



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)	



Hi Students and Families! I sure miss seeing your faces every day at school!! You bring incredible life and energy to all of us at school. I hope you are doing great as we navigate this new way of schooling.

One thing we wanted to continue with is the school newsletter. It will go out every couple of weeks and will look a little different . . . you can find it on our school website as well as it being sent out on school messenger. Our staff will be contributing to the newsletter and giving you things to do and to read. The other fun thing with the newsletter is there will be some interactive things for you to get involved in. So be ready to participate and send us pictures and write ups!

Our Vickers supplemental learning plan is getting up and running this week. Teachers worked hard this week contacting families and getting some learning tasks ready. There are tons of great ideas and a wealth of learning opportunities waiting for you. If you finish everything early, check out our Vickers website for loads of online learning sites.

The Easter break starts next week April 10th with supplementary learning resuming on Monday, April 20th. Your teachers will have more ready for you at that time to continue on your learning journey.
Have a safe and Happy Easter!

Mrs. Green
jgreen@srsd119.ca

Joke time!

*I am an odd number. Take away a letter and I become even. What number am I?
A- The number seven*



Dear Students and Families,

We hope that you are doing well. First, let me start by saying Mrs. Boutin and I miss seeing your lovely faces each day! I have only needed to give out one ice pack in 14 days!!! We look forward to bringing you this newsletter every couple weeks to keep in touch with you all and to work with all your teachers, support staff, Vice Principals and Mrs. Green to bring you some fun activities and to connect with you and your families.

If I 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.

April 6 is quickly approaching and marks the 2nd anniversary of the tragic Humboldt Broncos crash. We are asking that you please join us, if you can, in wearing jerseys on April 6th and green on April 7th to recognize, honor and celebrate the lives of all those who were on that bus and to celebrate the beautiful gift of organ donation sparked by Logan Boulet Effect. If you would like, send pictures to Mr. Tait of your family wearing your jerseys and green. In addition, we have learned the City of Humboldt is having a moment of silence on April 6th at 4:50 pm CST. Again, we ask that you consider joining with them, stop what you are doing and take a moment for silence and reflection on the lives lost and the lives forever touched by this tragedy. How beautiful that we can join together in strength with each other even when we have to be apart!

Parents, I just want to take a moment to encourage you. I know these are unprecedented times and there is no formula or template for us to follow. You are doing a great job. As one parent to you all, please be kind and gentle with yourselves. Stay healthy and stay safe.

Until next time,
Mrs. Boutin and Mrs. MacDonald

EDUCATIONAL SUPPORT



Ideas from the Support Team

(The support team includes Mrs. Dunphy, Ms. Dube, Mrs. Kristensen, Mr. Primeau and Mrs. Fischer.)

Hello, Vickers' Students and Parents! We hope you are all doing well and keeping safe and healthy. We miss seeing your smiling faces and getting to interact with you. We have put our thinking caps on and have come up with some fun activities for you to do while you are at home; these challenges will give you the opportunity to show us how you decided to tackle each challenge and will give us the opportunity to see you!

Vickers Viking Challenges for April 6-9. All photos taken during these challenges can be emailed to kdunphy@srsd119.ca. Don't forget to check out our Facebook Page as well as Instagram to see some of your submissions.

April 6 - Find any kind of manipulatives you have in your house. Eg) macaroni, pompoms, chocolate chips or raisins. How many equal groups can you make with these items? Take a picture to show your representation.

K-3 Use 20 items

4-6 Use 50 items

7-8 Use 100 items

April 7 - Take a picture of you with your favourite book or a book that you are currently reading.

April 8 - Watch a science video. There are lots of great videos on YouTube and National Geographic. Journal about what you learned or found interesting.

April 9 - Make a photo message. Be creative! Make a sign to share an Easter message for your fellow Vickers students and staff. Take a photo of your message and we will share as many as we can on our Facebook and Instagram pages.

Easter Break Project - Window decorating

Create a spring window display using window paint or other craft materials. Make sure you have permission from your parents. Work together as a family to create a spring display of flowers, animals or encouraging words of hope. Take a walk around your neighbour to see how many other families have decorated their windows. Take a picture of your window display.

Family Baking Challenge - Breakfast Bunny

Show us your best bunny breakfast! It can include a bunny made out pancakes, bread or whatever you have on hand at home. Be creative!

Get ready for more exciting challenges come up in our next newsletter!!

Encouragement to Parents:

“Don't worry about them regressing in school. Every single kid is in the same boat and they will be ok. When we are back in the classroom, we will all course correct to meet them where they are. Teachers are experts at this! Don't pick fights with your kids because they are struggling to do their homework. Don't scream at them for not following a perfect schedule. Don't mandate learning, encourage it. If I can leave you with one thing, it's this; at the end of all this, your kids' mental health will be more important than their academic skills. And how they felt during this time will stay with them long after the memory of what they did during these weeks at home is long gone. So keep that in mind, every single day.” – Source unknown



Dear Vickers Parents/Guardians,

I'd like to share some of what I've learned about trauma & the nervous system. As you read please know that you can stop at any time or skip reading this part altogether (moving to the part about how my services will shift). If what you read brings up an anxiety, you can take time to use your senses, slowly looking around, noticing sounds, smells, & feeling the support of what is under you.

