



École Vickers Public School

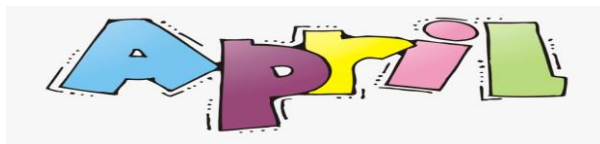


2800 Bradbury Drive
Prince Albert, SK, S6V 7K8

Principal – Mrs. Jennie Green
Vice-Principal – Mr. Kevin Tait
Vice-Principal – Mme Kara Cantin

Phone: (306) 922-6446
Fax: (306) 764-1766

<https://vk.srsd119.ca>



2020

Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi
		1 National Walking Day	2 National Burrito Day	3 National find a Rainbow Day (draw/make a rainbow)
6 Ask your child to tell you a funny story about an animal Jersey day (send a picture)	7 Make a no-sew sock bunny (instructions below) Wear Green - Logan Boulet Effect (send a picture)	8 Draw a happy picture to share with your neighbors (put it in your window)	9 Build a fort	10 National Hug your Dog Day Good Friday
13 National Scrabble Game Day Easter Monday	14 National Dolphin Day (learn about dolphins) Crazy Sock Day (send a picture)	15 Phone a family member (or video chat) and tell them a story	16 National High Five Day 	17 National Clean your room day (don't tell your kids Mrs. MacDonald made this one up)
20 Grow something as a family	21 Make a paper airplane 	22 National Earth Day (talk about recycling, etc.)	23 National Picnic Day (have a picnic at home)	24 ABC Scavenger Hunt (see newsletter)
27 Learn about your favorite animal and teach your parents	28 National Superhero Day (dress up and send in your pictures)	29 Make a meal together	30 Read a book to a sibling, pet, parent, stuffie Crazy Hair Day (send a picture)	



Hello Vickers Community!

Hope this message finds you all safe and healthy at home! I miss seeing all of your faces in person. It has been helpful for me to connect with our community virtually. Pictures and posts on our Vickers Instagram and Facebook accounts are one way to connect, for now.

My family and I have been keeping busy and in good spirits by getting outside every day. Playing outside, and going for walks. Just recently, we got our bikes out! We have done some baking and learned some new cards games. And reading. Lots of reading, which is my favorite☺. (And also Netflix....)

Caregivers, please be gentle with yourselves if you choose to access the supplemental learning opportunities for your students. I can relate to how overwhelming it can be to try to teach our kids at home during this crisis, and I am a teacher! It is important now more than ever to keep in mind the words of Maya Angelou. "People will forget what you said, people will forget what you did, but people will never forget how you made them feel." Stay calm. No kids are ahead, no kids are behind. Teachers will use their superpowers and get everyone back on track when we can safely learn face to face again.

Take Care,

Mme Cantin

Vice-Principal

Hello Vickers Students and Families,

We are going to start an online "choose the adventure" story. Students will be able to read a section and then pick a direction for the story to take. The results will be collected and the one choice, with the most selections, will determine the next step in the story. All the new chapters will be on our website. New chapters will be announced on Instagram, Facebook or by your teacher. All you need to do is choose an answer and submit it. Head to <https://vk.srsd119.ca> to start the adventure.

Mr. Tait

Vice-Principal





Dear Students and Families,

We hope that this newsletter finds you all still doing well and healthy. I, Mrs. MacDonald, have met a few of you along the path as I have been walking my dog; it has been so nice seeing your faces and I hope to see a few more faces each time I go out! I have been spending my time painting and redecorating a room, organizing our belongings, and learning some new skills. I have also been practicing (and re-learning) sign language; I had forgotten almost everything! Just like all of you, I miss my friends and family but we have been having wonderful visits over Zoom and with phone calls, and my daughter has been sending many videos of my quickly growing grandsons! My greatest growth has been in teaching 4 children and in that, I have learned that we can only do the best we can with what we have in any given moment. Parents, and students, be patient and compassionate with yourselves.

Mrs. Boutin is keeping busy from home; the days continue to fly by. She has done her spring cleaning, started organizing pictures and a few indoor projects. She has been keeping in touch with friends, family and her neighbours – especially the one day of the week she drives into town for groceries. She loved the “distance visit” with Mrs. MacDonald this week. (So did I; it was just what we both needed). Most of all, she misses being at school with all of you, seeing you, hearing your voices and the daily routine of work.

