

# NOVEMBER 2023

ÉCOLE VICKERS PUBLIC SCHOOL

## WELCOME TO THE NEWSLETTER FOR NOVEMBER

2800 Bradbury Drive  
Prince Albert, SK S6V 7K8

Principal - Mrs. Jennie Green  
Vice-Principal - Mrs. Chelsie Bergen  
Vice-Principal - M Jérémie Vogt

<https://vk.srsd119.ca>

*Phone: (306) 922-6446*

*Fax: (306) 764-1766*

## EVENTS IN NOVEMBER

**November 6th** - Photo Retake

**November 10th** - No Classes

**November 13th** - Remembrance Day Observed (No Classes)

**November 16th** - Early progress conferences (PTI) - (3:30-8:30)

**November 28th** - Hot Lunch (Boston Pizza)

2023						
NOVEMBER						
S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## UP COMING EVENTS IN DECEMBER

**December 5th** - K-4 Christmas Concert @ Carlton School (6:00 p.m. - 8:00p.m.)

**December 7th** - Grade 5-8 Band & Choir Concert @ Carlton School (6:00 p.m. - 8:00 p.m.)

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

December 7th -22nd - SLC 12 days of Christmas - more details to come.

December 23rd - January 5th - Christmas Break (No Classes)

## EARLY PROGRESS CONFERENCES (PTI)

A parent-teacher interview (PTI) or Early Progress Conferences is a scheduled meeting between a student's parent or guardian and their child's teacher or teachers. Vickers will be having PTI on November 16th starting at 3:30 p.m and finishing at 8:30 p.m.

They can be held in person or over the phone. To schedule your preferred time slot, please go to Edsby (open to parents on November 8th) or contacting the school office or teacher.



Thank you

**NOV 1 PAJAMA DAY**  
Wear your pj's and have a cozy day!

**NOV 2 MISMATCH DAY**  
How crazy can you dress?? From different colours to styles to different socks and shoes!

**NOV 3 FAVOURITE COLOUR DAY**  
Do you have a favourite colour? If so, can you wear it from head to toe??

**LET'S SHOW OUR SCHOOL SPIRIT AND HAVE A FUN WEEK!**

**EV'S**

## VICKERS VOICES

Hello November,

Crisp cool air, leaves raked into piles, cozy sweaters and mittens, the magic of snowflakes falling, a hot latte at the rink, dwindling daylight, twinkling lights on trees and the anticipation of the holidays.



As we shift into this season of change I wanted to take the opportunity to share a few of the skills that we've been practicing. Here are three simple ways to help you stay grounded, present and connected this fall.

### 1 – Checking In

“How are you feeling today?”

A mental health check-in is a quick way to assess our loved ones emotional state and how best to support them. It provides an opportunity to self-reflect and encourages emotional awareness. Sometimes we simply need a moment to pause, reflect and reset in order to have a successful day. Check in with your loved ones to see how they are really doing and support younger children to verbally label their emotions and find their own unique voice. It's a great way to get the conversation started.

### 2 – Practicing Gratitude

“It will help you see what's there instead of what isn't.”

Practicing gratitude is a fantastic way to reduce stress, anxiety and to shift our mindset. Take a few minutes to notice and jot down a few things that you're grateful for and encourage your loved ones to do the same. This can be such a beautiful way to connect with each other as we begin or end our day.

Today I feel grateful for .....

### 3 – Breathwork

“Breathing is a way for both the mind and body to work together to help regulate our emotions.”

There are numerous benefits linked with breathing exercises and you can employ breathwork whenever you need to. If you begin to feel upset or anxious just remember to pause, drop your shoulders, close your eyes and take a few deep breaths. This is another great skill to practice with your children. To support them as they navigate their way through those big feelings that sometimes pop up.

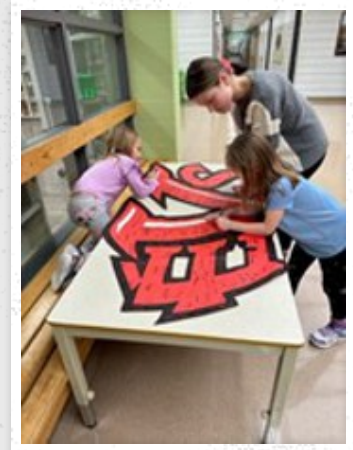
Let's find moments to pause together. To check-in, to be grateful and to connect to our breath. Wishing you a beautiful November. Take care of each other.

