



VERMILION ELEMENTARY SCHOOL NEWS



Being the Best We Can Be



**December
2020**

VIRTUE OF THE MONTH

Responsibility

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 we look ahead to December, it appears that a white Christmas is in store for all of us. With the number of Covid-19 cases in our area on the rise and gr. 7-12 students now learning from home over the next 3 weeks, the level of anxiety also seems to be on the rise. The current state of restrictions in Alberta make for some challenging times, and we are all very hopeful that Christmas as we all know it will be possible. We are in very difficult times and, now more than ever, it is important for everyone to do their best to be kind and positive to each other. We recognize that all the protocols are difficult for everyone, but we know we must continue to be diligent if we want things to get better. We are all in this together, and we will get through it.

As was recently announced by the Alberta government, all students in ECS-Gr. 12 will learn from home from Jan. 4-8, 2021. This may be difficult for some, as it may bring back negative memories from the spring and summer of 2020. I would encourage everyone to try and look at it from a positive perspective, recognizing that it means parents get an extra week to have their kids at home with them. I have told all students that their 'gym' homework for that week (as well as perhaps during the holiday break) is to not only be sure to get outside for some fresh air each day, but to also get some form of activity each day. These two things are important for all of us, as it helps clear our minds and helps relieve stress. The importance of our mental health at this time is critical to our well being!

We would typically hold several key events in December, which won't happen in the same fashion this year. Our assemblies have looked different all year, with each classroom connecting virtually via Google Meets. These make it harder to make connections with everyone, both students as well as staff. Our staff meetings will be moving online as well over the coming weeks. While these are not quite the same as face-to-face meetings, they do allow us to collaborate and connect as a group. *continued on 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.

Over the past few years, we have also held a turkey dinner for students and staff just prior to the break. This event really allowed us to come together as a school family, but with the restrictions this year, it won't be possible. What has become a long-standing tradition in many schools, Christmas concerts will also not be the same. A modified version of this is currently underway with each class at VES and will be shared out on social media as they occur. However, one thing that has remained consistent is the excitement kids get about Christmas. It has been wonderful to hear students talking about their 'Elf on the Shelf' and all the little things that kids notice related to that. It has made for a bit of a bright spot in what have certainly been challenging times.

We anticipate much excitement in our students over the coming weeks. The days leading up to the Christmas break will become more and more evident just by watching that excitement grow. On behalf of all the staff at Vermilion Elementary School, we would like to wish everyone the very best of the holiday season. We understand that these are difficult and challenging times. We encourage everyone to continue to follow the restrictions from AB Health, to continue to be positive and kind to others and to continue to be the very 'Best you can Be!' We look forward to re-connecting with families again beginning on Jan. 4, 2021.

Merry Christmas and Happy New Year to all!

Mr. Calvin Anhorn

Principal

The logo for Mom's Pantry, featuring the words "MOM'S PANTRY" in white, bold, sans-serif capital letters on a red rectangular background.

KINDERGARTEN MOMS PANTRY FUNDRAISER

Thank you for supporting and helping our Kindergarten fundraiser be successful! We have not confirmed our delivery date yet with Mom's Pantry but will keep you posted.



CHRISTMAS CONCERTS

This year we will not be having our annual Christmas concerts. Instead, please go to Facebook and like Vermilion Elementary School. As the days get closer to the break, we will be showcasing each class as they perform a number for you in our Baker's Dozen 12 Days Before Christmas!



CREATIVE KIDS CLUB

Creative Kids Club is a lunch hour club for grade 6 students at VES this year. This offers students the opportunity to try different ways of expressing themselves through the arts. About 25 students are participating in these projects. The first activity was a macrame wall hanging out of t-shirt material. Next we will be furthering our macrame skills by making mini plant hangers. I wonder what we will make next with these new skills?



LEARNING COMMONS

I am happy to say our students sure enjoy reading! Even though I have restricted the amount of books students can take home, they have been really good about bringing their books back to school to return for a new book, or to renew their book to finish reading. The returned books sit untouched for 4 days, then they are re-shelved and ready for circulation. Once again I would like to remind everyone to look after their books. It is a good idea to leave them in your backpack until you are ready to read. Then when you are done reading, put them back in your backpack or in a safe place. We do not want books to get wet, or sticky, or chewed up, so please look after them.

