



# VICTORY SCHOOL NEWSLETTER

Issue #4

395 Jefferson Avenue

Phone: 204-586-9716

**December**

**2019**

Winnipeg, MB R2V 0N3

Fax: 204-589-4123



Dear Families,

Thank you to our families for supporting your children by attending Parent/Teacher/Student conferences. Conference time is always an exciting opportunity for children to share their learning with important adults in their life. Students are able to proudly show their work from throughout the term and share their hopes for the future. Please remember that families can be in touch with classroom teachers regarding their child's progress anytime throughout the year.

As the season changes, please be sure to send your child with weather-appropriate clothing so that their outdoor movement breaks will be enjoyable. We try to get outdoors every day, in every weather condition; cold, windy, snowy, wet! Our goal is for children to learn to have fun in all types of weather and grow into life-long active citizens.

We will continue to go outside each day unless our local weather conditions are extreme – we follow the guideline of -27 degrees (or colder), as measured by Environment Canada at the airport. We check the weather throughout the day, as the temperature does continually fluctuate. Even when children have minor illnesses such as colds, they can benefit from fresh air.

We know December is a busy time of year in our lives as we build to the winter break. The school has chosen to continue the tradition of collecting food items to make up hampers for people living in our community. Please consider helping out if you are able.

Have a great month!





Congratulations to our Grade 4 and 5 Victory Vipers Team Handball teams who competed in the Divisional Team Handball Jamboree that took place on November 13 and 14 at the WSF Complex. All of our teams played with great effort, sportsmanship and dedication.

Mr. Unrau and Mr. Nishimura who spent their break and lunch hours to run practices to prepare our teams. Great job everyone! Go Vipers!

### *Upcoming Divisional Event : **Circulation Volleyball***

**When: December 9th**

**Where: Canada Games Sport for Life Centre**

**Who: Grade 5's**

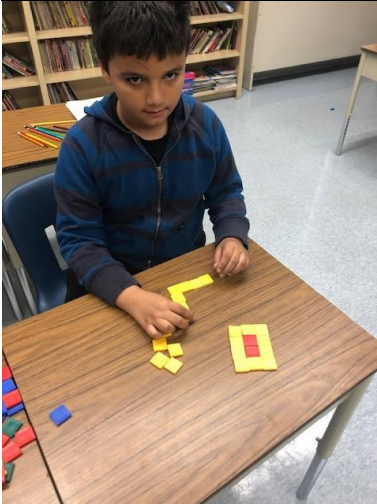
**A letter will be sent out to parents/guardians for more info.**

### **Fitness Challenge of the Month:**

Send in photos of you and your family doing physical activities or games during the month of December and we will post them on the bulletin board outside the gym.



## ROOM 17 NEWS



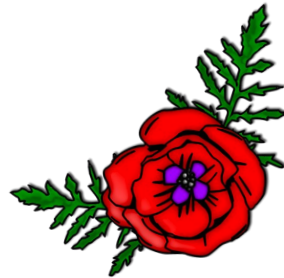
**Rjay & Madden  
having fun & learning  
by creating patterns.**



*Room 17 Participated in our Remembrance Day assembly.*



*Special thanks to Rielle who recited  
"Lest We Forget"*



*Left to right:*

*Richmond, Katerina,  
Athena, & Carter read  
stanzas from the poem  
"In Flander's Fields" with  
the accompaniment of  
the class.*



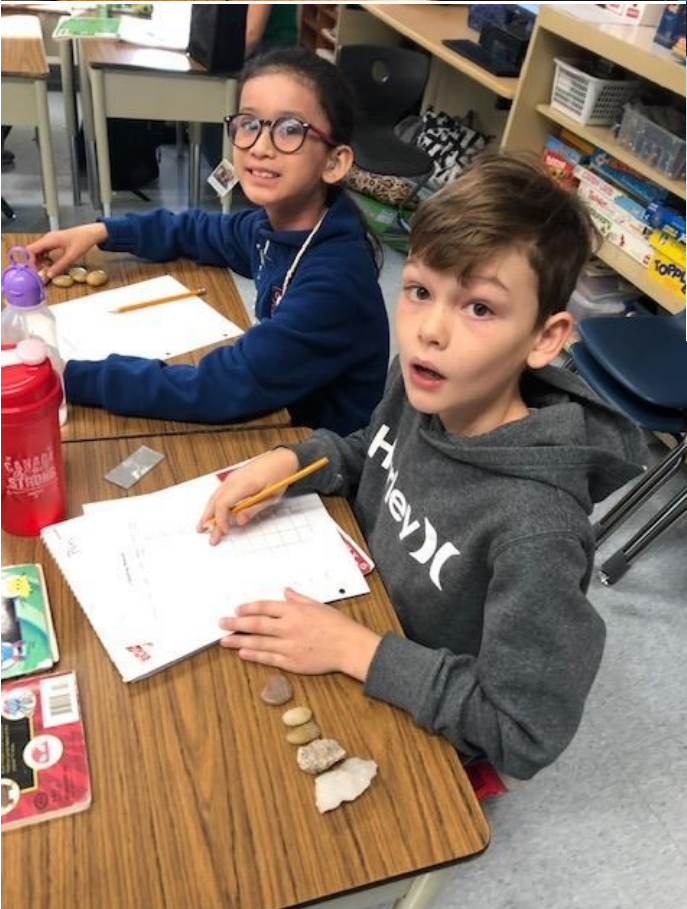
## ROOM 17'S FIELD TRIP TO STONEWALL QUARRY



