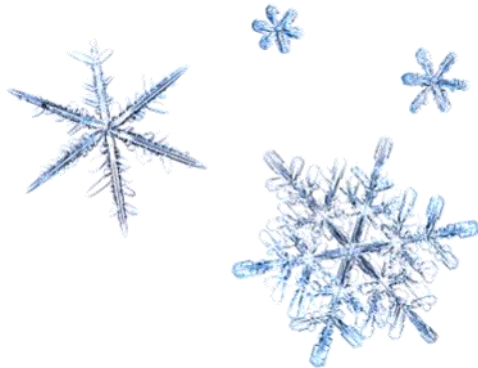


École Neil Campbell School

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Principal: Ms. C. Qua

Vice-Principal: Mme S. Cockriell



DECEMBER

Newsletter 2023

Your River East Transcona School Division Trustees

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The Board of Trustees meets the first and third Tuesday of each month. You are welcome to attend, either in person or online. For more information about the Board of Trustees, visit: www.retsd.mb.ca > Your RETSD > Board of Trustees

Message from the Principal

Happy New Year! Welcome 2024!

I hope everyone had a fun and relaxing winter break. It is hard to believe that we are almost through the first half of the school year. Your children have been working hard and being engaged in meaningful classroom and school activities.

Thank you for coming to our winter concert in December. The children worked so hard, and it was exciting to see how proud they were to show you their hard work! Thank you for your feedback and for donating to the silver collection to pay for the sound and lights. We collected almost all the money we needed to pay for this. Thank you to Mrs. Groess and to the rest of the staff for working together to execute an exceptionally good concert!

I hope that your children are coming home excited about clubs this year. Every teacher on staff including myself and the vice-principal Mrs. Cockriell have a club in the 6-day cycle. The students are participating and are enjoying all the extra activities offered to them during the school day. The teachers are offering clubs across the grades k-5. Ask your children what clubs they have joined! The clubs range from reading, sports, games and arts and crafts.

In December the students participated in a "Kindness Blitz". We had an assembly where the students were reminded of school wide behaviour expectations and our school motto of Be Safe, Be Respectful and Be Responsible. Every day for the month of December the students were challenged to do acts of kindness for others. The students were then awarded a "snowball" that we collected and put on a board beside the office. When the snowman filled up with "snowballs" the students won a school wide movie and chips that happened on the last day of school in December!

Thank you to the many parents who have volunteered in the school this year as office helpers, classroom helpers or field trip volunteers. We also have volunteers on lunch program committee and Parent Council. We appreciate your support and know that positive parent support makes our learning community stronger. Thank you!

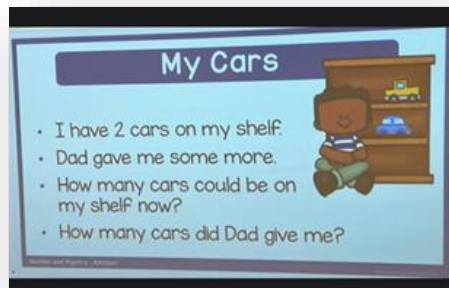
Warm regards,

Christi Qua



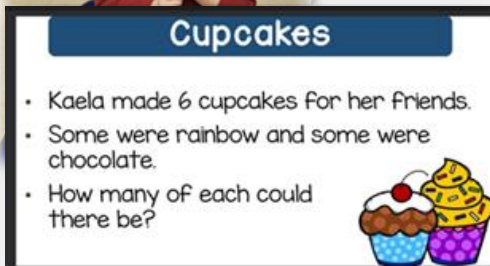
Kindergarten!

The Kindergartens are very lucky to have had spent the last 6 weeks with Mme Chubey, the division's numeracy co-teacher. She had us expanding our mathematical thinking skills by solving open-ended problems and talking about how we arrived at the solutions that we did. She also supported our play based learning by always talking about math with us. No matter if it was having us count the number of Lego pieces we were using to build our projects, or making a pattern with the Hot Wheels, or sorting the kitchen food items we had in our shopping carts, she had us thinking! We were lucky to have been chosen for her first 6 week block of time and hope she will be back in the Spring to work with us again.



My Cars

- I have 2 cars on my shelf.
- Dad gave me some more.
- How many cars could be on my shelf now?
- How many cars did Dad give me?



Cupcakes

- Kaela made 6 cupcakes for her friends.
- Some were rainbow and some were chocolate.
- How many of each could there be?



Greetings from Ms. Sherby's Class!

Gingerbread People

STOP, STOP!!! Have you seen our Gingerbread people? Come and read our posters about them. Our Gingerbread people are missing! OH NO!!!! We drew them for you too. If you find them, please give them back to us.

Written by the Fabulous Bakers in Room 3



Holiday Door Challenge

Please check out our holiday I SPY door! Students were grouped into four groups and took items from home and organized them for our I SPY door. We counted and wrote lists about the items. We then discussed what we saw and talked about concepts of size, estimation, shape, and colour. We had a blast creating and decorating our door for our Holiday Spirit Week door challenge day!



What are Zones? By: Grade 1, Room 4

Do you know what Zones are? You may have heard of zones when you're playing sports like hockey or football but that is not what we are talking about. The fancy long version of our zones is that they are called the Zones of Regulation but we just called them Zones for short.

Our zones talk about how we are feeling. There are four zones and each one has a different colour. If you are in the Blue Zone, that means that you are feeling: tired, sad, shy, sick or hurt. If you are in the Green Zone, that means that you are feeling: focused, proud, happy, good, appreciated, and ready to learn. Being in the Yellow Zone means that you might be feeling anxious, frustrated, grumpy, distracted, confused, nervous, worried, or excited. Hopefully you will not be in the Red Zone, but if you were, you might be out of control, very angry, furious, or scared.

