



Vedder Elementary School Newsletter



Chilliwack
School District

March 2023

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[Vedder Elementary School Website](#)

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Hello Vedder Families,

Welcome to March! This sudden return of winter weather makes it hard to believe that we are into March already, but hopefully warmer weather and sunny days are just around the corner. Vedder Elementary is alive with learning! With our 90-day focus on literacy, many students have shown significant growth in their reading and writing skills. It is such a joy to see the creativity of our Vedder Bears as they prepare business plans and prototypes for the Young Entrepreneur Fair, advertise student-led clubs, and compose descriptive stories in the Writing Studio. Our Grade 3s, 4s, and 5s are sounding **amazing** as they prepare for the upcoming Spring Concert! The chance to go skating has been a highlight for our students, many of them experiencing skating for the first time ever. Thank you to PAC for making the skating trip possible. Looking forward to March, there are a lot of events happening at Vedder before Spring Break. Be sure to mark your calendars so that you don't miss out on the excitement. Lastly, even when our 90-day focus on literacy is over and we move on to a new focus, please continue to read with and to your child on a daily basis. The benefits of this are lifelong!

Warmly, Sharilyn Mordaunt



Our character focus for the month of March is

Creative Thinking taught to us by **RAVEN**.

RAVEN teaches us:

- I enjoy being playful and enjoy what I am doing
- I work to make my ideas come to life
- I can build on the ideas of others



Curriculum Corner

Helping Your Child
Learn to
Read



READ & THINK ALOUD

Read to your child or have your child read to you. Comprehension doesn't need to be complicated. **Talking** about what is being read makes **thinking** about what is being read a **habit**.



"Children are made readers on the laps of their parents."

-Emilie Buchwald

WAYS TO TALK ABOUT READ ALOUDS

- I wonder why...
- Where did...
- If the character...
- I wonder what will happen next...
- What if they...
- Why did they...
- I like this author because...
- This character/story/setting reminds me of _____ because...
- This story is similar to/different than_____
- My favorite part was ____ because...

Counsellor's Corner

The Importance of Sleep:

Why getting a good night's sleep is like a superpower for the whole family.

⇒ *Did you know that sleeping well is a game changer for children and youth? It supports their mental and physical health, and allows young minds and bodies to develop and function properly.*

Children who get a good night's sleep feel more energized during the day, tend to learn better, concentrate on tasks for longer, and are more creative. A well-rested mind is better able to make positive decisions, problem solve, and manage stress. Not only that, our bodies get an immune system boost from regular, restful sleep that can ward off illness. Few families get through childhood without bedtime or sleep disruptions. Building good family sleep habits early on can significantly reduce bedtime struggles for all. With a little patience and practice, you can adopt routines and habits that promote sleep, build better sleep schedules, and create soothing sleep environments for your child. (Taken from: <https://keltymentalhealth.ca/sleeping-well>)



How Much Sleep Do Kids Need?

While every child is different, experts recommend:

- infants (4–12 months): 12–16 hours, including naps
- toddlers (1–2 years): 11–14 hours, including naps
- preschool (3–5 years): 10–13 hours, including naps
- school-age (6–13 years): 9–12 hours
- teens (14–17 years): 8–10 hours

How Can I Tell if My Child Isn't Getting Enough Sleep?

A child who is NOT getting enough sleep may:

- Fall asleep during the day
- Be hyperactive (especially younger children)
- Have trouble paying attention
- Struggle with school work
- Be cranky, whiny, irritable, or moody
- Have behaviour problems

Resources to Explore:

A child-friendly, interactive website about sleep:

<http://sleepforkids.org>

Tips for avoiding common bedtime battles:

<https://keltymentalhealth.ca/sleep-schedule>

How to build a low-key, enjoyable bedtime routine:

<https://keltymentalhealth.ca/bedtime-routine>

Ideas for creating a calm sleep zone:

<https://keltymentalhealth.ca/bedrooms>

Tackling sleep difficulties:

<https://keltymentalhealth.ca/sleep-difficulties>

Simple steps to a good night's rest for the family:

<https://keltymentalhealth.ca/simple-sleep-steps>



Kindergarten Registration

Kindergarten registration for the 2023 -24 school year is now underway. If your child will be five (5) years of age by December 31, 2023 and you live in our catchment, please register @ <https://sd33.vivosforms.com/Form/StudentApplication?p1=2023-2024>

Grade Five Young Entrepreneurs Market

Some of our grade four and five students have been participating in the Young Entrepreneurs Program, which is a project that teaches the ins and outs of creating a business. Our students are now ready to display their business plans and sell products they have developed. Come check out their inspiring business ideas and see these young entrepreneurs in action on **Thursday, March 9th from 8:30am-12:00pm** in the gym! All Vedder families and friends are welcome. Products range from \$1 to \$5.

