

Springfield Heights

505 Sharron Bay Winnipeg, MB R2G 0H8 P. 204-663-5078 F. 204-668-9285

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 9:05 10:30-10:45 AM recess Lunch 11:55-12:55 2:05-2:20 PM recess Dismissal 3:30pm

Office hours

8:00am - 4:00pm

In Service Days

Friday, February 2 Friday, March 1 Friday, March 15 Monday, April 22 Friday, June 7

The Springfield Splash

Principal's Message

We find ourselves at the end of the first term in the school year in what seems like a snap of a finger. Students and staff have been busy working and learning every day for three months now. We have watched students move from taking their tenuous and anxious firsts steps into a new school year to the confident students who are immersing themselves in all of the learning experiences offered to them.

Students bring their joyful smiles and boundless energy to school each morning ready to take on the challenges of the day. Their spirit is infectious, and we are lucky to have the opportunity to work with them every day.

The pictures below give you a sneak peek into this newsletter. Be sure to take a look inside the newsletter for stories that accompany the pictures below and much more information about the many activities from the first term, along with information about the upcoming winter concerts. We look forward to seeing the community at the concerts. If the beginnings of the rehearsals are any clue, the performances will be lively and uplifting.

As we move towards the winter break, we wish everyone a wonderful break full of moments of joy with those you love.











Your River East Transcona School Division Trustees

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204.221.2951 For more information about the board of trustees, visit: www.retsd.mb.ca > Your RETSD > Board of Trustees

Our SCHOOL PLAN

Three school committees guide our work to meeting the goals in our school plan. This year our priorities are building an inclusive school community in which all students feel they belong and understand they have the capacity to contribute to the community; empowering our students to promote their own holistic well being by identifying its components and putting those into action; and ensuring all students enhance literacy skills through choice and agency. Agency involves taking ownership of learning through choice which increases motivation and engagement in learning and comes with a belief in the capacity to be successful. This feeling of self-efficacy allows students to persevere through learning challenges with a positive mindset. The Education for Sustainable Development Committee has promoted the idea that our students have the capacity to make the world a better place for people in our community. The committee has promoted Socktober and the Manitoba Harvest collection which both benefit people in the greater community. The committee organized the Remembrance Day assembly and have shared learning activities for teachers to share with their students that explore Diwali and other celebrations that occur at this time of the year in many communities. The Instruction and Assessment Committee, along with the Early Years Consultant, have organized professional development for teachers to engage in conversations around the teaching and assessment of literacy with a focus on reading.

The Wellbeing Committee has been busy with several initiatives in the first term. Read about three of the initiatives below.

Starting our Day with our Mindful Start

Students and staff have embarked on a journey of mindfulness and wellbeing with our Mindful Start initiative every morning. For the past three months, all students and staff have united on Teams each morning, after live morning announcements, for rejuvenating and calming mindfulness exercises. From exploring the senses to embracing Indigenous perspectives on wellbeing through the medicine wheel, to feeling present through listening to music and stories, these activities have offered a grounding start to our days. It has been such a joy for us to witness the collective participation of every classroom, every morning. Students are learning so many strategies to feel calm and balanced. Mme Buckinx, Mrs. Wickman, Ms. Gillis, Mme Finlay, and Mrs. Cressall lead our Mindful Start times for us. Below is a photo of Mrs. Cressall leading our students in their morning "Star Breaths" exercise, which is how we start every Mindful Start time together. Ask your child to teach you Star Breaths at home! They are all experts now and we are so proud of their demonstrated dedication to their overall wellbeing!



Student Smudge Leaders

In the spring of 2023, we had students in grades 3 and 4 with Indigenous heritage embrace traditional teachings about smudging with one of our divisional Indigenous Education Support Workers, Mackenzie Neapew. This fall, these young leaders, now in grades 4 and 5, emerged as teachers and beautifully shared their knowledge of the history of smudging and then facilitated smudging with groups of approximately 30 students at a time, from kindergarten to grade 5. Altogether, their knowledge was shared with upwards of 300 students with Ms. Gillis and Mrs. Deane helping them to facilitate these teaching circles. We are so proud of these students and look forward to more opportunities to smudge, as a way to feel calm and balanced at school, in the future.

