

Victoria West Elementary

E-Bulletin

November 03, 2023



Hello families,

As we are getting used to routines and schedules, this Saturday night our time will go back an hour. A great way to support this transition is trying to encourage appropriate bedtime Saturday evening for an easier adjustment.

Have a wonderful weekend and thank you for your continual support.

With Thanks,

Mr. Galhon – Principal (Acting)

Ms. McLean – Vice-Principal (Acting)



IMPORTANT DATES

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

Friendly reminder to please
keep toys and Pokémon cards home.



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.

MENTAL HEALTH AND WELLNESS SNAPSHOT

SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM



Parent Child Connection

What to say to your kids when nothing else seems to work

When parents are responsive and empathetic to their children's emotions it communicates to the child that their feelings are important and worthy of attention, which, in turn, strengthens the bond between parent and child. Over time, children learn to rely on their parents as a source of comfort and support, making them more likely to openly communicate and seek guidance when facing challenges or experiencing difficult emotions.

When little people are overwhelmed by big emotions it is our job to share our calm, and not join in their chaos.



Visit his month's [Mental Health and Wellness Snapshot](#) for more information.

Vic West Spirit Wear 2023-2024

Online store closes November 5th at midnight

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



Escape Planning

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.



SAFETY TIPS

- » MAKE a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- » KNOW at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- » HAVE an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- » PRACTICE your home fire drill at night and during the day with everyone in your home, twice a year.
- » PRACTICE using different ways out.
- » TEACH children how to escape on their own in case you can't help them.
- » CLOSE doors behind you as you leave.

IF THE ALARM SOUNDS...

- » If the smoke alarm sounds, GET OUT AND STAY OUT. Never go back inside for people or pets.
- » If you have to escape through smoke, GET LOW AND GO under the smoke to your way out.
- » CALL the fire department from outside your home.

FACTS

- ! A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- ! According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ! While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- ! **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

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

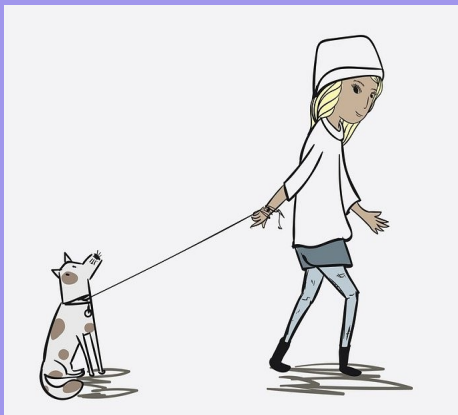
If arriving late for school, please send your child through the Main Entrance (Door C) to check in at the office.

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

Vic West Elementary School Library Fundraiser!

Shop in store or online and earn free books for Vic West Elementary School!

MUNRO'S REWARDS

BUY BOOKS → COLLECT POINTS → SAVE MONEY → BUY MORE BOOKS

Collect points on most regularly priced items in store and online with just your name and phone number. (No card required!)

Once you earn 1000 points, you can redeem \$10 against a future purchase.

Ask for more details the next time you shop with us!

- Purchase your books, toys, games, puzzles or socks at Munro's online or in store. At checkout, give us your name and phone number and let us know you'd like to donate your reward points to Vic West Elementary.
- Vic West will receive your points on *all future purchases* unless Munro's is instructed otherwise.*
- Points will function like a credit on account and let Vic West buy more books for the school library!

*Our regular restrictions on point collection/redemption apply.

Can't make it to town? Shop at munrobooks.com
Local delivery is \$8 or FREE for orders over \$75!



MUNRO'S BOOKS
1108 Government Street, Victoria BC V8W 1Y2 • 250-382-2464



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.

Please send your child with clothes for all types of weather. We will enjoy the West Coast climate throughout the year.

Boots and rain jackets are important.

Students will be outdoors a lot this year – recesses and lots of outdoor learning.



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.



Lost and Found

Friendly reminder to put your **child's name** in jackets, sweaters and any other items that can get lost easily.



Do you recognize any of these items?
They are in the office. Please come and pick-up.

PAC Info

Ongoing Fundraisers

Purdys:

[Purdys Chocolatier Group Savings and Fundraising](#)

Customer # 59825

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.



POP-UP MARKET

NOVEMBER 5, 2023

Arts &
Crafts →

Bakery and
Cakes →

Photography &
Cards →

Woodcrafts &
Pottery →

Special guest: *Tickles
the Clown*

Doors open @ 1100am
to 300pm

at Esquimalt High School

Come and support
the creative
collective of SD61
employees and
students



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.



-  250-592-6871
-  homestay@sd61.bc.ca
-  www.studyinvictoria.com/homestay