

Victoria West Elementary

E-Bulletin

November 25, 2022



Dear Families of Vic West,

When we see each other briefly in passing, often times our go-to greeting phrase is “Hey, how’s it going?” or “How are you?”. But sometimes, we might not have the time to stop and listen intently to how the other person is actually doing.

As a school community, we’ve talked about **the power of listening with compassion, an open heart and undivided attention**, but sometimes, we just don’t have the time or the capacity to do that right then. Of course, there are times when we do need to put what we are doing aside and pause to really give the speaker our full attention. However, just out of habit, in our daily quick encounters, the way we greet each other is often with a simple, but possibly loaded, “How are you?”.

In our efforts to listen with care and to ensure that we mean what we say and say what we mean, our words matter.

Instead of a quick and fleeting “how are you?” as a way of saying ‘hello’, perhaps we can warmly say, **“it’s nice to see you”**. Of course, as caring humans, we are going to continue asking people how they are, *but we want to make sure that we can really fully engage with the person we are asking.*

It was GREAT to see all the Vic West learners this week!

Mr. Chiu – Principal

Mr. Galhon – Vice-Principal



IMPORTANT DATES

December 15 - Report Cards Sent Home

December 16 - Last day before Winter Break

Dec. 19, 2022 – Jan. 2, 2022 - Winter Break
(No School)



LOVE OUR BODIES, LOVE OURSELVES

CELEBRATE WHAT YOUR BODY CAN DO!

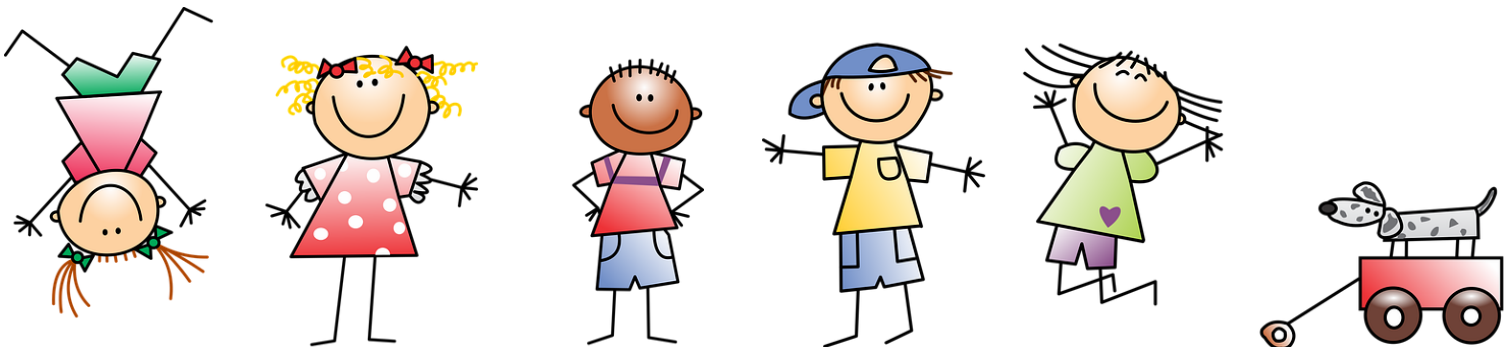
Parents, teachers and caregivers play a key role in helping children and youth develop a positive body image and to feel good about themselves. Here are some tips to help kids develop positive body image and self-esteem:

- Let kids know you love and accept them just the way they are!
- Give kids chances to learn what they are good at and what they enjoy
- Teach kids to value qualities such as kindness, honesty and curiosity
- Focus on the health benefits of being active (not just as a means to control weight)
- Model healthy behaviours and attitudes
- Talk about how healthy bodies come in all shapes and sizes

Avoid making comments about other people's weight, size or shape. Remember, you are a powerful role model: **Eat well, Move daily, Hydrate often, Sleep lots, Feel your feelings, and Love your body.**

For more information:

- Your local [Public Health Unit](#)
- [Love Our Bodies, Love Ourselves](#) (Jessie's Legacy)
- Kelty Mental Health Resources - activities to promote positive body image (Kindergarten to Grade 7)
- [HealthLinkBC and Physical Activity Services](#) or dial 8-1-1 (a free call) and ask to speak to a Registered Dietitian.



3 Book Challenge

3 Books = 1 Gift

Partnership with Santas Anonymous

Thank you for all the books that have been pouring in to be packaged in time for the holidays. And a huge thank you to Santas Anonymous their most generous donation. That means that for quite a few months a new book can be added to each bag of 3 books



Drop your books for babies and preschoolers off in the pink bin.

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

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.



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.





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.

BECOME A HOST FAMILY!



UPCOMING GROUP

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

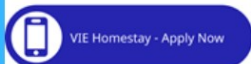
When: Jan. 3- Mar. 3

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

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.

PAC Info

Ongoing Fundraisers

Purdys:

[Purdys Chocolatier Group Savings and Fundraising](#)

Customer # 59825

Deadline for orders is tomorrow November 26th.

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.