



# VES News April



## Upcoming Events

### Egger Breakfast for Students

-March 28

### Easter Break

-March 29 - April 7

### First Day Back

-April 8

### Spirit Day & Assembly (Monochromatic Classroom Day)

-April 9

### Yearbook Sales

-April 8 - April 30

### Sausage Fundraiser Due

-April 9

### Swimming Gr 4/5 & 4B

-April 9- April 16

### Kindergarten Registration

-April 17

### Swimming Gr 3A & 3B

-April 18- April 25

### Alberta Musical - Cinderella

-April 23

### Superintendent Speech Contest

-April 30

## VERMILION ELEMENTARY SCHOOL SPRING FUNDRAISER

Funds raised will help send the Grade 1 to 6 to the

The Ukrainian Village

*Stawmichy's* **MUNDARE SAUSAGE**

**DEADLINE APRIL 9TH**



### Egger Breakfast March 28, 2024

VES students will enjoy a healthy egger breakfast as part of our Breakfast Program. Dietary needs have been accommodate for all.

## Monochromatic Classroom Day

Each class will be choosing a colour to wear for the day. The challenge is to have each class wear as much of that colour as possible. Even if they don't have the colour, as a group they will look like it.



**School Council Meeting**  
 April 25 at 6:30pm  
 Effective engagement in your school community!

**VERMILION ELEMENTARY SCHOOL**  
**KINDERGARTEN REGISTRATION**  
 FOR THE 2024 /2025 SCHOOL YEAR

PLEASE JOIN US FOR OUR KINDERGARTEN INFORMATION EVENING ON APRIL 17TH AT 7:00PM TO LEARN MORE ABOUT VES AND OUR KINDERGARTEN PROGRAM. BRING YOUR UPCOMING KINDERGARTEN CHILD WITH YOU TO ENGAGE IN ACTIVITIES IN THE CLASSROOM.

To access the online registration form, go to the VES Website <https://ves.btps.ca/parents/registration-form>  
 Call VES at 780-853-5444 or email [ves@btps.ca](mailto:ves@btps.ca)

Your child is eligible to attend if he/she is 5 years of age on or before December 31, 2024.

If your child is ready for school, but still too young for Kindergarten, please contact Vermilion Play Development for more information call: 780-853-0108 or email [vpdearlylearning@gmail.com](mailto:vpdearlylearning@gmail.com)

"Being The Best We Can Be"

KinderCare is a program for kindergarten students on their non kindergarten days, including a before and after school. For more information contact 780-581-5813 or [vpdkindercare@gmail.com](mailto:vpdkindercare@gmail.com). Kids Corner is a before and after school care for students Grade 1-6. For more information contact 780-581-5316 or email [kids.korner34@gmail.com](mailto:kids.korner34@gmail.com).

**Peeking Ahead**

May 1 - Assembly & Spirit Day / Camouflage or Camo Day  
 May 2 - Sausage Fundraiser Pick Up  
 May 3 - PL Day - No Classes  
 May 6 - Music Monday

**After School Activities**

Grade 6 Badminton - Monday  
 (April 8-May 6)

**Noon Hour Activities**

Grade 5 Badminton - Monday  
 Grade 4 Badminton - Wednesday

**Quick Links**

Assembly Dress Up Days!  
Student Attendance  
VES Spirit Wear Clothing  
Microwaves  
Facebook Page

**Vermilion Elementary School**  
 4837 - 44 Street  
 Vermilion, AB T9X 1G3  
 780-853-5444  
 www.ves.btps.ca

**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.

## Basketball Club Play Off Day!



## Student Engagement!



## Celebrating AR!

These students each ordered a book for our library because they earned their year end goal before January 31st.



## Community Connection



## Swimming Days! (Grade 5/6 & 6)



# Youth Wellness Clinic

*Treating Mental Health Within Our Community*

IF YOU ARE STRUGGLING WITH ANXIETY,  
DEPRESSION, OR ADHD YOU AREN'T ALONE.  
WE CAN HELP.

For individuals up to 24 yrs of age, we can help identify and manage  
your mental health concerns.



