



Vedder Elementary School Newsletter



January 2023

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[Vedder Elementary School Website](#)

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Hello Vedder Families,

Happy New Year, everyone! Over the next 90 days, we will be **focusing on improving our literacy skills**. We are asking every student to set a literacy goal for themselves and to share it with their parents. We are strongly encouraging our parent community to join us in doing everything possible to boost our children's reading, writing, listening, and speaking skills by Spring Break. **Watch for our emails, Vedder Elementary PAC Facebook posts, and our website for tips on how you can help your child improve their literacy skills at home.**

Our character focus for the month of January is **communication**. We can be like wolf as we focus on things that we can do to improve our communication.



Communication:
I understand the need to communicate clearly
I share my ideas and listen to others
I cooperate with others
I share knowledge with others

January is a time when we can hunker down, focus on our learning, and **develop our character** in learning. Together, we will help our students further develop **"kind hearts and curious minds"**.

Warmly,
Mrs. Tracy Wagner, Principal

READING MATTERS
SMART
START MAKING A READER TODAY

Reading is the most important subject in school. A child needs reading in order to master most of the other subjects.

Research shows that just 20 minutes a day spent reading with a child helps him/her develop critical reading skills.

WHY IS READING AT HOME SO IMPORTANT?

A child spends 900 hours a year in school and 7,800 hours at home.

SCHOOL: 900 Hours
HOME: 7,800 Hours

Across the world, the children who read the most, read the best.

About half of illiterate adults live in poverty. They are less likely to find employment than their more literate counterparts.

www.getSMARToregon.org

School-wide Pottery Classes

Thank you to our PAC for providing the opportunity for our entire school to participate in pottery making classes! All students will participate in their first session during the week of January 9-13. See the schedule below for dates that your child will be creating their masterpieces.

About the Artist:

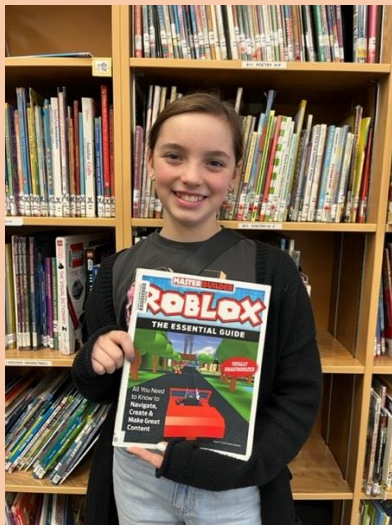
Aleena Webber, from **Three Corners Artisan** is a ceramic artist who practices her skills in her home studio here in Chilliwack. Having over 17 years of experience, Aleena has been an artist in residence in Abbotsford, Australia, and San Francisco, she continues to share her knowledge and passion for the art of ceramics through teaching.



If you'd like to **volunteer** to help with this project, please email me for details at: tracy.wagner@sd33.bc.ca Aleena could use a few extra sets of hands and she will really need help with clean up as well. Thank you.

Time	Monday Jan 9/ 30	Tuesday Jan 10 / 31	Wednesday Jan 11/ Feb 1	Thursday Jan 12/ Feb 2	Friday Jan 13 / Feb 3
8:05-9:55	Carmichael Morrison	Klettke (2) Parkes (2/3)	Irving (3/4) Wojick (4)	Hodgins (5) Monchalin (5)	Parker (1) Cosby (1)
9:55-10:10	RECESS	RECESS	RECESS	RECESS	RECESS
10:10-12:00	Dewijn Thornton	L. Hurley (2) Eising (2)	Bates (3) Richardson (3)	K. Hurley (4/5) Fast (4)	Wood (K/1) Laura (1)
12:00-12:45	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH

Class Mayor Looking for Donations of Gently Used Books



Dear Vedder Families,

My name is Madison Mazurenko and I just recently won an election in my grade five class as class mayor. Once elected, my promise to the class was to find a way to make our school and community a better place. My idea is to host a reusable book fair selling gently used books donated by Vedder families. We would like to **collect books over the month of** January to prepare for this event taking place from February 13-16. In order for this to work, we will set up a book fair in our new ADST room, similar to the Scholastic Book Fair that took place in library earlier this year. Teachers will have the opportunity to sign up for a timeslot for their class to come visit the fair. All money raised from this event will go to support our amazing Lunch Program that ensures students have access to healthy food daily.

This time of year, after the holiday season, I know that many families are cleaning up or donating books that are no longer read in their homes. If you are able to part with any books, we would love your donations! We are looking for gently used:

1. Picture books
2. Comic books
3. Graphic novels
4. Non-fiction informational books
5. Novels
6. Other elementary appropriate books (e.g. Guinness World Book, Where's Waldo, etc.)

All donations can be brought to your child's classroom, which will then be collected weekly by the students of Mr. Hodgins' class.

Thank you for all your help towards making my dream come true!

Madison

In-School Sports:

- Our **Vedder Hockey League** will be starting up again in January. This **lunchtime, intramural fun** hockey will run until Spring Break. This league is for grades 4 & 5 students.
- **Grade 5 Friday Floor Hockey** will be starting up in the New Year and running from January to Spring Break

Inter-School Sports

- Thank you to Ms. Carmichael and Mrs. Derksen for volunteering to coach both the **boys and the girls triple ball teams**. Games are happening and the kids are having a great time playing against other schools in the District.

