



VERMILION ELEMENTARY SCHOOL NEWS



Being the Best We Can Be

October 2021



Virtue of The Month
Compassion

**School Council
AGM**
Tuesday, October 26th
7:00 pm (Virtual)



**Hot Lunch
AGM**
Thursday, October 7th
7:00 pm (Virtual)



BTPS self-screening App



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



The start of our school year has been amazing, especially given the ongoing pandemic issues. We want to express our gratitude and appreciation to students and parents for their cooperation and understanding of the challenges that have come from all the Covid-19 procedures. Our staff have worked tirelessly and diligently to help keep everyone safe. It really does take a team effort to make our school the 'best we can be'. We have had a beautiful fall so far and are hopeful it will continue. We have continued with cohorts in our school this year. ECS -grade 3 are following our bell schedule that we had in place prior to the pandemic and our grade 4-6 have a slightly different schedule (Recesses are 10:50 - 11:05, 12:10 - 12:30 and 2:30 - 2:45). We are conducting our assemblies in a virtual format and are limiting the number of extra people in our school. We are working hard to try and find the balance between normal school operations and taking the necessary precautions to keep everyone safe. We thank everyone for continuing to be diligent with sanitizing and following our guidelines.

As was mentioned in our last newsletter, I will be leaving Vermilion Elementary School and moving to another school jurisdiction. I will begin my new position as Principal of Ochre Park School in Redwater on Nov. 1, 2021. After 24 years in Buffalo Trail Public Schools, I felt it was time for a change. While I am excited to begin a new adventure, I am truly going to miss the students, parents and staff at Vermilion Elementary School. I would like to thank you all for your dedication and support for our school and our staff. It is the efforts of a great team working together that make a school so wonderful to be at. I have looked forward to coming to school each and every day and that has been wonderful. Thank you all. My last day at VES will be Friday, Oct. 22.

I am happy to congratulate Mrs. Sheila Doherty as the new Acting Principal at Vermilion Elementary School. She will assume her new role on Nov.1, 2021 and will remain in that position for the remainder of the

continued on page 2

Vermilion Elementary School Mission Statement:

Within a safe and nurturing community, we at Vermilion Elementary School, will foster personal and academic excellence, while treating each other with dignity and respect.

As a team, we will be the best we can be.

school year. An advertisement will be posted shortly for an Acting Assistant Principal for the rest of the 2021/2022 school year. Stay tuned for further updates regarding this position and any other staffing implications for VES.

We would like to welcome some practicum students who will be joining our staff in the near future. Mr. Kobi Neureuter will begin his practicum on Oct. 4 and will be working with Mrs. McLaughlin and her grade 1 students. Also, we welcome Mr. Leighton Bates, who will be sharing his time with Mr. Haslehurst and Mr. Beecroft and their students. He will begin on Oct. 12. Last, but certainly not least, Miss Allecia McDonald will be working with Mr. Harvey and the grade 4 class. Please welcome these individuals to the VES family.

The month of September has passed by quickly, but has gone relatively smoothly here at VES. As the situation in our province continues to deepen, we are all trying to cope with the challenges around us. Our staff are doing their very best to continue the learning with their students. Our enrollment is pretty much as we predicted in terms of total number of students. Our total number of ECS students is down slightly from the past, but our total number of grade 1 students is up slightly. We are evaluating our extra-curricular programs on a case by case basis. We did have a grade 4-6 cross-country running club who practiced after school two days/week. The group of 27 students and Mrs. McLaughlin traveled to Riverdale to compete in a race recently. All students did very well, with two placing in the top 10 in their respective age categories. Well done, VES!

In closing, we would like to thank everyone for continuing to practice kindness and for the many other wonderful virtues that we see everyday in our students. Together, we really can *'be the best we can be!'*

Mr. Calvin Anhorn
Principal



PARKING

Parents and visitors are able to park on 49 Avenue, as well as south of the crosswalk on 44 Street. **Please ensure that you are not parking in front of the school in the bus loading/unloading zone from 8:00-9:30 am and from 2:30-4:00 pm.** We ask that parents & visitors also refrain from parking in the staff parking lot as this is reserved for staff members and for safety reasons students may not be dropped off or picked up in the parking lot.



STUDENT ATTENDANCE

If your child is going to be absent/late, even if buses are not running please let your child's teacher know or call the office to notify us. If you have not contacted the school office or teacher to inform us if your child will be absent/late, we will call you to ensure your child is safe.

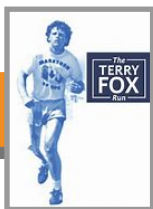
Parents/Guardians/Caregivers/Visitors Entering the School

All visitors to the school must wear a mask, use proper hand hygiene upon entering, and complete the BTPS [daily screening app](#). Visitors, students or staff who feel ill or have symptoms of COVID-19 cannot enter the school.

