

# Sustainability at Victory School 2018



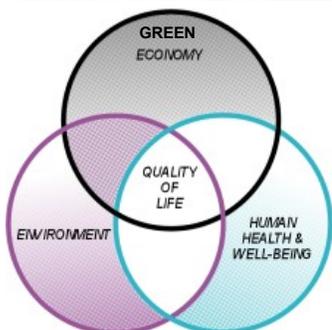
## Green Economy

At Victory School we aim to reduce waste by composting, recycling and reusing materials. By composting organic material we reduce our waste stream and contribute to reducing green house gases in the atmosphere. The finished compost is a valuable resource that we use in our gardens to improve soil ecology by returning nutrients to Mother Earth. Throughout the year, Victory School has worked with organizations such as Green Action Centre to learn new ways we can live a greener life. Each spring, classrooms take time to participate in a community clean-up.

We encourage students to walk and bike to school. Our school has a bike rack available so that students have a safe place to store their bikes. Some classrooms choose to use public transportation to get to field trips. For families who need to drive their children to school, a designated Stop, Drop and Go area is available which aims to reduce vehicle idling time.

Victory School grows vegetables that are used as healthy snacks for the students and the extra vegetables are donated to local food banks. This year our school also participated in a fruit share program which is a local movement to ensure less food waste. In our breakfast program we use compostable cutlery. Our school participates in the divisional composting initiative using a machine called a Biovator to break down organic material. In addition some classrooms have vermi compost which uses red wiggler worms to convert food waste and organize material into natural fertilizer.

At times, our school has been called a farm because of our many snakes, tadpoles, ducks, butterflies and worms. Having these animals in the school provides students with the opportunity to learn ways to care for others, understand endangered species and move toward being animal advocates!



*“You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.”*

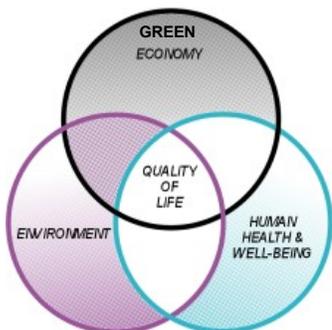
Jane Goodall

# Environment

At Victory School we believe in empowering and supporting students with hands-on educational experiences by caring for plants by growing indoor and outdoor gardens. Through these opportunities, students experience being stewards of the earth by being stewards of the garden. Their connection with the earth is reinforced by working with soil, light, water, plants and the seasons. Students have opportunities to start plants from seed; exploring the full cycle of plant growth using inquiry based learning and discovering the natural process along the way.

Gardening at Victory:

- The indoor gardens provided students the opportunity to plant, grow, eat, and share their harvest all year round.
- The perennial gardens provided students with the chance to learn about native plants and support the repopulation of various butterflies and bees that are facing an uncertain future.
- The vegetable gardens provide students an opportunity to learn about where their food comes from and to get them excited about eating fresh vegetables. It is also a chance to learn outdoors!
- Our summer garden club provided staff, families and community members an opportunity to socialize, weed, water, and harvest Victory School's four outdoor gardens.



*“Unless we are willing to encourage our children to reconnect with and appreciate the natural world, we can’t expect them to help protect and care for it.”*

David Suzuki

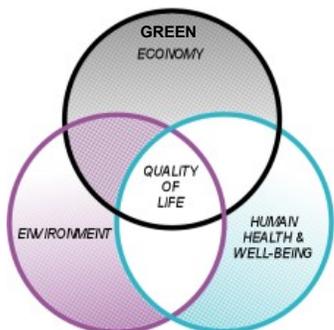
# Human Health & Well-Being

Victory School is always looking for opportunities to spend time learning in nature. During these purposeful times outdoors our students form a connection to the earth. Venturing outdoors to read, walk or participate in the Outdoor Challenge are just some of the ways our staff naturally invites students to appreciate the great outdoors. Field trips to farms, Oak Hammock Marsh, Narcisse Snake Dens, or guests speakers from places such as Wildlife Haven, are just some of the ways we foster quality relationships with nature at Victory School.

We are in the process of creating an outdoor learning space that is rich in natural features, that will stimulate a child’s sense of wonder and discovery and invite play. By closely exploring their outdoor space, students begin to develop a broader sense of connection to the world beyond their playground.

Understanding where food comes from and how it grows, fosters healthy food and nutrition decisions. This is why we offer students first-hand experiences with growing and preparing food, focusing on the mystery of tastes, textures and colours in our monthly taste tests and breakfast program. This provides students with opportunities to try new things and eat a wide variety of foods—a key to good nutrition.

