



VERMILION ELEMENTARY SCHOOL NEWS



Being the Best We Can Be

November 2020



VIRTUE OF THE MONTH

Perseverance

SCHOOL COUNCIL

**Please join us for
School Council AGM
by Google Meet on
Monday, November 16
at 7:00 pm**

*Link will be sent out by
text closer to the date.*

STAY CONNECTED WITH VES

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



As we move into November, we are accustomed to often having cooler temperatures. While we have had some at sub-zero, we are likely all happy to get to savor a few more warmer days. It was so nice to see decent temperatures for Halloween, even though Covid-19 and all the restrictions have changed things significantly in our world.

We would like to express our gratitude and appreciation to all our families for continuing to be diligent with all the protocols and restrictions. There is little doubt that our world has changed over the past 8 months. We thank everyone for remaining positive, as the level of anxiety in society has risen. All the extra work and effort on the part of everyone shows we are all working together to keep our students, staff, parents and the entire school community safe.

As we look ahead to November, a few key events come to light in our school. We will be holding parent-teacher interviews on Wed., Nov. 4 and Thurs., Nov. 5 from 4:30-7:30 inclusively. To limit the number of essential guests to our school, these will be conducted over the telephone. We encourage parents to connect with their child's teacher both now and at any time during the school year when a question may arise. It is much better for everyone's sake to deal with a question or concern early on than to leave it. We encourage open communication between staff and parents. We have been holding monthly assemblies in a virtual format to connect with all of our staff and students. With all of our staggered recesses and breaks, many of our K-3 students and staff do not often see our gr. 4-6 students and staff. We value this creative connection with our entire school family. We will also be holding our Remembrance Day ceremony in a virtual format. There will be some things that are obviously different, but the main ideas and thoughts will still be present.

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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.

These unique times allow for our teachers to have conversations with their students about the events and the meaning behind them. This was also the case in regards to our lockdown drills. We had asked our staff to have a conversation with their students at the conclusion of these drills to explain what would normally happen.

A few years ago, a new policy was introduced in BTPS that involved the digital reporting of marks to parents. This is not to be mistaken as being the same as a digital report card. Parents should all have the ability to log into Parent Portal and view their child's marks at any given time during the school year. A report is available to print at any given time by parents. If parents have questions or concerns regarding their child's progress, they are encouraged to contact their child's teacher to discuss the matter further. We strongly encourage staff and students to work closely together in this process. If anyone has any questions or concerns about the digital reporting of marks, please feel free to contact our school office.

Mr. Calvin Anhorn

Principal



REMEMBRANCE DAY CEREMONY

VES will have their Remembrance Day ceremony virtually on November 6. Each class will be making a wreath to put up in their classroom during the ceremony. We feel fortunate to have been sent videos from Canadian Armed Forces members to play during our ceremony. It is very sad to think that our veterans and military personnel are unable to join us this year. We will hold them in our thoughts as we continue to remember the sacrifices they made, and continue to make, for us.



PARENT TEACHER INTERVIEWS

We hope you have all had a wonderful start to the school year! Parent Teacher Phone Interviews will be coming up on November 4th and 5th from 4:30-7:30 pm and an extra day for Kindergarten only on the 6th from 9:00 am - 3:30 pm. We would like to connect with all families so please check your emails for detailed instructions on how to book or login to <https://vermilion.schoolsoft.com> to secure a time that is convenient for your family.



KINDERGARTEN MOMS PANTRY FUNDRAISER

Back by popular demand! The Kindergarten classes will once again be selling Mom's Pantry Products to raise money for classroom learning resources and materials. The fundraiser will run from Nov. 4-18th. To see a catalogue of food items available for purchase and to place an order online, visit <https://momspantry.ca/> and click "shop now"! At checkout, BE SURE to choose Fundraiser Group Pick Up", then enter the group name as "Vermilion Elementary School" and order number 320089. Paper forms are also available at the office. The product list has something for everyone from ready to bake items, gourmet soups, smoothies, pastries and more! Thank you for your support!



LEARNING COMMONS

It makes me so happy to see students wanting to read! Students are allowed to have two books out and one of the books they choose should be at their AR level. I have asked students to please keep the library books in their backpack until they want to read and then when they are done reading return the books to their backpack. This avoids lost books, books that need repair, and of course keeps germs down. Also, with winter around the corner, please be extra careful with wet mittens too close to their books. We appreciate your assistance in caring for our library books so that we can keep them for students to enjoy for several years to come.

