



April 12, 2019

VIEW ROYAL ELEMENTARY NEWSLETTER

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IMPORTANT DATES TO NOTE:

Tuesday, April 16 th	LAST DAY for Mother's Day basket orders
Wednesday, April 17 th	Grade 5 DARE Program graduation - 2:00pm in Gymnasium
Wednesday, April 17 th	Rugby game - 3:30pm @ Tillicum Elementary
Thursday, April 18 th	Earth Day / Spirit Day
Thursday, April 18 th	Fun Food Day
Friday, April 19 th	Good Friday, no classes in session
Monday, April 22 nd	Easter Monday, no classes in session
Friday, April 26 th	Monthly Assembly at 2:00pm
Friday, April 26 th	Movie Night from 6:00 to 8:00pm: Mary Poppins Returns
Saturday, April 27 th	PAC Bottle Drive

Principal's Address:

Happy Spring to each and every one! Spring looks like an increase in field trips and a changeover of activities: Rugby (thanks Coach Kevan!) in full swing with Track on the horizon. Spring looks like our salmon moving from fry to the smolt stage. Spring looks like wrapping up term two and encouraging our families to support students through the next stages of their academic, social and emotional development. Look for suggestions from the teacher on Fresh Grade and in the report card on how to take an active role in your child's learning. Let's finish the year strong!

Pro D today took our EAG's away for Crisis Prevention Institute training.

<https://www.crisisprevention.com/>. The teaching staff met in the morning at the school board office for a First People's curricular walk with Craig Shellenburg, Principal of Aboriginal Education. The focus was on our understandings of the principles of learning and was philosophical in nature as we incorporate these teachings in our day to day classroom environment. I was especially proud of the staff for taking the time today to work together on supporting this embedded part of all curricular areas. Look for our new posters throughout the school: <http://www.fnesc.ca/wp/wp-content/uploads/2015/09/PUB-LFP-POSTER-Principles-of-Learning-First-Peoples-poster-11x17.pdf>. Teachers met in grade groupings for the afternoon on various topics with a focus numeracy and term three curriculum.

Thank you PAC and the full parent body for your many contributions to fund our school activities (chocolate, flowers and spices sales). See you at the bottle drive and movie night! ~Miss Pick



We are hiring!

The Greater Victoria School District is looking for passionate and qualified individuals to join our team in the following key roles:

- *Educational Assistant Spareboard*
- *Clerical Spareboard*
- *StrongStart Program - Early Childhood Educators*

If you or someone you know is interested in learning more about what positions we offer, please visit our website here: <https://www.sd61.bc.ca/our-district/employment/>

You can submit your resume, cover letter and qualifications to: hrs@sd61.bc.ca

Code of Conduct Review

It's that time of year to complete our annual check in with our school Code of Conduct. Those parents that attended the PAC meeting this week had the opportunity to take a look and discuss the sections of the current code. There are some mandatory sections including reference to some language from the BC Human Rights Code and BC Ministerial Order. Overall, the intent is to support the culture that we have and want to build here at View Royal. <https://viewroyal.sd61.bc.ca/student-info/handbook-conduct/> Please take a look and submit your thoughts to: rpick@sd61.bc.ca

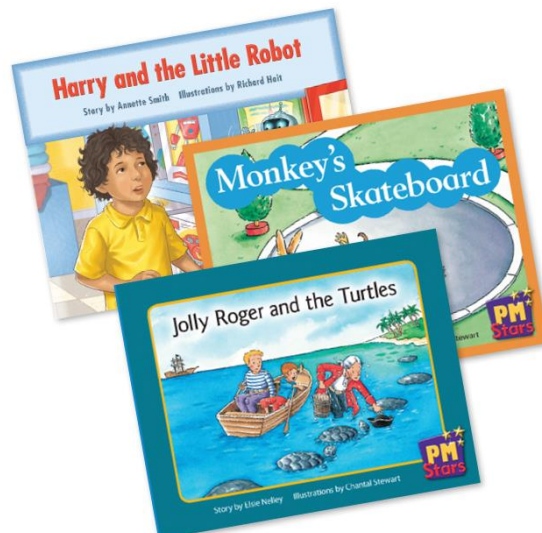
Missing PM Reading Books

Dear parents: We need your help! Could you please search your homes & your children's rooms (bookshelves, under beds, etc.) for our school's missing PM Reading Books! These books are stamped 'VIEW ROYAL ELEM" on the inside cover. We need complete book sets for our reading groups. These books are a valuable resource and cost the school 10-15 dollars each to replace.

