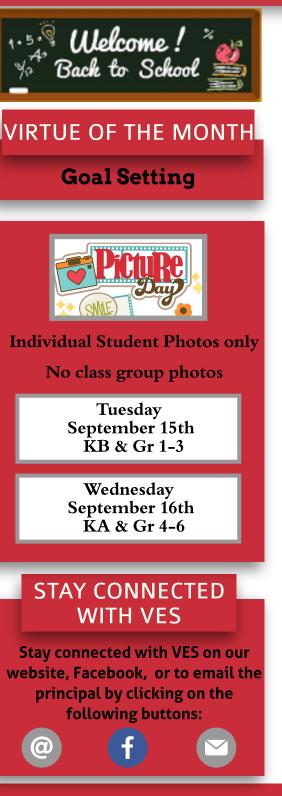


# VERMILION ELEMENTARY SCHOOL NEWS Being the Best We Can Be



September 2020



Welcome back! We are so happy to be returning to regular classes at VES!

I sincerely hope each and every one of you had an amazing summer break and are eager to be starting another school year, even during these uncertain times. The excitement of the first day of school was evident in students, parents and staff, despite the apprehension and uncertainty that came along with all the various Covid-19 restrictions. The staggered re-entry helped immensely with easing the anxiety that many people had surrounding the start of this school year. There are many new things, and although not everything has returned to 'normal', we are super excited to have students back in our building. For those students new to our school, we hope you feel welcome. We are happy to have you join our VES family.

I believe that a strong school is a result of cooperation and collaboration between educators, students, parents and the community. I believe that respecting and appreciating the efforts of every single individual within a school is essential if a 'family' culture is to be reinforced. I believe in life-long learning and acknowledging and supporting individuals who seek to broaden their knowledge or experience. They, in turn, make a school stronger. I believe that communication is the single most important element required for successful leadership. I believe that children are the reason that I want to be at Vermilion Elementary School. I believe everyone can learn and everyone can be successful. I believe our school needs to be a safe and caring place that students and staff look forward to coming to every day.

We would like to welcome our new Social Emotional Coach, Tanya Laye. Social Emotional Coaches in Buffalo Trail Public Schools replaced the former Family School Liaison (FSL) workers one year ago. Tanya will be in our school all day on Wednesdays as well as Friday mornings. She will be at J.R. Robson School at other times during the week. We would also like to welcome our new VIBE worker, Ramona Mathison. We look forward to having her work with our staff and students to enhance our programming in the regular classroom. These individuals will play an even more important role than usual this year in supporting our students.

As part of our regular routine as a school, each year we practice emergency drills at various times during the school year. These are not announced in advance and are intended to prepare both staff and students should a real emergency arise. We evaluate the success of each emergency drill to determine if there are ways we can improve our practice. We will be continuing this routine this school year, but our routines and how we conduct our drills will change to ensure we are following health restrictions.

In lieu of all the changes, we look forward to having a great year at Vermilion Elementary School. We encourage students, staff and parents to *Be The Best We Can Be* in all that we do. We encourage open communication amongst all educational stakeholders as we strive to provide the best learning opportunities possible for our students. By working together, we believe we will be able to provide the most optimal learning environment possible and create a place where staff and students look forward to coming each and every day.

Mr. Calvin Anhorn Principal

### **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.



#### Administration

Principal: Mr.Calvin Anhorn

Assistant Principal/Inclusive Learning Coordinator: Mrs. Sheila Doherty

#### Instructional Staff

Kindergarten: Mrs. Hallie Zaharko 1A Mrs. Tracy Long, 1B Mrs. Janna McLaughlin 2A Mrs. Jessica Heinrich 2/3 Mrs. Carmen Throndson 3A Mrs. Phyllis Tomkins 4A Mr. Greg Haslehurst, 4B Mrs. Raelene Tupper 5A Mr. Brian Harvey, 5B Mr. Colin Beecroft 6A Mrs. Adrienne Joa, 6B Mrs. Deirdre Myshaniuk

