



**February 7, 2020**

## VIEW ROYAL ELEMENTARY NEWSLETTER

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### IMPORTANT DATES TO NOTE:

Mon., Feb. 10 <sup>th</sup> , 2020	Grade K-12 School Transfer Process Starts
Wed., Feb. 12 <sup>th</sup> , 2020	PAC Meeting @ 6:30 PM (in the school library)
Thurs., Feb. 13 <sup>th</sup> , 2020	Spirit Day - Encouraged to wear Red, Pink & White
Fri., Feb. 14 <sup>th</sup> , 2020	PRO-D Day
Mon., Feb. 17 <sup>th</sup> , 2020	Family Day Stat Holiday - SCHOOL CLOSED
Tues., Feb 18 <sup>th</sup> , 2020	Grade K-12 School Transfer Process Ends
Tues., Feb 18 <sup>th</sup> , 2020	Grade 5 Camp Forms Due Back Today
Tues., Feb 25 <sup>th</sup> , 2020	Pink Shirt Day Assembly @1:30 with Travis Price
Wed., Feb 26 <sup>th</sup> , 2020	Pink Shirt Day

#### Principal's Message:

West Coast Winter is here and we have been going out most days. Thank you for sending appropriate clothing resulting in your children enjoying the fresh air with their friends. February brings a focus on friendship and we have many in-class and school wide activities. The dance tonight is for our school families and to help grow friendships in our school community! February 13<sup>th</sup> is a spirit day and we encourage students to wear red, pink and white if they choose. To end our month we are very excited to welcome Travis Price as our special guest speaker on February 25<sup>th</sup> at 1:30 pm. Travis Price is the co-founder of Pink Shirt day. More details below. Teachers have been busy attending district numeracy workshops to support our school focus this year. Our staff continues to maximize this important term two across all subject matter. Check in with your teacher, open up Freshgrade and your child's planner to see the progress. The bigger picture on school curriculum can be found here: <https://curriculum.gov.bc.ca/> Click on the top button 'curriculum' to see what is covered for each subject area in your child's grade.

Next week we wrap up the Ministry of Education Learning Surveys that take place across the province for Grade 4 students and their parents. Information has been sent to those parents separately. Although the formal Kindergarten registration is now over we still want to remind all of our families to register their children for September 2020. Please also encourage your neighbors as well. Knowing our enrolment well in advance helps us with planning and staffing our school. We will be sharing the FSA provincial assessment results at the February PAC meeting. Please join us. Have a good weekend! ~Miss Pick

**SD61 Important Dates to Note**

**Registration & Transfers:**

<https://www.sd61.bc.ca/parent-student-resources/registration/registration-transfer-dates/>



**BUDGET PROCESS MEETINGS FOR PARENTS : 2020-2021**

Date	Location/ 556 Boleskine Rd, Victoria, BC	Time	Event	Intended Outcome/Purpose
Feb 10	Tolmie Bldg.	7:00 PM	Operations Policy & Planning Committee	Public Engagement Results Incl. Students; Detailed Budget Category Review
Feb 24	Tolmie Bldg.	7:30 PM	Regular Open Board Meeting	Report on Budget Feedback

**FEBRUARY 26TH IS PINK SHIRT DAY!**

Pink Shirt Day originated in Nova Scotia. In 2007, David Shepherd and Travis Price bought and distributed 50 pink shirts after a male ninth grade student was harassed and called a homosexual for wearing a pink shirt to school. While the over-arching message of this day is about anti-bullying in general, it's important to stay rooted in the origin story – this day started because of SOGI-based bullying. [Click here](#) to read the full story on how Pink Shirt Day began.

**View Royal School welcomes TRAVIS PRICE to our school on Tuesday, February 25<sup>th</sup> at 1:30pm.**

**Parents welcome to join!**



**ATTENTION VIEW ROYAL PARENTS;**

Mrs. Murray will be conducting the OLSAT for gifted learners in the spring. If you are interested in having your child tested, please e-mail [cmurray@sd61.bc.ca](mailto:cmurray@sd61.bc.ca)

To help you determine if your child would be a good candidate for testing, please review the chart below.

