



# VES News October



## Upcoming Events

**Hot Lunch AGM Meeting**  
-Sept 26 at 6:30 pm

**School-wide Community  
Connection Art Day**  
-Oct 3

**Assembly & Spirit Day**  
-Oct 4 Crazy Sock Day or  
Wacky Socks

**No School**  
-Oct 14 Thanksgiving Day,  
no school.

**Fall Sausage Fundraiser**  
- Oct 7 to Oct 28

**School Council Meeting**  
-Oct 15

**Book Fair Family Night**  
-Oct 17

**Picture Retakes**  
Oct 29

**Halloween Party**  
-Oct 31

## VERMILION ELEMENTARY SCHOOL FUNDRAISER

Funds raised will help send the Grade 1 to 6 to the

The Edmonton Valley Zoo



Please watch for forms coming  
home in your child's backpack on  
October 7th!



Oct 16-17 Student purchase day in  
class (each class assigned a day)

Oct 17 Family Book Fair Night  
4 - 7:30pm

## School Council Meeting

October 15 at 6:30pm

Effective engagement in your school community!

## Quick Links

[Assembly Dress Up Days!](#)

[Parking](#)

[VES Spirit Wear Clothing](#)

[Microwaves](#)

[Facebook Page](#)



## Peeking Ahead

Nov 1 - Assembly & Spirit Day/Mustache, Beard, or Hat Dress Up  
Nov 8 - Remembrance Day Ceremony

## After School & Noon Hour Activities

Volleyball Club  
Canley Cup  
Creative Kids



VES will be celebrating Halloween on October 31st. Parents are welcome to join us for our costume parade at 1:00. Students may choose to come in costumes as long as he/she can sit to work in the morning. Otherwise students will have time to put on costumes at 12:30. Students will help each other, rather than having parent help as there is limited space and time. After the parade, students will participate in individual class activities. Please remember that costumes cannot include any weapons and dangerous accessories. We look forward to seeing you! Feel free to dress for the occasion!

**Vermilion Elementary School**

**4837 - 44 Street**

**Vermilion, AB T9X 1G3**

**780-853-5444**

**[www.ves.btps.ca](http://www.ves.btps.ca)**



### 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.

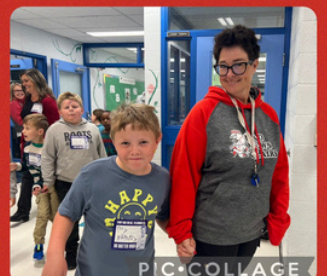


# WELCOME BACK!





# FAMILY PICNIC AND TERRY FOX WALK/RUN



## Close Connections Workshops...

- for adults over 18 years of age in Vermilion & Area
- interactive and in-person
- 4 hours of training

*Together, we can support wellness, foster hope, and prevent suicide.*

*So, let's talk about it.*



Childcare available & meal for participants and children provided by the VIBE team with funding support from



Mental Health Foundation

### AHS SPEAKS

Alberta Health Services Suicide Prevention Education, Awareness, Knowledge and Skills

## Close Connections Suicide Prevention Training

Through our close connections, we can help others by supporting day-to-day wellness, promoting life and preventing suicide.

Increase your knowledge and practice skills to:

- R** **Recognize** when someone you care about might be thinking of suicide
- E** **Engage** in conversation and listen with empathy
- A** **Ask** about thoughts of suicide
- C** **Connect** the person to safety, supports and resources
- H** **Heal** and take care of your own mental health while helping others

### Join the conversation in this interactive workshop.

Date: November 7, 2024 Time: 5:00 - 9:00pm

Location: Vermilion Elementary School Library

Scan the QR Code to Register

Limited spaces available.