As you enter the building through the main entrance ONLY, you will follow the visitor protocol outlined here.

- **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 with your device camera.**
- **Sanitize your hands with the provided sanitizer.**
- **Sanitize the IPAD after use with the provided wipes.**
- **Wear a mask at all times in the school.**
- **Please maintain physical distance of 2m from others where possible.**
- **Please follow the directional arrows for travel within the school.**

All visitors, including those coming for Vermilion Play Development and Before/After School Care, MUST use the front entrance to enter the building and must follow the visitor instructions in the front entrance. Visitors will exit the building using the closest exit.

**TERRY FOX RUN**

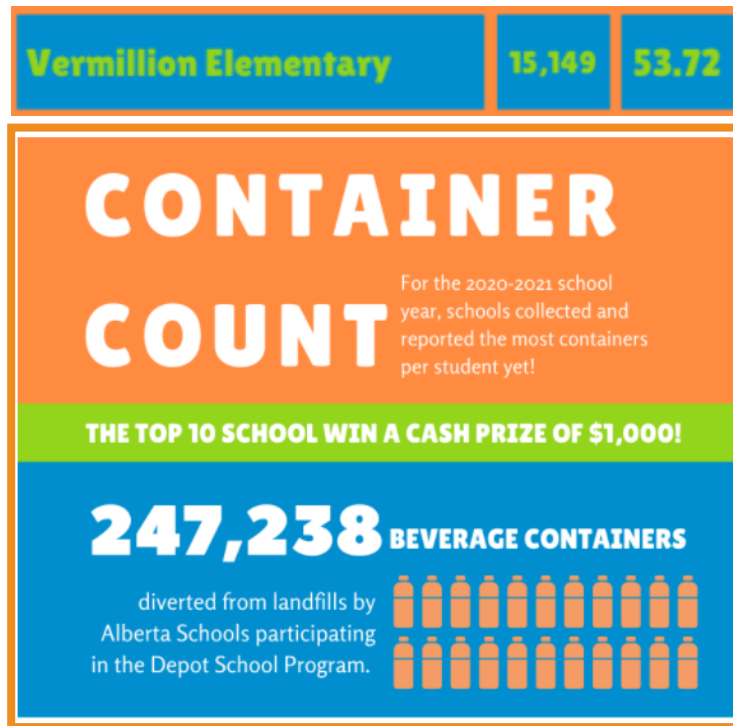
VES supported the Terry Fox Run on September 17th. This was a great opportunity for students in each Division to come together to make a difference in the fight against cancer. Terry exemplified traits that VES values and practices such as perseverance, goal setting, leadership, empathy, and working together. This year we are learning, more than ever before, that together we are better. We are proud to say that our "Toonie for Terry" campaign was so successful that we are able to donate \$550 to the Terry Fox Foundation this year!





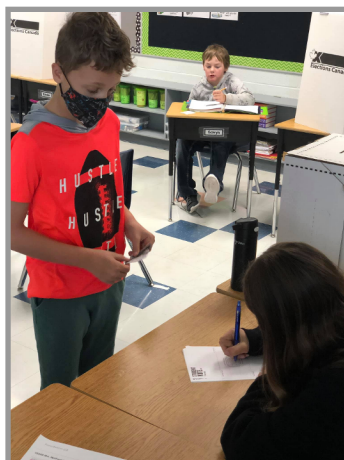
ALBERTA DEPOT SCHOOL PROGRAM

VES participated in the beverage container recycling program that is available to Alberta schools. The goal of the program is to help encourage youth to get involved in this important recycling initiative within an educational environment. VES was one of the top 10 schools in Alberta to collect and report the most containers/student. We reported 15 149 containers which was 53.72/student. This qualified us to win a cash prize of \$1000. Way to go VES! This money will be put towards Grade level field trip accounts! How exciting!



STUDENT VOTE

On September 20th, the grade 6's exercised their democratic right and participated in Student Vote. The ballots have been counted and the results were submitted. Then we waited to see the results from all the students' votes across the country. It turned out that the Student Vote across Alberta were much the same results as the actual election. This was a great learning opportunity.





DATES & THEMES

To help you remember, dress up days are on Assembly days. There are a few other seasonal days included below. Have fun and get involved!

October 5	Crazy Hair	Crazy Hat
November 3	Jerseys	Sports Wear
December 7	Plaid Day	Christmas Sweater
January 5	Dress to Impress	Career Wear
February 8	All in one colour	Rainbow of colours
March 2	Superhero	Super hero
April 5	Mustache or beard	Crazy socks
May 4	Star Wars	Aliens
June 7	Beach wear	Inside out or backwards



VES SPIRITWEAR

**Every Friday - Wear
VES Spirit Wear and
School Colours**

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!



