

WHAT'S UP at DOC?



Dr. F.W.L. Hamilton School e-memo

Date	School Day	
Monday, February 23	3 	Gymnastics Club at Lunch Recess
Tuesday, February 24	4 	Gymnastics Club at Lunch Recess Library Clubs TBA
Wednesday, February 25	5 	Basketball Club at Lunch Recess
Thursday, February 26	6 	Pink Shirt Day for Anti-Bullying at DH Library Clubs TBA RA Grade 6 Evening Open House (Details Below)
Friday, February 27	1 	Middle Years Registration Packages Due (Grade 5's)

Date	School Day	
Monday, March 2	2 	Basketball Club at Lunch Recess Library Clubs TBA
Tuesday, March 3	3 	Gymnastics Club at Lunch Recess
Wednesday, March 4	4 	Basketball Club at Lunch Recess Library Clubs TBA
Thursday, March 5	5 	Gymnastics Club at Lunch Recess
Friday, March 6	6 	Gymnastics Club at Lunch Recess Library Clubs TBA

UPCOMING IMPORTANT DATES

March 10	PAC Meeting at 6:00 in the Library
March 19	Report Cards Published and Celebration of Learning (evening)
March 20	No School for Students (Celebration of Learning a.m.)
March 27	Last Day of Classes Before Spring Break

KINDERGARTEN REGISTRATION

Kindergarten Registration will begin at all RETSD schools on Monday, March 2, 2026.

Your child is eligible to attend Kindergarten in September if they turn five years old on or before December 31, 2026.

Families must register children at their catchment school. Click this link for more information:
[2026–27 Kindergarten Registration in RETSD](#)

GRADE 6 REGISTRATION at ERAMS

Hello Future ÉRAMS Grade 6 Families!

We are beyond excited to invite our future Grade 6 students and their families to École Robert Andrews Middle School's Open House on **Thursday, February 26**. We are looking forward to rediscovering the energy and excitement of watching Grade 5 students curiously explore their future school.

The open house will begin at 6:00 PM in our gymnasium and will conclude at 7:15 PM. Our intention for this event is to welcome our new and returning families, provide important information about RA, and have fun.

Important reminders for students interested in the Hockey Program:

- This year, Hockey Program registration is going digital! Registration will open on **Monday, March 2 at 8:00 AM**. Here is the link: [ERAMS Hockey Registration 2026 – Fill out form](#)
- As in previous years, enrolment in the Hockey Program may be limited. Registration is time-sensitive and will be processed on a first-come, first-served basis. All registrations will be date and time stamped, should a waiting list be required.
- Please note that online registration will not include payment. Payment will be collected later in the year once student participation has been confirmed.

If you have any questions, please do not hesitate to call me at 204-661-5838 or email me at slysack@retsd.mb.ca.

Scott Lysack (Principal)

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PAC FUNDRAISER: PURDY'S CHOCOLATES

Dr. Hamilton PAC is offering a mini spring campaign with Purdy's Chocolates!

Please visit www.purdys.com, click on Support a Campaign on the Fundraising page, and enter campaign #000025388 to begin shopping.

NEW THIS YEAR! For a flat rate of \$10.00, you can now have your items shipped directly to you! No need to wait for pick up, and family and friends in other provinces can also support the campaign! Pick up date is Wednesday, March 25, 2026 (more details to come).

Deadline for ordering is Wednesday, March 4, 2026. Profits will be used to help support ongoing PAC initiatives, as well as much needed resources for the school.

Please contact drfwlhamiltonfundraising@gmail.com with any questions or assistance. Thank you for your ongoing support!

DR. HAMILTON PAC
Purdy's Spring Fundraiser

**Go to www.purdys.com
and enter campaign
#000025388 to order**

**PAC is excited to partner with Purdy's for a mini spring campaign! Lots of great items for Easter!
New this year! You can now have your items shipped directly to you (shipping fee \$10.00) if you would like!
No need to wait for pick up day!**

**Deadline for orders is Wednesday March 4, 2026
Pick up is Wednesday, March 25, 2026
Please contact drfwlhamiltonfundraising@gmail.com
with questions or assistance.
Thank you for your support!
Our Annual Glenlea Spring Campaign will launch in March!
Stay tuned for details!**

PAC FUNDRAISER: MABEL'S LABELS

Just a reminder that our fundraising campaign with Mabel's Labels is still ongoing!

If you need labels for school, sports or other activities, please visit <https://mabelslabels.ca/en-CA/fundraising/support> and search Dr. FWL Hamilton School to find the fundraiser.

mabel's labels
FUNDRAISING

SUPPORT OUR FUNDRAISER!

Dr FWL Hamilton School

Buy Mabel's Labels waterproof, durable labels to help reduce classroom mix-ups and keep your items coming home!