SCHOOL COUNCIL



SCHOOL COUNCIL

Hello VES families!

My name is Danielle Eriksen and I am the newly elected School Council Chair. I have two daughters who currently attend VES; one in grade 6 and one in grade 3. I also have a 7 month old son at home. I have lived in Vermilion for 15 years having moved to my husband's home town after we got married. I love this community and have loved the people I have had the opportunity to get to know by living here.

VES has been a huge part of our family over the last 6 years. The staff at VES always made my kids and myself feel like we are a part of a family. Staff members would attend soccer tournaments to watch the kids they taught. They attended music festivals to listen to the performers from their classes. The staff supported my family in any way we needed it and were always positive influences in my kids' lives.

As School Council Chair, I hope to bring this feeling of family and community to VES parents. When we are again permitted to meet in person, I would like to shake each VES parent's hand. In the meantime, parents can reach out to me via email at dcreasy@ualberta.ca, or say hi if you see me around town. If you have questions about the School Council, how it runs or how you can get involved, or a question about the school but aren't sure who to ask, I can be another resource for you. If I don't know the answer, I'll find it for you.

Raising kids takes a village. I'm glad I have the VES family in my village.



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.

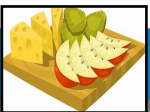
Complete the BTPS COVID-19 app on the ipad provided or use your own device to complete the app. To open the app, scan the QR code below with your device camera.

- 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.



FIT FAMILY CHALLENGE

Thank you to all the VES families who participated in our VES Fit Family Challenge. We enjoyed seeing, and took inspiration from, all the fun and different ways families found to be active together. What a great way to stay connected with our families when we don't get to see you as often in our hallways. We will be making the draw for the Fit Family Fun Basket in November and will post the winning family on facebook.

Stay active and healthy!

Mrs. Moses



VES SPIRITWEAR

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



\$13



\$22



\$30



2020-21

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

**Have fun
Get involved!**

November 4	School spirit wear	School colours
December 1	Crazy Hair	Crazy Hat
December 18	Pajamas	Christmas sweater
January 6	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

We are excited to be able to offer a pilot project of hot lunch meal delivery. We will start with just one meal per week, half of the classes on Wednesdays (KA and Grades 1,2,3), and the other half on Thursdays (KB and Grades 4,5,6). To begin, we will be partnering up with Cornerstone Co-op and their Homestyle Meal Program options. They have a great, tasty and affordable variety of options that we will choose to offer. Meals will now be delivered to classrooms instead of students lining up to the kitchen. To meet BTPS COVID19 requirements, we unfortunately cannot have all of our lovely community and parent volunteers we have had in the past. Karen and Donna will be doing some prep work and portioning of the food, delivering to classrooms at specific times, and then collecting the garbage and cleaning afterwards.

The cost will remain at \$4.50 per meal. To have the least amount of physical contact, we are requesting that everyone who is able, orders the meals on our website. Once you have an account set up, it is quite simple. Online payments are strongly preferred.

For returning families, last year's accounts have been erased as we cannot store student information. Families who may have had a credit on last year's balance, that credit will carry forward as long as you use the same email address as last year.

For new and returning families, please follow these steps below:

- ✓ Go to **VES.hotlunches.net** on your phone/laptop/computer
- ✓ Click on "Click Here to Register" (It's on the bottom right of screen)
- ✓ Enter Access Code **VEHL**
- ✓ Complete the rest of the registration form. (Including your email address will ensure you receive reminder emails about hot lunch order deadlines, and your child's hot lunch order for the upcoming week).
- ✓ Click the **"Register Now"** button at the bottom ✓ On the welcome screen click "Students" enter your student's details including home room. Do this for each student that you have that attends **Vermilion Elementary School**.
- ✓ Log out and then log back in.
- ✓ Click on "Orders" and select the correct month.
- ✓ Proceed to order hot lunch for your child(ren)

About the Program

We are a registered charity that began operation in October 1999. Our goal is to ensure all V.E.S. students have access to nutritious food. After all, children with full tummies are more successful! Sorry but there are no alternative food choices for children with food allergies, food intolerance's, religious beliefs or dislikes. The cost per meal is \$4.50. If your financial circumstance prevents you from having your child(ren) participate in this lunch program, please pay what you can. All matters are kept in the strictest of confidence.

