## **École Neil Campbell School**

845 Golspie Street

Principal: Ms. C. Qua

Winnipeg, MB R2K 2V5

Vice-Principal: Mme S. Cockriell

Phone: 204-661-2848

Fax: 204-668-9291

Email: nc@retsd.mb.ca



# February Newsletter

### **Your River East Transcona School Division Trustees**

#### Ward 1

Colleen Carswell (chair) 204.222.1486 ccarswell@retsd.mb.ca

Sheri Irwin 204.223.5079 sirwin@retsd.mb.ca

#### Ward 2

Rod Giesbrecht 204.661.5984 rgiesbrecht@retsd.mb.ca

Sheri Hanson 204.915.7313 shanson2@retsd.mb.ca

#### Ward 3

Brianne Goertzen (vice-chair) 204.955.6782

bgoertzen@retsd.mb.ca
Keith Morrison

204.795.3357 kmorrison@retsd.mb.ca

#### Ward 4

Susan Olynik 204.661.6440

solynik@retsd.mb.ca

Brenda Bage 204.221.2951 bbage@retsd.mb.ca

#### Ward 5

Shannon Hiebert 204.771.8435 shiebert@retsd.mb.ca

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## Principal's Message

The school year is flying by! The students have been involved in engaging classroom activities as well as learning about Lunar New Year and Black History Month. We are celebrating I Love to Read, Festival du Voyageur, and Pink Shirt Day. Celebrating our diversity is an important part of École Neil Campbell School. We want all students to feel accepted, safe, and to know they belong here!

The first PAC event in a couple years took place on February 15. It was great to see so many families attend the movie event. Thank you to all the parent volunteers for organizing and working at the event! Please consider joining PAC. It is a great way to get to know school administration and find out what is going on in your child's school.

There are a couple of dates for your calendar that I would like you to be aware of.

Kindergarten registration will begin on March 1, 2023 for the 23/24 school year. We hosted a Kindergarten orientation meeting for parents on February 21 at 6:00pm. We will have a kindergarten open house on June 6, 2023 at 1:30-2:30pm. This event is for our new 2023/24 class of students. The children will come and spend time with their future teachers and in their classroom.

Take time to browse through the newsletter. You will be amazed at all the exciting learning activities going on at the school. The students have been involved in many clubs such as Gymnastics Club, Lace it Up Club, Chess Club, Ukulele Club, Beading Club, and Recorder Club. Please encourage your children to join a club! It is a fantastic opportunity to meet new children and make new friends!

Thank you for your support in helping to make École Neil Campbell School a wonderful place to be!

Sincerely,

Ms. Christi Qua

Principal

# Kindergarten classes

### The Kindergartens Learned About Penguins!

These are some fun facts that the kindergarten students learned this month. As well, they did a very cute penguin craft using puffy paint. Puffy paint is made mixing together liquid white glue and shaving cream (we used more shaving cream than glue to make the penguins extra puffy!) Maybe you would like to try to make a puffy paint penguin at home too?

Did You Know?? Penguins are birds, but they can't fly. That is because they don't have wings that can be used to fly. Instead, they have flippers, and those flippers help them swim very fast. Also, they have a hook on their beaks to help them catch fish to eat. They can live where it is warm or cold, and huddle together to stay warm. Penguins can slide on their tummies to move quickly over the snow. The dads sit on the babies to keep them warm. The babies can't swim, so the moms bring the babies food and chew it up for them before the babies can eat!



