

# INTERACTIVE START

Interactive Start allows each student and staff to begin their day by choosing from a variety of activities classified in one of four categories: Move – Build – Learn – Relax. We believe in empowering students to choose activities that will help them to self-regulate, build personal responsibility, and self-manage, as well as increase motivation and engagement at school. We believe that starting each day with positive, social, and active interactions will provide opportunities to:

- Increase levels of motivation and engagement
- Reduce anxiety and self-regulate
- Grow in imaginative play, creativity and innovation
- Build on our belief of multi-age community and cross-grade connections
- Foster relationships between students and between students and staff



## IF MY CHILD IS AWAY OR WILL BE LATE:

Please call 204-661-2503 or email [jh@retsd.mb.ca](mailto:jh@retsd.mb.ca)

## BUSING

Busing will be provided for students who are 1.6 km away from the school.

## PARENT INVOLVEMENT

We have an active Parent Advisory Council and a Band Parents Association who welcome all parents/guardians.

## WE VALUE

Respect - Responsibility - Kindness

## contact us

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Winnipeg, MB  
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Email: [jh@retsd.mb.ca](mailto:jh@retsd.mb.ca)  
[www.retsd.mb.ca/jh](http://www.retsd.mb.ca/jh)



## Welcome/Bienvenue

We are a grade 6 to 8 middle years, dual track school. We provide students with French Immersion and English options as their language of instruction.



# WHAT DOES A SCHOOL DAY LOOK LIKE?

**8:45 a.m.** STUDENTS ENTER  
& GO TO HOMEROOM

**8:50 a.m.** ANNOUCEMENTS

**9:00 a.m.** INTERACTIVE START

**9:25 a.m.** PERIOD 1

**10:10 a.m.** PERIOD 2

**10:55 a.m.** PERIOD 3

**11:40 a.m.** FIRST HALF  
(students in homeroom)

**12:10 p.m.** SECOND HALF  
(field, clubs, intramurals  
library)

**12:40 p.m.** HOMEROOM/ATTENDANCE

**12:45 p.m.** LITERACY

**1:00 p.m.** PERIOD 4

**1:45 p.m.** PERIOD 5

**2:30 p.m.** PERIOD 6

**3:20 p.m.** DISMISSAL

Snapshot of life at ÉJHMS



## Compulsory

Language Arts

Basic French/français

Social studies/sciences humaines

Mathematics/mathématiques

Science/science de la nature

Physical Education/éducation physique

Health/santé

## Applied Arts

Each term the school will place students in a new course so they receive the experience of all three classes listed below.

- Foods
- Clothing
- Woods



## Options

Students will select between options. See additional handout for more information about Art and Band.

- Art
- Music/Band
- Guitar (grade 7 & 8, if numbers allow)



## Get Involved:

### House Teams:

We have 7 house teams - Bison, Owl, Turtle, Fox, Sturgeon, Polar Bear and Wolf.

Students and staff are placed on a team.

The teams compete for points.

### Intramurals:

During the lunch hour students have the opportunity to play all of our sports and activities.

### Clubs:

We have many clubs for students to get involved in, such as Kitchen Brigades, Flair, E-sports, Drama, Chess, Guitar, Jazz Band, Social Squad, G.O.A.T.S club and so much more.

### Sports:

We offer a range of sports. Some examples are Cross-Country Running, Volleyball, Basketball, Indoor Track, Badminton, Pickle Ball, Outdoor Track and Field and Ultimate Frisbee.

### Student Leadership:

Students organize, support and lead a number of activities in the school and community.

### Sources of Strength:

Students meet regularly to connect with each other while planning school wide initiatives that promote mental health, physical health, spirituality, generosity, healthy activities, mentors, positive friends and family supports.