Although the School Lunch Program Society does not anticipate any changes in the menu, circumstances may arise, and substitutions may have to be made. No refunds will be made for menu change.

Please follow us on Facebook. If you have any questions, feel free to email veshotlunch@gmail.com

order form

Vermilion Elementary School Lunch Program Society
NOVEMBER 2020 DIVISION 1 MENU

Student's Name	KA 1A 1B 2A 2/3 3A CLASS (please circle)

Please ✓check your choices on this form and return no later than **November 6th**.

In order to properly plan and organize your child's lunch program, we ask that you please meet the deadline for returning lunch orders. It's strongly preferred that you order online instead by visiting VES.hotlunches.net using access code VEHL

			Wednesday, November 18		
		Roast Beef, Mashed Potatoes, Cooked Carrots			
			Wednesday, November 25		
		Ham, Mashed Potatoes, Cooked Carrots and Beans			

The cost is \$4.50 per meal. Make ~~cheques~~ payable to V.E.S. Lunch Program Society. (Post-dated ~~cheques~~ are acceptable.) Although we require a signed sheet for each child, feel free to combine payment and return all sheets in one envelope.

**Although the School Lunch Program Society does not anticipate any changes in the menu, circumstances may arise and substitutions may have to be made. No refunds will be made for menu changes or for students that are absent.*



Parent Signature _____

Date _____

Vermilion Elementary School Lunch Program Society
NOVEMBER 2020 DIVISION 1 MENU



Student's Name	KA 1A 1B 2A 2/3 3A CLASS (please circle)

Please ✓check your choices on this form and return no later than **November 6th**.

In order to properly plan and organize your child's lunch program, we ask that you please meet the deadline for returning lunch orders. It's strongly preferred that you order online instead by visiting VES.hotlunches.net using access code VEHL

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**Although the School Lunch Program Society does not anticipate any changes in the menu, circumstances may arise and substitutions may have to be made. No refunds will be made for menu changes or for students that are absent.*



Parent Signature _____

Date _____

Vermilion Elementary School Lunch Program Society
NOVEMBER 2020 DIVISION 2 MENU

Student's Name	KB 4A 4B 5A 5B 6A 6B
	Class (please circle)

Please ✓check your choices on this form and return no later than **November 6th**.

In order to properly plan and organize your child's lunch program, we ask that you please meet the deadline for returning lunch orders. It's strongly preferred that you order online instead by visiting VES.hotlunches.net using access code VEHL.

yes please	Thursday, November 19
Roast Beef, Mashed Potatoes, Cooked Carrots	
yes please	Thursday, November 26
Ham, Mashed Potatoes, Cooked Carrots and Beans	

The cost is \$4.50 per meal. Make ~~cheques~~ payable to V.E.S. Lunch Program Society. (Post-dated ~~cheques~~ are acceptable.)

We require a signed form for each child, but you may combine payment & all sheets in one envelope/sandwich bag.

**Although the School Lunch Program Society does not anticipate any changes in the menu, circumstances may arise and substitutions may have to be made. No refunds will be made for menu changes or for students that are absent.*



Parent Signature

Date

Vermilion Elementary School Lunch Program Society
NOVEMBER 2020 DIVISION 2 MENU

Student's Name	KB 4A 4B 5A 5B 6A 6B
	Class (please circle)

Please ✓check your choices on this form and return no later than **November 6th**.

In order to properly plan and organize your child's lunch program, we ask that you please meet the deadline for returning lunch orders. It's strongly preferred that you order online instead by visiting VES.hotlunches.net using access code VEHL.

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Roast Beef, Mashed Potatoes, Cooked Carrots	
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**Although the School Lunch Program Society does not anticipate any changes in the menu, circumstances may arise and substitutions may have to be made. No refunds will be made for menu changes or for students that are absent.*



Parent Signature

Date



HEARTS & HANDS

Once again, Hearts and Hands, on Tuesdays, Wednesdays and Thursdays, from noon until 4:00 pm will have winter wear available. If you are in need of coats, boots, mitts, toques etc please stop by the VOICE at the listed times above. If you are unable to attend at the listed times, please call the school for arrangements.