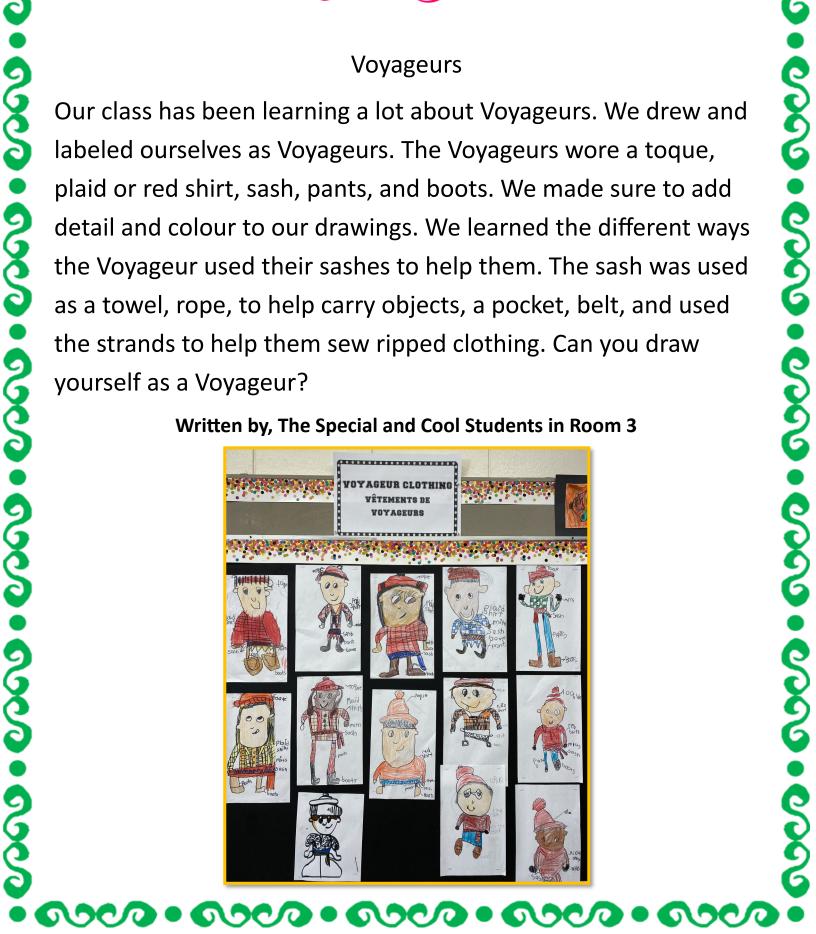








# Ms. Sherby's Grade 1 Class



### Mme Symonds's Grade 1 Class

At the beginning of January, our class studied New Year's Traditions from cultures around the world. We made Chinese Lanterns in class, and did activities related to the Lunar New Year and the Chinese Zodiac Signs. 2023 is the year of the Rabbit and the students in our class were born during The Year of the Monkey! Our class is filled with magnetic personalities and our students are witty and intelligent!

At the beginning of February, we learned that Manitoba Merv has predicted 6 more weeks of winter. Our focus this month was on Black History and how one person can make all the difference in the world. We learned about Dr. Martin Luther King and Rosa Parks and about the struggles that people faced during her and Dr. King's time. Our class thought of ways which they could use what they learned to figure out what they would do to change the world around them.

For Valentine's Day, we spoke about shapes and friendships and this past week, we have been learning about the lifestyle of the Voyageurs and have been singing some festival songs in French!

We have been very busy learning many new concepts and reviewing some old ones too. We have been working on various comprehension skills in reading, and we are always working on printing and conventions of writing (grammar, punctuation). In math we have worked on Subtraction, Addition, Place value and breaking down numbers into smaller parts.









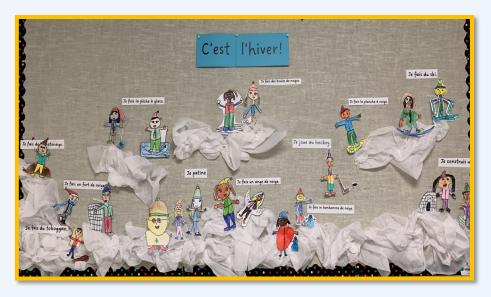
### Mme Dufort's & Mme Fraser's Grade 1 Class

Do you love winter? We sure do! We have been writing about all the different winter activities we do and then we made a French book! Je patine (skate), je fais un fort de neige (snow fort), je fais du ski et je joue au hockey. It's important to keep active during our long Manitoba winter. We also learnt about les vêtements d'hiver (winter clothing). We looked at all our winter clothing and represented it with our corresponding colours. Je porte un manteau bleu (blue coat), des mitaines rouges (red mitts), et un pantalon de ski noir (black ski pants). We celebrated the Lunar New Year by making cool dragon masks and lanterns. We are learning about hibernation and where different animals hibernate in the winterdans les terriers (burrows) et les tanières (dens). The marmotte (groundhog) saw his shadow so winter continues. We made paper bag marmottes. The Winnipeg Blue Bombers came to read to us for I Love to Read Month. It was an exciting assembly! We celebrated Valentine's Day by making beautiful cards with hearts – (les coeurs) and we are looking forward to all the fun activities planned for Festival du Voyageur.









### Mme Workman's & Mme Gudmundson's Grade 2 Class

It's been a busy start to the new year! In January, we learned about the Lunar New Year with our teacher librarian, Mme Thuot-MacDonald. We found out that 2023 is the Year of the Rabbit and set some goals.

We've been doing a lot of writing in French and English. We started Writers' Workshop during which time we use our own ideas to write our stories. Afterwards, we can offer to read them to the class during Authors' Chair. It also provides the opportunity for students to ask questions about or comment on the stories that they heard.

We've marked several special times during February! We recognized Groundhog Day, World Read Aloud Day, Valentine's Day, 100 Day, a week of Festival du Voyageur and Black History month. It's also I Love to Read month and the student teacher who is at school entered a contest to have the Winnipeg Blue Bombers come and read to a school, and we won! Willie H. Jefferson and Graham Alexander each read a book to the whole school!





