



October 26, 2018

VIEW ROYAL ELEMENTARY NEWSLETTER

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IMPORTANT DATES TO NOTE:

Friday, Oct. 26th	Monthly Assembly @ 2:00pm – All Welcome
Friday, Oct. 26th	Halloween Dance, 6:00pm – 8:00pm
Tuesday, Oct. 30 th	Halloween Safety Talk with Cst. Scheidl (K-2 only)
Wednesday, Oct. 31 st	Halloween Spirit Day – Wear Orange & Black
Friday, November 2 nd	Fun Food Orders Due – 3:00pm
Thursday, November 8 th	Photo Retake Day
Thursday, November 8 th	Early Dismissal @ 11:54am - Parent/Teacher Interviews
Thursday, November 8 th	Book Fair in Library!
Friday, November 9 th	Remembrance Day Assembly
Friday, November 9 th	Fun Food Day
Monday, November 12 th	Stat Day in Lieu (no school in session)

PRINCIPAL'S ADDRESS:

Our Assembly today featured contributions from Mrs. Michael's class, the PAC and selections from our choirs and musicians.

The Chess and Rainbow Clubs have started up this month during various lunch hours. We have completed Cross Country Running. A big thank to all who were involved. It was a great season!

Our provincial Professional Development Day had staff in various locations continuing our personal professional learning goals. Some topics included: First People's principles, website building, classroom kindness and belonging programs, supporting mental health sessions, etc.

We have now completed the Grade 4 provincial Foundational Skills Assessment (FSA's). Student feedback included 'this is challenging' and 'it was fun!' A repeated positive comment was the 'moveable answers' for the online tests.

We are now in the midst of Individual Educational Program 'IEP' meetings involving teams that support individual student programs. Thank you to the Inclusive Learning school staff for organizing, leading meetings and writing meaningful, student focused documents that include the voices of parents, support staff and teachers.

Friendly reminder to stay safe during the upcoming Halloween events. Next week we will have Cst. Pamela Scheibl here for Halloween Safety talks for the younger students. <http://bc.rcmp-grc.gc.ca/ViewPage.action?siteNodeId=2082&languageId=1&contentId=43435>

Tonight's family dance welcomes costumes (no replica weapons please) and children must be accompanied by their parents/guardians. Next Wednesday, October 31st is Spirit Wear day so students, staff (and parents!) are welcome to dress in orange and black (no costumes). Have a Safe Halloween!

~Miss Pick

Halloween Spirit Day and Candy

Here at View Royal we are looking forward to celebrating Halloween as a school on Wednesday. To celebrate the day we encourage all students to be dressed in **black** and **orange** to show their school spirit. We respectfully ask that **no more than one piece of candy** collected during evening festivities come to school as a treat for lunch. Fueling our brain for to be successful learners is important. Thanks for your support.



Westcoast Winters are Here!



As we head into our "Westcoast Winter" season, just a friendly 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.





TAKE CARE



Just a reminder as winter continues, that the hill behind View Royal School off Rudyard Road is dangerous and very slippery. Please use the ramp and/or stairs at either end of the school to access the school property from Rudyard Road.



Indigo Adopt-A-School Program Was a Huge Success!

Thank you to our community for supporting this program. We are amazed and humbled by the donations for our school. Our final count is at 151 donated books! Thank you for participating with your story submissions, book donations and support of Coles at Westshore Town Center. To read family and staff story submissions please go to <https://adoptaschool.indigo.ca/eng/schools/2257> and scroll down to the bottom. We are awaiting on final instructions with regards to proceeding with purchases of book titles from our wish list. Once again, thank you View Royal community!



Parent/Teacher Interviews

Parent/Teacher interviews are fast approaching on November 8th. If you haven't done so already, please remember to go online and book a time slot for your appointment(s).

<https://vrs.schoolappointments.com/>

If you have any questions or concerns please contact the school office at 250-479-1671 by email to viewroyal@sd61.bc.ca

ATTENDANCE: It All Adds UP!!

1 or 2 days a week doesn't seem like much but...

If your child misses...	That equals...	Which is...	And over 13 years of schooling that's...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years of school
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

How about 10 minutes late a day? Surely that won't affect my child?