Music: Ms. Karen King

#### <u>Support Staff</u>

Administrative Assistants: Mrs. Gerri Cameron, Mrs. Erinn Baldwin

**Educational Assistants:** Mrs. Kelly Bykowski, Mrs. Pam Fuller, Mrs. Sharleen Moses, Mrs. Jean Murie, Mrs. Kristin Page, Mrs. Ruth Prill, Ms. Pam Pentelichuk

Librarian: Mrs. Chris MacMillan

VIBE Coach: Mrs. Ramona Mathison

Social Emotional Coach: Mrs. Tanya Laye

Hot Lunch Cook: Ms. Karen Hughes

Custodians: Mr. Calvin Decker, Mr. Rocky Berscht

**Bus Drivers:** Allen Clark (4), Lionel Quickstad (6), Sheldon Quickstad (7), Cindy Munro (10), Dawn Woywitka (11), Kaylan Zorn (13), Candice Holowaychuk (15), Wayne Hobbis (16), Ken Newton (17), Laura Davidson-Arcand (18), Jackie Johnson (20), Leah Clark (22), Katy Clevenger (24), Connie Elder (25), Lenoa Atkinson (26), Phil Dunning (27), Kathy Crowe (28)



#### 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.
- Sanitze 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 are allowed to attend school for the day. If your child is 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.



Parents & visitors are able to park on 49 Avenue, as well as south of the crosswalk on 44 Street. Between 9:00 am & 3:00 pm, you may also park to the east of the school in the bus loading zone. The staff parking lot is reserved for staff members. We ask that parents & visitors refrain from parking there. For safety reasons, students may not be dropped off or picked up in the parking lot.



### NUT AWARE

We have students within our school that have a severe nut allergy. As a result, our entire school is nut aware of peanuts and tree nuts. This means that your child may not bring any nuts, peanut butter, nutella or nut products in their lunch, or any food that is made with nuts, peanut butter or nut products.



### PICTURE DAY COMING SOON

Picture Day is coming up for individual student photos. There will be no class group photos taken for the safety of our students but Lifetouch has group composite photos which students will receive instead of the class group photo featuring the student in the center surrounded by classmate pictures.

KB & Gr 1-3 photos will be on Tuesday, September 15th

KA & Gr 4-6 photos will be on Wednesday , September 16th

After picture day, order pictures online at mylifetouch.ca using your Picture Day ID and Access Code which can be found on your Picture Day Order Form. If you prefer to order on paper, we will be sending an order form home as well that you can fill out and return to VES with payment!



We will not be having our fall fundraiser that was scheduled to begin September 29th. We will reassess for the Spring Fundraiser and have if needed!



All parents are welcome and encouraged to come to School Council meetings. This is an opportunity to hear what is going on at the school, to ask questions and to share your opinions. It is an excellent opportunity to meet VES staff, other parents and community members. Please watch for more information in our October newsletter.



### **REPORTING STUDENT PROGRESS TO PARENTS**

The BTPS Board of Trustees have passed an Administrative Procedure/Board Policy (301.2AP: Reporting Student Progress to Parents) that will allow for parents to access the progress of their child online. Parents are required to login to Parent Portal, where they will be able to access the progress of their child. A traditional report card will no longer be issued by the school, but is available for parents to print at any time and as often as they so desire. Regular and open communication between the classroom teacher and the parent is strongly encouraged. If parents have difficulty accessing their child's progress online, they are asked to contact either their child's teacher or the school office. Our goal is to assist where we are able, to ensure parents are able to continue to access this important information about their child.



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!





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 in October 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 September virtue is Goal Setting. To learn more about our Virtues Project please contact Mrs. Moses at the School.

Welcome back, everyone! And for those who are new to VES - welcome to you too!