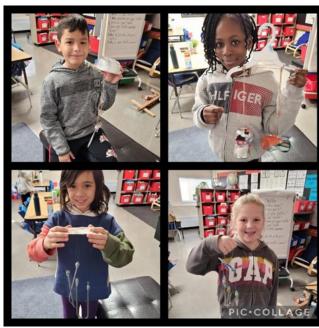


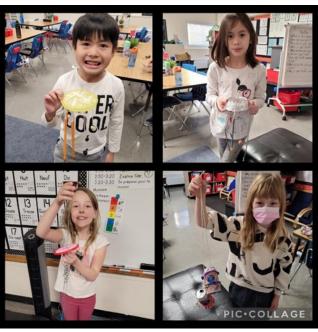
## Mme Sabourin's Grade 2 Class

The grade 2's from Mme Sabourin's class have been learning about Air and Water in the environment. In this unit, the students learned about characteristics of air and the various forms of water in the environment. They were challenged to come up with a device that would make noise in the wind. First, they brainstormed ideas of materials they could use. Then, they came up with criteria for their device and made a plan. Finally, they had to bring material from home to build their device at school. Many students used hangers, string, spoons, sticks and other metal objects to build their windchimes. Once they finished making their wind device, they tested them to make sure they worked properly and made noise. Some students found this project hard and frustrating, but they persevered and were successful! They did a great job!









# MME SOTIRIADIS'S GRADE 2/3 CLASS

### Bonjour et Hé Ho tout le monde!

We sure have been busy this winter!

In science, the Grade 3s have been learning about forces that attract and repel and constructed a maze utilising magnets to function. Grade 2s have been studying position and movement and had to construct a car with wheels and an axle using recyclable materials.

For Social Studies, the Grade 3s have been conducting a research project on Japan while the Grade 2s have been learning about Nunavut and PEI. All students are working on creating a Power Point Presentation on their topic of study. We have also been reading books and having discussions about important historical figures for Black History Month and about Métis history and culture in preparation for Festival Du Voyageur.

In Math we have been learning addition and subtraction strategies as well as practicing problem solving.

For I love to Read Month, we have been lucky enough to have book readings by MLA Jim Malloway and the Winnipeg Blue Bombers. We have also recently celebrated 100 day and Valentine's Day.

We hope to see you soon at student-led conferences and are looking forward to the spring and warmer weather!







## Mrs. Verhaeghe's Grade 2/3 Class

Room 13 carries on the legacy of Mr. Dyck's indoor vegetable garden. While freezing temperatures were outside in early January, each student chose two types of vegetables to seed. They rehydrated the peat pucks and planted them with seeds. They also seeded a tray of lettuce. Watchful eyes were joyfully surprised that within days their seeds were sprouting. Students continue to be amazed as the plants grow and change daily.



January 10, lettuce, tomatoes, peas, cucumbers, beans, kale, chard, and nasturtiums are seeded.



10 days later!



Worms!



Discussing the garden set up.



Checking out the lettuce!



## Mr. Moffatt's Grade 3/4 Class

The **Thoughtful Threes** and **Fabulous Fourts** in room 14 have had a busy and exciting couple months. We have been studying Rocks, Minerals, Soils and Erosion in science. The children have taken great interest in looking at the rock kits, learning about what different minerals are used for, and where they are mined. Students love to have a look at all the different samples.

In Social Studies we have been focusing on human rights, which will be complimented beautifully by our field trip on February 24<sup>th</sup> to the Canadian Museum for Human Rights. In addition to all the learning and rich conversations we have had, students also created a book to show all 30 human rights, with an illustration to help show our understanding of the right.

The authors in this room have had the opportunity to participate in a pen pal activity with friends at Royal School across the city. The children loved having their own letter to open and were eager to write one back. We even created bookmarks for our pals to use in honour of I Love to Read month! Now we are working on using descriptive language by writing restaurant reviews! Be careful reading them, because you will get awful hungry!













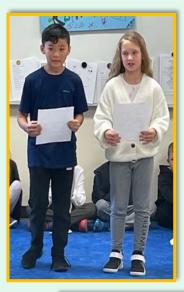
### Mme Scheelar's & Mme Earle's Grade 3 Class

### Bonjour et bienvenue en 3ème année!

Students in Grade 3 have been very busy this term! Here are some highlights from our class:

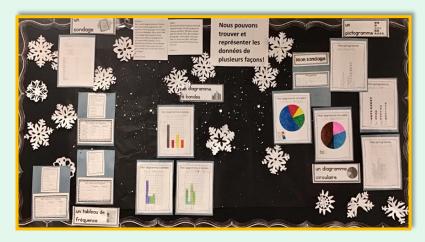
- Our poetry recital where students entertained families with a wide range of poetry. It was a team effort, with students acting as MC, greeters, making posters, and serving refreshments. Students are looking forward to performing Fractured Fairy Tales for families next.
- We particularly enjoyed our Data Management project where students conducted surveys and displayed their results using a variety of charts and graphs.
- Our class is busy learning all about the country of Japan. We even went on a virtual field trip!
- I Love to Read Month is February! We have been read to by several special guests including, Ms. Qua, Mme Cockriell, David Robertson, and players from THE Winnipeg BLUE BOMBERS!

