

# The Viper Vision

V.K. Greer - A Great Place for Kids to Grow

April 2018



## Active Vipers!

Our Vipers have had an awesome start to 2018! Play practices are well on their way for the school production of 'The Emperor's New Clothes', Concert Band is preparing for Kiwanis in North Bay, VK's Operation Shred Rock Band has its first gig coming up at Muskoka Beechgrove PS, and students are practicing their talents in preparation for the Talent Show tryouts. Our Battle of the Books teams all deserve a shout out as it was quiet evident that the teams were well-prepared for the battles. Our boys' volleyball team **won** the regional tournament and we had 10 students from our Improv Team participate in TLDSB's Dramatic Arts Day in Lindsay! VKG is small but mighty!



## Did you know?

Our Healthy Snack Program costs approximately \$1150 each month to provide a daily nutritious snack to all students. Many thanks to North Bay Community Living, President's Choice Children's Charity, TLDSB, and private donors for supporting the program. Thank you as well to our wonderful volunteers who look after the grocery shopping, preparing/delivering snack trays, and kitchen clean-up. Monetary donations or donations-in-kind are always appreciated! If you have questions about our Healthy Snack program, please contact the office.

## Heads Up!

The **Grade 3 & 6 EQAO** assessment dates are May 22<sup>nd</sup> to May 31<sup>st</sup>. Please refrain from making any appointments for your child during this time.

**Graduation** is fast approaching for our grade 8's. Please mark **Tuesday, June 26<sup>th</sup>** on your calendar for our grade 8 graduation ceremony.

## VK Greer's Got Talent

Join us on Thursday, June 7th from 4:00-6:00 pm for our Talent Show! The event will include a variety of student talents as well as VK's Bands and choir performances!

## Robotics Club

Students in grades 6, 7 & 8 are encouraged to sign up for the Robotics Club! We thank Ms. Asmussen for facilitating the club this year! Teams will be competing on May 18<sup>th</sup> in Sumo-Bot Competitions and other challenges!

## Battle of the Books

This year VKG had 4 junior and 4 intermediate teams. School finalists were the 'Bubble Books' and 'Mountain Dew Voltage'. These two teams will proceed to the regionals at the Muskoka Education Centre on April 4th and 5<sup>th</sup>. A big thank you to Mrs. Thompson for organizing BOB and 'retired Ms. Aitken' for taking our intermediate team to MEC! We will be hosting a celebration for all BOB readers on April 13<sup>th</sup>! The Battle Books are great reads - parents might enjoy them as well! You can check them out online at <http://tldsbc.ca/OverDrive> by logging in with a student number and password.

**Home Away From Home** Please remind your child(ren) to help keep our school clean and tidy by putting their garbage where it belongs, taking care of their belongings (hang clothes on the hooks, place footwear under the rack) and to always be respectful when using the washrooms and equipment. Thank you!

## Going on Your Child's Class Trip?

All school volunteers (including those just going on class trips) need to complete a Criminal Record Check through the school office. There is no charge to get one done but the process can take a few weeks.

## Thinking of Spring ... VK's Garden

VK has a wonderful vegetable garden that allows students to learn firsthand how to grow, harvest, and prepare vegetables. In order for this program to continue, we need volunteers to help plant, weed, and water throughout the next few months.

Many hands make light work! Please contact the office if you are able to help in ANY way!





**Zoning In...** Self-regulation is something we continually work on, whether we realize it or not. We all encounter trying circumstances that test our limits from time-to-time. When we can recognize that we are becoming less

regulated, we are able to do something about it to feel better and get ourselves to a better place.

Self-regulation comes naturally for some, but for others it is a skill that needs to be taught and practiced.

Throughout the grades at VKG, students are being taught to recognize their emotions and to identify which 'zone' they are in. There are four zones and each is represented by a different color.



**Green Zone** - a calm state of alertness. A person may be described as happy, focused, and ready to learn. (The zone of optimal learning.)



**Yellow Zone** - a heightened state of alertness and elevated emotions; however, one has some control. A person may be experiencing stress, frustration, anxiety, excitement, silliness, or nervousness.



**Red Zone** - extremely heightened state of alertness and intense emotions. A person may be experiencing anger, rage, or explosive behaviour.



**Blue Zone** - low state of alertness and down feelings, such as when one feels sad, tired, sick, or bored

Using the Zones of Regulation Curriculum, we are trying to help all of our students gain skills in consciously regulating their actions, which in turn leads to increased control and problem-solving abilities. Students are also learning how to use strategies or tools to stay in a zone or move from one to another. To deepen students' understanding of how to self-regulate, the lessons set out to teach students the following skills:

- how to read others' facial expressions and recognize a broader range of emotions
- perspective about how others see and react to their behaviour

- insight into events that trigger their less regulated states
- when and how to use tools and problem-solving skills

Ask your child to explain what they know about the 'zones' and what tools they use to self-regulate their behaviour.

For more information, google 'The Zones of Regulation' or speak to your child's teacher. Together we can teach our students how and why they are feeling the way they do and how to positively react in all types of situations, which sets them up for success, both socially and academically!

### Dates to Remember:

- April 4<sup>th</sup> Grad Photo Day
- April 6<sup>th</sup> Rock Band road trip to Beechgrove PS
- April 10<sup>th</sup> School Council Meeting 6:30 pm
- April 13<sup>th</sup> Jersey Spirit Day!
- April 19<sup>th</sup> Earth Day Assembly, Blue & Green Spirit Day
- April 20<sup>th</sup> PA Day
- April 23<sup>rd</sup> Concert Band to Kiwanis in North Bay
- April 27<sup>th</sup> Badminton Tournaments
- May 8<sup>th</sup> Director Hope visits VKG
- May 10<sup>th</sup> `Just Dance' at VKG
- May 15<sup>th</sup> & 16<sup>th</sup> Play Performance 7 pm
- May 17<sup>th</sup> Play Performance Matinee 1:50 pm
- May 18<sup>th</sup> Mass Band in Gravenhurst
- May 21<sup>st</sup> Victoria Day
- May 22<sup>nd</sup>-31<sup>st</sup> EQAO for grades 3 & 6

**ISO**...VKG is in search of flat screen monitors! If you have one that you would like to donate, please contact the office - we would certainly appreciate it!

### Welcome to Kindergarten Evening at VK Greer

Our `Welcome to Kindergarten' evening will take place on Thursday, May 31<sup>st</sup> from 6-7:00 pm. Our new students will have



the opportunity to see their future classrooms and participate in some fun hands-on activities. Parents will receive information regarding VKG routines, as well as additional tips for preparing their child for September.