With all the restrictions, the Learning Commons will have changes too. At this point, we are trying to decide which ideas are best for circulating books to classrooms and homes. When books are returned, they must stay untouched for 72 hours (3 days). After the 3 days, the books will be checked in and reshelved. Students will have to be patient if they have certain books they wish to read. The turnaround time will be much longer. Also, it will be very important that families respect the books. Students are asked to not eat while reading and to not lick their fingers to turn pages. Students are asked to use proper hand hygiene before and after handling books. It is a good idea for students to keep their books in their backpack until they read it and then return it to their backpack when they are done.

If you have books from our Learning Commons from last year, we would appreciate them being

**returned.** If you prefer to drop them off rather than send them with your child, there is a bin at the front door of the school. We appreciate your cooperation.

Vermilion Elementary School has a few other options for reading. We have Sora / Overdrive e-readers, Epic, and the Scholastic website also provides e-readers as well as stories that are read to you. Your teachers should have provided you with these websites. However if you need more information, please contact your child's teacher via email.

Our school participates in the Accelerated Reader (AR) program for grades two - six. Most of our collection is labelled according to the reading levels. This will help students choose books to complete quizzes and earn points, prizes and do fun activities. If you have a book at home and want to know if it is an AR book, you can go to AR Book Finder and input the book title, or ISBN number, to retrieve the quiz if there is one. All of these websites are located in this link: <u>VES website</u>. Quizzes can be taken between the hours of 6:00 am and 9:00 pm. Homeroom teachers will help set personal goals, classroom goals and also an entire school goal.

Our Learning Commons hosts two Scholastic Book Fairs each year. Funds raised from these book fairs go directly into the Learning Commons by allowing us to add new books to our collection, providing author visits and general requirements. Our fall Book Fair is scheduled for October 14th - 19th. It will be a "Virtual" Book Fair where staff, students and families will receive a website link to view the selection online and make their purchases online as well. Scholastic is working out the details and will provide schools with the updated version at the beginning of October. Stay tuned for more information.

I am excited for another fantastic year. I totally enjoy hearing how students have enjoyed a book or if they have interesting news to share. I look forward to seeing students grow, mature, and expand their literacy and knowledge. Statistics have shown the benefits of reading for at least 15 minutes every day.

Read to succeed! Every book is a new adventure.

Mrs. MacMillan Learning Commons Facilitator

### Social Emotional Coach SEC

Welcome back to the 2020/2021 school year! My name is Tanya Laye, and I am very excited to be back as Social-Emotional Coach (SEC).

I will be working as an SEC at Vermilion Elementary School and JR Robson School in Vermilion.

I cannot wait to meet with staff and students to add to their emotional awareness and overall well being in your schools. I have a diploma in Child and Youth Care and am working towards my degree in Child and Youth Care. When I am not working, I am usually found on my acreage with my husband and daughter doing gardening and working outside. I also am kept quite busy with our toddler.



I hope everyone has a great year!



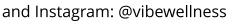
VIBE NEWS

Hi V.E.S! I am Ramona Mathison and I will be the new VIBE Coach. I am very excited to be a part of your school and get to know all of you! I will be popping into classes for some super fun activities focusing on mental health prevention on Mondays, Wednesdays, and Fridays. If you see me in the hallways please stop and say hello, I love to chat! I know this is going to be a really fun year and I can't wait to share in it with you.



For more information about VIBE, please stop by the VIBE office or reach me by phone or email. Phone: 780-853-5444 Email: ramona.mathison@btps.ca

Find us on Facebook: @VIBEvermilion



#### Addiction & Mental Health News

#### **Back to School Stress**

Children may be feeling anxious or fearful about going back to school.

Feeling comfortable and safe will help children focus on learning.

Recognize the signs of stress and help your children develop healthy coping strategies.

