



Springfield Heights

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Winnipeg, MB R2G 0H8
P. 204-663-5078
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Email: shs@retsd.mb.ca
Twitter: @eshs_RETSD

Principal

Kerry Cressall

Vice-Principal

Carrie Gillis

SHS Lunch Program

springfieldheightslunchprogram@gmail.com

Skipper Scholars

Before & After School Program

P. 204-396-4203

Little Skippers

Kindergarten Daycare

P. 204-294-1083

Transportation Department

P. 204-669-0202

School Hours

Entry bell 8:55
Announcements 9:03
AM recess 10:20-10:35
Lunch 11:45-12:45
PM recess 1:55-2:10
Dismissal 3:30pm

Office hours

8:00am - 4:00pm

In Service Days

Friday, April 14
Monday, May 29

The Springfield Splash

Principal's Message

We have finished the winter term of the school year. Now the days are getting longer, and the sun seems to be shining brighter. Hopefully the warm weather, grass and birds will appear soon as well.

Students worked diligently throughout this past term to meet their goals. We were delighted to see that so many families could join us at learning conferences to celebrate the accomplishments of the students. If you were unable to participate in learning conferences in March, it is not too late. You can contact your child's teacher and make arrangements to have a conversation or meet with them to discuss your child's progress.

This time of year is very busy with plans getting underway for the next school year. Part of the planning for the new school year supports our students who will be transitioning into and out of our school. Our grade 5 students are getting ready to join the Middle years schools. Plans are being made for them to visit their new school later in the term. Children who will be entering kindergarten in September are getting excited to start school. Two events are planned to introduce the new kindergarten students to our school. We will also be making transition plans for all other students who are staying at the school but moving to a different grade.

I hope you enjoy reading the newsletter as it will give you a peek at some of the activities that we have been involved in during this term.

Here is a hint of what you will find inside the newsletter.



Have a wonderful Spring Break!
Kerry Cressall

Your River East Transcona School Division Trustees

Ward 1	Ward 2	Ward 3	Ward 4	Ward 5
Colleen Carswell (chair) 204.222.1486 ccarswell@retsd.mb.ca	Rod Giesbrecht 204.661.5984 rgiesbrecht@retsd.mb.ca	Brianne Goertzen (vice-chair) 204.955.6782 bgoertzen@retsd.mb.ca	Susan Olynik 204.661.6440 solynik@retsd.mb.ca	Shannon Hiebert 204.771.8435 shiebert@retsd.mb.ca
Sheri Irwin 204.223.5079 sirwin@retsd.mb.ca	Sheri Hanson 204.915.7313 shanson2@retsd.mb.ca	Keith Morrison 204.795.3357 kmorrison@retsd.mb.ca	Brenda Bage 204.221.2951 bage@retsd.mb.ca	

For more information about the board of trustees, visit: www.retsd.mb.ca > Your RETSD > Board of Trustees

Bus Evacuation Drills

Students in Kindergarten to Grade 5 will be participating in Bus Evacuation on April 3, 2023. Kindergarten students who attend on the even day will participate in bus evacuation on April 17, 2023.



A Message from the Transportation Department

The Public Schools Act, P250-R.M. 465/88 R - Pupil Instruction, states the following:

"The school board shall ensure that at least twice in each school year each pupil is instructed in safe school bus riding practices and participates in emergency school bus evacuation drills which shall be conducted at least once during the fall term and at least once during the spring term of each school year."

The River East Transcona Transportation Department has an excellent safety record.

In maintaining this record, we carry out Bus Evacuation programs in all of our schools in the early fall and late spring of each school year.

These practice drills are carried out so that in the event of an emergency, our students can evacuate the bus as quickly and safely as possible.

The safety of our children is of the utmost importance and must be given first consideration.

Thank you for your co-operation.

Curtis Bass

Director of Transportation

Welcome!

We have welcomed several new staff members to our school community.

Three teachers have joined our staff and we will be welcoming one more teacher back soon.

Welcome back to Mme Pries. She will be returning from her maternity leave in the middle of April. Mme Pries will be covering for part of M. Kampen's leave as he goes on a paternity leave.

Welcome to Ms. Salvador who is working in Mr. Hrychuk's class as Mr. Hrychuk is away until May.

We also welcome Mme Nadine Keumadjou Tanly who is working in Mme Mozdzen's class for the of rest of the year. Mme Mozdzen is on maternity leave and waiting for the new baby to arrive.

Welcome to Kindergarten Events

In February, we welcomed families of new kindergarten students for a visit and shared information about both the English and French Immersion Programs. Several events are planned for these children to visit the school this spring.

Stay and Play



This event is organized and facilitated by École Springfield Heights School staff. Children entering kindergarten in the fall will come with a parent and participate in activities throughout the school to get a taste of kindergarten. It gives the children a chance to get to know the staff of the school and try out some kindergarten activities. All students registered for kindergarten at École Springfield Heights School will receive an invitation for this event.

Growing and Learning Days

This event is hosted by École Springfield Heights School but is organized by the school division. Staff from the school division and 5 other schools will facilitate a number of activities for kindergarten students to explore. Community organizations also attend to provide information about their services to families. Kindergarten students must register for this event. To register, please call 204-669-4043 or register online at:

[REGISTRATION - Preschool Growing & Learning Evenings 2023 \(office.com\)](#)

If you have a child entering kindergarten in the fall, please make sure to register them as soon as possible so they can be included in these events. As we plan for the kindergarten classes in the fall, we take into account all registered students. Please contact the school office at 204-663-5078 or follow this link [École Springfield Heights School \(retsd.mb.ca\)](#) to the school website for more information about kindergarten registration.



