



# VERMILION ELEMENTARY SCHOOL NEWS



**January 2021**

*Being the Best We Can Be*



## VIRTUE OF THE MONTH

***Fairness***

## SCHOOL COUNCIL

**The next School Council  
Meeting will be**

**Monday, February 8th  
at 7:00 pm**

*More information to come.*

## STAY CONNECTED WITH VES

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



As our staff at VES returned from the Christmas break this past week, the hallways were noticeably quieter than usual. While staff connected with students and families, it clearly was not the same as having students in our building. We sincerely hope that everyone had a wonderful break, albeit different than we are all accustomed to. We sincerely hope everyone is feeling well, as we are ready to welcome students back to the safe and caring environment we have at VES.

One of our highlights this year has been our monthly assemblies. This year, these have been especially valuable, as they are one of the few events that we feel we are able to host. We have added Mojo, our party rocker, to the start and end of each assembly to incorporate a little fun and excitement for students. The assemblies are virtual in nature, with classrooms connecting with their smartboards. We set up and host these events from our Learning Commons, with only a few individuals in the room. Our assembly for January was moved to Wed., Jan. 13 @ 9:30 am. Students have also been invited to dress Fancy or Sports for the day as part of our monthly Spirit Day.

Our school has purchased 3 new carts of 23 chromebooks each this year, with the second one having just arrived and the third one expected to arrive in February. This has been a necessary upgrade, as we have several aging devices in our school. Many of our classrooms have their own carts, which has been extra valuable this year. Having their own cart allows for each student to have their own device, which also saves on the need to sanitize after every use. We are also beginning the process of determining whether 'Interactive Projectors' or 'Interactive Panels' are more suited to our staff and students. We are also exploring other upgrades to our school. Stay tuned for more information on this in the coming weeks.

*continued page 2*

## 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.**

We know this has been a challenging year so far and will continue to be challenging as we move forward. We want to assure everyone that our staff continue to do their very best to keep everyone safe. We strive to remain positive and make the most of the situation. We want to thank our students and parents for all they are doing as well. Together, we will get through this. Stay warm and stay safe!

Mr. Calvin Anhorn

Principal



## 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.



## LEARNING COMMONS

Happy New Year everyone!

We hope you have enjoyed some reading time over the holidays to help you reach your year-end AR goal. Thank you for helping care for our books by either leaving them in your backpack or putting them in a safe place when you are not reading them.

Be careful if you have them in your backpack, as we don't want the books to get wet from mittens or leaking water bottles. Also, please don't eat sticky food while reading and be careful not to rip the pages.

Happy Reading!



## PARKING

Parents & visitors are able to park on 49 Avenue, as well as south of the crosswalk on 44 Street. Between 9:30 am & 2:30 pm, you may also park to the east of the school in the bus loading zone. The staff parking lot is reserved for staff members. We ask that parents & visitors refrain from parking there. For safety reasons, students may not be dropped off or picked up in the parking lot.

**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.

**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.

**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.



## VES SPIRIT DAYS

To help you remember, dress up days are on Assembly days.

**Have fun  
Get involved!**

<b>January 13</b>	<b>Dress to Impress</b>	<b>Sports</b>
<b>February 2</b>	<b>All in one colour</b>	<b>Rainbow of colours</b>
<b>March 3</b>	<b>Superhero</b>	<b>Super hero</b>
<b>April 13</b>	<b>Mustache or beard</b>	<b>Crazy socks</b>
<b>May 5</b>	<b>Future</b>	<b>Past</b>
<b>June 1</b>	<b>Dress for any season</b>	<b>Dress for any holiday</b>



## 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](https://ves.hotlunches.net), or by contacting Chantel Betz [betzchantel@gmail.com](mailto: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.



## VES SPIRITWEAR CLOTHING

Looking for VES Spiritwear clothing to wear to show your school pride? Visit the official Vermilion Elementary School shop online at [ves.entripyshops.com](http://ves.entripyshops.com) to place an order. Choose from a variety of products and brands (Under Armour, Champion, Puma, and more) that you can customize with our VES logo! Everything from t-shirts, hoodies, polos, jackets, shorts, pants, hats, toques, and bags. Free shipping on orders over \$75. Customers can earn 1 Air Mile reward per \$40 spent when they purchase online. Orders will be shipped directly to you and 10% of sales is donated back to the school!