 <p><b>BRIGHT CHILD</b></p>	 <p><b>GIFTED LEARNER</b></p>
1. Knows the answers.	1. Asks the questions.
2. Is interested.	2. Is highly curious.
3. Is attentive.	3. Is mentally and physically involved.
4. Has good ideas.	4. Has wild, silly ideas.
5. Works hard.	5. Plays around, yet tests well.
6. Answers the questions.	6. Discusses in detail, elaborates.
7. Top group.	7. Beyond the group.
8. Listens with interest.	8. Shows strong feelings and opinions.
9. Learns with ease.	9. Already knows.
10. 6-8 repetitions for mastery.	10. 1-2 repetitions for mastery.
11. Understands ideas.	11. Constructs abstractions.
12. Enjoys peers.	12. Prefers adults.
13. Grasps the meaning.	13. Draws inferences.
14. Completes assignments.	14. Initiates projects.
15. Is receptive.	15. Is intense.
16. Copies accurately.	16. Creates a new design.
17. Enjoys school.	17. Enjoys learning.
18. Absorbs information.	18. Manipulates information.
19. Technician.	19. Inventor.
20. Good memorizer.	20. Good guesser.
21. Enjoys straight forward sequential presentation.	21. Thrives on complexity.
22. Is alert.	22. Is keenly observant.
23. Is pleased with own learning.	23. Is highly self-critical.

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## PAC News...

Follow us on Facebook! [www.facebook.com/viewroyalpac](http://www.facebook.com/viewroyalpac)

Or visit our website [www.vrpac.com](http://www.vrpac.com)

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

Next PAC meeting:

**Wednesday, February 12<sup>th</sup>**

**6:30 pm in the Library**

Everyone welcome, we would love to see some new faces!! Childcare provided free or charge. PAC provides 2 babysitters at each meeting & the use of the gym..

The PAC consists of ALL the parents and guardians in 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](mailto: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 nights, fun fairs, 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](mailto:fundraising@vrpac.com) for more info.

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## Valentines Dance is tonight!

Friday, February 7th from 6-8pm. Join us for an evening of dancing, music & family fun!

- The concession will be open selling pizza, drinks & snacks (cash only)
  - Admission by donation (cash only)
  - Enter to win a Purdy's Chocolate gift pack at the door
  - Lights on & music low from 6-6:30pm
- The CRD will be at the dance asking parents to mark their “favorite routes to school” – this is part of the Ready, Step, Roll program.
- Thank you Royal Bank who donated \$1000 and 6 volunteers for the Valentine's Dance!

**\*\* All children must be accompanied by a responsible adult for the entire event.**

**No drop-offs please \*\***



**View Royal Elementary** is part of the Ready Step Roll: Active School Travel Planning 2019-2020. This program brings together students and parents, schools, municipalities and community partners to increase walking and wheeling to and from school. When more students walk and wheel to school, we have healthier and happier kids, safer school zones, and more sustainable communities for all.

Ready Step Roll is an 18-month program working with a school travel planner, Natalie Bandringa, from the Capital Regional District.

**WE ARE HERE ☺**



**BENEFITS TO USING ACTIVE TRANSPORTATION**



Help your child gain confidence and independence (including while they are travelling with an adult)



Faster and easier than dealing with the drop off loop



Spent time as a family and away from screens



Enjoy nature in your community

**KEY PROGRAM UPDATES**

**October-December 2019**

*Data Collection and Analysis -- Action Planning*

Thank you to all participants who attended or provided feedback for the View Royal Walkabout, which took place on October 22<sup>nd</sup>, 2019. The results from this event led to the development of the Action Plan, which will be included in View Royal’s final School Travel Plan in June 2020.

Drafted in coordination with the Township of View Royal, the purpose of the Action Plan is to summarize the identified infrastructure upgrades needed to support Active Transportation for students and staff at View Royal Elementary. This document also includes a summary of Educational Campaigns and Encouragement Activities that will be ran in 2020.

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*Data Collection – Favourite Routes and Parking Lot Mapping*

The Ready Step Roll program will be working with each participating school to develop resources for parents and students. The Favourite Routes Maps will require consultation with the school body to identify how students are currently arriving to school, while demonstrating alternative routes with safe pedestrian infrastructure that may be currently underutilized or unknown. Natalie will be working with the View Royal PAC in early 2020 to determine opportunities to come to the school for this activity before drafting the final map for the School Travel Plan Report in June 2020.

*Purchasing*

A brand new scooter rack has been purchased for View Royal! We look forward to installation of this equipment by SD61 in the coming weeks.

