



VERMILION ELEMENTARY SCHOOL NEWS



Being the Best We Can Be

May 2021

Student Registration

**Accepting Registrations
for the 2021-2022
School Year**

**Kindergarten Registration
packages are available
at the office.**

**If you require further
information please stop by
or call the office at
(780) 853-5444**

BTPS self-screening App



Virtue of The Month *Citizenship*

**School Council Meeting
will be on Tuesday,
May 18 at 7:00 pm.
*More information to come.***

**Stay Connected with VES on
our website, Facebook, or
email the principal by clicking
on the following buttons**



April came and went quickly at VES, especially with the time off for Easter break. It was great to have some time away from the regular routine and it has been great to be back at school again. I am quite confident the time to the end of the school year will go by very quickly. With classes now moving to at-home learning for the next few weeks, we hope students will stay connected and focused on their learning. We fully understand that this has been, and continues to be, a very challenging year for everyone and we appreciate everyone's patience and cooperation. We remain hopeful that the light at the end of the tunnel is beginning to shine.

We have begun our planning for next school year and are working on various pieces that are all a necessary part of the process. This includes our school budget for the 2021/2022 school year. The provincial education budget was delayed this year and was not released until late March. As such, school boards were late in receiving their budgets, which also meant schools were delayed in getting their budgets. We will have more information on the impact of our budget for next year over the coming weeks. Stay tuned for more information in this area.

We held our virtual ECS registration several weeks ago and are hoping to still receive more registrations for prospective students for next year. If anyone has any questions, we encourage you to contact our school office. This information helps us plan for the upcoming school year. Another step to still come in the process is our class structure and eventually our student lists for each class. Stay tuned for further information as we continue to work through this process.

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Vermilion Elementary School Mission Statement:

Within a safe and nurturing community, we at Vermilion Elementary School, will foster personal and academic excellence, while treating each other with dignity and respect.

As a team, we will be the best we can be.

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As we wind down the school year over the next few months, we do recognize that everyone is typically excited about the upcoming summer break. Warm weather often brings with it more time spent outdoors. As this time of year, there is still important work to be done in classes and we do encourage students to continue to work hard right up until the end of the school year.

At VES, we encourage communication between staff and parents. If you have any questions or concerns at any times, we encourage you to contact your child's teacher. By working together, we believe that we can have the most positive impact on a child and help them at 'Being the Best They Can Be'. If you have any questions or concerns in regards to our school, please feel free to contact either myself or our Assistant Principal, Mrs. Doherty.

Mr. Calvin Anhorn

Principal



VES SPIRIT DAYS

**Have fun
Get involved!** To help you remember, dress up days
are on Assembly days.

May 5	Future	Past
June 1	Dress for any season	Dress for any holiday



STUDENT ATTENDANCE

If your child is going to be absent/late, even if buses are not running please let your child's teacher know or call the office to notify us. If you have not contacted the school office or teacher to inform us if your child will be absent/late, we will call you to ensure your child is safe.



SOCIAL DISTANCING

We would like to thank all parents and guests of VES for adhering to all the extra protocols that are required while we navigate through the Covid-19 pandemic. We want to remind everyone to social distance when dropping off or picking up their child(ren). We also want to thank everyone for wearing a mask when entering the school and for completing the app either on their phone or using the iPad at the front door.

TEXTBOOK ORDERS



PARKING

Parents and visitors are able to park on 49 Avenue, as well as south of the crosswalk on 44 Street. **Please ensure that you are not parking in front of the school in the bus loading/unloading zone from 8:00-9:30 am and from 2:30-4:00 pm.** We ask that parents & visitors also refrain from parking in the staff parking lot as this is reserved for staff members and for safety reasons students may not be dropped off or picked up in the parking lot.



FOUR YEAR PLAN

Please see [BTPS Four Year Plan](#) for our BTPS Mission, Vision, and Values. This document also includes other important information such as the current BTPS Calendar, Map, Contact Information and some fun facts about BTPS.



