



VICTORY SCHOOL NEWSLETTER

Issue #5

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January
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What a lovely final week for our students before our holiday break.

Victory staff put together many fun experiences and activities connected to our school priority of “So Active, So Healthy” learning for our annual Winter Fun Day on Wednesday. The students enjoyed a variety of indoor and outdoor games, as well as roasting marshmallows by a bonfire.

Thank you to all the volunteers who helped at various stations.

Please watch for important information about our February concerts that we will send out in January. As well, Grade 5 badminton, Heritage Languages Classes and City of Winnipeg/Lighthouse all resume the first week back.

Finally, the Victory staff would like to wish everyone a warm, restful break. We look forward to seeing everyone in the new year!



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.

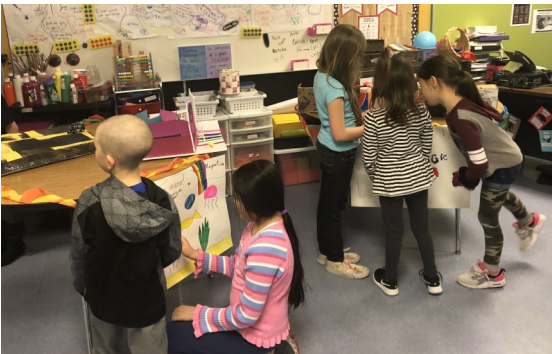
**SAVE
THE
DATE!**

February 19th and 20th 2020 at 7:00 pm
Seven Oaks Performing Arts Center

ROOM 5 NEWS



Room 5 was hard at work learning about forces that attract and repel. Students applied their learning to create a game that uses gravitational, magnetic or electrostatic forces. They then had a mini carnival show casing their games to the grade ½ classrooms.



- I made a bean bag toss game that uses gravitational force. Gravity pulls objects to the center of the earth. -Nigel
- I loved learning about static electricity. You can charge materials to attract to objects.-Eric
- I made a tic tac toe game that uses magnetism. -DeeJay
- I made a bean bag toss game that uses gravitational force. The bean bag falls to the floor because gravity pulls it down. – Crystal
- I learned about push and pull.-Cyril
- I made my own compass using paper, needle, magnets and water.-Sydney
- I used recyclable materials to make a magnetism game.- Clariza
- I learned about static electricity by using a balloon.- Natasha
- I liked testing different materials to see if they're magnetic or not. -Enzo
- I liked learning about gravity. I made a game that uses gravitational force. -Kale
- I made a car maze that uses magnetism.- Sophia.
- I liked designing my own game. I made a magnetic tic tac toe game. Magnets either attract or repel.- Jackson



GRADE 5 VOLLEYBALL



NEWS FROM THE GYM

Congratulations to our Victory Vipers Volleyball teams who participated in the Divisional Circulation Volleyball Jamboree which took place on Dec. 9th at the Canada Games Sport for Life Center. Our teams played with good effort, passion, determination, sportsmanship, and had fun! Special thank you goes out to Mrs. Hladkyj and Nicole Saindon for coming out to help coach, support, and cheer on our athletes. Also to the parents who came out to support as well – a BIG thank you! It means a lot to our athletes to see parents come out to support when they can! A job well done!
Go Vipers!

Upcoming Divisional event: 3 on 3 Basketball

When: January 27th or 28th

Where: Canada Games Sport for Life Centre

Who: Grade 5



Athletes who signed up for basketball have already started practicing since Dec. 11th in preparation for the tournament.

More information will be sent out during the week of Jan. 13th.

Have a safe, active, and relaxing Holiday Break!

Alvin Pacag
K-5 Physical Educator

Pizza Hot Lunch Day: January 24th



\$2.00 per slice!

****ORDERS DUE JANUARY 14****

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 or call her at the school Mondays, Wednesdays or Fridays at 204-586-9716.

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	No Program			1	2	3	4
5	6	7	8	9	10	11	
12	13 Preschool 9:30-11:30	14	15 Preschool 9:30-11:30	16	17 Preschool 9:30-11:30	18	
19	20 No Program	21	22 Preschool 9:30-11:30	23	24 Preschool 9:30-11:30	25	
26	27 Preschool 9:30-11:30	28	29 Preschool 9:30-11:30	30	31 No Program		



Lentil "Bolognese Spaghetti"

A healthier take on spaghetti.

Ingredients:

2 cloves garlic
1 small onion
chopped 1 medium carrot
chopped 6 oz. button mushrooms
1 tbsp. olive oil
1/2 tsp. dried oregano
1/4 tsp. red pepper flakes
Kosher salt pepper
8 oz. ground beef (at least 90% lean)
1 tbsp. tomato paste
1 (14-ounce) can whole tomatoes
1/2 c. dried red lentils
1 lb. spaghetti
1/3 c. toasted pine nuts
Grated Pecorino cheese for serving

Directions:

- In food processor, pulse together garlic, onion, carrot and mushrooms until finely chopped.
- Heat oil in large skillet on medium. Add chopped vegetables, oregano, red pepper flakes and 1/4 teaspoon each salt and pepper and cook, covered, stirring occasionally, until tender, 4 to 5 minutes. Add beef and cook, breaking up with wooden spoon, until browned, 10 to 12 minutes.
- Stir in tomato paste and cook 1 minute. Add tomatoes (and their juices), crushing with your hands as you add to skillet. Add lentils, 2 cups water and 1/4 teaspoon each salt and pepper; simmer until lentils are tender, 15 to 20 minutes.
- Meanwhile, cook pasta per package directions. Drain and toss with sauce. Top with pine nuts and Pecorino, if desired.