Thank you for your help!

MISSING BOOK TITLES:

- The House in the Tree - missing 4
- The House on the Hill - missing 1
- Cows in the Garden - missing 1
- Little Chimp and the Buffalo - missing 1
- The Busy Beavers - missing 5
- The Brave Little Tailor - missing 5
- The Fox and the Crow - missing 1
- The Boy Who Cried Wolf - missing 1
- The Hare and the Tortoise - missing 1
- The Storm - missing 1
- Jordan and the Northside Reps - missing 1
- The Tale of the Turnip - missing 1
- Chicken Little - missing 1



Family Activity Ideas

Looking for things to do with your family? Here are a few ideas to consider over Easter Long Weekend, or anytime!

GO GEOCACHING

Check out www.geocaching.com to find cache locations. Most smartphones have GPS tracking, which help you to track caches.

CLEAN UP YOUR PARK

Or your favourite hiking trail or beach. Be careful handling litter and wear heavy gloves while you spend some time tidying up your community.

DRAW YOUR FAMILY TREE

Old photos will bring back many memories. You can look a little closer at your family history by filling out the branches of your family tree. Look in the library or on the internet for suggestions about how it's done.

GO TO THE BEACH

One of the great things about living on the West Coast is the access to beautiful beaches and shorelines. Dress for the weather and explore the waterfront.

GET COOKING

The smell of fresh bread or taste of homemade cookies is great no matter what the weather is outside. The more cooks in the kitchen, the better.

DUST OFF OLD FAMILY PHOTOS

If it's stormy outside, maybe it's best to stay indoors and go through old boxes of photos and organize them into albums.

VISIT YOUR LOCAL REC CENTRE

There are swimming pools, skating rinks, water slides, hot tubs and much more throughout Island Health communities.



PAC News!

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

Or visit our website www.vrpac.com

You will find up to date information about what your PAC is up to!

Next PAC meeting:

Wednesday, May 8th

6:30 pm in the 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.

Mother's Day Baskets

Our newest fundraiser is Mother's Day baskets from Hilltop Greenhouses (Island Owned & Operated)! We are selling flower, tomato, strawberry, and pepper hanging baskets & planters. Order forms were sent home earlier this week with the children.

ORDERS DUE: MONDAY, April 15th 3:00pm
PICKUP: TUESDAY, May 7th

QUESTIONS? Email Trisha at fundraising@vrpac.com

You can find larger images of the baskets & planters here: <http://hilltopgreenhouses.com/fundraiser>
Please make cheques payable to View Royal PAC.



THANK YOU!!!

Thank you to all the parents, teachers & community members who participated in our latest fundraisers!

- Epicure Fundraiser raised \$886
- Family Photo Night raised \$160
- Purdy's Chocolates raised \$735



Movie Night

Friday, April 26th at 6:00pm

The View Royal classrooms voted and the movie will be "Mary Poppins Returns"! Admission by donation. The concession will be open serving hot dogs, pizza, drinks & snacks!
All children must be accompanied by a responsible adult for this event.



PAC Elections

PAC elections are coming up in May! We would love to have parents and guardians join us at an upcoming meeting to see what the PAC is all about and how you can help improve our school.



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

Cobs 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!

