

Salisbury Morse Place School

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Winter Newsletter



Your River East Transcona School Division Trustees

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For more information about the board of trustees, visit: www.retsd.mb.ca/BoardofTrustees



*RETSD is on Facebook and Twitter!
Like and follow us to stay up-to-date on what's
happening in the division.*



Principal's Message

Dear Families,

We have come to the end of a 1st term unlike any other! With the arrival of Covid-19 and the restrictions and requirements that the pandemic placed upon us, schools had to adapt to a new way of doing business. Then, just as we were getting comfortable with these new changes, Winnipeg went to red and schools went to orange in the Pandemic Response System. This meant moving classes, re-cohorting students and reconfiguring spaces. This has required flexibility from students and staff as we try to adjust to an ever-changing landscape.

I want you to know that this has all been worth it to have your children back at school and learning with us. As I have stated many times, a school is just not a school without children. I have been extremely proud of our students. They are a shining example of resiliency, flexibility, courage, and kindness! We look forward to meeting with you online in December during parent conferences to celebrate your children, to discuss their progress, and to share the next steps for learning in term 2.

Term two will bring some staffing changes to ESMP. Congratulations to Mr. S. Matthews who will retire at the end of December! Mr. Matthews has been teaching Applied Arts (woodworking, plastics, graphics) for nearly 30 years with 29 of those years dedicated to ESMP! He has even taught some of his former students' children! We will miss Mr. Matthews for so many reasons, but the biggest reason will be the care and dedication that he has given to his students and to his program. We wish him all the best as he heads into "retirement" where we know he will be busier than ever with his many projects and hobbies.

Congratulations as well to Mrs. G. Bartel who will retire from her position as an educational assistant in the RETSD at the end of December. Mrs. Bartel has dedicated 23 years to supporting our students with additional and exceptional needs. She will be dearly missed for her gentle ways and the genuine care that she demonstrates to all. We wish Mrs. Bartel well as she joins her husband in retirement and spends her time between their home and their cabin.

I would also like to welcome Ms. Y. Aguinaldo to the ESMP community. Ms. Aguinaldo will be replacing Mr. Matthews as our new Applied Arts teacher. Ms. Aguinaldo has experience working as an AA teacher with middle years students and she is really looking forward to meeting and working with our students at ESMP.

As the 1st term comes to a close and we head into the holiday season, I would like to thank you for your support during these unprecedented times. As a school, we have appreciated your encouragement, your positive feedback and your "bravo" emails and phone calls. Your support means so much to us and we are committed to offering a quality education to your children despite the challenges ahead!

On behalf of all of us at École Salisbury Morse Place School, we wish you all the best now and as we move into the new year!

Kind Regards,

M. Millman

November 2020

Ecole Salisbury Morse Place School Snack Cart runs Monday - Friday



HOW CAN YOU HELP?

We accept donations
of the following:

dry cereal
granola bars
fruit bars
canned fruit
applesauce
goldfish crackers
chocolate chips
raisins
craisins

Thank you for helping us support our community!
Donations can be sent to school with your child.
Please remember we are a nut-free building.



Child Nutrition
Council of Manitoba

This month's Reading and Writing Tip



Starting a home library for your children shows them how important books are. Here are some creative ideas for finding books (including flea markets, book swaps, birthday and holiday wish lists), creating a welcoming space to keep the books, making your own bookplates, and more.

Finding books

- Become a treasure hunter! Browse bookstore sales, garage sales, flea markets, used bookstores, and sales at your local library
- Organize a children's book swap with friends, community groups, or your school
- Encourage family and friends to give books as gifts for birthdays, holidays, and other celebrations
- Don't forget quality nonfiction and children's magazines!

Building your library

- A cardboard box or small wooden packing crate that you can decorate together might make a good bookcase. Or you might clear one of the family bookshelves.
- Pick a special place for your child's books so that they know where to look for them — in a cozy corner of your child's bedroom or close to where the rest of the family gathers and reads.
- Help your child to arrange their books in some order — their favorite books, books about animals, or holiday books. Use whatever method will help them most easily find the book they are looking for.
- "*This book belongs to...*" Bookplates give your child a sense of ownership and can add "newness" to a used book.
- If you and your child make your own books together, you can add those to your home library.
- Borrow books from your local library. Go to the children's section and spend time with your child reading and selecting books to take home and put in their special spot. You might even have a box or space just for library books, so that they don't get mixed up with your child's own books. When collecting and reading books are a part of family life, you send your child a message that books are important, enjoyable, and full of new things to learn!





