



# VICTORY SCHOOL NEWSLETTER

Issue #3

395 Jefferson Avenue

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December

2020

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Dear Families,

Although our Student/Parent/Teacher conferences took place in a different format for the first term, teachers were still able to connect with families to share students' progress with the important adults in their life. Please remember that families can be in touch with classroom teachers regarding their child's progress anytime throughout the year.

As the seasons change, 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.

Our Music classes will be working on festive songs using percussion instruments during the month of December. We hope to share some of their learning with our families later in the month.



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. You can send your hamper items in with your child, and they can put the items in their classroom collection bin.

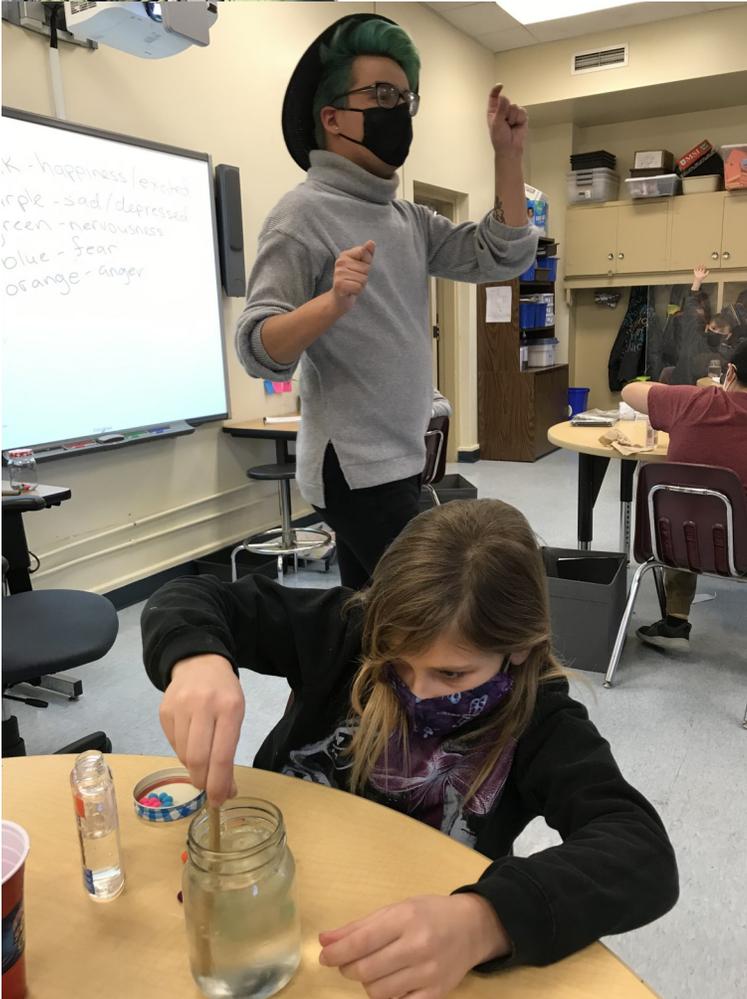
Keeping in line with Covid-19 protocols, every item received will be kept in an isolation area for 72 hours to ensure everything is safe for distribution.

We thank you in advance for your generosity.

## ROOM 18 NEWS



When the weather was still warm Room 18 took the chance to walk all the way to Kildonan Park to spend the day learning in nature. As this year looks different than any other, we have enjoyed getting outside more than usual. Even though the weather has started getting colder we have decided as a class community to embrace the climate of where we live and go for regular walks in our neighbourhood.



We are so happy to welcome Mitchell Saunders, an expressive arts educator practicum student, into Room 18 this year.

While we have had to adjust our classroom activities to be more physically distant, Mitchell has brought in many ways the students can still express themselves through a variety of art activities that are engaging and still interactive.

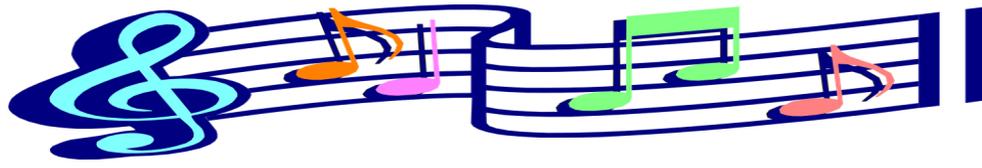
# PHYSICAL EDUCATION NEWS

Students in Grades K, 1, and 2 have participated in underhand throwing and catching activities. More recently, students have been working with scoops and various types of balls to understand throwing and catching in different capacities during low organized games and activities.

Students in Grades 3, 4, and 5 have continued to work on throwing and catching skills in low organized games and have recently learned about the sport of Team Handball. Throughout the month of December, students will continue to work on Team Handball skills, strategies, and concepts through lead-up activities and games (all modified to adhere to COVID restrictions). Students will also have the opportunity to participate in modified Team Handball tournament and intramurals.

All students also participate in our bi-weekly fitness challenges in Phys. Ed. Class that focus on common body exercises, cardiovascular fitness, and exertion/effort. These challenges are constructed in various methods: partner runs, circuit-type workouts, and relays.