If your child is currently in Kindergarten to grade 4 and **WILL NOT BE RETURNING** to ÉSHS for the 2023-2024 school year, please email the school office at shs@retsd.mb.ca as soon as possible.

Please provide us with your child's name and the school they will be attending next school year (if known). ****If your child will be returning to ÉSHS, there is no need to email the office****

Global School Play Day

Global School Play Day began in 2015 to promote opportunities for students to participate in free play. Free play is essential for children's healthy social and emotional development. In his [TEDx lecture](#), Peter Gray clearly argues the case that today's kids do not grow up playing and this has negatively impacted them in many ways. Over the years, opportunities for play have decreased and at the same time, anxiety, depression, feelings of helplessness, suicide, and narcissism in children and adolescents have increased. Retrieved from [Global School Play Day](#) on March 19, 2023.

On February 1, 2023, students at Springfield Heights participated in Global School Play Day. Throughout the day, students were allowed time to play in their classrooms with the toys and games they brought from home. Students also had time in the morning and in the afternoon to explore a variety of play experiences throughout the school. Look below to see some of the activities that the children enjoyed during the day. The smiles and laughter throughout the building were an indication that everyone had an amazing day!



Thank You!!!

A special thank you to all the amazing family members who were able to volunteer for Global Play Day!

Building with Boxes



Blankets and Building Sets



Water and Playdough



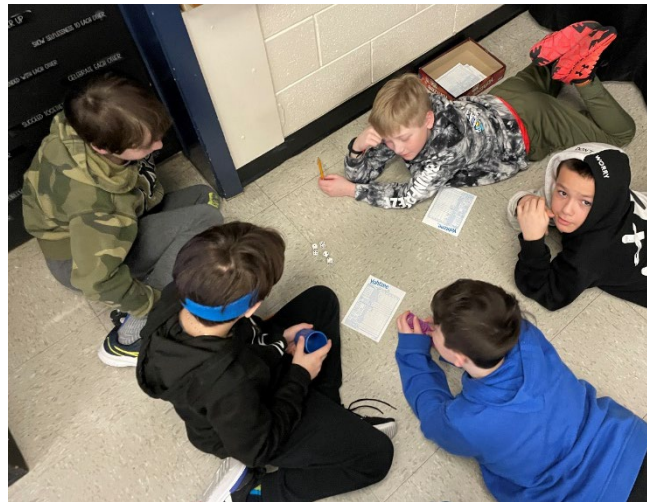
Sensory Bins



Yarn Weaving



Games



Cupstacking



Exploring the Makerspace



Exploring Arts and Crafts



A Quiet Place to Read



Puzzles



A Message about Play Day

Dear Mrs. Cressall,

We really enjoyed the Play Day at school! We enjoyed not having to work and to play with their friends and to see other classrooms. It was a lot of fun playing in the gym and in the music room exploring the instruments! It was nice to have a quiet area to read or to just get away from the noise and the excitement. We would have liked to be able to play outdoors with the sleds and we would have liked to have timers for the stacking cups area. It was not always easy when friends wanted to go do different activities, but we figured it out! Thanks for letting us play today!

Room 25 – Mme Jorgensen's class



AT OUR SCHOOL



Mme Kruk's Kindergarten class did an 'outdoor play challenge' for 2 weeks in February. They enjoyed a variety of activities such as painting the snow, pretend cooking and baking with kitchen supplies, a community walk and a park visit. They also played with snow inside the school, as it was extremely cold for a couple of days.



Hooray!

Grade 1 students from rooms 2, 4 and 7 had a great time winding down the week of Festival du Voyageur with group activities. Students from the 3 classes were mixed into groups and participated in Voyageur games, crafts, building snow sculptures in the front lobby, and building a voyageur camp with blankets and loose parts. Many French songs were sung around the campfire.

What a fun way to end the week!



Mme Banman's students have been busy in class exploring many active learning experiences.



Students danced a jig to fiddle music, just like the voyageurs liked to do in their free time. So much fun!

Students built and tested 3D objects to failure as they evaluated the relative strength of different construction styles. Students learned how structural engineers rely on fundamental geometry to design structurally sound objects and buildings.



Students designed and tested their own streamlined rocket ships while considering factors such as air resistance, weight, materials, length, shape, and placement of their fins to see which rocket would fly the straightest and the farthest.

Celebrating Festival du Voyageur



Mr. Bender's Grade 3-4 class celebrated Festival du Voyageur by singing songs, paddling our canoe desks across the Great Lakes, reading *The Voyageurs Paddle*, and watching a great video on the Fur Trade! Finally, we capped off our learning by decorating our own special voyageur paddles. The students had a lot of fun and were very creative! HE-HO!!



Polar Bear Recess

Students of Springfield Heights enjoyed a few days of Polar Bear Club Recess this winter. On the days where the weather was below -27 those students who were signed up for the Polar Bear Club Recess had a choice of indoor or outdoor recess. Dressed for the weather, those that headed outdoors for recess had smiles on their faces and rosy cheeks when they came in.



