

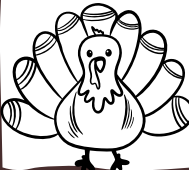


OCTOBER 2025

ÉCOLE VICKERS PUBLIC SCHOOL



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

		1	2	3
6	7	8	9	10 PLC NO SCHOOL
13 NO SCHOOL 	14 PICTURE DAY 	15 PICTURE DAY 	16	17
20	21 FRENCH BOOK FAIR 9AM-4PM	22 K-3 TAKE ME OUTSIDE DAY LITTLE RED	23 SCC FAMILY HALLOWEEN DANCE 6:30PM-8PM	24
27	28	29	30 SCHOLASTIC BOOKFAIR STARTS	31 BLACK & ORANGE DAY 

SPIRIT WEEK

BELL SCHEDULE:

8:50AM - CLASS STARTS
11:40-12:20 - LUNCH
3:10PM - DISMISSAL

NOTES:

-Report an Absence
call 306-922-6446 or
use Edsby

UPCOMING DATES:

-SCHOLASTICS BOOKFAIR
OCT 30TH-NOV 6TH
-PROGRESS CONFERENCES
NOV 6TH- 3:30PM-8:30PM

-PICTURE RETAKES
NOV 18TH

OCTOBER 31ST:

STUDENTS ARE WELCOME
TO WEAR HALLOWEEN
COSTUMES, HOWEVER
NO PROPS ALLOWED



MONTHLY AT A GLANCE

VK Extra-Curricular Activities

OCT 2025

Time of Day	Mon	Tue	Wed	Thurs	Fri
Morning Practices 7:50 - 8:50 am	Gr. 6 Boys Volleyball Mr. Fortier	Gr. 8 Girls Volleyball Miss Taphorn & Mrs. Canaday	Gr. 7 Girls Volleyball 2 Teams Mr. Whitrow & Miss Manson	Gr.7&8 Boys Volleyball 2 Teams Mr. Brown & Mr. Odnokon	Gr. 6/7 Girls Volleyball Mrs. Grant-Walker & Mrs. Izsak
Lunch Hour	Gr. 5 Coed Volleyball Miss Biggins & Miss Giasson	Choir Gr 4-8 Mrs. Lohneis 11:40 -12:20	Gr. 5 Coed Volleyball Miss Biggins & Miss Giasson		
After School *Games: 3:45-5:00 pm OR 5:00-6:30 pm *Depends on Schedule	Gr.6/7 Girls & Boys Volleyball Games	Gr.6/7 Girls & Boys Volleyball Games	Gr.7/8 Boys Volleyball Games	Gr.7/8 Girls Volleyball Games	
Game schedules will be sent home with students. Please refer to the P4A Website for information.					

NOTES:

Updated
Sept. 30

- Please return travel & driver authorization forms.
- Regular attendance to practice and games is expected to play on a team.
- Refer to the [P4A Website](#) for current schedules & year long athletic calendar.
- **Cross Country Meets** - Oct. 2 - Extravaganza @ SH - End of Season
- The ROCK Volleyball Tournament Grade 7-8 Teams Only - Oct. 21-23
- Grade 5 Coed Volleyball Games - Refer to information sent out by the coaches.



OCTOBER NEWSLETTER

ÉCOLE VICKERS PUBLIC SCHOOL

ADMIN MESSAGE

CARRIE GRANT-WALKER, PRINCIPAL
CHELSIE BERGEN, VICE-PRINCIPAL
JÉRÉMIE VOGT, VICE-PRINCIPAL

Dear Families,

We are off to a great start this school year, and there are so many wonderful things happening at our school! Students are learning, growing, and taking part in activities that make our community stronger.

This year, we are focusing on two school goals: literacy and mental health and well-being (MHWB). On our October PLC Day, we will officially launch our MHWB goal with staff. Until then, our whole school is practicing deep breathing. Breathing exercises help regulate the mind and body, improve focus, and reduce stress. Ask your children to show you how they are practicing—it's simple but very effective!