At Victory School we provide a wide variety of physical activities which helps build and maintain strong and healthy muscles, bones, and joints through program such as dance, skating, swimming, hockey, gymnastics, cross country, badminton, basketball, handball, etc. These activities foster healthy development, boost mood, increase learning and engage minds. Students are more likely to be active later in life and into adulthood when they are exposed to a variety of healthy food options, time exploring outdoors and regular physical activity.



*“Time in nature is not leisure time;  
it’s an essential investment in our children’s health.”*

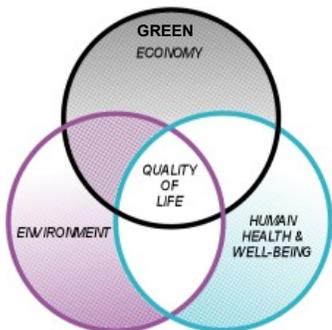
Richard Louv

## Quality of Life

Victory School is connected with Fruit Share Manitoba—an organization that is involved in reducing food waste by sharing excess fruit or vegetables with owners, volunteer fruit pickers and to local organizations. In October, Victory School received 174 ears of corn and classrooms were challenged to create different dishes using corn: cornbread, corn chowder, corn hummus, corn salsa, etc. This resulted in *Cornapalooza*; a beautiful opportunity to minimize food waste and build community,

The staff at Victory School participated in a professional development day at Symatree Farms where we spent time learning about ways to connect our teaching with the natural world.

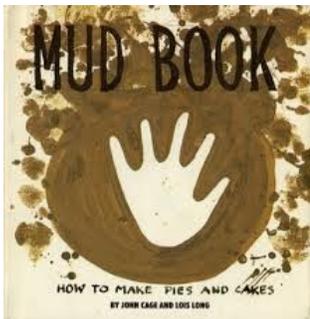
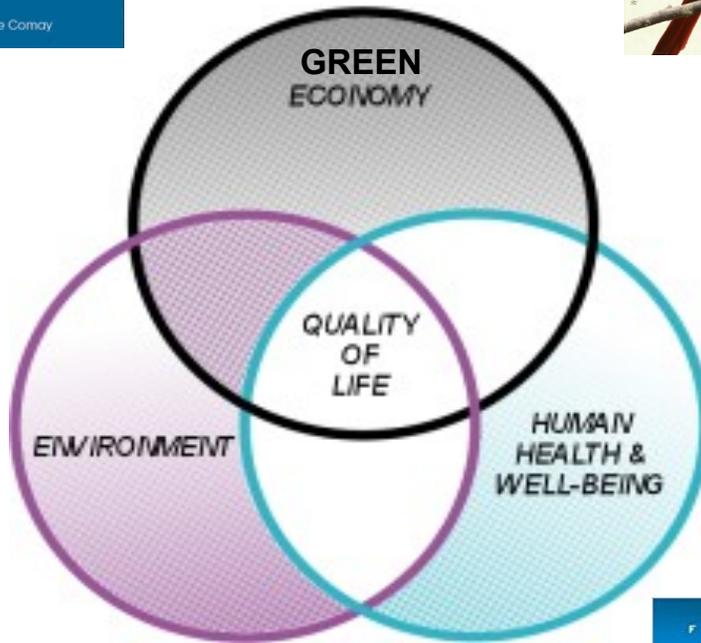
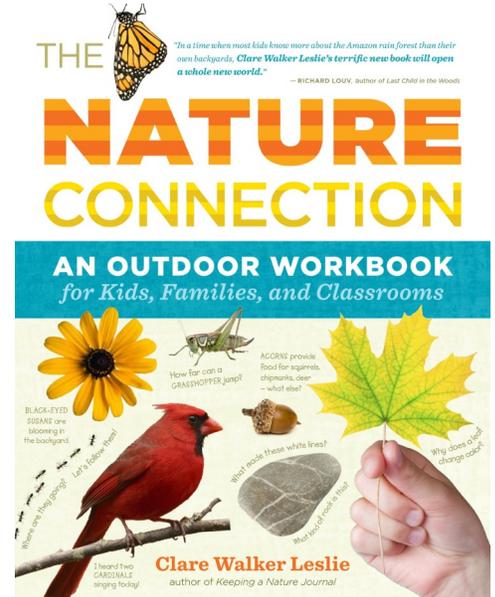
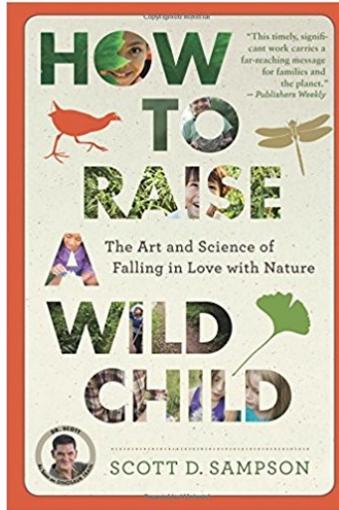
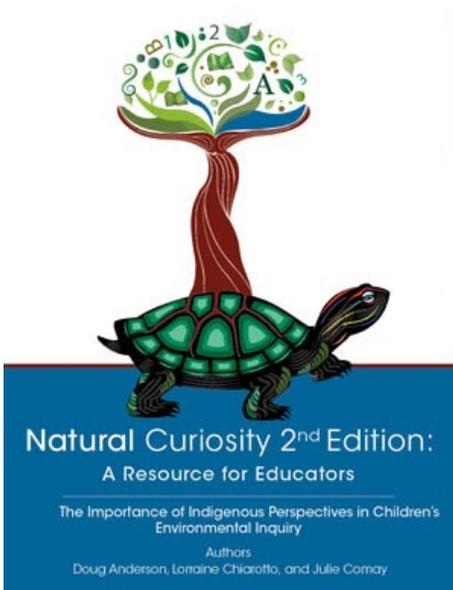
Victory School hosted an evening called *Community for Tomorrow* to showcase what our school is doing to sustain our environment, our health, and culture. Student's learning was on display in each classroom and families could participate in activities spaced throughout our school. Some activities included: Tipi and Treaty teachings, water song, mud and rock painting, bee projects, Smudging, bannock and butter, human rights and Seven Teachings, frog life cycle, gardening, plastic pollution, recycling games and information, a visits with Room 1's ducklings, and Star Dome. Students were even invited with their families to make a smoothie using a bicycle powered blender. Representatives and information about Wildlife Haven, West Kildonan Library, Fruit Share, Green Action Centre, and Nature Conservancy of Canada was available for families. This provided our community an opportunity to celebrate all of the ways Victory School is working towards a more sustainable future.