Early Years Phys. Ed



Hello families! What an amazing group of students we have here at ESMP. Our year began outside the gym, enjoying outdoor space and fresh air throughout the months of September and October. The focus for the month of September was to establish safe routines as we moved, practiced and played. The students heard THE SLOGAN, "What's Your 40?" at the beginning of many of their classes. The 40 represented the 40th anniversary of Terry Fox's Marathon of Hope. We would either do 40 repetitions of skills or 40 seconds of one activity.

Here at ESMP, it was our 30th year participating and fundraising for the Terry Fox Foundation. This group does amazing work researching and developing new methods to fight cancer. We are always very happy to support them. This year was no different. Although classes were not allowed to work as buddy groups, they still enjoyed the rivalry of being on Team Klassen or Team Evans. And, can you believe it?? Team Evans and Team Klassen ended up having a TIE in the amount of donations they collected. I am happy to report that Ecole Salisbury Morse Place donated over \$2000.00 to the Terry Fox Foundation. Thanks to all of you for making this event our most successful one EVER!!!

Physical education classes continue to offer many new opportunities to all students. In the month of November, we have prepared for the annual Guinness Book of World Records attempt to see how many people can SPEED STACK in one day. This will be a virtual event across the world and will be chronicled through pictures. Speed Stacking allows students to develop different patterns, which in turn allows great brain development. The plan is to continue to transfer this knowledge to patterns with aerobic benches, bucket drumming, and the GRAND FINALE...juggling! A lot of eye-hand coordination will be required. I look forward to seeing every student improve and find great satisfaction in their accomplishments.

We hope to continue to go outside to develop some very important winter skills. Please encourage your children to wear their warm clothing to school. Warm mittens and boots are especially important to allow for enjoyable participation.



Enjoy the crisp fall air.
Madame Gagnon



This year Ms. Zawadowski and Mrs. Morrison will be including a message and self-regulation tool in each newsletter. This month's focus is on a co-regulation strategy. This means that adults would use this strategy to help their student regulate their emotions. It is important to note that all emotions are okay, it's what we do with them that matters.

Mindful Breathing: A Strategy to Model Co-Regulation

Description: Students will pay close attention to the feeling of breathing to help them relax and be present in the moment. Mindful breathing is a co-regulation strategy adults can use to model and practice with children that are struggling with their big emotions and feelings.

Age Range: Kindergarten and up

Supplies: Yoga mat, towel or blanket (optional)

Talking Points:

Lie on your back with your legs flat on the floor and your arms beside you. If you like, you can close your eyes. Feel the back of your head touching the mat underneath you. Feel your shoulders, your upper back, your arms, your lower back, your legs and your feet touching the floor.

Notice what it feels like to breathe in and out. It doesn't matter if your breathing is fast or slow, deep or shallow.

Pay attention to your in-breath. Notice when you first breathe in. Can you feel the very first moment when your in-breath changes to your out-breath? Practice this for a few breaths.

Now, pay close attention to your out-breath. Notice when you first breath out. Can you feel the very first moment when your out-breath changes to your in-breath? Practice this for a few breaths.

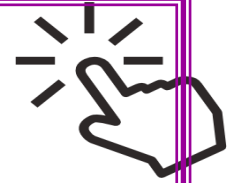
Tips:

Start with a few minutes and gradually increase time spent mindful breathing. If its hard to focus on your breath try to silently say the words breathe in as you inhale and breathe out as your exhale.

Lying down tends to be children's favourite meditation posture but mindful breathing can be practiced sitting or standing.

