



## Settlement Services

### Newcomers Welcome Centre:

John Pritchard School, 1490 Henderson Hwy.

**Phone:** 204.669.9412

**Email:** [retis@retsd.mb.ca](mailto:retis@retsd.mb.ca)

**Settlement Team:** Ramona, Maryna, Oleksandra

- Help to connect with community programs and services
- Help to access adult EAL classes
- Help with forms and documents
- Basic computer help
- Call the settlement office to make an appointment to meet with the settlement workers
- Drop-in services are not available at this time



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Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

## The RETIS Team

The Newcomers Welcome Centre, located in John Pritchard School, is open for visits with a settlement worker. All office visits are by appointment only at this time. Drop-in visits are currently not available. To make an appointment to meet with a RETIS settlement worker, text or phone the settlement workers directly for help or to ask questions.



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For more information about the Board of Trustees, visit: [www.retsd.mb.ca](http://www.retsd.mb.ca) > Your RETSD > Board of Trustees  
Scroll down to *What it means to be a trustee* to watch an informative video

## Important Dates

- **April 1**—Schools reopen after spring break; classes start for children and adult EAL classes.
- **April 22**—Co-ordinated day; no classes for children and no adult EAL classes.
- **April 22**—Earth Day



## Kindergarten Registration

If your child is five years old on or before December 31, they are eligible to be registered for kindergarten. Kindergarten registration began on March 1, 2024, at all early years schools in the River East Transcona School Division. RETIS settlement workers can help you to register your children for school. Phone or email the settlement workers for help.



## Arthur Day Book Fair

The RETIS team sends a huge thank you to the students and staff of Arthur Day Middle School. Recently, students at Arthur Day hosted a book fair with all proceeds raised going to support RETIS programs. This wonderful act of kindness is greatly appreciated by the RETIS team, and we appreciate the time, effort, and hard work it took to organize and host the book fair.



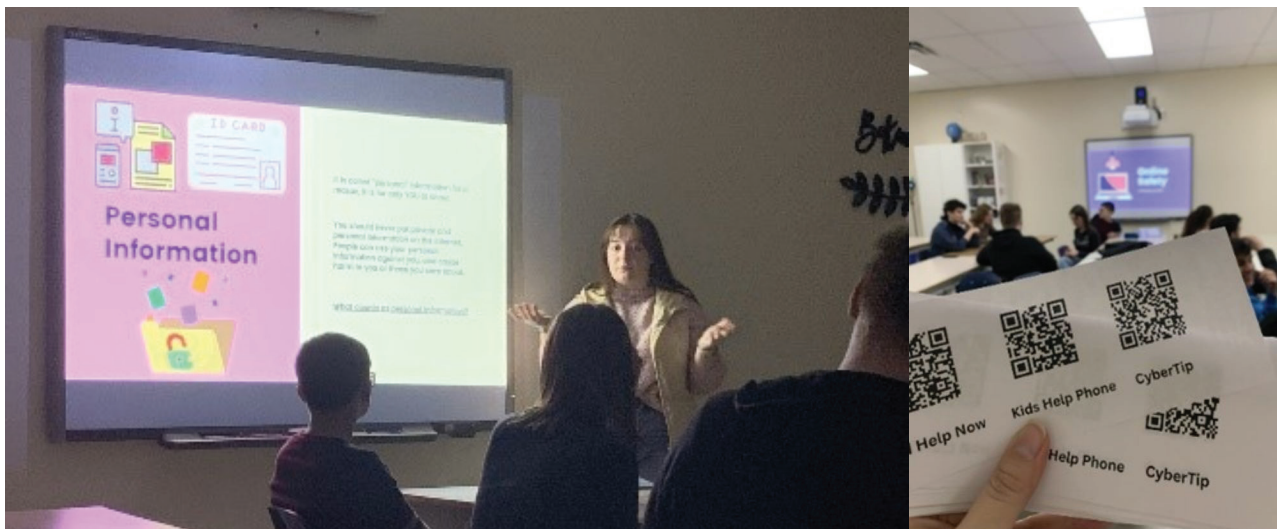
## Adult English Conversation Classes

The winter session of the adult English conversation classes comes to an end at the end of March. The RETIS team would like to thank the Transcona Library for opening up their beautiful space to host this weekly event. Conversations are a great way to practise speaking English in a fun and relaxed atmosphere. Thank you also to those who attended the classes each week over the cold winter months.



## Women's Day Paint Night

The RETIS settlement team recently hosted a paint night in celebration of International Women's Day on March 8. Many thanks to Joanna for volunteering her time and talents in helping our group create beautiful paintings of a dragonfly in a pond. Everyone enjoyed the chance to get to know others from the community and eat some tasty treats, and each participant received a gift bag to take home. Congratulations to those who won the special gift baskets and thank you to all who attended this special event! Look for more women's events coming soon.



