

VES News December



Upcoming Events

Canley All-Star Game and Teddy Bear Toss

-Nov 29

Grade 5 and 6 Caroling

-Dec 3

Assembly & Spirit Day

- -Dec 6 School Spirit & Assembly Day
- -Plaid or Xmas Sweater Day

Christmas Concert Practice for K-3 at the College

-Dec 16 and 17 (leave school at 12:45)

Christmas Concert Practice for Gr 4-6 at the College

-Dec 19 (leave school at 9:00am)

Christmas Concert K-3

-Dec 18 at 7pm

Christmas Concert Gr 4-6

-Dec 19 at 7pm

School-wide Xmas Activities & PJ Day

-Dec 20

Christmas Holidays

- Dec 23 to Jan 6

Peeking Ahead

Jan 10 - Assembly & Spirit Day Crazy Bling Day!



VES Grade 4 to 6 presents

Christmas Radio: Tunes of the Seasons

December 19, 2024 At 7pm Lakeland College Alumni Theatre



School Council Meeting

January 14, 2025 at 6:30pm Effective engagement in your school community!

VES Spirit Wear We are excited about our new

We are excited about our new partnership with Rural Roots Florists & Design to provide the option of buying VES spirit wear locally.

We have worked together to provide a brochure of basic options. You can pick up a brochure at VES or Rural Roots. However, they are able to provide many more style options if you would like to stop at the store.



Quick Links

<u>Assembly Oress Up Days!</u>

Microwaves

Facebook Page

VES Spirit Wear Clothing on line or

buy locally at Rural Roots.



Christmas performance rehearsal?

Kindergarten - Grade 3 students will bus over to the college to practice on Dec. 16 and 17th at 12:45pm.

Grade 4-6 students will bus over to the college to practice on Dec 19th at 9:00am.

Concert Night?

Please drop off your child at the College Cafeteria between 6:30-6:40 pm. There will be no supervisors prior to 6:30. Once there, students will remain there rather than going back and forth to parents or guests. To alleviate some of the congestion and confusion during pick up, we ask that you come to your child's table at the Cafeteria and sign out your child on the class sheet. Reminder, that students will need inside shoes. There will be quiet activities provided for wait times. As this is a school event, students may not bring digital devices.

If I can't make it to the concert (details below), how can I see the concert?

Attend the rehearsals on Dec 17 at 1:00pm or Dec 19 at 9:15am at Lakeland College. Watching the livestream during the evening concerts is also a great option. Link will be posted on Facebook and website.

Noon Hour Activities

Canley Cup - Monday and Friday

Creative Kids - TBA



Vermilion Elementary School 4837 - 44 Street Vermilion, AB 19X 1G3 780-853-5444 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.



All-Star Game and Teddy Bear Toss

On Friday, November 29th, the Doherty Conference All-Stars floor hockey team will take on the Joa Conference All-Stars team during the noon recess. This is a long-standing tradition.

We plan on continuing another tradition that day, too. We have staged a teddy bear toss during this All-Star game for the last twelve years. Students brought stuffed animals to donate to children in need and tossed them into the middle of the gym when the first student goal was scored. We ended up with a great example of VES generosity amidst all the fun of the game.

We would like as many as possible, of course. Please feel free to send a stuffed toy with your child to the game on Friday. All stuffies will be donated to our local Santas Anonymous.

Note: Anyone can attend the game. The teddy bear is a donation, not an admission fee.

Duffle Bag Theatre









Remembrance Day Ceremony



October to December Club - Canley Cup

















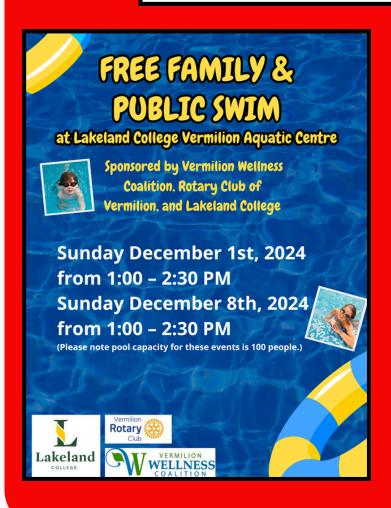


Please drop off new unwrapped donations in the collection box outside of the office. Below are a few suggestions.

Pre-school - Paw Patrol, Duplo, farm toys, dolls, cars and trucks, PlayDough

School-Aged Kids - Lego, Crafts, games

Teenagers- gift cards, hair things, items for nails, crafts, games, tools





VIBE'S LITTLE LIBRARIES 5 DAYS OF CHRISTMAS



PLEASE ONLY TAKE ONE PER FAMILY OR CHILD.

MONDAY: CRAFT BOOKS .



TUESDAY: ACTIVITY BOOKS FOR KIDS

WEDNESDAY: STORYBOOKS FOR KIDS







FRIDAY: CANDY CANES









Families choose one kit - scan QR code to order your Free Family Kit:



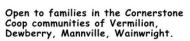
Art Kit







Game Kit





Available while supplies last.

Big Idea: Put away devices when you are travelling in your vehicle, at events, or—practices. Simply pull out the Family Kit & play together.



PROJECT FUNDED BY:













Spending Time with Family

Studies have found that spending time with family can help reduce stress, anxiety and lead to a healthier lifestyle. And "family" doesn't just mean blood relatives: It can include close friends and neighbours.

Happiness and well-being are impacted by the love, support, and acceptance we get from people around us. Spending time with our families helps us be stronger and shapes who we become. It is one important piece of building a full and meaningful life.

Be Intentional with Family Time

Make family time part of your routine:

- Go for family walks
- · Spend time outdoors
- Have playtime
- Watch movies
- Have a game night
- Attend community events
- Engage in family conversation
- · Plan and make meals together
- Read aloud
- Do homework together

Health Benefits of Family Time

The benefits of family time can include:

- Reduced anxiety and depression through face-to-face time with loved ones.
- Children that spend time with family tend to perform better in school.
- Children receive positive attention for good behaviour and are more likely to ask for help.
- Children's self-confidence is strengthened when they feel valued by others.
- Children learn communication skills and conflict resolution strategies.
- Children develop healthier coping skills through connection.

Plan family time outside of your routine:

- · Go for an overnight trip
- Plan a vacation together
- Check out local attractions like a museum, fair or farmers market
- · Attend community family events
- Play together at a family fun place
- Different family members plan an activity or day
- · Camp in the backyard or living room
- · Share traditions and make new ones

MORE RESOURCES

Visit kidshealth.org



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