Our AR Wall of Fame is looking pretty colorful. Students who have reached their 1/2 year goal, get their picture on the Wall of Fame. As of this date, we have almost 50 students who have reached their year end AR goal. Wow, super reading! All students who reach their year end goal prior to January 31st, get the reward to order a new book for our Library Learning Commons. This reward program would not be possible if not for the Vermilion Credit Union's donation to our school. Big Thanks to them!

Our Scholastic Book Fair was a virtual event. It was not as big of a success this time around. However I do understand all the reasoning. We were able to receive some books from our profits. Thank you to all who still supported the Book Fair. We are supposed to have another book fair in March or April. We will see what it looks like closer to the date.

Keep up the great reading VES! Every book is an adventure.



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 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



2020-21

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

**Have fun
Get involved!**

December 1	Crazy Hair	Crazy Hat
December 18	Pajamas	Christmas sweater
January 13	Dress to Impress	Sports
February 2	All in one colour	Rainbow of colours
March 3	Superhero	Super hero
April 13	Mustache or beard	Crazy socks
May 5	Future	Past
June 1	Dress for any season	Dress for any holiday

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.



SHARED SNACKS

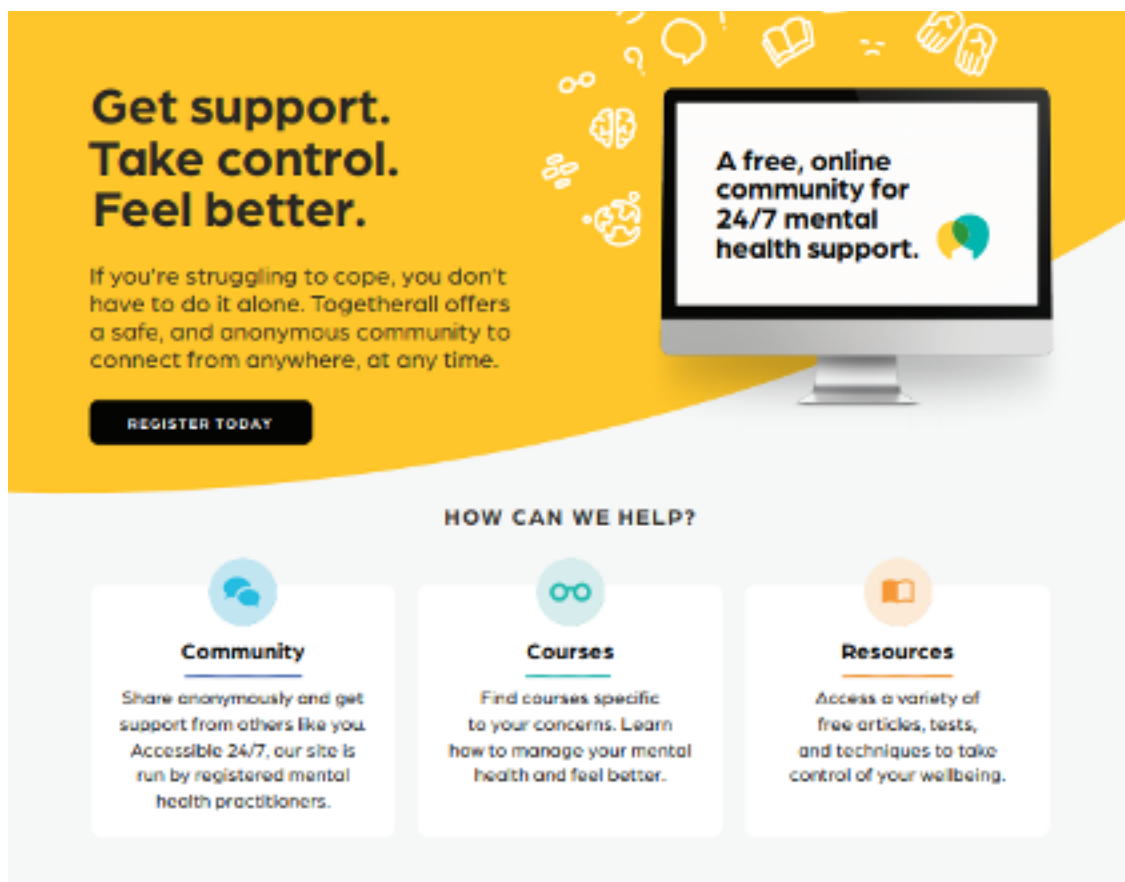
In previous years, some parents have chosen to send a shared snack on their child's birthday or during other celebrations. This year with COVID Restrictions we are unable to share food in the same way we would have in the past. We all appreciate the homemade goodies, but at this time, we are asking that 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.