Warmly,  
Amanda Murphy  
Vickers Mentor



## PRINCIPAL'S CORNER

We just completed our first Grandfather Teaching about RESPECT. We studied what respect means, the buffalo and what it represents, and we all signed the pledge acknowledging that respect starts with each one of us.



## GRANDFATHER TEACHINGS FOR NOVEMBER

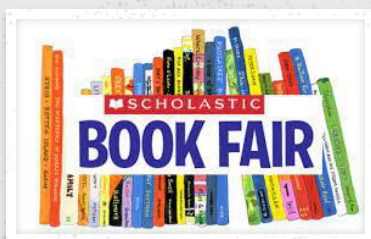
Courage (Zoongidi'ewin) will be the teachings for November!

Courage or Bravery is represented as the bear. Through this teaching, our mentors will work with the youth to explain the importance of Courage to make positive choices and have a conviction based on your decisions and helps you find your inner strength so you can face your fears allows you to live life free for the betterment of the person, family and community.



## SCC MEETING

The SCC meeting will be Tuesday, November 28th @ 6:30 p.m. in the library.



## THE SCHOLASTIC BOOK FAIR

The Scholastic Book Fair will run from November 7th to November 16th.

The book fair will be open during Parent Teacher Interviews on Thursday, November 16th from 3:30 p.m. - 8:30 p.m.

## VICKERS ATHLETICS

Hello Vickers Elementary School community,

We have exciting news to share from our world of school sports! Our student-athletes have been putting in their best efforts, showcasing remarkable sportsmanship, and achieving some fantastic results. Here are some highlights from our recent sports events:

### Cross Country Extravaganza Banner Winners

Our cross country season concluded on a high note, and we're thrilled to announce that our school secured the victory in the big school category on October 3rd at Spruce Home. Our

on the scoreboard but also a win for sportsmanship and respect. Our young athletes represented Vickers Elementary School with class and respect, making us coaches proud.

### **Volleyball Teams in the P4A League**

We are currently in the midst of the volleyball season, and it's an action-packed time with multiple teams representing our school. The Grade 5 teams have been diligently preparing by practicing during lunchtime and engaging in games after school. I had the privilege of watching one of their games, and it was evident that they were not only having a fantastic time but also honing essential fundamental skills. Additionally, we are proud to report that our Grade 6 and 7 teams have been performing admirably in their respective leagues, demonstrating success in their games. The Grade 8 teams have also been excelling, and they aim to maintain their momentum as we head into the playoffs scheduled early November.

### **Victories in the Rock Volleyball Tournament**

The Rock Volleyball Tournament has just come to an end, and our Vickers teams truly "rocked" the court! Our girls' volleyball team showcased exceptional talent and determination, resulting in a victory in their tournament. The excitement didn't stop there; both Vickers boys' teams made it to the final match in a thrilling and tight contest. The level of play was outstanding, and it was a fantastic display of sportsmanship, teamwork, and skill. The success of our teams speaks volumes about the support, commitment, and guidance they receive from our dedicated coaches and the unwavering encouragement from parents and teachers. It's truly a collaborative effort. As we celebrate these wins, let's also remember that sports offer invaluable life lessons beyond the scoreboard. The qualities of respect, resilience, and teamwork our students are learning will serve them well in all aspects of life. We eagerly anticipate more victories and commendable performances in the upcoming matches. Keep up the fantastic work, Vickers athletes! Your school family is cheering you on all the way.

Go Vikings!

Sincerely,

Mr. Whitrow





## VICKERS BAND & CHOIR

The band room is a busy place these days, and some wonderful sounds are being made from all bands (Gr. 5-8), northern spirit flutes (Gr. 4), and a 70-voice extra-curricular choir (Gr. 4-8)!



The Grade 6-8 band students have an optional trip to Saskatoon on the evening of Friday, Nov. 24th to see the University of Saskatchewan Wind Ensemble concert, and the choir has an optional trip to Saskatoon on the afternoon of Sunday, November 26th to see the University of Saskatchewan Greystone Singers concert. Contact Mrs. Lohneis if you need more information.

The choir will be singing at the Remembrance Day service at Vickers this year. They will be scheduled to sing O Canada on the ice at a Raider game at the Art Hauser Centre in early December, date TBA (stay tuned!).

The band room is often open before school, at recesses and lunch, and after school for students who would like extra help or just like to practice their instrument. Everyone is welcome and encouraged to attend open band room times if they would like!