#### Signs of Stress in Children

Children may respond to stress in different ways such as:

- Clingy and other child-like behaviors
- Uncharacteristic emotional outbursts
- Withdrawing
- Sleeping and eating problems
- Headaches and stomach aches

Responding in a kind and supportive way, listening to concerns and sharing care through warmth and love will calm and comfort children.

#### Helping Children with Stress

Reassure children there are health measures in place to keep students and staff safe.

Keep to a routine, it provides structure and certainty and helps kids thrive.

Let your children know that they are not alone and that you can be counted on for support.

Remember it's OK to not be OK and that these feelings are normal.

Share relaxation skills with your child.

#### For more information and resources to help you understand stress and learn healthy coping strategies, visit: ahs.ca/healthytogether Anxiety Canada ahs.ca/helpintoughtimes

myhealth.alberta.ca

#### **Practicing Self-Care**

Practicing self-care is calming and reduces the effects of stress.

Salar Kanton

Role model self-care for your children; your calmness is important and helpful to them.

Self-care strategies may include:

- Relaxation and calm breathing
  Healthy eating, physical activity
- and getting enough sleep
- Hobbies and fun activities
- Regular gratitude practice
- Spending time outdoors

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







#### **Personal Protective Equipment**

All students in Grades 4-12 will be required to wear masks on all school buses.
 Parents/Guardians with child(ren) in grades kindergarten (K) to three (3) are strongly encouraged to have their child(ren) wear a mask on the school bus due to the difficulty of maintaining physical distancing of two (2) metres at all times. Physical distancing of 2 metres will not be possible on our buses.

• Personal Protective Equipment (PPE) will be required by all drivers. This will include masks, and may include gloves or ae.g. face shield. Any PPE in use cannot interfere with the safe operation of the school bus.

#### Procedures

• Students from the same house will be seated together where possible.

• Students will have assigned seating and the seating plan will be based on the order of pick up in the mornings. (First student pickups will be seated at the rear of the bus and continue forward to avoid students walking past each other regardless of grades age)

• Students must face forward with their hands and feet in their assigned seating space for the duration of the ride.

• Seating plans will be mandatory and strictly enforced by all drivers in order to facilitate contact tracing should there be a student that contracts COVID-19. No deviations are allowed.

• If possible, the seat behind/adjacent the driver will be kept empty.

• Electronic items (e.g. tablets, cell phones) and books should not be shared with other students.

• All waste items (e.g. Kleenex etc) should be kept with the student and disposed of at home or at the school and should not be discarded on the bus.

• Physical distancing (excluding family members) must be adhered to at all bus stops. Where physically distancing can't be achieved face masks must be worn.

• Masks must be worn prior to boarding the bus and kept on for the duration of the bus ride.

#### **Enhanced Cleaning & Hygiene**

• Enhanced environmental cleaning and disinfecting including a cleaning log will be kept on the bus. High touch surface areas will be cleaned after every run.

 Proper hand hygiene is expected for both drivers and students, this may include wearing of gloves and use of hand sanitizer products.

• No food or drinks will be allowed to be consumed on the bus journey regardless of the duration of the trip.

#### **Bus Evacuations**

• The physical bus evacuations will not be able to be completed due to COVID-19 restrictions. Over the course of the school year, 5 bus evacuations will be practiced through verbal instruction by the bus driver.

• Teachers will be provided with a short instructional bus evacuation video and encouraged to share with students during the first two months of the school year.

#### Screening

• According to the AHS guidelines, staff and students are legally required to stay at home and either isolate for 10 calendar days following onset of symptoms, or until symptoms resolve, whichever is longer.

• If a child becomes symptomatic during the bus trip, the driver will contact the school to make the appropriate arrangements to have the child/student met. If possible the parent/guardian will be contacted to meet the bus at a point on the bus route to take their child(ren). If the parent cannot meet the bus at a point on the route, the child(ren) will be transported to the school and isolated until a parent can pick them up. If a child(ren) gets sick on the way home again the parent will be contacted to try and meet the bus at a point on the route, if this is not possible the driver where possible will try to isolate the child/student to avoid any contact with other students until arriving home. The students will be instructed to stay home and use the COVID-19 Self-Assessment Tool to determine whether you need to be tested for COVID-19.