**\$25**



**\$12**



**\$25**



**\$13**



**\$22**

Social Emotional  
Coach

SEC

### Coping Skills

Coping is something we all do, whether we do it consciously or without thinking. Each one of us goes through times when we need to cope with a difficult situation.

There are two types of coping skills:

*Positive coping skills* allow us to work through stressful/difficult situations. Examples of positive coping skills include, but are not limited to, deep breathing, exercise, connecting to a trustworthy adult or spending time doing something of enjoyment.

*Negative coping skills* often make the situation more stressful and can include partaking in risky behaviors - misusing drugs/alcohol, dangerous driving, as well as engaging in self-harm or self-injury.

The SEC program is able to help students by teaching them how to use positive coping skills.

Information has been adapted from

<http://teenmentalhealth.org>

*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.*



VIBE NEWS

I hope everyone was able to enjoy the holidays this winter and is ready to get back into routine. I am looking forward to getting back into the classrooms and seeing all of the wonderful VES students once again! For several of the classes the new year means new programming so we may be delving into completely new, but equally as fun, topics. Happy New Year!



**What is hope?**

It's an expectation of a good that is yet to be. It's an inner knowing that the future holds positive things.

It is a trust that no matter the current circumstances the days to come will reveal happiness.

**Why build hope?**

The pandemic has been stressful. Hope helps us expect that something good will happen and that we have some control over it.

**Hope has benefits for children**

Hope builds resilience; our ability to bounce forward from challenging events

Hope sparks optimism through:

- Improving school performance & motivation to achieve goals
- Enhancing mental well-being
- Improving overall life satisfaction & relationships with friends & family

**Tips to help children build hope**

Practice gratitude: each day write down 3 things you are grateful for.

Practice mindfulness: pause, take 3 breaths, listen to sounds & focus on the present moment.

Make a collage of words or pictures that symbolize hope.

Practice acts of kindness & include positive affirmations to yourself.

**Ideas for nurturing hope in your family:**

- Acknowledge how you are feeling; accept what is in your control and what is not & focus on solutions
- Cultivate positive coping skills; maintain your self-care routine
- Borrow hope from others; ask what makes them hopeful
- Surround yourself with positive people
- Find something you are passionate about
- Make a list of your successes, strengths and resources

**Subscribe to Text4Hope**  
Text **COVID19HOPE** to 393939

**MORE RESOURCES**

<https://greatergood.berkeley.edu/>  
search: Hope

<https://kidshelpphone.ca/>  
search: Fostering Hope

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





## ACCOUNTABILITY PILLAR SURVEY FOR PARENTS

*Each year, parents at VES with children in gr. 4-6 are sent a survey from Alberta Education called the Accountability Pillar Survey. The survey provides parents an opportunity to offer their input and feedback on a wide variety of topics specific to VES. Parents are encouraged to provide this input, as it is a critical piece in the school's planning, reporting and improvement cycle. We value parental input in this process.*

*If parents have any questions about the survey, they are asked to contact Mr. Anhorn or Mrs. Doherty.*

## SAFE & CARING SCHOOLS

*When identifying if a school is safe and caring, questions are asked to identify if students are safe at school, are learning the importance of caring for others, are learning respect for others and are treated fairly in school. We are supporting this area in the following ways:*

- Staff connection to students both in and out of classrooms
- Teaching about, focusing on and modeling Monthly Virtues
- Roots of Empathy Program
- School-wide Buddy Classes
- Spirit Club to organize school-wide activities (a new club with a new focus)
- VIBE - Mental Health Initiative, including a student advisory group and mentorship programs
- Social Emotional Coach available to meet with students
- Bus Evacuations/Fire Drills/Lockdown practices each year
- Proactive and Preventative discipline model
- Bus drivers and school administration working together to support students
- Phone calls home to locate absent students
- Staff has yearly threat assessment training
- Occupation and Health Safety regulations adhered to
- All students integrated into classes
- Sports, grade 6 celebration, Christmas concerts & caroling, Track & Field, provide time for the community to be involved with our students
- Special school activities for Terry Fox, Halloween, Assemblies, and Intramurals provides school spirit
- Cross-grade groups of students for many activities
- We promote healthy nutrition choices through our breakfast program & hot lunches
- Visible supervisors on playgrounds and bus supervision

- Encouragement for active living - noon-hour games, activities & AR program
- Farm Safety presentations
- Bus Safety presentations
- Daily Physical Activity Program
- Multiple clubs offered during and after school
- Family Engagement Nights used to build connections between families and VES