It's also been great to see so many students joining in extracurricular activities. These opportunities help students feel connected, build friendships, and, most importantly, have fun!

As we begin October, we would like to pause with a focus on gratitude. We are deeply grateful to our staff for their commitment to providing engaging learning opportunities and meaningful extracurricular activities. We are also thankful for our families, whose support helps nurture children's growth and strengthens our school community.

Together, we are building an environment where students can thrive academically, socially, and emotionally.

Thank you!



MONTHLY REMINDER



PLEASE REMIND YOUR CHILDREN TO DRESS FOR THE WEATHER

At this time of year, the weather can fluctuate & it's important that our students are prepared for recess & PE outside.

CONTACT US



306-922-6446



2800 Bradbury Drive



vk.srsd119.ca



Follow us on Facebook @ École Vickers Public School

BOOK FAIRS - LIBRARY

Scholastic Book Fair



Scholastic Book Fair

October 30th - November 6th

The book fair will be set up in the library for this entire week. Families are welcome to check it out. It will be open during Progress Conferences on Nov. 6th from 3:30pm-8:30pm.

Please note the change in date for Progress Conferences. They are now on November 6th!

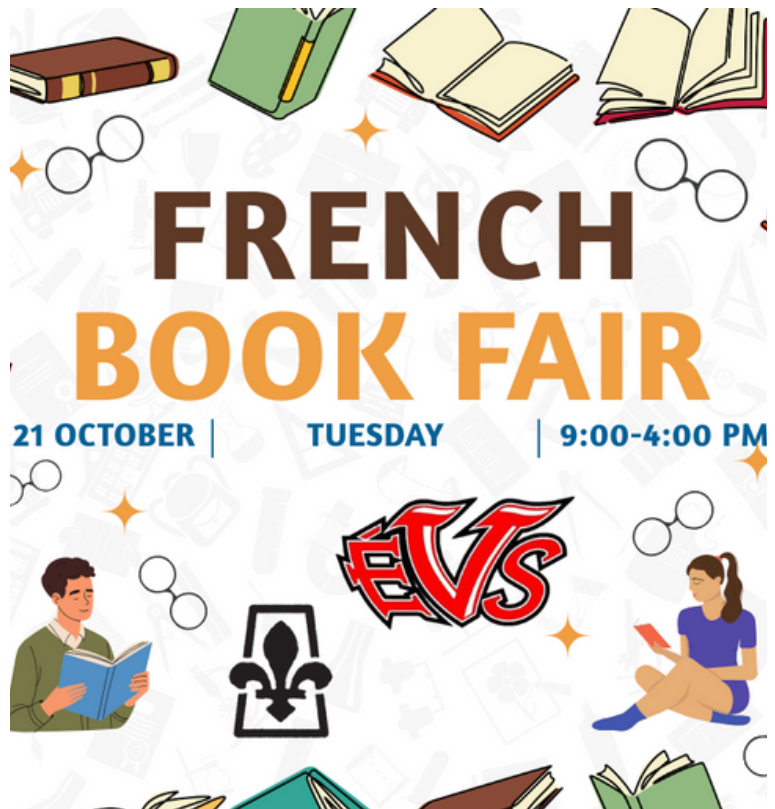
**SCHOOL PICTURES
OCTOBER 14TH & 15TH**

School Photo Days



Tues. Oct. 14 - K, even grades, 7/8
Wed. Oct. 15 - K, odd grades, 3/4, 5/6 & EAL
Retakes - Tues. Nov. 18

Lifetouch



Students will have the opportunity to purchase books. Mr. Vogt has also arranged classroom presentations for this day!

**PROGRESS CONFERENCES
NOVEMBER 6TH 3:30-8:30 PM**

Please watch your inbox for invites to sign up for Progress Conferences on Edsby for November 6th. Mrs. Peet will send them out mid-October.



ÉCOLE VICKERS PUBLIC SCHOOL COMMUNITY EVENTS

MS. LOHNEIS' BAND UPDATE

We are off to a great start in the music department and some great music is already starting to take shape!