• Parents/Guardians should have a contingency plan for their child(ren) should they exhibit any COVID-19 symptoms before the school bus pickup time. Child(ren) should not be placed on the school bus if they are sick or feeling sick due to the possible spread of the infection.

• No guest riders will be permitted on any BTPS buses. Only designated registered riders for their transfer and home buses will be allowed to board the buses. Transfer Sites

• Parents/Guardians and children/students should not be in the stop pick-up area/ transfer sites or enter the bus if they have symptoms of COVID-19.

• Transfer sites will have a directional flow that all students will be required to follow to maximize social distancing.

• Additional staff members may be added to all transfer sites to assist children/ students navigate the areas and to avoid crowding where possible.

• Buses will have a wipe down of high touch areas after the transfer students have vacated the bus. This will be completed before new transfer students are permitted to enter the bus.

 Schools should develop procedures for student loading, unloading and transfers that support physical distancing of 2 metres between all persons (except household members), when possible.

• Masks will be mandatory for all Grades 4 – 12 students even outside at the transfer sites. Mask use for kindergarten to grade 3 students will continue to be optional, but strongly encouraged.

• There is no guarantee that physical distancing will happen on any of the BTPS school buses, Parents/Guardians should consider this when choosing to place their child(ren) on the school bus.

 Parents/Guardians should note that due to the COVID-19 situation, transportation routes may be cancelled on short notice due to driver/ staff sickness. We will endeavor to keep parents/guardians updated but strongly encourage you to monitor the BTPS website, Transportation page, "Bus Status" for the most up to date information.



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 <b>Ⅰ</b> 3:32 <b>Ⅰ</b> 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 1 9	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
	chilibunas concert – dr. j-j

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 28	Teacher Directed Day – No Classes

