



600 Hoka Street  
Winnipeg, MB R2C 2V1  
Phone: 204.958.6412  
Fax: 204.222.4829  
Principal: C. Chartier

**WESTVIEW SCHOOL**

**January/  
February**

## Westview School

### Principal's Message

Welcome back to the second part of our 2018 – 2019 school year. It has been great to see both students and staff back to school following the break, rested and anxious to get back to work. Winter is now upon us with temperatures moving from -1 to -30. The staff has done an excellent job in responding to the needs of the students by starting up some exciting clubs such as Cross-Country Ski Club, Maker Space, MYRCA Club, Chess Club, Gymnastics Club, and of course, the Westview floor hockey league. We have also started our breakfast program taking place Mondays, Wednesdays and Fridays from 8:15 to 8:45 in the Family Room.

Thank you to all the families who could join us during the month of December to celebrate student accomplishments. The excellent crowds for both the concerts and student-led conferences are a clear demonstration of your support of the work that is being done with your children at school. We very much appreciate you taking the time at a very busy season to join us!

With winter in full swing, we ask that all of our adults who drive their children to and from school take extra precautions when picking up or dropping off. Please be aware of and respect the traffic signs around the school outlining where you can and cannot park.

February will be a busy month at Westview. I would like to take this opportunity to give you a heads up on some of the activities that the students will be involved in.

- Jan. 31 PAC family movie night starting at 6:30
- Feb. 1 No School
- February "I Love to Read" month with numerous activities planned and guest readers coming to read to our students
- Feb. 18 No school - Louis Riel Day
- Feb. 22 No school in the afternoon (regular classes in the morning)

Please be on the lookout for additional information that may come your way as these events unfold.

C. Chartier  
Principal

## Your River East Transcona School Division Trustees

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For more information about the board of trustees, visit: [www.retsd.mb.ca/BoardofTrustees](http://www.retsd.mb.ca/BoardofTrustees)

## News from the Classroom (Rooms 10 & 14)

Our suitcases are packed! Mrs. Gordillo's and Ms. Crabb's Grade 2's are going on a pretend train trip across Canada! We will be learning about the different Provinces and Territories. We will be comparing life in Winnipeg to life in other Canadian cities. We will learn what natural resources are and where we can find them. Students will be taking their "passports" with them on this journey so they can document all the places we go.

Bon Voyage!  
Mrs. Gordillo

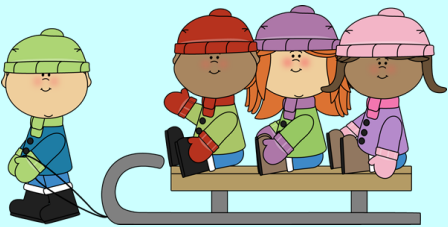


# News from the Classroom (Room 13)

## Winter Activities

Is your thing having fun? Perhaps you like having fun with the family? Maybe you just want to get the **kids out of the house**. Why not use one of your days off to throw the kids in the snow! Literally, hahaha! We have so many fun activities planned for you and your family to do outside this winter. While sipping on a yummy cup of hot coco, look at our list:

- Skating on the duck pond at Kildonan Park or at the Transcona Square and then enjoy a cup of hot chocolate.
- Pull the kids and take them for a sleigh ride.
- Take the family tobogganing at our famous Garbage Hill.
- Go cross-country skiing at St. Vital park (you can rent skis at Windsor park too), then stop at Wendy's for a Chocolate Frosty.
- Go on a hay ride at Birds Hill Park. Don't forget a hot chocolate from the Ranch on your way home!
- Whip down the hill and go snowboarding at Spring Hill. Don't forget you can also downhill ski there and enjoy the view on your ride up the ski lift. At the top of the hill, there is a little cabin where you can get hot chocolate.
- Do you have a snowmobile? If so, get out and GO!