Permission forms are still available in the office for any students whose families who would like them to participate in our next smudge circles.



BUCKETFILLING

We continue to talk with students about filling buckets based on the book Have You Filled A Bucket
Today? by Carol McCloud. The story introduces children to the concept that everyone has an invisible bucket that they carry with them every day. Buckets are filled when people do and say kind things. Filling buckets make others happy but also make the person who filled the bucket happy. Students will be working to fill buckets in classrooms. They will earn pompoms for their class bucket. When the bucket is full, the class will have a small reward. The reward could be a few extra minutes of recess, some free time, pajama day, or anything else that the children and teacher decide will work for their class. Once the bucket is full, the class will empty the bucket and start again. Using pom poms in a clear bucket makes the work to be bucketfillers visible for the children.

We had our first Bucketfilling assemblies in November. These community building events helped us to celebrate students who made positive contributions to our school community, reinforce schoolwide expectations and share joyful moments as we participated in a school wide activity. For this assembly Mme Finlay led us in some singing and dancing along with a video "Feel the Magic in the Air" by Chawki, which the children participated in with great enthusiasm.

TRUTH AND RECONCILIATION



On September 29th students and staff honoured the National Day of Truth and Reconciliation as they gathered for an assembly. During the assembly, students learned about the Survivor's Flag. You can learn more about the flag at this link The Survivors' Flag - NCTR

The story My suitcase Nii Sookayis' by Christina Fox was read to students. Ms. Fox is a residential school survivor. In the author's note, Christine Fox wrote, "The story is

a reminder to take the values and lessons that mean the most to us everywhere we go and to always share our gifts with the world because there is no one quite like YOU." After the assembly students returned to classrooms and created a classroom suitcase in which they packed the values they chose as a class. Each student was represented on the suitcase with their name on an orange heart.



WALKATHON

Our second annual walkathon took place in October. It was a fabulous community building event as all students from kindergarten to grade 5 participated together, walking around the school property as teachers tallied each student's laps. Funds from the walkathon will be used to support events and activities as well as purchase supplies and equipment that may be required throughout the year. We thank the community for their generosity and the students for their enthusiasm as they participated.



The school commemorated Indigenous Veterans' Day as well as Remembrance Day on Thursday, November 9th. The theme of the assembly was peace and important messages were shared about peace and remembrance with our students. We were honoured once again to have Lieutenant Colonel John Baker, the father of one of our students, join us for the

assembly, as well as Declan McWhinney, a student from Collège Miles Macdonell Collegiate who played trumpet for the assembly. Mme Kruk, Ms. Okaluk, Mme Kerri, and Mme Machado's class as well as the grade 3/4 choir recited poems and sang songs. The messages shared by Lieutenant Colonel Baker, as well as the children singing, and the live trumpet music created a touching tribute to our veterans and those currently serving. Thank you to Merida, Leah, Eniola, David, Quinn, and Sloane for doing an excellent job as emcees, leading us through the assembly. Thank you also to the students who created peace doves and cranes that adorned the hallways. These assemblies are an important part of keeping these messages alive and would not be possible without many hours of planning by staff. Thank you to the dedication of our staff we can continue to give our students these important experiences.

SOCKTOBER

For the second year, our families at Springfield Heights have shown their generosity in Socktober which supports the homeless population in our community. We collected over one thousand pairs of socks. This year, we are sharing our community's generosity with two organizations who support the homeless population. We will be donating over 500 pairs of socks each to Main Street Project and to N'Dinawemak-Our Relatives' Place. Congratulations to Mme Jackson's class who collected the most pairs of socks in our friendly competition and helped to pack up the socks.







