

# Victoria West Elementary

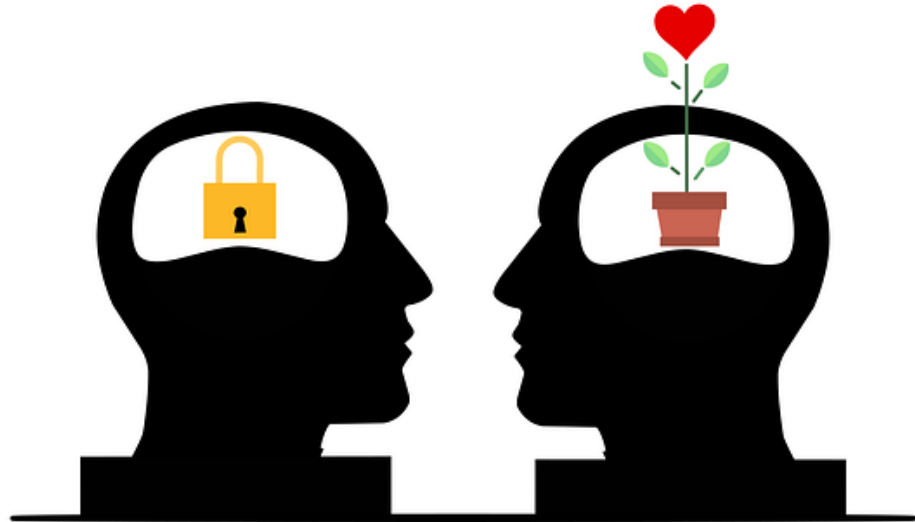
## E-Bulletin

September 15, 2023



Dear Families of Vic West!

Welcome back to school! The start-up of school is always an exciting time. It is great to see the school building full of energy once again with staff, students and families getting back into the swing of daily routines and connections.



To all our returning families, we look forward to our continued work together as we support our learners as one school community. To our newest members of Vic West, we look forward to supporting you and getting to know you. We hope your transition has been and will continue to be a smooth and seamless one.

While the start of a new school year brings excitement, it may also bring about feelings of worry and nervousness for our students.. Change can be a challenging phenomenon to manage and cope with. During this time, it is important to continue our supportive conversations with students around adopting a growth mindset and open mind. Keeping our hearts and mind open to new possibilities, new learning, new friendships is a positive way to help our students accept and understand change and to build resiliency and grit.

Never underestimate the two simple words: I can! Enjoy the weekend everyone!

Mr. Chiu - Principal

Mr. Galhon - Vice-Principal

### Important Dates:

**Friday September 22, 2023 —Professional Development Day (No School)**

**Monday September 25, 2023 —Individual Photo Day**

**Monday October 2, 2023 —National Day for Truth and Reconciliation (No School)**

## VTRA Fair Notice

### Accessibility Clause:

In accordance with the Accessible BC Act, GVSD 61 has launched an accessibility feedback tool, and is looking for members of our learning community to join the GVSD Accessibility Advisory Group as we finalize the first multi-year GVSD Accessibility Plan. [Click here to learn more](#) and/or provide feedback.

### 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.**

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.

### Parking Reminders

Just a reminder that **we have two spots for people with mobility challenges**; please do not park there 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.

Thank you for your patience !

### 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.



See <https://www.vacs.ca/leash-optional-areas> for more info.



## Indigenous Education Department

Greater Victoria School District No. 61  
556 Boleskine Road, Victoria, B.C. V8Z 1E8

**Telephone:** 250 475-4124

**Fax:** 250 475-4109

*The Greater Victoria School District resides on the traditional territory of the Lekwungen people.*

*We would like to acknowledge the Songhees and Esquimalt Nations on whose territory we live, we learn and we do our work.*

September 14th, 2023

Dear SD61 Parents/Caregivers:

This letter is being sent to all families in the Greater Victoria School District to provide information about the Indigenous Education Department (IED) and the services and resources this department provides to our SD61 learning community. This letter will clarify the definition of Indigenous Ancestry and explain how to self-identify on the school registration form.

The Indigenous Education Department (IED) supports the inclusion of Indigenous perspectives and resources that align with the BC Curriculum in our schools and classrooms along with providing holistic supports to students that have self-identified with Indigenous Ancestry. The staff of the IED provides guidance in our School District to weave Indigenous Knowledge and Ways of Being into district policies, classrooms and schools. Key areas include: Holistic Wellness; Social Emotional Learning; Land Based Learning; Arts and Culture; Advocacy for Indigenous students and families; and, the authentic use of Indigenous resources for schools and classrooms. The IED works with The Songhees Nation; The Esquimalt Nation; The Metis Nation Greater Victoria; The Urban People's Indigenous Advisory and an Indigenous Elders Advisory Council.