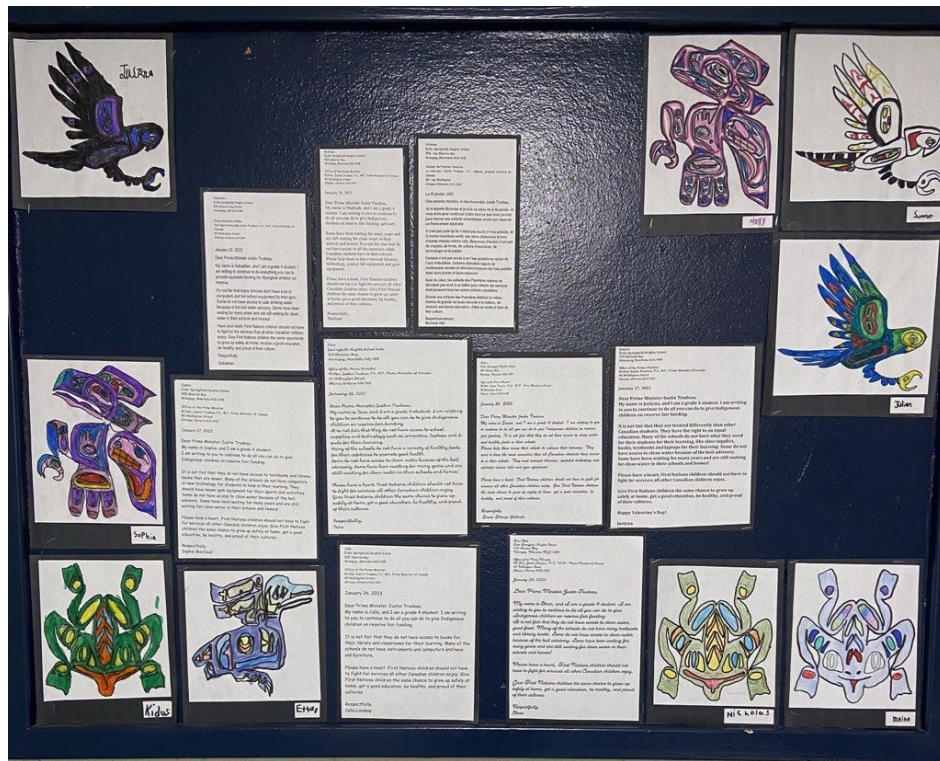
Write for rights!

The Grade 4 French Immersion students in Room 25 wrote letters to the government to voice their opinion to support Indigenous students living on Indigenous communities to receive the same amount of funding for education as other Canadian students receive throughout Canada.

Students learned and discussed how less funding would be challenging and not fair. They wrote letters to voice their concern and to make a change for the better. We support the Have a Heart for First Nation children campaign and mailed our letters to our Prime Minister, Justin Trudeau.

Students also created Indigenous Art based of the Northwest Indigenous art to complement our theme to fight for Indigenous students' rights to have fair funding for their schools. We believe that every child matters and should have every chance to succeed in their learning!

Mme Jorgensen and grade 4 students



Music Education

The music rooms have been busy since December! It was so wonderful to welcome everyone back to our first concert since before the pandemic. Students worked hard to memorize songs and lines and were able to put on a fabulous show! A special thank you to teachers for their hard work and collaboration in helping make props and practicing songs and speaking parts with their students in class as well as in the music room. It really was a team effort! Bravo!



Other events that took place this winter were Global School Play Day and Festival du Voyageur. In the music room, students had the most fun exploring the instruments and dressing in costume on Global School Play Day. It was wonderful to be able to sing French folksongs for the first time in 3 years during our study of French-Canadian music during Festival du Voyageur! Students had the opportunity to dance, play the spoons and use the “Bonhomme Gigeurs” (jigging dolls) while learning about the music of the voyageurs.

It has been a fabulous winter in the music rooms!



Physical Education

Volleyball Club

During October and November several of our grade 4 and 5 students participated in our lunch hour volleyball club. Students were taught basic volleyball skills as well as how to play the game using a Tripleball format. To conclude our club, students participated in a full court game using our giant pink Omnikin ball.



Winter Themed Gym Activities

On Tuesday, December 20th our Kindergarten-Grade 2 classes participated in many fun filled activities in the gym. Our Grade 5 students assisted in running winter themed stations which included a snowman maze, mini obstacle course, various cooperative games, and a selection of "Search and Find" images created by Salle 23.

Skating Day

On Tuesday, January 17th we held our annual skating day for our upper grades. All students in Grade 3-5 participated in skating, outdoor activities, and/or board games inside North Kildonan Community Club. A special thank you to Stacey and Trevor over at NKCC who were willing to host our school for the afternoon!





Cross Country Skiing

Our beautiful weather this winter allowed our Grade 4 and 5 students many opportunities to enjoy cross country skiing in our back field! Students learned the basics of how to ski during Physical Education classes and had a blast trying something new!

Tumbling Rally Club

Throughout January, February, and March our Grade 4 and 5 students have been preparing for the RETSD Divisional Tumbling Rally. This year, 48 gymnasts performed at Bernie Wolfe School on Monday, March 20th, 2023. Our gymnasts worked hard on rehearsing a mass warm-up routine, various gymnastics skills, and our own ÉSHS creative routine. A big thank you to Mme Kruk, Mme Meaghan, and Mme Finlay for helping Mrs. Buckinx and Mr. Humphreys with this group!



