings a fresh start and a time to set goals. Teachers will be reviewing goals students set earlier this term to track progress and re-evaluate if needed. As a school we are setting high expectations, striving to fill in any gaps in learning and challenge students to achieve their personal best.

Parents sometimes ask how they can help their child at home with Math. We encourage parents to focus in on measurement over the next few months. Time and money are two areas students often struggle with. At home you can be saying things like, "In ten minutes we will..." or "Bedtime is in a half hour". This will give students a sense of ten minutes and a half hour. You can be pointing out the time on an analogue clock and a digital clock. Metric units is also something that can be discussed, be it kilometres, grams, or Litres. If your children are with you in the grocery store you can point out the number of grams or litres of beans or milk you are purchasing. If you are cooking with your child you can have them measure out quantities called on in the recipe. If you are traveling in the car you can talk in terms of Kilometres. Finally, money is also an area that can be challenging, so when shopping with your child talk about money amounts, how to make change and what change you should be getting back.

Kindergarten registration (for students new to Junior Kindergarten in 2019) is between January 8th and January 18th at 4:00 p.m. Parents can register students online this year at <https://www.ugdsb.ca/kindergarten/> or click on the Kindergarten Registration button on our school website. They will still have to come to the school to show us proper documentation after they have registered online; the registration is only complete after this step. If you know of anyone in the neighbourhood with Junior Kindergarten aged students please let them know.

Happy New Year to you all and I hope that you have been able to have some valued time with family and friends over the winter break. There are lots of exciting things on the horizon in the coming months including Carnaval (February 13th), Soiree(February 13th), and our evening DancEd (April 26th between 6:00 – 7:00 p.m.).

Julie Young
Principal
julie.young@ugdsb.on.ca

Winter Carnaval

Mr. Elrick is organizing a Winter Carnaval for Grades 1 - 6 to be held on February, 13th (alternate date is February 22nd). He is looking for volunteers to help run events! If you are able to help on either of these dates, please send M. Elrick an email at : pierre.elrick@ugdsb.on.ca. and remember that Carnaval is not the same without ice castles! Please make ice blocks (for building castles with) and bring them to school on the morning of February 13th and drop them off by the

playground equipment near the Powell St. entrance. Making ice blocks is a fun science activity to do with your kids, and if every family makes a block or two, we should have over a hundred! Thank-you in advance!

JK Registration

Parents, mark your calendars...Kindergarten registration for September 2019 is Just around the Corner. Our ****online registration process**** for both English and French Immersion JK and new SK students is available at www.ugdsb.ca/kindergarten . Registration will occur January 8-18, 2019 at your home school.

Children born in 2015 are eligible to begin Junior Kindergarten in September 2019. If you are registering your child for French Immersion you must have your registration complete, including all documentation, by 4:00 p.m. on January 18th, 2019.



A Change of Plans

If your child is not to go home as he or she normally would after school, please inform us in writing. Our school can be very hectic at the end of the day, and phone messages are difficult to relay at this time.

Kindergarten Hallway

We ask parents to say good-bye to their children outside in the morning. Our Kindergarten hallway is already very congested with all of our students and teachers. We also want to teach our student's independence with taking off their winter clothing. The hallway also becomes very wet with all the traffic from winter boots. So, please give your hugs and kisses outside and send your child in on their own.

Creative Playground News

This is a reminder that our creative playground structures have been closed for the winter season. Weather permitting; we will be opening them again for student play on Monday, April 1, 2019. Please don't let your children play on the playground equipment between Nov. 1st and March 31 including before and after school.

Visitors to our School

In the interest of school safety, we ask each visitor in our building to report to the office, sign in, and pick up a visitors' tag. If you are picking up your child(ren) during the day we will have them called to the office for you. Please assist us by following this procedure upon entering the building.

Kindergarten Dance Club

Kindergarten students are invited to participate in a dance club that will be held in the gym every Tuesday during second recess. This club will run from January to March.