The BC Ministry of Education and Child Care defines Indigenous Ancestry as students who identify as First Nations, Status or Non-status, Métis or Inuit. The BC Ministry of Education and Child Care does not require proof of ancestry to self-identify. Parents and caregivers of students with Indigenous Ancestry may choose to self-identify on the school registration form under the section Indigenous Ancestry or by calling the school to request that they include this self-identification of Indigenous Ancestry on your child's school registration form.

Our Indigenous Education Department provides supports to all schools in the district along with supplementary supports for students who self-identify as having Indigenous Ancestry. The purpose of these enhanced learning experiences is to increase a sense of belonging, academic success and increase understanding and awareness within our School District. The Indigenous Education Department will connect with your family annually about the opportunities that may be available at your school, in the district and/or in the community as it relates to Indigenous Education. Participation in these programs, supports and services is always voluntary.

If you have questions, concerns, or wish to learn more about supports for students with Indigenous ancestry, please give us a call. For more information, please visit our website at: <https://ied.sd61.bc.ca/>

Dr. Shelly Niemi, Director

Indigenous Education Department

SD61

VIC WEST ELEMENTARY

**FREE**

# BACK TO SCHOOL BBQ

**SEPTEMBER 29**

**4 - 6 PM**

**Vegetarian & Halal  
options available!**



**YOU'RE  
INVITED!**

## **PAC Meeting**

**Wednesday, September 13th**  
**6-7:30pm in the school library**

Come join the conversation! The PAC and school Admin discuss upcoming school events and sports, fundraisers, parent education ideas and more. We look forward to seeing you there!

## Mental Health and Wellness Snapshot

[It Takes a Village September/October 2023](#)



**Sunday September 17**  
Raynor Street & Craigflower Road ✨ 12 noon to 4pm

Vic West Community  
**Corn Roast**

Spiral Cafe's 22nd Anniversary

Apple Pie Contest  
Zucchini Car Races All Day!  
Doggo Show! 1-2 pm

Be sure to bring a non-perishable food item for the Vic West Little Free Pantry

Sponsors: local businesses | [www.vicwest.org.ca](http://www.vicwest.org.ca)

hosted by: CITY OF VICTORIA VIC WEST COMMUNITY ASSOCIATION

And YOU: The Corn Roast food is by donations, which help pay for the event - Thank you!

# 1000X5

1000 Books by Age Five

Children's Book Recycling Project Greater Victoria

## Looking for Gently Used Books

1000X5 sends your gently used books for babies and preschoolers into homes where books may be few. This is Year 13 of sending gift bags each with 3 books. We have delivered 311,000 books which have been so kindly donated by you. Over the year, children may receive 30 books – transforming learning. Ask for the pink bin in your school. Check out our website for more information: [www.1000X5.ca](http://www.1000X5.ca)



# HEAD LICE MANAGEMENT GUIDELINES -ISLAND HEALTH

What are head lice?

Head lice are tiny, grayish brown, wingless insects that live on the scalp, feeding on human blood. They lay eggs that stick to strands of hair very close to the scalp.


Please check out these links for further details:

[Head Lice Management Guidelines](#)

[Head Lice HealthLink BC](#)

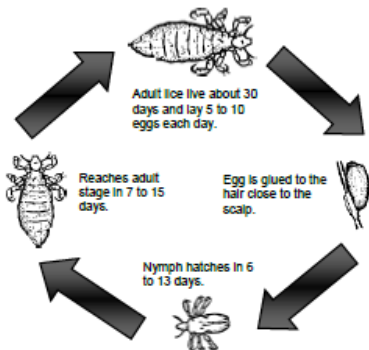
[YouTube Video 1](#)

[YouTube Video 2](#)



## HOW TO GET RID OF HEAD LICE WET COMBING

### LIFECYCLE OF THE HEAD LOUSE



### HEAD LICE FACTS

- ◆ Lice are tiny insects about the size of a sesame seed.
- ◆ Anyone with hair can get head lice.
- ◆ Lice do not have wings and cannot fly or jump.
- ◆ Lice move quickly in dry hair and this makes them hard to see.
- ◆ Lice do not live long once they are off the head. They only lay eggs close to the scalp.
- ◆ Having head lice does not always make the scalp itchy.
- ◆ Lice commonly move to other heads when heads touch and rarely by sharing hairbrushes and combs.

