

VICTORY SCHOOL NEWSLETTER

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Principal: Joey Robertson

PRINCIPAL'S MESSAGE:

Spring has officially arrived! Now we are eagerly anticipating and watching for the many changes that mark the return of spring - warmer temperatures, new life in our landscape, welcoming nature's return after a long winter's nap, opening our windows to allow the fresh air in ... and of course Spring Break!

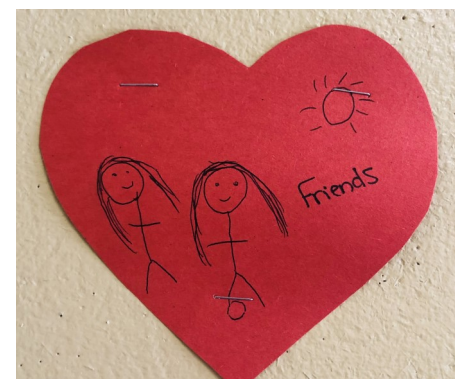
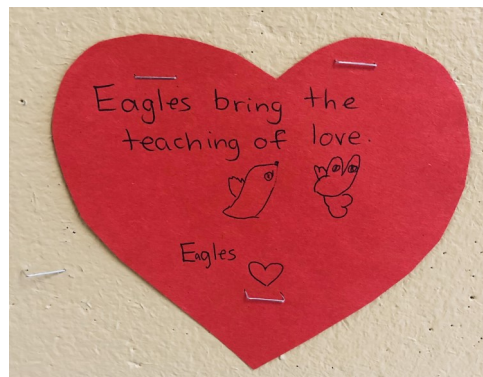
Thank you to our families that came to celebrate your child's achievements at our Family/Student/Teacher conferences. Children understand the importance of school when their family and friends take an interest in their school and schoolwork. Getting involved in your child's education, even in the smallest of ways, shows that you care about their learning. It is never too soon (or too late) to start helping a child develop a positive attitude towards learning.

Congratulations to our Victory School Recorder Ensemble on their excellent performance at the Winnipeg Music Festival! They received glowing remarks from the adjudicator, and a Gold award. They should be proud of their hard work and success. Thank you to our Music Specialist, Mrs. Rumak, for her continued commitment to the growth of the music program at Victory School.

Our Grade 4 & 5 badminton players participated in a tournament this month at the Canada Games Sports for Life Centre. Participation in our various sports clubs is strong at Victory School. Thank you to our Physical Education teacher, Mr. Pacag, for his dedication to providing different sport opportunities to our students.

Our Kindergarten Parent Information night is Tuesday, April 16th at 6:00 p.m. Parents of children attending kindergarten in the fall are invited to come meet the school staff, and learn about the goals and routines of kindergarten. The Kindergarten Activity Night is Tuesday, May 14th at 6:00 p.m. – 7:30 p.m. for our future kindergartners and their families! Mark your calendars!

Wishing you all a very restful Spring Break! See you back on Monday, April 1st!
Please enjoy some of the students thoughts on what every child deserves:

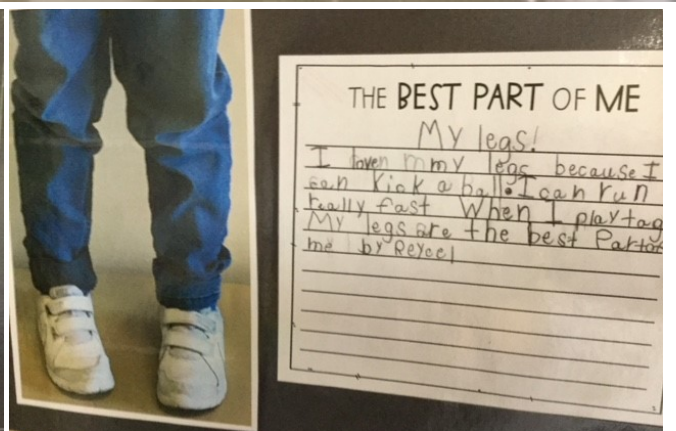
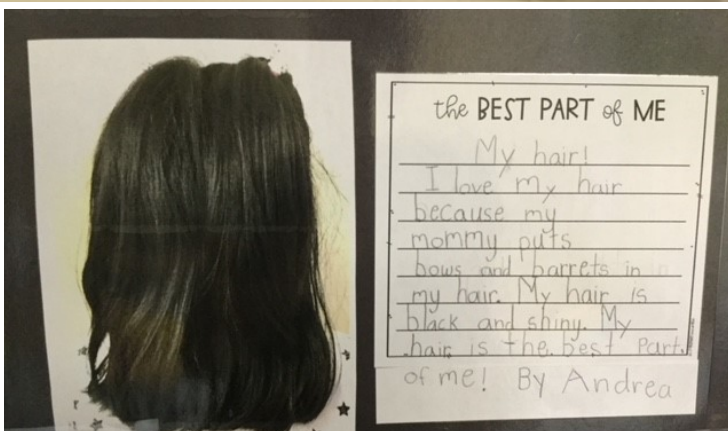
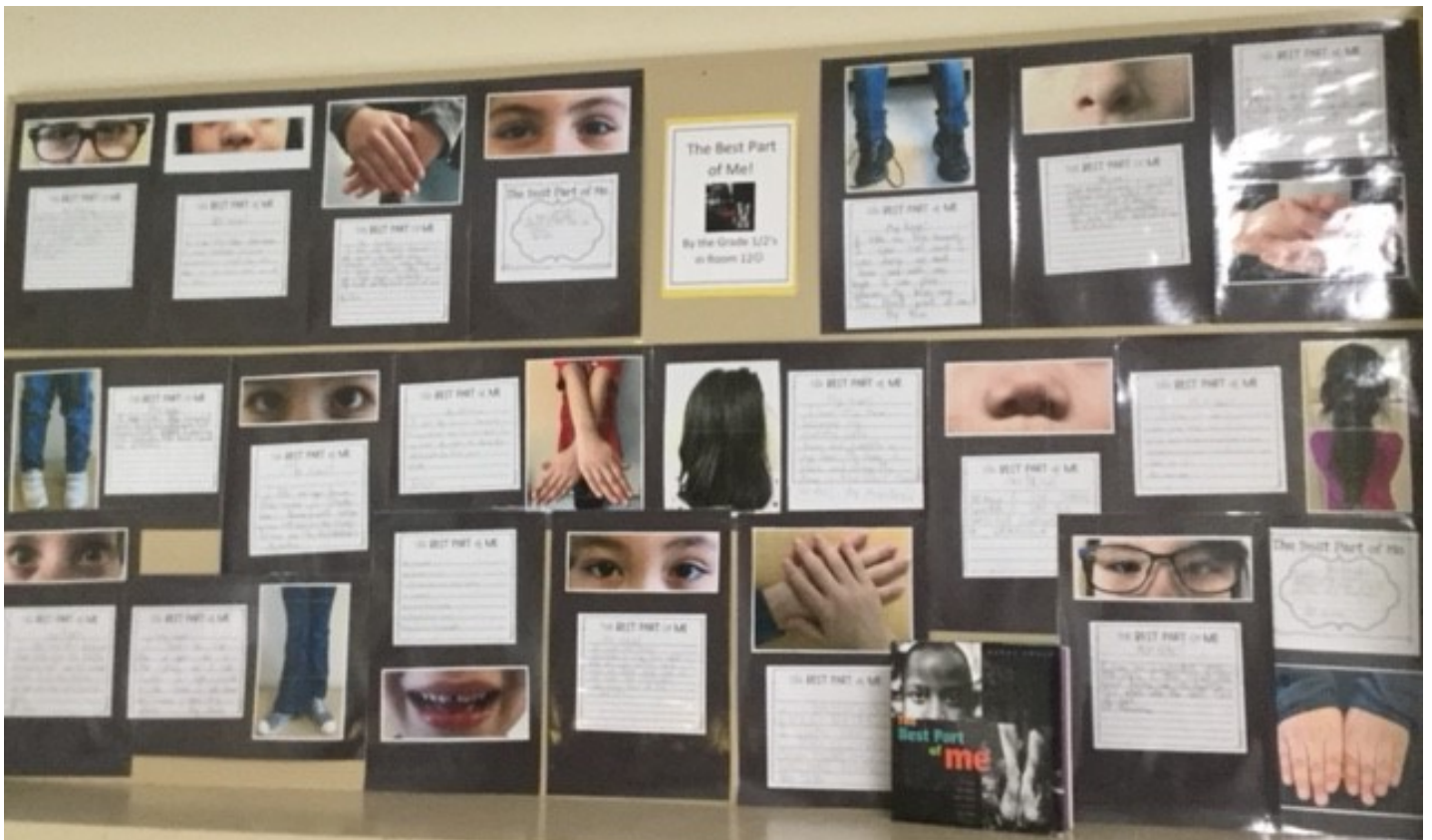