- You can go ice fishing on the Red River. Don't fall in and remember to take a thermos with some hot chocolate to keep you warm.
- Get lost in the Snow Maze at Amaz-In-Corn. They have hot chocolate for sale in the warming barn.
- Fort Whyte is the place for snowshoeing and a toboggan run. You can ride right onto the ice. Isn't there a place to grab a hot chocolate there too?
- How about a snowball fight? This is where the parents can have a little fun and throw their kids in the snow.
- Build a snowman and also an ice fort. You could also build a little hide-out under the snow.

You and your family can do many activities throughout the winter. We hope you have fun trying everything with a hot coco.

Written by: The Hot Chocolate Connoisseurs of Room 13



## Westview Cross Country Ski Club

Cross-Country Ski Club is getting started this month. We will have two sessions: one on Mondays and Wednesdays and the other on Tuesdays and Thursdays. Both sessions will be held after school from 3:45-4:30. Students in Grades 4 and 5 have all been given the opportunity to sign up and it looks like we will have another great turn out!

Cross-country skiing is an excellent way for families to get outdoors and enjoy the winter together. It is a sport that can be enjoyed by people of all ages and fitness levels, and once you've learned the basics, it is a skill that you'll have for your entire life. Not to mention, it's a great way to stay in shape!

Did you know that there are many trails within the city that are available for families to use? Both Harbourview and Windsor Park Nordic Center rent out skis and have groomed trails for you to try out the sport. If you have access to your own skis, you can also try the many trails groomed within our parks: St. Vital Park, Kildonan Park, Crescent Drive Park and Bird's Hill Park all have well-groomed trails and access to most of the trails is free, aside from needing a provincial park pass to gain entrance into Bird's Hill.

I'm looking forward to another great season of skiing! Happy Trails!

Mrs. Unrau



## Westview T-Shirts for Sale



The school will be placing an order for Westview Whale t-shirts which we use during various clubs and school outings. We are giving families the option to purchase their own personal t-shirt for your child to keep! If you wish to order a Westview t-shirt for your child, please fill out the order form which will be sent home this week as well as posted on our website, and return it by Friday, February 8th. T-shirts are \$10 each; please submit exact payment via cash or cheque payable to 'Westview School'. T-shirts are lime green with the Westview Whales logo on the front—the same as ones already being used at school. Size samples will be available in the school office.

## Library News

Thank you for coming to our Scholastic Book Fair during November conferences. Through your support, we were able to purchase many new books for the school library!



In December, our Grade 1-5 students participated in coding activities as part of a larger Hour of Code event. Students from the University of Manitoba's WISE Kid-Netic program came to kick-start their fun with Robot Mice and Dash Robot. Many of our students continued to explore coding through Hour of Code modules: Ozobots and Spheros. All the students had a great time using their problem-solving skills while coding. Well done, everyone!

We have many fantastic clubs running in the library right now, including Busy Builders, Open Library, Picture Book Reading Club, and MYRCA.

Of course, it is almost I Love to Read month too! Such excitement! During the month of February, Westview will be celebrating our love of reading through special dress up-days every Thursday, DEAR (Drop Everything and Read) every Tuesday, and many guest readers throughout the month. Classes will also be participating in a tournament-style 'February Face-Off' to determine Westview's favourite picture book. There will also be numerous opportunities for students to win prizes throughout the month. Student participation in reading activities and celebrations can earn them a draw ticket.

The home activity calendar is a way for you to be involved in the fun too! Please help your child complete as many of the activities as possible and return it (signed) by March 1st.

Thanks for sharing our love of reading!

Mrs. Card  
Teacher-Librarian



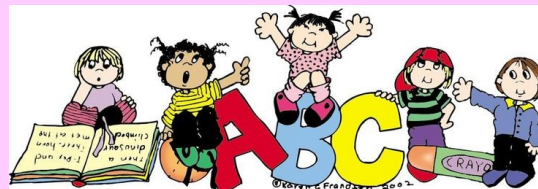
## News From the Community Connector

We are pleased to offer a new class for parents on Tuesdays starting January 22nd called Nobody's Perfect. Parents will meet with other parents of young children to share ideas about parenting and discuss real-life parenting situations while learning about child development, safety, health and behavior. This class will be held Tuesdays through to February 26 from 6:00—7:30 pm. Childcare will be provided if registered in advance.