It's not too early to start thinking about solos, duets, or small ensembles for the Prince Albert Music Festival. If your child would like to play a solo on their flute, clarinet, trombone, etc. (any band instrument), or play in a small group with their friends, please have them talk to Mrs. Lohneis about choosing music. This is a great way to get involved in the community and improve your skills as a musician and performer!

Lauren Lohneis  
Band/Music Educator

# ÉCOLE VICKERS SCHOOL INFLUENZA AND COVID VACCINES NOVEMBER 16TH



Thursday Nov. 16th, 2023 Ecole Vickers Public School 3:30pm–8pm PLEASE BRING YOUR HEALTH CARD AND WEAR SHORT SLEEVES. Influenza and COVID can be given at the same time Children under the age of 16 must be accompanied by a parent/guardian

For Public Clinics : (COVID and influenza) appointments can be booked online at [www.4flu.ca](http://www.4flu.ca) or call 1-833-SASKVAX walk in clinic list [www.4flu.ca](http://www.4flu.ca)



## HONOUR AND REMEMBER

Why We Observe Remembrance Day. Remembrance Day is a memorial day observed by Canadians and other members of the Commonwealth since the end of the First World War in order to remember all those who have fought and died in the line of duty to keep us free.

Vicker's Remembrance Day is November 9th @ 9:15 a.m. (Even grades, Kindergarten and 4/5 split) or 10:40 a.m. (Odd grades Dev Ed and EAL). In the large gym

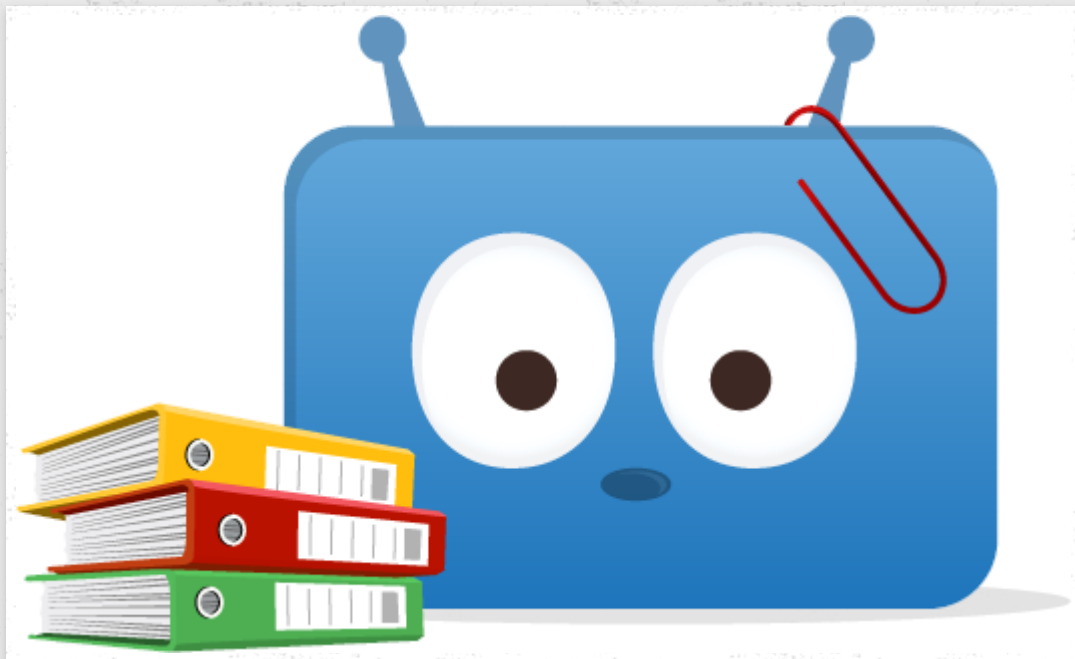


## VICKERS SCHOOL CLOTHING

Are you interesting in purchasing Vickers gear? We have an online store with loads of options!



Check out Entripy at <https://evs.entripyshops.com/>



Edsby Parent Information.docx

[Download](#)

152.3 KB

## BOSTON PIZZA HOT LUNCH

Tuesday, November 28th will be a hot lunch (Boston Pizza).  
Orders forms are due back **Monday, November 20th.**



# SCHOOL CASH ONLINE

Make online payments with  
SchoolCashOnline



- Field Trips
- Sports Events
- Activity Fees

KEVGROUP

School Cash Simplified

Registration for School Cash Online is now Available!! Please Visit

[www.srsd19.ca/school-cash-online/](http://www.srsd19.ca/school-cash-online/) for instructions.



