

# Salisbury Morse Place School

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## Fall/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](http://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,

Thank you to all of our students for a great first term. It's been wonderful to have everyone back in school. As I have said since the start of the pandemic, a school just isn't a school without children. We are working every day to keep our students safe by ensuring that all Covid-19 protocols are in place. This includes proper hand hygiene, mask wearing, cohorting, and physical distancing. With these protocols in place, we have been able to get back to some of our extra-curricular activities. Thank you to the ESMP staff for volunteering your time to offer sports and clubs for all students.

I continue to be extremely proud of our students. Their resiliency and flexibility to the constant changes is to be commended! We look forward to meeting with you during our virtual conferences to celebrate your children, to discuss their progress, and to share the next steps for learning in term 2. These conferences will take place Thursday, December 2<sup>nd</sup> in the evening and Friday, December 3<sup>rd</sup> in the morning.

Term two will bring some staffing changes to ESMP. Congratulations to our vice principal Mrs. Jamie Evans, who has been appointed as the acting principal of Maple Leaf School! Mrs. Evans has been an essential and important member of our administrative staff and ESMP community. During the past two and a half years, Mrs. Evans has demonstrated her leadership, her compassion, and her genuine care for kids and the community. She approaches everything she does with a positive growth mindset and truly sees only the best in people. I personally, will miss her support, her partnership, and her incredible technology skills! We wish Mrs. Evans all the best when she assumes her new role in January. Our loss is definitely Maple Leaf School's gain.

With the departure of Mrs. Evans, I would like to welcome our new vice-principal, Mrs. Sheri Stoesz to our administrative team. Mrs. Stoesz is an experienced teacher and leader who brings a wealth of knowledge to our school particularly in the area of literacy. She is excited to start with us in January and is looking forward to getting to know our students. Mrs. Stoesz will be visiting our school in December.

As the 1<sup>st</sup> term comes to a close and we look forward to the winter break, I would like to thank you for your continued support.

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!

Kindly,  
M. Millman



# snack cart

## CARING ABOUT ONE ANOTHER AT ESMP

Through support from the  
**Child Nutrition Council of Manitoba**  
we are able to offer a breakfast snack every day to  
students who are coming to school hungry.

If you would like to help support our snack program,  
we accept food donations. Our most needed items are  
peanut-free granola bars, chocolate chips, raisins, crackers,  
cereal and individual cups of apple sauce and pudding.

Thank you to CNCM and the staff and community of ESMP  
for helping us make a positive difference!





ESMP Literacy Committee

# Support Parents

## word solving strategies

Growing firsties

Ways to  
**Take Action**  
& Solve Words

**ALWAYS...**

- Make Sense
- Sound Right
- Look Right

**Eagle Eye**



Look at the picture.

Think "what is in the picture that starts with the beginning letter?"

**Lips the Fish**



Get your mouth ready!

Say the beginning sound.

**Stretchy Snake**



Slowly stretch each letter sound to make the word.

shp = sh || p

**Chunky Monkey**



Break the word into chunks you already know.

ma t  
fl at  
spl at ter

**Tryin' Lion**



Try to re-read the sentence.

Think "what makes sense?"

**Skippy Frog**



Skip the tricky word.

Read to the end.

Go back & try it again.

**Flippy Dolphin**



Flip the vowel sound.

Try the long & short sounds.

**Careful Caterpillar**



Carefully read the whole word.

Think about all the word parts.

Think about what makes sense.

**Fluent Reading Sounds Like...**

- Phrased like talk
- Expression matches meaning
- Paused at punctuation
- Pace is just right...not too fast or too slow



Study Think Ask Respond

## Be A Self-Monitor!

as they

# Read with their Child

# Early Years Gym News

Hello Vipers,

It is my pleasure to welcome our two new phys ed teachers to the gym. Ms Fey and Mr. Dubiel have joined the team to get your children moving and appreciating their healthy bodies.

It has been a very beautiful fall. Our phys ed classes have been taking place outside. What a gift to enjoy the beautiful blue sky, fresh air and lots of movement in our schoolyard.



