

HAMPSTEAD SCHOOL E-MEMO



OCT 5-9

Oct 5-9

Oct 6:	Bus Evacuation
Oct 6:	Rm3 & Rm5 – Field Trip to Human Rights Museum
Oct 9:	Rm6 – Election MB Presentation
Oct 9:	Rm3 – Munroe Library

Down the Road

Oct 12:	No School
Oct 14:	Rm3 Treaty Presentation
Oct 23:	No School (co-ordinated Day)
Oct 26:	Rm 5&6 – Field Trip to Oak Hammock Marsh
Oct 27:	Grade 4&5 Student Vote Day
Oct 28:	No School (co-ordinated day)

Information

Meals2Go

We are very excited and grateful to have the Meals2Go program continue at Hampstead School this year! All students in attendance will be bringing home a free Meals2Go kit every Friday (or Thursday if there is no school on a Friday). Please make sure to check your student's backpacks on Fridays after school! More information on the program is below.

Visiting the School & Student Pick-up/Drop off

We ask visitors to enter through the front doors of the school and report to the office upon arrival. All doors except the front doors are locked during the day. In the morning, Students should be dropped off and picked up outside their designated doors. We are also asking students to enter and leave through their designated doors (unless other arrangements have been made with the school team). This is to help ensure the safety of all Hampstead students and staff.

Verification Forms

Verification forms are available to you digitally on the parent portal. Please take some time to complete the form as soon as possible, as we want to make sure all student's contact information is correct.

Guidance for use of the parent portal as well as specific help for filling out digital forms can be found on our divisional website under Parents & Students > PowerSchool Parent Portal, or by following this [link](#).

Please feel free to contact our school office for additional support or for a paper copy to be sent home at hamp@retsd.mb.ca or 204-654-1818.

Birthdays

We know birthdays are an important celebration for our students! Because of this, we recognize them in many ways at school on their special day. Announcements, birthday books to take home, and classroom celebrations are all a part of this. We ask that parents do not send food or items to school to be distributed. While we appreciate the kindness and generosity, we are unable to distribute treats and items at school.

Cell Phone Use Update:

Families may be feeling the same way that we are feeling in schools. One moment we are enjoying the summer, and the next we are several weeks into the school year with all of its routines.

This letter is a reminder of the cell phone guidelines established by the Manitoba Government. These guidelines refer to any personal devices that can be used to connect to the internet (e.g., smartwatches, tablets, cell phones, laptops, smart glasses).

Appropriate use of technology is also outlined in the RETSD Code of Conduct [RETSD - Code of Conduct](#) and RETSD Policies:

[IJND - Instructional Technology Use](#)

[IJND-E1 - Instructional Technology Use Form](#)

[JICJ - Student Use of Student Supplied Personal Electronic Devices](#)

[JICJ-R Student Use of Student Supplied Personal Electronic Devices Procedure](#)

As a reminder:

- Schools with Kindergarten to Grade 8 students are personal electronic device-free zones.
- Students in Grades 9-12 are able to use their personal electronic devices for instructional purposes in class when directed by a teacher, and during breaks and lunch.
- Staff model responsible personal electronic device use for students by thoughtfully limiting personal electronic device use in the learning environment to school-related matters.

Manitoba Education and Training has published Frequently Asked Questions (FAQ) regarding the Cell Phone Guidelines. The link can be found [here](#).

Teaching and learning about being a responsible digital citizen continue in all grades and classes. Our schools have access to a variety of technology that supports students in being creators, designers, and critical thinkers.

As partners in your children's education, the conversations that you have at home are crucial in that teaching and learning. Here are some resources that may be helpful:

[MediaSmarts: Helping Kids Get a Healthy Start with Phones](#)

[MediaSmarts: Helping Young Kids Get a Healthy Start with Devices](#)

[RETSD TV Healthy Cellphone Use](#)

Please contact the school if you have any questions about the guidelines.



HARVEST MEALS2GO!

COMING SOON!

TO YOUR CHILD'S SCHOOL!



Meals2Go is a weekend student nutrition program aimed to nourish students on the two days a week they might not have access to in-school meal programs.

Students are given a Meals2Go kit every Friday to take home for the weekend!



This program is **FREE** and open to all students—no registration required!



How does the program work?

Harvest staff and volunteers pack breakfast bags every week filled with healthy, and kid-friendly snacks including fresh dairy, fresh fruit and veggies, and an assortment of dry goods. Our friendly team of volunteers and staff will deliver the Meals2Go bags to your child's school every Friday. Teachers will distribute the bags to each student for them to take home and enjoy over the weekend!

Q: Are the bags free?

Yes! The Meals2Go bags are free meaning you do not have to pay to have your student receive Meals2Go.

Q: Who can receive the bags?

This is an inclusive meal program, everyone is automatically enrolled and will receive a bag each Friday.

Q: What if my child doesn't want one?

If your child would like to opt out of the program, please notify your homeroom teacher and child.

Q: Are the Meals2Go bags plastic?

No! Our Meals2Go bags are completely compostable!

Q: How long is the Meals2Go program?

We run the Meals2Go program for the entire school year, which means your child will receive kits every week from October-June. We do not distribute over the Holiday or Spring Break.

Q: What if my child has an allergy?

We will gladly pack a separate allergy friendly kit for your child that is sealed, labelled, and delivered in a separate bag. Just let us know!

Q: Who do I contact with questions or concerns?

You can always reach out to your homeroom teacher with questions or school staff. You may also reach out directly to Harvest's Director of Community Programs, Mika Peterson, or Program Coordinator, Grace Hodge. They are always happy to answer questions or assist in any way.

Mika Peterson
Director of Community Programs
mpeterson@harvestmanitoba.ca
204-982-3670

Grace Hodge
Program Coordinator
ghodge@harvestmanitoba.ca
204-982-3670



RETLife is dedicated to helping people connect to living The Good Life.

We value:

- making connections
- providing opportunities for people to share their passion with other people
- growth based learning at all levels for community members, instructors, and administrators.

Whether you are looking to participate in a fitness class or leisure activity, or build your skills so you can land your dream job, we have a class for you – whatever age or stage you're at. And the best part? You can stay close to home and do it all in the River East Transcona School Division.

Welcome back to another year of [RETLife](#) Programming! We're excited to announce that our Fall Programming for 2026 is now online and [open for registration](#)!

We have a lot of classes available for kids and families. A few examples include:

- **Bricks4Kidz**
- **Theatre Classes**
- **Engineering for Kids**
- **Gym Games**
- **Indoor Soccer**
- **Kids Can Cook**
- **Introduction to POI**
- **Parent and Child classes**
- **Soccer Baseball**
- **Stay Safe**
- **Volleyball for Kids**
- **Bonjour! French for French Immersion Parents!**
- **And much more!**

Visit the [RETLife](#) website today so you can register for one of over 70 programs available throughout the River East Transcona School Division! [Register](#) early to avoid disappointment!