We hope to always be in the Green Zone, but it is okay if you are not. You just need to use a strategy to help you get back into the Green Zone if you are in the Blue, Yellow, or Red Zones. There are lots and lots of different strategies that we can use to get back in the Green Zone. We will tell you about some of our favourites.

You can use a fidget toy or pop-it toy or a squishy ball, to help you to relax and calm down. We have a small pedal bike machine that we can use if we are in the Yellow Zone and need to get out some of our energy to help us calm down. We have an old-fashioned phone we can use to talk out our worries so that we feel better or we can also talk to a friend to help us feel better. We can put our head down and rest on our desks if we are feeling tired and in the Blue Zone. We can draw or write to help us feel better. We can have a snack to help us not feel "hangry" (that means when you feel angry just because you are hungry). We can have a drink of water or go for a walk around the room. There are lots of different breathing strategies that we can use to get back in the Green Zone. Our five finger breathing is great because we always have our hands with us to help us, but we also have some fun breathing mazes that we can trace along and breathe in and out with to calm down. We have a rainbow, a lion, an ocean, a groundhog tunnel a clover, and a star. We have a "Chill Zone" which is a special quiet area in the classroom where we can go to have some alone time to calm down. Mme Cooke taught us how to do hand pulls if we are having too much energy or are feeling frustrated. She also taught us a noticing strategy where you use your five senses to notice different numbers of things around you and this can help you to calm down by distracting you from what is making you feel upset. We also talked about the size of the problem that is making us upset since sometimes a problem that seems big might actually be a small problem, which means that it is something that we can fix today without too many people. We practiced these strategies when we were in the green zone so that we were ready to use them whenever we were not in the Green Zone. If you have any questions please ask us. We would be super happy to help you! Have a great day!



Grade 1, Room 5 Fun!

We can't believe that l'automne is over and we are already in l'hiver. In October, our class had a great Field Trip to the Winnipeg Art Gallery. We saw Inuit sculptures and learnt about Indigenous story telling through art. We even had the chance to make a beautiful print with special printmaking ink. We continue to learn about Truth and Reconciliation in class with stories, activities and discussions. We talked about Remembrance Day and how it is important to always be kind to others and celebrate peace. We had a super fun day doing coding in the library. We coded a mouse to get to a piece of cheese. We made musical instruments in science class. We used our fine motor skills and cut out many circles for our colorful Christmas tree on our class door.



We all sang beautifully at our Holiday Concert. It was exciting to be up on stage and perform in front of our families and friends. Thank you to everyone who came out to see us perform. We are looking forward to our Spirit Week and all the fun things we get to do. Happy Holidays everyone!



Mme Gudmundson's Grade 2

WISE Kidnetic Energy is a science based community outreach program offered by the University of Manitoba. A student from the U of visited our class to introduce us to coding. We got the opportunity to work on small groups to code/ program electronic mice to move to get the cheese!

It was a pleasure to meet with families in person and virtually during Parent -Teacher Conferences to share your children's success!

December brought practices for Christmas concert and the performance. We've created a bulletin board that asks, "Qu'est-ce qui vous apporte de la joie?" (What brings you joy?) Some replies were, watching a movie with family, and when a student's cat purrs. We've decorated our classroom door as part of Spirit Week that occurred the last week of school before the break. We also went on a field trip that week to the Canadian Human Rights Museum to participate in the program, My Rights, Your Rights.



From your Grade 2/3 friends in Room 6!

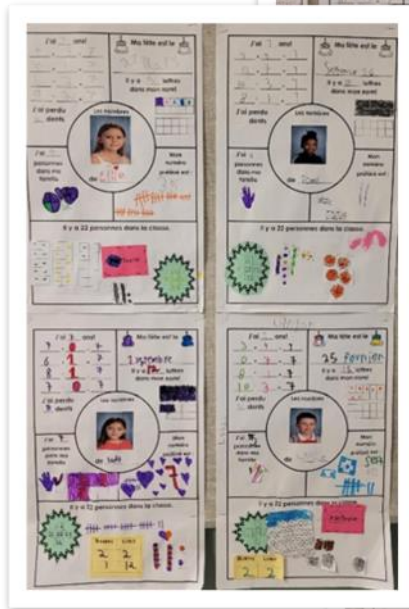
Math About Us!

Come and learn all about us and the math in our lives! Look at all the different ways we can represent a number! We used base 10 blocks, fingers, money, tally marks, a place value chart, etc. Can you think of other ways to represent a number?

Les nombres de salle 6!

Venez apprendre un peu plus au sujet de nous et des mathématiques dans notre vie ! Regardez toutes les différentes façons de représenter un nombre ! Nous avons utilisé des blocs de base 10, des doigts, de l'argent, des marques de pointage, un tableau de valeurs de position, etc. Pouvez-vous penser à d'autres façons de représenter un nombre ?

Mme Sabourin



Mrs. Verhaeghe's Grades 2/3 Class

December highlights include coding Robot Mice and earning a class Pyjama and Stuffie Day! Mrs. Buchanan, our Teacher Librarian brought WISE Kid-Netic Energy during Hour of Code week so that each class could work together to practice their coding skills using Robot Mice. The students did their Home Reading and played their Math Game to collectively reach 103 stars! This earned them a choice of activities and of course they chose PJ and Stuffie Day.

During Storytime we are reading Jamie Oliver's new book *Billy and the Giant Adventure*. In writing we are putting the final touches on our stories called, *The Hungry Crocodile* and look forward to sharing them with other classes. In Math we are learning to use a variety of strategies for addition. During Health, Ms. Cooke, our School Counsellor continues to guide us in MindUP active learning to practice developing social emotional learning. The students were so proud to share their musical learning in our Winter Concert. In Science we have started learning about structures and in Social Studies we are exploring our world through human rights and responsibilities. In Art we used our math skills to identify shapes as we folded and cut paper to create unique snowflakes. Did you know that no two snowflakes are alike, just like people?



Room 15!