Our school year began with our annual Terry Fox event. This was our 31<sup>st</sup> annual Terry Fox celebration. In the past, we had challenges amongst buddy groups but with classes being placed in cohort groups, that was not possible this year. Instead, we challenged the staff and students to help Team Evans and Team Zimarino raise the most donations. In the end, Mr. Zimarino's team raised the most money with a total just over \$1500.00. Mrs. Evans team was a close second. I am proud to tell you that the École Salisbury Morse Place community raised just over \$3000.00 for the Terry Fox Foundation. Thank you for all your generosity. All funds raised stay right here in Manitoba to help with cancer research.



During our phys ed classes, students have been focusing on using space safely while practicing throwing, catching, various transport skills, basic soccer skills/rules and most recently speed stacking.

On November 18<sup>th</sup> and 19<sup>th</sup> our students took part in the annual Guinness Book of Records challenge. We were one of thousands of schools across the world speed stacking all at the same time. Well done to all our competitors!

As the month of November comes to an end and December begins, I look forward to exploring winter sports such as cross-country skiing, snowshoeing, snow soccer, broomball and winter golf.

Enjoy the crisp weather.  
Madame Gagnon



# EARLY YEARS MUSIC NOTES

Dear Families,

We are excited to see your children at school and making music!

Here is what is happening:

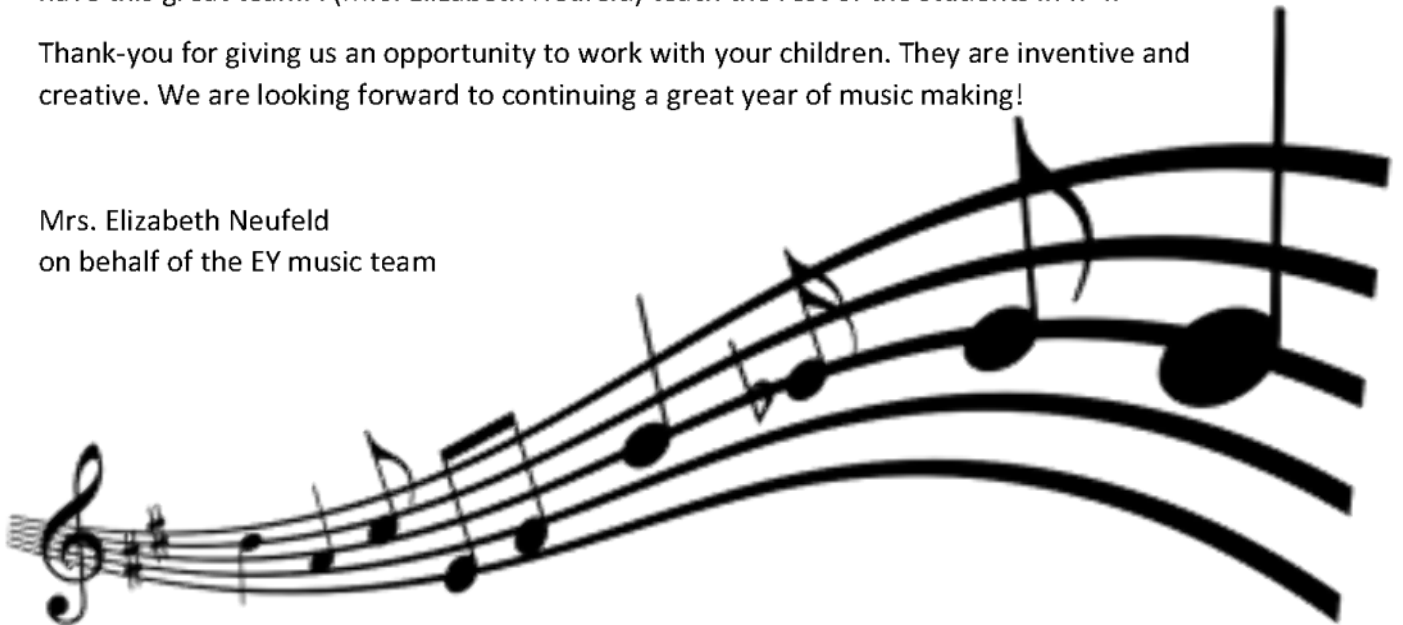
The students from K-2 each have their own 'instrument kit' at school in which they have sticks, shakers, scrapers, and plates that they can use to keep the beat and use for rhythm making and learning. The Grade 3 students have used these instrument kits to make their own rhythm instruments and are also taking turns to use various classroom instruments. The Grade 4 and 5 students have their own drumsticks and have been playing along to songs using bucket drums as well as learning the technique of bucket drumming and the playing of more complex rhythms on these instruments.