Go back to "GO", do not collect a point	15-Second Plank	15 Straight Leg Raises	10 Lunges (each leg)	All players do 15 Mountain Climbers	15 Jumping Jacks	20 Mountain Climbers	10 Burpees	Skip ahead to "GO", collect a point 😊
10 Sit Ups	<div style="text-align: center;"> <h2>Victory Viper Fitness Monopoly</h2> <ul style="list-style-type: none"> <li>Place a game piece of your choice on the "GO" square</li> <li>Roll to see who goes first (highest goes first, lowest goes last, etc.)</li> <li>Roll dice to determine how many places you travel</li> <li>Perform the activity/exercise on the square you land on</li> <li>When you complete one lap around the board and pass "GO" you may get water and give yourself a point!</li> <li>Player with the most points wins in 30 minutes</li> </ul> </div>							15 Squats
5 Push Ups								15-Second Wall Sit
Give out 20 Jumping Jacks to another player								Give out 10 Squats to another player
Do 5 Jumping Jacks in every room in the house!								25 Mountain Climbers
5 Burpees								15 Sit Ups
10 Squats								15 Burpees
Skip ahead 5 spaces 😊	10-Second Wall Sit	10 Mountain Climbers	10 Shoulder Taps	Quickly touch every door in the house!	15 Jumping Jacks	10-Second Bicycles	20 Arm Circles	GO ←



## **2020 Music & Dance Clubs**

### **Spring Cohort Unrau/Tang/Wakula**

Day 6 Hip Hop Club  
Second Activity Break



### **Autumn Cohort Toppazzini/Telenko**

Day 2 Tone Chimes Club  
12:25 -12:55

Day 5 Hip Hop Club  
First Activity Break

# PATROL NEWS



We welcomed a new team of patrols this year! We are still committed to keeping Victory School a safe and respectful place. This dedicated group of volunteers has been working hard each day ensuring that all students are able to come and go from the school safely. They have also been developing skills in respectful leadership. Make sure you wave hello when you see them and thank them for their hard work!



## ROOM 6 NEWS



We have had some beautiful fall days and have been able to observe the trees as they change season.

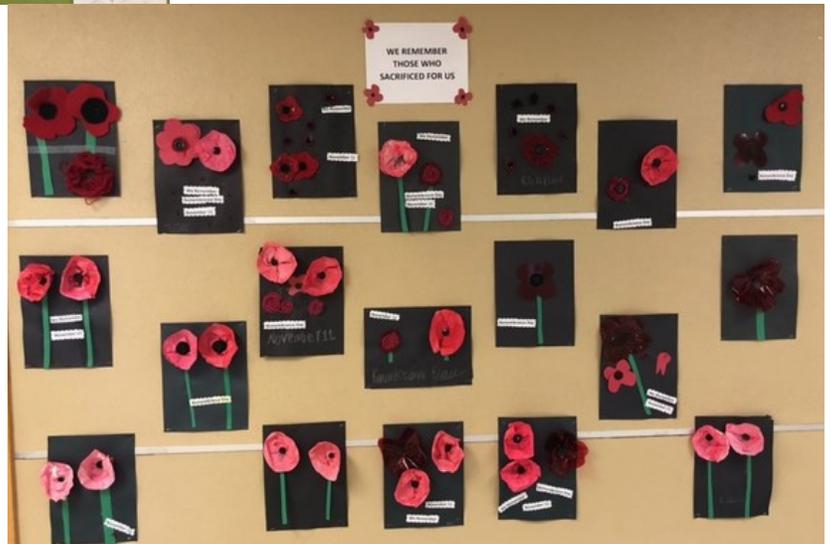
We used water colour and sketching to create our own fall trees.

We also brain-stormed what we knew about trees and what we would like to know more about.

Students researched their questions and we discussed the interesting findings.



Our grade five class made beautiful poppies for Remembrance Day to remember those who have sacrificed to make Canada a safe place to live.



We received our new desks in order to increase social distancing!



# *Partners in Learning* together with Victory School Present PARENT/CHILD PRESCHOOL PROGRAM

All programs are Free of Charge and are for families living in the Seven Oaks School Division catchment.

Programs are for **Parents/caregivers and children ages 0 – 5** and run on Monday and Wednesday mornings. Together, you will take part in free play, story time, rhymes, songs and art exploration. Registration is ongoing.

To register, please fill out the Google Form: <https://forms.gle/sUqnV3ZUw2bvewr37>  
You may either click on the link or copy and paste it into your web browser.

