



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 Kindergarten to Grade 3
presents
**A VERY MERRY
Christmas**


December 18, 2024 at 7pm
Lakeland College Alumni Hall Theatre



Join us for a joyful celebration of Christmas songs
from our youngest stars.

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 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.



FAQS

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.

Quick Links

[Assembly Dress Up Days!](#)

[Microwaves](#)

[Facebook Page](#)

[VES Spirit Wear Clothing on line or buy locally at Rural Roots.](#)



Noon Hour Activities

Canley Cup - Monday and Friday

Creative Kids - TBA



Vermilion Elementary School

4837 - 44 Street

Vermilion, AB T9X 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





**Santa's Anonymous Collection Site
For the Vermilion Lions Club**

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

FREE FAMILY & PUBLIC SWIM

at Lakeland College Vermilion Aquatic Centre



Sponsored by Vermilion Wellness Coalition, Rotary Club of Vermilion, and Lakeland College

**Sunday December 1st, 2024
from 1:00 – 2:30 PM**

**Sunday December 8th, 2024
from 1:00 – 2:30 PM**

(Please note pool capacity for these events is 100 people.)



Blooming Hearts

Free Play Program
November 21 - December 14

Children ages 0-4 years
Monday to Friday 9:00-11:30 am

Preschool Afternoons
Tuesdays & Thursdays 1:00-3:30 pm

Open House
Monday November 20th
9:30 - 11:00 am

Call to Register
780-853-8693

Register children for
2-3 sessions each week






VIBE'S LITTLE LIBRARIES 5 DAYS OF CHRISTMAS

DECEMBER 2NDND TO 6TH



PLEASE ONLY TAKE ONE PER FAMILY OR CHILD.

MONDAY: CRAFT BOOKS



TUESDAY: ACTIVITY BOOKS FOR KIDS

WEDNESDAY: STORYBOOKS FOR KIDS

THURSDAY: FIDGETS



FRIDAY: CANDY CANES



LOCATIONS: HERITAGE PARK AND BECKY SCOTT TRAIL ENTRANCE TO BRENNAN

AFTER THE WEEK LIBRARIES WILL BE REMOVED UNTIL SPRING

FREE

Family unplug - connect - play Kits



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



Art Kit



Game Kit



Activity Kit

Available while supplies last.

Playing

together
builds your
families
resilience.

Open to families in the Cornerstone Coop communities of Vermilion, Dewberry, Mannville, Wainwright.

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:





Ron Moses Community Christmas Dinner

VERMILION SENIORS CENTRE

5324 50 Ave

12 pm Entertainment

1 pm Dinner

**Reserve your seats or delivery by
December 18th**

Lynda Moses 780-853-1818

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.

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.

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

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