He/she is only missing just...	That equals...	Which is...	And over 13 years of schooling that's...
10 mins per day	50 mins per week	Nearly 1 ½ weeks per year	Nearly ½ year
20 mins per day	1 hr. 40 mins per week	Over 2 ½ weeks per year	Nearly 1 year
30 mins per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 ½ years

EVERY DAY COUNTS

If you want your child to be successful at school then, YES, attendance does matter!

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.

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 Books have been sent home with regular prizes. Bigger prizes and any Raisy prizes will be sent home with the students who have earned them, once they arrive in the next few weeks.

Stay tuned for:

Draw prize winners- Prizes include: one all prize pack, and one 'Be Principal for a Day' (including lunch with the Principal and a friend)

Classroom pizza lunch winners

Winners will be announced in the next newsletter

Spirit Wear

Flyers and order forms should be coming home this week.
Ordering is also available through the hot lunch website. Orders due November 5th.
All orders must be paid in full by the ordering deadline or they will not be processed.
Deliveries to students December 17th.
There will be samples at the Halloween dance, and at school through next week.



Movie Night- Wednesday November 28th

Students will be voting in their classrooms on what movie will be shown.
Movie title will be announced in the next newsletter.



Bottle Drive

The bottle drive made \$1491.75 and the band was a big hit.
Thank you to all volunteers.



Halloween Dance – TONIGHT 6:00-8:00pm!



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 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**

PAC would like to remind everyone that school dances are a family event. Students are not to attend without an adult. It is also important to remember that we have a lot of kindergarten students and younger siblings who attend our dances. Please be respectful of others, and remember the rules of the school still apply to after hours events.

CODE WORD: Donation

A poster for the View Royal Spooktacular Family Dance. The background is orange with a large black silhouette of a haunted house with multiple windows and a chimney. The title "View Royal Spooktacular Family Dance" is in a large, stylized font. Below the title, the date and time "Friday October 26—6:00—8:00 PM" are listed. The poster includes details about admission (by donation, cash only), concessions (pizza, refreshments, candy bags, chips), and a prize drawing (55lb variety pack of Glenwood Meats). A starburst graphic highlights the prize drawing details. The poster also mentions that all students must be accompanied by a parent/guardian and that family-friendly costumes are welcomed, but replica weapons are not.

**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 InDance 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 Freeze Meat Pack courtesy of Glenwood Meats.
1 entry per family

Night of Lights

Hillside Night of Lights-November 18

Order tickets through the **hot lunches** website OR contact fundraising@vrpac.com

\$5 per ticket, with 100% of the profits going towards our school.

Ticket orders due NO LATER than Wednesday November 14th, and will be sent home with students.



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. "Managing Screen Time in Children with ADHD"

-November 1st , Presenter Dr. David Erickson PhD

Children with ADHD are high risk for spending excessive amounts of time on their electronic devices. Dr. Erickson will present strategies for parents to use in the home setting to make positive use of these devices taking into account problems their children may have with impulse control, time management, inattention, sleep, distractibility, and social skills. There will also be ample opportunity for participants to share what is working for them in their homes as they attempt to deal with many of the above issues.

All Parents, Caregivers and professionals are welcome

Dr. Erickson has over 40 years experience as a Psychologist working with children and families and is the creator of the Behavior Toolbox

The ToolBox contains practical strategies to deal with a wide variety of child and family concerns. The main database of over 7000 strategies covers more than 100 different topic areas from anxiety, depression, developing friendships, managing anger, dealing with natural disasters, and refugee adjustment. Website: <http://www.behaviortoolbox.com>

Date & Time: Thursday November 1st, 7 - 9 pm

Location: Saanich Neighbourhood Place

RSVP: <https://bit.ly/2CM6uhI>

2. "Anger Management for Parents of Children who are Explosive"

-November 26th

This workshop is designed to help parents recognize the early stages of anger and teach their children tools to self-calm and self regulate. Strategies and tools learned in this workshop can be applied to children with different needs and of all ages - including adults.

Parents, caregivers, those working with children, and professionals welcome!