Social Emotional Coach

SEC

Routine.

It may sound simple and general, and that's because it is...

But developing your own family ritual will give your child consistency and security in the home, as well as setting them up with good habits for life. Building routines with your children helps them to feel safe.

In what some researchers have described as an "epidemic of anxiety", the predictability and familiarity that comes with routine offers the perfect safe space that kids need. A consistent routine in the home will have far fewer variables, so your kids can relax in knowing what to expect.

Resources

<https://www.petitjourney.com.au/10-reasons-a-daily-routine-is-important-for-your-child-and-how-to-set-one/>

<https://biglifejournal.com/>

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

Parents may be hearing some brain talk, breathing exercises, or chatter about feelings from students in VES around home as they have been busy learning these things and more with VIBE. The Kindergarten classes have been part of the Superflex program, learning how to think flexibly. The grade 1's have been learning about the brain, stress, and how to take care of their mental and physical health with the Building Mental Wellness Program. In grade 2, 2/3, and 3 students are partaking in the Worry Woo's program, which teaches students about their feelings. The grade 4 classes have also been taking the Building Mental Wellness program with VIBE. In October the grade 6 class started with the Youth Advisory, an optional club that allows students the opportunity to be creative and become leaders within their school and community. This group has many great ideas on how to bring some extra positivity into our school. I am very proud of their initiative and am positive they will do amazing things throughout the year.

Stigma and COVID-19

The COVID-19 pandemic has sparked a rise in social stigma.

Social stigma is when society expresses negative judgment towards others. This often takes the form of fear, blame, and unfair treatment.

Why is the COVID-19 pandemic creating stigma?

Lack of understanding and stress causes fear, anger, and intolerance.

How can stigma impact the well-being of your family?

Stigma is associated with poor social, physical and mental health.

Stigma can make people feel guilty or bad about themselves and may lead to isolation and disconnection.

Feelings of guilt and lack of control increases stress, anxiety and fear.

Judging others does not encourage kindness, compassion or understanding.

What can you do to reduce stigma?

Words matter, so choose your words carefully to show support and empathy.

Model acceptance and compassion.

Bust myths and misunderstanding by sharing the facts from credible sources.

Practice the recommendations for staying safe and preventing the spread of COVID-19.

Kindly correct others who use words or actions that are hurtful to others.

Tips to help your child or family if you experience stigma

Reach out to someone you trust and talk about how you are feeling.

Practice self compassion. Don't blame yourself if you have the virus.

Take a break from social media and use that time to practice self-care together.

Check in and pay attention to how you and your children are doing. Take time to have a conversation to help build coping skills and increase understanding.

MORE RESOURCES

[Mental Health & Covid](#)

[Covid Testing & Stigma](#)

[Talking With Your Children About Covid 19](#)

[Help in Tough Times](#)

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





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](#)

WELLNESS TOGETHER

Canada

Mental Health and
Substance Use Support

Wellness Together Canada is a mental health and substance use website to support people across Canada and Canadians living abroad in both official languages. We provide the following resources for you at no cost:

Immediate text support

- Information and videos on common mental health issues
- Mental wellness programs you can do on your own and with coaching
- Monitored communities of support
- Individual phone, video, and text counselling

This online service was launched in response to growing mental health concerns related to the COVID-19 pandemic. Wellness Together Canada is a Health Canada funded project that is a partnership among Stepped Care Solutions, Kids Help Phone and Homewood Health – three of Canada's leading and most innovative mental health organizations. Access through: <https://ca.portal.gs/>

Would you like to help VES?

***Friends of VES Council will be working a
Casino in Camrose, November 12 & 13.
We need 5 - 8 more people to take a
shift or two. It is fun and easy.
Free hotel room for the night(s), great
complimentary food, and mileage paid.***

***Money earned at the Casino is spent
in the school. With the money from the
last Casino 3 years ago, we bought
furniture for the Learning Commons
and IPADs. In the past we have bought
books, appliances, and other
technology.***

***Please email:
Friends.of.VES.Council@gmail.com
Or call/text 780-853-3825***

Tips to help your child be comfortable and confident wearing a mask

To help protect each other and to prevent the spread of COVID-19 it is recommended masks be worn when [physical distancing](#) cannot be maintained. This includes in places like schools, buses and public transit, health care facilities, and some community public places. Many stores and businesses also request that customers wear masks.

