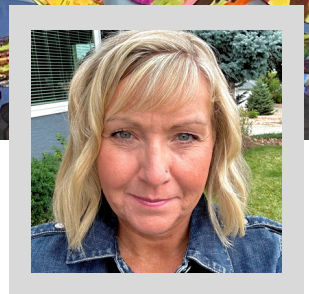




Principal's Message

Over the past month elementary students have learned about the life cycle of salmon. The beautiful mural pictured above was created as part of their learning and it is now proudly displayed in our elementary classroom. Thank you students!



The school year is in full swing, and it's been wonderful to see the vibrant energy of the Elementary and the Middle Years groups filling our classrooms. Alongside these groups, Teacher Shannon has been working with K - 12 students to identify and describe feelings through art and music and how to solve problems through games, all while having fun and building friendships. Additionally, some of our Academy groups have attended vLearn to work on their courses. Notably, the Soccer Academy program has welcomed an impressive number of International students this year! Secondary families, please make sure you check your child's learning update that will be released later this month and reach out to their teachers if you have any questions.

vLearn educators spent the September 25th Provincial Professional Development Day pursuing individualized learning activities such as attending educational technology conferences, exploring outdoor learning opportunities for students, and reviewing curriculum and assessment resources. We are grateful for our team and to see these passions shared with students.

Shannon 



School Technology Survey

We value your input and insight as educational partners. This survey is designed to gather your thoughts and opinions regarding technology integration, accessibility, and digital literacy within our school. Please respond to the [survey](https://vlearn.sd22.bc.ca/) before December 15.

SCHOOL INFORMATION

Important November Dates

- **1:** Graduation Assessments
- **5:** Vision Screening @ Ellison Elementary (Students in Grades K/3/6)
- **6:** vLearn Elementary Activity Day @ vLearn (clay)
- **8:** PAC Meeting
- **8:** Professional Development Day
- **11:** Remembrance Day (no school)
- **12:** Middle Years Cohort @ vLearn
- **13:** UBC-O STEM Engagement Day (Students in Grades 2/3/4/5)
- **13:** vLearn Elementary Activity Day
- **18:** Secondary Learning Updates released
- **19:** Find Your Fit Event (Students in Grade 6/7)
- **20:** vLearn Elementary Activity Day @ vLearn (clay)
- **26:** Middle Years Cohort @ vLearn
- **27:** vLearn Elementary Student Showcase (Fulton Cafeteria)

Volunteering with vLearn

We love and appreciate parent volunteers! Any new volunteers must have a Criminal Record Check on file – this includes parents that wish to volunteer or support their child at activity days. Please see [HERE](#) for instructions on how to complete the process. If you already have a criminal record check on file with us, we will let you know if it is expiring.

Anxiety & Depression in Youth Presentation

VSS Theatre November 6 @ 7pm

This [presentation](#) (poster attached at end) is aimed at families of K – 12 students and is led by [Dr. Marvin Krank, Professor of Psychology, from UBC](#). In this presentation, he'll explain what anxiety and depression are, including their causes, risk factors, and early warning signs. You'll learn how widespread these issues are and how they can affect mental, emotional, and physical health.

Registration for this event is not required.

Hockey Academy

Join us in celebrating On the Edge Hockey Academy in Vernon, where this year's talented players have truly gelled into two quality groups of student-athletes. These athletes push each other to improve daily, showcasing their dedication and passion for the game. Under the unparalleled guidance of Coach Max Mowat, a former elite player, they are mastering next-level skating drills, puck handling, shooting, and gameplay. Coach Max's ability to lead and demonstrate these skills is nothing short of inspiring. Watching these players mature as student-athletes is a testament to their hard work and the supportive environment at the academy. Join us in celebrating their journey and achievements as they continue to excel both on and off the ice. At On the Edge Hockey Academy, we are not just building great players, but also shaping future leaders.



