



September 28, 2018

VIEW ROYAL ELEMENTARY NEWSLETTER

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IMPORTANT DATES TO NOTE:

Monday, October 1st – 5th	Walk and Wheel Week
Friday, October 5th	Individual School Photo Day – SAY CHEESE!
Monday, October 8th	Thanksgiving Day Stat, School not in Session
Friday, October 12th	Fun Food Day

PRINCIPALS' ADDRESS:

Happy Friday!

Great to see you last night at the Meet the Teacher night. If you would like more time with your teacher, please drop them an email or write a note in your child's planner. We will aim for two main newsletters per month – one mid month and the other at the end of the month. This is a chance to share school, PAC and school district information with our parent community as well as our staff. Feel free to share pertinent items with your children as well! We are settled into classroom routines now and as of today we have submitted all of our numbers to the school district and ultimately the province which then sets up our school budget for the year. We have enrolled 310 students K-5. We have 9% Aboriginal students, 11% students with designations and 11% English Language Learners. We welcome all to our inclusive learning community!

We will endeavour to use some time during each PAC meeting to share information about school procedures, curriculum and assessment. The October PAC meeting will have a quick review on our school's emergency procedures for fire, earthquake and lock down. Please join us! See you each morning next week for Walk and Wheel Week! We would like to count every student who walks to school or comes by wheels!

~Mrs. Winkler and Miss. Pick



Walk and Wheel to School Week

October 1-5th, 2018

Our school is participating in Walk & Wheel to School Week from October 1-5, 2018 to celebrate and promote active travel.

Join us each morning in the upper playground area every morning next week! We will be counting all students who come to school by walking or by people powered wheels. See us to add a sticker to the View Royal chart and receive your incentive! We will count all those that come to school on time!

This campaign is open to schools across the capital region to encourage and motivate students and their families to walk or wheel (bike, rollerblade, scooter or skateboard) to school, hosted by the Capital Regional District (CRD) and supported by Island Health and the CRD Traffic Safety Commission.

Each day a student walks or wheels (bus, bike, skate or scoot) all or part way to school, they will receive a sticker to put on our school trip-tracking poster. At the end of the week we will send a picture of our poster to the CRD to share our active traveling habits. The school will also have a chance to win prizes.

For more information about the program, please visit www.crd.bc.ca/walkwheel

Sincerely,
~ Miss. Pick

Supported by:





Medical Alerts



If you have any medical alerts we are not aware of in addition to the Verification forms please contact the office.

This includes allergies, anaphylaxis and asthma as well as any other medical conditions you want us to be aware of.

Thank you!

Great B.C. Shakeout

We will be joining the Shake Down Earthquake drill on October 18th.
Here is a quick 1 ½ minute video on preparedness:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc/know-the-risks/earthquakes>



View Royal Has Been Adopted by Coles at Westshore Town Center!

We are so excited to be on week two of this program! Did you know that only four schools in Victoria were adopted by the Indigo chain of bookstores? Last week all the View Royal students created thank you bookmarks that are being handed out to Coles customers. The feedback has been great! This weekend, please help our school get more books by going to <https://adoptaschool.indigo.ca/eng/schools> and searching for **View Royal**. Scroll down half way and click on: **SUBMIT A STORY**. Tell a quick story about why you love reading or why you love books...that's it!! Indigo will publish 20 stories and in turn donate 20 books to our school library. Thank you to the family members who have already submitted a story! If you scroll down to the bottom of the Adopt View Royal webpage, you can read the stories that have already been published. While you are there, please 'heart' another story that has been submitted by a View Royal member. Thank you so much for your support!

PAC News!

Follow us on Facebook! www.facebook.com/viewroyalpac

Or visit our website www.vrpac.com

Next PAC meeting:

Wednesday, October 10th

6:30 pm

School Library

All parents welcome!!

Free babysitting is provided by PAC.

View Royal PAC is very excited to start a new year of fun, family activities, and fundraising for our school!

We always look forward to having new members and volunteers. Come out to enjoy one of our fun events and see what volunteering with us is all about. Or join us for a PAC meeting in the school library 6:30 every second Wednesday of the month. For information about volunteering, or PAC meetings please email president@vrpac.com

Did you know that the Pac supports many of the "extras" that are provided to our children at School? Without a PAC our kids would miss out on activities such as: Field trips, dances, movie night, fun fair, wheelchair basketball, special performances, fun food days, gymnastics, parent information nights, camps and much more.