Cereal Box Challenge – March 16

Cereal boxes are currently being collected for our Cereal Box Challenge! Vedder students are challenged to bring a box of healthy cereal to school between now and March 16. On March 16, the entire school will gather to watch the domino-like maze of cereal boxes run throughout the school hallways. At the end of the event, the boxes of cereal will be donated to our school breakfast program and the food bank. For an idea of what the Cereal Box Challenge will look like, watch this video from Vedder Middle: <https://youtu.be/OrgCVTLgzgQ>



Grade 3-5 Spring Concert!

If you have a student in Grades 3-5 (including all of Mrs. Parkes students), mark **Wednesday, March 15** on your calendar! Mrs. Larsen, Ms. Warner and the students have been working hard to prepare this year's Spring Concert. There will be two performances for family and friends: **March 15 @ 1pm and @ 6:30pm**. This is an event you won't want to miss!

Pancake Lunch – March 17

PAC is bringing back Pancake Lunch! To put on this fantastic event for our students, they would love your help. They are looking for approximately 10 volunteers to help make and flip pancakes from 8:05am-11:30am, 20 volunteers to help serve the lunch from 11:30-12:30 and 6 volunteers to help with clean up from 12:30-1:30. We are also looking for approximately 8-10 griddles, 1/3 cup measuring scoops, large measuring cups, large mixing bowls and flippers to be brought to school on March 17 at 8:00am or drop off at school the week of. *Please contact the PAC through the Vedder Elementary PAC facebook page if you are able to help.* Cost of the Pancake Lunch is \$5 per student.



School Spirit Day – WEAR GREEN on March 17

Friday, March 17 is St. Patrick's Day. Students and staff are encouraged to WEAR GREEN! ☺

Help Wanted!

We have a number of students who take part in our hot soup lunch program daily. This program is only possible through the help of dedicated volunteers. We are in need of one or two volunteers to help serve lunch on **Tuesdays and Wednesdays** each week from **11:30-12:30**. *If you are able to help, please contact the school office.*



Save the Date: Family Fun Night

We are so excited to bring back FAMILY FUN NIGHT! Mark the date on your calendar and plan to come with your friends. We will have bouncy castles, a dunk tank, food trucks, a concession, cotton candy and mini donuts, raffle baskets to win, games to play and many other fun activities! Planning is in the early stages but we will be looking for volunteers to help us pull off this event. Sign up will be after Spring Break.

Hot Lunch

To order Hot Lunch, go to www.Vedder.hotlunches.net to register (access code VHL). Thank you to our PAC for organizing Hot Lunch for our Vedder Bears!



FREE Spring Break Day Camp!

Join Streams on March 27-30 for FREE Spring Break day camp at the Great Blue Heron Nature Reserve! From 9:30am-12:30pm each day, kids aged 10-16 will take part in a mix of classroom and outdoor educational activities. Snacks, juice, art supplies, and lunch are provided throughout the day. For more information or to register, visit <https://www.eventbrite.com/e/streams-free-spring-break-day-camp-tickets-555906119167>

Hands Up Chilliwack!

Hands Up Chilliwack! provides families with free meal kits every two weeks, video demos, food budgeting and planning worksheets, kitchen equipment support and more. Families can learn more about the program and apply at <https://chilliwackbowlssofhope.com/hands-up-chilliwack-2/>. See Poster attached below.



Reusable Book Fair

Thanks to your generous donations of used books, and thanks to the hard work and organization of our Book Sale Coordinators from Mr. Hodgins' class, the **Reusable Book Fair raised \$750!** Half of this money will be donated to the Make a Wish Foundation, and the other half will be donated to Vedder's breakfast and lunch program.

In-School Sports:

- Our **Vedder Hockey League** continues at lunchtime until Spring Break with Grade 4 & 5 students!
- **Grade 5 Friday Floor Hockey** continues to run until Spring Break.



Inter-School Sports:

- Thank you to Mrs. Parkes and Miss Laura for volunteering to coach our **basketball teams**. Inter-school games began this week.

Parent Advisory Committee (PAC) Meeting – March 14

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 March 14 at 6 :30pm via Zoom

Chilliwack Chiefs Tickets

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

Movie Night Cancelled for March

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.

School Closures for March

- March 18-April 2 – SPRING BREAK



Up and Coming

March

- March 9 – Young Entrepreneur Market
- March 9 – Skating: Grade 1s and Grade 4s
- March 10 – Hot Lunch
- March 10 – Reading Link Challenge
- March 14 – PAC meeting
- March 15 – Grade 3-5 Spring Concert: 1pm & 6:30pm
- March 15 – Report Cards go home
- March 16 – Cereal Day Event
- March 17 – Pancake Lunch
- March 17 – DEAR
- March 18 – SPRING BREAK BEGINS
- April 3 – Return to school



Hands Up Chilliwack!

Receive a meal kit every two weeks with activities to advance your cooking skills, learn better food budgetting and involve your kids more in the cooking process.

**Apply
now!**



More Info:

www.chilliwackbowlsofhope.com