BTPS SCHOOL YEAR CALENDAR mitted to maximizing student learning, in a safe and caring environment, supported by a highly effective team.	2020-2021 LEGEND		Holiday Day-in-Lieu	Teacher Directed Celebration Day	School Learning Day Convention / ATA		Central Office of Semester	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 rearring 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		Students are required to be in attendance until the last day of school as identified by the BTPS Board Amounted Calandar Final	example as running by the Diric Dirich of the last five example the last five	student days each semester. During non-examination times, turnnals overse review and alternate activities will occur. Final	exams in non-diploma courses at the Grade 10 to 12 level will	occur during the last five student days each semester. During	non-examination times, turonatis, course review and atternate activities will occur. Final exams in dioloma courses will occur as	described in the Alberta Education Diploma exam schedule	(www.education.alberta.ca) and submission of marks will occur	Ine day proving the diploma marks submission date. During non- examination times, turnriaks, course review and alternate activities.	will occur.	The 2020-2021 school calandar 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.
SCHOO Zing student learning, in a s	NOVEMBER	SMTWTFS	23456	8 9 10 11 12 13 14 15 16 17 18 19 20 21	23 24 25 26 27	29 30	MARCH	SMTWTFS	1 2 3 4 5	8 9 10 11 12	15 16 17 18	28 29 30 31		JULY	SMTWTFS	N -	1 8	19 20 21 22 23	26 27 28 29 30		2020-2021	P	Day .	/OTIVETIDOT	Dey		Day	Designated Day-in-Lieu (Staff Mosting)	Designated Deyrin-Lisu (Parent Teacher Interviews) Victoria Day	P	uly 19th - July 30th, 2021
	OCTOBER	SMTWTFS	1 2	4 5 6 7 8 9 10 11 12 13 14 15 18 17	19 20 21 22 23	25 26 27 28 29 30 31	FERUARY		1 2 3 4 5	8 9 10 11 12	15 16 17 18	28		JUNE	SMTWTFS	1 2 3 4	6 7 8 9 10 11 12 40 44 45 46 47 40 40	21 22 23 24 25	28 29 30		DATES FOR	January 29 Teacher Directed		February 11 & 12 ALA leadners Gonvenion February 15 Family Day		April 2 Good Friday	May 7 School Learning Day		May 21 Designated Dey- May 24 Victoria Day		** Central Office Closure will be July 19th - July 30th, 2021
2020-2021 Buffato Trail Public Schools is col	SEPTEMBER	SMTWTFS	1 2 3 4	6 7 8 9 10 11 12 13 14 15 16 17 18 19	21 22 23 24 25	27 28 29 30	JANUARY	SMTWTFS	-	4 5 6 7 8	11 12 13 14 15	1/ 10 19 20 21 22 23 24 25 26 27 28 29 30	31	MAY	SMTWTFS		3 4 5 6 7	200	24 25 26 27 28	30 31	NON-ATTENDANCE	_	v				lay & Support Staff PL			Lieu (Staff Meeting)	Designated Day-In-Lieu (Parent feacher Interviews) Christmas Break
BuffaloTrail	AUGUST	SMTWTFS		2 3 4 5 6 7 8 0 10 11 19 13 14 15	18 19 20 21 22	23 24 25 26 27 28 29 30 31 31	DECEMBER	SMTWTFS	1 2 3 4	7 8 9 10 11 12	14 15 16 17 18 19	27 28 29 30 31		APRIL	SMTWTFS	-	9 9 9	20 21 22 23 24	26 27 28 29 30		STUDENT N	August 26 Teacher Directed		August ze BLPS Learning Uay Auroust 31 Teacher Directed		October 9 Celebration Day			November 10 ATA Professional November 11 Remembrance Day		November 13 Designened Day-i Dec 21 - Jan 1 Christmas Break

#### Nutrition Bites



#### School Lunches: No Microwave? No Problem!

If your child's school doesn't have microwave ovens you can still send your child to school with a tasty and healthy lunch! Try these 'no microwave needed' lunch ideas:

Yummy dippers: Pack hummus with a whole grain pita, carrot sticks, celery sticks or apple slices for dipping. Add a piece of low fat cheese or a small container of milk.

Build your own wrap: Let your child choose sliced ham, tofu or chicken, a low fat cheese and lettuce, tomatoes, peppers, or cucumbers) to wrap in a whole grain tortilla. Add a side of canned or fresh mixed fruit.

Homemade Soup: Combine diced cooked chicken, reduced salt chicken stock, cut up fresh vegetables, whole wheat pasta and spices into a pot; boil until vegetables and pasta are cooked; transfer to a Thermos<sup>®</sup>. Add a whole grain bun, an orange and a small container of milk.

Stuffed pita: Chop up leftover cooked chicken, turkey or beans and put inside a whole grain pita or a few mini pitas. Add bell peppers and shredded lettuce. Complete the meal with yogurt and a pear.

Leftovers: Some foods can be eaten cold rather than hot, such as homemade pizza and hamburgers.

#### Keep food safe. Food safety tips for packing lunches:

- Use an insulated lunch bag rather than a plastic bag or box. This will help keep hot foods hot and cold foods cold. Clean the lunch bag every day.
- Use a heat preserving or insulated container for hot foods like soup or chili. To keep food hot longer, fill your insulated container with hot water for a few minutes, then pour it out and fill with hot food.
- To keep foods cool and fresh, partially freeze items like yogurt, milk, or put a frozen ice pack in the lunch bag.



 Remind your child to wash their hands before eating or pack hand sanitizer in their lunch bag.

For more information and lunch ideas, 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





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

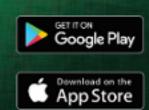


SMBAPPS

More

#### Features

- Receive instant updates to your phone
- One-touch calling to all departments
- Instant directions to county facilities
- 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 '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!