We have been busy in room 15. Now that winter has arrived, students are excited to finally play in the snow! Our class really enjoyed being part of the winter concert. We got to sing so many fun songs! It was lots of fun to have our school holiday spirit week this week. Our favorite dress up day was pajama day. We enjoyed the classroom door decorating challenge. Our class chose to decorate our door like a gingerbread house or "maison de pain d'épice". We completed an art project and used acrylic paint to finger paint various holiday ornaments to give as gifts to our families. We are looking forward to doing some more holiday themed activities such as decorating ugly Christmas sweaters before the break. Here are a few pictures of our decorated door! Hope you enjoy!!

Scheelar & Earle



Bonjour et Bienvenue à la salle 9!

Joyeux temps des fêtes and Happy Holiday season to everyone!

It was great to meet many of you during in-person and virtual student-led conferences. Thank you to those who were able to attend.

We were into the holiday spirit by practicing for and participating in our holiday concert. We have also had a chance to decide how to decorate our classroom accordingly. It is always so nice to be able to gather and celebrate music!

In class, we have been writing and editing stories about the North Pole. We have also been listening, watching, discussing and writing about the Nutcracker. We have written French poems and hope to create some holiday art to go with our writing!

Best Wishes!

Mme Sotiriadis's Grade 3 class



Room 14's Fabulous Threes and Fours!

The Fabulous Threes and Fantastic Fours have been a busy group of kind and hardworking students.

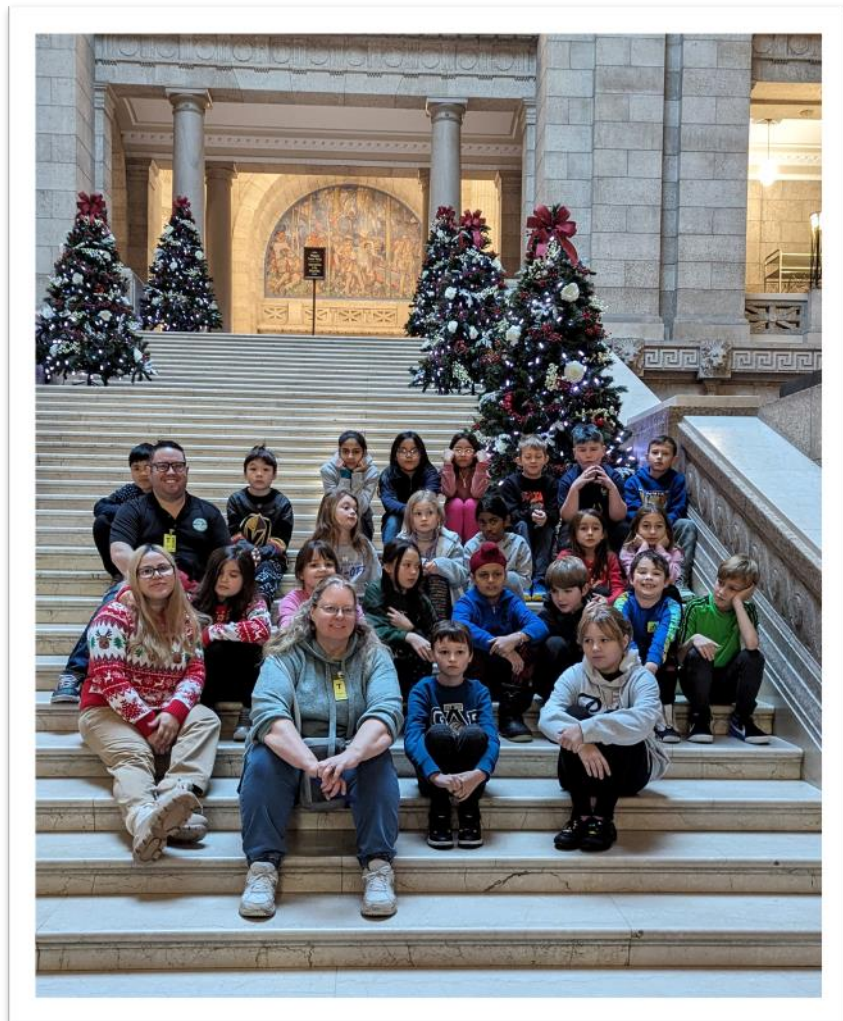
We have been experimenting with paint in art class, learning new words like gradient and silhouette, as we paint winter art scenes. The students enjoyed letting their creativity out, and some students even tried adding pastel into their creations to enhance the look. What a creative and imaginative group!

We recently embraced some of our learning about democracy by heading to the Manitoba Legislative Building for a field trip! We got to tour the building, meet our local MLA, enjoy lunch, and have a classroom session all inside the beautiful building. What a rich learning experience.

We also had the joy of participating in the school wide Mac and Cheese Domino challenge - we set up an amazing domino course, and felt great knowing after our fun, the food would be donated to the Christmas Cheer Board.

Believe it or not, our kids are excited about learning division in Math when we come back from the break!

Mr. Moffatt



Room 19 - Grade 4 and 5

Students in room 19 are as busy as always! We are continuing to add artifacts to our Anishinaabe moon cycle calendars every new moon. In math we are working on a project where students represent their extraordinary numbers in multiple ways.

We had so much fun at the Manitoba Moose Project 11 hockey game with room 18! It was so cool to be at Canada Life Centre with other students from across Manitoba. The game featured messages from Manitoba Moose and Winnipeg Jets players on various topics about mental health and wellness.

Among the hustle and bustle of preparing for the winter concert, students participated in Hour of Code where students are challenged to take one hour out of their day to learn about computer science. Volunteers came to our school to show students how to program robots using tablets and we had so much fun! Thank you Mrs. Buchanan, our awesome library teacher, for arranging all of this for us!