We are happy with the recent announcement that singing is allowed in school on a limited basis. We sing for about 5 minutes a class, with masks, and it has been wonderful to hear your children's wonderful singing voices again! We have also started some singing clubs in the band room and EY gym (to allow for more space) with one cohort at a time. We are hoping that every student in Grades 4 and 5 will have the opportunity to be a part of this noon hour club before the end of the year.

Our teaching team has also grown (along with our enrollment) and we are pleased that Ms. Crystal Schau has joined us this year. She teaches every second afternoon and teaches the Grade 5 English classes and one Grade 1 class (Mme. Desender's class). Mr. Murray Wichert (our band teacher) teaches our Grade 4/5 and 5 French immersion classes. It is wonderful to have this great team. I (Mrs. Elizabeth Neufeld) teach the rest of the students in K-4.

Thank-you for giving us an opportunity to work with your children. They are inventive and creative. We are looking forward to continuing a great year of music making!

Mrs. Elizabeth Neufeld  
on behalf of the EY music team





# POP TABS FOR WHEELCHAIRS

**Salisbury Morse Place School**  
**along with**  
**98 other schools and**  
**91 companies are**  
**saving pop tabs in order to**  
**donate a wheelchair!**

**STUDENTS CAN DROP OFF POP TABS  
IN MS. MAY'S ROOM (ROOM 47)  
OR THE OFFICE.**

**Thanks for all your support!**



This year Ms. Zawadowski and Mrs. Morrison are including a message and self-regulation tool in each newsletter. This term's focus is a co-regulation strategy. Adults can 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 to students to encourage co-regulation**

**Description:** Students will pay close attention to the feeling of breathing to help them relax and be present in the current moment. This strategy is used to help students manage their big emotions. 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 (The length of the time spent in practice can be adapted based on the age of the child)

**Supplies:** *Yoga mat, gym mat, towel or blanket to lay down on. (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. There's no right or wrong way to breathe. It doesn't matter if your breathing is fast or slow, deep or shallow.
- Pay close attention to your in-breath. Can you 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. Can you notice when you first breathe out?
- Can you feel the very first moment when your out-breath changes to your in-breath?
- Practice this for a few breaths.





# Counsellor's Corner

## Tips:

- If it's hard to focus on your breath try to silently say the words "breathe in" as you inhale and "breathe out" as you exhale.
- Lying down tends to be children's favourite meditation posture, but mindful breathing can also be practiced sitting or standing.
- If it's difficult for children to stay still while mindful breathing they can sway side to side slowly with control
- Give children and teens an opportunity to talk about how they feel after practicing mindful breathing. It can range from a few words to a full discussion.
- Start with a few minutes and gradually increase the time spent mindful breathing.
- From time to time have the children and teens check to see if their bodies are holding any tension and remind them to use the Mindful Breathing strategy to relax.

GRADE LEVELS	NAME	EMAIL
K-3 and Ms. Fraser's Class	Ms. C. Zawadowski	<a href="mailto:czawadowski@retsd.mb.ca">czawadowski@retsd.mb.ca</a>
4-8	Mrs. J. Morrison	<a href="mailto:jmorrison@retsd.mb.ca">jmorrison@retsd.mb.ca</a> <b>Website:</b> esmpmiddlemindsmatter.weebly.com <b>Instagram:</b> @esmpmindcraft



# In the Classroom...

Zentangle Pumpkins created by Grade 3/4B Ms. Fraser's class

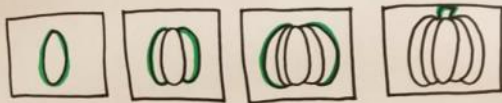
## Zentangle Pumpkins

By Grade 3/4B

Have you ever heard of Zentangle? You haven't? Well, then let me tell you! Zentangle is a type of art that's kind of like a pattern. It includes lots of different designs, like polka-dots, swirls, checkerboards, squiggles, hearts, circles, and so much more! Check out our amazing autumn pumpkins and the pattern chart on the left and see!