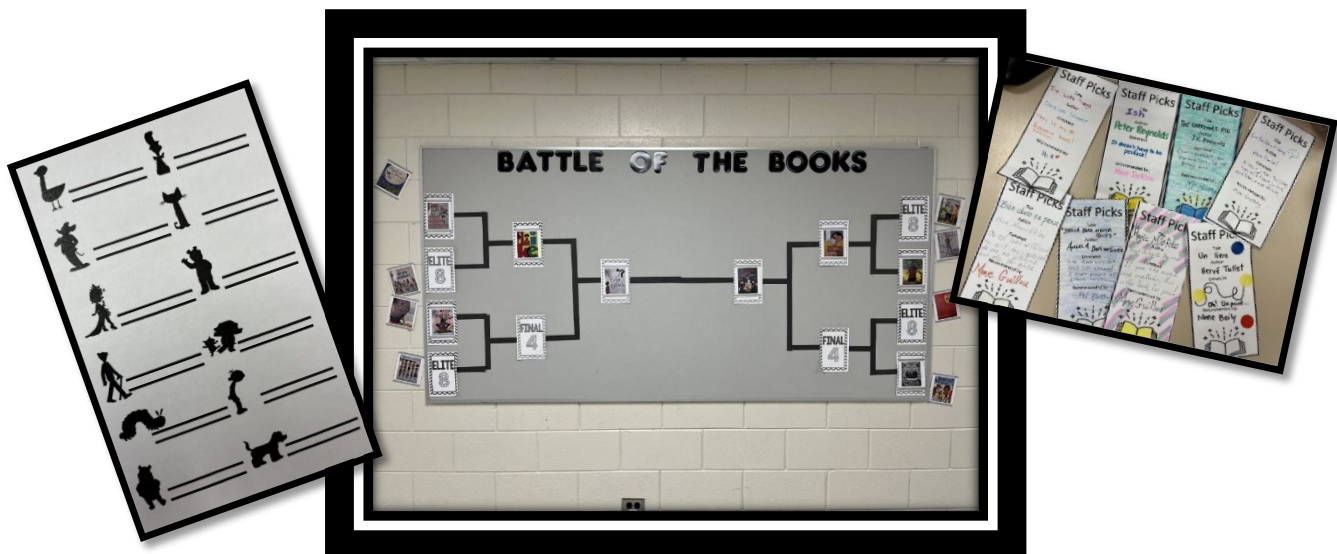
News From the Library Learning Commons

February was a busy month in the library!

Many important people were on display in the library for Black History Month. We highlighted books with black characters and their stories.



February was also I Love to Read Month! All month we had a Battle of the Books, classroom teachers read picture books to their students and the classes voted on their favourite. I loved hearing the conversations about the books, what they liked about them and why they should win. There were so many different opinions and great discussions! Many staff members also chose some of their favourite books to put on display. Finally, we had a Guess the Character contest. Silhouettes of book characters were displayed around the library and students could fill out a ballot to win a prize.



Makerspace is Open!

Supervisors: Mme Guillou, Mme Tracey, Ms. Okaluk, Mme Melanie, Mme Jorgensen & Mrs. Wickman

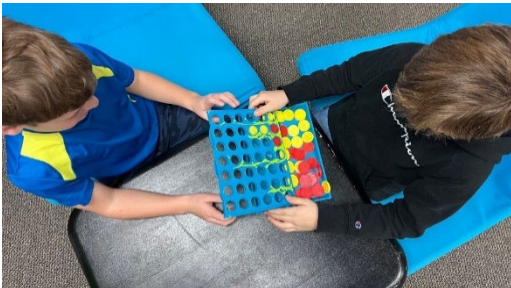
What is Makerspace?

Makerspace provides an opportunity for students to explore, be creative and meet new friends. It is located in the library and is open at lunch recess (11:45-12:15) on Tuesdays and Thursday. All Classroom teachers have two passes that they can hand out to students to join, with a goal of all students experiencing Makerspace at least once if they would like to try it. This is a great alternative for students who need something different at lunch recess, who would like to meet new friends or for something different to do. It also gives students an opportunity to connect with new teachers and to build relationships with other adults in the building.

What are some examples of the activities available?

- Cooperative games (i.e. cards, board games)
- Building opportunities (for example: marble run, block, magnets)
- Crafts
- Drawing/colouring
- Reading
- Lego wall
- Large Peg board/Geo board

Here are few snap shots of students and staff enjoying the Makerspace.



Festival d'hiver

In February we celebrated French culture with the 16th annual Festival d'hiver! The ÉSHS Parent Council, along with support of ÉSHS staff, hosts this family event each year. Festival d'hiver is a beautiful celebration of French culture, our kids and the school community.

The last time we were able to celebrate was in 2020 when we decided to change things up and have everyone eat together in the gym instead of in classrooms. We stuck with that plan this year and it was another great success! Our teachers do a really great job of supporting students in creating artwork and snippets of learning to post through the gym for us all to enjoy.

It is a huge team effort to pull this event off. At 3:30 pm the gym is bare and when folks start to arrive at 5:00 pm we have seating for 385 people, art and student learning displayed throughout the gym, a buffet of chilli and bannock and a full band set up!

A huge thank you goes to parent volunteers who fed us all with 26 crockpots of chilli! While we ate, we enjoyed the incredible talents of Bandaline, a Winnipeg French band. Finally, when the meal was done and entertainment delivered, we braved the extreme cold warning to enjoy a sleigh ride in the school yard.

Pulling off an event like this would not be possible without a great community of helpers - teachers, school staff, parents, grandparents and kids. Thank you!!!



Festival du Voyageur

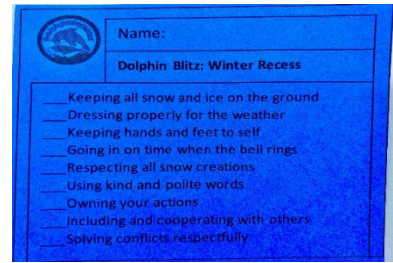
Hé! Ho! All students at Springfield Heights School celebrated our local métis, francophone Festival du Voyageur with activities, weaving crafts and a concert. Choir classes sang around the “campfire” and music classes were full of fancy footwork and shouts of joy as they danced to traditional French folk songs. We built school spirit by wearing traditional voyageur costumes each day of the week. There was a sea of toques, plaid shirts and sashes. Bannock and jam were distributed to everyone in the school community to give us all a taste of voyageur cuisine. We ended the celebrations with a concert featuring TiBert le voyageur and Douzie! Staff and students were amazed by TiBert’s many talents like storytelling, balancing items and juggling. Douzie dazzled everyone with a unique mix of traditional melodies on the fiddle and modern beats on his turntable. What a dance party it was – so much fun for everyone!