Mme Arcand

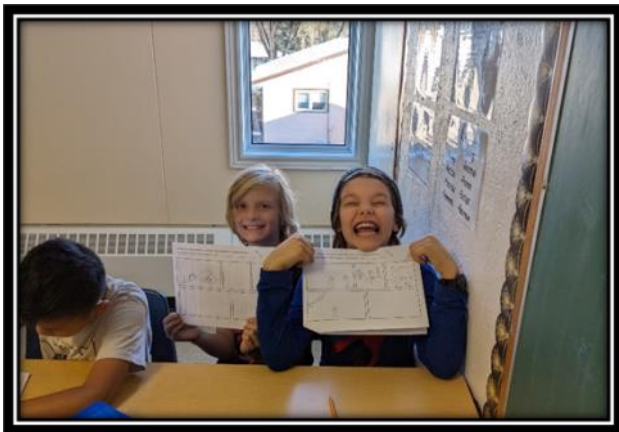


Mr. Campbell and Room 18

Hello again to all the grade 4/5 families! These past few months have absolutely flown by with many different exciting experiences and learning opportunities. Our students did such an amazing job with their concert performances and the practice time leading up to the big event – I know Mrs. Groess and many other staff spent countless hours ensuring that it ran smoothly, and it sure paid off! As far as in the classroom, we are currently in the process of composing our own persuasive paragraph pieces after some time spent creating a shared piece together as a class. In the art section, we have begun to learn more about the work of a famous Indigenous Canadian artist from the Bingwi Neyaashi Anishinaabek First Nation, Norval Morrisseau. His artwork uses an Eastern Woodland style which our class has referenced while creating our own Morrisseau-inspired pieces of art. We are also quite fortunate to have the Teacher Librarian, Mrs. Buchanan, who organized a session of coding for our entire school. Students spent this time working with their classmates to create a chain of codes to control the movements of a robot. This first half of the year went by so quickly and I cannot wait for what is to come!

Hope you had a great winter break!

Mr. Campbell



News from Grade Five in Room 20

Room 20 Newsletter December, 2023.

December has arrived and with it we are coming very close to the end of the calendar year when some people look back on the year that was and set goals for the year ahead.

For the learners in Room 20, goal setting began in earnest a few weeks back when we started to set SMART Goals for ourselves every Monday and self assess ourselves twice a day to reflect on the work we're putting in to be successful learners, in our Grade 5 classroom.

SMART Goals are wonderful and simple way for everyone to take a step back, reflect and work towards achievement because they are not too big, within reach, easy to measure, personal for each learner and assessed over a short period of time.

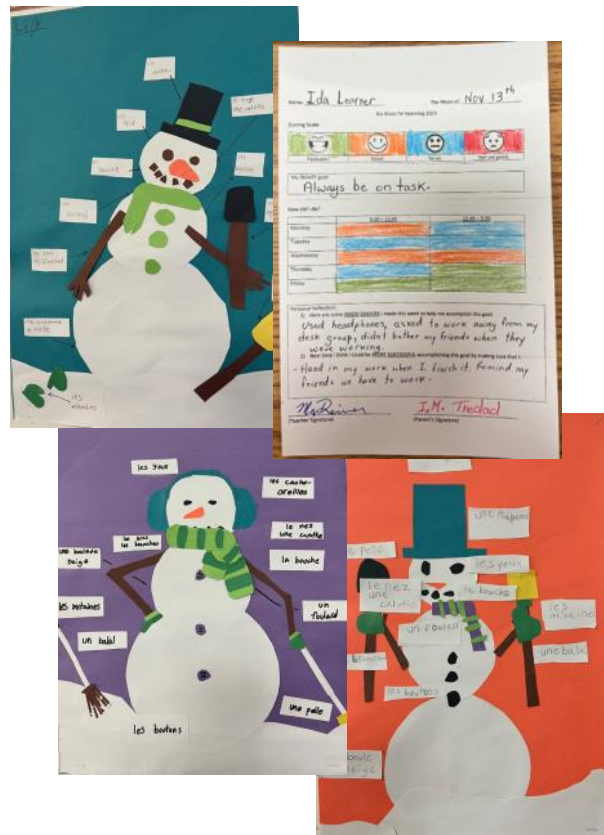
Our SMART Goals are currently focused on goals from the Classroom Matrix that we built together earlier on in September. Each learner is responsible to choose one of the nine directives and focus on improving their choices towards following that specific directive more closely for the week.

Please watch for these forms coming home after the break and feel free to discuss with and support your learner as they work towards achieving their goals.

We'd very much like to wish our whole school community a very happy holiday season and we sincerely hope that your winter break is restful, relaxing and filled with extra time with family and friends.

Sincerely,

-Mr. Reimer and all the learners in Room 20.



Music Notes



On December 12 and 13th, all of the students at Ecole Neil Campbell School took part in musical performances. The grade 1-5 students did an amazing job performing their songs in the musical “I Need a Winter Vacation”. The musical featured 32 grade 5 student actors who told the story of students who get stuck in the school over the winter break. All of the students worked hard to learn their songs and choreography. The grade 5’s auditioned for the acting parts, practiced their lines at home and spent countless lunch hours and some recesses rehearsing with the cast in preparation for the performance. Their hard work and dedication was evident in the stellar performance that they delivered.

On the morning of December 13th, the newest Neil Campbell Stars performed in front of a packed gym for their very first concert at the school. Each class performed 2 songs of their own and took part in the 2 group songs at the end. Olive and Ava were the emcee’s that kept the audience entertained while each new performing group travelled to the big stage. The kindergarten children did such a wonderful job learning songs about snow in English and in French with actions. They were truly Neil Campbell Stars and we are so lucky to have them as part of our team!

These performances would not have been successful without all of the hard work and dedication of each and every person of our school. We are beyond proud of all of the students and staff for their efforts. Thank you to the community for filling the chairs in support of our students and cheering on their performances.



The Well-Being Committee

It's COOL to be KIND!

