



October 12, 2018

VIEW ROYAL ELEMENTARY NEWSLETTER

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IMPORTANT DATES TO NOTE:

Friday, Oct. 12th	Fun Food Day
October 12th – October 24th	FSA's (Grade Fours)
Wednesday, Oct. 17th	Individual Photo Day – SAY CHEESE!
Thursday, Oct. 18th	Great BC Shake Out
Friday, Oct. 19th	Non-Instructional Day - No Students in session
Monday, Oct. 22nd	Cross Country Finals (in afternoon)
Friday, Oct. 26th	Monthly Assembly
Friday, Oct. 26th	Halloween Dance, 6:00pm – 8:00pm
Tuesday, Oct. 30th	Halloween Safety Talk with Cst. Scheidl (K-2 only)
Wednesday, Oct. 31st	Halloween Spirit Day – Wear Orange & Black

PRINCIPAL AND VICE PRINCIPAL'S ADDRESS:

Happy Autumn one and all! What a colourful backdrop in our View Royal community. Hope you take the time for a family walk in the leaves this weekend! We are falling into step here at school. What would help with our routines is students arriving on time. Please plan evening and morning routines so that your students arrive on time and ready to learn. Students who arrive late for school miss important start up information and interrupt the first class activity. Thank you for ensuring life lesson is important to your family. Our staff has been busy reviewing anaphylaxis procedures, reviewing our process for playground incidents and brainstorming our school budget wish list items. Our teaching staff are also in this loop as well as finalizing year plans. Our Parent Learning Session at the October PAC meeting included information about our school wide emergency procedures including fire, earthquake and lockdown drills. A discussion took place on emergency procedures during PAC events. We would like to thank the PAC for all the activities, meetings and behind the scenes effort this month. See you at the bottle drive tomorrow!

FSA's Start today!

The Ministry of Education Foundational Skills Assessments start today at View Royal School. Our Grade 4 students join others in Grade 4 across our province to assess reading, writing and numeracy. There are five assessments: three online and two completed in a booklet. Schedules have been adjusted slightly. Parents whose students participate will receive results before Christmas. Our staff will be able to review school wide results for planning purposes. More information is available as well as sample tests. <https://www2.gov.bc.ca/gov/content/education-training/administration/kindergarten-to-grade-12/assessment/foundation-skills-assessment>

-Renee Pick and Sarah Winkler

Emergency Preparation Volunteers

Thank you to Jade Hernandez who has stepped up as a PAC coordinator to support our school's emergency preparations. Please contact her if you can volunteer some time to do the annual checks of classroom emergency backpacks. We believe a two hour session will complete this task. Contact her at: jadehernandezrealtor@gmail.com



Westcoast Winters are Coming!



As we head into our "Westcoast Winter" season, just a reminder to please send your child to school with appropriate outside attire for the weather. Children will be sent outside for recess breaks during light rain so proper rain gear is important. If your little one is the type to explore the puddles and muddy bits, perhaps including a change of clothing in the backpack will help.



Thrifty's Kids' Run

Congratulations to all the students who participated in the Thrifty's Kids Run this past Sunday. It was a rainy, wet day, but that didn't dampen their enthusiasm and spirit! They ran the 1.25 km race with smiles on their faces and did View Royal proud!

Way to go View Royal!



PAC News!

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

Or visit our website www.vrpac.com

Next PAC meeting:

Wednesday, November 14th

6:30 pm

School Library

Everyone welcome, we would love to see some new faces!!

Free babysitting is provided by the PAC.

*For the safety of our children, the PAC is now providing 2 babysitters at each meeting.

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



Entertainment Books

Entertainment Book order sheets are now due.
If you have an order sheet at home, please send it to your child's teacher ASAP.
Books and prizes should be coming home soon.
Reminder The top selling classroom gets a pizza lunch.

Bottle Drive

Bottle Drive-Saturday October 13th 9am-1pm.
Save your bottles and bring them to the school between 9 and 2.
Volunteers are needed to make this event a success. We will have live music and snacks for everyone!
Email bottledrive@vrpac.com



Halloween Dance!