Safe and Inclusive School Committee

The Safe and Inclusive School Committee has had a busy winter. In RETSD, all schools use visual guidelines called “the matrix” to communicate expected behaviour. Teachers have been reviewing the Winter Matrix with all students over the past few months. All teachers have shared a visual Matrix with their students indicating what expected behaviours look like (e.g., dressing appropriately for the weather, respecting snow creations, keeping snow on the ground are all ways to show safety responsibility and respect in winter).

Students also participated in a Dolphin Tail Blitz to reinforce the positive behaviour they are showing on the playground! A “Dolphin Tail” is a ticket that students receive when they are caught doing something good or kind during recess. A “Blitz” is when students can win a school-wide reward by filling the dolphin by the gym with the dolphin tails they’ve received collectively for meeting expectations. The dolphin was filled twice, earning extra time at recess for the first reward and the second reward was a school-wide movie day. Well done everyone! Every act of kindness helps to make our school a better place!



ÉSHS LUNCH MATRIX		
BE SAFE	BE RESPONSIBLE	BE RESPECTFUL
 Follow adult instruction	 Wash your hands once you're back from recess	 Listen to adult and student supervisors
 Eat your own food	 Put away your lunch kit.	 After recess, grab your lunch and go straight to your seat.
 Stay seated at your spot	 Throw away garbage and recycling	 Use a level 2 or 3 voice

Next term, we will be highlighting the lunch matrix which supports student understanding of how to be safe, respectful, and responsible in the lunch program.

This Spring, our school is participating in International Day of Pink on Wednesday, April 12th. The committee is planning activities and a school-wide assembly to discuss why it is important to be kind and inclusive. Also, all staff and students will be invited to wear pink to school on that day.

IDEA: Ask your child what they remember about the winter matrix at ÉSHS. Ask what acts of kindness they have contributed to help make our school a better place.





Zones of Regulation©

You may hear your children talk about the zones. You may hear them talk about being in the green zone, or yellow zone or maybe they saw someone in the red zone or blue zone. They are talking about the Zones of Regulation. The Zones of Regulation© Curriculum was designed by Leah Kuypers, a licensed occupational therapist. The Zones of Regulation lessons and activities help students gain skills in the area of self-regulation. Self-regulation may also be identified as self-control, self-management, and impulse control. It is defined as the best state of alertness of the body and emotions for the specific situation. The state of alertness expected during recess, would not be expected in the library. Children learn to recognize the zone they are in and specific strategies to change or stay in the zone they are in. Children also develop an increased vocabulary of emotional terms as well as skill in reading other people’s facial expressions. They will learn to see how others see and react to their behaviour. They will gain insight into events that trigger their behaviour. They will learn calming and alerting strategies, as well as problem-solving skills.

Parents can help students practice their Zones of Regulation© skills outside of school. The following are strategies that parents can use to support children learning about the Zones of Regulation©:

- use the language and talk about the concepts of The Zones as they apply to you in a variety of environments. Make comments aloud so your child understands it is natural that we all experience the different zones and use strategies to control (or regulate) ourselves. For example, “This is really frustrating me and making me go into the Yellow Zone. I need to use a tool to calm down. I will take some deep breaths.”
- Help your child gain awareness of his or her zones and feelings by pointing out your observations.
- Validate what zone your child is in and help them brainstorm expected ways to self-regulate so their behaviour is expected for the context.
- Share with your child how his or her behaviour is affecting the zone you are in and how you feel.
- Help your child become comfortable using the language to communicate his or her feelings and needs by encouraging the student to share his or her zone with you.
- Show interest in learning about your child’s triggers and zones tools. Ask your child if he or she wants reminders to use these tools and how you should present these reminders.
- Make sure to positively reinforce your child for recognizing their zone and managing their behaviours while in it, rather than only pointing out when they are demonstrating unexpected behaviours while in a zone.

The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

Taking Care of the Earth and Others

We have set up a recycling center in the front lobby of the school. Through our recycling of the items listed below, we hope to be able to bring an awareness to our students of helping others by recycling and reusing items instead of disposing of them in the landfill. As well, we will highlight the importance of taking responsibility for recycling items that are important in the lives of our students, writing instruments and batteries. Students and families can bring items to school and deposit them in the recycling center. All recycling items will be collected throughout the year. As the buckets fill up, students will be involved in organizing items for distribution to organizations.

Eyeglasses

Don't throw away someone's chance for a clearer tomorrow! Donate your eyeglasses today! We will be collecting used eyeglasses which will be distributed to children and adults in developing countries. By 2017, this national organization had distributed 4,750,000 pairs of eyeglasses worldwide.



Hygiene Products

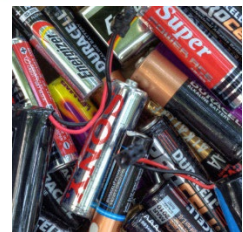
Individual packaged hygiene products will be distributed to local shelters or used in hampers.



Batteries

With the support of the Call 2 Recycle program, we are able to collect consumer dry cell batteries weighing 5 kg or less for recycling, this includes:

- Alkaline batteries (AA, AAA, etc.)
- Lithium ion (Li-ion) batteries
- Lithium primary batteries
- Nickel cadmium (Ni-Cd) batteries
- Nickel metal hydride batteries (Ni-MH)
- Nickel zinc batteries (Ni-Zn)
- Small Sealed Lead Acid (SLA) batteries
- Lithium ion (Li-ion) batteries for
 - electric bike
 - electric scooters
 - electric skateboards weighing 5 kg or less





Writing Instruments and Ink Cartridges

With the support of Staples, we will collect used ink cartridges and writing utensils including, pens, sharpeis, highlighters, markers etc. These items will be dropped off at Staples to be recycled.