For the month of December, students at École Neil Campbell School were being recognized for giving compliments to one another, being polite, holding the door for others, sharing, helping when someone is hurt, etc. When a student was noticed for being kind, they were given a “snowball” to be added to one of our 3 snowmen. Once the 3 snowmen were filled, students were rewarded with a school wide movie day! Ask your child what they've done to show others they care!

- The Wellbeing Committee



Literacy Committee

Writing is an important part of developing your child's literacy skills. Writing every day can help students become better readers and develop their critical thinking skills. After writing, have your child read back what they have written and edit anything they want to change. There are a variety of ways in which you can help encourage your child to write at home. Here are some fun ideas:

- Write a letter to a friend or family member and send it in the mail
- Write down a favourite recipe
- Make a grocery list with all of your favourite foods
- Create your own comic book or short story
- Write about what you do each day in a daily journal
- Write a review about a favourite book or movie
- Make a "bucket list" of activities you would like to do over the break
- Write thank you cards to family or friends
- Write an acrostic poem with the word "WINTER"

As students in the River East Transcona School Division, you all have access to using the Sora App for **free!** The Sora App is an online platform where you can check out a huge variety of eBooks and Audiobooks to read on devices at home or at school. They are books for children, teens, and adults!

How to Access Books for FREE through the Sora App!

- Download the **Sora App** or go to <http://soraapp.com>
- Click on or Search for "**River East Transcona School Division**"
- Click on "**Sign in using River East Transcona School Division**"
- Sign in using your student email and password (same as for Teams!)
- Browse and sign out eBooks and Audio books to read on your devices!



Resource Department

Reading can take many forms including environmental print (recognizing signs in the community – McDonald's or Bronx Community Centre) to reading the names of foods on packaging such as Cheerios and Shreddies. Reading paper books is important, but e-books may also encourage your child to engage with reading. Some platforms will read the story or book aloud while highlighting the words to encourage your child to follow along. Taking a trip to your local Winnipeg Public Library can be a fun family outing and the children can bring books home to share. Check out the Library Services link on our school website under Program and Services for Sora, Tumblebooks and Winnipeg Public Library links.

From your Resource Teachers – Ms. Walker and Mrs. Pauls

Children love routine, and reading is something that you and your child can look forward to every day. By taking the time to read with your child, you show him or her that reading is important and fun to do.

Try to read with your child as often as possible. It's the best thing you can do to help him or her learn at school! It also allows you to spend time together in an enjoyable way and to build a strong and healthy relationship.

- ▶ *Start reading with your child when he or she is a baby.*
- ▶ *Set aside a special time each day when you can give your full attention to reading with your child.*
- ▶ *Choose a comfortable spot to read, where you can be close to your child. Make it your "reading place"! Set aside a special shelf in that area for your child's books.*
- ▶ *Choose a variety of books.*
- ▶ *Vary the length of reading time according to your child's age and interests. For young children, several short sessions (of 10 minutes each) may be better than one long session (of 30 minutes).*
- ▶ *Read slowly so that your child can form a mental picture of what is happening in the story.*
- ▶ *Praise your child for his or her ideas and participation!*
- ▶ *When you and your child are away from home, take along books, magazines, and books-on-tape for your child to read and listen to.*
- ▶ *Keep reading to your child even after he or she has learned to read. By reading books that will interest your child but that are challenging, you can stretch your child's understanding and keep alive the magic of shared reading.*

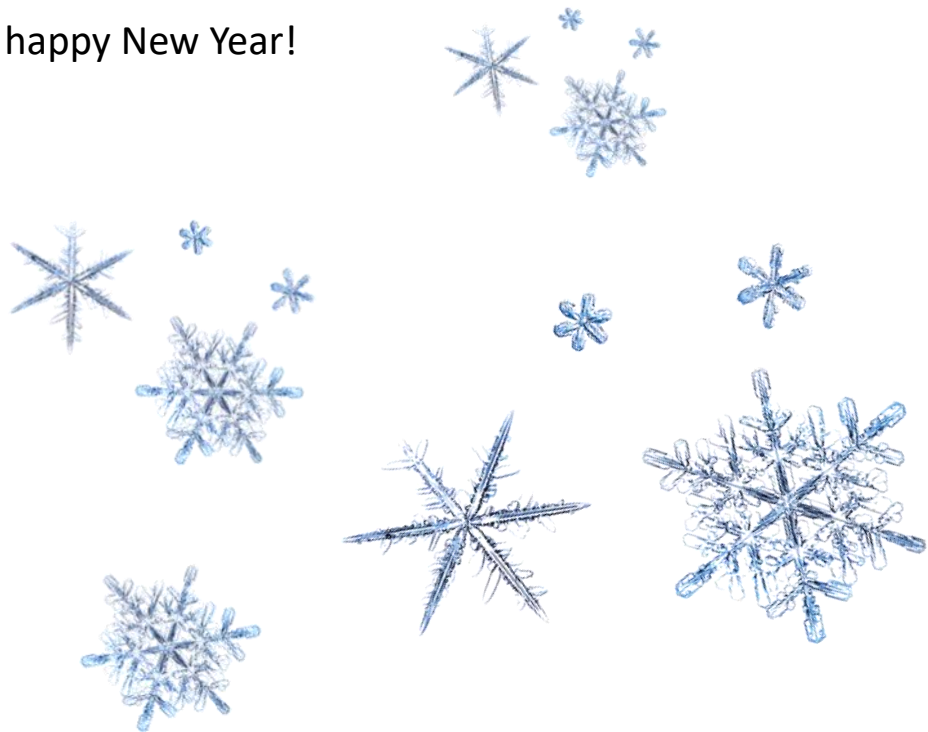
Read Every Day!