In addition, we have two drop-in Stay and Play programs per week which parents/care givers are invited to attend with their toddler and preschool children. Join the fun as we read, sing, make crafts and enjoy a healthy snack together while meeting other preschool families.

Monday's sessions are open from 9:15—11:15 am and  
Wednesdays are open from 1:00—3:00 pm.

Jen Coyle  
Community Connector



# News from the Guidance Department

## Kindness Club




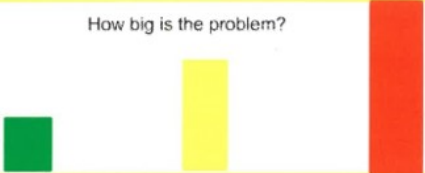
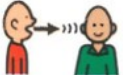




Before the holidays, some of our Grade 4 and 5 students formed Kindness Club and came up with some practical ways to be kind to others. One of their projects was selling candy canes to fellow students and donating the proceeds to a good cause. Kindness Club was able to raise almost \$200 which they chose to donate to World Vision for mosquito nets and medicine.

## Conflict Mediation




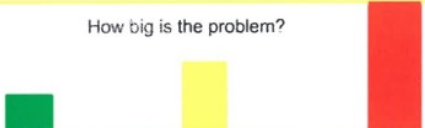


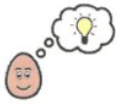
In December, Mr. Chartier, Mrs. Unrau and Mrs. Pretula visited classrooms to teach students how to solve a problem. The lessons focused on staying calm and identifying the size of the problem. Students brainstormed various problems and then grouped them as small, medium or big. Students learned about reflective listening and had the opportunity to practice with a partner. A conflict mediation procedure was taught to all the classes with a simplified version used with the Kindergarten to Grade 2 students. The procedure that was taught to students is shown below. We ask that you model the use of this conflict mediation procedure at home with your child to help them learn how to identify the size of a problem, use various problem-solving strategies and practice reflective listening.

Grade 5 Peacekeepers are being trained this month to use the problem-solving wheel along with the mediation strategies to help younger students solve conflicts at recess.

### Mediation Guide K-2

-  **Calm down**  
 → 
- How big is the problem?**  

- Share your feelings**  
 I felt \_\_\_\_ when \_\_\_\_
- Problem-Solving Wheel**  

- Pick 1**  **Did it work?**  

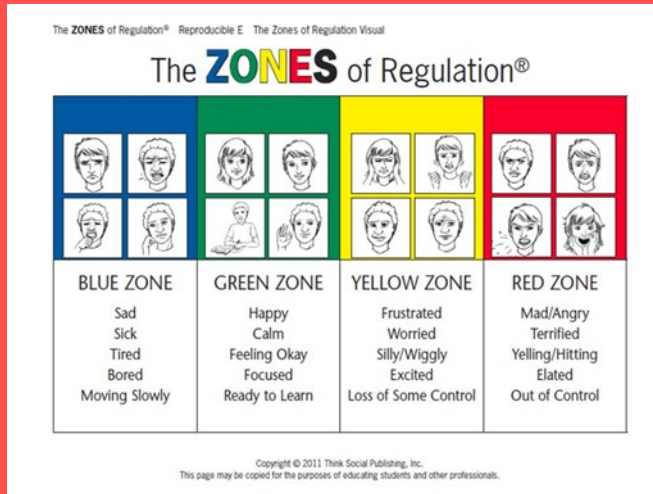
### Mediation Guide 3-5

-  **Calm down**  
 → 
- How big is the problem?**  

- Take turns sharing your feelings without interrupting**  
 "I felt \_\_\_\_ when \_\_\_\_"
- Show you understand**  
 "What I hear you saying is \_\_\_\_"
- How can we solve this?**  
 "Next time I can try \_\_\_\_"

# The Zones of Regulation

Zones of Regulation is an evidence-based curriculum designed to help students gain emotional awareness, regulation skills, and improve their problem-solving abilities which we use here at Westview. It is not a numerical rating system, a way to label “good” and “bad” emotions and behavior, or a classroom behavioral chart. We do not praise kids for being in the green zone, but praise them for identifying an accurate zone and choosing helpful regulation strategies.