## SUPPORTING THESE AREAS:

Vegreville, Vermilion, Viking,  
Killam, Tofield, Mundare,  
St. Albert, and Daysland

FOR MORE DETAILS VISIT:

[kalynapcn.ca/all\\_programs/youth-mental-wellness/](http://kalynapcn.ca/all_programs/youth-mental-wellness/)

OR SCAN HERE

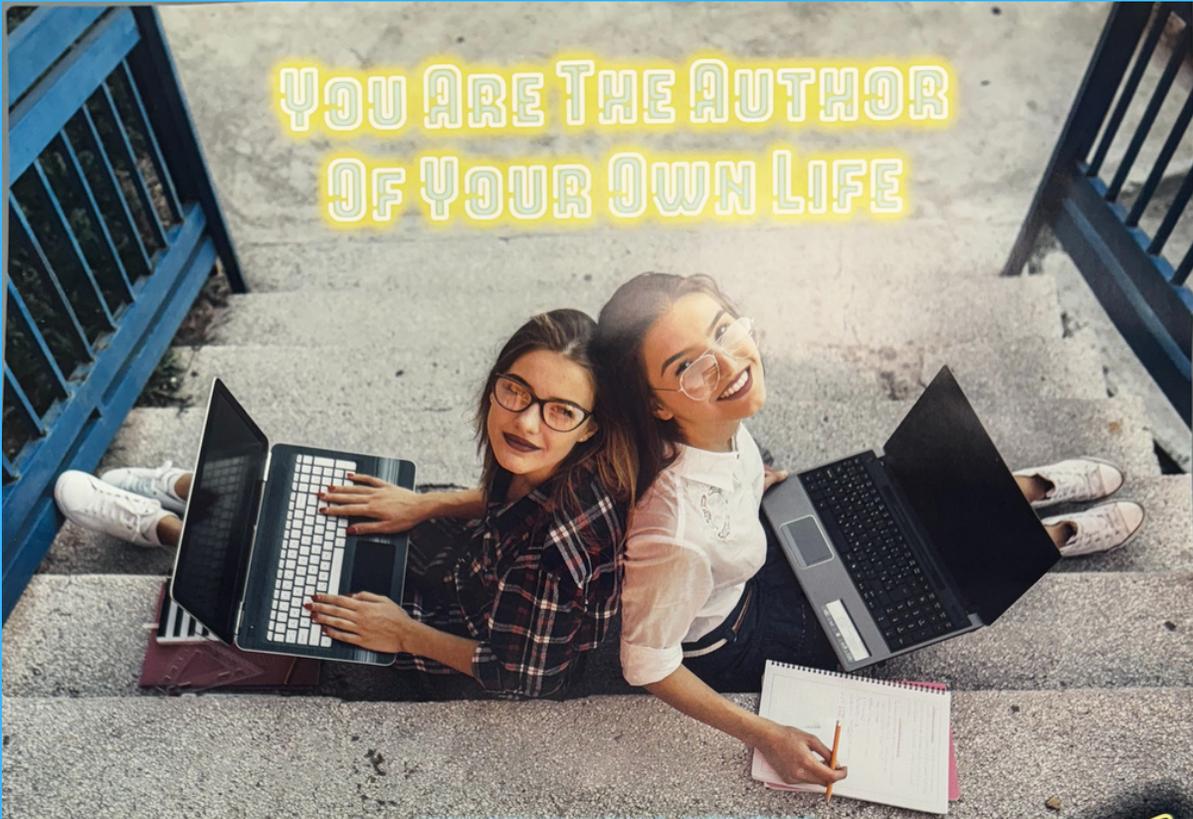


BOOK AN APPOINTMENT:

780-853-6966

  
PrimaryCare  
**Network**  
KALYNA COUNTRY  
[www.kalynapcn.ca](http://www.kalynapcn.ca)

YOU ARE THE AUTHOR  
OF YOUR OWN LIFE



WHAT IS YOUR STORY?

Got an inkling to write? Then come to...

# YouthWrite



a camp for kids who love to write...just about anything!®

...with fabulous not-to-mention world-famous instructors!

To register or to find information on courses and instructors visit:

[WWW.YOUTHWRITE.COM](http://WWW.YOUTHWRITE.COM)

Now In Our 28<sup>th</sup> Year Of The Write Stuff! Alberta's Premier Writing Camp!

## HIGHLANDS EXPERIENCE

Edmonton

JUNE 30-JULY 5, 2024

ages 8-12

(daycamp with Thursday overnight option)

## ELBOW RIVER EXPERIENCES I & II

Calgary

JUNE 30-JULY 5, 2024

ages 10-14 (overnight or daycamp option)

JULY 7-12, 2024

ages 15-19 (overnight or daycamp option)



## WRITE TO FILM

Calgary

JULY 14-19, 2024

ages 14-18 (daycamp)



## Free Tax Clinic

*Get your benefits and credits*

*If you have a modest income and a simple tax situation, volunteers can do your tax return for you!*



**Where:** Vermilion Public Library 5001 49 Ave. Vermilion AB

**When:** Drop off services starting March 1 to April 30, 2024



Go to [vplibrary.ca/taxes](http://vplibrary.ca/taxes)  
or call 780-581-2413 for more information

Volunteers are not employees of the Canada Revenue Agency



**Free Income Tax Clinic Offered by**

### Vermilion FCSS and the Public Library

Do you live in Vermilion or the County of Vermilion River and need help with your taxes? The Public Library and Vermilion Family and Community Support Services (FCSS) are teaming up to offer a free tax clinic in partnership with the Community Volunteer Income Tax Program (CVITP).