## SCHOOL ACTIVITY FEE

If you have not paid your child's School Activity Fees please sign up using the link below for School Cash Online.

This fee is collected to assist in covering the costs of optional activities or events that would enhance the regular school programming and would enrich the education of participating students. Some examples of these are out of school educational experiences, activities, presentations and/or speakers.

The fee is \$10.75 for Kindergarten and \$21.00 for Gr 1-8 & Dev Ed.



## PEDESTRIAN SAFETY

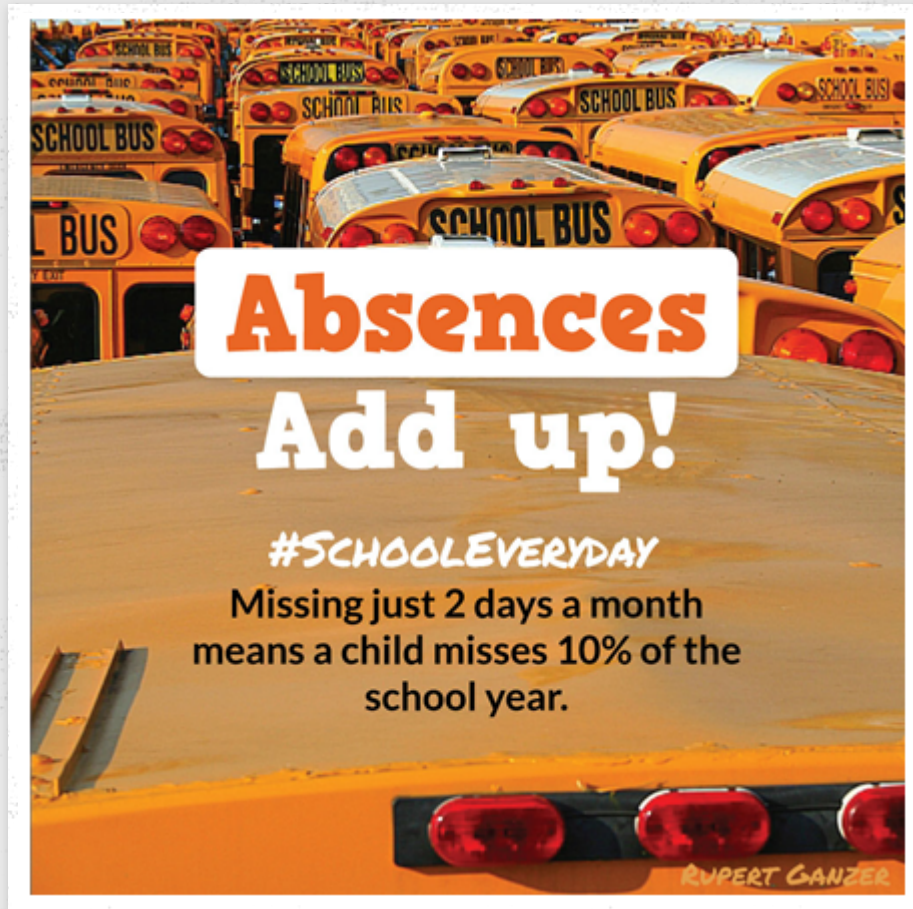
Our staff parking lots are a "no drop off zone" as they are out of bounds for students.



We urge parents to support us in this safety endeavor by dropping off your children on the west side of the school on Olive Diefenbaker Drive; on Bradbury Drive, east of the Special Needs bus zone and between Gisi Road and Olive Diefenbaker Drive.

We encourage the children to cross all streets in a safe manner by crossing at the corner or at cross walks. Teacher supervision is also provided at our major crosswalks.

The Community Club rink parking lot is the bus pick up zone after school for our parents to meet their children for pick up. Please refrain from turning around in the driveways, as this is disruptive to the homeowners.