ROOM 12

The Best Part of Me

After reading the book, "The Best Part of Me" by Wendy Ewald and having many discussions, the students were able to see themselves and their classmates in a positive light by writing about what they think is the best part about themselves through writing descriptive poetry and having a visual photographic display. They had a lot of fun with this activity by being able to share with their classmates and then writing about what they love about their bodies. A special thank you to Ms. Fontaine for taking the beautiful photos of the student's favorite part about themselves! Some of the comments from the students after doing this activity were:

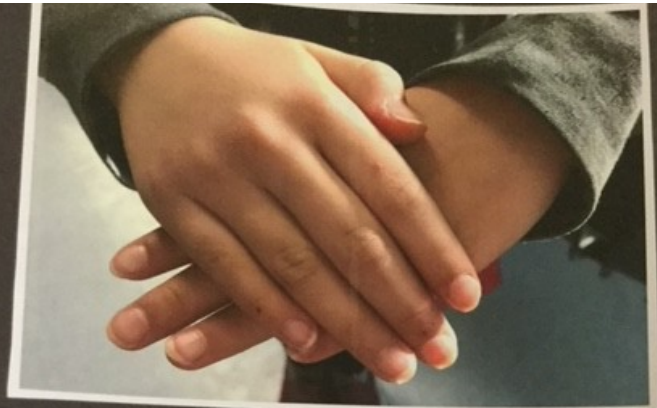
- It made me proud to be able to talk about myself.
- I liked writing a poem
- It was nice listening to my friend's poem.
- I am proud of myself!





The Best Part of Me

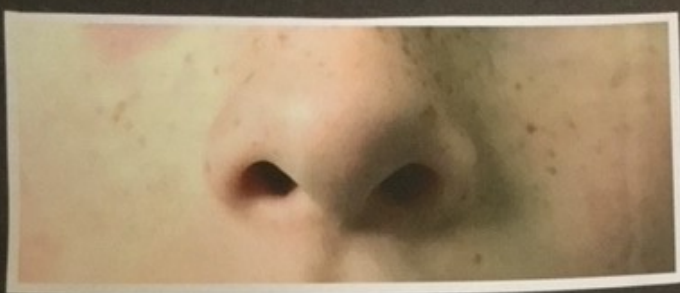
My eyes!
I love my eyes
because I can see my
Grams
By Mia



THE BEST PART OF ME

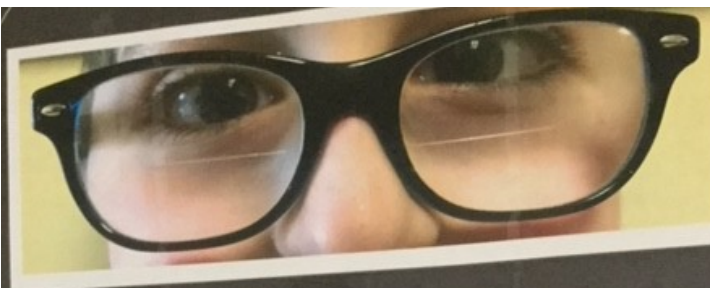
My hands!
I love my hands because
my hands can grab my
favourite stuffies and they
can draw people. My hands
can flip pages in books.
My hands are the best part of me!

By Chloe



THE BEST PART OF ME

My nose!
I love my nose because I can smell
different smells when it's in
the house some of them are
candles, food, smoke and fire.
My nose is the best part of me.
by Nikolas



THE BEST PART OF ME

My Eyes!
My eyes are the best part
of me because I can see
amazing things and I can
see amazing colours.
My eyes are the best
part of me!
By Brody

GRADE 5 RECORDER CLUB



Congratulations to the Victory School Grade 5 Recorder Ensemble on receiving GOLD for their performance at the Winnipeg Music Festival!

A special thanks to Mrs. Rumak and all of the Grade 5's in recorder club for all of their hard work!

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”

- Plato



SASH

Spring is in the air! Time to put away the winter gear and celebrate the changing of the seasons! Let's put aside the warm comfort food recipes and make way for some fun, flavorful and healthy smoothies!

Last month the SASH committee put on another taste testing. The students at Victory School had the opportunity to try some smoothies. When we think of smoothies, we think of fruit, right? Did you know you can sneak in veggies into smoothies too! That is exactly what we did! We offered the students two different smoothies, one with berries and red peppers and the other with spinach, banana and mango. The students were asked to look, smell and then taste the smoothies and give us their feedback. The reveal was made after the students told us what they thought of smoothies. The response was mostly positive and they were quite surprised when they found out there was vegetables in them! The benefits of adding vegetable to your diet have enormous benefits! They improve nutrition and promote healthy growing bodies. Vegetables are high in fibre and aid in a healthy digestive system. Vegetables are so versatile! You can sneak vegetables in to your dinner with just a little creativity! And a little help from Google!