LEARNING CONFERENCES



It was wonderful to see the school hallways filled with children and their families during learning conferences. The children are always so excited to show parents where they spend their days and the work they do every day. As we wandered by classrooms, we could see children, parents, and teachers engaged in conversation together about the wonderful accomplishments of the children from the first term. This is the product of the important and joyful work we do each day and is a pleasure to see in action.

Thank you to those families who were able to support the book fair during conferences. The funds raised will be used to enhance the library.



Thank you to families who stopped by the lost and found and reclaimed some of their children's belongings. Some of the unclaimed items will be kept in our grooming room for children who sometimes need a change of clothes. The remainder will be donated to a local charity.

Exploring Diwali

Many classrooms learned about Diwali, the Celebration of Lights. Some of the classes took time to create artistic representations of Diwali. The following are a selection of some work done throughout the school.

Mme Kruk-Kindergarten



Mme Jorgensen-Grade 4



Mr. Lambourne-Grade 3 and 4

To celebrate Diwali this year Rm. 30 created oil pastel drawings of Diyas. As a class we discussed the significance of Diyas and their use during the celebration of Diwali. Students explored how to blend oil pastels through the layering colours and using tissues or our fingers to create a desired colour. Originally, as a class, we were just going to create the Diyas, however after some student input and sharing it was decided that adding fireworks to our artwork would make them even better, and better represent the holiday of Diwali!













A Pet in Our Classroom

By Room 9 and Ms. Okaluk

Early October, students of Room 9 received a new classmate! Meet Smurf, our Betta fish! Smurf allows students the opportunity to show responsibility, encourages them to be mindful by taking a moment to watch the fish, and teaches them how to be respectful to animals. Each day, students take turns feeding Smurf. Room 9 enjoys watching Smurf swim in the tank and many like the soft glow of the fish tank during reading time. Smurf has become part of our classroom routine and a member of our community!





Building Community

Room 11, Mme Boily

In grade 2, we learn about our local community – about the people, the buildings and all of the things that make a community a place where we belong. We did a lot of work to learn words in French about the community, too. We used loose parts to create and tell stories about the places in our community that are really important to us. And...we finished off our learning by building a model of a community with boxes, paper, caps, and all sorts of other items. Perhaps you saw our model of the community when you visited the school during parent teacher conferences?









Animal Habitats Room 6











Mrs. Busch's grade 1 class conducted research on different animals. They learned how to look for facts using nonfiction books and then used this information to create their own nonfiction books about their chosen animal. Students also drew habitats and created their animal using plasticine.

















Board Game Club

Grade 4 and 5 students have been participating in the Board Game Club and they are loving it! The club started in October and will run until winter break. We have games like Guess Who, Battleship, Uno, Monopoly, Connect 4, Chess, etc. Thank you to Zachary and his friends in grade 5 for creating posters to promote this great club.

Mme Muller and Mme Jones









Spirit Week in December

Celebrate the last week before our winter break by dressing for Spirit Week.

Mon. Dec. 18	Tues. Dec. 19	Wed. Dec. 20	Thurs. Dec. 21	Fri Dec. 22
Merry Monday	Frozen Day	Winter Hike	Long Winter's	Festive Friday
		Wednesday	Nap	
Silly hat,	Blue and white	Winter hat and	Pyjama Day	Show your
headband		flannel		holiday spirit

AT OUR SCHOOL

Did you know that the Roots of Empathy Program lives at Ecole Springfield Heights?



What is Roots of Empathy?

This program teaches children about feelings, their own feelings, and feelings of others. A trained instructor comes in 3 times a month to work through the Roots of Empathy curriculum with one classroom, and the Roots of Empathy family joins for one of these lessons.

Why is it important?

Children predict and cheer for their Roots of Empathy baby as they reach the 'developmental milestones' of the first year. "They can roll over!" "They got their first tooth!" They can sit up!"

The Roots of Empathy instructor also coaches in observing and reading the cues the baby gives as how the baby is feeling and how to tell. The discussion is a lever for children to talk about their own emotions and to understand how others feel. Being able to understand how people are feeling is called empathy.