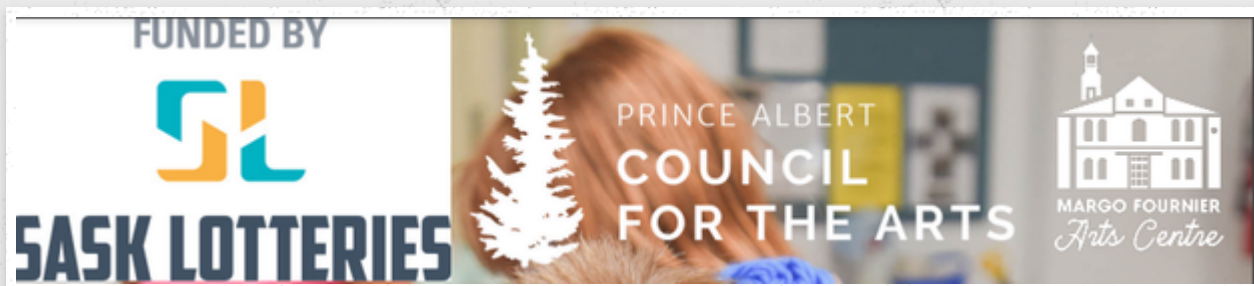
## LUNCHBOX!

Our Lunchbox by SchoolCash Online ordering calendar is open. Log in with your SchoolCash Online account to place your order. Ordering closes the Sunday before the following week. If you have any questions, please contact the team at [info@lunchboxorders.com](mailto:info@lunchboxorders.com).

*Tuesday (Edo)*

*Thursday (Subway)*

Friday (Taco Time)



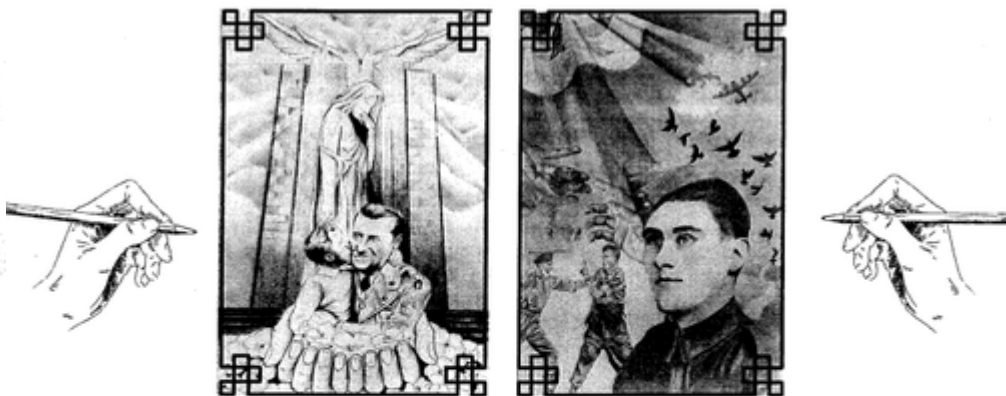
**FREE Open  
Art Studio  
for youth**

**Margo Fournier Arts Centre  
(formerly Prince Albert Arts Centre)  
Ages 7 to 18  
With Instructor  
McKayla Evanovich  
Thursdays Sept.7-Dec.21  
5-6:30 pm OR 6:30-8 pm  
FREE! - Drop In & leave a contact  
name and number**

## NATIONAL YOUTH REMEMBRANCE CONTESTS!

These need to be submitted by **Monday, November 13th!!!**

# NATIONAL YOUTH REMEMBRANCE CONTESTS



Promoting remembrance through original art work  
via visual art, written word, and motion picture.



FOR CONTEST GUIDELINES,  
PRIZES AND MORE VISIT  
[REMEMBRANCECONTESTS.CA](http://REMEMBRANCECONTESTS.CA)

**Legion**   
Saskatchewan Command

## ÉCOLE VICKERS CANTEEN

### DRINKS:

- Flavored water.....\$1.50
- Chocolate milk.....\$1.50
- Large apple/orange/fruit juice.....\$2.00
- Juice box.....\$1.00



### SMALL SNACKS: (all pre-packaged).....\$1.00

- variety of small items such as Rice Krispie squares, goldfish crackers, cookies, baked chine

- hot rods, fruit snacks, wagon wheels, and/or seasonal snacks.

LARGE SNACKS: (all pre-packaged).....\$2.00

- Sun chips, crispers, cookies

Pizza .....\$3.00



## INCLEMENT WEATHER

For the most part, we want our students to enjoy playing outdoors before school, during both recesses, and the noon hour. On rainy days, we allow students to come into the school upon their arrival and remain indoors during all breaks. In the winter, we use -30 degrees Celsius as our cut off to remain indoors. If the temperature and/or wind-chill in combination with the temperature exceed -30, then all students are permitted in the school in the morning and during break times. **We do expect that all students be dressed appropriately for the weather, as there are many cold days that students are expected to be outdoors.**