Counsellor’s Corner – Separation Anxiety

Does your child ever refuse to go to school, or avoid participating in new activities, attending sleepovers or going places without you? Do they struggle with nightmares or sleeping on their own, and have meltdowns when you leave them even for a short while? If so, they might be struggling with separation anxiety which is a common anxiety disorder in children under 12 years of age. They are not alone – approximately 4% of children are affected by it. The good news is that there are ways to help them cope with the difficult thoughts, feelings and emotions that plague them.

Signs & Symptoms

- Fearful thoughts: What if something bad happens to mom or dad? What if I get lost? What if grandma doesn’t pick me up after school? What if I get kidnapped? What if I get sick and mom isn’t there to help me?
- Physical feelings: stomach aches, dizziness, racing heart, general aches and pains, headaches, shortness of breath
- **Emotions:** Anxiety/fear/worry, shame, embarrassment, helplessness, sadness, anger
- Behaviours: school refusal, avoiding participating in new activities or going places without a parent, refusal to sleep alone, nightmares, crying or having tantrums, asking for a parent to be present

Ways to help a child overcome separation anxiety – recommendations by Dr Lynn Miller and Dr Michael Catchpole

- Practice using “small experiments” and slow exposure gradually increasing in length. For example, while grocery shopping, build up to having your child fetch something from the end of the aisle, rewarding them with lots of verbal praise and hugs with each small accomplishment. Once they master that task, send them to pick up something in the next aisle, where you are no longer visible. Continue to increase the task distance, helping them become comfortable away from you in short stints. Use lots of verbal affirmation, praise, hugs, etc.
- **School drop off:** do NOT pull a child out of the car! Build up slowly before the beginning of the school year / the end of a break, practicing after school or on the weekend when no one is around. Practice getting out of the car, walking to the area they line up, saying good-bye, etc. Gradually increase independence and the distance they walk alone, etc. Practice walking alone in the hallway, waving good-bye at the main doors, etc. Reward their efforts with lots of praise, hugs, attention, etc.
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Resources to help parents with children who display separation anxiety

- https://www.youtube.com/watch?v=O_uwD5etzY0
- “5 common mistakes for parents to avoid and what to do instead” 8 minute YouTube clip by Dr Jacquie Bogdanov of the Child Behavior Clinic <https://childbehaviorclinic.com>
- <https://www.anxietycanada.com/disorders/separation-anxiety-in-children/> (with links to podcasts, YouTube clips, websites and more resources)
- <https://keltymentalhealth.ca/anxiety> (with links to podcasts, webinars, YouTube clips etc on separation anxiety)

Feel free to email me at tanya_karreman@sd33.bc.ca if you would like more info or to ask specific questions!

Chilliwack Chiefs Tickets

Thanks to Chilliwack FC for sponsoring Vedder Elementary! Watch for school emails and Facebook posts about when to enter lottery a draw for tickets to the Chilliwack Chiefs Hockey games. 😊

Movie Night Cancelled for January

Sadly, we are still waiting on backordered parts for our gym projector. We will need to cancel our Movie Night for this month. Stay tuned, hopefully we will be up and running again soon. Sorry for the inconvenience.

Parent Advisory Committee (PAC) Meeting – January 17

Vedder Elementary PAC welcomes all families. Please join our **PAC Facebook group Vedder Elementary PAC** for all things Vedder Elementary School related. We keep things updated and bring you information that will help us all along through the school year.

If you are a parent or guardian of a child at Vedder Elementary, then you are a member of our PAC. PAC Meetings provide the space for our parents and school Administration to come together and discuss the many ways that parents can support our students and our school. There are limitless ways that you, as a parent, can help our school, not to mention that it’s a fun way to connect with other parents.

Next PAC Meeting will be on January 15 at 6 :30pm via Zoom



School Spirit Days – January 26

On Thursday, January 26, it will be wacky BACKWARDS DAY! Dress with all your clothes on backwards to add some very silly giggles to our day. We can’t wait to see your crazy outfits. 😊

School Closures for January

- January 27 – Assessment and Evaluation Day

Up and Coming

January

Jan. 9 – School-wide pottery projects begin

Jan. 9 – 8:05am – Morrison & Carmichael Pottery

Jan. 9 – 10:10am – Dewijn & Thornton Pottery

Jan. 9 - 1:00pm – Trustee Willow Reichelt visit

Jan. 10 – 8:05am – Klettke & Parkes Pottery

Jan. 10 – 10:10am – L. Hurley & Eising/Portman Pottery

Jan. 11 – 8:05am – Irving & Wojcik Pottery

Jan. 11 – 10:10am – Bates & Richardson Pottery

Jan. 12 – 8:05am – Hodgins & Monchalin Pottery

Jan. 12 – 10:10am – K. Hurley & Fast Pottery

Jan. 13 – 8:05am – Parker/Guthrie & Cosby Pottery

Jan. 13 – 10:10am – Wood & Loura Pottery

Jan. 17 – 6:30pm – PAC Meeting via zoom

Jan. 19 – Science World Presentations at VES

Jan. 20 – PAC Hot Lunch

Jan. 25 – PAC Treat Day - Popcorn \$2

Jan. 26 – Spirit Day – Backwards Day

Jan. 26 – DEAR – Drop Everything and Read

Jan. 27 – School Closed – Assessment and Evaluation Day