Source:

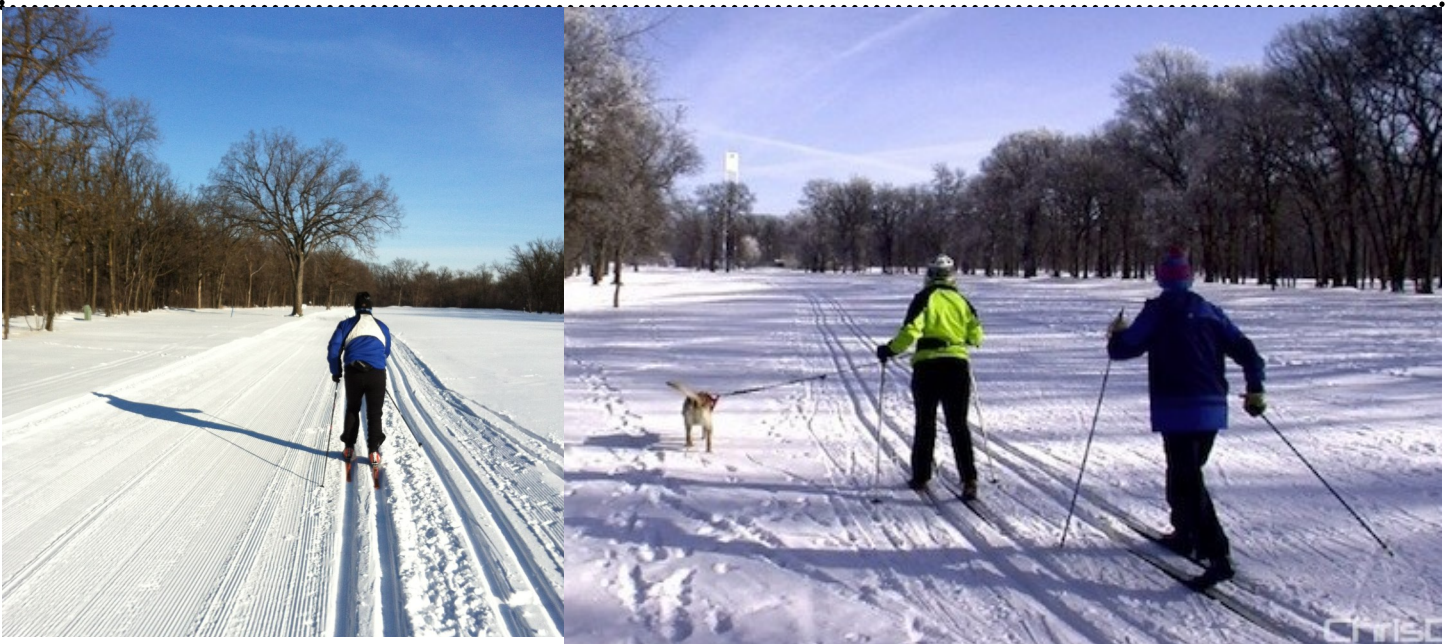
<https://www.goodhousekeeping.com/food-recipes/healthy/a47522/lentil-bolognese-spaghetti-recipe/>



Recommends

Active living in Winnipeg

There are a vast number of active living possibilities for Winnipeggers. Often, the main obstacle 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.



Kildonan Park and Harbourview Park Cross Country Ski Trails

Kildonan Park and Harbourview Park, located at 2015 Main St. and 1867 Springfield Rd., host cross country ski trail each winter. Both sets of ski trails are open to the public throughout the winter. If you don't have cross country skis, Harbourview Park has ski rentals and a warming hut. Check the City of Winnipeg website for hours:

<https://winnipeg.ca/publicworks/parksOpenSpace/ThingsToDo/XCountrySki.stm>

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 JANUARY

Tue	Wed	Thu
7 WORKS / SIMARD	8 VANDELAAR/MCQUEEN	9 EVANS/HART / TELENKO
14 NISHIMURA/ WAKULA	15 TOPPAZZINI/ UNRAU	16 WORKS / SIMARD
21 WORKS / SIMARD	22 VANDELAAR/MCQUEEN	23 EVANS/HART / TELENKO
28 NISHIMURA/ WAKULA	29 TOPPAZZINI/ UNRAU	30 VANDELAAR/MCQUEEN

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	
			WINTER BREAK				
5	6 Day 6 School Reopens	7 Day 1	8 Day 2	9 Day 3	10 Day 4	11	
12	13 Day 5	14 Day 6	14 Day 1 HOT LUNCH ORDERS DUE Parent Meeting 6:30 p.m.	16 Day 2 Rm 19 Field Trip	17 Day 3	18	
19	20 Day 4 PD DAY (School Based)	21 Day 5	22 Day 6	23 Day 1 Rms 1 & 8 Field Trip Rm 19 Field Trip	24 Day 2 PIZZA HOT LUNCH 	25	
26	27 Day 3	28 Day 4	29 Day 5	30 Day 6	31 Day 1 PD DAY		