

Victoria West Elementary

E-Bulletin

November 04, 2022



Dear Families of Victoria West,

In our efforts in caring for and supporting children at school and at home, we understand the importance and benefits of having routines. Establishing and keeping routines allows one to know what to expect.

Predictability and a sense of knowing brings feelings of comfort and safety. However, while our goal at times is to help young learners settle into their daily routines, we also need to balance out the learning by preparing them for times of unexpected change and unpredictability.

Living in the moment, having conversations around normalizing unexpected moments, and practicing change intentionally can help support children in managing, coping, and regulating when things don't go their way

With Thanks,
Mr. Chiu – Principal
Mr. Galhon – Vice-Principal

Friendly reminder to please
**keep toys and Pokémon trading
cards home.**

Bottle Drive

Volunteers are needed for the
PAC Bottle Drive on Saturday
November 5, 2022,
from 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**.

We need help putting up posters, dropping off flyers and social media promotions, in addition to setting up and receiving bottles.



Click on the link and sign up as volunteer for our no-sort, drive through, Bottle Drive:

https://docs.google.com/forms/d/e/1FAIpQLSeNVnyqJp7BXuQLcs3k62g9mOJ0u_fdmjNcrjgzpvMxmSJ5Qcw/viewform

IMPORTANT DATES

November 5 - Bottle Drive

November 11 - Remembrance Day

November 14 - Pro-D Day (No School)

November 18 - Photo Re-Take Day



The POWER of SLEEP



MENTAL HEALTH AND WELLNESS SNAPSHOT

SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM

You signed your child up for soccer to keep them active, made time for long bedtime reading sessions, and filled afternoons with playdates. **But did you know that raising a well-rounded child also includes ensuring they get enough sleep.** A growing body of research shows that sufficient sleep is critical to a child's physical, cognitive, and emotional health.

[Watch Video of Snapshot Here](#)

Christmas Giving Network

Below is a list of Christmas Giving Network agencies accepting applications for food and/or presents for the incoming holidays:

- Next Steps Resource Centre (Salvation Army) 4030 Douglas Street, Saanich, BC [\(Click here to be brought to their online Hamper Application form\)](#)
- Highpoint Family Services (Salvation Army) 949 Fullerton Avenue, Vic West, BC. [\(Click here to be brought to their online Hamper Application form\)](#)
- Connection Point Resource Centre (Salvation Army), 103 - 737 Goldstream Avenue, Langford, BC. [\(Click here to be brought to their online Hamper Application form\)](#)
- The Mustard Seed 625 Queens Avenue, Victoria, BC
- Sooke Christmas Bureau and Sooke Harbourside Lions #100 - 6672 Wadams Way, Sooke, BC
- Saanich Peninsula Lions Food Bank 9586 5th Street, Sidney, BC
- Goldstream Food Bank Society, 761 Station Avenue, Victoria, BC

CFOX Santas Anonymous Society has reached capacity for its 2022 Christmas Program, and is not taking applications.



3 Books = 1 Gift 6th year of challenge

This year, many families appreciate a bit of help with gifts for the upcoming holiday season. . Every month 1000X5 pops 3000 books in 1000 gift bags: three books for each receiving child. A big shoutout also to Harbourside Rotary whose donation has helped us purchase more books for babies – always in short supply.

If each child in Vic West Elementary School brought in 3 gently used books for babies and preschoolers, we would collect 909 books, enough for gift bags of books to 303 children. Let's make it happen.

Drop books for babies and preschoolers off in the pink bin in the front door (C)



Start bringing warm clothes to school as weather changes.

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.



LOST and

FOUND

We are running out of space in our Lost and Found box.

The Lost and Found is going to be outside the Gym for the next week.

Please check to see if any "lost" items belong to your child.

Thank you!