Which classroom is involved?

ÉSHS and Room 9 are excited to welcome and learn with Mommy Jenna and Baby Matteo this year!

"Finding the humanity in the baby and developing the language to discuss the baby's feelings is the launching pad for children to understand their own feelings and the feelings of others."

- Mary Gordon, Founder/President, Roots of Empathy

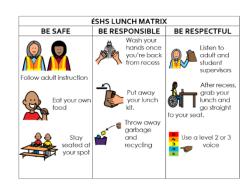




LUNCH PROGRAM

Thank you to our lunch program committee and our lunch program staff who work diligently to keep our students safe at lunch. Our lunch program committee oversees the lunch program from afar. They approve the hiring of staff and ensure funds are available to pay staff and purchase materials. Our lunch program staff arrive every day at lunch to support students outside during lunch recess and then inside as the eat lunch. No matter the weather, the lunch supervisors are outside with the students keeping them safe.

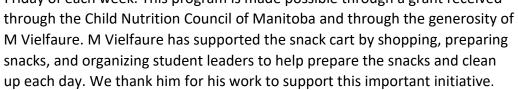
We recently have hired several new employees which helps lessen the ratio of students being supervised by each supervisor. Most students successfully meet expectations, but some students have difficulty at eating time remaining in their seat and using a level 2 or 3 voice. As the students become more accustomed to the new staff, we hope to see that students will respond to the redirection of the staff as they remind students of the expectations. If students consistently have difficulty meeting expectations, parents will be informed so they can help support their child to meet expectations.



Please remember that all students who stay for lunch are required to be registered with the lunch program and pay lunch program fees. The fees are \$186.00 for the year. At this time, fees could be paid in two or three installments with \$93.00 due now and \$93.00 due by February 22^{nd} , or \$93.00 now and two payments of \$46.50, one due on February 22^{nd} and one due on March 22^{nd} . Fees for the lunch program for kindergarten are half of the full-time fees.

SNACK CART

Healthy morning snacks are available to all students upon arrival at school on Monday, Wednesday, and Friday of each week. This program is made possible through a grant received



MILK PROGRAM

Milk continues to be available to students through the milk program. Thank you to our staff who organize the milk program as well as our students who deliver milk to the students each lunch hour. Without the dedication of the staff and students, the milk would not get delivered every day.



Students can purchase milk tickets and milk cards from their teachers. Each ticket costs \$1.00. Cards can be purchased in denominations of 5 or 10 dollars.

WINTER CONCERT

We are looking forward to welcoming families to our winter concerts. Come and enjoy some great music and live theatre as we present "A Place in the Winter Choir"! We will be having concerts on three different dates, with two performances each date. There will be an afternoon performance at 1:30 and an evening performance at 6:30 each date. You will find information below about which classes will be performing on which date.

As we need to abide by fire regulations, including new requirements about setting up staging, we will be limiting the number of people attending the evening concerts by handing out tickets to families. Each family will be given two tickets to the evening concert in which their child is performing, as well as one ticket for any sibling attending Springfield Heights who is not performing that evening. We encourage as many visitors as possible to attend the afternoon concerts as those concerts are less busy and there is no need for tickets.

There will be a Silver Collection at the door for any guests wanting to donate towards our music programs!

For evening performances, the gymnasium & classroom doors will be opened at 6:00pm. Students will be monitored by their parents until 6:00. At 6:00 students will meet their teachers in their classrooms.

The 1 hr Parking Ban on Sharron Bay will be lifted for these three days. <u>Please do not use our staff</u> <u>parking lot.</u> Staff may have to leave for family commitments and then return to their parking spot for the concert.