Metal Tabs

Tabs from beverage containers such as pop cans, juice cans or other items such as fruit cans, pet food cans, etc. will be donated to the Tabs for Wheelchairs program.

You can also take tabs, cans or metal of any kind and size (appliances etc.) to **Western Scrap Metals Inc.** at

18 Sutherland Ave. Inform them that the value of what you bring is to go to Tabs for Wheelchairs to credit their account.



More about the Tabs for Wheelchairs Program

This is the 25th anniversary of the Tabs for Wheelchairs program. Since 1998, 52 specialized wheelchairs have been presented to children. Most of the recipients who have received their specialized wheelchairs up to this year were chosen by the Rehabilitation Centre for Children or the Society of Manitobans with Disabilities (now called Manitoba Possible). Over 170 schools and 268 companies as well as hundreds of individuals are saving tabs.

Tab Math

There are approximately 1500 tabs in a pound.

To purchase a \$6000 wheelchair, the organization needs:
approximately 14 million tabs which equals to about 9500 lbs.

To purchase a \$10,000 wheelchair, the organization needs:
approximately 24 million tabs which equals to about 16,000 lbs.

Recipients Waiting for Wheelchairs in 2023



Bernard will be 17 years old this summer and is in Grade 12. He plays wheelchair basketball for Team Manitoba within the Manitoba Wheelchair Sport Association. He has also competed with the Men's U23 National Team – Wheelchair Basketball Canada. His interests are, of course, basketball, music, Japanese cartoons, and fashion. Bernard has already played for the World Juniors and World Nationals. He is one of the youngest that has ever played for these teams. His immediate future plans, after graduation in 2023, will be to travel and compete on the Senior Men's Team with Team Canada. We will be so proud to be able to present him with not just a sport wheelchair, but a Top End Pro custom-built basketball wheelchair designed for athletes.



Hayden is 15 years old and is in Grade 10. Hayden is known for his smile, sense of humour and very kind heart. He has a younger sister whom he simply adores and loves to go to her hockey games to watch her play. When he is not getting his hair styled, he is busy online gaming with his friends, or spending the day outdoors quadding with his family. Presently, Hayden has a power wheelchair, but has a great need for a manual one. A manual one will allow him to continue to work on his fine motor skills by navigating around his house and going to places that are not power wheelchair (200-300 lbs.) friendly. It will be our pleasure to give him an ultralight manual wheelchair!

RETSD TV



RETSD TV connects with families to share tips from leaders across the school division on ways you can support your children today—right now—with their learning. These are system leaders who assist the school leaders, teachers, and other support staff in our division and with whom you may not be as familiar. Because in RETSD, we all work together in partnership with you, so we can educate our students—your children—to be inspired, skilled,

responsible citizens. This first episode provides tips for parents on how to support their children with home reading. Follow this link to see Assistant Superintendent Karen Boyd share tips about Home Reading [Episode 1: Home Reading Tips on Vimeo](#)

Mental Health & Community Resources

RETSD has compiled a list of phone numbers and website links to assist you in your search for mental health and community resources. The list includes information about resources for food support, shelters and help for homeless youth, as well as a number of counselling, crisis and addictions resources and services. Follow this link to access the information.

<https://www.retsd.mb.ca/page/11078/mental-health-community-resources>

Attendance Means Excellence



Regular school attendance is a significant factor in student success. The school division created a video to help parents understand the significance of regular student attendance. Follow this link to view this very important video.

