

Victoria West Elementary

E-Bulletin

December 02, 2022



Dear Families of Vic West,

This time of year always brings upon mixed emotions. While we are excited for the festivities and the winter holidays ahead, December is also a month that brings about a lot of added responsibilities, think-about's, and even stress.

When times get hectic for young folks and families, it is important not to lose site of our strategies and healthy coping mechanisms to keep us calm. Making the time for self-care is important. When and where we can, maintaining and continuing routines are definitely helpful.

For times that might be extra daunting, one might find comfort in giving themselves permission to just live moment by moment, hour by hour, day by day. It's okay to ask for help. Just because we 'care', might not mean we must 'carry' it all on our own.

Wishing you a great weekend,

Mr. Chiu – Principal

Mr. Galhon – Vice-Principal

RALMAX Group

has kindly invited some Vic West families to enjoy this year's

Victoria Harbour Lights *A Winter Dream*

**A 45 minute story of the holiday season.
Choreographed with light, music and 3-D animation.**

When:

December 19th, 6:00 pm sailing

**There are only have 35 spaces available.
The spots will be assigned by a random draw.**

If you want your family to be included on the draw, please:

- Send an **email to vicwest@sd61.bc.ca** no later than **Tuesday Dec 6th**. Subject: Victoria Harbour Lights
- Indicate: number of people (only immediate family, up to 5 members)

Recipients will be notified by Wednesday, December 7th

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)

Please take precautions and use caution when walking on school grounds during icy conditions.



Spirit Wear's orders are coming soon!!

If you have order Spirit wear for your child and it is a gift/surprise for your child, please email your child's teacher so the items can be put aside for you to pickup.



Thanks!

Friendly reminder to keep your kids home when they are sick.

Please be sure your kids understand, and apply **respiratory etiquette**:

- Cover your mouth and nose with a tissue when coughing or sneezing.
- If you don't have a tissue, cough or sneeze into your elbow, not your hands.
- Use tissues and throw them away.
- Perform hand hygiene every time you touch your mouth or nose:
 - Hand washing with soap and water
 - Hand cleaning with alcohol-based hand rub



HEAD LICE AWARENESS

Head lice are common in BC communities. Although they are a bother, head lice are not a health risk.

Head lice spread quickly by close, head-to-head contact. Lice cannot live on furniture or carpet, and they cannot jump or fly. There may be few or no symptoms, but itching may occur.



You can help by:

- Check your child's head with the wet combing method of detection once a week throughout the year.
- Review the pamphlet *How to Get Ride of Head Lice Wet Combing*, available online, at your school and [Public Health Unit](#)
- Encourage your child to wear their hair tied back
- Treatment- if you notice live lice on your child's head
- Remind family and friends about the importance of routine head checks, using the wet combing method

For more information:

- Your local [Public Health Unit](#)
- Read the [Head Lice Management Guidelines -Island Health](#)



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!



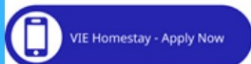
UPCOMING GROUP
Who: Short Term Middle School Group from Stance Dual School in Brazil
When: Jan. 3- Mar. 3
This fun group comes annually to attend middle schools around Victoria.



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

PAC Info

Ongoing Fundraisers

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.