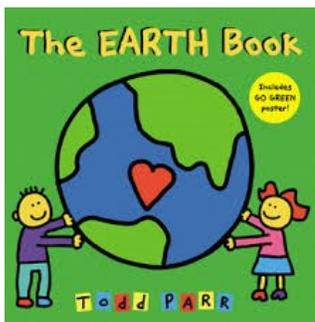
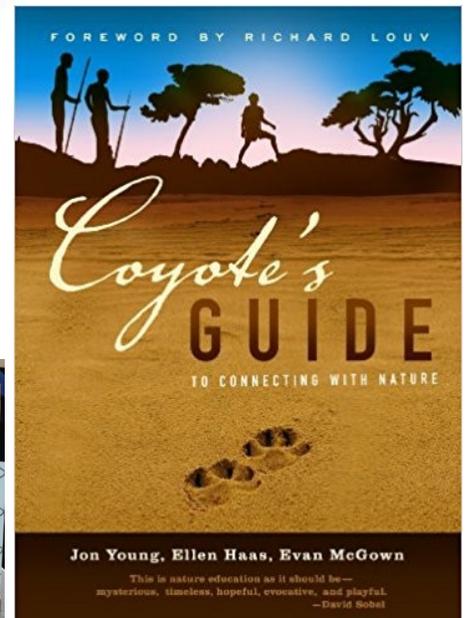
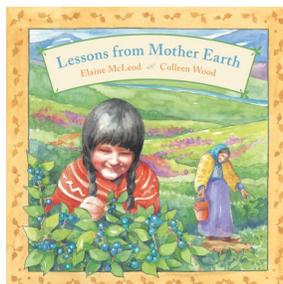
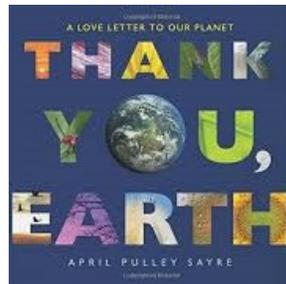
*“Students will become informed and responsible decision-makers, playing active roles as citizens of Canada and the world, and will contribute to social, environmental, and economic well-being, and an equitable quality of life for all, now and in the future.”*

Manitoba Curriculum—Education for Sustainable Development

# Books that inspire staff and students...



**The Growing Classroom**  
Garden-Based Science and Nutrition Activity Guide





# Victory School



*"We do not inherit the earth from our ancestors,  
we borrow it from our children."*  
- Native American Proverb