



VERMILION ELEMENTARY SCHOOL NEWS



Being the Best We Can Be

October 2020



VIRTUE OF THE MONTH

Compassion

SCHOOL COUNCIL

**Please join us for
School Council AGM
by Google Meet on
Monday, October 19
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**



Our school year has gotten off to a great start under some very unique circumstances this year. We would like to express a huge thank you to students and parents for all their cooperation and to staff who have worked hard to keep everyone safe. It really does take a team effort to make our school the 'best we can be'. Our weather has been quite cooperative, with the majority of gym classes going outside during their assigned class periods. Our staggered entry at the start of the school year was a great way to ease everyone back into all the new procedures. As well, we have changed the sizes of our music and 'Fit Friday' gym classes to accommodate the safety procedures and social distancing. Our ECS-Gr. 3 have different recess times than our Gr. 4-6 students in order that our cohort groups are not together on the playground at the same time. Lunch times are also separate as well. All of this was necessary to accommodate the requirement of outdoor gatherings of less than 200 people. All the changes have meant some big adjustments from what we were all accustomed to, but we are managing and becoming acquainted with the changes. We are finding that many events that we formerly held have to be thought of in a new way and we are trying our best to be creative where we can. We thank everyone for their patience and kindness as we navigate these new waters.

We would like to welcome Miss Emily Venance to our school. Miss Venance will begin her teaching practicum on Oct. 5 and will be with us for the next 9 weeks. She will be working with Mrs. Tomkins and our gr. 3 class. The month of September and the start of school began with us hosting a virtual assembly. We introduced our students to our new 'party rocker'. This is a portable speaker/disco ball/microphone system. We held a "name the party rocker" contest, with the gr. 2/3 class winning. Our new item will now be called "Mojo".

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.

The gr. $\frac{2}{3}$ class will get to use Mojo first in their classroom and will get some popcorn as a part of their prize. Our virtual assembly consisted of each class connecting to each other via a Google Meet, which can be displayed on the Smartboard in their classrooms. A few of us gathered in the Learning Commons to host the assembly. While these are not entirely the same as our usual experience, the neat part is that we are all able to still be connected with each other. Unfortunately, we were not able to host our usual Muffin Morning this year. School photos were held similarly to how they would usually be held, with some changes to accommodate the restrictions. Class photos will be composite in nature this year. We held our annual Terry Fox walk on our track in our ECS-Gr. 3 and Gr. 4-6 cohorts. Our students also took part in Orange Shirt Day, remembering the experiences that some endured in residential schools. Once again, we held a virtual assembly for this event.

Last year, a new policy in BTPS was introduced 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



SHARED SNACKS

In previous years, some parents have chosen to send a shared snack on their child's birthday or during celebrations such as Halloween, Christmas, etc. 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.



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. VES students entering the building do not need to complete the app. When you exit the school please go out the nearest exit to you.

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.



PICTURE ORDERS

Picture proofs will be coming home soon. You will be able to order pictures online paying with a credit card or PayPal at mylifetouch.ca using your Picture Day ID and Access Code which can be found on your Picture Day Proof. If you prefer to pay with cash or cheque, complete your paper order form and place your cash or cheque in the payment envelope. Then send your order and payment to school with your child. Questions about ordering - call Lifetouch at 1-866-457-8212. If you missed picture day we have picture retake day planned for the morning of Thursday, November 19th.



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.

campaign DRIVE AWAY HUNGER

In October 2004 an FCC employee hooked his tractor up to a flat-bed trailer and set out to collect donations for the local food bank. He spent eight days on the road and collected 60,000 pounds of food. This was the beginning of FCC's Drive Away Hunger campaign. Because of his initiative, FCC has partnered with over 300 industry partners and over 400 schools annually to collect donations for the local food banks.

In 2019 FCC collected over 16 million meals worth of food and since the program began, we have collected over 50 million meals for the local food banks.

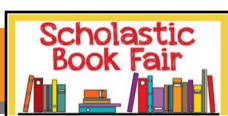
The COVID-19 pandemic has forced us to pivot. We no longer can ask schools to collect food donations. Without this, and other food drives, we know our local food banks will be struggling. To compound the problem, we are keenly aware of the struggles that many families and individuals in our community face. Unemployment continues to be a reality for many as economic conditions and COVID take their toll.

We are asking for students to bring a loonie to help support the Vermilion Food Bank. This will be running from October 5-7, 2020.