For more information, please contact **Veronica Thiffeault, Community Coordinator**, at 204-586-9716 or email at [veronica.thiffeault@7oaks.org](mailto:veronica.thiffeault@7oaks.org)



Please note, special procedures have been put in place to ensure the safety and well being of all who attend our Parent/Child Preschool Program:

- *Limited number of children per program.*
- *Only one adult per child is to attend.*
- *Hand sanitization is required upon entry to the building.*
- *Social distancing of two meters to be adhered to, except for members who reside in the same household.*
- *Non-medical masks or face coverings are required for adults and encouraged for children. Children under 2 yrs. are not required to wear masks.*
- *Families must go directly to the community room and leave the building immediately following program.*



# COVID-19 INFORMATION FOR THE 2020–2021 SCHOOL YEAR

COVID-19 is a new virus, and there is no vaccine or treatment for it at this time. Most people who get COVID-19 will have mild symptoms, but for some this virus can cause serious illness and even death. Most people who get sick with COVID-19 can recover at home, but need to isolate and monitor their symptoms. Care at home can help stop the spread of COVID-19 and help ensure that health care resources are available to those with severe COVID-19 symptoms requiring hospitalization. Speak to your public health nurse if you are not able to isolate at home. Isolation from other people is the best way to protect yourself, your loved ones and people in the community.

## Do I need to isolate and for how long?

If you:

- have tested positive for COVID-19 and are well enough to recover at home. Isolate for at least 10 days from the time your symptoms started. During this time, a public health official will call you once daily to ask about your temperature and your symptoms. Your public health official will tell you when you can stop isolating.
- have COVID-19 symptoms, have been tested and are waiting for your test results. Isolate at home while you are waiting to get the laboratory results from a health care provider. If your COVID-19 test results are negative, but you have symptoms, or have travelled or been exposed to a case, you will need to continue to self-isolate (quarantine) for the entire 14 days and until you have been symptom free for 24 hours. If your COVID-19 test results are positive, a public health official will call you.
- have cold or flu-like symptoms but have not been exposed to COVID-19 through travel or contact with a case. People with a new onset of any one symptom listed in column A or any two or more symptoms listed in column B, should get tested for COVID-19.

### A

- Fever / chills
- Cough
- Sore throat/ hoarse voice
- Difficulty breathing
- Loss of taste or smell
- Vomiting or diarrhea for more than 24 hours

### B

- Runny nose
- Muscle aches
- Fatigue
- Pink eye (conjunctivitis)
- Headache
- Skin rash of unknown cause
- Poor feeding, if an infant
- Nausea or loss of appetite



**SEVEN OAKS**  
SCHOOL DIVISION  
*community begins here*

- High School Diploma
- Upgrading
- Literacy

**Registration  
for  
Semester 2**

**begins  
January 8<sup>th</sup>, 2021**

**Phone**

**204-  
589-9852**



**NO FEES**

**COVID protocols are in  
place for everyone's safety.**

**1747** Main Street  
**204-589-9852**



**SEVEN OAKS  
SCHOOL DIVISION**  
*community begins here*

## Adult Education Centre (AEC)

### What we do

- We offer high school credits to adult students (19 years of age and older) so they can complete their high school diplomas or upgrade their credits for post-secondary requirements.



### What our students say about why they attend here

- Flexible program, day and evening courses
- Convenient location
- No cost
- Good reputation in community
- Understanding of adult needs
- Friendly, supportive atmosphere



### Benefits at AEC

- Placement assessments
- Prior Learning Assessment
- Skill upgrading in English and Mathematics
- Courses for post-secondary entry
- Student support
- Teacher-led classes

**AEC 2020 GRAD  
LIVES HERE!**

**Congratulations!**

**AEC** Adult  
Education  
Centre  
DEVELOPING CONFIDENT LEARNERS

### Courses Offered

- Basic Math & English
- Math Essentials 31G
- Essential Maths 20S, 30S & 40S
- English 30S Comp Focus
- English 40S Trans & Comp
- Pre-Calc Math 30S & 40S
- Applied Math 40S
- Cinema as a Witness to Modern History 40S
- Global Issues 40S
- Advanced Business Technologies 40S
- Current Topics in First Nations 40S
- Psychology 40S
- Law 40S
- Biology 40S
- Chemistry 30S & 40S
- Physics 30S & 40S

## Seven Oaks Divisional Programming

LEARN TO SKATE **\*ON HOLD FOR NOW\***

**Wednesday Mornings – Rm 12, Teacher Kahs**

**Thursday Afternoons, Rm 7, Ms. Works**

**\*Ms. Van de Laar's class will be scheduled for Mondays beginning in January**

LEARN TO SWIM **\*\*PENDING\*\***

**\*Rm's 5, 17 & 19 are scheduled to begin in January**

**Tuesday Mornings – Rm 19, Mr. Tang**

**Wednesday Mornings – Rm 5, Ms. Telenko**

**Thursday Mornings—Rm 17, Mrs. Wakula**

# December 2020

Sun

Mon

Tue

Wed

Thu

Fri

Sat

		1 Day 2	2 Day 3	3 Day 4	4 Day 5	5
6	7 Day 6	8 Day 1	9 Day 2	10 Day 3	11 PD DAY NO SCHOOL	12
13	14 Day 5	15 Day 6	16 Day 1 Winter Fun Day	17 Day 2	18 Day 3	19
20	21	22	23	24	25	26
<b>Winter Break</b>						
27	28	29	30	31		
<b>Winter Break</b>						