## The Four Zones:



Blue Zone	Low alertness or energy level. Body might move slowly. Might feel: sad, tired, sick or bored.
Green Zone	Regulated, alertness, in control, ready to learn, just right energy. This is the Zone students generally need to be in for school work. Might feel: calm, happy, focused, or content.
Yellow Zone	Heightened state of alertness, more energy, still have some control. May feel: stressed, frustrated, excited, silly, nervous, confused. Might look like wiggly.
Red Zone	Extreme state of alertness, LOTS of energy, not in control, or very intense feelings. May feel: angry, rage, explosive behaviour, panic, terror or elation. When someone is in the red zone they aren't in control anymore.

## How to Help Students Using the Zones

1. Help students gain awareness of the zones by making observations about your own behavior. What zone are you in, how can you tell, and what strategies do you use?
2. Talk about what zone is expected in that situation and how you will get there.
3. Talk about how people's actions affect the zone that you are in and how you feel.
4. Help students label their zones and choose strategies.
5. Reinforce the identification of the zone, the zone to move to, and trialing a strategy.

## Zones Strategy Categories:

- Calming
- Thinking
- Sensory

It's chilly outside, so please remember to send your child with mitts, hats, scarves, ski pants and a warm coat. Please also label your child's clothing items as our Lost & Found fills up quickly!



## Westview in The Herald!

On Wednesday, December 19th, Westview School's Christmas Shop was featured in an article in The Herald. A big thanks goes out to our Parent Council for hosting such a wonderful event that enables our students to give to others at Christmastime!



Running for more than five years, Westview School once again hosted their Christmas Shop this season. The Westview Parent Advisory Council (PAC) organizes the annual event. Students have the opportunity shop, purchase, wrap and give a gift to one or two special people in their lives.

PAC collects donations of items for the shop such as gift wrap, tape, gift tags, books, DVDs, ornaments, decorative items, sporting goods, jewelry, toys, board games, home décor, and men's items. They accept any new or gently-used item that someone would appreciate as a gift.

On the day of the Christmas Shop, students bring a few dollars to shop for their loved ones. PAC does not run this as a school fundraising event. All the proceeds from the Christmas Shop are donated back to the community through the school's Christmas hampers.

A dozen parent volunteers spend a few hours setting up the shop in the school's library the day before the event, as well as a dozen help the day of the event, assisting students with selections and wrapping. Grade 5 students, the oldest in the school, also help throughout the day.

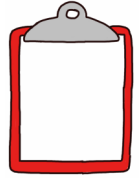
The excitement is noticeable in the school during Christmas Shop! The young students are keen to experience the joy of giving a gift they selected themselves and participate in the true spirit of the season.



# News from Parent Council

## Meetings...

Our next meeting is **Tuesday, February 12 @ 7:00** in the Library, followed by **Tuesday, March 12**. Just a reminder that we will be having our elections for Executive positions at our April meeting. All are welcome.



## Family Nights...

We would like to thank all of our volunteers and Families for joining us for our **Family Games Night**. There was a lot of laughter and smiles in the gym as our families played (competed) with life-sized board games of Jenga, Hungry Hippos, Connect 4, Checkers, Plinko, and of course, Tug of War. Thank you to all our volunteers who helped plan and carry out this event.



Our **Family Movie Night** is **Thursday, January 31**. Gym Doors will open at 6:15 pm and our movie will begin around 6:30. This year we are doing a throwback and featuring the film **Toy Story 3**—a classic movie that will get us all excited for the new Toy Story movie releasing this June. Admission is free, the canteen will be open, and we will have door prizes! Get your pj's on and snuggle up with family and friends! All children must be accompanied by an adult.

