

# Victoria West Elementary

## E-Bulletin

November 18, 2022



### Dear Families of Vic West,

Since the start of our school year together, we have been using our school assemblies and gatherings to introduce and revisit a theme of being Listening Leaders.

We are learning that intentional listening uses the whole body, not just our ears. We use our eyes to engage with the speaker, and our body language is such that the speaker feels that the listener has our full attention.

'Whole-body listening' also includes our heart and our brain – developing the ability to listen without judgement, to listen with empathy and compassion, and to listen with an open heart.

When all voices are meant to be heard and celebrated, we must do our part to by listening with care.

In Chinese, the verb “to listen” is written with the following character. The character for listening in Chinese can be deconstructed into ‘sub-characters’. In Chinese, being a Listening Leader involves one’s ears, eyes, heart, and undivided attention.

How wonderful that this character embodies all the important qualities of what a Listening Leader is.

*With Thanks,*

Mr. Chiu – Principal

Mr. Galhon – Vice-Principal

## The Chinese character for ‘Listening’



## School Emergency Preparedness Subcommittee

The PAC Executive is hoping to form a School Emergency Preparedness subcommittee.



The purpose of this subcommittee is to **support the school in ensuring that emergency supplies and rations are up-to-date and sufficient.**

Parents or guardians who are interested in joining can reach out directly to the PAC Executive by emailing: [vicwestpac@gmail.com](mailto:vicwestpac@gmail.com)

## 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)



## 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.





## MAKE PHYSICAL ACTIVITY PART OF THE DAY, EVERY DAY

Games, climbing, walking, biking, dancing... What do your kids like to do every day? Do they get outside and play or walk and wheel to school? Children may just need the space and time to be active.

“Access to active play in nature and outdoors - with its risks - is essential for healthy child development. We recommend increasing children’s opportunities for self-directed play outdoors in all settings - at home, at school, in child care, the community and nature.” (Position Statement on Active Outdoor Play, 2015)

### What are the benefits?

- Better sleep
- Better able to handle emotional challenges
- Better able to concentrate
- Stronger body, both inside and out
- Improve physical literacy (Physical Literacy is when kids have developed the skills, confidence, and love of movement to be physically active for life)

The benefits are clear – active kids are healthier and happier, both mind and body!

For more information:

- Your local [Public Health Unit](#)
- Your local Parks and Recreation
- [HealthLinkBC and Physical Activity Services](#) or dial 8-1-1 (a free call)



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](mailto: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](mailto:vicwest@sd61.bc.ca)) when your child will be absent from school.**

Thank you.

Please contact us at [vicwest@sd61.bc.ca](mailto: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](http://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

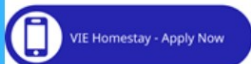
**When:** Jan. 3- Mar. 3

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](mailto:homestay@sd61.bc.ca)**

**[www.studyinvictoria.com](http://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](http://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](http://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.