BTPS STUDENT FEES

BTPS sends invoices out on the 27th of each month by email for Transportation, Tech & Supplemental Support Fees. Fees can be paid at VES with cash or cheque (**payable to BTPS**) or you can make an online payment via PayPal. You can find the link to pay fees online on the parent page of the Vermilion Elementary School website by clicking on the Parents tab and then [Pay Fees](#). You will need your child's Alberta Student Number to complete the online payment.



MICROWAVES

In the BTPS/VES re-entry plan, microwaves were taken out of the classroom for the month of September. The BTPS re-entry committee has met and has left this decision up to individual schools. We are continuing to evaluate the use of microwaves at VES, but at this time, we have not made any changes to the microwave section of the re-entry plan.



SHARED SNACKS

In previous years, some parents have chosen to send a shared snack on their child's birthday or during other celebrations. This year with COVID Restrictions we are unable to share food in the same way we would have in the past. We all appreciate the homemade goodies, but at this time, we are asking that all snacks be individually, pre-packaged (store packaged). We understand this may not be what we are used to, but in order to keep everyone safe, it is what we need to do at this time. If you have any questions, please call the school.

IMPORTANT

PICK-UP/DROP-OFF COVID-19 PROTOCOLS

Parents/Guardians/Caregivers/Visitors Entering the School

Due to Covid-19 restrictions and to minimize risk on a day to day basis we are minimizing the number of people entering our building. Parents/guardians and caregivers should remain outside the school to pickup and drop off their children at their designated doors for entry/exit. If parents/guardians, caregivers, or visitors need to enter the school you will need to enter through the main entrance only and go through our visitor protocol. If you are required to visit the school more than once in one day you will need to complete the app each time that you enter. When you exit the school please go out the nearest exit to you. VES students entering the building do not need to complete the app.

Complete the BTPS COVID-19 app on the ipad provided or use your own device to complete the app. To open the app, scan the QR code below with your device camera.

- Sanitize your hands with the provided sanitizer.
- Sanitize the ipad with the provided device wipes.
- Wear a mask at all times.
- Maintain a physical distance of 2m from others where possible.



VES Students Self-Assessment (prior to coming to school)

Each morning before sending your child to school you will need to review the [Self-Assessment](#) questionnaire to determine if they should attend school. You do not need to submit this questionnaire to the school but we are depending on families to be honest about their child's self-assessment and to make this a part of their new morning routine. If your child is able to answer "NO" to each question he or she is allowed to attend school for the day. If your child is ill with common cold, influenza or symptoms listed on the Self-Assessment they must stay home and contact 8-1-1 for guidance to determine if testing is required.

How to Reduce Test Anxiety

Test anxiety is a type of performance anxiety. In situations where the pressure is on and a good performance counts, people can become so anxious that they are actually unable to do their best.

Relaxation response is a technique to help you become relaxed, and can take the place of an anxiety response. Some short-term techniques include the tensing and differential relaxation method, and deep breathing.

The Tensing and Differential Relaxation Method:

[How to reduce stress with progressive muscle relaxation](#)

Deep Breathing

<https://www.youtube.com/watch?v=PmBYdfv5RSk>

Some other practices that may decrease test anxiety are; writing it out, walking off your stress, catching your breath, 5 minute meditation, and finding a comfortable rhythm.

<https://www.northwestern.edu/breathe/test-anxiety/>

Submitted by Tanya Laye, your school's Social-Emotional Coach. If you'd like further information or have any questions, please contact your school's SEC to follow up.



HOT LUNCH

Vermilion Elementary School Hot Lunch Program has been providing warm, nutritious meals to students since 1999. Since the beginning, our goal has been to provide access to healthy meals regardless of a family's financial circumstances. The Hot Lunch Program subsidizes meal costs for those who need it.

This year more than ever, families are facing challenging times. Our lunch program has also had to make some significant changes to the way we are providing lunch to students in order to meet provincial COVID guidelines for both food handling and school safety. This has come at additional operating costs.