Choir meets every Tuesday at 11:40am in the band room. Please do not plan on using the canteen on Tuesdays as we need all of the singers in the room for rehearsal, and opt to pack a bag lunch on those days instead. The choir has already learned two songs, and one is in Japanese - great work!

All new band students (Grade 5 beginners as well as students who are starting to learn an instrument in Grade 6 and 7) will be attending the SRSD Beginner Band Clinic at Plaza 88 on Tuesday, September 30th. They will be bussed to and from the venue within the school day and will need a bag lunch as there are no onsite food purchase options. Forms are available for the November 21st evening band concert trip to Saskatoon (all Grade 5-8 band students are invited). Digital forms have been sent on Edsby and hard copies are available in the plastic folders outside the band room. The trip is optional and can accommodate the first 44 students who pay the \$21 fee and return their signed consent form. Please note that paying through SchoolCashOnline does NOT secure your spot on the bus until the form is received by Ms. Lohneis! Forms for the November 23rd choir concert trip will be available soon.

Thanks for your support of your child's music education!

École Vickers

DRINKS:

Canteen

- Flavored water \$1.50
- Gatorade \$3.00
- Large Apple/Orange/Fruit Juice \$2.00
- Juice Box \$1.50

Fresh PIZZA \$3.00
Day Old PIZZA \$2.00

Small Snacks \$1.00-\$2.00

(all pre-packaged)

variety of small items such as: Rice Krispie squares, goldfish crackers, cookies, baked chips, hot rods, fruit snacks, wagon wheels, and/or seasonal snacks

Large Snacks \$2.00

(all pre-packaged)

sun chips, crispers, cookies

PRIZES!

DJ!

SCC HALLOWEEN FAMILY DANCE



OCTOBER 23RD

6.30 - 8.00 PM

ADMISSION

**DONATION TO SUPPORT
THE PRINCE ALBERT FOOD BANK**

ELVS







EVEN VIKINGS BREATHE



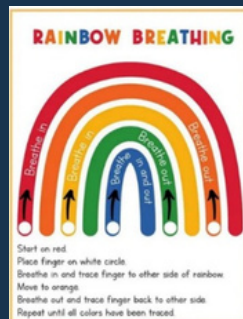
Learning breathing strategies is important for students because it provides them with a powerful tool for emotional regulation and self-control. By consciously slowing their breath, they can calm their nervous system, which helps reduce feelings of stress and anxiety in the moment. This practice also improves their focus and concentration by redirecting their minds from distractions to a simple, grounding task, preparing them to learn more effectively.

BREATHING STRATEGIES



BOX

Inhale for a count of 4. Hold your breath for a count of 4. Exhale for a count of 4. Hold your breath again for a count of 4. Repeat the cycle until you feel calm.



RAINBOW

Imagine a rainbow in front of you.
As you breathe in, use your fingers to trace the first color's arc all the way up.
As you breathe out, trace the arc back down.
Repeat this for each color of the rainbow, taking a deep, calming breath with each color.



ALTERNATE NOSTRIL

Close your right nostril with your right thumb.
Inhale slowly through your left nostril.
Release your thumb and close your left nostril with your ring finger.
Exhale slowly through your right nostril.
Inhale slowly through your right nostril.
Release your ring finger and close your right nostril with your thumb.
Exhale slowly through your left nostril.
Repeat this cycle for several minutes, always inhaling through the same nostril you just exhaled from.



THE LAB
BRAZILIAN JIU-JITSU

Brazilian jiu-jitsu

KIDS CLASS AGES 7-12

FIRST 3 MONTH BLOCK STARTS
OCTOBER 2ND AT 5:30PM
LIMITED SPOTS
RESERVE TODAY!!

21 11 ST E #100, PA, SK Email:
Call or Text: 306-314-7221 wirsta.daniel@gmail.com



 **7 DEADLY SINS**
HAUNTED HOUSE

COMING SOON
Featuring your
U18AA Timberwolves
October 20, 2025

Contact your
favourite
Timberwolf
for tickets

 **Tickets**
\$15

Gateway Mall
1403 Central Avenue, Prince Albert, SK
In the old Sears location