- ◆ Lice are common where children play or work closely together.
- ◆ Once a lice egg has hatched, the empty eggshell stays stuck to the hair.
- ◆ If you find an eggshell more than half an inch away from the scalp, it is most likely empty.
- ◆ The eggshells are white and look like dandruff but cannot be brushed or blown away.

### WHEN TO CHECK

- ◆ **Regularly ONCE A WEEK after shampooing**
- ◆ If your child's playmates have head lice
- ◆ When a family member has head lice
- ◆ When a person is scratching his or her head more than usual

### WHAT YOU NEED

- ◆ Shampoo and white-coloured conditioner (low-priced is fine)
- ◆ Wide-tooth comb to untangle hair
- ◆ Towels and paper towels
- ◆ Lice comb - we recommend a narrow comb with fine teeth and slanted tips, such as a "Bug Busting" comb, that makes it easier to remove lice.
- ◆ Lice combs are available at many Public Health Units and pharmacies.

## HOW TO CHECK FOR LICE



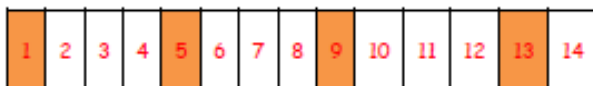
1. Wash and rinse hair.
2. Put enough conditioner on the hair to cover the whole scalp (usually about 2 handfuls).
3. Use a wide-toothed comb to get tangles out.
4. Begin combing the head carefully with the lice comb. While you are combing over the head, **keep the teeth of the comb touching the scalp at all times.**
5. Checking can be done with the head forward over the sink, combing from the back of the head to the front, or from a sitting position going from the front of the head to the back.
6. Pull the comb through the hair in one stroke. If the comb tugs, add more conditioner.
7. After each stroke, wipe the comb on a paper towel and look for lice.
8. Make sure to comb the entire head, checking for lice after each stroke.

**If you find any lice, move onto the treatment process.**

## IF YOU FIND LICE

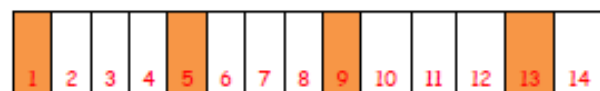
- ◆ Hats, pillowcases, combs and hairbrushes that have had contact with the head in the previous 2 days could be considered for cleaning in hot soapy water.
- ◆ Clean the supplies that you used for checking for lice in hot soapy water.
- ◆ You **DO NOT** need to spend time cleaning the house.

Use this chart to keep track of the days (shaded areas) that you need to comb and condition.



## TREATMENT (IF YOU FIND LICE)

1. With the conditioner still on, pull the comb through the hair in one stroke from the front to the back of the head. Keep the teeth in contact with the scalp for the entire stroke.
2. After each stroke, rinse the comb in warm water. Check the comb for lice before you pull it through the hair again to make sure you do not put lice back onto the head.
3. Keep combing over the entire head until you find no more lice.
4. Rinse the hair to remove conditioner. Leave the hair wet.
5. Untangle the hair with a wide-tooth comb to take out the knots.
6. Comb the whole head again with a lice comb, rinsing the comb after each stroke to make sure there are no more lice.
7. Keep repeating the steps **every 4 days** for a **full two weeks** to make sure that new lice are removed as the eggs hatch.



8. If lice are found on the fourth combing, add one more combing in 4 days.

**For more information, contact your local Health Unit:**

[www.islandhealth.ca/our-locations/health-unit-locations](http://www.islandhealth.ca/our-locations/health-unit-locations)

# Become a Host Family



## Want more information?

JOIN US FOR AN INFO. SESSION

June 14 6:00pm

Uplands Campus

3461 Henderson Rd.

RSVP: [homestay@sd61.bc.ca](mailto:homestay@sd61.bc.ca)

- We are looking for new host families interested in hosting International Students beginning September (3, 4, 5 month and 1 year stays).
- Students attend high schools and middle schools in the Greater Victoria School District.
- Host families provide 3 meals per day plus healthy snacks and a welcoming environment.
- Orientation and 24/7 support is available.
- \$1100 per month is provided for student support. \$1200 per month beginning Feb. 2024.

VICTORIA



 250-592-6871

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

 [www.studyinvictoria.com/homestay](http://www.studyinvictoria.com/homestay)



# 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](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.