

**VERNON RIVER CONSOLIDATED SCHOOL**  
**Parent Newsletter #2**  
**Tuesday, September 26, 2023**  
[www.gov.pe.ca/edu/vrcs](http://www.gov.pe.ca/edu/vrcs)  
**902-651-8520**



David Wood, Principal

Lori Targett, Vice-Principal



**Thank You:** Thank you to parents, for returning forms so promptly at the beginning of the school year!

**Reminder:** Reminder that the cost of ice cream has increased to \$1.50 this year. Also, small chocolate milk is now \$1.00 and large chocolate milk is now \$1.50. The cost of white milk remains the same - 50 cents for the small size and 80 cents for the large size.

**Terry Fox Run:** Thank you to everyone who participated in the Terry Fox Run on Friday, September 22<sup>nd</sup>. A total of \$202.00 was raised - thank you for your contribution!



**Orange Shirt Day:** Orange Shirt Day: *Every Child Matters*, is honoured annually on September 30<sup>th</sup>, this day raises awareness and honors the children of Residential Schools, their families and communities. Please consider participating in Orange Shirt Day this year – on Thursday, September 28<sup>th</sup> (due to September 30<sup>th</sup> being on Saturday and no classes on Friday, September 29).

**Student of the Month Assembly:** Student of the month assembly for September will be held on Thursday, September 28<sup>th</sup> at 2:15. Everyone welcome!

**Meet The Teacher:** Information will be coming directly from the teachers; please check your emails for more information, in the next couple of weeks.

**School Clothing:** Just a reminder that VRCS clothing can be ordered through the school's website – click on External Link and All Star Cresting-VRCS School Crested Clothing. These items will be delivered directly to the school, with no delivery charge.

**No Classes:** Parents are reminded there will be no classes on the following days:

**Friday, September 29<sup>th</sup>** (Professional Learning Day)  
**Monday, October 2<sup>nd</sup>** (National Day for Truth and Reconciliation)  
**Monday, October 9<sup>th</sup>** (Thanksgiving)  
**Friday, October 27<sup>th</sup>** (Professional Learning Day)

**School Pictures:** School pictures are scheduled for Friday, October 6<sup>th</sup>. Picture day flyers will be sent home with students. When you receive your **child's picture proofs**, you may review and order the pictures online at **mylifetouch.ca** by using your **Portrait ID and Access Code** which can be found on your child's picture proof package.

**Zone 4 Cross Country Meet:** The Zone 4 cross country meet will be held on Thursday, October 12<sup>th</sup> at Southern Kings Consolidated School (rain date will be October 13<sup>th</sup>). Students participating will receive information and a permission slip to attend.

**Grade 6 and 9 Immunizations:** Immunizations for grade 6 and grade 9 students are scheduled for Friday, October 13<sup>th</sup> (morning).

**School Therapy Occupational Therapy (OT) Program:** Please see the letter below from Colleen MacPherson, OT Reg. (PEI).



# Health PEI

Dear Parents / Guardians,

Welcome to the 2023-2024 school year! This letter is to inform you that the School Therapy Occupational Therapy (OT) Program will be at **Vernon River Consolidated** this school year. Occupational Therapists (OTs) are regulated health professionals who work with children in many different settings and know a lot about motor development, sensory processing as well as environmental set up, adaptations and accessibility. OTs support students in schools with participating in

- **Personal cares:** bathroom routines, putting on and removing outdoor clothing and footwear, clothing fasteners (e.g., snaps, zippers, buttons, shoelaces), opening and closing lunch containers, feeding self, etc.
- **Classroom and school routines:** transitioning between activities or spaces within the classroom or school, organizing and locating school materials, participating in classroom routines, participating in Phys Ed, library, music, recess, and playground activities, etc.
- **Learning-based activities:** using classroom tools (e.g., scissors, pencils, glue stick, learning manipulatives, etc.), expressing learning through cutting, colouring, drawing, printing, cursive writing and using technology, self-regulation with respect to focusing attention and starting work in a timely manner, etc.
- **Managing sensory demands of a school environment:** managing the sound of the bell and /or announcements, sounds and movement in busy corridors, echo in the gym, sounds during assemblies, lighting in the school, feel of learning materials, etc.
- **Managing the physical environment:** accessing spaces when using mobility aids (e.g., wheelchairs, walkers, etc.), accessing appropriate classroom desk and chair heights, using flexible seating options and optimal learning spaces, using equipment for personal cares and technical access (e.g., change tables, lift systems, switches for environmental controls or communication devices), etc.

While at the school, the OT will be part of the school team and accessible to school staff as well as to parents/guardians. The primary focus will be on supporting students in their elementary school years (e.g., kindergarten to grade 6). However, the OT is available to consult with students in their junior high years if it is determined by the school, the OT and yourself, as parent/guardian, that an OT referral is needed.

The OT will spend time in many areas of the school (i.e., classrooms, gym, music, playground, etc.) and will observe students participating in their school activities. The OT will guide school staff in understanding how they can use activities within the classroom to help children with their motor skills and sensory processing. If the OT, together with your child's teacher, notice your child is having difficulty in the above-mentioned areas the teacher will contact you to discuss making an individual referral to the School Therapy OT Program. If you have questions or concerns about your child in the

above-mentioned areas, please feel free to contact the OT at Vernon River Consolidated as well as your child's classroom teacher.

If a family doctor, pediatrician, or other health agency would like your child to be seen by the School Therapy, OT program, the referral request must be communicated to both you as well as your child's school to start the referral process.

The OT with the School Therapy OT Program at Vernon River Consolidated is **Colleen MacPherson OT Reg.(PEI)**. She will be at **Vernon River Consolidated on Wednesdays**. If you have any questions, please feel free to contact the school or Colleen MacPherson at [cgmacpherson@ihis.org](mailto:cgmacpherson@ihis.org) or (902) 326-2876.

Wishing your child a good school year,  
OT Team with the School Therapy OT Program

**Student Well-being Teams/Program Introduction Letter:** The Parent/Guardian Introduction Letter for the Student Well-being Team that works within our school has been posted to the school's website.

**Montague Gymnastics:** The Island Gymnastics Academy is pleased to announce that they are once again able to offer gymnastics classes out of Montague Consolidated School for both Boys and Girls from Kindergarten to grade 6, starting September 26th. For more information and to register please use the following link:

<https://app.amilia.com/store/en/IGA/shop/programs/94187>

If you have any questions please contact them by email or phone,  
[islandgymnasticsacademy@gmail.com](mailto:islandgymnasticsacademy@gmail.com)  
902-892-3081

Nancy Ripley  
Club Registrar  
Island Gymnastics Academy  
Phone 1-902-566-3935  
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