PARENT TEACHER INTERVIEWS

We hope you have all had a wonderful start to the school year! Parent Teacher Interviews will be coming up on November 4th and 5th. We will not be having interviews in the typical format where families come into the school to meet with teachers. Please watch for more information coming home soon!



COMING SOON

We have been lucky to have a sunny warm fall. I hope you are enjoying the outdoors. Lots of students are taking books out that pertain to harvest. I can't keep the tractor and combine books on the shelves for long, as they are taken out again and again.

October usually means BOOK FAIR FUN! This year Scholastic has been working on a design for a virtual Book Fair. This means students, parents, and staff can make their purchases from home. Scholastic will have complete details for us soon. I will share the information with all our VES families once it is available. The commission we receive from this fundraiser will go towards new books for our Learning Commons. Students are starting to rack up AR (Accelerated Reader) points. Remember they are trying to reach their goals for AR points. Try to find time to let them read every day for at least 15 minutes.

Read to Succeed



BREAKFAST PROGRAM

After much planning and figuring, we are happy to say that, following the appropriate guidelines for food service, we are once again able to offer a free breakfast program to all students each morning. While what and how we are able to serve may have changed, students are still offered a healthy breakfast choice each morning.

For the past few years, we received an Alberta Nutrition Grant from the government which provided substantial funding for our breakfast program. With a significant reduction in that funding, we are now hoping to rely on donations to offset this reduction to continue to run a five day a week healthy breakfast program.

We graciously accept donations, both monetary and of supplies. If you are interested in donating to this important program, monetary donations can be made through our school office. If you are interested in donating supplies, please contact Mrs. Moses at the school to inquire as to what supplies are needed at the time. You can also contact Mrs. Moses if you have any questions regarding our breakfast program.

Mrs. Moses

sharleen.moses@btps.ca

780-853-5444



FIT FAMILY CHALLENGE

We would like to invite you to take part in the Fit Family Challenge. For the month of October, we challenge you and your family to get active. Every time you or a member of your family is caught doing something active outside of school hours, **snap a picture and send it to Mrs. Moses at the school.** Our goal is to fill one entire bulletin board (or more!) with pictures of VES families being active. At the end of the challenge, all the pictures will be thrown into a draw and one lucky family will win the Fit Family Basket of Fun which includes healthy snacks and activities the winning family can share together.

Activities could include family walks, a game of frisbee, raking leaves, doing chores to music and add in a little dancing, sports team practices or games, a family game of hide and seek, tag, or charades, a family jumping jack challenge, skip the bus and walk to school with your children, etc.. The list is endless.

We look forward to you joining our challenge and hope you have tons of fun finding ways to be a VES Fit Family!

Pictures can be sent to Mrs. Moses at

sharleen.moses@btps.ca





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 that you can customize with our VES logo! Everything from t-shirts, hoodies, polos, jackets, shorts, pants, hats, toques, and bags. Orders will be shipped directly to you and 10% of sales is donated back to the school!



**\$35 5/pack
masks**



\$13



\$22



\$30



VIRTUES PROGRAM

Staff and students are excited that we will be continuing to practice our virtues throughout this school year. Each month at Vermilion Elementary School we focus on a different virtue and try to inspire our students to practice them in their day to day life. When a student is spotted by a staff member or another student practicing any of the virtues we focus on, they will receive an entry for a monthly draw. At each of our assemblies, starting this month, one virtue-practicing student will be drawn to win a prize. We are very excited to create a culture of character within our school by learning about and practicing virtues such as respect, compassion, perseverance, and responsibility to name a few. Our October virtue is Compassion. To learn more about our Virtues Project, please contact Mrs. Moses at the School.

**Social Emotional
Coach**

SEC

Mental Health Literacy

Approximately 1 in 5 youth worldwide will experience a mental illness before they turn 25. This makes adolescence a critical time for mental health promotion, prevention, early identification, and intervention. Not addressing these issues may lead to negative short- and long-term outcomes. Mental health literacy is foundational for all mental health improvement.

Mental health literacy (MHL) is understanding how to obtain and maintain good mental health; understanding mental disorders and their treatments; decreasing stigma; enhancing help-seeking efficacy.

For more information please see this link: <http://teenmentalhealth.org>

For help please use these resources: <https://kidshelpphone.ca>
<https://www.ablertahealthservices.ca/amh/page16759.aspx>

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.

Empathy: What is it?

- Empathy is the ability to recognize the emotions of others. Children under two years of age can show empathy. It is never too early to foster empathy.
- Empathy helps children understand others' viewpoints, needs and intentions.
- Empathy is key to creating successful relationships. Strong relationships build resilience, which helps children bounce forward from difficult times.