Thank-you for your continued encouragement and support at home as we grow as learners.





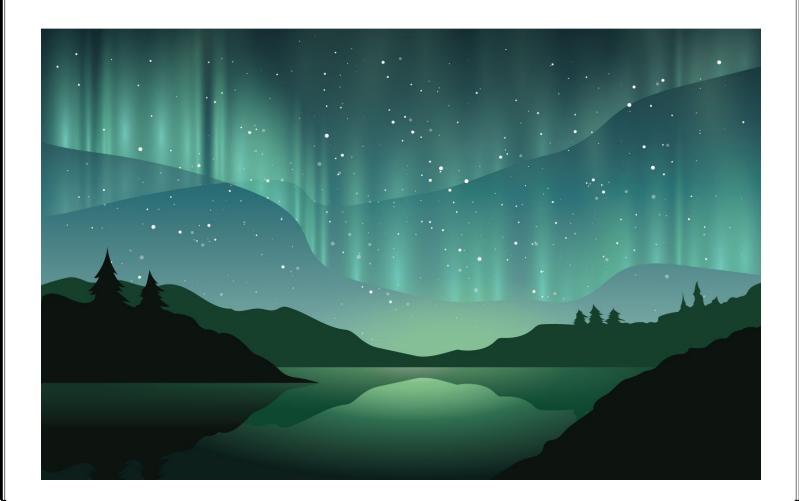




### Ame Aminot's Grade 4 Class

In the past couple of months in room 17 the class has been learning all about Canada's North. We learned the names of Canada's three territories, the Inuit, and we compared life in the North from the past to the present. We learned about Inuit survival and traditions by doing an internet scavenger hunt, and finished off the unit with an art project of the Northern Lights or Aurora Borealis. For the art project we used black construction paper and chalk pastels to make an arctic landscape with the Aurora Borealis above.

In ELA we learned about WNBA basketball star Kayla Alexander. We listened to an interview with Kayla Alexander and discovered that she was not always an amazing basketball player. She had to work very hard to get to where she is today. After that we brainstormed about a time when we worked really hard to achieve something. We made a write up about it and shared our success stories with the class.



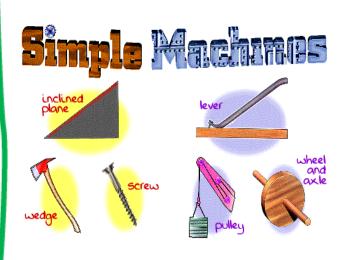
### M VANDALE'S GRADE 4/5 CLASS

In room 18's French immersion 4/5 split, we have been studying Simple Machines. Students have gone outside for a rope pulling experiment in order to discover how balanced and imbalanced forces work.

Students have also designed, tested and perfected popsicle stick catapults for launching foam cubes at distances reaching over 7 meters, all while being able to successfully identify the lever, the fulcrum, the source of the force, and that the energy is being stored in a rubber band.









## Mr. Reimer's Grade 4/5 Class

February has arrived like it always does in Manitoba with some warmth and some cold and with it comes the official halfway point of our school year. It is February when our learners are officially closer to Grade 5 and 6 than their Grade 3 and 4 years, and with that expectations for their learning and work are gradually increasing. Students should be noticing more firm due dates, increased expectations with regards to their work quality and a greater push to explain their thinking and learning collection in their portfolios. More to come on that in March.

Highlights of learning in Room 20 for this term include:

In Math, we're learning some new multiplication strategies as well as regularly practicing our problem-solving skills. In ELA, we're enjoying a novel study of The Tiger Rising by Kate DiCamillo. In Science we're studying and experimenting with changes in matter from solids to liquids to gas. We've also started working on some amazing lessons on relationships and mental health as a part of Project 11.

A new expectation is for students to practice their goal setting and self-evaluation of their work achieving these goals through setting weekly <u>S.M.A.R.T. qoals</u>.





Initially students chose any goal they would like to accomplish for themselves. After a few weeks of practice evaluating themselves, students are now self-assessing on goals strictly related to their schooling between 9:00 am – 3:30 pm time. While it is more challenging for some to choose a new goal every week or two, everyone has something to practice 'doing better at' throughout their day. Considering "How am I doing on my goal for the week?" is a great way to practice *reflecting* on choices and how they affect our learning.

At the end of the week students reflect on how successful they were with their goals and share their assessment with their grown-ups. They then return the completed form to the teacher.

Please watch for these goal setting sheets coming home on Fridays and please feel free to ask your learner about them and how hard they are working to achieve their goals.