Code Word: DANCE

Halloween Dance is Friday October 26th 6-8pm
Admission by donation (cash only)
Concession will be serving: (cash only)
Pizza
Chips
Water/juice
Candy bags

Curbside Treats will be selling ice cold treats with a % of the profits going back to our school.

Please email fundraising@vrpac.com if you would like to help.

BIG GIVEAWAY!!

Glenwood Meats has generously donated a 55pound variety pack to our school. One lucky family will be going home from the dance with this amazing prize!

At the entrance doors and donation table, we will have tickets and a drop box. Winner will be announced by our DJ at the end of the night! *one entry per family please.

View Royal Spooktacular Family Dance

Friday October 26—6:00—8:00 PM

All students are to be accompanied by a parent/guardian for the time they are present

Your PAC presents an evening of dancing
and fun to be had by all our View Royal Families.

Family Friendly Costumes welcomed

*no replica weapons please

DiRedline InDamix will be taking requests and
spinning all night long 🎧

**Admission is by donation
(cash only)**

with proceeds going towards PAC
funded events and supported activities

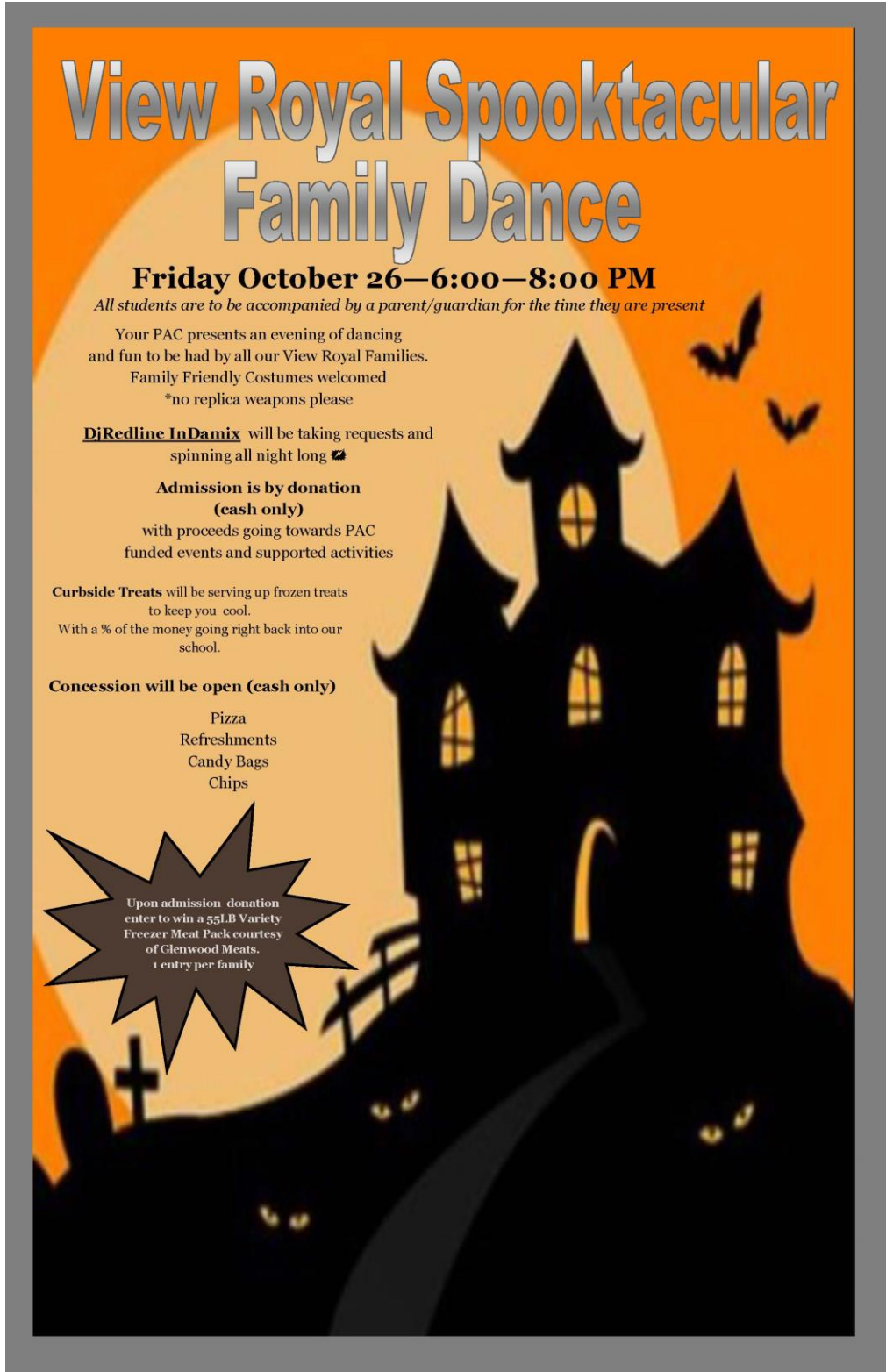
Curbside Treats will be serving up frozen treats
to keep you cool.