Empathy encourages kind, helpful behavior

- Empathetic children are willing to share, help and comfort others.
- Model empathy by asking your child how they are feeling, listening to their feelings, and acknowledging their feelings.

Empathy creates a safer school culture

- Less bullying and a more tolerant environment is developed through increased empathy.

Empathy fosters positive student relationships

- Children who show empathy are more popular with their peers.

Empathy leads to school success

- Empathetic students are more cooperative in class, have better relationships with teachers and are more engaged in school.
- Students who practice empathy tend to excel in school.

MORE RESOURCES

[Greater Good Science Center: Empathy for students](#)
[Big Life Journal: Strategies to teach children empathy](#)
[MyHealthAlberta.ca: Promoting positive Mental Health](#)

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

LARGE ITEMS and SCHOOL PROJECTS ON SCHOOL BUSES: Large band instruments and sports equipment such as skateboards, hockey sticks, hockey bags, bats, curling brooms, skis, etc. are not allowed on the bus. Small band instruments and skates in a properly secured bag (i.e. not plastic) with skate guards will be transported on school buses. Students must be able to hold all of his or her school items on his/her lap without them projecting out of their seating area, into the aisle or into another student's space. Items no larger than 13" x 13" x 23" can be carried on the school busses. This applies to regular bus runs. School projects that are too large to fit on a student's lap or perhaps contain dangerous materials (i.e. cut glass, chemicals, etc.) are not permitted on the bus. Please transport these projects yourself to school for your child(ren) and we have asked teachers to be aware that transportation of such projects may be an issue for some rural students.

SCHOOL BUS RULES: Please remind your children of the school bus rules. The rules are established to keep the children safe on the school bus. The bus driver's attention needs to be on the road. If they have to continuously turn around to address student behavior they are putting the bus at risk. Thus, student misbehavior on the school bus will be addressed through our Student Conduct/Discipline on School Bus and Student Suspension administrative procedures. The Board has amended the Student Misconduct on School Bus Administrative Procedure to ensure that bus related misconducts serve bus related consequences. This year more than ever following the rules on the school bus is so important for student safety due to COVID-19. Sitting in assigned seats, wearing masks because we can't social distance on the school bus, and not eating and drinking are important to reduce the risk of getting and/or spreading COVID-19.

A commercial vehicle inspector provided Transportation Directors in Alberta with the following information from the Commercial Vehicle Safety Regulation regarding the fine for children standing on the school bus:

The fine for a violation of Section 29 of the Commercial Vehicle Safety Regulation (standing on a moving school bus) is \$310.00. As per the Provincial Offence Procedures Act of Alberta, Section 29 is directed to the offender if the offender is 16 years old or older. If the offender is under the age of 16, then the violation ticket would be issued to the person responsible for the child at the time of the offence, which would be the driver of the vehicle (bus driver).

The avoidance of the fine is one thing, but the avoidance of having a child hurt when the bus suddenly stops is the most important reason students are asked to remain seated on the school bus and not to distract the bus driver's attention from the road.

BUS EVACUATIONS: As per Board administrative procedures, bus drivers are responsible to conduct practice bus evacuations to prepare students for an emergency. Due to COVID-19 we will not be conducting actual bus evacuations, but the bus drivers will be explaining the process and doing front door evacuations with the students. We have also asked the schools to show videos of proper bus evacuations so students are prepared in the event of an emergency. If there was an emergency, bus evacuation protocol would be the priority versus COVID-19 transmission. Bus evacuation drills are much like fire drills in

the school. The students are taught the safest methods for exiting the school bus should their bus be an immediate danger for staying on the bus. For more information on the bus evacuation drills, please refer to the Administrative Procedure on Safety <http://www.btps.ca/documents/general/701-10AP%20-%20Safety%20Admin%20Procedures.pdf>

BUS DRIVER NOTIFICATION: Please inform your bus driver when your child(ren) will not be on the bus. Bus drivers are not to be on their phones during their route, so please ensure you are informing your bus driver of changes to your child's schedule before the bus driver starts out on their bus route in the morning and in the afternoon. Ask your bus driver for their start times, so you know when you must notify them that your child will not be on the bus. When they have to stop and answer a text or phone call at a safe location it adds time to the bus route and it is a distraction.

TEMPORARY SCHOOL BUS SERVICE: Due to COVID-19 there are no guest riders allowed for the 2020-2021 school year.