Register by: November 1, 2024

Questions? email [Lorelee.Marin@RecoveryAlberta.ca](mailto:Lorelee.Marin@RecoveryAlberta.ca)



# Did you know?

- 80% of classroom learning is visual.
- 1 in 4 children have some form of vision problem.
- Many vision problems must be treated early in order to correct the issue.
- Children with vision problems are often misdiagnosed as having learning or behavioural disabilities.
- Children often don't know they have a vision problem, as they believe what they are seeing is normal.
- Parents often don't know their child has a vision issue, because these issues can be hard to spot particularly if there is a problem in only one eye.
- More than 43% of children who have a vision or eye health problem can pass a basic vision screening. A comprehensive eye exam by an optometrist is accurate and will check for a number of possible vision problems.
- Just as children grow, so too do their eyes. An annual eye exam is very important.

**Join us on this special day that will be dedicated to KINDERGARTEN check-ups  
Exams will be done by Dr. Dylan Johnston**

**Kindergarten  
Eye See...Eye Learn  
Day**

**Appointment Needed**

Give Your Child the Best Start.

**November 12, 2024**

- ✓ Free Yearly Exam\*
- ✓ 1 Free Pair of Glasses\*
- ✓ Prizes and Draws

**Book Now!**

780-853-6501

Some conditions apply please see office for details\*

**PRAIRIE VISION**

To book an appointment or for more information please call the office 780-853-6501





VERMILION LIONS CLUB  
5240-65TH STREET  
VERMILION, ALBERTA  
T9X 1X6



**2024 SANTA ANONYMOUS REGISTRATION FORM**  
Vermilion and Area, Minburn, Mannville, & Clandonald  
DEADLINE FOR REGISTRATION IS November 25th, 2024.

**Santas Anonymous is only available for families with children that live in the same household. Pick-up and delivery will be Saturday December 14th, 2024. We will be starting deliveries at 8:30 a.m. Pickup from 9:00 to 10:30 a.m.**

**Children will receive gifts and/or gift cards. Food will be in the form of gift cards.**

Name of parents/guardians: \_\_\_\_\_

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.**

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)

**Where do you want your food gift card from (Circle one) : COOP or Vermilion AG Foods**

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	Size your child wears? Chld, youth adult, etc	What does your child want for Christmas? <u>WE do not buy video games.</u>

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, Early Childhood Educators, 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 will not be processed. My reference is:

Reference's Name \_\_\_\_\_ Position \_\_\_\_\_ Agency \_\_\_\_\_ Phone # \_\_\_\_\_

Please note: Mail completed application to address at the top. If you require more information please calling Don Good 780-853-2220. 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 \_\_\_\_\_

# Changing Families:

## A program to support youth impacted by divorce & separation

An evidence-based program specifically designed to help children & youth cope with challenging family changes.



Ages 5 to 17 years

Program dates (up to 12 weeks program) -

October 2<sup>nd</sup> – December 18<sup>th</sup>, 2024. Wednesday – 6.30pm – 8pm

In Lloydminster or Kitscoty (to be confirmed)

**Preregistration is required. Space limited.**

Cost is \$20 per family. Subsidy is available.

To register or for more information contact:

Gayle at 780-808-1645

### Goals of the program:

Supportive group environment, Youth to learn and share together, learn to identify to expect & express feelings, teaching youth skills such as communication and problem solving. Youth explore the concepts of divorce & separation.

Funding provided by FCSS:

City of Lloydminster, County of Vermilion River, Towns of Vermilion & Wainwright, Village of Kitscoty  
**We are a non-profit charitable society and donations are welcomed.**

Service Provider: Walking through Grief Society in partnership with VIBE

# Hope after Loss: Audra's Legacy

## A program for grieving youth

A group designed to support children & youth experiencing grief and loss due to a death of a special person.

Ages 6-11 and 12-18 years

Parent support included during the group.

Program dates (10 week program)

October 1<sup>st</sup> – December 3<sup>rd</sup>, 2024

every Tuesday – 6.30pm – 8pm

at Kitscoty or Lloydminster. (to be confirmed)

**Preregistration is required. Space is limited.**

Cost is \$20 per family. Subsidy is available.