Grade Levels	Name	Email
K-4	Ms. C. Zawadowski	czawadowski@retsd.mb.ca
5-8	Mrs. J. Morrison	jmorrison@retsd.mb.ca Website: esmpmiddlemindsmatter.weebly.com Instagram: @esmpmindcraft

THE PARENT PORTAL



1. The Parent Portal site: https://tyler.retsd.mb.ca/TSI_Live_360/
2. RETSD introductory videos: <http://retsdb.ca/Pages/Parent-Portal-Videos.aspx>
3. Your computer will need to have Adobe Acrobat installed to view the report card documents. This can be downloaded for free from: <https://get.adobe.com/reader/>
4. Instructions for access from your mobile device: [Mobile Application Instructions.pdf](#).
5. Password Reset
 - a. The portal login screen does have a "Forgot your password" link.
 - b. Users should be able to have their account reset if they have an email address on file.
 - c. If the user has forgotten their password and doesn't have an email address on file, they will need to contact the school.
6. Data Errors - If student contacts find any errors in the data (attendance, report cards, etc.) please notify the school office.

PRESCHOOL KIDS WANTED

My name is Colette and I'm the Community Connector here at ESMP. I'm looking for families with preschool kids at home that are interested in joining me for some virtual programs. If you would like more information please email me at cmolloy@retsdb.ca.

Please pass this on to a neighbor or friend in the community.

Hope to see you soon!



ATTENDANCE

**All student absences
must be reported to the school
office.**

Messages regarding absences
can be left at 204-668-9304
at any time.

Please state clearly your child's first
and last name, grade, teacher and
reason for absence.



HAVE YOU MOVED? CHANGE OF TELEPHONE NUMBERS?

If you have moved, had a
change to any of your
telephone numbers (home,
work, cell), or your
e-mail address or if any of your
emergency contacts'
information has changed,
please let the office know. We
need to have current
information on file in order to
communicate with you if your
child becomes ill or is injured
during the school day. Thank
you for keeping us
informed.

Allergies

There are several students with life threatening allergies in our school. We work very hard to provide a safe environment for all students. We ask that all families consider the following in the interest of safety:

- Contact with even a tiny amount of an allergen can cause a severe reaction.
- Nuts are the most common allergen in the school (especially peanuts).
Please do not send nuts or tree nuts in your child's lunch
- Check the labels on food products that are sent to school and avoid all nut products

Thank you for helping to keep the school safe as possible for all of our students.





SUNRISE SUNSET CHILD CARE

(Located in the school)

Sunrise Sunset Child Care (a government licensed center for 55 children) located in Salisbury Morse Place school currently has openings for children in grades 1-6

Here is what we offer:

- Child care from 7:00 am - 9:00 am & 3:15 pm - 6:00 pm Monday to Friday.
- Child care on all school in-service days from 7:00 am - 6:00 pm
- A morning and afternoon snack
- Hot lunch on all in-service days
- Subsidy through Manitoba Early Learning and Child Care
- A variety of activities: gym, outside, science, art, drama, music, library, building areas.
- Fees are \$8.60/day school days and \$20.80 on in-service days

For more information or registration for a child care space please contact the Director - Lisa Harakal at 204-415-2866.
or e-mail at Sunrisesunsetchildcare@shaw.ca

Lisa Harakal

Important Dates and INFORMATION



December

- 7— Report Cards available on Parent Portal
- 10— Student Parent Conferences (TEAMS) 4:30-9:00 pm
- 11— No Classes
Student-Led Conferences a.m. (TEAMS)
PD Day p.m.
- 18— Last day of school before Winter Break

January

- 4—First Day of Classes (Day 4)
- 19—CSA Meeting 6:30—7:30 pm

Dear Parents/Guardians and Families,

As I am sure that you have noticed, the use and popularity of e-cigarettes and “vaping” has been increasing in Manitoba. These trends come after years of decreasing smoking rates across the province, particularly among youth.

This trend is concerning as the use of e-cigarettes is not without risk, with evidence emerging around addiction potential and harmful chemicals contained in the vaping liquid. Therefore, as a province, we want to ensure we are being proactive and that tobacco use is not simply being replaced by e-cigarettes.

My office has provided a reminder to all schools that the use of e-cigarettes (as with conventional cigarettes) in any enclosed public space, including schools, is prohibited under The Smoking and Vapour Products Control Act. This prohibition is important to ensure that smoking, be it tobacco or e-cigarettes, is not normalized or thought of as a risk-free activity.