### Mme Arcand's Grade 5 Class

Students in room 19 have a lot of projects on the go, and are involved in multiple clubs including gymnastics, chess, school musical, and beading. Students have noticed how busy grade 5 is and how much cool stuff we get to do. Our teacher librarian, Mme Thuot-Macdonald has started a Social Studies project with us about the diversity of Indigenous peoples and how Canada's history has made its population so diverse. In Science, students have been building weather stations and using iPads to follow the scientific inquiry process and predict how the weather will affect their projects. In French, students have been writing their own comics using iPads. In math, we are working with fractions, patterns, and measurement.

For Valentine's Day, we had STEM (Science, Technology, Engineering, and Math) stations, which included a slime making workshop. Since December, we have been meeting with our Kindergarten reading buddies in Mme Nanton's class every other day 2. It is really cool to see the oldest students in our school work with our youngest!







## Library News









As students were welcomed back after the winter break, we kicked things off to celebrate Chinese New Year here in the library! Mme Thuot-Macdonald visited classes, classes visited the library to be read to, and do hands-on activities to celebrate the Year of the Rabbit.

This month of February has been the busiest as it is Black History Month, I Love to Read Month, celebrating Louis Riel Day, and Festival du Voyageur. In collaboration with the Literacy Committee, we worked hard to gather books in celebration of Black Voices, authors, and public figures; Books that have inspired us to love reading, and why we celebrate Louis Riel Day and Festival du Voyageur. From special guests, to online story time, ÉNCS students took part in listening to public figures read their favourite stories!

The library created bulletin board displays, to make this month more interactive. Check out the pictures!

Happy Reading!

-Mme Thuot-Macdonald & Mrs. Bagay



## **GYM NEWS**

The gym has been a busy place this month. We have been celebrating I Love to Read Month with a Physical Literacy word wall. Students have been adding their own words to the wall.

In class, students have worked on movement, balance, and gymnastic-type activities. We have continued to focus on fitness this month and talk about the heart. Students have been self-assessing how hard they are working.

We are very excited to have the opportunity to finally attend the Divisional Tumbling Rally as it is a go this year. We have a wonderful group of grade 4 and 5 students who are working hard to prepare a mass warm up, skills and a school creative routine. We are excited for an evening of showing off our hard work!





# Music Notes

### **December Performances**

Thank you to all the families and friends who came to support our grade 1 & 2 students in the Musical Showcase and the Kindergartens in the Santa Extravaganza!

It was the first time that ANY of these students have participated in a concert in our gym. The students did a fantastic job singing, moving and playing! All the grade 1's and 2's showcased songs they had learned in the fall term. They sang in French, Ojibwe, English, and showed off their sign language skills. A select number of grade 2 students played our Indigenous drums and some showed off their excellent speaking skills by introducing our selections.

The Kindergartens were featured in their very own concert sharing songs in French and English about all things leading up to Santa's visit on Christmas morning.

### **Upcoming Concert**

In April, it will be the grade 3-5 students' chance to shine! We are hoping to perform a musical complete with a stage and lights, singing, acting, choreography and costumes. Auditions have taken place for grade 5 students and we have begun to practice. We will begin learning songs and choreography during class time and the actors will practice during lunch hours. Our concerts will take place on April 26th at 1:00pm and 7:00pm, and April 27th at 7:00pm in the École Neil Campbell School gym. All students in grades 3-5 will be required to participate in all **concerts.** More information will be available closer to the date!







### **Recorder Karate**

This term, all grade 3 students who play the recorder are welcome to come to the music room first recess three times a week to learn new music. The "Recorder Karate" program is made up of songs that are arranged developmentally ranging from easy to very difficult. Students take recess times to practice and learn the songs which they play for me to earn belts. They can get help from other students in the group who have earned that belt or from me to prepare for their test. Once they pass the belt, they are given a coloured band to put on their recorder and can begin working on the next level. This club allows students to work at their own pace while gradually improving their skills on the instrument in a fun, motivating way. If you're curious and have more questions, please come and see me at parent/teacher interviews in March!

# NEWS FROM RESOURCE

Have you ever wondered as a parent, "How can I make reading fun at home?". The Province of Manitoba produced a wonderful resource "Helping Your Child Learn to Read – A Parent's Guide." In this informative resource are many activities and ideas to help parents support their child's journey of learning to read. Please refer to the following link for more information. 125284 READBook (gov.mb.ca)

### Tip 2

### **Make Reading Fun**

Reading aloud can be a lot of fun, not just for parents but for all family members. Here are some ways to get the most out of reading to your young child:

- Read with drama and excitement! Use different voices for different characters in the story. Use your child's name instead of a character's name. Make puppets and use them to act out a story.
- Re-read your child's favourite books as many times as your child wants to hear them, and choose texts and authors that your child enjoys.
- Read stories that have repetitive parts and encourage your child to join in.
- Point to words as you read them. This will help your child make a connection between the words he or she hears you say and the words on the page.
- Read all kinds of material stories, poems, information books, magazine and newspaper articles, and comics.
- Encourage relatives and friends to give your child books as gifts.
- Take your child to the library and look at interactive CD-ROMs and the Internet, as well as books.
- Subscribe to a magazine for your child. He or she will love receiving mail!

