

# VICTORY SCHOOL NEWSLETTER

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2018-2019

Issue #4

**December 2018**

**Principal: Joey Robertson**

## ***PRINCIPAL'S MESSAGE:***

Student conferences were a wonderful opportunity for families to come to the school to hear about your child's progress at school. Our students love the chance to show their work and discuss their learning! Please remember that families can be in touch with classroom teachers regarding their child anytime throughout the year. A special thank you to our school Librarian Ms. Rose, for hosting the book fair at the school.

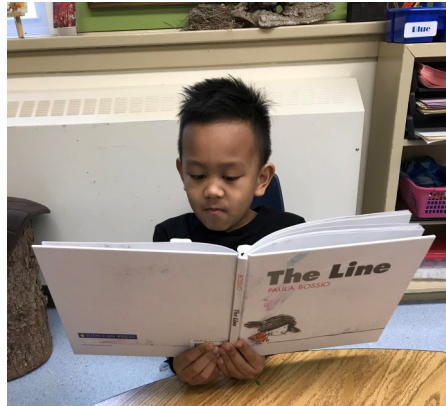
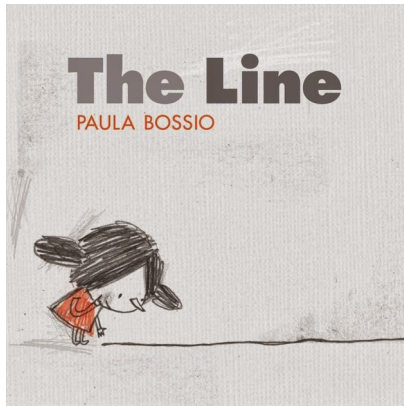
During our movement breaks children have been having a great time playing in the snow, shovelling, and sliding down the hill. Although we have enjoyed some warmer days during the previous month, we also know it can be very cold in the winter. We are fortunate that we have several outside play spaces that are a bit sheltered from the wind surrounding the school yard. Please be sure your children are dressed for outdoor Winnipeg weather. 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.

Finally, thank you to the parents and guardians that helped make our Halloween Dance such a fun event for the children and families. Another note of thanks to families who have donated new and gently used mittens, boots, ski pants and jackets to the school. We could still make use of a few pairs of boots and some jackets to add to our supply on hand for when children need them.

# KINDERGARTEN





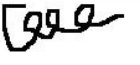

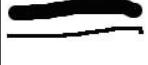





## Line Art Self-Portraits

The kindergartens read the books *The Line* by Paula Bosso and *Lines Everywhere* by Jimi Lee.



They discussed the different

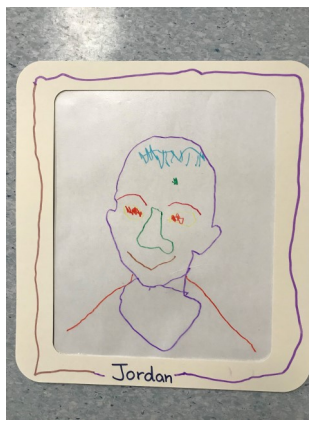
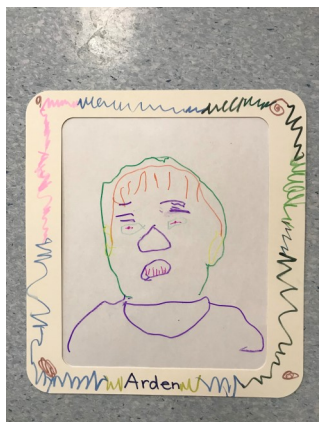
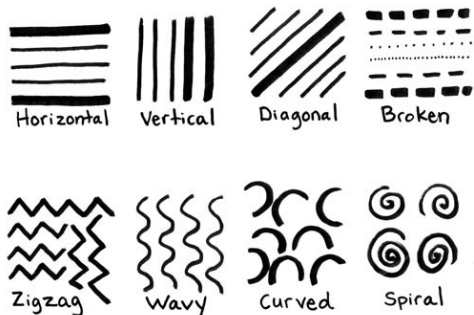
### *Types of Lines*

 horizontal	 vertical	 zig zag	 curves
 curly	 spiral	 thick thin	 shapes
 angle	 cross hatching	 ripple or radiating	 dots and scumbling



Then they looked closely at photos of themselves and found that their faces were made of different lines. Next they used colourful sharpies to trace the lines and create these masterpieces!

Check out all of the kindergarten's self-portraits in the display case for the month of December!



Special thanks to Ms. Lisa Siemens for inspiring this art activity and volunteering her time in the classroom.

## SO ACTIVE, SO HEALTHY COMMITTEE

Flu season is upon us and it won't usually reach its peak until February! One way we can all keep healthy is to increase our vitamin intake, namely **Vitamin C**! This power vitamin can prevent or shorten the effects of a cold or flu virus. Remember, you have to take vitamin C *regularly* to get these benefits. 'Overdosing' on vitamin C is unlikely to reduce your symptoms. Aside from Vitamin C acting as an antioxidant, it also helps in the absorption of iron and aids in healing wounds!

Here is a list of **Foods rich in Vitamin C**

- Red and Green Bell Pepper
- Kiwi
- Oranges and grapefruit
- Strawberries and pineapple
- Broccoli and Brussels Sprouts

You cannot overdose on Vitamin C as it is water soluble. Your body will only absorb what it needs. Any excess vitamin C that you take will simply pass through your system, occasionally causing symptoms like diarrhea or abdominal cramps. Here is a list of recommended daily Vitamin C intake for kids:

Between 1 to 3 years: 15 mg/day

Between 4 to 8 years is 25 mg/day

Between 9 to 13 years is 45 mg/day

Try out this creamy soup packed with 125 milligrams of vitamin C in every cup! It's the perfect combination for when you want to stay warm *and* healthy.