To register or for more information contact:

Gayle at 780-808-1645



The Grief support Group covers:  
Death, Grief & Loss, feelings,  
Fears, Guilt & Regrets, Memories,  
Healing, Self-care & support  
Rituals and special Days,  
Saying Goodbye

Funding provided by FCSS:

City of Lloydminster, County of Vermilion River, Towns of Vermilion & Wainwright, Village of Kitscoty  
**We are a non-profit charitable society and donations are welcomed.**

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**VERMILION JUNIOR**  
**CURLING**  
**Monday Night Open League**  
**2024-2025**

**Monday Nights 6:45-8:30pm**

**Starting Nov 18, 2024**

**6 end games**

at Vermilion Curling Rink

**2 divisions (younger teams and older teams)**

**(Curlers can be in Grade 4 to Grade 12)**

**Teams from surrounding communities are welcome!**

Entry fee \$200/team

(If you don't have a team but would like to curl, please contact Doug)

To enter call Doug: (780) 853-0062

**Vermilion Junior Curling Tuesday After-School League**  
**Grades 4-12**  
**Tuesdays 3:45-5:30pm**

**Fee: \$97.00** (includes windup pizza party and curling photo)

**November 5, 2024 – March 4, 2025**

**Vermilion Curling Rink**

**Junior Curling Meeting October 8, 2024 at 7pm upstairs  
at the Vermilion Curling Rink (back entrance)**

**Registration on November 5 at the Vermilion Curling Rink**

(Registration forms for pre-registration can be requested from  
Joanne at 780 853-2233 - leave a message)

**Come and learn the skills for the lifetime sport that rocks!**

Curling equipment is available to borrow from the Junior Curling Program

Want to try the sport of curling or brush up on some skills,  
come to a "Learn to Curl" session on **October 27 from 3:00pm-5:00pm**  
at the Vermilion Curling Rink (instructors on site)

**Fighting off fall fatigue**

As we adjust back into the school routine, we may be tempted to reach for an energy drink to ward off an afternoon slump or early morning fatigue. While their marketed with claims of increased energy and improved concentration, what do we really know about energy drinks?

- Energy drinks can contain caffeine, added sugars and other stimulants.
- A single energy drink can contain 160-180mg of caffeine which is almost half of Health Canada's recommended daily intake for adults (400mg daily) and over the maximum amount recommended for children and youth (100mg daily).

**Effects of caffeine and sugar from energy drinks**

- Caffeine stimulates the central nervous system for up to 6 hours.
- Caffeine can increase blood pressure, irritability, restlessness, nervousness and contribute to difficulty sleeping, irregular heartbeat, headaches and tremors.
- Caffeine can affect how some medications work.
- One energy drink can contain up to 54 grams of sugar which is the same as 13.5 sugar cubes.
- The quick-digesting sugars in these drinks can lead to significant energy spikes and crashes.

**Risks of energy drinks**

- High amounts of sugar, which adds calories, and can increase blood sugar in those who have diabetes.
- High amounts of caffeine, which can make high blood pressure and abnormal heartbeats more likely in those who have heart problems.
- The caffeine in energy drinks may make it harder to sleep. Over time this can lead to sleep deprivation.
- Mixing energy drinks and alcohol together can make the effects of alcohol harder to notice. People may feel they are not as intoxicated as they really are and drink more.

**Talk to your children and youth about energy drinks and caffeine:**

- Have informed conversations about these drinks.
- Explain that energy drinks are not meal replacements and drinking them on an empty stomach can worsen side effects.
- Mixing energy drinks with alcohol can be dangerous.
- Encourage other ways to increase energy such as a consistent sleep schedule, regular physical activity and balanced eating.
- Make gradual steps to reduce intake instead of stopping abruptly as withdrawal symptoms can happen.

**MORE RESOURCES**

Visit [myhealth.alberta.ca](https://myhealth.alberta.ca) and search "Energy Drinks"



For 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