Go to campaigns.mabelslabels.com and search for

Dr FWL Hamilton School

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I LOVE to READ at DH

February 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
2		KICK OFF Write to an Olympian (postcard)	Name that Book EMOJI GAME	5	6 Be an Athlete
9	Trade a Teacher Colour a bookmark	10	11 Name that Book EMOJI GAME	12	13 Wear Olympic Ring colours
16	FAMILY DAY	17 Make a 'hockey card' book character	18 Name that Book EMOJI GAME	19	20 Canada Flag Day – wear red & white
23	Word Games	24	25 Name that Book EMOJI GAME	26	27 Wear a jersey/ Canada!

LUNCH PROGRAM NEWS

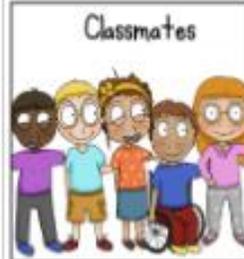
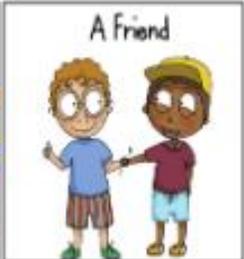
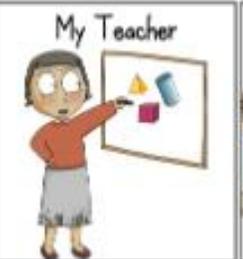
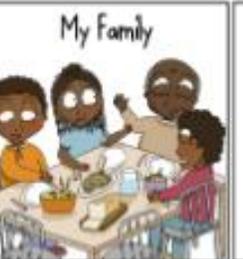
Dr. Hamilton Lunch Program is hiring! **PAID POSITIONS** for classroom/recess supervision are available. The commitment is just over 1 hour per day and the number of days per week is flexible! Please reach out to dhlunchprogram@gmail.com if you or someone you know, (University student, grandparent, etc.) is interested!

Dr. Hamilton
Lunch Program
is Hiring!



PROBLEM SOLVING WITH PEERS

Neuroscience tells us that children can communicate more deeply and thoroughly with visual support. The visual sequence below helps us to debrief, problem solve, and repair with clarity and understanding. It's a fabulous tool. Please reach out if you would like a hard copy for home!

1. What happened?									
<p>Said Something Inappropriate</p> 	<p>Did Something Unsafe</p> 	<p>Went Somewhere Without Permission</p> 	<p>Didn't Follow Directions</p> 	<p>Talked When It Wasn't My Turn</p> 					
<p>Hurt Someone</p> 	<p>Took Something That Wasn't Mine</p> 	<p>Distracted Others</p> 	<p>Damaged Property or Misused Materials</p> 	SOMETHING ELSE:					
2. How did you FEEL at the time?									
<p>Worried</p> 	<p>Sad</p> 	<p>Happy</p> 	<p>Frustrated</p> 	<p>Lonely</p> 	<p>Excited</p> 	<p>Angry</p> 	<p>Out of Control</p> 	<p>Bored</p> 	SOMETHING ELSE:
3. Who else was affected?									
<p>Classmates</p> 	<p>A Friend</p> 	<p>My Teacher</p> 	<p>My Family</p> 	SOMEONE ELSE:					
4. How might they feel?									
<p>Concerned ABOUT ME</p> 	<p>Surprised</p> 	<p>Afraid</p> 	<p>Disappointed</p> 	<p>Angry</p> 	<p>Caring</p> 	<p>Hurt</p> 	<p>frustrated</p> 	<p>Disrespected</p> 	SOMETHING ELSE:

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5. What were the consequences of your actions?

<p>Someone's feelings were hurt.</p>	<p>Someone's body was hurt.</p>	<p>Others couldn't learn as much.</p>	<p>I lost someone's trust in me.</p>	<p>I have a problem to solve.</p>
<p>I feel worse.</p>	<p>I wasn't able to learn as much.</p>	<p>I lost a privilege.</p>	<p>SOMETHING ELSE:</p>	

6. How can you try to make it better?

<p>Apologize</p>	<p>Do Something Kind</p>	<p>Complete My Work</p>	<p>Clean Up</p>	<p>SOMETHING ELSE:</p>
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7. What can you do next time?

<p>Take Deep Breaths or Count to 20</p>	<p>Focus On My Work</p>	<p>Take a Break to Get Calm</p>	<p>Keep My Hands and Feet to Myself</p>	<p>Ask to Take a Movement Break</p>
<p>Ask a Grown-Up for Help</p>	<p>Stop and Think Before I Do Something</p>	<p>Ask to Use or Share Something</p>	<p>Use Kind Words</p>	<p>Listen and Pay Attention</p>
<p>Follow Directions</p>	<p>Stay Where I'm Supposed To Be</p>	<p>Use Words to Say How I Feel and What I Want</p>	<p>SOMETHING ELSE:</p>	

PHOTO CORNER

Olympic cheering and simulation games ...



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Please phone the school at any time with any questions you may have!