Talk to your child about why masks are important, and help them feel confident and comfortable wearing a mask.

Here are some simple tips and helpful resources:

A simple act of kindness.



Masks provide protection.

Masks help keep everyone safe during the COVID-19 pandemic, especially in public places like a school. It is a simple act of kindness: My mask protects you. Your mask protects me. Masks offer a way to cover your mouth and nose to prevent germs that can go from your body onto someone else or on to surfaces that people touch. Germs can come from your body when you do things like sneeze, cough, talk, yell, laugh or sing. Wearing a mask may stop you from touching your nose and mouth which can also help prevent the spread of the virus. Watch this [short video](#) to learn more about why wearing a mask matters. For more helpful tips, visit alberta.ca/masks.



Choosing a mask? Let your child help.

If possible, have your child choose the color and design of their mask, and the fabric that will feel comfortable for them. Mask extenders (ear savers) that connect the elastics behind the head rather than hooking them behind the ears may help your child feel more comfortable wearing a mask. If your child experiences touch sensitivities, look for masks made of soft material. When a child-sized mask is not available, follow the steps in [this video](#) to adjust an adult-sized mask.



Wear your mask properly.

Proper handwashing is the first step to proper mask use! To learn more, check out this [short video](#) from Alberta's Chief Medical Officer of Health, Dr. Deena Hinshaw. She explains how to safely put on, wear, and take off a mask. Here are some other great resources for children, families, and schools:

- [Masks for school video](#)
- [Wear a mask poster](#)
- [My mask protects you, your mask protects me poster](#) from Alberta Health Services



How to care for your cloth mask.

Store masks in a sealed and clean storage bag (like a sandwich bag) to keep them clean and ready for use. When you remove your cloth mask, place it back in the bag until you need to wear it again. Practice this at home with your children. This will help get them into the habit of caring for their mask. Be sure to wash your masks after each use, and throw out used storage bags. Visit alberta.ca/masks for tips on cleaning your mask.



Role model mask-wearing for your children.

Show your children how you put on and take off your mask, while practicing good hand hygiene. Try wearing your masks at home for short periods of time and wear them when you are out in your community. For creative ideas about how to help young children adapt to wearing masks, check out these [7 quick tips for parents](#).



Looking for Local Services?
FROM AGENCIES
TO TOLL FREE NUMBERS,
FIND THE SUPPORT YOU NEED!

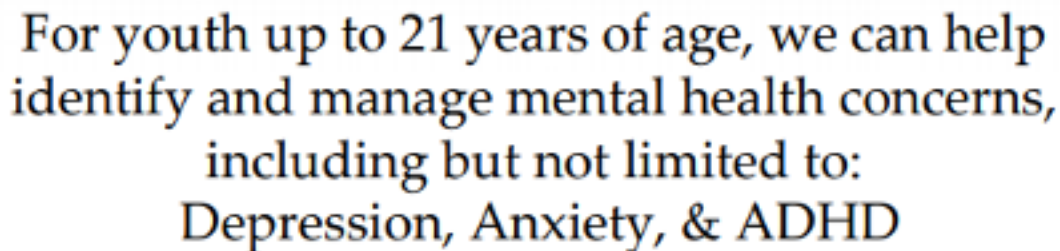
<https://vibewellnessprogram.wordpress.com/resources/>

CLICK LINK ABOVE TO ACCESS

Updated yearly by VIBE MHCB



Promoting mental health within your community



1.800.370.1697





How to dress for the weather in every season

[Christina Pickles](#) January 24, 2020 [1 Comment »](#)

We've all heard the saying—there's no bad weather, just poor clothing. Dressing appropriately for the weather has an impact on how long children can play outdoors comfortably and safely.

The most challenging temperature to dress for

You might be surprised: it isn't actually the coldest temperatures. When the temperature drops, parents understand that it's cold and are usually pretty good about bundling their children up well.

It's when the temperature ranges from 0 to 5C that dressing for the weather tends to get tricky. Parents think it's warmer than it actually is and underestimate what it's like to be outside for several hours. Add water to these temperatures and children can cool down really quickly. When in doubt, pack extra clothes.

What if you can't afford the latest gear?

