

Victoria West Elementary

E-Bulletin

October 07, 2022



Dear Families of Vic West,

As we look ahead to our Thanksgiving long weekend, it lends a great opportunity for us to reflect on 'gratitude'.

- **What are you grateful for?**
- **Who are you grateful for?**
- **How do/will you show gratitude to yourself and to others?**

Our lives in and out of school are often busy and hectic; and our brains may tend to focus on things and events that didn't go well or people who might have been unkind. But it is encouraging to know that we can teach our brains to be intentional and to focus, with purpose, on positivity, kindness, and gratitude. **We hope we will all take the time to reflect upon, share and celebrate the things and people we are grateful for – every day.**

With Thanks,

Mr. Chiu – Principal

Mr. Galhon – Vice-Principal



IMPORTANT DATES

October 10 - Thanksgiving Holiday (No School)

October 11 - Coats for Kids forms due date

October 14 - Individual Photo Day

November 5 - Bottle Drive

Friendly reminder to please
keep toys and Pokémon cards home.



We are happy that our students are using their bikes, scooters, skateboards, etc., but we do ask them to **walk all wheels on school property** for the safety of all.

Thank you for helping our school to be safe and run smoothly.

Victoria Coats for Kids Association



#21-1132 Johnson St. Victoria BC, V8V 3N8

Phone: 250-419-2977

Fax: 250-360-0952

2022 Order Form

Hello,

It is going to start getting cold soon and we at Victoria Coats for Kids Association would like to invite your organization to place an order for kids/youth coats. We are so fortunate that we can offer great quality used coats as well as new ones this year. We love giving good warm coats to kids who need them.

Please get your order forms into us by October 11th at the very latest.

We will be filling orders all at once, on Saturday October 15th, at George Jay Elementary School with a crew of volunteers. **This year, we are requesting that you pick up your order on site between 2-3:00 at George Jay Elementary.** (1118 Princess st. close to Cook and Bay st.) This would make things much easier for the volunteers and board members who all have full time jobs at various locations. If this pick-up option is not ideal for you, we can arrange for another pick up time and location.

Please also add in details you think may be helpful i.e. a youth who will only wear hoodies.

Any questions, please contact Leila Durzi at ldurzi@sd61.bc.ca, phone 250-419-2977, fax 250-592-4725. Or, Cathy Carter at ccarter@sd61.bc.ca, phone 250-857-4922, fax 250-360-0952.

You will find the printable form attached to the e-mail, along with this E-Bulletin.

Escape Planning

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.



SAFETY TIPS

- » **MAKE** a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- » **KNOW** at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- » **HAVE** an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- » **PRACTICE** your home fire drill at night and during the day with everyone in your home, twice a year.
- » **PRACTICE** using different ways out.
- » **TEACH** children how to escape on their own in case you can't help them.
- » **CLOSE** doors behind you as you leave.

IF THE ALARM SOUNDS...

- » If the smoke alarm sounds, **GET OUT AND STAY OUT**. Never go back inside for people or pets.
- » If you have to escape through smoke, **GET LOW AND GO** under the smoke to your way out.
- » **CALL** the fire department from outside your home.

FACTS

- ! A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- ! According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ! While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- ! **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



Your Source for **SAFETY** Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169



MENTAL HEALTH AND WELLNESS SNAPSHOT

SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM

Helping your child set healthy boundaries

For most parents setting boundaries for young kids' behavior is second nature: No hitting. Don't interrupt. We don't grab toys out of other kids' hands.

But as they get older, and social interaction gets more complex, it's not enough to just learn the rules. They need to learn to set boundaries for themselves and respect those of others.

Find more information on:

- What is a boundary
- Physical and emotional boundaries
- Consent

And more at this month's [Mental Health and Wellness Snapshot](#)



Bottle Drive

Last year the PAC held two successful bottle drives at Vic West and we are looking forward to raising even more funds to support students again this year!



The Vic West PAC will be having a no-sort bottle drive:

When:

Saturday, November 5th

Time:

10:00 am to 2:00 pm



Refundable containers can be dropped off at the front of the school.



The funds raised will be used towards the purchase of **digital microscopes**.

THANK YOU FOR ATTENDING OUR SCHOLASTIC BOOK FAIR



Virtual Book Fairs
SCHOLASTIC

Thank you to the school community for supporting our book fair.

Through the fair, we raised over one thousand dollars to be used for new books for our school.

Happy reading everyone!