With a % of the money going right back into our
school.

Concession will be open (cash only)

Pizza
Refreshments
Candy Bags
Chips

Upon admission donation
enter to win a 55LB Variety
Freezer Meat Pack courtesy
of Glenwood Meats.
1 entry per family



Night of Lights

We have tickets available to Hillside Mall's Night of Lights Christmas event.

Tickets are \$5 each and all profits from ticket sales go directly back to our school.

This is fun evening of discounted shopping, door prizes, and food and entertainment. It is a great way to get some early shopping taken care of!



A great way to give AND receive! Support:

When you purchase a \$5 ticket to Hillside Centre's special evening, Night of Lights, 100% of the proceeds support local charities in your community. The \$5 ticket also buys you a special evening event like no other! The evening includes fabulous in-store discounts, tasty treats, musical entertainment – and the chance to win great prizes including the GRAND PRIZE – a \$4,000 Flight Centre Travel Voucher towards your next Getaway!

With the money we raise through ticket sales we support:
PAC supported events and requests

For tickets or information, contact: Trisha Tahouney at fundraising@vrpac.com

Get your Night of Lights tickets today!
Limited number available. Entrance to the special evening is for ticket holders only – so tell your friends!

FLIGHT CENTRE®
HILLSIDE
LIFE. *styled.*   

ONGOING FUNDRAISING OPPORTUNITES!!!

Thrifty Foods Smile Cards

Thrifty Foods Smile Cards available through fundraising@vrpac.com
Pre-load your card at the store and 5% of your purchase is donated back to our school!



Cobs Bread at Eagle Creek Shopping Center

Cobbs Bread Eagle Creek- ask for your order to be put under View Royal Elementary *before being rung through* and 5% of your purchase will go back to our school!



Glenwood Meats - 1245 Parkdale Drive in Langford

Glenwood Meats is again offering 10% of all purchases back to our school!
Bring your receipts to the school drop box, or ask at Glenwood counter to have your receipt put into the View Royal box.



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.

You may also enter this draw by email!

Email secretary@vrpac.com with your name, phone number, and the Code Word
(please use PAC draw as subject of email)

This contest is for parents and guardians only. No student entries please

'In the Know' - Education + Networking Sessions for Parents

1. Sleep Tips for Kid's and Teens - Thursday October 18th

Sean Boulet, Occupational Therapist at Ledger House (Island Health), will talk about the importance of sleep for our kids, threats to getting enough sleep, and ways to help them get the sleep they need.

Join other parents to learn strategies to promote sleep and to share in the discussion.

If you have been to any of Sean's talks on Anxiety you won't want to miss this one!

Date & Time: Thursday October 18th , 7:00 pm - 9:00 pm

Location: Saanich Neighbourhood Place

RSVP: <https://bit.ly/2xFyVtN>

2. Social Media and Video Gaming: How it affecting our Kid's

Join us for an informative presentation on social media trends and video gaming concerns.