If we can draw your attention back to April’s calendar, you will see that we have given some ideas that can be done as a family. In particular, I would like to point out the Spirit Days we have (indicated in red); if you choose to participate, I ask that you email your photos to Mr. Tait at ktait@srsd119.ca. Instructions for the no-sew bunny and a printable form for the ABC Scavenger Hunt are available at the very end of the newsletter. We all have loved seeing the pictures you are sharing with us for our Facebook and Instagram pages.

Parents, are you looking for a way to incorporate Band, Art and Phys. Ed. into your routine and are not sure where to start or are just looking for some fun ideas? Mr. Acorn, Mrs. Hoey-Seto, Mr. Mugford and Mr. Whitrow have worked on a couple of fantastic websites for you! Both websites have weekly challenges for students and families to participate in as well as oodles of resources for your use! There are tabs to access both of these sites on the Vickers’ webpage but I am listing them below for quick reference for you as well.

The Art and Band site is:

<https://sites.google.com/view/vickersartsedband>

The Phys Ed site is:

<https://sites.google.com/students.srsd119.ca/vickerspe/home>

Remember, whatever you do today, leave a trail of kindness.

Until next time,

Mrs. Boutin and Mrs. MacDonald

EDUCATIONAL SUPPORT



Hello Vickers students and families! We know and understand how unprecedented these times are and how staying connected with others is so important. We realize that you might be missing your grandparents or other family members that are close to you.

We have a way you might be able to brighten someone's day at the Mont St. Joseph Retirement Home. The residents are unable to have family visit due to COVID-19. They are missing their children, grandchildren and all the stories and pictures they usually receive. Why not draw a picture for someone at Mont St. Josephs and mail it to them? Everyone loves getting mail! You may not know their name, but just know that each resident would appreciate any kind of correspondence.

Older students you could possibly write a letter or words of encouragement to help these residents through this trying time. Let your kindness and love shine through to those who need it the most.

Letters or pictures can be mailed to the following address:

Mont St. Joseph Home
777 - 28th Street East
Prince Albert, SK
S6V 8C2

What is Mrs. Kristensen up to these days?

Hi everyone! I am enjoying riding my bike on the Rotary Trail. Maybe I might even see you there. I am also getting my garden seeding and looking forward to working with the earth. Spring is a wonderful time of the year. I miss you! I hope you are out enjoying the nice weather!

A Note from Ms. Dube:

Hi everyone, I hope you are all staying safe and healthy. Sure miss seeing your faces smiling, or a high five going down the hallway. Ms. Dube has been taking some classes online and doing lots of cleaning! I miss you and will see you soon!

Je vous manques et je vous verrai bientôt.

A word from Mr. Primeau:

Hi everyone! I hope you are all staying safe and healthy. I am going for some walks, enjoying this nice weather we are having lately. This weather makes me look forward to the softball season so I can get back to score keeping and announcing. Prince Albert isn't hosting any provincial or national championships this year, but I am thinking about helping when Saskatoon hosts a National Championship as I've done that before. Here's hoping I get to do that this year. I would like to say I miss you all and hope to see you really soon.

Musings from Mrs. Dunphy

Hello Vickers students and families!! I miss seeing all of your smiling faces! I hope you are all keeping busy, learning new things every day and enjoying spending time with your family. I have been busy staying physically active. I love running! Now that the weather is nice, I have been running outside enjoying the great outdoors. I am also looking forward to planting my flower beds and watching them grow! I am keeping myself busy, but I really wish that I could be back at school working with the best students in Prince Albert! Stay safe and I will see you soon.

A BIG hello from Mrs. Fischer!

Remember when we read about Elisapee and Her Baby Seagull? (I wonder where Nau is right now with that pink ribbon on her leg) I am so glad that the arctic fox and arctic hare decided to share darkness and light in *The Origin of Day and Night*. It has been great to have more daylight now that it is spring! And our favourite dog Juno from *Sun Dog* was so brave, just like we all are right now doing our job staying safe at home.

While at home, I used the link below to visit Iqaluit and the Canadian Arctic! What an adventure. There is a video, included in the link, about sled dogs like Juno!! Feel free to share with your whole family and don't forget to tell them about our Nominated Willow books that took place in Canada's north.