Presented by Katherine Paxton CCC

Date & Time: Monday November 26th, 6:30 - 8:30 pm

Location: The Military Family Resource Centre, 2610 Rosebank Road

RSVP: <https://bit.ly/2ykcf2l> or Lisa.Tate@familysmart.ca

Please see posters below...

‘intheknow’

education + networking sessions

VICTORIA COMMUNITY SITE



Together-Centred® for
Child & Youth Mental Health

‘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

“Managing Screen Time in Children with ADHD”

*This special event features local speaker
Dr. David Erickson, Ph.D.*

Thursday, November 1, 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



“Anger Management for Parents of Children who are Explosive”

Special Local Speaker : Katherine Paxton MC, CCC

Monday, November 26, 2018
6:30pm – 8:30pm

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

The Institute of Families is proud to be affiliated with HereToHelp. HereToHelp is a project of the BC Partners for Mental Health and Substance Use Information, a group of non-profit agencies providing good-quality information to help individuals and families maintain or improve their mental well-being. The BC Partners are funded by the Provincial Health Services Authority. For more information, visit www.heretohelp.ca.



1000X5

1000 Books by Age Five

Children's Book Recycling Project Greater Victoria

Please fill our empty bins!

157,000 books in seven years donated to new homes where they are needed.

THANK YOU!!!

Please do a clean of your bookshelves and help another child succeed by having a home library.
Take your gently used books **for babies to five year olds** to the pink bin in the school's front entrance.

The Chemainus Theatre is looking for young actors who may be interested in auditioning for a professional run of *The Sound of Music* in Chemainus. Rehearsals are likely to be 5-6 days a week with 8 performances a week in Chemainus. Details below...



The Chemainus Theatre Festival is holding auditions for *The Sound of Music*. This is a professional contract under CAEA standards. Applicants must be available for the dates of the contract: January 22 – April 6th 2019. **Children 8 and up may apply.**

Roles in consideration:

Friedrich – looks 14

Louisa – looks 13

Kurt – looks 10

Brigitta – looks 9

Marta – looks 7

Gretl – the youngest

Audition dates are in early November.

Please email Victoria at vcaldwell@chemainustheatre.ca to indicate your interest. Please include a photo and resume and outline any instruments you may play and mention any singing/dance/movement skills/training. Submit materials as soon as possible.



KINDERGARTEN IMMUNIZATION PROGRAM

Child, Youth and Family Community Health offers immunization clinics throughout the year for Kindergarten aged children.

The following are the most common vaccines given to children at this age. Some children may be missing some vaccines and have not completed their childhood immunizations. Public Health Nurses or Family Physicians can ensure that your child is fully immunized against the following vaccine preventable diseases.

Vaccine	Vaccine Schedule
Diphtheria, Tetanus, Pertussis and Polio (given in one poke)	Most children in kindergarten are due for this vaccine.
Varicella (Chickenpox)	Most children in kindergarten are due for a <u>second</u> dose of this vaccine. <ul style="list-style-type: none">• Children who have had chickenpox disease or shingles when they were <u>over</u> one year of age do not need this vaccine.• Children who had chickenpox disease when they were <u>younger</u> than one year of age OR who have never had chickenpox disease should have already been given 1 dose of this vaccine and now need a second dose. If the second dose is necessary, it can be mixed with the measles mumps and rubella, so the child will be getting only one poke.
Hepatitis B	Most children in kindergarten should have already been given 3 doses of this vaccine.
Measles, Mumps and Rubella (given in one poke)	Most children in kindergarten should have already been given 1 dose of this vaccine. Most children in kindergarten are due for a second dose of this vaccine. In kindergarten it can be mixed with chickenpox vaccine so children will be getting only one poke.
Meningococcal C	Most children in kindergarten should have already been given 2 doses of this vaccine.

All of these vaccines are provided free of charge by the health unit or your family doctor. To check your child's immunization status or to make an appointment, phone your local Public Health Unit.

For more information:

- ♦ Your local Public Health Unit
- ♦ HealthLinkBC or dial 8-1-1 (a free call)
- ♦ HealthLink BC Files
- ♦ Your family doctor
- ♦ www.immunizebc.ca