If you are able to help, or have questions about volunteering for any event please contact fundraising@vrpac.com for more info



Coupon Book sales sheets will be coming home soon.

Books will be available to view in each classroom and in the office.

Books will not be coming home with children this year

Our First Fun Food Day of the year will be Friday October 12th.

Volunteers are needed to help sort, and deliver food to classrooms.

Email funfood@vrpac.com if you can help.

Bottle Drive-Saturday October 13th 9am-2pm
Save your bottles and bring them to the school between 9 and 2.
Volunteers are needed to make this event a success.
Email bottledrive@vrpac.com

Halloween Dance Friday October 26th 6-8pm
Our annual family friendly dance, with music provided by our amazing DJ, concession, ice cream
treats, and loads of fun!
Please email fundraising@vrpac.com if you would like to help

Next PAC Meeting- Wednesday October 10th 6:30 in the school library
Everyone welcome, we would love to see some new faces!
Babysitting is provided by the PAC.
*For the safety of our children, the PAC is now providing 2 babysitters at each meeting.

Now for a fun little contest!
In the School office you will find an entry box and tickets.
Fill out one ticket with your name, phone number and/or email address.
For your entry to be valid, you must include the code word that is hidden in every newsletter.
We will draw one winner each month for a prize.
Code Word: FAMILY
This contest is for parents and guardians only. No student entries please

WATER POLO

Water Polo, which is an Olympic sport and a success sport for the Canadian men and women, is expanding to the Juan de Fuca catchment area.

SWPS coaches will be delivering a brand new program (very successful at SCP), at JDF on Sundays this fall.

Water polo is a great way to get kids to be more active, and often children who do not gravitate to swimming will find they are drawn to water polo and become strong proficient swimmers through the game. It's magic.

Please see below for more information.

Junior Development Water Polo League Ages 8-12

- Sign up at any of the recreation centres below to practice and get on a team for the Greater Victoria Junior Development Water Polo League
- No experience necessary
- Must be able to swim 25 meters non-stop in deep water
- Program is co-ed, registration is continuous
- Water Polo League games are organized by Saanich Water Polo

Saanich
Commonwealth Place
Sundays
5-6 pm

saanich.ca



Crystal Pool
and Fitness
Fridays
7-8 pm

victoria.ca

Juan de Fuca
Recreation
Sundays
2:30-3:30 pm

westshorerecreation.ca

Oak Bay
Recreation
Thursdays
7-8 pm

oakbay.ca

Esquimalt
Recreation
Saturdays
4-5 pm

esquimalt.ca



For further information please contact Saanich Water Polo Club at 250-514-9236 or
email: waterpoloschool@shaw.ca

waterpoloschool.com

Play Junior Development Water Polo League

at Juan de Fuca Pool

Sundays 2:30-3:30 - Ages 8-12

Registration is continuous at West Shore Recreation

Tel: 250-478-8384 or westshorerecreation.ca



For more information, or to arrange a free try out,
contact Saanich Water Polo School (SWPS)
at waterpoloschool@shaw.ca or call 250-514-9236



ACCIDENT INSURANCE PROGRAM

Thank you for your support of the Kids Plus™ Accident Insurance program. It has been a long and rewarding partnership and is truly appreciated. Over the years, Kids Plus™ has helped many families, providing much needed reimbursements for out-of-pocket costs. We appreciate your support and we are truly grateful for the part you have played.

We have big news: the Kids Plus™ Accident Insurance school distribution program is moving online!

All partner school boards can now access kidsplus.ca/resources for information about Kids Plus™ which they can use on their respective websites, e-newsletters and social media.

The main website at kidsplus.ca will continue to be available for parents to purchase coverage, access claims forms and full plan information online. Additionally, for 2018 we've decided to take our mission to be green one step further by discontinuing distribution of all Kids Plus™ Notices (Brochures) to reduce our overall paper use. These changes are part of our ongoing commitment to continuously provide superior and meaningful service to our partners and clients while reducing our impact on the environment.

Effective this September 1st, there will be some changes to our Kids Plus™ Accident Insurance policy that will impact our Active Plan holders. Permanent Total Disability coverage will be reduced from \$360,000 to \$100,000 and Dismemberment or Total & Permanent Loss of Use from \$200,000 to \$100,000. These changes allow us to continue to offer the benefits families use most, such as dental treatment and eyewear, with no increase in premiums.

