

# Victoria West Elementary

## E-Bulletin

October 6, 2023



Dear Families of Vic West!

How delightful to see the leaves changing colours all around us and to feel the warmth of the sunshine in these early fall days. This weekend, please take time to appreciate all the amazing things that are happening around us.

Vic West staff members have also started work on a number of extra-curricular activities, such as cross-country, soccer and Tinker time in the Library.

We are looking forward to the upcoming parent teacher interviews in a few weeks. You will receive a notice to be returned by next Wednesday so we can schedule in your 15-minute meeting, with your child's teacher. Don't miss out on this opportunity.

We are still missing some Student Verification forms. Please return them to the school as soon as possible.

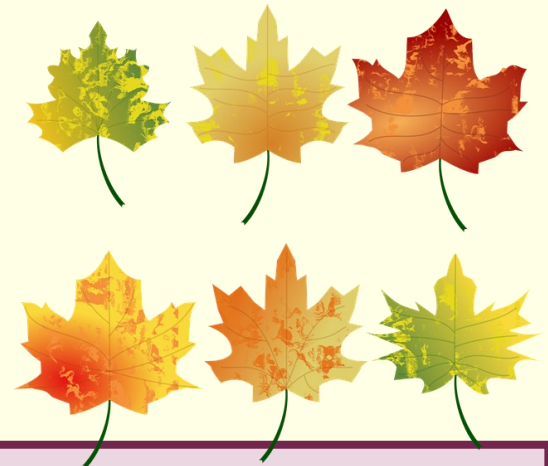
Take care,  
Mr. Galhon  
(Acting Principal)



### 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 Dates:

**Monday October 9, 2023 - Thanksgiving Day (No School)**

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

**Wednesday October 18, 2023 - Scholastic Book Fair 2:45 - 5:00pm**

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

**Thursday October 19, 2023 - Scholastic Book Fair 12:15 - 4:00 pm**

**Wednesday October 25, 2023 - Photo Retakes Day**

## **SD61 Cold and Flu Season Reminders**

Dear families,

We have reached that time of the year again! It is cold and flu season. As students return to classrooms for the new school year, as the leaves start to turn and the temperature drops, the tissues and sneezes begin to appear.



Additionally, with COVID-19 circulating within our community, it is important to take extra precautions.

Please remind your child of the following important habits:

- Make sure to wash hands frequently.
- Avoid touching face, mouth, or eyes.
- Cover your mouth and nose when sneezing or coughing by leaning into your elbow or using a disposable tissue.
- Quickly throw away any used tissues and wash or sanitize your hands after.
- Respect the personal space bubbles of other students.

Stay home when sick!

Please monitor your children daily for any cold or flu-like symptoms. In accordance with the Public Health Guidelines, students and staff are asked to stay home when sick or displaying any symptoms of sickness.

If students develop symptoms throughout the day while they are at school, they will be reminded to use tissues or lean into their elbow to cover their coughs and sneezes.

If required, an office staff member will contact you to arrange a pickup of your sick child. These protocols are in place to lower the risk of transmission of communicable disease and to keep our students and staff safe and healthy.

For more information on the health and safety protocols implemented in our schools go to: [Provincial Communicable Disease Guidelines for K-12 School Settings](#)

Dear families,

Mark your calendars! **The Scholastic Book Fair is coming to our school!**



Our school's Scholastic Book Fair will take place on **October 18 and 19th**. There will also be an online fair for those who cannot attend in person.

Your investment in your reader helps our whole school. All purchases earn Scholastic Dollars that can be redeemed for books and educational resources for our school's classrooms and library.

## *From the Library*

As the school year gets underway, we are all trying to adapt to new routines and expectations. This is a great time to establish library book habits! It can be hard to remember all the things for school and life each week. We've found a couple of tips that make library book management easier.

Have a library book 'spot' in your house where all school library books are kept.

Add your child's library day to the family calendar

Try to bring in library books the day before library day. That way, if you forget, you have one more chance to remember.

Bonus! Each classroom has a library bin and so books can be brought back to school any day of the week.

*Let's keep them reading!*

### *Library Schedule of Book Return/Borrowing Days for Vic West Elementary*

Monday: Div 12, Div 9

Tuesday: Div 8, Div 4, Div 11

Wednesday: Div 10, Div 5, Div 1, Div 13, Div 14

Thursday: Div 7, Div 15, Div 6, Div 5 Div 3, Div 2

## PAC Info



YOU'RE  
INVITED!

# PAC Meeting

## Wednesday, October 11<sup>th</sup>

### 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!

## 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>

**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/>

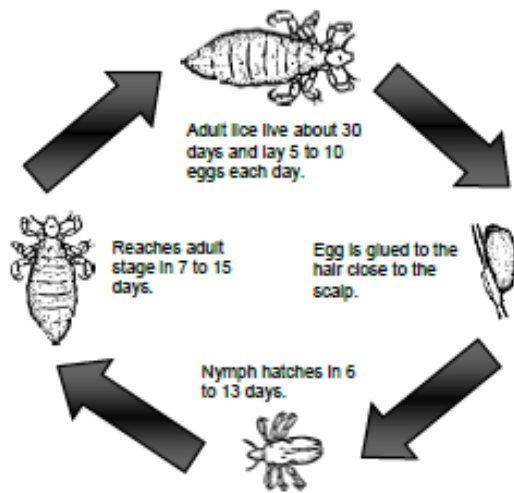


# HEAD LICE MANAGEMENT GUIDELINES -ISLAND HEALTH



## 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



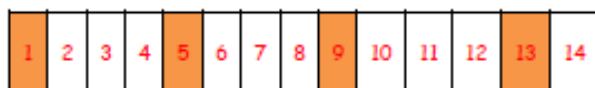
1. Wash and rinse hair.
2. Put enough conditioner on the hair to cover the whole scalp (usually about 2 handfuls).
3. Use a wide-toothed comb to get tangles out.
4. Begin combing the head carefully with the lice comb. While you are combing over the head, **keep the teeth of the comb touching the scalp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

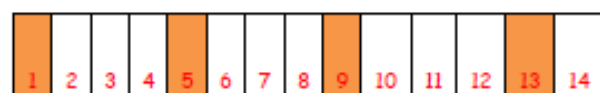
- ◆ Hats, pillowcases, combs and hairbrushes that have had contact with the head in the previous 2 days could be considered for cleaning in hot soapy water.
- ◆ Clean the supplies that you used for checking for lice in hot soapy water.
- ◆ You **DO NOT** need to spend time cleaning the house.

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](http://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](#)



# 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)