With most other larger scale crisis, the threat is one time & then over where stability, regulation, & healing can then begin. What is unique about this is the threat & perception of the threat is ongoing & invisible. Activation is the response of the autonomic nervous system in a threat or perceived threat.

We naturally move between states of sympathetic charge (fight/flight) & parasympathetic charge (either freeze or rest & digest), we need all of this to survive. We have had a lot of activation in this time as it came in a way that felt like it was too much, too fast, & too soon.

These states can show up in our emotions, thoughts, behaviour, & body in a variety of ways. Fight can show up as feeling more irritable, annoyed, & angry. Flight can show up as feeling cooped up, trapped, needing to escape or flee. Freeze can show up as feeling spacey, unmotivated, & like everything is surreal. Other responses to this may be feeling on alert & a lack of safety. It is normal to feel sadness, grief, & fear. We may cry or shake. We may feel tense, sore, or pain in our bodies. We may have headaches or stomach aches. We may have difficulty thinking logically as we are using our reptilian/survival brain more. Whatever we are feeling or experiencing it is ok & a normal response to an unusual situation.

For those of you who provide essential services you are still in the thick of this & you are overriding your nervous system activation to turn toward situations that may feel unsafe. Many of you, working from home, have had to adjust to new routines and navigate learning new technology to do your work.

You are doing all of this while continuing to parent and support your child with their safety & educational needs.

Another important part of this is that we are wired for connection; we needed human contact to survive & evolve as a species. At a time where we want to be physically close to our loved ones, we aren't able to be with those outside our household. This feels unnatural & counterintuitive.

In future communication please look for tools to help regulate your own nervous system & be more present in & with your body. I will also be sharing this in a child friendly way but wanted parents to have some of the background.

If you are struggling with any of the above you can speak to your doctor, 811 to speak to a mental health professional, or 911 if you are in immediate crisis.

My School Social Work Services

Though my work with students will look different, I am committed to the relationships I have built with students & will continue to provide school social work services by the way of online counselling.

To parents/guardians of students currently on my case load: I will continue to provide school social work services while working from home. I will do so on a secure, confidential platform called Doxy.me & in a confidential space in my home. Generally, I will be holding these appointments on Tuesday & Thursday between 9:00 am & 4:00 pm & Wednesday between 9:00 to noon as I work half-time.

To book an appointment for your child, please email me at cboran-fetch@srsd119.ca. You will need internet access & either a phone, tablet, or computer. I also need you to provide a confidential space for your child to participate in the session with me. They may share about their session &, if I have any concerns, I will be in communication with you just as I do when working in the school.

I will take new referrals so if your child is not connected to services & requiring them please email me. I do have a fairly full caseload & always do my best to balance the needs of the student population. I am also able to consult with parents to direct them to services in the community & beyond for support for their children or themselves.

Thank you so much for all you are doing in this time. I am really seeing how adaptable we are (even if it is hard) - children especially. We are all in this together; I have hope that, even though it will take time, we will come out stronger on the other side & find the gifts it may bring. I have been missing the children & youth who I work with & look forward to making some meaningful connections with them soon!

Many thanks,
Celeste Boran-Fetch BSW, RSW
Vickers School Social Worker

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

Salt dough eggs



<https://www.designmom.com/diy-salt-dough-eggs/>



No-Sew Sock Bunnies

Materials

- Sock(s)
- Rice (or grit, if you prefer)
- Large circular tape tube (optional)
- Twine
- Scissors
- Ribbon
- Black marker



Directions

1. Fill the toe and foot of the sock with rice (or grit, if using), up to the beginning of the heel. Fill the sock with enough rice so that it can stand up on its own, and makes a nice, fat bunny.
2. Once you've finished adding the rice, hold the sock by the heel, and gently shake and form it into as even a cylinder as you can, making sure all of the rice falls to the foot of the sock.
3. Pinch off the rice ball in the upper-middle, forming the head and body of the rabbit.
4. Using twine or yarn, tie off the top heel of the sock directly above the rice, forming the bunny's ears. Tie the sock off again where you have pinched it to form the head and body.
5. Fluff and adjust the sock as necessary.
6. Starting at the open top and ending at the first ear-making tie-off, cut the heel in half to form the bunny's two ears. Continue to carefully cut, snip and trim away the extra fabric to form two even, oval bunny ears.
7. Tie the ribbon in a bow around the second twine tie-off, at the bunny's "neck" between the head and body. It should look like your bunny is wearing a snazzy, adorable bow tie!
8. Use the marker to draw a face on the bunny's head. All you need to do is make two little dots for the eyes, and a little "X" for the mouth!

THANK
YOU!

We want to extend a huge thank you to the Community Initiative Fund for our Nutrition Grant and to all our sponsors of the Emergency Lunch Program. Thank you all for your generosity and involvement in our student's lives.

Broda Construction Group

Lake Country Co-op

Lakeland Ford/Hyundai

Conexus Credit Union



You're at home here.



LAKE COUNTRY