### **Creamy Cauliflower Soup**

**Yield:** About 5 cups

A healthy, creamy soup made quick and easy in a blender.

Ingredients:

5 cups chopped cauliflower

2 cups reduced sodium chicken or vegetable broth

6 oz silken tofu (optional)

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/2 teaspoon garlic powder

4oz sharp cheddar cheese, cubed

Chopped green onions, for garnish

Directions:

Bring water to a boil over high heat. Add cauliflower, cover, and steam for 10 minutes, until tender. Drain.

Add broth (and silken tofu) to the blender. Then add steamed cauliflower followed by salt, pepper, garlic powder, and cheese. Cover and run the hot soup cycle 2-3 times, until heated through.

Ladle into bowls and top with chopped green onion.





# Seven Oaks Better Access to Groceries



### Better Access to Groceries (BAG) is

- Available for people in the Seven Oaks community
- A bag of fresh and low-cost fruits and vegetables
- A program to promote healthy eating

### You can learn more about Seven Oaks BAG online!

- Join the Facebook Group: Seven Oaks Better Access to Groceries
- "Like" us on Instagram or follow us on Twitter: sevenoaksbag

### BAG instructions:

1. FILL OUT order form below
  2. ORDER YOUR BAG. Place your order by **no later than 4:30 on the Wednesday before BAG pick up.**  
**Email:** [sevenoaksbag@gmail.com](mailto:sevenoaksbag@gmail.com) -OR-  
**Telephone:** 204-938-5690 (ask for Emmy) -OR-  
**In-person:** 3-1050 Leila Avenue  
(Right behind the Shoppers Drug Mart)
  3. PICK-UP YOUR BAG and Enjoy!
- Date:** The third of the Month (see attached schedule)  
**Time:** 10:30 pm - 4:00 pm  
**Location:** Education room at 3-1050 Leila Avenue

Oct. 21st  
Nov. 18th  
Dec. 16th  
Jan. 13th  
Feb. 10th  
Mar. 10th  
Apr. 21st  
May. 5th  
June. 2nd

**Please submit payment before pick up day. Payment can be by cash or cheque.**

Seven Oaks BAG: ORDER FORM

Date:     /     /       
DAY     MONTH     YEAR

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone #: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Produce BAG \$10

(Contents will vary) example: carrots, lettuce, tomatoes, potatoes, onions, apples, oranges,

Quantity: \_\_\_\_\_ Total Order Cost: \$ \_\_\_\_\_

**Pre-Paid (circle one): Yes No**

# FROM THE MUSIC ROOM

## Save the Date!

**Victory School Musical  
February 6th and 7th 2019  
Disney: The Movies, The Music**



### Music and Dance Clubs

*All clubs meet during 1st break*

Day 2      Grade 5 Recorder Club

Day 5      Grade 4 and 5 Tap Club

Day 6      Grade 4 and 5 Hip Hop Club



Check out our entries in the CBC Music Class Challenge! In the Elementary Vocal our students in grades 2, 3 and 4 singing "Must be Santa" and in the Elementary Instrumental category our Grade 5s performing "If I Had \$1,000,000 Dollars" #CBCMusicClass

### Must Be Santa



[https://www.youtube.com/watch?v=2xSHlb8wPsw&t=0s&index=39&list=PLwz1WTRJS24JR2gZ2SZAkFYp57OZ\\_g4W6](https://www.youtube.com/watch?v=2xSHlb8wPsw&t=0s&index=39&list=PLwz1WTRJS24JR2gZ2SZAkFYp57OZ_g4W6)

### If I Had \$1000000

<https://www.youtube.com/watch?v=4mN9qDY1qkQ&t=2s&list=PLwz1WTRJS24lqm4qH8Phwq6C4nxKwoLUy&index=2>

# Community Begins Here

**Constable Cole will be joining us  
for a special presentation on :**

## **Social Media & Internet Safety**

**January 22, 2019 @ 6:00 p.m.**

**This is a chance for parents to connect with other parents in the community, enjoy a light snack and some good conversation.**

**Please stay tuned for registration for this event!  
We will offer FREE BABYSITTING for children under 12.**

If you have any questions, about this presentation, please call the school at 586-9716.





# December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	<b>3</b> Parent-Led Program 9:30–11:30	4	<b>5</b> Program 9:30–11:30	6	7	8
9	<b>10</b> Program 9:30–11:30	11	<b>12</b> Program 9:30–11:30	13	14	15
16	<b>17</b> Program 9:30–11:30	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

***Registration for our Parent and Child  
preschool program is on-going.***

***You are welcome to join us at anytime!***



# December 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1	
2	3 Day 4 Rm 12 Learn to Skate Grade 5 Capoeira	4 Day 5 Rm 7 Learn to Skate CFP Rms 17& 19	5 Day 6 CFP Rms 6 & 18	6 Day 1 Field Trip for Rms 1 & 8 Leadership Field Trip CFP Rms 6 & 18	7 Day 2 Rms 5 & 17 Learn to Swim	8	
9	10 Day 3 Rm 8 Learn to Skate Grade 5 Capoeira	11 Day 4 Rms 5 & 17 Learn to Swim CFP Rms 7 & 12	12 Day 5 CFP Rms 1 & 8	13 Day 6 CFP Rms 5 & 9	14 Day 1 Rms 5 & 17 Learn to Swim	15	
16	17 Day 2 Grade 5 Capoeira	18 Day 3 Kindergarten's "Read with Me" Evening	19 Day 4 Victory Winter Fun Day 	20 Day 5	21 Day 6 Last day of classes before winter break Return Jan.7/19	22	
23	24	25	26	27	28	29	
30	31	<h1>Winter Break</h1>					