Daily School Schedule:

School Starts at 8:45 am

Recess: 10:15 am – 10:30 am

Lunch: Eating: 11:50 am – 12:10 pm

Outside Play: 12:10 pm – 12:35 pm

Dismissal at 2:37 pm

Supervision:

8:30 am – 8:45 am

2:37 pm – 2:52 pm

If arriving late for school, please send your child through the Main Entrance (Door C) to check in at the office.

Dogs on leash, please.

"There are many parks and beaches throughout Greater Victoria where you can run your dog off leash."

"Public school grounds are NOT Leash Optional Areas at anytime."

Please keep dogs on a leash and be mindful of your pet's behaviors while on school grounds.



For more information about off-leash parks, visit: www.vacs.ca/leash-optional-areas

1000X5 Books Part of October Fun Wee Ones Need Your Books



As you prepare for the end of the month celebrations with fun costumes and food, can you find a minute to locate 3 **gently used books for babies and toddlers** and drop them off in the pink bin by **door C**.

These books will entertain and enrich wee ones long after the October fun has ended.
277,000 books in 12 years!! Thank you.

At Vic West Elementary, we will continue to create an inclusive and culturally responsive learning environment for all students with **an emphasis on the core foundations of learning (Social Emotional, Physical Literacy, Fine Arts, Literacy and Numeracy)** as part of our students' journey of self and their role in their community.

Please send your child with clothes for all types of weather. We will enjoy the West Coast climate throughout the year.

Boots and rain jackets are important.

Students will be outdoors a lot this year – recesses and lots of outdoor learning.



Parking Reminders

Just a reminder that **we have two spots for people with mobility challenges**; please do not park in them if you do not need to out of respect for those who do.



Please adhere to the no parking signs, particularly in the curve at the beginning of the drop-off zone. While we understand that parking is a challenge at Vic West, **we also need our Third Wave bus to be able to safely deliver students to school.**

Sometimes the bus is not able to enter the drop-off zone due to the congestion of cars in no parking areas.

We thank you for your cooperation and patience!

IMPORTANT—REPORTING ABSENCES

Please call the office (250-382-9131) OR email the office (vicwest@sd61.bc.ca) when your child will be absent from school.

Thank you.

Please contact us at vicwest@sd61.bc.ca with any questions or concerns.

Please check out the updates of amazing learning and community on our [school website](#).

You can find the school calendar on the website. Please check on a regular basis.



Lost and Found

Friendly reminder to put your **child's name** in jackets, sweaters and any other items that can get lost easily.

PAC Info

In-person PAC Meeting

We are excited to invite you to our first in-person PAC meeting since 2019 on **Tuesday, October 18th, 6-7:30pm**

It will take place in the school library and we will have tea and snacks to enjoy. We have lots of exciting news to share with you about upcoming events & fundraisers happening at the school. Please [fill out this form](#) so we can get to know you all.

Ongoing Fundraisers

Purdys:

[Purdys Chocolatier Group Savings and Fundraising](#)

Customer # 59825

Sailor Jack's: "Vic West Kids" T-Shirts

Visit Sailor Jack's Consignment (424 Craigflower Rd.), purchase a T-shirt for \$19.95 and \$5 from each sale will be donated to the Vic West Elementary PAC. Various styles and sizes.

Mabel's Labels:

Visit www.mabelslabels.ca and choose **Support a Fundraiser**, scroll down to **Vic West Elementary (Victoria)** near the bottom and choose our school. Get shopping for labels to keep all your kids' stuff organized and Mabel's Labels will donate 20% to Vic West PAC.

Finn & Izzy:

For every pair of regular priced shoes purchased at \$50 or more, Finn & Izzy donates \$5.00 to one of 25 local schools. Let them know you'd like the donation to go to Vic West Elementary and they'll do the rest! Finn & Izzy are located at 2259 Oak Bay Ave. finnandizzy.com

Donate Online: Get a Tax Receipt

Register for an account at <https://sd61.schoolcashonline.com/Registration/ProfileTabs>

Once you have an account you can go to <https://sd61.schoolcashonline.com/Fee/Index>

or click the '**Make a Donation**' button on the Vic West Elementary website <https://vicwest.sd61.bc.ca>

On the donation page choose or enter the amount you would like to donate and the fund destination from the dropdown list. Simply scroll down and choose '**Vic West Elementary - PAC**', fill in the Tribute info or message to the School Board (optional), then click 'add to cart' and proceed to the checkout. These funds will then go to the school but must be spent in consultation with the PAC. You can choose to have the funds go directly to the school however the PAC would have no say in how those funds are distributed or spent.