Room 17 visited Stonewall Quarry Park and Museum.  
It was a great 'hands on' way to learn about rocks and minerals  
found in our province.



# ROOM 17 ROCKS!



# Preschool Program at Victory School

The preschool program will be running on Mondays ,  
Wednesdays & Friday mornings from 9:30 –11:30!



You can find a registration form online or drop by the school office to pick one up. If you have any questions, please contact Veronica Thiffeault at [veronica.thiffeault@7oaks.org](mailto:veronica.thiffeault@7oaks.org) or call her at the school Mondays, Wednesdays or Fridays at 204-586-9716.

## DECEMBER 2019



Mon	Tue	Wed	Thu	Fri
2 Preschool Program 9:30-11:30	3	4 Preschool Program 9:30-11:30	5	6 Preschool Program 9:30-11:30
9 No program	10	11 Preschool Program 9:30-11:30	12	13 Preschool Program 9:30-11:30
16 Preschool Program 9:30-11:30	17	18 <u>LAST</u> Preschool Program 9:30-11:30	19	20
23	24	25	26	27
25	30	31	<b>First day back will be Monday, January 13, 2020</b>	

Victory School Proudly Presents...

# Jukebox Time Machine



## A Presentation of Hits Through the Decades

Arr. Jay Althouse, Tom Anderson, Andy Beck,  
Alan Billingsley, and Greg Gilpin

Can you believe it? Victory School is turning 100 and we want you to help us celebrate! Join Marvelous Mike and Jivin' Judy, our time machine tour guides, as we travel to a past decade where we will share a few nostalgic fun facts before dropping the needle on some of the greatest pop hits of all time.

**SAVE  
THE  
DATE!**

**February 19<sup>th</sup> and 20<sup>th</sup> 2020 at 7:00 pm  
Seven Oaks Performing Arts Center**



## **The Search for the Perfect Snack**

Snacks can often be a big part of your child's diet, so it's important that most of the snacks you give him or her are ones you feel good about. Here are some snack ideas that offer the perfect combination: some fiber (from whole grains, fruit or vegetables), some protein and some fat. It's a combo that's sure to satisfy and that will fuel your busy child.

### **Chips and Dip**

A serving of pita or tortilla chips is really fine nutritionally — it has filling fiber and can be a tasty vehicle for healthy dips, such as hummus, black bean dip or salsa.

### **Grilled Cheese**

Snacks don't need to be made from snack foods. Serving a sandwich (or half of one) can be a smart solution for snack time. Even grilled cheese can be a good choice when you use 100-percent whole-grain bread and add in sliced apples for extra fiber.

### **Pizza**

Pizza is really just another take on a sandwich, and it can be a vehicle for healthy toppings like olives, sliced peppers, or pineapple and ham. Use whole-wheat English muffins or buy premade whole-wheat pizza dough and have your kids add their favorite toppings.

### **Cheese**

Cheese is super-flavorful and satisfying, and gives your kids protein and calcium. The key is making sure it's not in every meal and snack. But a cheese stick paired with apple slices or carrot sticks (or whatever fruits and vegetables your kids like) is the ideal power snack.

Source: By: Kerri-Ann Jennings, M.S., R.D. @

<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/healthy-meals-for-kids/10-surprisingly-healthy-snacks-for-kids>





*Recommends*

### Active living in Winnipeg

There are a vast number of active living possibilities for Winnipeggers. Often, the main obstacles to pursuing these activities is finding out about them in the first place. We hope that we can remind you about active living spaces and activities or to hopefully suggest ones that might be new to you.