The more you enjoy the reading experience, the more your child will enjoy it.





Remember, it is important to make sure your child has had their vision checked each year by an Optometrist. If your child has been prescribed glasses, please ensure they wear the glasses as prescribed by their Optometrist.

# Guidance Corner

Hello! I'm Mme Jennifer Cooke and I will be with École Neil Campbell School for the rest of the year. March is Brain Awareness Month and to celebrate, I will be starting the *Mind Up!* Program with some classes. This program teaches children mindfulness strategies, the parts of the brain involved in regulating emotions, and how to access our "Wise Brain" when angry, anxious or stressed.

I am currently working with several of our older classes on avoiding gossip, coping with rumours and social extension, and how to be a friend. Small groups for students experiencing similar concerns are being formed and will meet weekly.

For families wanting to celebrate Brain Awareness Month at home, try the activities listed below:

- Too much screen time has been shown to increase stress in both children and adults. To build healthy, resilient brains consider cutting screen time in half and spending time playing outside, playing board games, going for a walk or baking together.
- Research shows that insufficient sleep decreases IQ, the ability to problem- solve and our emotional regulation skills. Natural light resets our circadian rhythms and helps us to fall asleep, move into REM sleep and wake more rested. The light emitted from tablets, phones, computers disrupt sleep patterns. Try turning off technology an hour before bedtime.
- \* Focus on positives! Challenge each family member to share the best part of their day while eating supper as a family. Research shows that optimists have lower levels of stress, are happier and are better able to problem-solve. We can strengthen the neuronal pathways that cue automatic positive thoughts by practicing focusing on the positive.

# Indigenous Academic Achievement Committee

At École Neil Campbell School, the IAA committee has been hard at work finding innovative ways to include connections to Indigenous knowledge and practice.

This school year alone, École Neil Campbell School staff and students have engaged in beading, crafts, the learning of the history of residential schools, lunar calendars, Indigenous languages, and landbased practices for learning. Moving forward through February, the school will continue to engage with history by celebrating the Festival du Voyageur, which honours and celebrates the trade between Anishinaabe, Inenewak, Anishinin and Dene Suline, many other tribes, Métis peoples, and early settlers who used Indigenous know-how to survive in the beautiful province we now call Manitoba.

Though reconciliation can appear a daunting effort, students and staff at École Neil Campbell School have demonstrated consistent determination through study and play to further deepen the relationships we all share with the people, the history and the traditions of the land which we call Treaty One.



### Why is Digital Literacy Important?

Digital literacy is the skill set required to use technology safely, effectively and responsibly. As technology continues to become more and more ingrained in daily life, the importance of learning digital literacy skills is becoming increasingly apparent. Below are four reasons students should learn digital literacy skills.

### 1. Support Educational Progress

One of the first reasons digital literacy is important is because of the increased use of technology in education. The use of technology as a learning tool has grown in the past years, with technology platforms such as computers, tablets and the internet becoming increasingly prominent in K-12 schools and universities.

Students with digital literacy skills will be more comfortable and confident in these learning platforms, while those without digital literacy skills may have their progress stymied by an inability to or lack of confidence in navigating the related technology.

### 2. Increase Online Safety

Online risks are complex and ever-changing, with nefarious individuals or groups continually discovering and creating new ways to take advantage of others. While digital literacy cannot prevent students from facing safety challenges online, it can empower them with important knowledge, tools, processes and resources to help protect their safety and privacy as much as possible.

### 3. Understand Digital Responsibility

Along with online safety, digital literacy also teaches digital responsibility, which is the ability to consume and communicate information ethically online. Increased technology dependence exposes students to challenges related to copyright and plagiarism, cyberbullying, vetting informational resources, and interacting responsibly with others. Digital literacy skills help students master their ability to understand and effectively navigate these challenges, making them more responsible digital citizens.

### 4. Improves Social Opportunities

Whether we like it or not, more and more social interaction take place online. Digital literacy plays a role on being able to socialize with people. Where friendships and even familial relationships used to depend on slow communication, the use of technology eliminates the barriers of location when it comes to socialization. However, this opened world of social opportunities also exposes people—especially young people—to dangerous social scenarios. Mastering digital literacy skills allows students to connect with others online while protecting their information and safety.

Source: Learning.com

## Numeracy Committee

The numeracy committee has been focusing on learning through conversations about math, as well as exploring real-life situations to learn numeracy skills. "Helping Your Child Learn Math: A Parent's Guide" is available at www.edu.gov.mb.ca/k12/docs/parents/learn/math.pdf.