Shannon Husk from BC Gaming will cover:

What is problematic ?

Consequences & opportunities and

Ideas, tips and strategies for home

Date & Time: Monday October 22nd , 6:30 pm - 8:30 pm

Location: Military Family Resource Centre

RSVP: <https://bit.ly/2NtshjW>

Please see posters below...

'intheknow'

education + networking sessions

VICTORIA COMMUNITY SITE



'in the know' is a monthly networking and information sharing session that explores topics related to child and youth mental health and substance use challenges for families and those working with young people and families.

Participate in person at a community site near you or view a webinar from our library online anytime.

For more information and other topics go to
www.familysmart.ca/in-the-know



'in the know' webinars and
guest speaker presentations
are free of charge.

all are welcome!

Saanich Neighbourhood Place,
Pearkes Rec. Centre
3100 Tillicum Rd, Victoria

“Sleep Tips for Kids and Teens”

*Local Speaker: Sean Boulet BA (with distinction),
MBA (OT)*

Thursday, October 18, 2018
7:00pm – 9:00pm

Please RSVP by phone or email to:
lisa.tate@familysmart.ca / 1.855.887.8004

'intheknow'

education + networking sessions

WESTSHORE COMMUNITY SITE



'in the know' is a monthly networking and information sharing session that explores topics related to child and youth mental health and substance use challenges for families and those working with young people and families.

Participate in person at a community site near you or view a webinar from our library online anytime.

For more information and other topics go to www.familysmart.ca/in-the-know



'in the know' webinars and guest speaker presentations are free of charge.

all are welcome!

**Military Family Resource Center-
Winnipeg Room,
2610 Rosebank Rd, Victoria**



“Social Media & Video Gaming: How it affects our Kids”

**Monday, October 22, 2018
6:30pm – 8:30pm**

**Please RSVP by phone or email to:
lisa.tate@familysmart.ca / 1.855.887.8004**

Childhood Anxiety Workshop


The Presentation **Childhood Anxiety: Empowering Strategies & Effective Supports** by Julie-Anne Richards, MA, RCC, CCC, is being hosted at Strawberry Vale Elementary, Wednesday, October 17 from 6:00-8:00 pm.

This is a FREE event which provides parents, teachers and caregivers of young children effective strategies to help an anxious child, based on CBT and Mindfulness.

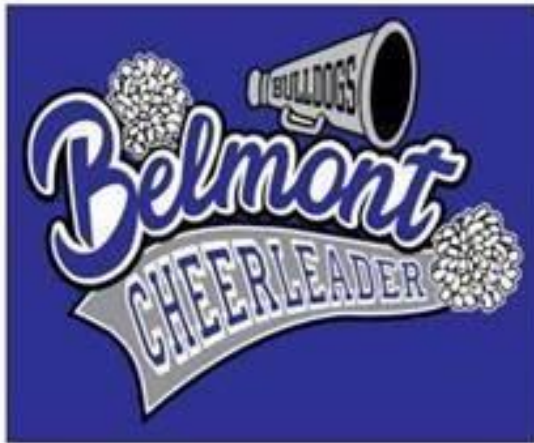
Strawberry Vale and our Foundation extend the invitation to neighbouring schools to take advantage of this Presentation. The Poster with the information and a registration link is attached.

Please distribute this Poster and invitation to your parent community and staff. Please include it in your Newsletter, on your Website and/or Facebook Page.

We look forward to seeing parents and staff from your school at the Presentation, if you have any questions please do not hesitate to contact us.