Below are the two smoothie recipes we made for the students. Go on, give it a try!

Healthy Mango Green Smoothie

- 1 1/2 cups frozen mango pieces — about 10 ounces
- 1 ripe banana — cut into chunks
- 1 cup packed baby spinach leaves
- 3/4 cup milk
- 1 tsp vanilla

Place all ingredients in blender: frozen mango, banana, spinach, vanilla and milk. Blend until smooth. Enjoy immediately.

Strawberry spinach smoothie

- 1 Cup fresh or frozen strawberries
- 1 oz. of baby spinach
- 1 Cup of milk
- 2 Tbsp. of honey
- 1 Cup of smashed ice or ice cubes if using fresh strawberries

Add the strawberries to the blender, then the baby spinach. Add 1 Cup of milk and the honey for sweetening. Add the ice and blend it for 2 -3 minutes until it's completely done. Serve it fresh.

Serves 4

Bananarama

- 1 peeled frozen banana
- 2 tablespoons peanut or almond butter
- 2 tablespoons cacao powder
- 1/3 cup water

Place all ingredients into a blender. Blend until smooth. Serves 1

Green Monster smoothie

- 1/2 cup milk
- 1/2 cup vanilla greek yogurt
- 1/2 cup frozen spinach
- 1/2 frozen banana

Combine all ingredients in blender. Mix well and serve immediately.

Preschool Program

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 No program	2	3 No program	4 No program	5	6
7	8 Program 9:30-11:30	9	10 Program 9:30-11:30	11 Program 1:00 –3:00	12	13
14	15 Program 9:30-11:30	16	17 Program 9:30-11:30	18 Program 1:00 –3:00	19	20
21	22 Program 9:30-11:30	23	24 Program 9:30-11:30	25 Program 1:00 –3:00	26	27
28	29 Program 9:30-11:30	30				

Kindergarten Registration

*Was your child born in 2014?
If so, it's time for Kindergarten Registration!*

Parents & Guardians need to register at their home / catchment school. Both a birth certificate and a proof of address are required to register.



Hitting All the Right Notes

Music and Scholarships Work in Harmony to Provide Educational Opportunities



Click below to read the Seven Oaks Foundation Newsletter

<http://www.7oaks.org/Resources/SOEF/Newsletters/Winter%202019.pdf>

April 2019

Mon	Tue	Wed	Thu	Fri
<p>1 Day 1 Capoeira 3:30-3:45</p>	<p>2 Day 2 Rm 19 Swimming CFP: Rms 7 & 12</p>	<p>3 Day 3 ESOMS Open House 6-7pm CFP: Rms 1 & 8 PIZZA DAY Kinder PM Bus Evac 1pm</p>	<p>4 Day 4 CFP: Rms 5 & 9</p>	<p>5 Day 5 Bus Evacuation 9:15am</p>
<p>8 Day 6 Capoeira 3:30-3:45</p>	<p>9 Day 1 Rm 19 Swimming CFP: Rms 17 & 19</p>	<p>10 Day 2 CFP: Rms 6 & 18</p>	<p>11 Day 3 Rm 1 & Rm 8 Field Trip CFP: Rms 7 & 12</p>	<p>12 Day 4</p>
<p>15 Day 5 Grade 5 Arts Camp 9:15-2:00 Capoeira 3:30-3:45</p>	<p>16 Day 6 Rm 19 Swimming CFP: Rms 7 & 12 Kinder Info Night For parents 6 pm,</p>	<p>17 Day 1 CFP: Rms 1 & 8</p>	<p>18 Day 2 Flag Football CFP: Rms 5 & 9</p>	<p>19 GOOD FRIDAY NO SCHOOL</p>
<p>22 Day 3 Gr 4 & 5 Freeze Frame TBA Capoeira 3:30-3:45</p>	<p>23 Day 4 Gr 4 & 5 Freeze Frame TBA Rm 19 Swimming CFP: Rms 17 & 19</p>	<p>24 Day 5 CFP: Rms 6 & 18</p>	<p>25 Day 6 Celebration of Learning Evening CFP: Rms 1 & 8</p>	<p>26 Day 1 PD DAY—NO SCHOOL</p>
<p>29 Day 2 Capoeira 3:30-3:45 *Last class*</p>	<p>30 Day 3 Science Camp 9:30-2pm CFP: Rms 7 & 12</p>			