The clinic will be by drop off and appointment only at the Vermilion Library starting March 1st. Trained volunteers will be available to assist eligible individuals with preparing and filing their tax returns.

The CVITP program, supported by the Canada Revenue Agency (CRA), aims to make tax filing accessible to those with modest incomes, including seniors, newcomers, Indigenous peoples, and persons with disabilities.

Don't stress about taxes this year – take advantage of this free service provided by Vermilion Library and Vermilion FCSS. For more information or to book an appointment, contact Vermilion FCSS at 780-581-2413.



**Prairie Vision**  
5010 50 Street  
Vermilion, Alberta  
T9X 1M5

## Early Childhood Eye Health

TOLL-FREE 1.800.272.8843  
[optometrists.ab.ca](http://optometrists.ab.ca)

Alberta  
Association  
of Optometrists 

## Booking your regular eye exam

A regular eye exam is an important part of your child's overall health.

### Infants

Optometrists recommend that babies have their **first exam between six and nine months**.

Schedule your little one's appointment around the time of day your baby is usually relaxed and happy. The eye exam is covered by Alberta Health\*. Babies' eye exams are done using special tests since babies cannot read. The optometrist will check to ensure:

- their eyes are healthy;
- eye and muscle movements and alignment are developing properly; and
- the eyes are focusing together.

*\*Check with our optometrist prior to your appointment to determine if there are any additional costs.*



### Toddlers & Preschoolers

Optometrists recommend children have **at least one eye exam between the ages of two and five**. By this age, many of the vision skills required for life-long learning are reasonably developed. Many serious eye conditions, if detected and treated by this age, are reversible or preventable. The eye exam is covered by Alberta Health\*. The optometrist will check to ensure:

- visual development is continuing normally; and
- their depth perception, eye-hand coordination and visualization skills are appropriate for their age.

*\*Check with our optometrist prior to your appointment to determine if there are any additional costs.*

### Kindergarten

Once in school, it is recommended your child have an **annual eye exam**, as vision can change quickly. A comprehensive eye exam is the only way your optometrist can assure you that your child's eyes are ready for the challenge of learning in school. The eye exam is covered by Alberta Health\* until their 19th birthday.

If your child is in kindergarten, has an eye exam, and it is determined that they require eye glasses, the Alberta Association of Optometrists' **Eye See . . . Eye Learn™** program will provide a pair of glasses free of charge. To learn more about this program, visit [www.optometrists.ab.ca/esel](http://www.optometrists.ab.ca/esel).

*\*Check with our optometrist prior to your appointment to determine if there are any additional costs.*



### Is my child ready for technology and social media?

It is important to know that there is no right or wrong answer. What works for one family may not work for another. Even within the same family, each child is unique.

Research suggests that it is important as parents to focus on healthy relationships and communication before a child is ready to enter the world of social media and technology.

Some tips to build strong connections with your kids:

- Be available to provide attention and time
- Validate and help manage your child's feelings
- Learn about and get involved in what interests them
- Set limits

More Resources  
[healthychildren.org](http://healthychildren.org) search "tech"  
[ctrinstitute.com/blog/stronger-attachment-with-children/](http://ctrinstitute.com/blog/stronger-attachment-with-children/)



### There may be benefits to technology when it is used in a healthy way. Such benefits can include:

- Developing interpersonal and communication skills
- Socializing with peers
- Develop skills such as musical, artistic, etc.
- Encourages learning
- Increased understanding of technology advancements, which are inevitable in a young person's future

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### Using mindfulness to manage tech & social media overload

Notice how using social media makes you or your child feel. Sometimes people compare themselves to others which may create feelings of inadequacy.

Be aware of how much time you and your child spend on social media, what apps they use, interactions that take place, and how you or your child feels afterwards. Take breaks from social media and technology to do other things like going outside or spending time with family and friends.

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### Develop healthy digital habits for using technology and social media

- Balance screen time with other family activities
- Discuss online activities with one another
- Have regular conversations about social media
- Create a safe space for your kids to approach you if they have concerns
- Talk about how social media can impact emotions and feelings
- Talk about what is real and what is edited

More Resources  
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[ctrinstitute.com/blog/stronger-attachment-with-children/](http://ctrinstitute.com/blog/stronger-attachment-with-children/)

## MORE RESOURCES

[Kids & Tech: 12 Tips for Parents in the Digital Age - HealthyChildren.org](#)

[5 Ways To Form Stronger Attachment With Your Children - Crisis & Trauma Resource Institute \(ctrinstitute.com\)](#)