

Victor Lauriston PS

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Principal: Mr. Smit

Vice Principal: Mr. Hughes

Follow us on Facebook: <https://www.facebook.com/VLPSLions>

February – Black History Month

Black History Month exists to remind us of all 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.

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 2023. Victor Lauriston hosted our first event on Thursday, February 1st from 4-7pm and Friday, February 2nd from 9-12pm for our newest lion cubs. We will be having additional events for families to come and meet the teachers and other students who will be joining us in September. More information to follow. **If you know of a family in our community that has a young child ready for school in September, 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#/=)



Upcoming Events

February 1

Start of Black History Month

February 2

PA DAY – No School

February 9

100th Day of School

February 16

Report Cards Sent Home

February 19

Family Day Holiday – No School

February 21

School Council @ 6:30pm



Hot Dog and Pizza Days

Hot Dog and Pizza Days are continuing throughout the month of February. Be sure to make your payments early using School Cash Online.

Sports Season Update

Our Senior Boys and Girls Basketball teams have been hard at work during practices to develop their skills and their coaches have seen a noticeable improvement over the last month. Both teams have gotten into the winning spirit during exhibition and league play as well. The coaches are looking forward to what February has in store for both teams as they finish league play and head into the playoffs!

School Cash Online

This is a friendly reminder that to minimize the handling of cash, families are encouraged to use School Cash Online when submitting money to the school (for example, class trips). School Cash Online provides multiple payment options and allows you to view and print payment receipts. Use the link below to use it and avoid the need for sending cash:

<https://lkdsb.schoolcashonline.com/>

Head Lice

This is a reminder that as we continue through these colder months of the year, and the possibility of students sharing toques, etc., all students should be advised of steps they can take to reduce the likelihood of getting head lice. Even though lice do not jump or fly, they can spread from one student to another by sharing combs, brushes, clothing and hats. Anyone can get head lice; all members of the household need to be checked when there is one case of head lice in your immediate family, or the cycle of treatment and infestation can be continuous. **Our policy is to notify parents as soon as we receive a confirmed case of head lice in a classroom so students can be checked at home and proper treatments can be administered. Please be vigilant with this as head lice can be a challenging issue to deal with at the school.** We appreciate all your efforts to reduce the spread at this time of year.

Valentine's Day Treats

If you are planning to send in treats for the students to enjoy, please remember that we will need these treats to be pre-packaged treats. Homemade treats cannot be sent to school due to allergy restrictions.

Family Day

In recognition of the statutory holiday, schools will be closed on Monday, February 19. 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 Wednesday, February 21 in the Learning Commons at Victor Lauriston. Everyone is welcome.

Pasta Day

Victor Lauriston students recently had the opportunity to take part in our Pasta Day activity that was led by our amazing Parent Council members on Monday January 29th. We want to thank them for all their efforts to make it a great day for our students!

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.

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.

Term 1 Report Cards and Term 2 IEPs

Teachers are completing Term 1 report cards on all students and these reports will be sent home on Friday, Feb. 16th, 2023. All IEPs are being revised and will be sent home in early March.

WHEN IS SICK TOO SICK FOR SCHOOL OR CHILDCARE?



Send me, if...

I had some symptoms (cough/runny nose/sore throat) but I have been feeling much better for the last 24 hours.

I can fully participate in school activities.

I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.

I haven't thrown up or had any diarrhea for 48 hours and didn't need medicine.



Keep me home, if...

I have a temperature higher than 37.7 degrees Celsius (99.9 degrees Fahrenheit).

I have been throwing up or have had diarrhea in the last 48 hours.

My eyes are red and painful with discharge that keeps coming back during the day.

I have been having body aches, fatigue, and headaches.

I have a sore throat with a fever.

I have a harsh cough and don't feel able to participate in school activities.

I have an undiagnosed rash.



Contact a healthcare provider, if...

I have had a fever for more than two days.

I have had a sore throat and fever for several days.

I've been throwing up or have had diarrhea for more than two days.

I've had a cough for more than a week, and it isn't getting better.

I have had a fever and now have a rash.



Still have questions about whether or not your child should attend school/childcare?
Please visit www.ontario.ca/school-screening/



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