**Beach Dance** is on **Thursday, April 25**, 6:30-8:00 in the school gym. Dig out the shorts and come beat the winter blues with door prizes, spot dances and canteen! Admission is \$5/family or \$2/person. All children must be accompanied by an adult. All proceeds will be going toward the Grade 5 Farewell Program.



## Special Lunch ...

Our upcoming Special Lunch will be **Friday, January 25** featuring The Larche Tova Café's perogies and kielbasa. On **Friday, February 15<sup>th</sup>** a free lunch will be provided by Parent Council that will include pancakes, pork sausage, a drink and fruit. If you can volunteer for this event, please contact the office. We need volunteers from 9:00 am -12:00 pm to assist with cooking, serving and clean-up.



## Popcorn Day...

Our next popcorn days will be **Friday, February 8** followed by **March 8, April 12 and May 10**. \$1.00/bag! All proceeds go toward the end of year Field Day.

## Fundraiser...

Our next fundraiser will be **Super Bowl Scratch Tickets**. Tickets are \$2 each. Money and the half of the ticket with the purchaser's name must be returned to school by Thursday, January 31st in order to receive winnings. Please ensure to return tickets if unsold ASAP as there are a limited number of tickets available. All proceeds will go toward school initiatives.

## Contact Us...

If you have any questions or would like to volunteer for any of the above, please contact us by **Facebook** or phone the school office at **204-958-6412** and leave a message for Parent Council.



Crystal Honey  
Parent Council

# Cold Weather Guidelines

Periodically, guidelines are requested by schools regarding when students should remain indoors during extremely cold weather. The following guidelines have been developed to assist schools in making these decisions.

**-17°C to -25°C:** Normal winter clothing generally adequate. Pleasant conditions for most outdoor activities cease.


**-25°C to -27°C:** Warm winter clothing recommended. Most outdoor activities unpleasant without facial protection. Exposed flesh will freeze with prolonged exposure. Shortened recess period may be warranted.

**NOTE: FOR WINDCHILLS LISTED BELOW, THE DECISION TO KEEP STUDENTS INDOORS IS AT THE DISCRETION OF THE PRINCIPAL.**

**-27°C to -34°C:** Warm clothing is essential. Facial protection is recommended. Outdoor activities are not recommended. Exposed skin will freeze in 10-15 minutes. Indoor recess advised. Patrols' duty reduced to 10 minutes.

**Below -34°C:** Facial protection essential. Extremely dangerous for outdoor activities or travel. Avoid going outdoors unaccompanied. Skin will freeze in less than 10 minutes. Patrols' duty reduced to 5 minutes.

**Below -40°C:** Conditions for outdoor travel such as walking becomes dangerous. Exposed skin areas will freeze in minutes. No patrols on duty.



## TIME TO BUNDLE UP!

### RETSD Cold Weather Guidelines

Sometimes, severe weather requires us to make changes to busing, outdoor recess, and safety patrolling to keep your children safe.

#### Busing

When the temperature or wind chill is -45C or colder at The Forks, metro Winnipeg school divisions (RETSD included) cancel buses for the entire day—but schools usually remain open.

We will post a cancellation alert on the RETSD website home page if buses are cancelled, and alert the media. If we have not posted a cancellation alert by 6:45 a.m., buses are running.

#### Indoor Recess

When the temperature or wind chill is between -25°C and -27°C, a shortened recess period may be warranted. When it is below -27°C, recess is usually moved indoors. This is at the discretion of the principal.

#### School Patrols

When the temperature or wind chill is between -27°C and -34°C, patrols will remain on post for 10 minutes. When it is -34°C and below, patrols will remain on post for five minutes. At -40°C and below, no patrols will be on duty.

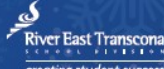
#### School Closures



Schools very rarely close due to winter weather.

#### Winter Clothing

Please ensure that your child comes dressed appropriately for the weather each day. When the temperature or wind chill is between -27°C and -34°C, warm winter clothing is essential, and facial protection is recommended. When it is -34°C and below, facial protection is essential, and it's recommended that children avoid going outdoors unaccompanied—skin will freeze in less than 10 minutes.