Outdoor gear can be expensive. Spending over \$100 on a winter jacket for a child is possible but NOT necessary. It's more important to consider:

- Type of material: Avoid cotton on cold or wet days. It absorbs and holds water and sweat next to your skin and cools you down. Wool or synthetic materials like polypropylene are best in cold weather, especially next to your skin.
- Layering: In cooler weather, start with a base layer of wool or polyester that fits close to the skin. Next, wear a mid-layer for warmth—fleece works well here—and finally a waterproof outer layer that protects against rain, snow, and wind.
- Key features: Hoods and elastic or Velcro cuffs at the wrists and ankles.
- How clothing is worn: Pull pant legs over boots to keep water and snow out

These can be accomplished with less-expensive gear—and honestly, we survived many winters wearing cotton socks and sweatpants under our snow pants! If you're outside for longer periods of time, bring extra clothes as the weather can change and children get wet.

To help educators and parents understand what this should look like, a pair of Alberta-based organizations that are passionate about physical activity and outdoor play have put together [this infographic](#) with tips on how to dress for weather from 20C to -20C.

Developed by [Be Fit for Life Centres](#) and [Get Outside and Play](#), the poster was also reviewed by educators who spend a lot of time outdoors in all types of weather with children of all ages.

Feel free to print this resource and pin it on bulletin boards, add it to newsletters, or even stick it on your fridge. It's free to download and share.

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration, and learning.

When children have the right clothing for the season, it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead, and have fun!





Vermilion Lions Club
4929 50 Ave
Vermilion, AB T9X 1A6



2020 SANTA ANONYMOUS REGISTRATION FORM
Vermilion and Area, Minburn, Mannville, Clandonald, Islay

DEADLINE FOR REGISTRATION IS WEDNESDAY NOVEMBER 25th, 2020.

Due to Covid 19, gift cards only will be mailed to you by Dec 7th for you to purchase your food & presents for the children.

Name: _____

Street or Box Address: _____

Town: _____ Postal Code: _____

Phone: _____ (If you do not have a phone, another contact number is required.)

If we cannot contact you to confirm we will not provide a Christmas Gift Card.

Is your family's income below \$35,000.00? ____ (Combined income of both spouses based on Line 150 of you and your spouse's tax return)

First Name (and last if different) of every member in the household	Male or Female	Age of children under 18	Name of School Child/Youth attends

We require a reference to be identified by the recipient that can be contacted to confirm that the recipient is experiencing financial hardship and requires the assistance of Santa Anonymous. A reference must know which community you live in. The reference can be a staff member from Human Resources (social services), Children Services, School personnel, Clergy, Counsellors, Village or Town Administrator or Councillors, FCSS, nurse, or RCMP member. Your reference cannot be a relative. The reference must know all members of the family, including the children. If the reference information is not filled out then the application will not be considered complete and may not be processed. My reference is:

Reference's Name	Position	Agency	Phone #
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Please note: Mail completed application to address at the top. If you require more information please call 853-4240. By signing this form you agree that the Vermilion Lions Club has the right to contact the reference to confirm hardship and/or call the local schools to confirm children.

Applicant's Signature

Hey Vermilion & County!

It has certainly been a strange and stressful year for many of us, and it helps to have an outlet.

When we adapt well or “bounce back” in the face of difficulties we develop profound personal growth and build resiliency. Research tells us that, like going to the gym, increasing your resilience takes time and motivated intention. Focusing on four core components: connection, wellness, healthy thinking, and significance—can empower you to combat and learn from difficult experiences.

The Vermilion & Rural Mental Health Project challenges YOU and YOUR FAMILY

to build your family's resiliency and stay well during this time of uncertainty.

Join the community in this Stay-Well Challenge and enter to **WIN a gift card** for an outing in Vermilion with your family or friends!

VERMILION & RURAL MENTAL HEALTH PROJECT

Questions?