If you have any questions or would like to learn more about our new promotional landing page, our Kids Plus™ Client Service Specialists would be happy to assist you. You may contact us toll-free at 1-800-556-7411 or email kidsplus@ia.ca.

JORDAN'S PRINCIPLE FUNDING

First Nations Health Authority - Jordan's Principle in BC is for all First Nations children, whether on or off reserve from 0-19 years of age regardless of their health or social status, may be eligible for Jordan's Principle funding if they have an unmet service need. 1866.913.0033; www.fnha.ca/jordansprinciple



1000X5

1000 Books by Age Five

Children's Book Recycling Project Greater Victoria

The 2018-2019 year has begun and 1000X5 volunteers are into Year 8 of sorting and delivering the 161,000 books for babies and preschoolers which have been so kindly donated by you.



Every month we send 2500-3000 books into homes with few resources. Please drop books for babies and preschoolers into the **pink bin** and we will send them on to other families.

Family Healthy Living Program

The Childhood Obesity Foundation has developed a Family Healthy Living Program which is being offered at JDF Recreation Centre this Fall starting Tuesday October 2nd.

Learn to Make Changes for a Healthier Family

Join other families with children ages 8 - 12 who are off the healthy weight and healthy lifestyle path. This FREE 10 week program involves fun activities and opportunities to discuss different topics that help build skills to:

- support your family's health and quality of life
- eat healthy and be more active
- promote positive mental and social health

**Tuesdays
6:30pm – 8:00pm
JDF Rec Centre**

To find out more about the program:

Ph: 1-888-650-3141 (toll free)

email: familyhealthyliving@uvic.ca

www.familyhealthyliving.ca

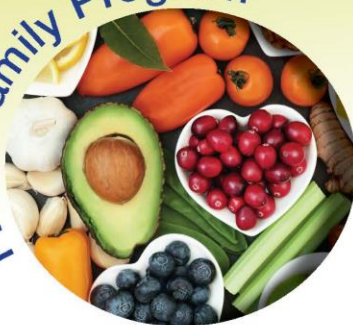
Like us on Facebook: facebook.com/familyhealthylivingprogram

Follow us on Twitter: @famhlthyliving

Follow us on Instagram: @familyhealthylivingprogram

LEARN TO MAKE CHANGES FOR A HEALTHIER FAMILY

FREE Family Program



Join other families with children ages 8-12 who want to be on a healthy weight and healthy lifestyle path.

Build skills to:

- Support your family's health and quality of life
- Eat healthy and be more active
- Promote positive mental and social health

To find out more about this **FREE 10 week program**:

Ph: 1-888-650-3141

familyhealthyliving@uvic.ca

www.familyhealthyliving.ca



**STARTING
FALL 2018**

Tuesdays 6:30 pm – 8:00 pm
Juan de Fuca Recreation Centre

Like us on Facebook: facebook.com/familyhealthylivingprogram

Follow us on Twitter: @famhlthyliving

Follow us on Instagram: @familyhealthylivingprogram



Fall Courses at 1 Up Single Parent Resource Centre

I am excited to announce that we have some terrific courses this fall with more to come. All evening courses provide a simple meal and an opportunity to gather, learn and support each other.

Every Wed. at 6:30 our **Dads with Dads** group meets. This is a small, drop in support group for men, and those who identify as men to meet and discuss the issues of parenting. The group is open to all fathers, grandfathers and caregivers and welcomes everyone. It does not matter if your child(ren) live with you full time, part time or not at all, the group offers support and education to all. We encourage a donation of \$1-2 dollars each drop in.

Healthy Boundaries Mondays 6-9pm, no class on Thanksgiving day.

Begins Monday Sept 24th at 6 pm and runs until Oct 22nd. Join facilitator Barbara Green to learn about boundaries. What they are. What they can do to improve your daily life, your work, and your relationships with adults and children.

Understanding Anger and Stress Tuesdays 6-9 pm, starting October 2nd

Join Facilitator Barbara Green and gain an understanding of the differences between anger and stress. How does they affect our body physically. What effect can they have on our relationships. How do we recognize them, what are the triggers and skills to begin to manage both effectively. Participants rave about this course and repeatedly report feeling more in control, better able to handle stressful situations, better able to manage their anger, and improved communication and relationships with their children and family members.

Please see the attached schedule for more information.

Thank you,
Lesley McNeely
250-285-1114