## CONTINUOUS SCHOOL IMPROVEMENT

*This topic identifies the ways that schools are working towards improving or maintaining the quality of education that our children receive. We are supporting this area in the following ways:*

- Staff Professional Development - Trauma Informed Practice, Empowering Writers, Infusion of First Nation, Metis, and Inuit perspectives, Response to Instruction (ensuring timely identification and assessment of students so that all have the opportunity to maximize their learning), concept-based learning, building positive school climate and inclusion
- Collaborative coaching - guided reading and guided math
- Standardized reading/writing assessments to guide instruction
- Grade level and division wide collaboration
- Concept-based teaching and learning
- VES Optimal Learning Coaches and BTPS Innovation Coaches (collaborative projects)
- Intramural program and clubs
- Meaningful and educational field trips
- Book fairs to enhance the book selection in the library

## STUDENT LEARNING OPPORTUNITIES

*In addition to core-curriculum programs and a balanced program that meets the needs of our students in all grades, we also offer the following:*

- Concept-based Learning in classes and maker-space opportunities
- Science Fair
- Literacy program
- Response to Tiered Instruction Framework
- Special Education Programming through an Inclusive Education Supports Model
- Accelerated Reader Program (grade 2-6) to encourage reading and build literacy skills
- Technology opportunities
- Introduction to band (grade 6 Squeak and Squawk)
- Exposure to the Arts (drama & art clubs, pottery, traveling art exhibit, performers)



- Presentations from community members/experts
- First Nations/Metis/Inuit perspectives and history - Indigenous People's day, Orange Shirt Day, individual presenters, Art exhibits, Musical performances

## PREPARATION FOR LIFELONG LEARNING

*This topic identifies if students are taught attitudes and behaviours that will make them successful at work when they finish school. We are supporting this area in the following ways:*

- Local & Global Citizenship Projects
- Local experts spend time in classrooms to discuss careers and support learning
- Mental Health Capacity Building programming at every grade level (VIBE)
- Alberta Health Services programming for individuals and classroom support
- Provide opportunities within our school for student leadership
- Hot Lunch Helpers
- Library Club
- Tree and flower planting
- Transition plans and meetings to support students changing grades and as they move to JR Robson

## PARENTAL INVOLVEMENT

*This topic identifies to what extent parents and community members are involved and knowledgeable about what is happening at Vermilion Elementary School and about decisions made. We are supporting this area in the following ways:*

- An active and organized School Council that meets six times a year
- Active parent volunteers (classroom volunteers, reading support, library support, supporting special events, serving hot lunch)
- Muffin Morning & Celebration Night
- After school activities and clubs for students to participate in (art, drama, basketball, volleyball, cross-country running, Klondike Relays, track & field)
- Christmas concerts and caroling
- Communication through monthly school and classroom newsletters, Student Agendas, Emails, Telephone, Webpage, Facebook, weekly articles in local papers, school sign
- Encourage ongoing student/parent communication with school staff and an open door policy
- Digital reporting of grades and parent-teacher interviews
- Monthly Assemblies
- Parent Portal with access to attendance, grades, teacher comments, report cards & school information



## FROM THE BUS LANE

### Please ensure that you are following COVID-19 Bus 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!**

**Proper Winter Attire:** Regardless of the temperature, students should always wear or carry with them appropriate winter attire when riding the school bus.

**Inclement Weather:** If the bus is not running due to inclement weather your bus driver will call you. If you have already left for work before your children get on the bus you can check the BTPS website at <http://www.btps.ca/> We try to update the website as soon as we are notified by the bus driver or the decision is made by the jurisdiction to cancel the bus runs.

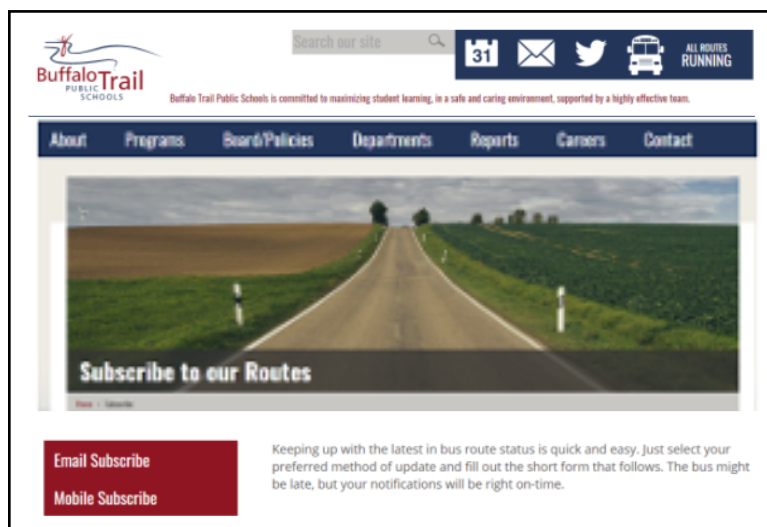


[701-11AP - Inclement Weather - Jurisdictional Bus Cancellations](#)