**ONGOING AND COMPLETED INFRASTRUCTURE UPGRADES**

- Adjusting right of way at road crossings for cyclists and pedestrians on the E&N Trail (early 2020)
  - Road users will now be required to give right of way to trail users
  - Trail users will now be required to yield, rather than coming to a complete stop at crossings
- Addition of School Zone signage on E&N Trail to encourage lowered cyclist speeds (early 2020)
- Improving sight lines for motorists and pedestrians using the Helmcken roundabout via vegetation maintenance and hedge replacement (early 2020)
- Reassessment of crossing times at Helmcken/Old Island Highway Intersection (early 2020)

**UPCOMING EVENTS AND INITIATIVES**

- Installation of new bike rack infrastructure (late January – early February)
- Participation and development of Parking Lot Maps and Favourite Routes Maps (TBD)
- Participation in the “Think of Me” ICBC Program to improve pedestrian and road safety (April)
- Participation in Bike Education courses led by GoByBike (May)
- Participation in Bike to Work Week (May 25-31, 2020)
- Participation in the Follow-up survey for the Ready Step Roll Program (May-June)

**Get in touch!** Natalie Bandringa, Capital Regional District, [nbandringa@crd.bc.ca](mailto:nbandringa@crd.bc.ca), 250-360-3240  
[www.crd.bc.ca/ready](http://www.crd.bc.ca/ready)

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# Don't Let Your VR PAC Get Washed Away!

**VOLUNTEER TODAY!**

View Royal Parent Advisory Council

For more information check out our Facebook page our website: [www.vrpac.com](http://www.vrpac.com) or get involved at a meeting every 2nd Wednesday, 6.30pm in the school library.

We need new PAC Executives!  
 We need fresh faces  
 We need new ideas  
 We need your support  
 or all of our children lose out!

Even 2 hours of you time means so much!  
 At the PAC we fundraise to pay for so many exciting things in the classrooms!  
 Some boring ones too!

New Bike Rack  
 New Scooter Rack  
 New Playground  
 Valentine's Day Dance  
 Special Classroom Supplies  
 Halloween Dance  
 Fun Food  
 Gymnastics  
 Seniors Tea  
 Parent Information Nights  
 Support School Staff  
 Fundraising  
 Field Trip Buses  
 Support Parents  
 Smart Screens  
 Fun Fair  
 Support All Our Children  
 So Much More...

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## ONGOING FUNDRAISING OPPORTUNITES!!!

**Thrifty Foods Smile Cards** 

Thrifty Foods Smile Cards available through [fundraising@vrpac.com](mailto: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.

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# COMMUNITY NEWS AND INFORMATION

## PARENT EDUCATION NIGHT

The PAC's of Doncaster and Braefoot Elementary schools are pleased to host Dr. Paul Mohapel for his presentation of the Impact of Digital Distraction on the Developing Brain.

As a dynamic, knowledgeable, and experienced speaker, Dr. Mohapel will cover topics such as:

- The impact of screens, gaming, and internet on the young person's brain
- Technologically burnout syndrome & attention deficits
- The addictive properties of technology
- Digital distraction's impact on learning and social skills
- Promoting a more mindful approach in using technology in the classroom and at home

For further information, please click on the following link:

### The Impact of Digital Distraction on Developing Brains

We look forward to seeing you there!

Please register for this event using the Eventbrite link: <https://digitaldistraction.eventbrite.ca/>

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## AN EVENING OF PARENT EDUCATION DISCUSSING BRAIN HEALTH AND WELLNESS

WITH GUEST SPEAKER GARY ANAKA FROM  
[WWW.BRAINCOACH.CA](http://WWW.BRAINCOACH.CA)

WEDNESDAY, FEBRUARY 19TH, 2020 @ 7PM-8:30PM, SPECTRUM SECONDARY SCHOOL

FOR PARENTS AND GUARDIANS OF STUDENTS AT SD6<sub>1</sub> SCHOOLS

**If you want to help today's children, then you need to begin with their brains!**

**Your Magical Brain ~ How it Learns Best: A workshop for parents of Primary, Middle & Secondary students**

If you want to raise your children to be successful in life, then you need an enriched brain to do it with. The natural conditions necessary for learning success are unknown to most parents. Discover how to maximize your child's potential based on how the brain learns naturally. If you are looking for ways to enhance learning, foster child development, raise achievement, tap your child's full potential, then find out about the brain's best kept secrets.