Here is an excerpt from the guide discussing some activities for helping your child learn Number concepts in a fun and meaningful way.

## What Math Activities Can I Do With My Child?

### Understanding Number

Numbers are used to describe quantities, to count, and to add, subtract, multiply, and divide. Understanding numbers and knowing how to combine them to solve problems helps us in all areas of math.

- Count everything! Count toys, kitchen utensils, and items of clothing as they come out of the dryer. Help your child count by pointing to and moving the objects as you say each number out loud. ◆ Count forwards and backwards from different starting places. ◆ Use household items to practise adding, subtracting, multiplying, and dividing.
- Sing counting songs and read counting books. Every culture has counting songs, such as "One, Two, Buckle My Shoe" and "Ten Little Monkeys," which make learning to count both forwards and backwards fun for children.
   ◆ Counting books also capture children's imagination, by using pictures of interesting things to count and to add.
- Discover the many ways in which numbers are used inside and outside your home. Take your child on a "number hunt" in your home or neighbourhood. Point out how numbers are used on the television set, the microwave, and the telephone. Spot numbers in books and newspapers. Look for numbers on signs in your neighbourhood. ◆ Encourage your child to tell you whenever he or she discovers a new way in which numbers are used.

# Well-being Committee

The well-being committee has been busy over the last couple of months. During the month of December we ran our kindness blitz. The goal was for students to show various acts of kindness throughout the school day. When an act of kindness was spotted teachers would give the person a link to add to our hallway chain. The overall goal was for the chains to "link" up from one end of the school to the other. We successfully completed our goal therefore we all were rewarded with a movie before the winter break!

During the month of January our K-5 classes have been discussing what it means to "Take care of people, places, and things." There have been many great discussions and we are looking forward to applying what we've learnt in the coming months. We are also looking forward to learning about new topics as February begins.

### School Culture and Tride

Pink Shirt Day is celebrated across the globe and was inspired by an act of kindness in 2007 in Nova Scotia. A Grade 9 boy was being bullied for wearing a pink shirt, so a small group of friends took a stand by handing out pink shirts for classmates to wear.

At ÉNCS four grade 5 students have come together to raise awareness about bullying and to promote a culture of safety and inclusivity, with the guidance of Mrs. Pauls.

These same students also created the school's ASL Club (American Sign Language).

Reading announcements to inform the community about Pink Shirt Day.

Designing a poster for everyone to sign.

Cutting pink paper shirts for others to wear...similar to those who first took a stand.









## French Language Committee

The month of February is an exciting month for schools. Here at École Neil Campbell School, I Love to Read Month is well underway. As part of the French Immersion program, we have been spending time exploring new authors. Reading French literature each day is one of the most valuable ways in which we explore the French language with our students. Many classrooms even had the privilege of having Mme Cockriell as a guest reader in French.

We also look forward to the upcoming Festival du Voyageur. This annual French cultural celebration runs from February 17-26<sup>th</sup> at Whittier Park here in Winnipeg. We encourage families to visit the festival and experience French-Canadian culture firsthand with live shows, snow sculptures, outdoor games and more!

This year at École Neil Campbell School our festivities begin with an assembly to kick off our Voyageur Week from Feb 21<sup>st</sup>-Feb 24<sup>th</sup>. Sharing the history of the Voyageurs and some traditional songs are the perfect way to get into the spirit. During Voyageur week students and staff are invited to wear some of the traditional items of clothing worn by the Voyageurs. (Tuesday: red/plaid shirt, Wednesday: sash, Thursday: toque, Friday: whole outfit). Inside the classroom, students will further explore the history of the Voyageurs and their connection to the Indigenous Peoples of Manitoba. We will celebrate our French culture by playing games, singing traditional songs and engaging in various art activities, books, and maybe even some food. We wish everyone a wonderful Voyageur week!

Submitted on behalf of the French Immersion Committee



Hé Ho!

Festival du Voyageur





-The lunch program does not supply cutlery. The weather continues to be cold, please ensure your student is dressed for the weather everyday.

### WE ARE HIRING

N.C.L.P.C. is currently hiring full time and casual lunch time supervisors. If you are interested please send us an e-mail! nclunchprogram@gmail.com

### FAMILY COOKING CORNER

Cooking as a family is a great way to bond and find time to spend together. Here are a few snack recipes to try with your child! Do you have a favorite recipe? We would love you to share it! Send us an e-mail and your recipe could be shared in our Newsletter!

1.) Apple nachos are a delicious gluten free, dairy free and healthy snack for kids! These will be a hit with your family!