[701-12AP - Inclement Weather - Bus Contractor/Driver Bus Cancellations](#)

Jurisdictional based bus cancellations will be made at 6:00 p.m. the night before based on the projected temperatures (with or without windchill) at 6:00 a.m. to 9:00 a.m. for morning runs and for 3:00 p.m. to 5:00 p.m. for afternoon runs. The Board felt this will give parents more time to make alternate arrangements. The buses will run in the afternoon if the projected temperature is warmer than -40C with or without a windchill.

Parents can now subscribe to the website to be notified when their bus is not running at <http://www.btps.ca/Subscribe.php>



**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](mailto:transportation@btps.ca). We also accept e-transfers. The email is [vivian.locher@btps.ca](mailto: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.).

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## Hope After Loss: Audra's Legacy A Program For Grieving Children & Youth

A group designed to support children & youth experiencing grief and loss due to a death of a special person.

**Program dates (10 week program)**  
Starting Tuesday, January 26th

Kitscoty Legion, 4922 - 50 Avenue  
Tuesdays from 6:30 p.m. - 8:00 p.m.  
*\*Parents support available at the same time*

*Covid protocol is being adhered to.*

Cost is \$20 per family. Subsidy is available.

**Preregistration is necessary. Space is limited.**  
To register or for more information, contact Shirley at:  
(780)846-2576 (h) or 780-871-1750 (c)

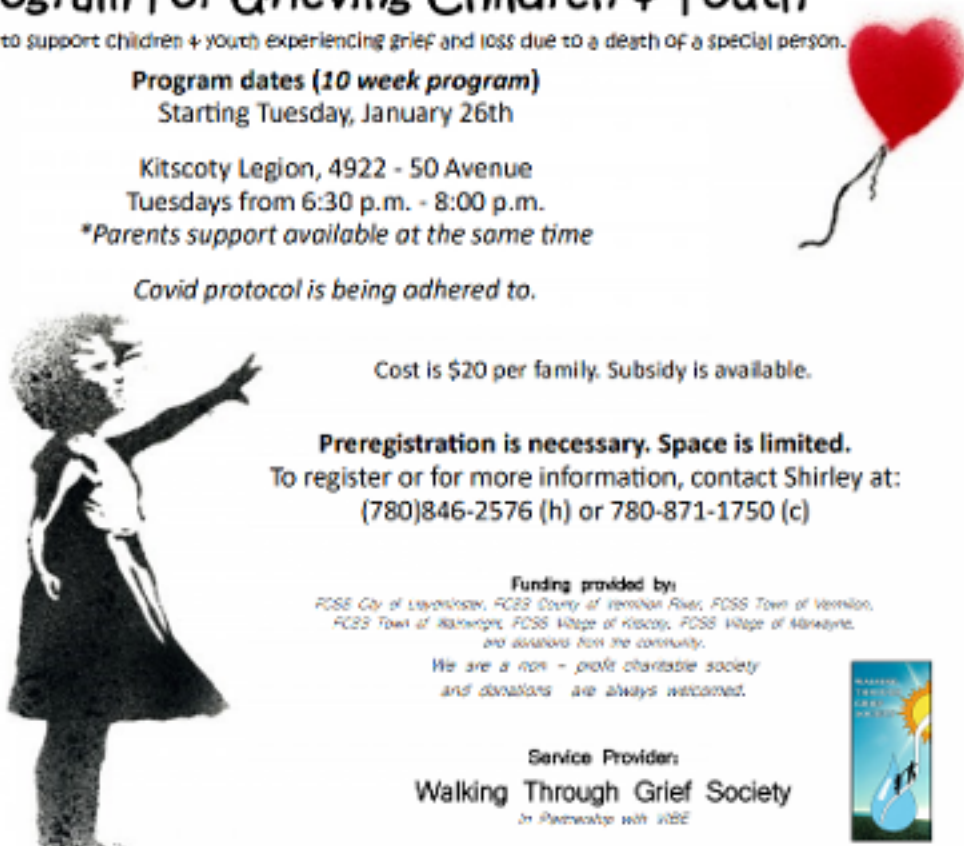
**Funding provided by:**  
PCSS City of Lloydminster, PCSS County of Vermilion River, PCSS Town of Vermilion,  
PCSS Town of Wainwright, PCSS Village of Kitscoty, PCSS Village of Alderleyne,  
and donations from the community.