As e-cigarettes are a relatively new technology, we want to ensure that parents are also able to access clear and balanced information to be able to talk to their children. We know that nobody is more influential on a young person’s decisions than their parents and would therefore like to encourage you to explore the resources available from

Health Canada - www.canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html

Please take the time to examine this information and to share it with others.

Best wishes for a successful and enjoyable school year.

Kelvin Goertzen
Minister
Education

CONCERN PROTOCOL

The River East Transcona School Division has established this policy to ensure effective steps in communication of concerns and/or questions between parents/guardians, adult students, members of the community and divisional staff and between staff members. Each member of the division's staff and the board of trustees should follow these steps.

If a parent/guardian, adult student, a member of the community or a staff member has a concern or question they should follow this sequence:

- (1) Contact the employee's work place and request to speak to the person. The employee may be unavailable, so leave a message with telephone numbers where you can be reached during the day as well as the evening.
- (2) If you are not satisfied with the employee's response to your concern, contact their supervisor. If you contact the supervisor first, s/he will refer you to step one.
- (3) If your concern is not resolved to your satisfaction, contact the superintendent. If you contact the superintendent first, s/he will refer you to step one or two.
- (4) In the event that you believe that your concern has not been addressed, you may write a letter to the chair of the board of trustees. If you contact the chair or any trustee without going through steps one to three, they will refer you back to step one. A trustee may assist you in making the appropriate contacts in steps one through three.
 - When a written concern about a staff member is received, the individual named will be notified and provided with a copy of the written concern and given an opportunity for explanation and written response.
 - At any point in the complaint process, the individual named has the right to have an advocate present.
- (5) All correspondence to the chair of the board of trustees is reviewed at a board meeting. However, all personnel matters must be dealt with in-camera.
- (6) At all steps in the process, you are requested to tell each level that you are not satisfied and are going up to the next level.

CONCERN PROTOCOL

This policy does not supercede:

- The Child and Family Act of Manitoba
- Student Welfare (Reporting Child Abuse)
- Harassment Policy
- Contractual Agreements with the Division
- Codes of Professional Practice of Staff Members

Effective Date:	June 30, 2003	Review Date: May 8, 2018
Amended Date:		
Board Motion(s):	288/03	
Legal/Cross Reference:	JLEB - Children in Need of Protection; JLEB-E - Report of Suspected Child Abuse; GBAA/R - Respectful Schools and Workplaces *Harassment (Employees); The Child and Family Services Act, C.C.S.M. c. C80	



CONCERNS AND COMPLAINTS PROCEDURES

The formal procedures for managing a concern or complaint are as follows:

- (1) Contact the person who is most directly involved and ask to speak to the person. If the individual is not available, leave a message including daytime and evening telephone numbers.
- (2) If the concern has not been resolved, contact the individual's supervisor. Complaints that are brought directly to the supervisor will be redirected to step one.
- (3) If the concern still has not been resolved, contact the superintendent or designate. If contact begins at the superintendent's department, it will be referred to step one.
- (4) In the event that the concern has not been addressed, an appeal of the superintendent's decision shall be handled by the board of trustees through written correspondence to the chair. Neither the board, a committee of the board, nor a trustee shall consider or act on a complaint that has not been explored at the appropriate administrative level, nor shall they contact staff directly in a personal attempt to resolve the problem. A member of the board of trustees may assist the complainant in making the appropriate contacts required to complete steps one to three.
 - (a) When a written concern is received that names a staff member, the individual named will be notified and provided with a copy of the written concern and given an opportunity for explanation and written response.
 - (b) At any point in the complaint process, the individual named has the right to have an advocate present.
- (5) All correspondence to the chair of the board of trustees is reviewed at a board meeting. All personnel matters shall be dealt with in camera.
- (6) Written response of the board of trustees' decision will be provided to the parties involved in the complaint.

Effective Date: June 19, 2007
Amended Date: June 19, 2018
Board Motion(s): 218/07; 172/18
Legal/Cross Reference:

Review Date: May 8, 2018