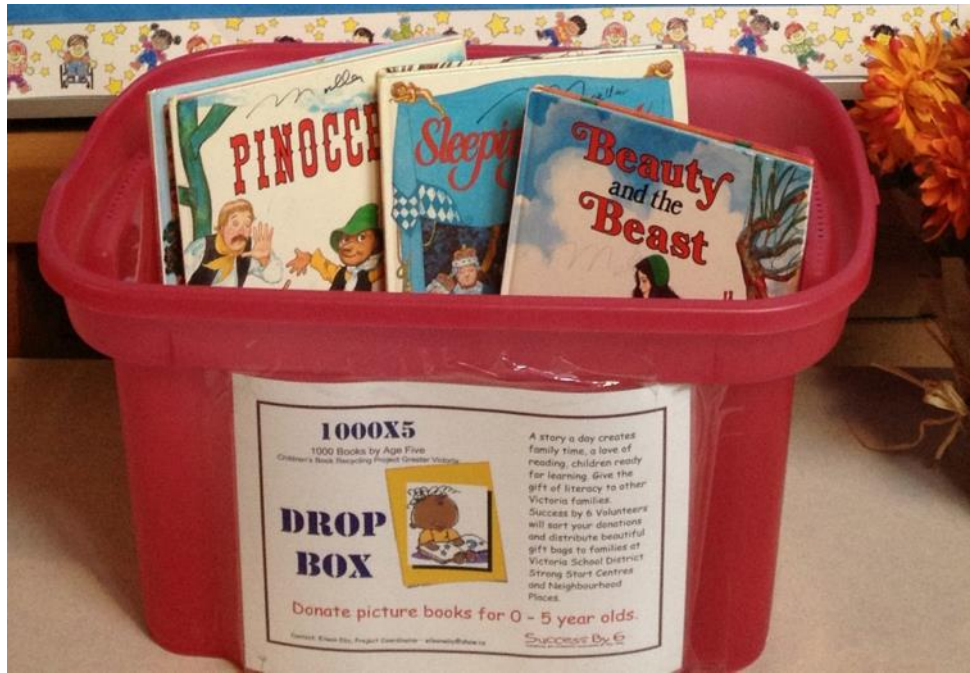


Glenwood Meats - 1245 Parkdale Drive in Langford

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.



COMMUNITY NEWS AND INFORMATION...



Did you know?

- Books in the home for preschoolers is 70% more effective than parents' education level at predicting school success.
- Preschoolers in middle-class homes have an average of 15 books/age level.
- Preschoolers in homes with fewer resources have an average of 2 books/age level.
- 1000X5 has sent 186,000 books from your donations into homes.

**Take your extra baby and preschooler books to the pink bin in the front lobby.
Help change a child's future.**

Workshop Opportunity

Are you worried about how your separation is impacting your children? Or that they are not seeing a good role model for how to make marriage work? Do you feel helpless about how your children are being parented in the other home? Learn the skills you need to effectively co-parent!

Dialogue and Resolution Services is offering the **Peaceful Co-Parenting** series for free, beginning April 12th at Burnside Gorge Community Center.

There will also be a Thursday evening class beginning May 16th.

Call to register: (250) 383-4412

This workshop series examines how to apply the best interests of the child to your life, and how to

- Become aware of conflict patterns in your relationship with your co-parent
- Keep calm when conflict happens
- Communicate through the conflict
- Support your children to adjust to two homes and to thrive in this family structure



'intheknow'

information + support

"Social Media & Gaming: How it affects our Kids"

Join us for a Live Presentation

Social media and video gaming is an ever changing world for our children and a challenge for parents to monitor and set limits around usage.

Topic Presenters:

Shannon Husk, BC Gaming

Tuesday April 16th, 2019
6:30pm – 8:30pm

Military Family Resource Centre
2610 Rosebank Rd
Victoria, BC

FREE OF CHARGE

Please RSVP by email: lisa.tate@familysmart.ca



'intheknow' provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth.

Viewing is available:

Online at:

www.familysmart.ca/in-the-know

In person at community sites:

www.familysmart.ca/events/

The in person viewing also provides an opportunity for supported conversations.

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.

'intheknow'

information + support

"Worries and Woes: Identifying and Preventing Anxiety in Children"

Join us for a Video Presentation

Anxiety disorders are the most common form of psychological problems reported and can interfere significantly in the lives of children.