\$25.00



\$13.00



\$45.00



\$40.00



FROM THE BUS LANE

**STUDENT SAFETY IS
OUR GOAL!**

- All students and drivers are required to wear a mask. Students will not be allowed on the bus without a mask.
- Seating Plans: There will be seating plans on the bus, however this year, the first one on the bus does not have to load at the back of the bus.
- Buses will be cleaned after each bus run.
- Food/Drinks are not permitted at this time.

BUS FEE PAYMENTS:

Parents and guardians can now pay their bus fees online. The button to pay fees is on the parent page of the school website and labelled "PAY FEES". For assistance please email transportation@btps.ca. We also accept e-transfers. The email is vivian.locher@btps.ca, and in the message include your child's name, bus route number and bussing service you are paying for (i.e. Vermilion Intown, Wainwright Intown, Yard Service, etc.).



HOT LUNCH

- Notice of AGM: October 7th, 2021 at 7:00 pm
- Volunteer Opportunities: We are looking for interested individuals who can help with the program this year. Specifically, we are looking for our Treasurer position.
- Vermilion Elementary School Lunch Society will be using an online platform to help manage orders, menus, and payments. This platform is reset each year so if you wish to order hot lunch you will need to set up your account. Follow the instructions below to get on the list. If you had an account last year, use the same email address as last year)

Go to **VES.hotlunches.net**

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

Follow the instructions to add each child in your family who attends **Vermilion Elementary School**. Once your child(ren) is registered, click on "Orders"

Proceed to order hot lunch for your child(ren)

- Payment

We are looking at ways to pay online including PayPal, Credit Card, Interact. You can either pay with a credit card as a PayPal guest (Visa, Mastercard, or Amex), or set up your own PayPal account.

The hot lunch online ordering system requires a small amount of setup time at the beginning as you must register each child you have attending our school prior to ordering hot lunch. Once the initial setup process is complete, your hot lunch orders for the remainder of the year should be quick and simple.

****Please Note:** Should you experience any issues with your PayPal account, you must contact PayPal directly to solve the issue. ******

Please direct feedback to Darcie Maier, (darcier1979@hotmail.com) or Brandon Tupper (Tupper.Brandon@gmail.com)

10 ways to make family cycling more fun this fall

The kids are back to school and it's just as important as ever to keep up activity levels each day before and after classes, and to plan active outdoor time on weekends.

Check out these suggestions for some [fun family bike rides](#) this fall before you bring the skis and sleds out.

1. Invite the friends!

Most children will have at least one pedagogical day or early-dismissal day in September, so round up a crew from the neighborhood and go out for a bike ride on your local pathway or visit a playground or two (you could even add a stop for slurpees or ice-cream).

2. Pick a fun destination with a reward

Adults will go biking for the sake of it but for kids, it's often about the destination or the reward. I wanted to go for a ride last weekend, but the suggestion wasn't met with much enthusiasm from my kids until I said I was going to a nearby ice-cream shop. I said anybody who wanted ice-cream had to bike to the shop with me. As expected, suddenly I wasn't biking alone!

I also try to plan bike rides where we'll connect several playgrounds, pass by a skate park, stop for a fun treat, and maybe even incorporate some water play if it's a warm day. These are always the most popular family outings at our house.

3. Plan around your child's personality and interests

My son likes mountain biking so even if we're biking in the city, I often try to plan our rides around visiting a bike skills park, or I make sure there's at least a section of dirt trail riding on our loop. If you have children who love connecting with nature, plan to visit a park, wooded area, stream, or pond where you can stop for a rest break to play.

4. Crunchy leaves are fun

We love fall biking. Once the leaves start to fall from the trees, we enjoy the sound of our tires moving through crunchy leaf piles. We'll seek out parks in our city with big trees so that we're guaranteed to have lots of leaves to ride through. Mountain biking is also fun in the fall when everything around you turns a magical golden colour (great for photos!).

5. Choose a fall family biking goal

Come up with a number of kilometers you want to bike as a family this fall and reward the effort with a trip to the movie theater, a favourite restaurant, or somewhere else that the kids have been begging to visit. Alternatively, come up with a few rides that you had on your summer list to finish this season or choose a skill that each person would like to improve on.

6. Make the bike ride home from school an adventure

My son and I often ride down to our local Tim Hortons on our way home from school for doughnuts. Along the way we'll look for a geocache or stop at a new playground we find on our loop. The best ride home doesn't have to be the shortest one.

7. Choose a new destination or trail

We're always trying out new mountain bike trails on the weekend and we like riding new pathways around our city. It gets boring riding the same trail every week, so mix it up and choose a new place to explore this fall.