CHILDHOOD STRESS & ANXIETY BUILDING RESILIENCE EMPOWERING STRATEGIES EFFECTIVE SUPPORTS	
	
Presentation and Discussion By: Julie-Anne Richards , M.A., R.C.C., C.C.C. Registered Clinical Counselor, Psycho-educational Consultant www.JulieAnneRichards.com	
Wednesday, October 17 6:00-8:00 pm STRAWBERRY VALE ELEMENTARY 4109 Rosedale Ave, Victoria for Parents, Caregivers & Staff All Community Welcome	Tailored for Parents, Caregivers & Educators supporting children ages 5 - 11 experiencing stress & anxiety PRESENTATION INCLUDING Q & A
Free Event! REGISTRATION REQUIRED (Click to Register) https://www.eventbrite.com/e/presentation-on-childhood-anxiety-tickets-49532023616	
All Adults Welcome Presentation hosted by Strawberry Vale Elementary, and open to parents, caregivers and educators of children in all Elementary Schools Funded by the Eric Palmer Memorial Foundation www.ericfoundation.com	

Cheer Camp Opportunity



MINI CHEER CAMP

WHAT: Great opportunity for an introduction to cheerleading or to improve cheerleading skills. Meet the Belmont Secondary Cheerleaders and enjoy fun games and activities. Camp will be taught by current Belmont Secondary Cheerleaders and supervised by current program coaches.

WHEN: Friday October 19, 2018 (Pro-D day)

9 am to 4 pm



WHERE: Belmont Secondary School
(3041 Langford Lake Rd)



WHO: Girls and Boys, age 7 to 13, NO EXPERIENCE NECESSARY!

THEY WILL LEARN: proper cheer motions and techniques, jumps, cheers, some "tumbling" and minor "stunting". They will also be making cheer crafts, and if weather permits, they'll help the Belmont Cheer team by cheering at a football game!

WEAR: athletic shorts or leggings, running shoes, t-shirt. Hair must be pulled back and off the shoulders. For safety purposes no jewelry or gum is permitted.

COST: \$40 / person

REGISTRATION DEADLINE: Please email Rachael Sandberg (Belmont Cheer team coach / teacher) at rsandberg@sd62.bc.ca before October 12, 2018. **SPACE IS LIMITED! MUST PRE-REGISTER. NO DAY-OF DROP OFF IS ALLOWED.**





Fort Rodd Hill and
Fisgard Lighthouse
National Historic Sites

Lieux historiques nationaux
Fort Rodd Hill et du
Phare-de-Fisgard



Canada 150

SPECIAL EVENT

Coast Salish Pit Cook

Sharing culture by sharing a meal

Saturday, October 13, 2018 • 9:00 a.m. – 4:00 p.m

All day event – drop in or stay all day!

This is a unique hands-on opportunity to participate in a traditional method of food preparation used by Coast Salish people. The process will start in the early morning and as the food slowly cooks there will be singing, drumming and the sharing of stories and traditional knowledge. On the menu to sample at 2:00 p.m. is camas harvested from our Conservation Nursery and other root vegetables.

Teachings from Elders, Cheryl Bryce of Songhees Nation, community members, and Parks Canada.

Please RSVP using EventBrite.ca or contact us at 250-478-5122 or pc.conservation.bc@pc.gc.ca. Regular admission applies.



ACTIVITÉ SPÉCIALE

Démonstration de cuisson dans un foyer de terre des Salishs de la côte

Partager la culture en partageant un repas

Samedi 13 octobre 2018 • De 9 h à 16 h

Événement de toute la journée – passez ou restez toute la journée!

Il s'agit d'une occasion exceptionnelle de participer directement à la préparation d'un repas selon la méthode traditionnelle des peuples Salish de la côte. Le processus commencera tôt le matin et, tandis que la nourriture cuit lentement, la journée se poursuivra par des chants, des battements de tambour, des récits et la transmission de connaissances traditionnelles. À 14 h, les participants pourront goûter de la camassie récoltée dans notre pouponnière de conservation, ainsi que d'autres légumes-racines.

Enseignements des Aînés, de Cheryl Bryce de la Nation Songhees, des membres de la communauté et de Parks Canada.

Veillez RSVP en utilisant EventBrite ou contactez-nous au 250-478-5122 ou à l'adresse pc.conservation.bc@pc.gc.ca.
Le prix habituel d'entrée s'applique.