Here's how we made our pumpkins:

1. First, we practiced drawing different Zentangle designs in our doodle books (you could also use a piece of scrap paper).
2. Then, we got a white piece of paper and drew the outline of our pumpkin:

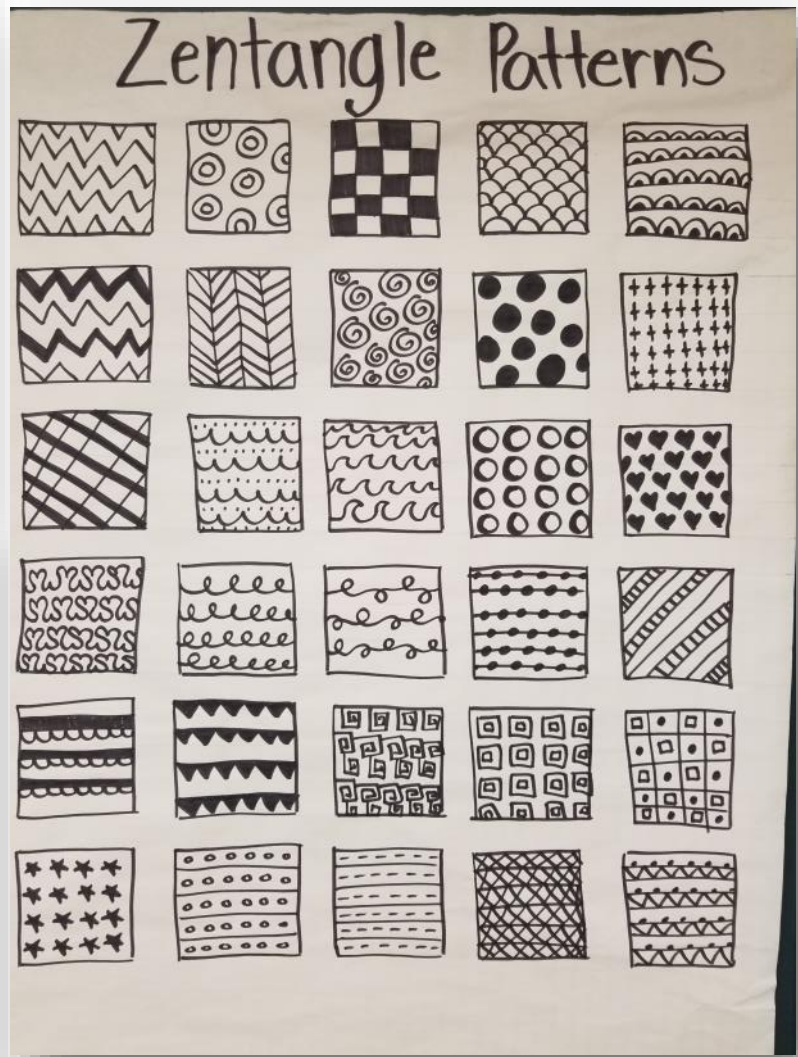
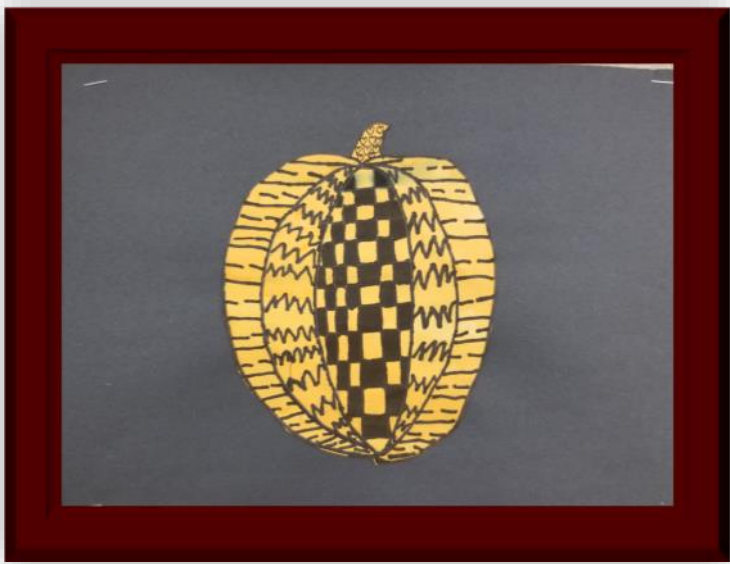


3. After that, we chose 6 different Zentangle designs to use.
4. Then, we carefully drew the patterns with pencil in each section of the pumpkin.