### St. Boniface: Fort Gibraltar and the old St. Boniface Cathedral Ruins

St. Boniface has much to offer in terms of outdoor activities. You can take a hike in Whittier Park, site of the famous Fort Gibraltar. The hiking trail goes around the edge of Whittier park and crosses over to Lagimodière-Gaboury Park. Fort Gibraltar is open most weekdays until 6 and on Sundays from 4-6 for those who would like to venture inside this historic site. Whittier park also has tobogganing slides available during Festival du Voyageur. On your way home, be sure to make a quick stop and check out the ruins and grounds of the old St. Boniface Cathedral.



## **"J'entends le moulin" - Victory School Grade 3 #CBCMusicClass -**

We are the "Victory School Grade 3 Orff Ensemble". This unauditioned group meets once a cycle during the lunch hour, and is open to all students in Grade 3 at Victory School. For the Canadian Music Class Challenge, we performed the French Canadian Folksong "J'entends le moulin" on xylophones, metalophones, glockenspiels, bass bar and temple blocks. We had a lot of fun learning to play this piece and we hope you will enjoy our performance! Victory School is part of the community of West Kildonan in the Seven Oaks School Division. Our school division is located in the North West area of Winnipeg, Manitoba.

View the YouTube Video by clicking [HERE](#)



## "In My Blood" - Victory School Grade 5

**#CBCMusicClass -**

We are the "Victory School Grade 5 Orff Ensemble. This unauditioned group meets once a cycle during the lunch hour, and is open to all students in Grade 5 at Victory School. We perform at school assemblies, concerts and divisional events such as the Seven Oaks School Division "Arts in the Park". Previously, this group has performed at the Winnipeg Music Festival and with the Winnipeg Symphony Orchestra as part of their "Adventures in Music" concert series. For the Canadian Music Class Challenge, we performed "In My Blood" by Shawn Mendes on soprano and alto recorders, xylophones, metallophones, glockenspiels, bass bars, shakers, cabasa, Bahia bass drum and soprano ukulele. We hope you will enjoy our performance! Victory School is part of the community of West Kildonan in the Seven Oaks School Division. Our school division is located in the North West area of Winnipeg, Manitoba. For more information about the Canadian Music Class Challenge please visit: <http://cbcmusic.ca/musicclass>

View the YouTube Video by clicking [HERE](#)

# THE CITY OF WINNIPEG · VILLE DE WINNIPEG

## COMMUNITY SERVICES DEPARTMENT · SERVICES COMMUNAUTAIRES

in partnership with Lighthouses, a Neighbourhoods Alive! Program

presents a CHILDREN'S FREE PLAY PROGRAM

Qualified leaders will provide a variety of supervised, structured activities such as games, sports, arts & crafts, music, drama, and special events.

Parents are always welcome to participate in the activities.

**Children who choose to participate in the Free Play program are required to stay at the school with the Free Play leaders until a parent/guardian has picked them up from the program.** The program will operate on a **scheduled** basis.

**All children must be picked up by 5:30 pm.**

**Parents/guardians must complete a participant medical form before their child will be allowed to participate in the program.**

If you have any questions about our Free Play Program,  
please contact Victory School or 311.



## Free Play Calendar DECEMBER

**Tue**

**Wed**

**Thu**

<b>3</b> Evans/Hart//Tolenko	<b>4</b> Nishimura/Wakula	<b>5</b> Toppazzini/Unrau
<b>10</b> Works/Simard	<b>11</b> Van de Laar/McQueen	<b>12</b> Evans/Hart//Tolenko



# DECEMBER



Sun      Mon      Tue      Wed      Thu      Fri      Sat

1	2 Day 3 Rm.8 Skating	3 Day 4 Rm.12 Skating	4 Day 5 Rm.7 Skating Rm.5 Swimming	5 Day 6 Rm. 19 Swim- ming	6 Day 1 Rm.19 Bowling	7
8	9 Day 2 Rm.8 Skating Gr.4/5 French Presentation Gr. 5 Volleyball	10 Day 3 Rm.12 Skating Gr. 4/5 French Presentation	11 Day 4	12 Day 5	13 Day 6	14
15	16 Day 1 Rm.8 Skating Rm.19 Bowling	17 Day 2 Gr. 3 & 3/4 to SOPAC	18 Day 3 Winter Fun Day	19 Day 4	20 Day 5	21
22	23	24	25	26	27	28
<b>Winter Break</b>						
29	30	31				