#### Ingredients

- · 5 apples Gala, Honeycrisp or Fuji recommended
- · 2 tablespoon nut or seed butter of your choice
- · % cup dairy free chocolate chips

#### Instructions

- Wash and slice apples. Arrange one layer of apples on a plate.
- Drizzle half of the melted nut butter over apples. Evenly sprinkle dairy free chocolate chips over apple
- · Repeat process with remaining apples, nut butter and chocolate chips. Serve immediately.

### Banana Sushi is a fun way to get kids involved in making their own healthy snack.

#### Ingredients

- · Sprinkle sushi: 1 banana, 2 squares dark chocolate, 1 Tbsp of sprinkles
- Chia seed sushi: 1 banana, 2 sqaures dark chocolate, 0.5 Tbsp chia seeds
- Coconut sushi: 1 banana, 1.5 thsp nut or seed butter, 1.5 thsp shredded coconut
- · Rice Krispie Sushi:1 banana, 1.5 tbsp nut or seed butter, 3 tbsp rice krispies

#### Instructions

- 1. Peel the bananas and place them on a plate or board.
- For the Sprinkles and Chia Seed Sushi, melt the chocolate and pour it on top of the bananas. Add the sprinkles or chia seeds on top and place in the fridge until set.
- 3. For the Coconut and Rice Krispie Sushi, spread the nut/seed butter onto the top of the bananas and then roll them in the shredded coconut or rice krispies.
- 4. Serve straight away.













### **RETLife Programming**

<u>RETLife</u> is a part of the River East Transcona School Division and provides opportunities for community members to participate in dynamic leisure and recreational programming at schools throughout the division.

The best part? All activities allow you to stay close to home!

Space is still available for you or your child to register for activities this spring, such as:

Kids Can Style! Awesome Braids and Curls

**Confidence Building Martial Arts for Kids** 

Mental Health First Aid for Adults Who Work with Youth

SING Out! With Rainbow Harmony Project (youth ages 12 – 17)

**Badminton for Kids** 

Intro to Bhangra (all ages 13 and up)

Emergency First Aid and CPR with AED (level C)

Celebrating Filipino Food with Jeremy Senaris (celebrating Filipino Food Month)

And much more!

Visit <u>RETLife</u> to see our offerings and check back regularly as new courses are added frequently!

### **Anaphylaxis Policy**

The division recognizes that some students attending schools may require the administration of medication in response to an acute allergic reaction. Therefore, for the safety of students, staff, and parents/guardians, Anaphylaxis Procedures and Anaphylaxis Avoidance Strategies must be followed within the division. The complete policy is available on the website at:

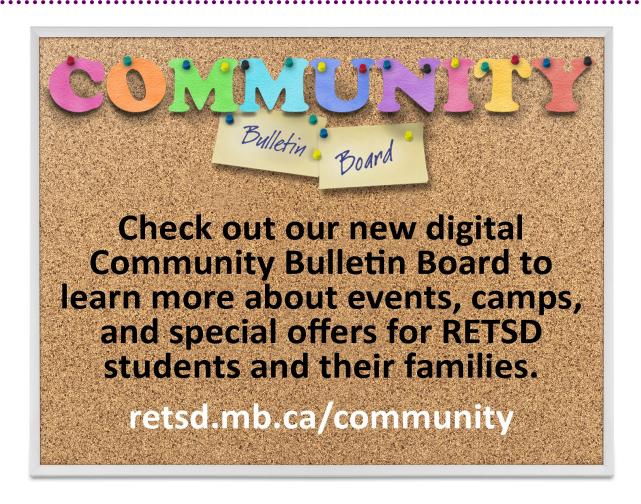
http://www.retsd.mb.ca/yourretsd/Policies/Documents/JLCG-R1.pdf

http://www.retsd.mb.ca/yourretsd/Policies/Documents/JLCG-R2.pdf

### **Concern Protocol**

https://www.retsd.mb.ca/yourretsd/Policies/Documents/KE.pdf (Policy KE-Concern Protocol)

https://www.retsd.mb.ca/yourretsd/Policies/Documents/KE-R.pdf (Policy KE-R Concerns & Complaints Procedures)





RETSD is on Facebook and Twitter!
Like and follow us to stay up-to-date on what's
happening in the division.







### Concern **Protocol**

Your child's school will always try to make the learning experience a positive, safe and happy one for its students.

However, if you have a concern or an issue, please don't hesitate to let the school know. Open communication between home and school is very important to us.

Talk to the person most directly involved your child's teacher. If you must leave a message, provide a day and evening phone number where the teacher can reach you.



If you've talked to the principal, but the issue has not been resolved over a period of time, call the superintendent's department at 204.667.7130 or email communications@retsd.mb.ca.

If talking to the teacher doesn't resolve the issue, talk to the principal.

If you disagree with the decision of the superintendent's

department, you can make an appeal in writing to the board of trustees.



For more information: Policy KE - Concern Protocol Policy KE-R – Concerns and Complaints Process retsd.mb.ca