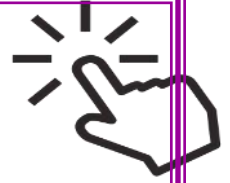
5. Next, we went over the pencil with thick and thin Sharpie. We had to make sure to put something underneath to protect the table from the Sharpie.
6. Then, we erased all the pencil lines to make it look neat and professional.
7. Next, we painted over our pumpkins with orange watercolour paint.
8. After the paint dried, we cut out our pumpkin.
9. Finally, we glued the pumpkin onto a black piece of construction paper.

Now you can make one too!





## THE PARENT PORTAL



1. The Parent Portal site: [https://tyler.retsd.mb.ca/TSI\\_Live\\_360/](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.

## HAVE A PRESCHOOLER AT HOME? LOOKING FOR SOME FUN ACTIVITIES?

My name is Colette and I'm the Community Connector for ESMP and Hampstead School. The winter months can be long with littles at home. But I am here to help! I am currently running some fun virtual preschool programs and have more coming up in January! If you would like more information please email me at [cmolloy@retsdb.ca](mailto:cmolloy@retsdb.ca) or call 204.654.1818 ext 3018

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

**Hope to see you soon!**



*A message from the École Salisbury Morse Place...*

# **Community School Association**

**On behalf of the SMP-CSA, Hello! Bonjour!**

My name is **Ashley Fletcher**, and I am your 2021-2022 CSA Chair. I would like to take this opportunity to introduce our board members;

**Marcela Popowich**, Secretary

**Oluwatosin Bankole**, Treasurer

**Amanda Cowan**, Fundraising Coordinator

**Jonathan Mushey**, Member-at-Large

**Muhammed Sanni**, Member-at-Large

**Derek Vandall**, Member-at-Large

We are currently organizing various fundraising endeavours for the upcoming year. Even though field trips and school wide events are still on the backburner with current pandemic restriction levels, there are still plenty of ways our fundraising efforts can support our school community!

Our CSA meets once a month, on the third Tuesday, for approximately 1 hour. We are currently meeting virtually. So please, come join us!

It's a great opportunity to meet some new faces, see how you can help make a difference, all currently from the warmth and comfort of your home!

**We look forward to seeing you all there!!**

# 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.



# Important Dates and INFORMATION



## DECEMBER

- 2 STUDENT/PARENT CONFERENCES —EVENING
- 3 NO CLASSES– STUDENT/PARENT CONFERENCES IN THE AM
- 22 LAST DAY OF CLASSES BEFORE WINTER BREAK– EARLY DISMISSAL 2:20 PM

## JANUARY

- 6 FIRST DAY OF CLASSES —DAY 4
- 18 CSA MEETING 6:30-7:30 PM

## FEBRUARY

- 4 CO-ORDINATED DAY—NO CLASSES
- 15 CSA MEETING 6:30-7:30 PM
- 21 LOUIS RIEL DAY– NO CLASSES

## MARCH

- 14 REPORT CARDS POSTED ON PARENT PORTAL
- 15 CSA MEETING 6:30-7:30 PM
- 17 STUDENT/PARENT CONFERENCES– EVENING
- 18 CO-ORDINATED DAY– NO CLASSES, PARENT/STUDENT CONFERENCES IN THE AM, PD IN THE PM
- 25 LAST DAY OF CLASSES BEFORE SPRING BREAK

## APRIL

- 4 FIRST DAY OF CLASSES AFTER SPRING BREAK
- 15 GOOD FRIDAY– NO SCHOOL
- 19 CSA MEETING 6:30-7:30 PM
- 25 CO-ORDINATED DAY- NO CLASSES

## MAY

- 17 CSA MEETING 6:30-7:30 PM
- 23 VICTORIA DAY– NO CLASSES

## JUNE

- 20 NO SCHOOL– ADMIN DAY
- 30 GRADE 5 FAREWELL/LAST DAY OF CLASSES– EARLY DISMISSAL 2:20 PM



## SUNRISE SUNSET CHILD CARE

(Located in the school)

### 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-5:30 pm
- 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

**Please click on the link below to be placed onto our Center's waitlist.  
When a space becomes available, we will contact you.**

<https://forms.gle/4XFfFzmUdpKmbanaA>

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](mailto:sunrisesunsetchildcare@shaw.ca)



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](http://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

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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

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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

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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