Family Day - February 18, 2019

This year Family Day falls on Monday, February 18, 2019. As a result, all schools and Board Offices will be closed on Monday, February 18, 2019.

Dress for the Weather!

Winter has arrived and the snow is here! Students are on the playground for 25 minutes in the morning and afternoon recesses, and their comfort is dependent upon dressing properly. We know that fresh air and exercise throughout the day improve learning. These breaks also provide opportunities for children to develop essential social skills of cooperative play and conflict resolution.

Please help your child come prepared for this weather by providing them with boots, heavy coats and snow pants, warm mitts, scarves, and hats. It's helpful for children of all ages to have an extra pair of socks and mittens in their backpacks. Please label all clothing and ask your child to check the Lost and Found for missing items. You can purchase clothing labels through Mabel's Labels at campaigns.mabelslabels.com....don't forget to click on Fundraiser and select Victory Public School. Thank you!

Avoid school suspension by keeping immunization records up-to-date!

Student's immunization records must be provided to Public Health in order to attend school. In the next few weeks, Public Health will be sending notices to students with incomplete immunization records. Anyone who gets a notice should contact their family doctor so they can update their vaccines, and then report their new vaccines to Public Health.

Report every vaccine to Public Health using one of the following methods:

Online: Fill in the form at www.immunizewdg.ca

Email: Send a photo of the immunization record to vaccine.records@wdgpublichealth.ca

Call: 1-800-265-7293 ext. 4396

If a student is not getting vaccinated for medical reasons, reasons of conscience or religious beliefs, an exemption form must be submitted to Public Health. The forms are available at www.wdgpublichealth.ca.

Public Health is committed to helping students update their vaccination records so they can avoid suspension from school.

Frigid Temperatures

At minus 25 celsius (including the wind chill), safety patrol duty is reduced to the last five minutes of the morning scheduled time and the first five minutes of the afternoon scheduled time. Parents and patrols should check the local radio stations or internet weather reports for temperature readings.

School Council

Are you planning to make a New Year's resolution to find out more about what's going on at Victory, and possibly get involved? What luck! Our School Council meeting is Wednesday, January 9th and all are welcome -- please join us in the school library at 6:30 p.m. If you would like to bring an idea or discussion to our New Business section, please give David DiCenzo a quick heads-up so we can reserve space for you in our agenda. Questions, comments and feedback are welcome *anytime* at info@vpsfamily.ca.

Before and After School Yard Supervision

Teachers are on duty from 8:35-8:50 a.m. and 3:15-3:30 p.m. For safety reasons, we ask that you and your children plan your time so that students do not arrive before 8:35 a.m. or stay after 3:25 p.m. All

children are reminded that they are expected to follow our guidelines regarding safe play (including snowball throwing and respectful interactions) before and after school as well as during the day. Thank you!

[What Do We Do On “No Bus” Days?](#)

Sometimes parents wonder what schools do on those days when the buses don't run due to inclement weather, but the school is open. At Victory Public School, it's business as usual. Even if some of our children don't make it in, children who come to school will continue to be engaged and learning in their classrooms. It is always your decision whether it is safe enough for your children to go to school on inclement weather days. If you choose to stay at home with your children on a no-bus day, consider checking out our UG2GO website which is full of great activities for students. Using the username: jk1234 and the password: jk1234 students can find some wonderful opportunities for learning on line.

[Victory Apple Program](#)

Thanks to our School Council for making this happen. A bushel of apples is distributed to each floor every week. Apples are available at all times for the children to eat during recess, lunch or after school. This program is not meant to replace food from students' nutritious lunches, but to add to their snack if needed.



[Library News](#)

Forest of Reading

Victory is participating in the Forest of Reading program once again! The Forest of Reading is a Canada wide literacy program that celebrates Canadian books, authors, publishers, and illustrators and promotes a love of reading. Students will be reading the books and engaging in activities about the books through library learning commons visits, with their classroom teachers, and/or independently. At the end of the program students have the opportunity to cast their vote for their favourite book.