<https://www.google.com/maps/about/behind-the-scenes/streetview/treks/canadian-arctic/>





Journal Prompts for Kids on

SELF ESTEEM & CONFIDENCE



- What is your greatest talent?
- What is the best compliment you've ever received?
- How do your parents encourage you to be more confident?
- Write about a unique quality you have that makes you special.
- Write down five things that define who you are, listing them as "I am _____," statements. Take a few minutes to think about each one. Which quality feels the best?
- Write about a time when you did something you were afraid to try. How did you feel afterward?
- When you're feeling confident, what emotions do you experience?
- Write about a person you admire. What qualities do you have in common with this person?
- What is your favorite thing to do? How do you feel when you work on this activity?
- What does it feel like when someone recognizes something you worked hard to do?
- What makes you feel like a strong person?
- What do you do when you see a classmate struggling with something?
- Of the people in your life, who makes you feel the most confident?
- Name three qualities you love about yourself.
- How do you think other people see you?
- What is self esteem?
- Why is it important to have high self esteem?
- How do you know when you've succeeded at something?
- Write a poem that describes the feeling of confidence.
- What kinds of things hurt self esteem? How can you discourage these activities?
- What is your greatest strength?
- What is the greatest feeling you've ever had?
- Why is it important to congratulate people who do well?
- Write about your greatest success.
- What do you see when you look in the mirror?
- What does it mean to have confidence?
- How do you think confidence relates to happiness?
- How do you feel when you earn good grades?
- Write about your favorite physical feature.
- Write about your favorite intellectual quality.
- When you want to feel more confident, what do you do?
- What is your biggest goal? How will you achieve it?
- Write about a time when you helped another person. How did you feel?



Hello from Mrs. Boran-Fetch,
I trust you are doing well. I am excited to share a couple tools for your use – a tool to help ground you and a couple of yoga classes!



Mental Health/Nervous System Regulation Tools

Orienting & Grounding

This gives your old brain an opportunity to scan for danger and know that that you are safe.

Wherever you are pause, begin to slowly look around, let your eyes wander wherever they want to go. Look to the sides, up, down, behind you. Take in your environment with new eyes, like you are seeing everything for the first time (Orienting). You can also notice what your body makes contact with under you. If you are sitting or standing, feel the support under your body; feel the contact and connection (grounding). Please contact Celeste Boran-Fetch if you have questions about this tool at cboran-fetch@srsd119.ca.

Online Yoga Classes for Vickers Students

These classes will take place online on Zoom with Mrs. Celeste Boran-Fetch. You will need a mat or blanket and permission from your parents. Parents, feel to join in with your kids. To join, please email cboran-fetch@srsd119.ca by Wednesday April 29th at noon to sign-up with your child's name, grade, and teacher.

Animal Themed Yoga for Kindergarten to Grade 4 - Thursday April 30 11:00-11:45 am
Yoga to Energize then Calm for Grades 5 to 8 - Thursday April 30 3:00-3:45 pm

If you are wanting to participate in the April 24 calendar activity, here's a print out page for you to make things a little easier. Good luck. Have fun and, most importantly, be safe!

ALPHABET

Scavenger hunt

a _____	n _____
b _____	o _____
c _____	p _____
d _____	q _____
e _____	r _____
f _____	s _____
g _____	t _____
h _____	u _____
i _____	v _____
j _____	w _____
k _____	x _____
l _____	y _____
m _____	z _____

Fun activities for the family

<https://www.raisingdragons.com/alphabet-scavenger-hunt/>

<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

<https://tasty.co/article/melissaharrison/cooking-with-kids>

<https://www.thespruce.com/container-garden-projects-kids-will-love-847955>

<https://www.countryliving.com/diy-crafts/how-to/g3060/diy-bird-feeders/>



INVENTOR SCAVENGER HUNT

- Find something that you can turn.
- Find something that is bumpy.
- Find something that is metal.
- Find something you put together.
- Find 3 things that are round.
- Find something you twist.
- Find something shiny.
- Find something you can roll.
- Find a tube.
- Find 3 things that are squishy.
- Find something clear.
- Find something that can bounce.



SELF CARE IDEAS

5 MINUTES

- Brush your hair
- Make yourself a warm drink
- Light a candle
- Listen to an upbeat song
- Drink a glass of water
- Give yourself a foot massage
- Step outside in the fresh air
- Txt someone you love
- 5 Minutes of focused breathing
- Write down 10 things you are grateful for
- Dance like crazy
- Smile!
- Buy yourself flowers

15 MINUTES

- Have a shower
- put on a face mask
- go for a walk
- Make a smoothie
- stretch
- have a cat nap
- Call someone you love
- Pamper yourself
- Do a short meditation
- Spend time in nature
- journaling
- Watch a funny youtube clip
- Soak in a bubble bath
- Write down positive affirmations

AN HOUR OR MORE

- Binge watch a funny show
- Spend time with friends
- Create a vision board
- Do an intense workout
- Get a massage
- Read a book
- Listen to podcasts
- Go on a hike
- unplug from technology
- Try yoga
- Organise your wardrobe
- Cook a new meal
- Paint a picture
- Go to the movies

homeofharmony.website



Wishing all of our Muslim families a blessed Ramada as they embark on a month of reflection, gratitude and personal growth.