We want to continue to ensure all students have access to hot, healthy lunches no matter the challenges their families are facing this year. For the remainder of the school year, we will be accepting donations to sponsor a VES student's Hot Lunch. Please consider supporting our VES family by giving the gift of a healthy lunch so we can continue to Be the Best We Can Be!

Donations can be made online at ves.hotlunches.net, or by contacting Chantel Betz betzchantel@gmail.com to make arrangements. Mail-in donations can be sent to 5017 63 St. Vermilion, AB T9X 1X4. Charitable receipts are available for donations over \$50.

A sincere thank you to those who have already donated.



FROM THE BUS LANE

PLEASE ENSURE YOU ARE FOLLOWING COVID-19 PROTOCOLS:

Complete the [COVID-19 Checklist](#) or use the [Self-assessment tool](#) prior to boarding the school bus daily. Do not ride the school bus if you are not well.

- Wash hands before you get on the school bus and before you board the bus in the afternoon.
- Social Distancing is not possible so students must wear masks. For K-3 students it is not mandatory, but strongly encouraged especially during the loading and unloading process. Gr 4-12 students must wear a mask at all times on the school bus.
- No eating or drinking on the school bus.
- Stay in your assigned seat.
- No guest riders are permitted.
- Let your bus driver know if you will not be on the bus.

**STUDENT SAFETY IS
OUR GOAL!**

BUS FEE PAYMENTS:

Parents and guardians can now pay their bus fees online. The button to pay fees is on the parent page of the school website and labelled “[PAY FEES](#)”. For assistance please email transportation@btps.ca. We also accept e-transfers. The email is vivian.locher@btps.ca, and in the message include your child’s name, bus route number and bussing service you are paying for (i.e. Vermilion Intown, Wainwright Intown, Yard Service, etc.).

TRANSPORTATION BUS REGISTRATIONS:

Transportation Registration information can be found online at <https://sites.google.com/a/btps.ca/btps-transportation-registrations/> Choose the service on the left that you want to register for.

2021-2022 TRANSPORTATION INFORMATION PAMPHLETS:

Here is the [link](#) to the 2021-2022 Transportation Information Pamphlet. Due to COVID-19 and everything being electronic and/or virtual, we will not be having the pamphlets printed.

PRACTICE Mindfulness

Practicing mindfulness together can help build your family's connection with each other.

Need help to calm a busy mind? Try this simple strategy to tune into your surroundings using your 5 senses. Look around you, what do you see, hear, smell, taste, feel?

Mental Health Tip

MOVE YOUR BODY

Move your body every day to improve your mental and physical well-being. The key is to make movement fun and try activities that you enjoy.

What is your family's favourite way to connect and get active together?

Mental Health Tip

FUEL YOUR BODY

Did you know that what you eat and drink affects how you feel? We know that it helps your body grow and stay strong, but it's also good for your brain.

Make a family goal to focus on drinking water to hydrate your body and keep your brain fuelled and energized.

Mental Health Tip



Build ASSETS

Did you know there are many things you can do to help your kids grow up great? A simple way to build assets and model kindness is to tell your kids why they matter to you.

Talk together about how being kind makes you feel great! Kindness can reduce stress, fill your heart with joy, and assist you in feeling more helpful and hopeful.

Mental Health Tip

Interested in more ideas on how to create positive connections and build a healthy family? Join us for the **Move Your Mood June Family Challenge** Register in May at www.sparcreddeer.ca

Everything gets better when you move your body. www.participation.com

EXPAND YOUR Mind

Did you know that being creative, dancing, and listening to music are simple ways for your family to boost their mental well-being and release feel good chemicals in their brains?

Take time to expand your mind today. Be kind to yourself and others, have a great laugh, turn up the music and dance like no one is watching!

Mental Health Tip

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642



RURAL MENTAL HEALTH

CONNECTION




Listen on
Apple Podcasts



Join VIBE Online May 11 & 12

7:00 p.m to 7:30 p.m

Explore realistic techniques that are quick, easy, and scientifically proven to support your wellbeing!

To register, email pat.colyniuk@btbs.ca
You can attend the live virtual sessions or watch later at your convenience.