Victory students will have the opportunity to participate in the following programs based on grade level: Blue Spruce English Picture Books, Prix Peuplier French Picture Books, Silver Birch Fiction Novels, Silver Birch Express Short Novels and Non-Fiction, Silver Birch Non-Fiction, and Prix Tamarac French Novels. Thank you to the Parent Council for their support of this program!

Bookshelf Book Fair - January 25, 3:15-7:00 pm

In celebration of Family literacy day, we will be holding our **Bookshelf Book Fair** in the library learning commons from **3:15-7:00 pm on January 25th**. Stay tuned for more information on Family literacy day and the book fair coming soon!

Kristy Sproule

Teacher Librarian and Planning Teacher

[Craft Sale](#)

The Holiday Craft Sale was a huge success! Thanks to Nicola Maggs and her team of dedicated volunteers over \$3000 was raised between the daytime sale and the evening event! We appreciate all of the work that went into making this year's event such a success.

School Council Meeting Wednesday Jan. 9, 2019

School Council Meeting Wednesday, Jan. 9, 2019

Teacher rep: Kelly Pagnan

AGENDA

- 1) Welcome and introductions** – 5 minutes
- 2) Notes from Chair** – 10 min
- 3) Community Safety Initiative update – Jillian Cockburn**– 5 minutes
- 4) Principal’s Report – Julie Young** – 10 minutes
- 5) Treasurer’s Report** – 10 minutes
- 6) Greening Committee update** – 10 minutes
- 7) Grants Committee update** – 10 minutes
- 8) Dessert Party** – 10 minutes
- 9) Newsletter** – 5 minutes
- 10) Other business**
- 11) Dismissal**

Report Bullying

We take all incidents of bullying seriously. If your child is the victim of bullying or sees bullying behavior at school, please encourage him/her to speak with someone at school or use our board’s online reporting tool. Report Bullying gives students and parents 24/7 access for reporting bullying. You don’t have to identify yourself – just your school – and your message gets sent directly to the school principal for follow-up. You’ll find the Report Bullying button on our school’s website to assist parents in distinguishing between conflict and bullying.

Is conflict the same as bullying? People may sometimes confuse conflict with bullying, but they are different. Conflict occurs between two or more people who have a disagreement, a difference of opinion or different views. Conflict between students does not always mean its bullying. Children learn at a young age to understand that others can have a different perspective than their own, but developing the ability to gain perspective takes time and the process continues into early adulthood. In conflict, each person feels comfortable expressing his or her views, and there is no power imbalance. Each person feels able to state his or her view point. How people deal with conflict can make it positive or negative. Conflict becomes negative when an individual behaves aggressively by saying or doing hurtful things. Then the conflict is an aggressive interaction.

Conflict only becomes bullying when it is repeated over and over again and there is a power imbalance. Over time, a pattern of behaviour may emerge where the person who behaves aggressively in the conflict may continue or even make it worse. The person who is the recipient of the aggressive conflict may feel less and less able to express his or her point of view and feel more and more powerless. That is when negative conflict may turn into bullying. A school will respond to bullying and conflict differently. For example, in the case of a conflict, a school staff member may try to have the students come together to tell their side of the story and help them resolve the situation together. In the case of bullying, a principal will consider progressive discipline, which may include suspension or expulsion.

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/>

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.

CBC Music Challenge

This year three of Victory's classes took part in the CBC Music Class Challenge! Ms. Ferris's and Ms. Kelly's classes joined together to sing "Carry It On" by Buffy Sainte-Marie, and Mme DeRijcke's class sang "C Okay" by Le Groupe Swing, under the direction of Mme Stephens. All the students worked very hard and we are extremely proud of them! (If you would like to see their videos, please search for "CBC Music Class" and "Victory Public School" on YouTube.)