*We are a non - profit charitable society  
and donations are always welcomed.*

**Service Provider:**  
**Walking Through Grief Society**  
*In Partnership with VIBE*

The Grief Support Group will cover the following:

- Death and Grief and Loss
- Feelings
- Fears, Guilt, and Regrets
- Memories
- Healing
- Self-Care and Support
- Rituals and Special Days
- Saying Goodbye





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.

# 5th Annual Work Stress Life Conference

## Mental Health & Wellness

### Wednesday, January 20, 2021

### FREE EVENT ~ Virtual Format

Virtual Mental Health and Wellness conference on Wednesday, January 20, 2021. This is a mental health learning opportunity for anyone who wants to register. You must preregister even though there is no fee for this online conference. It is sponsored by Walking Through Grief Society, County of Vermilion River FCSS, and Town of Vermilion FCSS.

Please review the Vermilion Chamber of Commerce link below for the speakers, sessions, and registration. The speaker line-up and sessions are as follows:

Live Schedule January 20:

8:35 - 10:20 am Ariel Haubrich - Your Brain and Stress

10:30 - 12:15 pm Andrew Jensen - A professional golfer talking about his depression experience

12:45 - 2:30 pm Do More Ag Foundation - Mental well-being in the agriculture industry

2:40 - 4:40 pm Dr. Jody Carrington - Relationships



Dr. Jody Carrington



Do More Ag Foundation

All four speakers will be recorded and once registered; you will be able to view the sessions whenever you prefer on zoom for two weeks after the live conference date (ie. February 3, 2021).



Andrew Jensen



Ariel Haubrich

#### Thank you to our Sponsors

Family & Community Support  
Services (FCSS) from:



To register go to the online event calendar of the Vermilion & District Chamber of Commerce:

<https://vermilionbertachamber.com/online-event-calendar/#id=131&cid=1648&wid=501>





Children and teenagers may be feeling anxious right now. While ups and downs are part of life, a crisis brings specific challenges, so building children's emotional resilience is more important than ever. Even in difficult times, positive family interactions help children become more resilient, and this is easier with the right support. That's why we're sharing the information below with you, and asking you to pass it on to families.

## **ONLINE PARENTING SUPPORT AVAILABLE FOR FREE IN ALBERTA!**

Thanks to funding from the Alberta Government, support is available to parents and caregivers via two FREE evidence-based, online programs (Triple P Online and Teen Triple P Online). There are also free downloads and resources to help families to cope with the emotional challenges and ongoing effects of the COVID-19 global pandemic.

Visit the website today: <https://www.triplep.online/alberta>.

## **HELPING TO SUPPORT CHILDREN'S & TEENAGERS' WELLBEING**

The Triple P – Positive Parenting Program® helps parents and carers focus on children's and teenagers' emotional wellbeing and development, even in times of stress and uncertainty.

Triple P Online and Teen Triple P Online are interactive programs that cover a wide range of positive parenting tips and strategies, and the new COVID-19 module helps parents stay calm, learn how to respond to children's or teenagers' anxiety, and encourage resilience and coping skills during this time.

There are also worksheets and videos on handling common issues and supporting children's and teenagers' development.

Free access to Triple P Online and Teen Triple P Online for Albertan parents has been funded by the Alberta Government.




*We respectfully acknowledge the Traditional Owners of the lands on which we learn and work, and pay respect to the First Nations Peoples and their elders, past, present and future.*



# Vermilion Elementary School

*Being the Best We Can Be*

January 2020

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
	<----- No School Christmas Break ----->					
3	4	5	6	7	8	9
	<----- ECS-Gr 6 At Home Learning Jan 4-8 ----->					
10	11	12	13 School Assembly 9:30 -- Dress to Impress or Sports Day	14	15	16
						
17	18	19	20	21	22	23
24	25	26	27	28	29 No School Teacher Directed Day	30
31	1 No School School Learning Day	2 School Assembly 9:30 -- Dress up all in one colour or rainbow of colours	3	4	5	6