Contact us at

vermilionmentalhealthproject@gmail.com

or

send us a message on Facebook

www.facebook.com/Vermilionruralmentalhealthproject/



VERMILION & COUNTY

STAY-WELL CHALLENGE

OCTOBER 1 - NOVEMBER 30
2020

SPONSORED BY:
VERMILION AND RURAL MENTAL HEALTH
PROJECT

THE CHALLENGE

- ☐ Go on a 30 minute walk as a family or with friends
- ☐ Cook a healthy meal together as a family or with friends
- ☐ Write a note of gratitude to a person or business/service in the community
- ☐ Visit the Provincial Park with family or a friend
- ☐ Host a game night with family or friends
- ☐ Do a craft as a family or with friends. Take a picture and post it to your social media using the hashtag #vermillionstaywell
- ☐ Bake a treat with your family or friends
- ☐ Enjoy a movie night with family or friends
- ☐ Review the list of community services with family or friends
- ☐ Contact a distant friend or relative
- ☐ Help a neighbor with one outside household chore
- ☐ Participate in a fun activity as a family or with friends (For example: Bowling, painting, yoga or pottery class)
Take a picture and post it to your social media using the hashtag #vermillionstaywell
- ☐ Make a time capsule with your family or friends

HOW TO ENTER

Complete all of the tasks on the list with family or friends

When all tasks have been completed

1. Complete the survey
2. Complete the entry contact information
3. Return brochure to the Vermilion Public Library
5001 49 Ave Vermilion

or

Take a picture and email it to
vermillionmentalhealthproject@gmail.com

Please submit all entries by
November 30, 2020

Additional Information

Winning brochures will be drawn on
December 2, 2020

Winners will be notified by phone. Winners and some participants may be posted on the Vermilion and Rural Mental Health Facebook page.

www.facebook.com/Vermilionmentalhealthproject/

Take Our Survey

Help us improve! Please complete the survey with all participants of challenge.

The Activities we completed are activities we will do again

Strongly Agree Agree Neutral Disagree Strongly Disagree

We know resources that can be accessed if we need help

Strongly Agree Agree Neutral Disagree Strongly Disagree

We look for solutions during difficult times

Strongly Agree Agree Neutral Disagree Strongly Disagree

We adapt well to challenging circumstances

Strongly Agree Agree Neutral Disagree Strongly Disagree

We would participate in another community wellness challenge

Strongly Agree Agree Neutral Disagree Strongly Disagree



Entry Contact Information

Names of participants:

Phone Number:

Email Address:



VERMILION COMMUNITY SERVICES QUICK REFERENCE LIST

Health Link.....	811
Midtown Medical Clinic.....	(780)-853-2809
My Medical Clinic.....	(780)-853-6655
Hospital.....	(780)-853-5305
Primary Care Network.....	(780)-853-6966
Community Health Centre.....	(780)-853-5270
Addictions and Mental Health.....	(780)-581-8000
Food Bank.....	(780)-853-5161
Hearts and Hands.....	(780)-581-0521
Walking Through Grief Society.....	(780)-846-2576
Emergencies.....	911
Mental Health Crisis or Distress Line.....	1-800-232-7288
Kids Help Phone.....	1-800-668-6868
Alberta Community/Social Services Helpline.....	211

Town of Vermilion Mobile App is here!
Connect with your Community.



Features

- Receive instant updates to your phone
- One touch calling to all departments
- Instant direction to emergency
- Submit permits and forms using the app

Available on Google Play and the App Store.

Also available online at: vermilion.communityapps.ca

Download the Town of Vermilion App!

Be sure to sign up for the newsletter to have the latest notifications sent right to your phone via text!

When you've got the app downloaded, go to 'More' in the bottom right hand corner and simply select 'Newsletter/Sign-Up'.

This will allow you to receive notifications such as road closures, water restrictions, upcoming community events and more!









Every time a Co-op member uses any recyclable bag at a Cornerstone Co-op store, three cents goes toward local schools' meal programs. VES encourages our parents to use recyclable bags to help support our breakfast and lunch programs.



Vermilion Elementary School

Being the Best We Can Be

November 2020

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4 Assembly 9:30 Dress up School Colors/Spiritwear -- Kindergarten Mom's Pantry Fundraiser Begins  K-Gr 6 Parent Teacher Phone Interviews	5	6 VES Virtual Remembrance Day Ceremony  Kindergarten Parent Teacher Phone Interviews	7
8	9 No School School Learning Day	10 No School ATA Professional Day	11 No School Remembrance Day 	12 No School Day-in-Lieu	13 No School Day-in-Lieu	14
15	16	17	18 Kindergarten Mom's Pantry Fundraiser Ends 	19 School Photo Retakes (am only) 	20	21
22	23	24	25	26	27	28
29	30	1 Assembly 9:30 Dress up Crazy Hair or Hat	2	3	4	5