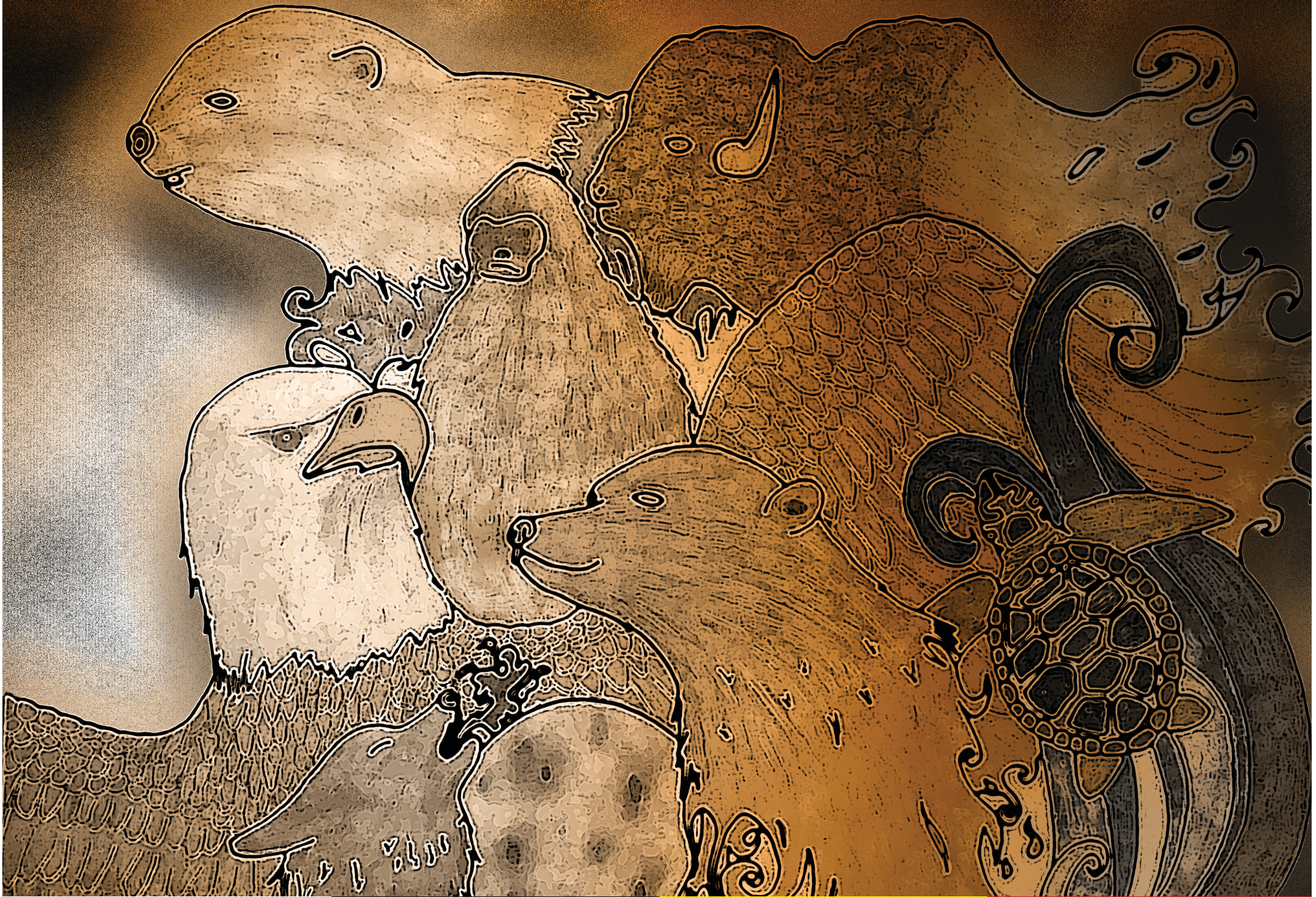
[Attendance Means Excellence.mp4 on Vimeo](#)

River East Transcona School Division

2023 POWWOW



ALL WELCOME
ADMISSION IS FREE
We Welcome and Include
LGBTQ+/Two-Spirit People



WHEN & WHERE

Thursday, May 11, 2023
Collège Miles Macdonell Collegiate
757 Roch St.
(Kimberly Ave. & Roch St.)

TIMES

Pipe Ceremony: 4 p.m.
Dancer/Drum Registration Begins: 4 p.m.
Community Feast: 4:30 p.m.
Grand Entry: 5:45 p.m.
Closing Ceremony: 7:45 p.m.

MASTER OF CEREMONIES

Coco Ray Stevenson

ARENA DIRECTOR

To Be Announced

HOST DRUM

Buffalo Red Thunder
Walking Wolf Singers

CONTACT

Leanne Smith

204.669.9412, ext. 2967

First 10 Guest Drums and 150 Dancers
Registered Will Receive Honoraria

Honour Song to Recognize Grade 12
Students Leaving the Division and
Those Graduating

For the Sake of Mother Earth, Please
Bring a Refillable Water Bottle, if
Possible



RETLife Programming



RETLife provides exciting opportunities for community members to participate in leisure and recreational programming at schools throughout the RETSD division. All activities allow **you** to stay close to home! New classes have been added to our list for the spring – and even more are in the process of being added shortly!

<p>New RETLife classes include:</p> <ul style="list-style-type: none"> • <u>Kids Can Draw (6 – 8 years)</u> • <u>Kids Can Draw (8 – 12 years)</u> • <u>Sketching and Drawing</u> • <u>Yoga</u> • <u>Mental Health First Aid for Adults Interacting with Youth</u> 	<p>Coming soon to RETLife!</p> <ul style="list-style-type: none"> • Parent and Child – Learn to Jig Together • WHMIS • Flag Person Training • Basic Life Support (for medical professionals) • Food Handlers • Parent and Child Yoga
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Make sure to follow [RETLife](#) on Instagram and Facebook for updates!

Income Tax Service



CONTACT FREE INCOME TAX DROP OFF SERVICE

March 1- April 28, 2023

Access River East, 975 Henderson Hwy, Monday to Friday 8:30-4:30pm
 COMPLETE AND SIGN THE TAX INFORMATION SHEET AND PUT IN A SEALED ENVELOPE WITH YOUR TAX PAPERS AND RECEIPTS.

Please note if you need help and would like in person, you can sign up on the same form.

You will need: Valid government photo ID, T4 copy of last payroll, T4E T5007 statement of employment insurance and other benefits, RC62 universal childcare benefit statement, childcare benefits and expenses, medical receipts, rent assist receipts.

FAMILY INCOME ELIGIBILITY

- One person: Up to 35,000
- Two-person household: Up to 45,000
- Add \$2500 for each dependent

NOT ELIGIBLE IF:

- Self employed
- Filing a deceased return
- Employment expenses
- Are filing a Pre/Post Bankruptcy Return
- Capital Gains, Farming Income, Commission Income, Investment Income over \$1,000, Professional/Business Income, Rental Income

CONTACT FREE INCOME TAX DROP OFF SERVICE

March 1- April , 28 2023

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8:30-4:30pm

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Community Volunteer Income Tax Program (CVITP)

The CVITP is

A collaboration between the Canada Revenue Agency (CRA) and community organizations. The community organizations host free tax preparation clinics and arrange for volunteers to prepare income tax and benefit returns for eligible individuals who have a modest income and a simple tax situation.