If you have any questions not addressed by these guidelines, please contact your child's school.

 River East Transcona  
SCHOOL DIVISION  
creating student success

# HOME-work

If your family is like ours, when the kids get home we ask “How was your day?” or “What did you do today?” and we get a wide range of answers. Sometimes the kids surprise us and actually tell us some of the many great things we know that happened during the day, while other days we get the answer of “nothing.” Recently I came across this article titled ‘Fifteen Questions to Replace “How Was School Today”’; I highly encourage you to give it a read. The article is very brief and provides parents with some helpful tips on how to communicate with your kids. We have now begun to do this in our home and found it to be very useful in opening up more conversation with our family.

<https://www.edutopia.org/blog/parents-fifteen-questions-replace-how-was-school-today-elena-aguilar>

C. Chartier  
Principal



## Important School Dates for 2018 - 2019

Jan. 7	First day back after winter break, Day 1	Mar. 8	Popcorn Day
Jan. 15	PAC meeting 7:00 pm	Mar. 11	Parent Portal open for Term 2 reports
Jan. 16	Early dismissal 2:45 pm	Mar. 12	PAC meeting 7:00 pm
Jan. 18	Popcorn Day	Mar. 14	Student-Led Conferences 5:00-8:00 pm
Jan. 25	Special Lunch	Mar. 15	RETSD Coordinated Day – no classes
Jan. 31	Family Movie Night		Student-Led Conferences 9:00-11:30 am
Feb. 1	Coordinated Day - no classes	Mar. 22	Last day of school before Spring Break
Feb. 8	Popcorn Day	Apr. 1	First day back after Spring Break, Day 1
Feb. 12	PAC meeting 7:00 pm	Apr. 9	PAC meeting 7:00 pm
Feb. 15	Special Lunch	Apr. 10	Early dismissal 2:45 pm
Feb. 18	No School - Louis Riel Day	Apr. 12	Popcorn Day
Feb. 20	Early dismissal 2:45 pm	Apr. 18	Special Lunch
Feb. 22	Regular classes AM, No school PM	Apr. 25	PAC Beach Dance
		Apr. 26	RETSD Coordinated Day – no school
		May 1	Preschool Growing & Learning @ Westview
		May 8	Early dismissal 2:45 pm
		May 10	Last Popcorn Day
		May 14	PAC meeting 7:00 pm
		May 20	No School - Victoria Day
		May 25	Special Lunch
		June 7	No School – Westview in-service
		June 12	Field Day



# 2018-19 Registration





## KINDERGARTEN PARENT INFORMATION EVENINGS

If your child will be FIVE years of age on or before December 31, 2019, they are eligible to register for kindergarten. A divisional information evening will be held:

**January 16, 2019—7 p.m.**  
**Bernie Wolfe Community School**  
**95 Bournais Dr.**

Information will be provided about kindergarten programming.

Kindergarten registration begins on **Monday, March 4, 2019** at your child's designated school. For designated school information visit [www.retsd.mb.ca](http://www.retsd.mb.ca) or contact 204.667.7130.




**RETSD offers full-day every-other day kindergarten at all 27 early years schools**

### SCHOOL-BASED LANGUAGE PROGRAM INFORMATION EVENINGS

Choices available for language programs

- English
- English-German Bilingual
- English-Ukrainian Bilingual
- French Immersion

**English-German Bilingual Program**  
Entry at kindergarten and Grade 1

**Princess Margaret School**  
367 Hawthorne Ave. (204.663.5073)  
Language program catchment: All areas south of Springfield Rd., east of the Red River, including the north side of Springfield Rd. from Henderson Hwy. to Rotheray St. and north of the Perimeter Hwy., west of Mowat Rd.

**Donwood Elementary School**  
400 Donwood Dr. (204.668.9438)  
Language program catchment: all other areas, including Transcona

**Information evening for Princess Margaret School and Donwood Elementary School:**  
Princess Margaret School  
367 Hawthorne Ave.  
February 7, 2019—6 p.m.

