

Victoria West Elementary

E-Bulletin

September 29, 2023



Dear Families of Vic West!

Thank you for your support as we get back into our routines and schedules. As children have settled into learning in their classrooms, our school community has rallied forth to continue to build school culture.

It has been so wonderful to meet your happy and friendly children. Each day we get to know a few more, listen to their stories and learn a little bit more about them.

We kicked off the year with the “Terry Fox Run.” Thank you to the staff who organized and supported this event as well as our community who generously donated to this charity.

We hear about all the new learning that is happening and self-care students are promoting within our building.

Have a lovely weekend, and enjoy the outdoors.

Mr. Chiu - Principal

Mr. Galhon - Vice-Principal

Important Dates:

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

Monday October 9, 2023—Thanksgiving Day (No School)

Wednesday October 18, 2023 — Parent Teacher Conference (No early dismissal)

Thursday October 19, 2023 — Parent Teacher Conference / early dismissal 11:50am

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.

Energy drinks like Prime or Monster are NOT permitted at school.



KEEPING ACTIVE CHILDREN HYDRATED

When children are playing and active they may need to be encouraged to drink fluids to quench thirst and stay hydrated.

Water is the best choice.

Other choices: refrigerated milk, fortified soy, almond or rice beverages, and 100% vegetable and/or fruit juices.*

***Limit 100% pure vegetable or fruit juice to ½ cup (125 mL) per day.**

To meet daily calcium and vitamin D requirements to help build strong bones and teeth, low fat milk (skim, 1%, 2%) or fortified soy beverages are recommended in the following amounts:

- ☐ 2 to 8 years = 2 cups (500 mL) daily
- ☐ 9 to 18 years = at least 2 cups (500 mL) daily

Avoid beverages like pop, iced tea, sports drinks, diet beverages, fruit punches, “drinks” and “ades” (e.g. lemonade).

Avoid caffeinated beverages, such as tea, coffee, pop and energy drinks.

More on sports drinks:

Sports drinks have added flavour, carbohydrate – mostly as sugar – and electrolytes, like sodium and potassium. None of these “extras” are required unless activity is vigorous and lasting longer than 1 hour. A meal or snack + water to drink will provide carbohydrate and electrolytes similar to a sports drink, without the extra sugar.

Try providing “watery” foods like watermelon, oranges, cucumber or smoothies after activity, especially if your child finds it difficult to drink plain water.

For more information: <https://sipsmart.ca/>



Click here to order: fundraising.sunokafruit.com/s/vicwestelementarypac



**Nature's
Greatest
Snack Food.**
Perfected.

**Introducing our new
Okanagan apples
fundraiser**

In partnership with **Sun-oka**
FRUIT FARMS
Growing Better Fruit Since 1887

Click "buy for myself", and choose between Ambrosia or Honeycrisp apples (10 pound boxes). Apples will arrive in mid-October (exact date to be determined).

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>

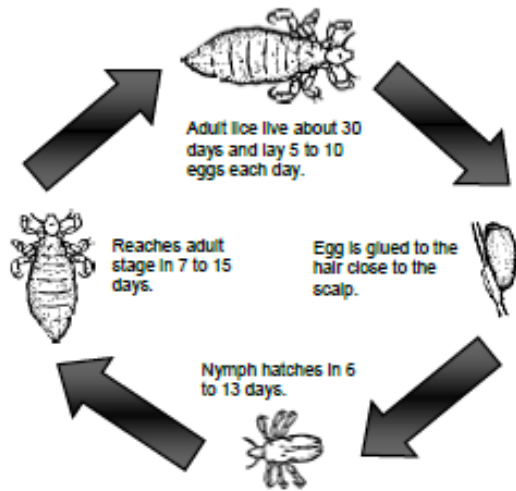
On the donation page choose or enter the amount you would like to donate and the fund destination from the dropdown list. Simply scroll down and choose '**Vic West Elementary - PAC**', fill in the Tribute info or message to the School Board (optional), then click 'add to cart' and proceed to the checkout. 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.

HEAD LICE MANAGEMENT GUIDELINES -ISLAND HEALTH



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



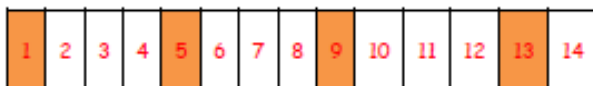
1. Wash and rinse hair.
2. Put enough conditioner on the hair to cover the whole scalp (usually about 2 handfuls).
3. Use a wide-toothed comb to get tangles out.
4. Begin combing the head carefully with the lice comb. While you are combing over the head, **keep the teeth of the comb touching the scalp 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

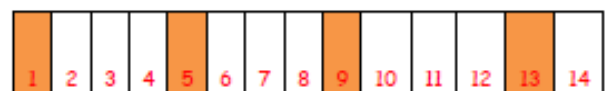
- ◆ Hats, pillowcases, combs and hairbrushes that have had contact with the head in the previous 2 days could be considered for cleaning in hot soapy water.
- ◆ Clean the supplies that you used for checking for lice in hot soapy water.
- ◆ You **DO NOT** need to spend time cleaning the house.

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

Head Lice Continued

Island Health recommends:

- children continue to be included in all school activities when lice is suspected or confirmed
- regular head lice screening be performed at home by the family using the [wet combing method](#) to improve accuracy and maintain confidentiality
- families learn the benefits and risks of the various treatment methods for head lice

What parents and caregivers can do:

- learn how to check for live lice using [wet combing](#) and be aware of the recommended treatment options
- conduct weekly wet combing checks identify head lice re-infestations as it is possible to have head lice more than once
- treat only family members with live lice

- visit the [Healthy Schools](#) webpage for other health related topics for schools

What schools can do:

- include our [school newsletter insert on lice](#) regularly in parent communication
- provide [wet combing handout](#) to families
- provide information about head lice and head lice management during kindergarten orientations

[Head Lice Management Guidelines](#)

[Head Lice HealthLink BC](#)

[YouTube Video 1](#)

[YouTube Video 2](#)



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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

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

- 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

 www.studyinvictoria.com/homestay