

Victor Lauriston PS

44 Alexandra Avenue, Chatham, ON N7M 1Y1

<http://victor.lkdsb.net> T: 519-352-4530

Principal: Ms. Vander Pol

Vice Principal: Mrs. Vlasschaert

Follow us on Twitter: @VLS_School

February – Black History Month

Black History Month exists to remind us of all of the rich contributions within our society from people of African and Caribbean decent, and of their ongoing struggle for equity and social justice. Teachers have the opportunity to engage their students, **not only during this month but throughout the school year**, on recognizing the strengths and resiliency of communities that historically have been marginalized, as well examining issues of racism and the impact of discrimination on these communities.

Active Screening

All families will need to continue with the Covid Screening each day, prior to students attending school. Once this screening has been completed and it has indicated that your child(ren) can attend, please confirm with the homeroom teacher. Another option is to complete the confirmation as sent out to your email each morning. The screening tool can be accessed here:

<https://covid-19.ontario.ca/school-screening/>

This is a critical part of keeping Ontario schools and the children who attend them healthy. Everyone's diligence in completing the screening tool daily, and adhering to the tool's advice is critical, for both staff and students.



Upcoming Events

February 4

Olympic Spirit Day

Friday Fun Day – pack your winter clothes for an afternoon of outdoor fun

February 11

Jersey Day

February 14

Valentine's Day
Red and White Day

February 21

Family Day (No School)

February 22

“Two-of” Day – be creative and wear two of something to school

Grade 8 Transition to High School

JMSS has created a website for new Grade 8 Students this year. Students and their families can use this link to learn more about JMSS.

<https://sites.google.com/lkdsb.com/john-mcgregor-secondary-school/home>

KinderSTART

As mentioned in the January Newsletter, KinderSTART is a special event for parents to register their children for Junior Kindergarten or students who are new to Senior Kindergarten. It is an opportunity for parents and children to learn more about school. Through KinderSTART, children and parents have an early opportunity to visit the school and meet staff in preparation for Full-Day Kindergarten in the fall of 2022. Victor Lauriston hosted our first event on Monday, January 31st for our newest lion cubs. We are having additional events for families to come and meet the teachers and other students who will be joining us in September. **The next date is Wednesday, April 20 from 4-7pm. If you know of any families that have children born in 2018 and are living in our school community, you can remind them to register early. The link is below.**

[https://www.lkdsb.net/Elementary/Registration/Pages/default.aspx#/="](https://www.lkdsb.net/Elementary/Registration/Pages/default.aspx#/=)

Focus on Student Wellbeing - The Importance of Sleep

[According to the government of Canada](#), to be as healthy as possible, children need adequate nighttime sleep. Current guidelines recommend:

- 9–11 hours of sleep/night for children ages 5–13 years old, and
- 8–10 hours of sleep/night for children 14–17 years old.

But... 1 in 4 children are not getting enough sleep. Let's talk about sleep quality, shall we?

- 1 in 3 children have trouble going to sleep or staying asleep.
- 1 in 5 children have difficulty staying awake during waking hours.
- 1 in 10 children do not find their sleep refreshing.



Valentine's Day

Please remember that any treats brought to school will need to be pre-packaged treats this year. We are not able to accommodate any homemade treats in the classrooms at this time. Your cooperation is appreciated.

Family Day

In recognition of the statutory holiday, schools will be closed on Monday, February 21. No classes will be held that day. We hope everyone will enjoy the day off to spend with their family.

School Council

Our next school council meeting will be at 6:30 PM on Thursday, March 31, 2022. Please contact school administration if you wish to attend, and a link to attend our virtual meeting will be provided to you.

Over time, insufficient sleep impacts how a child feels, behaves and interacts. Children who are not getting sufficient sleep are more likely to feel stress. 11.2% of children that get insufficient sleep report poor mental health compared to 4.5% of children who get adequate sleep. Establishing consistent, proper sleep scheduling for children is an important part of a healthy childhood. Catching more Zzz's can help with children's physical health, emotional well-being and quality of life.

Winter Clothing/Indoor Shoes

With the messy winter weather upon us, we do hope that all students come to school prepared for the winter weather (hats, mitts, boots, coats). Students are reminded to make sure they have a pair of indoor shoes. This is especially important during the winter months as school custodial staff battle the winter conditions, salt and snow that is tracked into the building. As always, should you and your family need help with any of these times, please contact your teacher and/or school administration and we will do everything we can to ensure that your child has what they need in partnership with you.

BUS REMINDER: Assigned Seating and Masks

Students are reminded that our assigned bus seating remains in effect. All students must remain in this assigned seat while on the bus. As well, masks must be worn properly the entire time. We appreciate your cooperation with this.