

Victoria West Elementary

E-Bulletin

October 20, 2023



Dear Families of Vic West!

Thank you to all the families that were able to make it to our Parent-Teacher interviews. It was nice seeing everyone in the building and connecting with classroom teachers.

A special thank you from Mrs. Speller for coming in and bringing your families through the Scholastic Book Fair.

A gentle reminder to our students about wearing warm clothing, especially now the weather is changing.

Thank for your continual support here at Victoria West.
Have a great weekend.

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:

Wednesday October 25, 2023 - Photo Retakes Day

Monday November 13, 2023—Remembrance Day (no school)

Monday November 20, 2023 - Professional Development Day (no school)

Thursday December 21, 2023 - Report Cards Sent Home

Friday December 22, 2023 - Last Day of School Before Winter Break

KEEPING YOUR CHILD SAFE ON HALLOWEEN

Trick-or-Treating is an exciting activity for many children. It can also be risky. Up to about 10 years of age, children do not have the skills to be safe in traffic.

Here are some tips to help keep your child safe:

- ☑ Make sure your child has a light and/or reflective clothing
- ☑ Have an adult go with your children, especially if they are under 10 years old
- ☑ If your child is not with an adult, make sure they are in a group of at least 3 people
- ☑ If you are not with your child, make sure you know where he is and who he is with
- ☑ Set a time with your child to be back home
- ☑ Teach your child road safety rules and to look, listen and think about traffic
- ☑ Teach your child about personal safety and to never go with anyone they don't know
- ☑ Teach your child not to eat treats until a parent has checked them
- ☑ Consider alternatives to trick-or-treating, such as a home party, a local community centre or mall



For more information:

- ☑ Your local [Public Health Unit](#)
- ☑ Halloween Safety (Government of Canada)
- ☑ Halloween Safety: Tips for Families (Canadian Paediatric Society)

Vic West Spirit Wear

Online store closes November 5th at midnight



Youth/Adult t-shirts \$16



Youth Hoodie \$32



Adult Hoodie \$32



Grad Hoodie \$37

Active link to order <https://vicwestelemfall2023.itemorder.com/>

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](#)

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>

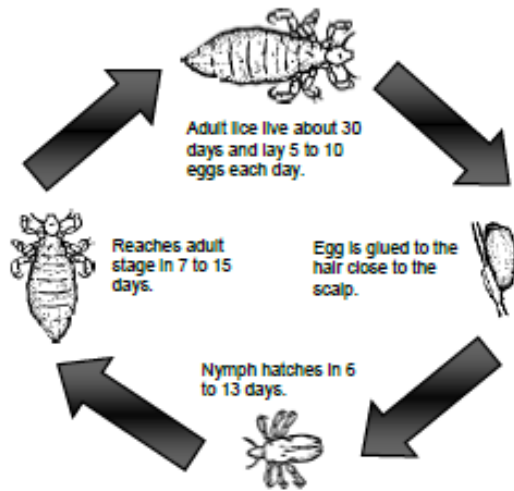
On the donation page choose or enter the amount you would like to donate and the fund destination from the dropdown list. Simply scroll down and choose '**Vic West Elementary - PAC**', fill in the Tribute info or message to the School Board (optional), then click 'add to cart' and proceed to the checkout.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



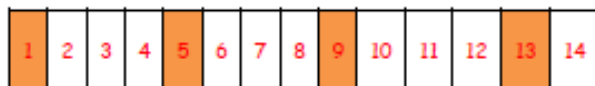
1. Wash and rinse hair.
2. Put enough conditioner on the hair to cover the whole scalp (usually about 2 handfuls).
3. Use a wide-toothed comb to get tangles out.
4. Begin combing the head carefully with the lice comb. While you are combing over the head, **keep the teeth of the comb touching the scalp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

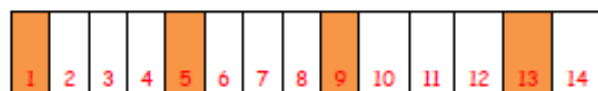
- ◆ Hats, pillowcases, combs and hairbrushes that have had contact with the head in the previous 2 days could be considered for cleaning in hot soapy water.
- ◆ Clean the supplies that you used for checking for lice in hot soapy water.
- ◆ You **DO NOT** need to spend time cleaning the house.

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](#)

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