Register and Attend (or watch)

AND YOU WILL BE ENTERED TO WIN A VARIETY OF THE NEWEST AND COOLEST FIDGET TOOLS!




Every time a Co-op member uses any recyclable bag at a Cornerstone Co-op store, 3¢ is donated to local school breakfast programs. VES encourages our parents to use recyclable bags to reduce our collective impact on the environment and to help support our breakfast program.

Monday, May 3rd,
10th, 17th
@ 7-8pm VIA
Zoom



LIVING WELL

A blend of mindfulness, movement, and reflection.

**SERIES 2:
PRESENCE**

Weekly themes include Gratitude, Compassion, and Joy.



  



2021-2022 BTPS SCHOOL YEAR CALENDAR

Buffalo Trail Public Schools is committed to maximizing student learning, in a safe and caring environment, supported by a highly effective team.

AUGUST

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER

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OCTOBER

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31						

NOVEMBER

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DECEMBER

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JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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30	31					

LEGEND

- Holiday
- Self Directed Teacher Day
- School Based PL
- BTPS Learning Day
- Central Office Closed
- Day-in-Lieu
- Celebration Day
- Convention / ATA PL Day
- First Student Day of Semester

The first day for students is **September 1, 2021**. **February 2, 2022** is the first day of Term 2. **June 29, 2022** is the last day of school for students.

Please be reminded that when inclement weather does not allow us to operate our buses, schools will be open, classes are occurring and student learning continues. As with any absence, students who miss material will be provided with an opportunity to receive instructional material through an alternate means or catch up on missed school work upon return to school.

Students are required to be in attendance until the last day of school as identified by the BTPS Board Approved Calendar. Final exams at the Grade 7 to 9 level will occur during the last five student days each semester. During non-examination times, tutorials, course review and alternate activities will occur. Final exams in diploma courses will occur as described in the Alberta Education Diploma exam schedule (www.education.alberta.ca) and submission of marks will occur the day the diploma marks are due to Alberta Ed. During non-examination times, tutorials, course review and alternate activities will occur.

The 2021-2022 school calendar provides for instructional time for students that exceeds the requirements set by Alberta Education for instructional hours at the Grade 1-9 levels of 950 hours and at the Grade 10-12 levels for 1000 hours. The total student days in this year's calendar equals 181 days.

STUDENT NON-ATTENDANCE DATES

August 2	Heritage Day	Dec 20 - 31	Christmas Break
August 25	Self Directed Teacher Day	January 31	Self Directed Teacher Day
August 27	BTPS Learning Day	February 1	School Based PL
August 30	Self Directed Teacher Day	February 17 & 18	ATA Teachers' Convention
August 31	School Based PL	February 21	Family Day
September 6	Labour Day	March 4	BTPS Learning Day
October 8	Celebration Day	April 15	Good Friday
October 11	Thanksgiving Day	April 18 - 22	Easter Break
October 22	School Based PL & Support Staff PL	May 6	School Based PL
November 8	School Based PL	May 19	Designated Day-in-Lieu (Staff Meeting)
November 9	ATA Professional	May 20	Designated Day-in-Lieu (Parent Teacher Interviews)
November 10	Designated Day-in-Lieu (Staff Meeting)	May 23	Victoria Day
November 11	Remembrance Day	June 30	Self Directed Teacher Day
November 12	Designated Day-in-Lieu (Parent Teacher Interviews)		

** Central Office Closure will be July 18th - July 29th, 2022



Vermilion Elementary School

Being the Best We Can Be

May 2021

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4	5 School Assembly 9:30 Dress Up Dress Up Day Future/Past	6	7 No School School Learning Day	8
9	10	11	12	13	14	15
16	17	18 School Council Meeting 7:00 pm 	19	20 No School Day-in-Lieu	21 No School Day-in-Lieu	22
23	24 No School Victoria Day	25	26	27	28	29
30	31	1 School Assembly 9:30 Dress Up Dress Up Day Any Season or Holiday	2	3	4	5