

Victoria West Elementary

E-Bulletin

November 10, 2022



Dear Families of Vic West,

Our weekend ahead lends us another opportunity for reflection. On November 8 and November 11, we recognized Indigenous Veterans Day and Remembrance Day respectively.

Many of the stories connected to themes of war and conflict are often times difficult to hear - leaving us with feelings of sadness, anger, and confusion.

The remembering of events, happy or sad ones, is an act of telling our personal stories and lived experiences.

During times of remembrance, it is an opportunity to remind us all of the importance of listening to the stories and experiences of others with an open heart and with a willingness to seek understanding. We ought to listening with care, and choose our words and actions carefully through respect and compassion.

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

- Mr. Rogers

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

IN FLANDERS FIELDS by John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
WE SHALL NOT SLEEP,
THOUGH POPPIES GROW
IN FLANDERS FIELDS.

"Lest We Forget"

Nov. 11: Remembrance Day

IMPORTANT DATES

November 11 - Remembrance Day (No School)

November 14 - Pro-D Day (No School)

November 18 - Photo Re-Take Day



Our school was recognized as
The Most Proficient School in Fire Prevention
Thank you to Victoria City Fire Fighters!
And thanks to all our students for their commitment
to be prepared in case of an emergency!

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

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



HEALTHY SNACKS

Snacks are part of healthy eating for children. Offer 2-3 healthy snacks a day as well as 3 meals spaced through the day to provide the nutrients and energy children need to learn and grow. Allowing a child to snack all day long increases the risk for tooth decay and children may not be hungry at meal times.

Tips for healthy snacking:

- Healthy snacks include protein, long-lasting, energy-providing carbohydrate and healthy fat.
- Check food labels before you buy packaged snack foods. Look for snack foods that are low in sugar and high in nutrients such as fibre and calcium.
- Sticky foods like crackers, raisins and granola bars cling to the teeth and increase the risk of tooth decay. Encourage children to rinse well with water after these snacks.

Keep these easy, healthy snacks on hand:

- Cut-up vegetables or fruit with salad dressing or yogurt dip
- Crackers and cheese
- Hummus and pita
- Yogurt and whole grain bread sticks
- Small homemade muffin or oatmeal cookie and fruit
- Whole grain cereal and milk
- Half a tuna sandwich

Need more healthy snack ideas? Check out *Jump-Start the day with BREAKFAST / Snack Attack!*, available at your school and [Public Health Unit](#).

For more information:

- Your local [Public Health Unit](#).
- [HealthLinkBC and Dietitian Services](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- [Dietitians of Canada](#)
- [Healthy Families BC](#)



First snow fall of the season!!



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)



Vic West Spirit Wear

Friendly reminder that the Spirit Wear Online Store is open until **Sunday, November 13, 2022 (11:59 PM PST)** at <https://vicwestelemfall2020.itemorder.com/shop/sale/>

This year grade 5 families have an option to order a grade 5 hoodie with an autographed 23 and your child's name on the back.

We are excited to wear our Wolf Pack gear.

You can also access to the online store using the QR code:



Start bringing warm clothes to school as weather changes.

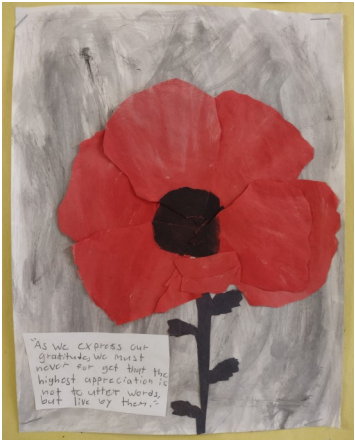
Please send your child with clothes for all types of weather.

We will enjoy the West Coast climate throughout the year.

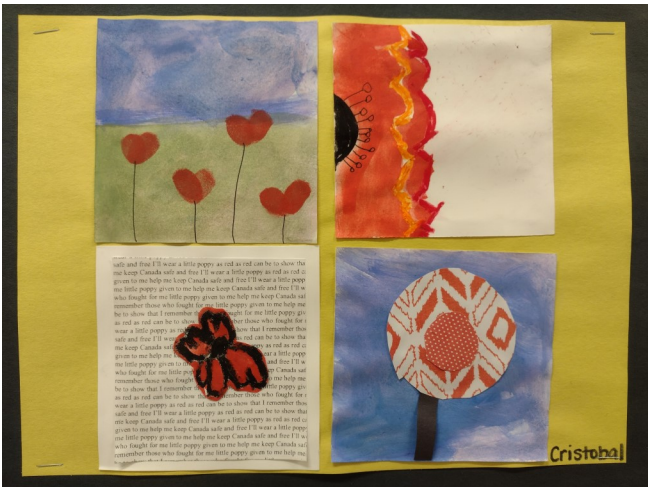
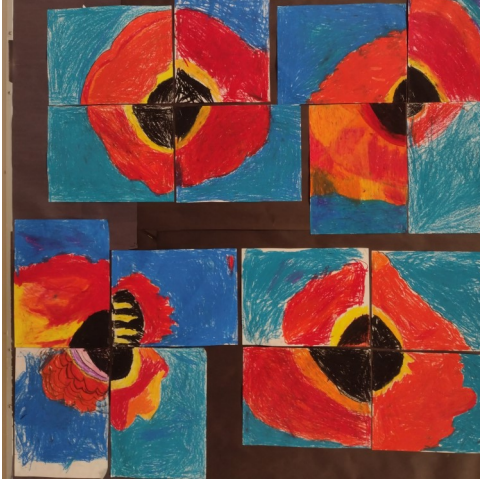
Boots and rain jackets are important.

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





"Lest We Forget"
Nov. 11:
Remembrance Day



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.



TAPESTRY MUSIC



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.