**English-Ukrainian Bilingual Program**  
Entry at kindergarten and Grade 1

**Springfield Heights School**  
505 Sharron Bay (204.663.5078)  
Information evening: February 7, 2019—6:30 p.m.  
Language program catchment: River East area

**Bernie Wolfe Community School**  
95 Bournais Dr. (204.958.6532)  
Contact school for program information  
Language program catchment: Transcona area

**French Immersion**  
Entry at kindergarten and Grade 1

**Neil Campbell School**  
845 Golspie St. (204.661.2848)  
Information evening: February 7, 2019—6:30 p.m.  
(French immersion & English programs)  
Language program catchment: East Kildonan (south of McLeod Ave.—west of Gateway Rd.), the western part of Valley Gardens area, Oakwood Estates

**Springfield Heights School**  
505 Sharron Bay (204.663.5078)  
Information evening: February 7, 2019—6:30 p.m.  
(French immersion & English programs)  
Language program catchment: North Kildonan (north of McLeod Ave., south of the Perimeter Hwy. and west of Gateway Rd.), Harbourview South, Kildonan Estates

**Salisbury Morse Place School**  
795 Prince Rupert Ave. (204.668.9304)  
Information evening: February 21, 2019—6:30 p.m.  
(French immersion & English programs)  
Language program catchment: Morse Place area, the eastern part of Valley Gardens area, Keenleyside, Almey, Revelston area

**Sun Valley School**  
125 Sun Valley Dr. (204.663.7664)  
Information evening: February 7, 2019—6 p.m.  
(French immersion & English programs)  
Language program catchment: east of Gateway Rd., north of Springfield Rd., all areas north of the Perimeter Hwy.

**École Centrale**  
604 Day St. (204.958.6426)  
Information evening: February 7, 2019—6 p.m.  
Language program catchment: East of Plessis Rd. and south of Kildare Ave.; south of Regent Ave.

**École Margaret-Underhill**  
25 Regina Pl. (204.958.6832)  
Information evening: February 20, 2019—6 p.m.  
Language program catchment: East of Plessis Rd. and north of Kildare Ave.; west of Plessis Rd. and north of Regent Ave.



## PARENT INFORMATION EVENINGS 2019 (MIDDLE YEARS)

<b>Arthur Day Middle School</b>	Feb. 13 at 6 p.m.
<b>Chief Peguis Junior High</b>	Feb. 20 at 6 p.m.
<b>École Regent Park School</b>	Feb. 25 at 7 p.m.
<b>John Henderson Junior High School</b>	Feb. 19 at 6:30 p.m.
<b>John Pritchard School</b>	Feb. 12 at 6:30 p.m.
<b>John W. Gunn Middle School</b>	Feb. 19 at 6 p.m.
<b>Munroe Junior High School</b>	
<b>Gr. 6 English, Late French Immersion</b>	Feb. 6 at 6 p.m.
<b>Robert Andrews School</b>	Feb. 13 at 6:30 p.m.
<b>Salisbury Morse Place School</b>	Feb. 7 at 6 p.m.
<b>Valley Gardens Middle School</b>	Feb. 12 at 6 p.m.

*By becoming better informed, parents can help their children make appropriate course selections that will lead to realistic and meaningful career choices.*



Registration applications for Grade 5 students going into Grade 6 will be sent home around the first week of February. Registration for the 2019-20 school year begins Monday, March 4th for in-division students.

If you will be registering a new student for Kindergarten, please be prepared with your child's birth certificate and/or Manitoba Medical as well as two additional pieces of ID with your current address; this may include driver's license, offer to purchase, rental agreement, or any utility bill.

If you would like to register a student and you reside outside of the RETSD divisional boundaries, registration begins Wednesday, May 1st.