Tuesday, December 5	Wednesday, December 6	Thursday, December 7	
(Day 5)	(Day 6)	(Day 1)	
Mr. Hrychuk	Mme Brown	Mme Muller	
Mr. Lambourne	Mme Jorgensen	Mme Jones	
Mme Machado	Ms. Okaluk	Mme Koop	
Mme Jackson	M Kampen	Mme Kerri	
Mme Vokey and Mme Guillou	Mrs. Busch	Mme Boily	
Mme Kruk – Ladybug	Ms. Kozak – Caterpillar	Mme Meaghan	
Mme Melanie - Ladybug	Mme Kruk – Caterpillar	Mme Kristine	
	Mme Melanie - Caterpillar		

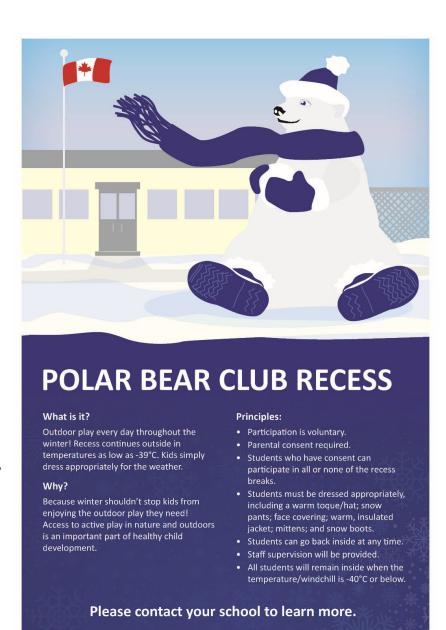


River East Transcona

POLAR BEAR RECESS

All students from kindergarten to grade 5 will go outside for all recesses up until -27°. Once the temperature goes below -27°C, students will remain inside for recess, unless they have permission to participate in Polar Bear Recess. We will be offering Polar Bear Recess this winter for students in grades 1 to 5. Polar Bear Recess allows students to choose to go outside if the temperature is -28°C to -39°C. Participating in Polar Bear Recess is always a choice. All students participating in Polar Bear Recess must have submitted a signed permission slip. Students must also have warm outdoor clothes - warm toque or hat; neck warmer; snow pants; face covering; warm, insulated jacket; mittens, and snow boots.

At each Polar Bear Recess, students can decide if they want to participate. Once they go outside, they can choose to come back inside at any time. Once they return inside, they will go back to their classroom and stay inside. The half hour lunch recesses will be shortened to 15 minutes for Polar Bear Recesses. Opportunities to offer Polar Bear Recess will be dependent on staff available to supervise each day. The Polar Bear Club Recess permission slips will be sent home soon.



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HARVEST MANITOBA

To continue our work to support the greater community, we are accepting donations of non-perishable foods that will be donated to Harvest Manitoba. This food will be distributed to the growing numbers of family who face food insecurity. Approximately half of the people served by Manitoba Harvest are children.

There are several ways to donate. Students and families can drop food off in the yellow containers near the school office. Money can be put in the donation can in the office. You can donate online at the link or QR code below.

http://weblink.donorperfect.com/SHS Food Drive

The following items are the most needed items listed on the Manitoba Harvest website:

canned fruit	canned soup	canned stew
canned tuna	canned vegetables	rice
pasta	pasta sauce	peanut butter
baby formula	baby food	instant oatmeal



TABS FOR WHEELCHAIRS



Meet Kyrie. Kyrie is 7 years and was diagnosed with cerebral palsy at 15 months old. Kyrie was 3 lbs 9oz at birth and spent the first 8 weeks of life in the Neonatal Intensive Care Unit while she grew strong enough to go home.

Kyrie's cerebral palsy affects all four of her limbs. She does not sit, stand, or walk independently and very much enjoys her time spent in her stander and walker.

Her speech is also affected, and she uses a combination of words, signs, and an iPad to chat with her family and peers. She also loves driving her adapted power wheels car. Kyrie's other loves are school, music, playing with bubbles, and playing with Noni, the family dog. She also enjoys swimming and watching her favourite shows, Daniel Tiger, and Bluey. Kyrie will be the next recipient of a motorized wheelchair through the Tabs for Wheelchair program.