#### **Discover:**

- 15 ways to increase your children's brain power
- How to grow those magical [dendrites](#) every day
- What nourishes the brain and what kills it
- How social skills are the key to the future, not test results
- Why [imagination](#), [creativity](#) and playing for fun grow the best brains

You will gain priceless ideas you would never have dreamed of that are simple and cost nothing. Brain smart your family! Parents, you are the architects of your children's brain.

Tickets are free but must be reserved. Claim yours using the link below

<https://www.eventbrite.ca/e/the-magical-brain-an-evening-of-parent-education-with-gary-anaka-tickets-92775647459>



# 'intheknow'

information + support

## "Suicide Prevention"

### Join us for an In-Person Speaker

In this presentation we will discuss suicidality in youth and help parents understand how they can best guide their children who might be thinking or talking about suicide, and what services exist in the community.

### Topic Presenters:

Liz Radermacher  
NEED2 Suicide Prevention

**Tuesday February 11th, 2020**  
**6:30 pm - 8:30 pm**

**Military Family Resource Centre**  
**2610 Rosebank Rd**  
**Victoria, BC**

**FREE OF CHARGE**

Please RSVP by or by email: [lisa.tate@familysmart.ca](mailto: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](http://www.familysmart.ca/in-the-know)

In person at community sites:  
[www.familysmart.ca/events/](http://www.familysmart.ca/events/)

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



# '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 Presenters:

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

**Thursday February 20th, 2020**  
**7:00 – 9:00 pm**

**Saanich Neighbourhood Place**  
**3100 Tillikum Road**  
**Victoria, BC**

**FREE OF CHARGE**

Please RSVP by email: [lisa.tate@familysmart.ca](mailto:lisa.tate@familysmart.ca)



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13<sup>th</sup> ANNUAL 2020  
**VANCOUVER ISLAND PARENT CONFERENCE**  
**THE BALANCING ACT**



Saturday, Feb 29, 2020  
 8:30 am to 4:00 pm

Belmont Secondary School  
 3041 Langford Lake Road in Langford

workshops & education on  
 CREATIVE INTELLIGENCE • PARENTING • MINDFULNESS • FREEDOM • SEX • PERFORMANCE LITERACY

FEATURED SPEAKERS



**ALYSON SCHAFFER**

**Acclaimed Parenting Expert**  
 Alyson is an internationally acclaimed parenting expert, family counsellor, and bestselling author. Audiences can count on Alyson to inspire and transform lives. Armed with years of research, clinical and field experience, Alyson provides a fresh and positive understanding of family dynamics along with actionable solutions that will give parents the skills and confidence needed to face modern life challenges. The end goal is to raise resilient, caring, and capable kids.



**SHIMI KANG**

**Award-Winning Harvard-Trained Physician**  
 A medical doctor, researcher, and expert on the neuroscience of innovation, leadership, and motivation, Dr. Kang provides science-based solutions for health, happiness, and achievement in the workplace, classroom, and at home. With almost 20 years of clinical experience and extensive research in the science that lies behind optimizing human intelligence, Kang provides practical tools to cultivate the key 21st century skills of resilience, connection, creativity, and more.

Registration: \$100 includes lunch and refreshments.  
 Registration deadline is Feb 20. Early bird rate: \$75 if registered by Feb 10.

For info updates or to register visit [www.vipc.ca](http://www.vipc.ca) or email: [info@vipc.ca](mailto:info@vipc.ca)

BROUGHT TO YOU BY



12th Annual

**Spring Break Musical Camp 2020**

March 16-20, 2020

9am - 3pm

with performances Mar 20 & 21 at 7pm

"THE OPEN HEARTED GIFT"



REGISTER ONLINE  
**CADBAYUC.ORG**

Grades 1-7  
**\$160.00/child**  
 Snacks included ...pls bring a lunch

\*Jr. Leader Opportunities for youth  
 in Grades 8+ contact us for more info

- Set Design & Staging
- Singing
- Learn the Musical Score
- Games
- Swimming

Cadboro Bay United Church  
 2625 Arbutus Rd  
[office@cadbayuc.org](mailto:office@cadbayuc.org)  
 250-477-2715

*The story of a child who receives a gift from their parent that wasn't quite what they were hoping for and yet through a series of adventures and with an open heart ends up being the perfect gift. Everyone along the way is blessed with exactly the gift they were needing.*