This talk will help to:

- Increase awareness of the anxiety disorder spectrum,
- Identify basic behavioral indicators of anxiety in children,
- Develop a preliminary understanding of the current research,
- Understand the efficacy of psychological treatment and be aware of techniques that are useful to implement immediately with an anxious child and become aware of resources in our community

Topic Presenter:

Lynn D. Miller PhD, RPsych,
Associate Professor, Education and Counseling Psychology and Special Education, UBC.

Thursday April 18th, 2019

7:00 pm – 9:00pm

Saanich Neighbourhood Place
3100 Tillicum Road
Victoria, BC

FREE OF CHARGE

Please RSVP by email to: lisa.tate@familysmart.ca



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'intheknow'?

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PARENTING WITHOUT POWER STRUGGLES

PARENTING A PRETEEN?

Would you like to feel better prepared for adolescence?

JOIN US TO:

- Learn about what to expect in the teen years
- Receive support from other parents
- Boost your confidence as a parent

Parenting Without Power Struggles offers parents information on:

BRAIN DEVELOPMENT | TEMPERAMENT | SELF-CARE | BOUNDARIES
COMMUNICATION | DEVELOPMENTAL TASKS | RESPECT | EMPATHY

LOCATION: Westshore Child, Youth, and Family Centre - 345 Wale Rd.

DATE: Mondays 6:30-8:30pm starting April 29th (9 weeks)

COSTS: \$60/person, \$90/family - subsidies available

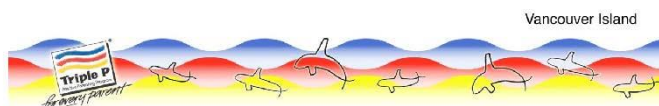
REGISTRATION: Please contact for more information on registration

CONTACT: Beth at (250) 384-9133 ext 222 or parentingprograms@bgcvc.org



Boys & Girls Club
of Greater Victoria

Parenting Without Power Struggles was developed by staff and parents throughout BC and is administered under the auspices of Boys and Girls Clubs of Canada - Pacific Region. Funding for this program is generously provided by the Ministry of Children and Family Development.



ARE YOU THE PARENT OF A 2 - 12 year old?

- Would you like to learn about even more effective ways of parenting in today's world?
- Are you frustrated with your child's behaviour and don't know what to do or where to go?
- Have you heard of Triple P?
www.triplepvp.ca

Triple P is a system of proven parenting solutions that help resolve current parenting problems and prevents future problems before they arise. As one of the few evidence-based parenting programs available, with over 25 years of proven clinical research to back it up, you can be sure Triple P works for the majority of families.

Wednesdays

May 1—June 19, 2019

6:30pm—8:30pm



Limit of 10 participants

To Register: online at southislandcentre.ca, email: courses@southislandcentre.ca or call: 250.472.2851

Location: South Island Centre for Counselling & Training
3821A Cedar Hill Cross Road, Victoria



Fast and Female Champ Chat

On Friday, May 17th Pro-D Day, Fast and Female is coming to Victoria! A Champ Chat will host Fast and Female Ambassadors, who are Olympians, World Champs, Elite and Varsity athletes and will spend a morning at Glenlyon Norfolk School empowering and inspiring girls ages 8 to 18 to stay active and healthy in sports throughout their teens.

[What is Fast and Female?](#)

[Keeping Girls Healthy, Happy and Active in Sports | News Post](#)

[Event registration page and ambassador list here](#)

Glenlyon Norfolk School Present:

FAST AND FEMALE CHAMP CHAT

Join us for a morning of empowerment and inspiration for girls to stay active and healthy in sports.

**FRIDAY, MAY 17TH
9-12:30PM**

For more information visit:
fastandfemale.com

JILL YONEDA

LARYSSA BIESENTHAL

SARAH CRAVEN

JACLYN STELMASZYK

MANDY-RAE KRACK

LEAH HALL

BUNNY HUGHES