You can drop off donations of tabs in our recycling center, along with other items for recycling including eyeglasses, batteries, writing instruments, printer cartridges, and hygiene supplies.

RETLife Winter Programming for Children and Youth

Space is still available to register for RETLife classes starting this Winter!

Here are just a few of the classes for children and youth which still have space available!

Babysitting

Stay Safe

Recreational Dancing for Pre-Teens and Teens

Little Kids Can Dance

Volleyball for Kids

Indoor Soccer for Kids

Kids Can Draw programs for ages 8 - 12 and 6 - 8.

Lego Robotics classes at Ecole Regent Park and Valley Gardens Middle School.

Engineering for Kids programs, such as <u>Making a Marshmallow Bridge</u> (ages 8 – 12), <u>Making a Marble</u> Run (ages 4 – 7)!

Visit $\underline{\mathsf{Shop}} - \underline{\mathsf{RETLife}}$ to view all of programs available in the River East Transcona School Division this winter!

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.













Looking for Donations

We are looking for donations of clothes so we can have extra clothes in the event that a student needs a change of clothes. We are most in need of pants, socks, and underwear for our kindergarten to grade 2 students. If your children have grown out of their clothes and you are cleaning out your closets, please keep us in mind. If we get more donations than we can use, we will pass them on to others who may need them.









Parents & Guardians

Get texts and emails about bus delays right to your phone!

The RETSD transportation department uses SchoolMessenger to deliver texts and emails about bus delays, route cancellations, and more, directly to your child's primary contact with a cellphone number and email address in the system.

If you wish to continue receiving the texts and emails, no further action is needed apart from ensuring your contact information is up to date with the school(s), with a cellphone number and email address for the primary contact.

If you would like to opt out of texts, simply reply STOP, and if you would like to opt out of emails, click the unsubscribe link. Please note: If you unsubscribe from emails, you will be unsubscribed from all SchoolMessenger emails, including ones from the school that may pertain to your child(ren).

If you have any questions, please contact your child's school for assistance.



ÉCOLE SPRINGFIELD HEIGHTS SCHOOL IMPORTANT DATES 2023-2024

	1	T	
December	5	Winter Concert 1:30 and 6:30	
	6	Winter Concert 1:30 and 6:30	
	7	Winter Concert 1:30 and 6:30	
	22	Last Day of Classes Before Winter Break	
	22	2:30 p.m. Early Dismissal	
January	8	Classes Resume (Day 1)	
	8	Lunch Program Committee Meeting 6:00 in library	
	15	Parent Council Meeting 6:30 in library	
February	1	PAC Festival d'hiver Family Event (evening)	
· coracry	2	Co-ordinated Day - No Classes All Day	
	12	Lunch Program Committee Meeting 6:00 in library	
	19	Louis Riel Day (School Closed)	
	26	Parent Council Meeting 6:30 in library	
	20	. arent countri meeting olde in ilotary	
March	1	Inservice Day-No School	
	8	Report Cards Published	
	11	Lunch Program Meeting 6:00 in library	
	14	Learning Conferences (evening)	
	15	Learning Conferences (a.m.)	
	15	Co-ordinated Day – No Classes All Day	
	18	Parent Council Meeting 6:30 in library	
	22	Last Day of Classes Before Spring Break	
		(regular dismissal)	
April	1	Classes Resume (Day 1) correction from first newsletter	
April	8	Lunch Program Committee Meeting 6:00 in library	
	15		
	22	Parent Council Meeting 6:30 in library Co-ordinated Day - No Classes All Day	
	22	Co-ordinated Day - No Classes All Day	
May	13	Lunch Program Committee Meeting 6:00 in library	
	20	Victoria Day (School Closed)	
	27	Parent Council Meeting 6:30 in library	
June	7	Co-ordinated Day - No Classes All Day	
	28	Last Day of Classes Before Summer Break	
	UD =	2:30 p.m. Early Dismissal	