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# VERMILION FAMILY PLAY & LEARN IN THE PARK!

Breathe in the fresh air with us during Family Play & Learn, where we can enjoy a story, activities, developmental information and a take-home craft! Family Play & Learn is FREE and open to all families and their babies, toddlers and pre-schoolers.

We'd also love to take this time and opportunity to hear from you about what Midwest Family Connections programming you and your family are interested in, as we move into our fall programming and our role as the Family Resource Network for Lloydminster and the County of Vermilion River.

Due to Covid-19 safety protocols, space in the program is limited and **registration is required.** Please register by September 15.

In the event of unfavourable weather, a link will be emailed to those registered so they can join us through ZOOM!

### SESSION & LOCATION

#### Wednesday, September 16 @ 10:30 AM

Heritage Museum Park, 5310 50 Ave, Vermilion, AB

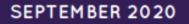
#### **Contact Midwest Family Connections to register**

306-825-5911 or 1-866-651-5911 (toll free) | info@midwestfamilyconnections.ca

PLAY. LEARN. CONNECT.

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# CRAFTASTIC FRIDAYS!

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Arts and crafts are a great way for children to use their imagination, relieve stress, assist in achieving developmental milestones such as fine motor skills, problem solving and social skills.

We will have a craft/activity available for curbside pick up to take home and enjoy with your children!

Join us virtually through ZOOM on the last Friday of the month for a Show & Tell, where your child can share their creations with us!!

Registration is required.

### SESSIONS

#### Fridays 9:30 - 11:30 AM

September 11 & 18 - Curbside Pick-up September 25 - Show & Tell via ZOOM

### LOCATION

Lloydminster - Lloyd Mall parking lot (across from Urban Planet) Vermilion - Parking lot of Vermilion Regional Centre in front of Kiddie Oasis doors Kitscoty - TBA at the time of registration

For more information or the register, please contact us: 306-825-5911 or info@midwestfamilyconnections.ca

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5912 () midwestfamilyconnections.ca

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Young children's mental health is critically important in order for them to flourish. thrive and grow into healthy adults. Handle with Care is a simple interactive program to help parents and caregivers, including those who work in early childhood settings, to promote the mental health of young children from birth to 6 years. This set of four sessions will provide information and activities to help promote the mental health of the children in your life!

### SESSIONS

#### Tuesdays, 7:30 - 9:00 PM

Sept. 22 - Trust & Attachment Sept. 29 - Self-esteem Oct. 6 - Expressing emotions Oct. 13 - Relationships with others

### LOCATION

#### Presented through ZOOM

#### Registration Deadlines:

Register for all four sessions by 3:30, Sept. 22, or for individual sessions by 3:30 the day of the session



Please call or email Midwest Family Connections to register. Call: 306-825-5911 or 1-866-651-5911 (toll free) info@midwestfamilyconnections.ca

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## Vermilion Elementary School

Being the Best We Can Be September 2020

Sun	Mon	Tues	Wed	Fri	Sat	
		1 A-K Students' First Dav	2 L-Z Students' First Day	3 Virtual School Assembly 9:30 am	4	5
6	7 Labour Day NO SCHOOL	8	9 KA Muffin Morning CANCELLED More Fromse 7:45-9:00 am	10 KB & Gr 1-6 Muffin Morning CANCELLED More T:45-9:00 am	11	12
13	14	15 KB & Gr 1-3 School Photos	16 KA & Gr 4-6 School Photos	17	18	19
20	21	22	23	24	25	26
27	28	29	30 Fall Fundraiser Begins CANCELLED ORANGE SHIRT DAY EVERY CHILD MATTERS	Oct 1	Oct 2	Oct 3
Oct 4	Oct 5	Oct 6	Oct 7	Oct 8	Oct 9 Celebration Day	Oct 10