You will need: Valid government photo ID, T4 copy of last payroll, T4E T5007 statement of employment insurance and other benefits, RC62 universal child care benefit statement, childcare benefits and expenses, medical receipts, rent assist receipts

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**Contactless Drop-off form for the
Community Volunteer Income Tax Program (CVITP) 2023**

Please fill out ONE (1) Sheet per Adult in your household who are getting their taxes done. Married or Common-Law couples MUST get their taxes done at the same time. If you have children, the person who receives the Canada Child Benefit must include them on their form.

Please Include any slips you may have received, Receipts for Rent, medical expenses or childcare or if you own, your property taxes for the tax year.

We will be able to get any slips that have been sent to the CRA but will only file with the information we have been given. You must include everything for an accurate tax filing.

Taxes can be filed from 2013 – 2022. Please indicate if prior years are required.

Please tell us if you need extra help filling out these forms for your taxes. We will contact you to make an appointment.

Name: _____

Phone Number: _____

WE CANNOT FILE IF:

You were self employed

Had rental income

Had Capital Gains

Filed for Bankruptcy in 2022

The person passed away in the year to be filed

If you have any questions, please email cvitp.ypn.mb@gmail.com

PLEASE NOTE: TAX DOCUMENTS ARE PICKED UP AND DONE WITHIN A WEEK OF DROP OFF AND WILL BE RETURNED TO THE DROP OFF LOCATION. YOU MUST PICK THE DOCUMENTS UP WITHIN 2 WEEKS OTHERWISE THEY WILL BE DESTROYED. TAX SLIPS CAN BE FOUND ONLINE WITH THE CRA OR BY CALLING 1 800 959 8281.

WE WILL MAKE EVERY EFFORT TO CALL YOU BEFORE WE FILE YOUR TAXES, HOWEVER WE WILL FILE IF WE CANNOT REACH YOU.

IDENTIFICATION INFORMATION

YOUR NAME _____

DATE OF BIRTH (DD-MM-YYYY) _____

SOCIAL INSURANCE NUMBER _____

MARITAL STATUS ON DECEMBER 31, 2021 _____

CURRENT MAILING ADDRESS _____

CURRENT POSTAL CODE _____

CURRENT CITY _____

CONTACT PHONE NUMBER _____

EMAIL ADDRESS (FOR T1 SUMMARY) _____

(NOTE: WE WILL NOT BE PRINTING SUMMARIES, ONLY EMAILING IF REQUESTED)

WHAT WAS YOUR PROVINCE OF RESIDENCE ON DECEMBER 31, 2022 _____

DID YOU IMMIGRATE TO CANADA ANYTIME DURING 2022? (DD-MM) _____

ARE YOU A CANADIAN CITIZEN? YES or NO

IF YOU ARE A CANADIAN CITIZEN, DO YOU AUTHORIZE CRA TO SHARE YOUR INFORMATION WITH ELECTIONS CANADA? YES or NO

DEPENDANT INFORMATION

CHILD'S NAME _____

DATE OF BIRTH (DD-MM-YYYY) _____

CHILD'S SIN (If known) _____

ARE THEY ELIGIBLE FOR THE DISABILITY TAX CREDIT (must have received letter from the CRA) YES or NO

CHILD'S NAME _____

DATE OF BIRTH (DD-MM-YYYY)_____

CHILD'S SIN (If known) _____

ARE THEY ELIGIBLE FOR THE DISABILITY TAX CREDIT (must have received letter from the CRA) YES or NO

(PLEASE USE THE BACK FOR ADDITIONAL CHILDREN)

ADDITIONAL INFORMATION

DO YOU HAVE A T2201 DTC CERTIFICATE ON FILE WITH THE CRA? YES or NO

IF YOUR SPOUSE/PARTNER OR DEPENDENT QUALIFIES FOR THE DTC, WILL YOU BE CLAIMING THE CAREGIVER CREDIT? YES or NO

DO YOU QUALIFY FOR THE PROVINCIAL CAREGIVER CREDIT? YES or NO

DID YOU RENT IN 2022? YES or NO

HOW MUCH DID YOU PAY FOR THE YEAR? _____

DID YOU QUALIFY FOR RENT ASSIST? YES or NO (PLEASE INCLUDE SLIP IF SO)

DID YOU OWN YOUR HOME? YES or NO (PLEASE INCLUDE A COPY OF YOUR PROPERTY TAXES)

DID YOU HAVE ANY MEDICAL EXPENSES? YES or NO (PLEASE INCLUDE ANY RECEIPTS)

DID YOU HAVE ANY DONATIONS IN 2022? YES or NO (PLEASE INCLUDE ANY RECEIPTS)

DID YOU HAVE ANY CHILDCARE EXPENSES, ARTS EXPENSES OR SPORT EXPENSES FOR YOUR DEPENDENTS? YES or NO (PLEASE INCLUDE ANY RECEIPTS)

ÉCOLE SPRINGFIELD HEIGHTS SCHOOL
IMPORTANT DATES
2022-2023

March	24	Last Day of School before spring break (regular dismissal time)
April	3	Classes Resume Day 5
April	7	Good Friday (School Closed)
April	14	Coordinated Day (No Classes All Day)
May	22	Victoria Day (School Closed)
May	29	Coordinated Day (No Classes All Day)
June	30	Last Day of Classes Before Summer Break
June	30	2:30 Dismissal

Spring is Coming!



Rubber boots and dry socks are a necessity for students as spring arrives. Spring brings warmer weather, but it also brings melting snow, puddles, and a very wet playground. Please ensure children come to school in rubber boots. It is also a good idea to pack several pairs of extra socks and maybe an entire extra set of clothes, along with a plastic bag to store wet clothes. Students have three recesses every day and although we ask students to stay out of puddles, sometimes children get wet. With over 400 children at school, we are unable to dry the wet clothes.