Guidance Department

Happy winter! The past month has been a month of excitement for many of our students and all looked forward to two weeks of rest. Several classes have learned about their brain and the parts of the brain involved in experiencing emotions and the ability to regulate big emotions. Mr. Reimer's class has extended their learning regarding mindfulness and is beginning to apply these principles to characters in a novel. They are able to differentiate between emotion mind, reasonable mind and wise mind in these characters and in themselves.

I wish all of you a happy New Year!

Ms. Cooke





Numeracy Committee



The holiday season is the perfect time to blend the joy of baking with the magic of math for young learners. By incorporating simple math concepts into holiday baking activities, children can enhance their numerical skills. Here are some ideas!

1

Measuring Madness.

Teach kids about measurement by involving them in the process of measuring ingredients. Discuss concepts like cups, teaspoons, and tablespoons.

2

Counting Confections.

Turn cookie decorating into a counting exercise. Ask children to count the number of cookies they have baked or the decorations they have added.

3

Money

Introduce a basic budgeting concept by assigning ‘costs’ to ingredients. For example, give each child a set amount of “money” and have them price the ingredients they use and the total cost of their baking.

4

Shape Exploration

Cookie cutters come in various shapes and sizes. Introduce geometry by discussing shapes such as circles, squares, and triangles. Have children identify and name the shapes as they cut out festive cookies. You can also explore concepts like symmetry by decorating one side of the cookie and challenge them to replicate on the other.

5

Recipe Ratio

Explore the idea of ratios through recipes. Discuss the proportion of ingredients for a certain number of servings. For instance, if the recipe makes 12 cookies but you want 24, how should the ingredients be adjusted?

6

Fraction Fun

Turn dividing treats into a fraction-filled activity. If a batch of cookies is divided among friends, ask questions like “If there are 20 cookies and 4 friends, how many cookies does each friend get?” This helps reinforce division as a form of sharing.

By infusing these mathematical elements into baking, you not only create tasty treats, but also offer a hands-on, enjoyable way for kids to engage with math concepts and the kitchen become a classroom.

Happy baking and learning!

French Immersion Corner - Le coin en français

Helpful links to support your child(ren)'s learning :

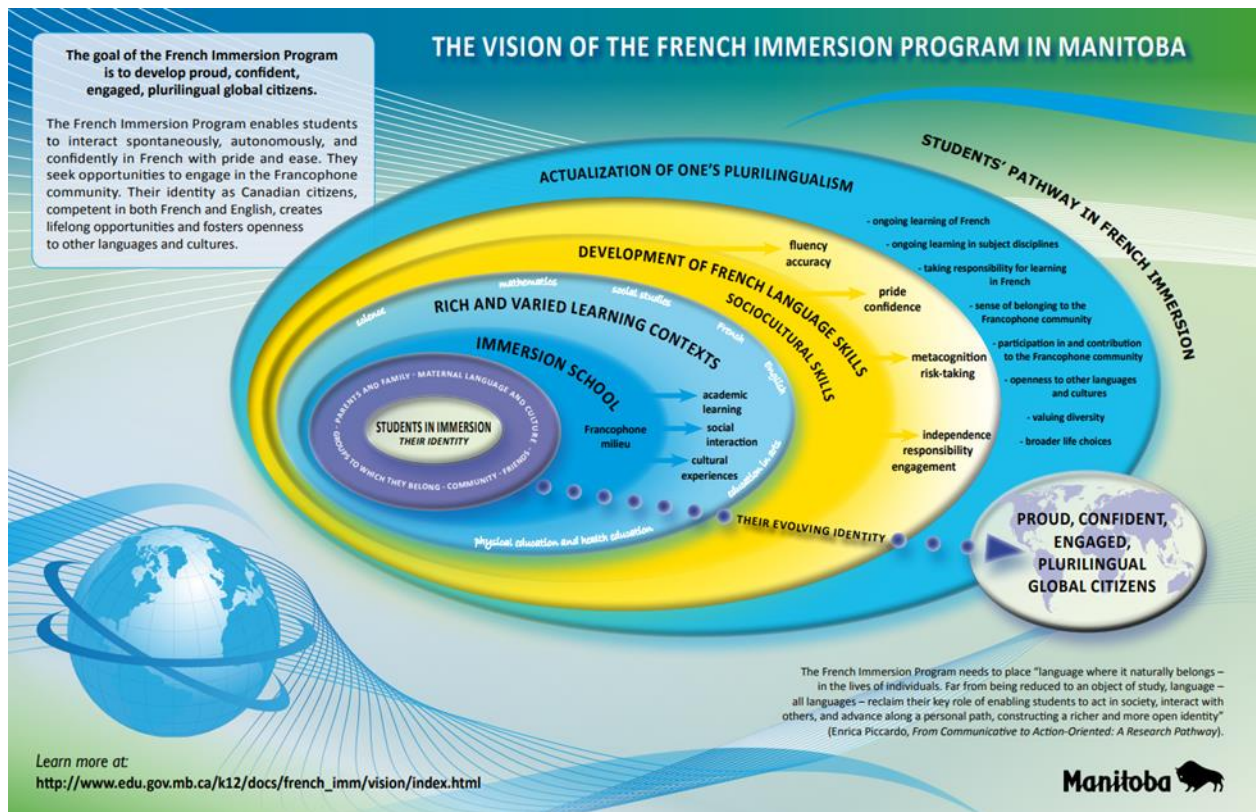
[About - Canadian Parents for French - National \(cpf.ca\)](http://www.cpf.ca)

[Publications | Manitoba Education and Early Childhood Learning \(gov.mb.ca\)](http://www.gov.mb.ca)

[The French Immersion Program in Manitoba - A Renewed Vision – 2017 | Education and Training \(gov.mb.ca\)](http://www.gov.mb.ca)

The goal of the French Immersion Program is to develop proud, confident, engaged, plurilingual global citizens.

The French Immersion Program enables students to interact spontaneously, autonomously, and confidently in French with pride and ease. They seek opportunities to engage in the Francophone community. Their identity as Canadian citizens, competent in both French and English, creates lifelong opportunities and fosters openness to other languages and cultures.