CROSS WALK SAFETY: Please remind your children to use marked crosswalks and the pause, point and proceed method to cross the street to the schools or an intersection if there are no marked crosswalks. It is important that students are not walking through parked cars or school buses as they are not visible to passing motorists. It is parent responsibility to have their child get safely to and from their designated bus stop.

PARKING: Please park in designated parking areas and do not park in the bus loading zones or handicapped parking stalls (unless you have a permit).

STUDENT DEMOGRAPHIC UPDATES: Parents, please complete the student demographic update forms that the school has sent home with your child so we can ensure the information we have in Power School and Bus Planner is correct.

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". If they need help they can email transportation@btps.ca. We also accept e-transfers. The email is vivian.locher@btps.ca, and in the message you put your child's name, bus route number and bussing service you are paying for (i.e. Vermilion Intown, Wainwright Intown, Yard Service, etc.).

BUS ROUTE UPDATES AND SUBSCRIPTION:

If the bus is not running due to inclement weather or a bus breakdown 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/Section%207.php>. We try to update the website as soon as we are notified by the bus driver. Parents can now subscribe to the website to be notified when their bus is not running at <http://www.btps.ca/Subscribe.php>



Bell Schedule

2020-2021

Kindergarten – Grade 3

First Bell	8:30 am
Teacher/Student	8:43 am
1st Period	8:48 am– 9:30 am
2nd Period	9:30 am – 10:10 am
3rd Period	10:10 am – 10:50 am
Recess K-Gr 3	10:50 am – 11:05 am
4th Period	11:05 am – 11:45 am
Lunch K-Gr 3	11:45 am – 12:10 pm
Noon Recess	12:10 pm – 12:30 pm
5th Period	12:30 pm– 1:10 pm
6th Period	1:10 pm – 1:50 pm
7th period	1:50 pm – 2:30 pm
Recess K-Gr 3	2:30 pm – 2:45 pm
8th Period	2:45 pm – 3:25 pm
Dismissal Wave	3:27■3:32■3:35 pm
Buses Leave	3:32■3:37■3:42 pm

Grade 4-6

First Bell	8:30 am
Teacher/Student	8:43 am
1st Period	8:48 am– 9:30 am
2nd Period	9:30 am – 10:10 am
Recess Gr 4-6	10:10 am – 10:25 am
3rd Period	10:25 am – 11:05 am
4th Period	11:05 am – 11:45 am
Noon Recess Gr	11:45 am – 12:05 pm
Lunch Gr 4-6	12:10 pm – 12:30 pm
5th Period	12:30 pm– 1:10 pm
6th Period	1:10 pm – 1:50 pm
Recess Gr 4-6	1:50 pm – 2:05 pm
7th Period	2:05 pm – 2:45 pm
8th Period	2:45 pm – 3:25 pm
Dismissal Wave	3:27■3:32■3:35 pm
Buses Leave	3:32■3:37■3:42 pm

School Calendar

2020-2021

Aug 26 Teacher Directed Day – No Classes
 Aug 27 School Learning Day – No Classes
 Aug 28 BTPS Learning Day – No Classes
 Aug 31 Teacher Directed Day – No Classes

Sept 1 Students First Day
 Sept 7 Labour Day – No Classes
 Sept 9 CANCELLED - KA Muffin Morning
 Open House (7:45-9:00 a.m.)
 Sept 10 CANCELLED - KB & Gr. 1-6 Muffin
 Morning
 Open House (7:45-9:00 a.m.)
 Sept 15 School Photos KB & Gr. 1-3
 Sept 16 School Photos KA & Gr. 4-6
 Sept 29 & 30 CANCELLED - Fall Fundraiser

Oct 1-16 CANCELLED - Fall Fundraiser
 Oct 9 Celebration Day – No Classes
 Oct 12 Thanksgiving Day – No Classes
 Oct 13-20 Scholastic Book Fair
 Oct 23 School Learning Day & Support
 Staff PL Day – No Classes

Nov 4-18 Kindergarten Fundraiser
 Nov 4 & 5 Parent Teacher Interviews
 Nov 9 School Learning Day – No Classes
 Nov 10 ATA Professional Day – No Classes
 Nov 11 Remembrance Day – No Classes
 Nov 12 & 13 Days-in-Lieu – No Classes
 Nov 19 School Photo Retakes
 Nov 27 & 28 Theatre (Student Drama)
 Nov 30 Gr. 6 Caroling

Dec 16 Christmas Concert – K, Gr. 1 & 2
 Dec 17 Christmas Concert – Gr. 3-5
 Dec 19-31 Christmas Break – No Classes

Jan 1-3 Christmas Break – No Classes
 Jan 29 Teacher Directed Day – No Classes

Feb 1 School Learning Day – No Classes
 Feb 2-26 Spring Fundraiser (if needed)
 Feb 5 Science Fair
 Feb 11 & 12 Teachers' Convention – No Classes
 Feb 15 Family Day – No Classes
 Feb 25 Celebration of Learning (5:00-7:30 p.m.)