SCHOOL INFORMATION

Elementary Field Trip to Woodlot 1908

On October 16th, the vLearn Elementary students had the opportunity to travel by bus (always a highlight) to Woodlot 1908 located in Lumby. Woodlot 1908 is owned by SD22 and is the site of the district's Forestry Train in Trades program. Grade 11/12 students in the [Forestry Trades Program](#) spend their days at the lot experiencing and learning important skills from the forestry, mining, construction, oil and gas, and road building industries. Through our field trip, these senior students inspired our vLearn group with their teamwork, problem-solving, and confidence skills as they led students through stations where they learned about first-aid, safety, heavy equipment, plant and tree identification, and forestry management. The day was topped off with hot dogs over the fire and a woodland scavenger hunt! Thank you to teacher Nathan Bartel and the Forestry students for hosting!



FROM THE PAC

Thank You

Thank you to everyone who participated in the t-shirt logo design contest! Stay tuned for the voting process – all vLearn students will have a chance to vote for the design they like!

Activities, Opportunities and Important Reminders:

Swimming at Vernon Recreation Center:

November 6 – December 11 2024, Wednesdays @ 1:00 pm– 2:00pm.

Thanks for your interest in swimming lessons! ***5 spots are still available!

Contact the PAC to join.

FUNDING REQUESTS for these last 5 spots due by NOVEMBER 3rd.

NEXT PAC MEETING: Announced soon, watch your inbox!

Nature's Fare & Butcher Boys

Did you know?...

- That **Nature's Fare** has a 3% program for non profit Organizations! All you have to do is bring us (the PAC) this year's receipts! We received around \$2,000.00 last year just from submitting receipts!! The funds are used to support Students, Families, The School, and Extracurricular activities.
- The **Butcher Boys** grocery receipts award us with a \$50.00 gift card for every \$5,000.00 spent before taxes!

We live in such an amazing community willing to help our children thrive! All we have to do is collect the receipts!

Making Connections!

As a PAC, we want to make it as easily as possible for our community members to connect and stay informed. So, our wonderful PAC team has made this possible!

- vLearn PAC is now on Instagram! Follow along for fun activities opportunities and important reminder: <https://www.instagram.com/vlearnpac?igsh=a3g4NGV5dDYxbXc=>
- If Facebook is the place you prefer to be, find us here: <https://www.facebook.com/share/g/fFyhWaoGZ8QZoA8h/?mibextid=IOulew>

vLearn Families❤️

- An informal vLearn family chat group has been set up by a group of parents. This is intended to be a place to share ideas, ask questions, organize meet-ups, and anything else you'd like it to be. The group is on Signal and can be found here: <https://signal.group/#CjQKIPzkHhEPIfxr6FGV7GJ6luGCmd6CXZfegCTIkfiehJ4EhAiGxivHb7lmydZ3LVDuxyP>

Email: pacvlearn@gmail.com

ADDITIONAL INFORMATION



ANXIETY & DEPRESSION IN YOUTH – TIPS & RESOURCES FOR FAMILIES

PARENT EVENING

TARGET AUDIENCE:
KINDERGARTEN TO GRADE 12 PARENTS
STUDENTS WELCOME

**NO REGISTRATION NEEDED
FREE**

**NOVEMBER 6 AT 7PM
VSS THEATRE**



ANXIETY & DEPRESSION

Early signs of anxiety and depression in young people often look like increased worry and sadness.



- In this presentation, we'll explain what anxiety and depression are, including their causes, risk factors, and early warning signs. You'll learn how widespread these issues are and how they can affect mental, emotional, and physical health.



You'll learn how widespread these issues are and how they can affect mental, emotional, and physical health. We'll also share helpful resources and practical tips for parents on how to support their children.

DR. MARVIN KRANK

Dean Emeritus at UBC. He studies substance abuse and mental health in youth. His current research is on the social, personality, and cognitive processes impacting substance use and mental health. Dr. Krank has recently studied the effectiveness of personality targeted interventions to reduce substance abuse and improve mental health in youth.

LILY KRANK

Lily is a 2nd year Master's student in Clinical Psychology at UBC, with a focus on supporting vulnerable populations and decreasing stigma.

📞 250-549-6179

Host: Doug Rogers

📍 2100-15th Street Vernon, BC