News from the Library



Thank you to all our families, and staff, who came out to support our Scholastic Book Fair during first term conferences. It was so wonderful to see books going home with so many students, as well as teachers adding a lot of new books into their classroom libraries. Our school earns a percentage of total sales back in Scholastic rewards, which can be redeemed for books and resources for our library. It was an awesome event, and we are excited to add some amazing new books to our school library!

In the first week of December our school participated in Hour of Code to celebrate Computer Science Education week. Hour of Code is an hour-long global challenge to introduce students to computer science concepts and coding. We had WISE-Kidnetic Energy from the University of Manitoba come to run workshops out of the library with Mrs. Buchanan. Students in Grades 1 – 3 learned about coding through robot mice, and our Grade 4 – 5 students learned about coding through Dash robots. Our students had a great time working with the robots and developing their computer science skills!



Physical Education

In Physical Education over the last couple months, we have been working on volleyball skills. Our K-3 students have been focusing on underhand and overhand throwing and understanding how these movements are transferable to various sports and activities. Our 4-5s have been working on volleyball skill specific movements such as serving, bumping and volleying. For extra curriculars, we had 2 days of volleyball tournaments at 3 different schools: Princess Margaret, Prince Edward, and Polson. Our skill development in classes, as well as in practices paid off as our volleyball teams did an excellent job representing Neil Campbell and showing off their skills!

Kyle and Amber





NEIL CAMPBELL LUNCH PROGRAM COMMITTEE NEWS

WHAT'S NEW!

The Neil Campbell Lunch Program Committee has purchased some new outdoor toys for the students!

We have some new snow shovels, snow saws and soccer balls!

More to come in the Spring!

RECIPE CORNER!

- 1 tablespoon butter or olive oil
- 1 cup diced carrots
- 4 cups reduced-sodium vegetable or chicken broth
- 2 cups ABC pasta (or other small pasta shape)
- 1 cup frozen peas
- ½ teaspoon salt
- ¼ cup marinara sauce (optional)
- Parmesan cheese (optional)
- You can always add more veggies!

Instructions:

- Heat a medium pot over medium heat. Add the butter or oil to melt and warm.
- Add the carrots and stir to coat. Cook for 4 minutes.
- (To make this with frozen carrots and peas, skip Steps 1 and 2 and start with Step 3.)
- Add the broth and turn the heat to high. Bring to a boil, then reduce the heat back to medium so it's a simmer with regular small bubbles.
- Add the pasta and cook for 5-6 minutes or until tender.
- Stir in the peas and marinara sauce, if using.
- Season to taste with salt and serve with Parmesan, if desired.



Welcome back to all our
students and families!
Stay warm!

REMINDERS!

Winter is finally here! A reminder to send your student to school in weather appropriate clothing.

Layers are always a good idea and recommended.

Why Not Give the Gift of Learning?

Please visit [RETLife](#) for ideas to thrill all ages!

For the chef in your family:

[Kids Can Cook – Cooking Basics Bonanza! \(8 – 12 years old\) – Thursdays, January 25 – March 14, 2024 – Transcona Collegiate Institute – RETLife](#)

[Chocolate Decorations with Don Pattie – \(ages 18 and up\) – Saturday, February 3, 2024 – Kildonan East Collegiate – RETLife](#)

For the adventurer:

[Mastering Lightsaber Martial Arts – Unleash Your Inner Jedi \(adults 18+\) – Thursdays, January 11 – February 15, 2024 – John W. Gunn Middle School – RETLife](#)

[Stay Safe! \(ages 9 – 13\) – Saturday, January 27, 2024 – College Pierre Elliott Trudeau – RETLife](#)

For the scientist or engineer:

[Basic Robot Training With LEGO® – Becoming a Robo Creator \(ages 8 – 12\) – Saturday, March 16, 2024 – College Miles Macdonell Collegiate – RETLife](#)

[Drones for Youth – \(ages 10 – 15\) Saturday, February 10, 2024 – Emerson School – RETLife](#)

[Kids Can Make a Marshmallow Bridge for Apprentice Engineers \(ages 8 – 12\) – Wednesday, January 31, 2024 – Ecole Regent Park – RETLife](#)

For the nature lover:

[Blizzards and Biodiversity: The Transcona Bioreserve Walking Tour with FortWhyte Alive – \(16 years and up Families Welcome!\) Saturday, January 27, 2024 – RETLife](#)

[Discover Owls! \(All ages\) – Tuesday, March 5, 2024 – Ecole Regent Park School – RETLife](#)

[Honk If You Love Safety: Living With Our Goose Neighbours – Wednesday, March 13, 2024 – Ecole Regent Park – RETLife](#)

For the artist:

[Creating Beats for Beginners: Crafting Your Signature Sound! \(Ages 14 and up\) – February 20 – April 16, 2024 \(no class on March 26\) – McLeod Education Centre – RETLife](#)

[The Art of Floral Design: Creating Beauty With Blooms \(ages 18 and up\) – Tuesday, March 19, 2024 – Chief Peguis Middle School – RETLife](#)

[Kids Can Create – Crazy Characters Toy Hacks \(ages 6 – 13\) – January 20, 2024 – College Miles Macdonell Collegiate – RETLife](#)

For the athlete:

[Adult Dance Fitness \(18 years and up\) – Thursdays, January 18 – February 29, 2024 – College Miles Macdonnell Collegiate – RETLife](#)

[Circuit Training \(14 and over\) – Mondays, January 15 – March 4, 2024 \(No classes on February 5 or Louis Riel Day\) – Ecole Springfield Heights School – RETLife](#)

[NEW LOCATION! Restorative Yin Yoga With Shell Andrea \(for adults\) – Mondays, January 29 – March 18, 2024 \(no class on Louis Riel Day\) Lord Wolseley School – RETLife](#)

Looking for more ideas? Visit [RETLife.ca](https://retlife.ca) to view more than 50 programs in the River Transcona School Division!