8. Plan a fall camping trip and bring the bikes

It's often too hot to go for a long bike ride in the summer, but fall is perfect for getting back out there again. Many of our favourite campgrounds have great bike trails as well so we combine camping and biking and head out for the weekend. Monday feels much more manageable too if you've recharged the batteries and connected with nature over the weekend.

9. Try a new kind of biking

Visit a skate park that allows bikes, check out a [pump track](#) or bike skills park, try mountain biking for the day, or visit a ski resort for some lift-accessed downhill biking before the hill switches to winter mode.

10. Bike around a campground after it closes for the season

Many public campgrounds close for the season early to mid-September, creating a safe place for novice bikers to ride without traffic to worry about. Often the campground will have a playground as well, or a creek or river to play by, and there will be no shortage of picnic tables for your lunch.

Understanding Emotions

Emotions are a normal and important part of life. Emotions aren't right or wrong or good or bad, they only tell you how you feel. You can control your actions and behaviours, even when your emotions feel strong.

Help your child identify and manage strong emotions with these calming strategies.

Notice and name emotions. Help kids learn how to deal with and talk about their feelings. Use the Emotion Wheel link below to help name emotions. Ask your child how their body feels when they are angry, sad, happy etc. This is a helpful way to make the emotions less intense and improves their ability to respond rather than react during stressful moments. Teens may enjoy journaling about feelings or expressing their feelings through art or music.

Tense and release

Tensing and releasing all the muscles of your body, one body part at a time can help reduce tension in your body and calm the mind. This is a great way to end the day with your child.

- Find a quiet comfortable place to sit or lie down.
- Focus on your feet and legs. Take a slow, deep breath in as you tighten those muscles, hold for 5 seconds, and exhale and release those muscles.
- Inhale, squeeze your fingers, shrug your shoulders to your ears and tighten the muscles in your abdomen, hold for five seconds. Exhale and release those muscles.
- Scrunch up your face as you inhale, hold for 5 seconds and exhale to release.
- Take a breath in, tighten the muscles of your whole body and as you exhale, let your whole body relax.
- Notice how you feel now. Repeat as needed.

Self-care

As a parent, being a positive role model all the time can be hard.

Find healthy ways to express your own emotions and cope with stress. Be sure to take time for yourself to recharge. Some ideas include:

- Going outside for a walk
- Learning something new
- Listening to music
- Talking with a friend or family member
- Watching a funny show
- The ideas are only limited to your imagination!

What do you like to do to recharge?

Gratitude

Being grateful improves our ability to cope with stress and improves our overall mood.

- Take a few minutes to talk about what you're grateful for each day.
- Savor the small everyday experiences by noticing how they made you feel
- Say "thank you" when someone does something nice for you.
- Use a journal to write down things you're grateful for each day or write them on a slip of paper and add them to a gratitude jar and watch it fill up. Each month read together all of the things your family has been grateful for.
- The key is to practice daily!

MORE RESOURCES

<http://anxietycanada.com/wp-content/uploads/2019/02/anxiety-bc-coping-strategies-v3-4.pdf>
<https://feelingswheel.com/>

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322
Mental Health Help Line
1-877-303-2642



Sword and Thistle Highland Dancers

Affordable and Fun Recreational Dance Club with 2 Locations

Albert Hall (north of Irma) Monday nights

Vermilion - Wednesday nights

6 week session option or all season for ages 3-adult


Starts September 13 at Albert Hall

September 15 at Vermilion

Contact Trisha Rue for more information

(780)806-3185





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<https://www.facebook.com/torrenttkd>



Torrent Taekwon-do

Send Message

OPERATION EDUCATION FUNDRAISER

- REBATE PROGRAM -



Operation Education brings Boston Pizza
and local schools together.

From September 1 to December 31, 2021,
visit your local Northern Alberta Boston Pizza*
and help your school earn 5% cash back
of the pre-tax total of your receipt.

Let staff, students and other families know to
go to Boston Pizza, save their original receipts
and submit them to your designated school
representative by January 31, 2022.



**valid for registered schools at participating NAB Boston Pizza locations.
Only original receipts are accepted.*



Vermilion Elementary School

Being the Best We Can Be

October 2021

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5 School Assembly 9:30 am SCHOOL ASSEMBLY Dress Up Crazy Hair or Crazy Hat Day	6	7 Hot Lunch AGM 7:00 pm (Virtual) 	8 Celebration Day No School	9
10	11 Thanksgiving Day No School	12	13	14	15	16
17	18	19	20	21	22 School Based PL Day & Support Staff PL Day No School	23
24	25	26 School Council AGM 7:00 pm (Virtual) 	27	28	29 VES Halloween 	30
31	1	2	3 School Assembly 9:30 am SCHOOL ASSEMBLY Dress Up Jerseys or Sportswear Day	4	5	6

TBA Parent Teacher Interview Dates coming up