ESQUIMALT HIGH
SCHOOL'S

9TH ANNUAL
GINGERBREAD
HOUSE SALE
FUNDRAISER

BROUGHT TO YOU BY THE
CULINARY PROGRAM
PROCEEDS GO TO
CFAX SANTA'S ANONYMOUS

HOUSE KITS \$15.00 EACH

ORDER HERE



ORDER DEADLINE
DECEMBER 2, 2022

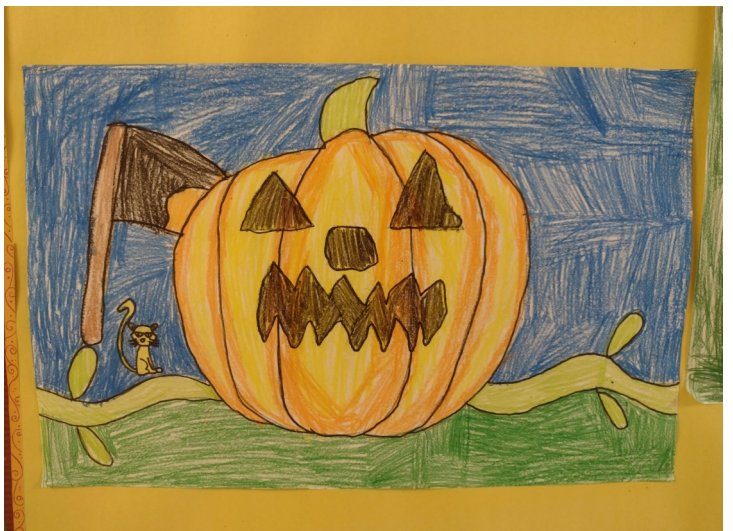
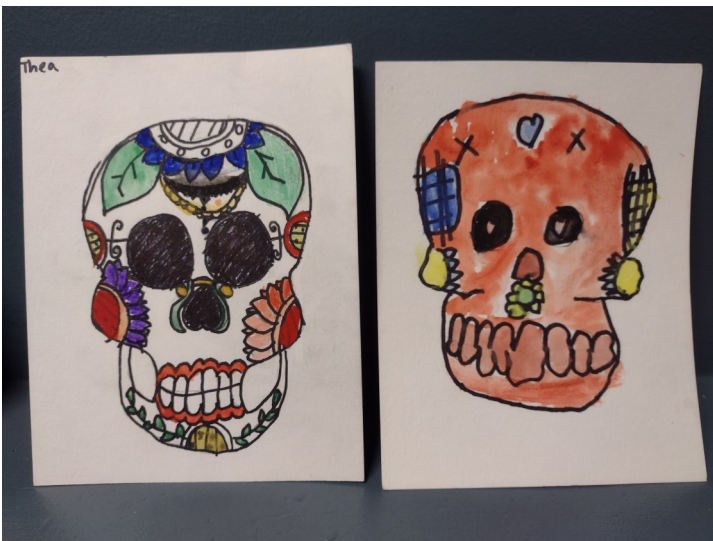
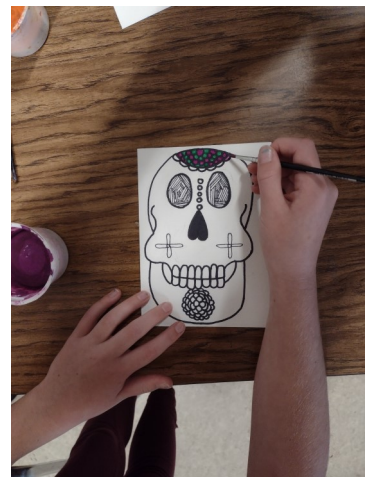
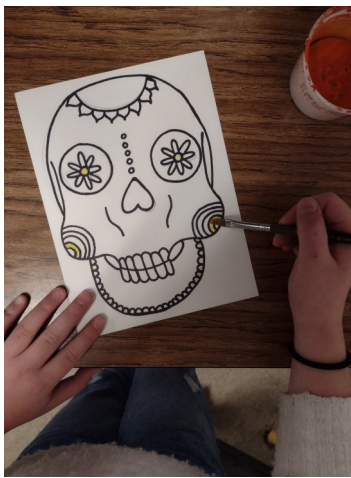
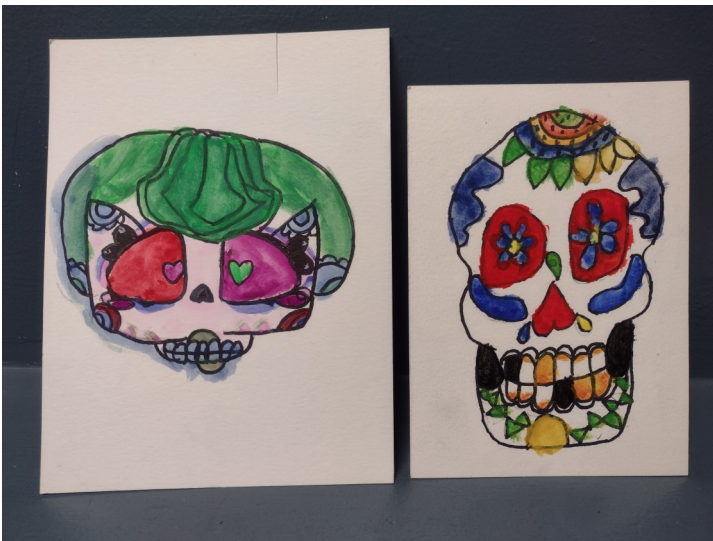


The Esquimalt High Culinary Program is once again selling Gingerbread House Kits to support CFX Santa's Anonymous.

Kits can be picked up Dec 7-9, 12-14, 2022 at Esquimalt High from 9am-3pm. If you are unable to make it during these pickup times please email esquimalt@sd61.bc.ca to make other arrangements.

If you would simply like to buy a ginger bread kit to be distributed to family in need – please indicate **DONATE TO SOMEONE IN NEED** in the "Who are you purchasing this for" field and we will handle the rest.

Those who post a picture of their completed creation by Dec 25th, 2022 to Instagram @esquimalthighschool #gingerbread will be entered to win a prize.



Students' Art!





Help your school music program...

by shopping at Tapestry Music!

HOW? Sign up for Tapestry Rewards Program! You get a 2% store credit on every purchase of store merchandise. You can use this credit yourself for future purchase **OR you can donate them to your school music program or community music organization!**

When buying any merchandise in one of the **Tapestry Music** stores or online, **just tell them that you wish to donate your credit to Vic West Elementary.**

Why? This Tapestry Music's way of helping school stretch their budgets and encourage supporters to fundraise simply by shopping at Tapestry.

Questions? Call a Tapestry Music Store...

(250) 590-0752 Victoria



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.

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.



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.

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

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.



BECOME A HOST FAMILY!



UPCOMING GROUP

Who: Short Term Middle School Group from Stance Dual School in Brazil

When: Jan. 3- Mar. 3

This fun group comes annually to attend middle schools around Victoria.

Enjoy an Unforgettable Cultural Exchange

Why Host?

- Connect your family to the world by hosting an International Student in middle or high school
- Both short term and long term hosting opportunities are available
- 24/7 assistance is available from the homestay office.
- \$1100/month provided for student support (pro-rated for short term groups)



T: 250-592-6871

VICTORIA INTERNATIONAL EDUCATION

E: homestay@sd61.bc.ca

www.studyinvictoria.com

PAC Info

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.schoolcashionline.com/Registration/ProfileTabs>

Once you have an account you can go to <https://sd61.schoolcashionline.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.