RETLife Winter Programming for Youth and Families

New classes have been added to the RETLife lineup for Winter 2024!

Here are just a few of the classes for [Youth and Families](#) which still have space available!

1 Day – Basic Robotics Training with Lego at [John W. Gunn](#) and [Maple Leaf School!](#)

Confidence Building Martial Arts for Kids (ages 6 – 9) [Level 1](#) and [Level 2](#)

[Creating Beats for Beginners: Crafting Your Signature Sound](#)

[Discover Owls](#)

[Honk if You Love Safety: Living with Our Goose Neighbours](#)

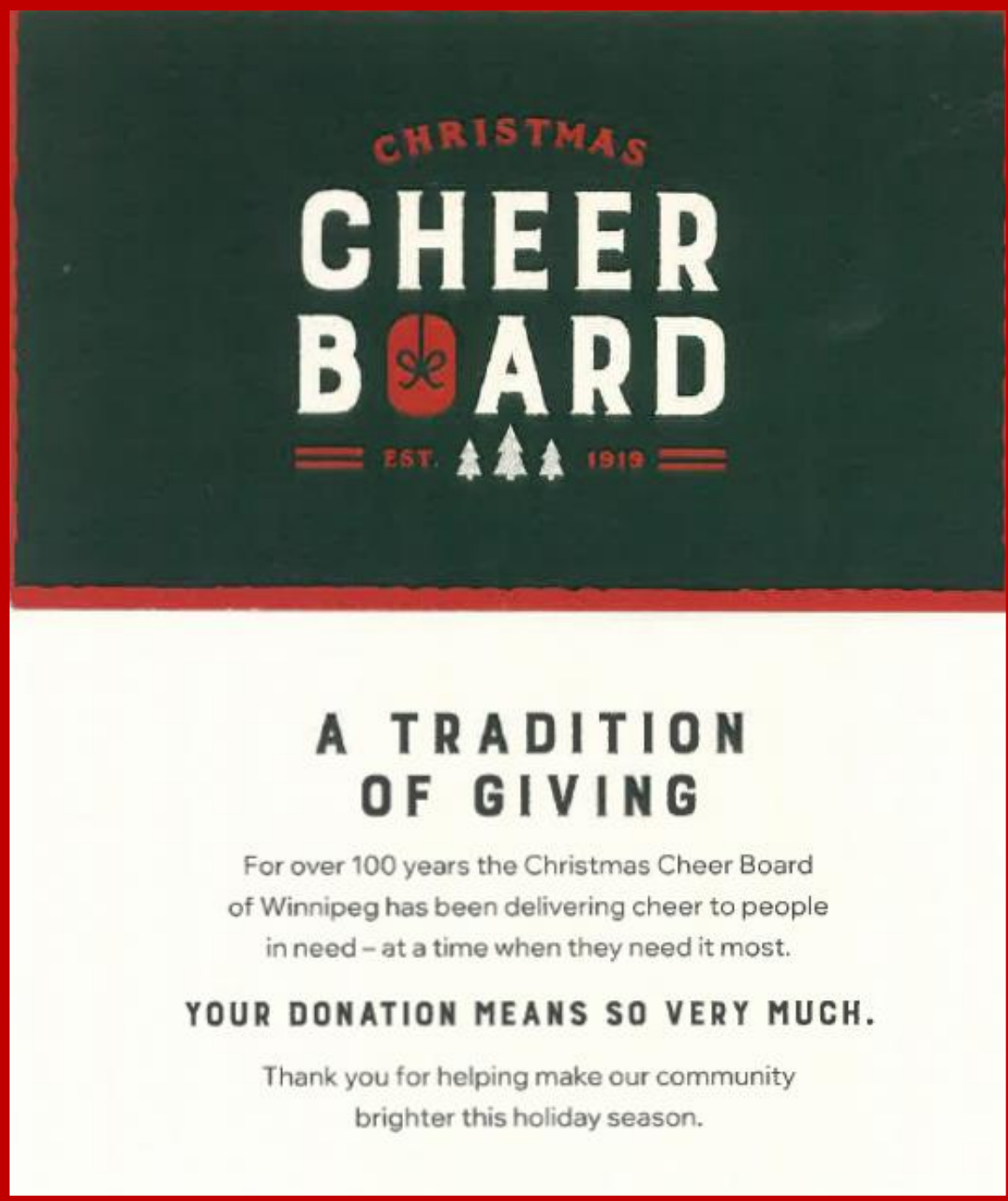
For more information about these as well as our more than 50 programs, visit [RETLife!](https://retlife.ca)

RETLife is dedicated to helping people connect to living The Good Life by making connections and providing opportunities for people to share their passion with other people. We value growth-based learning at all levels for all community members, instructors, and administrators.

MAC AND CHEESE CHALLENGE AT ÉNC

During Spirit Week in December, the ÉNC School Community collected 520 boxes of Mac and Cheese to donate to the Christmas Cheer Board.

Thank you for your generous donations!



The image is a promotional graphic for the Christmas Cheer Board. It features a dark green background with a red border. At the top, the word "CHRISTMAS" is written in a red, arched font. Below it, the words "CHEER" and "BOARD" are written in large, white, bold, sans-serif capital letters. The letter "O" in "BOARD" is replaced by a red circle containing a white stylized figure of a person with arms raised. Below the main text, there are three small white Christmas trees and the text "EST. 1919" in red, flanked by two horizontal red lines.

**A TRADITION
OF GIVING**

For over 100 years the Christmas Cheer Board
of Winnipeg has been delivering cheer to people
in need – at a time when they need it most.

YOUR DONATION MEANS SO VERY MUCH.

Thank you for helping make our community
brighter this holiday season.