THESE EVENTS ARE FREE BUT YOU MUST REGISTER –

SEE OTHER SIDE  
FOR DATES

## Countdown to Kindergarten Preschool Growing & Learning Days

Is kindergarten just around the bend for your child? If so, we can help you stay ahead of the curve, learn a thing or two about what to expect, and have fun at the same time!

If your child will be attending kindergarten in our division in the year 2019, you are invited to attend one of our free Preschool Growing & Learning events this spring.

Get a taste of school and meet the friendly, helpful people you'll find in it. Kindergarten, resource and gym teachers will be on hand with all kinds of games and activities for you to enjoy.

Meet principals, vice-principals and student support staff, as well as clinicians, public health nurses and other community service providers who have helpful information for you. You can even get your child's hearing and vision screened. The activities/screening stations take approximately 90 minutes to complete.

Registration begins March 4, 2019

Call: 204.669.4043

E-mail: [kinderlinks@retsd.mb.ca](mailto:kinderlinks@retsd.mb.ca)

Visit: [www.retsd.mb.ca](http://www.retsd.mb.ca)

Dates and locations are listed on the reverse side of this handout.

*creating student success*



THESE EVENTS ARE FREE BUT YOU MUST REGISTER – SEE OTHER SIDE FOR INFO.

# Countdown to Kindergarten Preschool Growing & Learning Days

**Event schedule:** The activities/screening stations take approximately 90 minutes to complete.

Lord Wolseley, Polson,  
Princess Margaret, Neil  
Campbell, Angus McKay,  
Springfield Heights,  
Prince Edward

**Lord Wolseley**  
939 Henderson Hwy.  
Wednesday, April 11, 2019  
2–6 p.m.

Harold Hatcher, Radisson,  
Wayoata, École Margaret  
Underhill

**Harold Hatcher**  
500 Redonda St.  
Wednesday, April 17, 2019  
2–6 p.m.

John Pritchard, Maple Leaf,  
Sun Valley, Donwood, Emerson,  
Dr. Hamilton, Bird's Hill

**John Pritchard**  
1490 Henderson Hwy.  
Wednesday, April 24, 2019  
2–6 p.m.

Westview, Joseph Teres,  
Bernie Wolfe, École Centrale

**Westview**  
600 Hoka St.  
Wednesday, May 1, 2019  
2–6 p.m.

Salisbury Morse Place, Sherwood,  
Hampstead, John de Graff,  
Bertrun E. Glavin

**Salisbury Morse Place**  
795 Prince Rupert Ave.  
Thursday, May 9, 2019  
2–6 p.m.

*creating student success*



# #YellowIsForHello

RETSD Talks Mental Health

Please join us for a free evening focusing on building student resiliency and positive mental health.

Our guest presenter is Sam Fiorella, co-founder of The Friendship Bench, the not-for-profit organization behind the #YellowIsForHello hashtag. The bright yellow benches link students to mental health resources and have been appearing in high schools and universities nationwide.

In October 2014, Sam's son Lucas took his own life after suffering from depression in silence. After his death, Sam and other family members discovered Lucas was a great support to friends and classmates who suffered from anxiety and depression, reaching out to them when he sensed they needed help. Each conversation started with a "hello" and in each case, Lucas gave them the courage they needed to speak with family or get help from professionals. Sam is continuing Lucas's legacy and helping to spread awareness and education about youth mental health.

Sam will be helping us launch the #YellowIsForHello campaign in some of our RETSD schools. This initiative is to help reduce stigma, encourage peer-to-peer conversations about mental health, and link our students to local mental health resources.

*For more information, please contact our divisional Mental Health Team at [mentalhealth@retsd.mb.ca](mailto:mentalhealth@retsd.mb.ca) or visit [thefriendshipbench.org](http://thefriendshipbench.org).*

## Date & Location

Jan. 23, 2019

6:30 p.m.—Doors open for snacks & mental health information resources

7–8:30 p.m.—Presentation  
Kildonan-East Collegiate  
845 Concordia Ave.

## Presenter

Sam Fiorella  
Co-Founder—The Friendship Bench

yellow is for  
**hello**