Students have been busy here at VES and for many classes, programming is wrapping up just before we head into break. From self-esteem, to the amygdala, communication styles, and emotions, students have been taking in a lot of new information and putting it to use. I encourage you to talk to your child(ren) about what they have learned from VIBE this far into the year. Their learning has been incredible and I am certain they will be able to teach you something new from our lessons. I would also like to wish each and every family a safe and enjoyable break, filled with happiness and gratitude!



**Get support.
Take control.
Feel better.**

If you're struggling to cope, you don't have to do it alone. Togetherall offers a safe, and anonymous community to connect from anywhere, at any time.

REGISTER TODAY

A free, online community for 24/7 mental health support.

HOW CAN WE HELP?

- Community**
Share anonymously and get support from others like you. Accessible 24/7, our site is run by registered mental health practitioners.
- Courses**
Find courses specific to your concerns. Learn how to manage your mental health and feel better.
- Resources**
Access a variety of free articles, tests, and techniques to take control of your wellbeing.

WHY USE TOGETHERALL?

- Members interact anonymously so you're free to share without fear.
- Togetherall's community is accessible and active 24/7 by phone, computer or tablet.
- 24/7 moderation ensures that the community remains safe and supportive.

Togetherall gave me a place to feel safe, everyone was so supportive, it helped me through a difficult time.

LEARN MORE

16+

Free to all Albertans, register at:
togetherall.com

Or learn more at:
ahs.ca/virtualmentalhealth



Find JOY in the Holiday Season:

Holiday gatherings may look a little different this year; help your children see the good things.

Staying home can be more relaxing and less costly.

Practice gratitude with your family:

- Share what you are grateful for.
- Say thank you even for small things and show appreciation to others.

Find creative ways to connect with others. Perhaps a drive-by parade, positive messages in windows, or sending cards in the mail.

Reliving old traditions can warm a heart this season:

Make cookies with your kids – let them take the lead!

Watch your favourite movies and TV specials together.

Go sledding, play board games, build a snowman.

Take a walk in your neighborhood and enjoy the lights. End with a cup of hot cocoa.

Make new family traditions this holiday season:

Trade kid-friendly recipes online and cook together as a family.

Share a family meal together virtually.

Plan and try new outdoor activities with your kids. Be sure to add in a dose of laughter to your activities.

Go caroling. What a great way to spend time with your family and bring a smile to someone else.

There's no right or wrong way to feel, remember:

Connecting virtually with loved ones is comforting and builds family resilience.

To promote wellness through self-care activities for the whole family.

It's okay to seek help. Talk to someone you trust or reach out for support. Help is on the line...anytime...all the time. Call the Mental Health help line at 1-877-303-2642.

MORE RESOURCES

ahs.ca/helpintoughtimes
togetherall.com

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



Stress is a natural physical and mental reaction to life's circumstances and is something we are all faced with on a daily basis.

A stressor, such as writing an exam, a social situation or a thought can cause a stress response in your body. The stress response is normal and is our body's best effort to face the challenges that come our way (heart racing, butterflies in your stomach, palms sweating, etc). There are different types of stress - positive, tolerable, and toxic. While toxic stress is prolonged and can be harmful for a person's mental and physical health; positive and tolerable stress is short term and allows us to develop healthy coping skills, become stronger and healthier and develop resiliency.

Resources

<http://teenmentalhealth.org/learn/understanding-stress/>. <http://teenmentalhealth.org/wp-content/uploads/2017/09/Stress-Two-pager.pdf>.

Submitted by Tanya Laye, VES Social-Emotional Coach.

If you'd like further information or have any questions, please feel free to contact me.



FROM THE BUS LANE

PROPER WINTER ATTIRE: Regardless of the temperature, students should always wear or carry with them appropriate winter attire when riding the school bus.

BUS DRIVER NOTIFICATION: When the weather is cold it is very important that you let your bus driver know that you will or will not be on the bus so they can adjust their stop times so students are not waiting longer than necessary at their bus stop.

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.

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.

Here are the links on the Bus Cancellation Administrative Procedures for your review:

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

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



Vermilion Elementary School

Being the Best We Can Be

December 2020

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 School Assembly 9:30 -- Dress Up Crazy Hair or Crazy Hat Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 Dress Up PJ's or Christmas Sweater Day	19
20	21	22	23	24	25	26
	No School Christmas Break					
27	28	29	30	31	Jan 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
						