Mar 5 BTPS Learning Day – No Classes
 Mar 23-30 Scholastic Book Fair
 Mar 25 Parent Teacher Interviews
 Mar 30 & 31 Gr. 6 Sausage Sale

Apr 1-13 Gr. 6 Sausage Sale
 Apr 1-30 Yearbook Sales
 Apr 2 Good Friday – No Classes
 Apr 3-11 Easter Break – No Classes
 Apr 30 Spring Concert

May 5 Gr. 6 ELA Provincial Achievement Test
 May 7 School Learning Day – No Classes
 May 20 & 21 Days-in-Lieu – No Classes
 May 24 Victoria Day – No Classes

Jun 14-25 Gr. 6 Provincial Achievement Tests
 Jun 24 Accelerated Reading
 Jun 25 Track & Field
 Jun 28 Gr. 6 Farewell
 Jun 29 Students Last Day
 Jun 30 Teacher Directed Day – No Classes

2020-2021 BTPS SCHOOL YEAR CALENDAR

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

2020-2021 LEGEND						
 Holiday	 Day-in-Lieu	 Celebration Day	 Convention / ATA PL Day	 First Student Day of Semester	 Teacher Directed	 School Learning Day
 School Learning Day	 BTPS Learning Day	 Central Office Closed				

The first day for students is **September 1st, 2020. February 2nd, 2021** is the first day of Term 2. **June 29th, 2021** is the last day of school for students.

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

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

The 2020-2021 school calendar provides for instructional time for students that exceeds the requirements set by Alberta Education for instructional hours at the Grade 1-9 levels of 950 hours and at the Grade 10-12 levels for 1000 hours. The total student days in this year's calendar equals 181 days.

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SEPTEMBER						
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OCTOBER						
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JULY						
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STUDENT NON-ATTENDANCE DATES FOR 2020-2021

DATE	REASON
January 29	Teacher Directed
February 1	School Learning Day
February 11 & 12	ATA Teachers' Convention
February 15	Family Day
March 5	BTPS Learning Day
April 2	Good Friday
April 5 - 9	Easter Break
May 7	School Learning Day
May 20	Designated Day-in-Lieu (Staff Meeting)
May 21	Designated Day-in-Lieu (Parent Teacher Interviews)
May 24	Victoria Day
June 30	Teacher Directed

** Central Office Closure will be July 19th - July 30th, 2021

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***



School Lunches

Is it time to try something new for lunch?

Involve your kids.

- Let your child choose the foods they like. This will increase the chance of them eating the foods you send.

Switch up bread options.

- Try using whole grain wraps, pitas, small bagels, English muffins, buns or a different type of bread.

Add excitement to vegetables and fruit.

- Send fruit such as bananas, pineapple or apples with a yogurt dip or vegetables like carrots, cucumbers or celery with hummus dip. Keep in mind; kids are more likely to eat vegetables and fruit that are already cut up!

Offer a variety of meat and meat alternatives.

- Use leftover meat from supper or make a homemade egg salad mixture for sandwiches.

Include milk and milk alternatives.

- Have a carton or container of milk with lunch. Add cheese to your child's sandwich or some yogurt to round out the meal.

Aim to include a food choice from each of the four food groups on [Canada's Food Guide](#) (Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives) to make a balanced and healthy meal.

For more tips on making a balanced lunch, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>





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 every facility
- Submit permits and forms using the app




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 'Menu' 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!







Vermilion Elementary School

Being the Best We Can Be

October 2020

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6 Assembly (9:30 am)	7	8	9 Celebration Day No School	10
11	12 Thanksgiving Day No School 	13	14 Scholastic Book Fair Begins 	15	16	17
18	19 Scholastic Book Fair Ends 	20	21	22	23 School Learning Day & Support Staff PL Day No School	24
25	26	27	28	29	30 Halloween 	31
1	2	3	4 Parent Teacher Interviews 4:30-7:30 pm 	5 Parent Teacher Interviews 4:30-7:30 pm 	6	7