## RETIS Youth Programs

RETIS settlement staff jumped right into more activities in March, starting off with a presentation at Kildonan-East Collegiate. Students learned about cyber-safety and how to protect yourself on the internet and discovered some great tools to help prevent cyberbullying. They provided some terrific insights during discussions on the topic and were able to take home important resources to help maintain their online safety.

At Princess Margaret School, a new program involving connecting with the community will begin after spring break. Students will visit local businesses and learn what a typical day looks like for the people who work there. Along with settlement staff, students will visit a dentist's office, a bakery, and other work sites. Students also participated in a special language games day with settlement staff. Activities included practising spelling and speaking common English phrases and words.

To wrap up March, Collège Miles Macdonell Collegiate students took part in their own job skills and resumé-building presentation. They learned about more job opportunities and how to create an awesome resumé and played a Kahoot to practise preparing for a job interview. Students received take-home resumé-building packages and assistance from settlement staff to help create their resumé.



## Care for Newcomer Children (CNC) Program

Children in the CNC program are learning all about being a friend. They are playing sharing games, singing about emotions, making fun crafts like calming shakers, and experimenting with vinegar and baking soda. There are lots of friendships being made in CNC!



## LINC Classes

Learners in the LINC classes celebrated the start of Ramadan with food and community building. They are practising listening to commercials, reporting car accidents, talking to the doctor, asking questions, and practising letter sounds. Learners are practicing many real-world tasks inside the classroom to support using these skills outside the classroom. Our classes range from Literacy to CLB 5. If you have any questions about our LINC classes or would like more information, please contact the program co-ordinator, Breanne Fryza, at 204.667.6793, ext. 3042, or at [bfryza@retsd.mb.ca](mailto:bfryza@retsd.mb.ca).



## Earth Day

Earth Day is celebrated each year on April 22, but it is not a national holiday. The first Earth Day was held in 1970 and was created after a massive oil spill occurred in Santa Barbara, California, in 1969. The day's purpose is to bring awareness to environmental issues and inform people about ways to care for the Earth and it is celebrated in more than 193 countries. Schools often have special learning activities to commemorate Earth Day and many people plant trees and other plants on this day to help the environment.



## Family Pizza Night

This month, the RETIS settlement team hosted a virtual Family Pizza Night event. Families who participated received a kit that contained all ingredients needed to make pizzas. Options included either a pepperoni or vegetarian pizza. Families then attended a virtual cooking class with step-by-step instructions on how to prepare the pizzas. It was great fun for everyone! Many thanks to those who took part and thank you to all who sent photos of the delicious looking pizzas your families created.

## RETLife: Community Programming for All

- Food Handlers Certificate
- First Aid and CPR Certificate
- Art Programs
- Fitness Classes and more!



Visit [retlife.ca](http://retlife.ca) for more information



# IT'S FREE!

## Countdown to Kindergarten Preschool Growing & Learning Days

Do you have a child who will be starting kindergarten in RETSD in September 2024?

At this FREE event, your child will have the opportunity to enjoy educational games and activities with kindergarten, resource, and gym teachers, play musical instruments, and get their vision and hearing screened. Meet our friendly principals, student support staff, and community service providers to help your child get ready for the adventure of school.

The activities and screening stations take approximately 60 minutes to complete.

Bertrun E. Glavin, École Salisbury Morse Place, Hampstead, John de Graff  
**Wednesday, May 1, 4:30–6:30 p.m.**  
Sherwood School, 509 Grey St.

École Margaret-Underhill, Harold Hatcher, Wayoata  
**Wednesday, May 8, 4:30–6:30 p.m.**  
Radisson School, 1105 Winona St.

Bird's Hill, Donwood, Dr. Hamilton, Emerson, Maple Leaf, John Pritchard  
**Wednesday, May 15, 4:30–6:30 p.m.**  
École Sun Valley School, 125 Sun Valley Dr.

Angus McKay, École Neil Campbell, École Springfield Heights, Lord Wolseley, Polson, Prince Edward  
**Wednesday, May 22, 4:30–6:30 p.m.**  
Princess Margaret School, 367 Hawthorne Ave.

Bernie Wolfe, École Centrale, Westview  
**Wednesday, May 29, 4:30–6:30 p.m.**  
Joseph Teres School, 131 Sanford Fleming Rd.

**Registration for these events  
begins March 1, 2024**

**Register online:**

<https://forms.office.com/r/9ccVzBZhSW>

**Or call:** 204.669.4043

kinderlinks@retsd.mb.ca  
www.retsd.mb.ca





**community**  
Financial Counselling Services

COMMUNITY VOLUNTEER INCOME TAX PROGRAM (CVITP)

# NORQUAY TAX CLINIC

FREE TAX CLINIC  
FOR LOW INCOME INDIVIDUALS

**FEBRUARY 26 - APRIL 30**

MONDAY - FRIDAY

9:00am - 2:30pm

Closed Weekends

Closed March 29 & April 1

Norquay Building Basement Auditorium  
401 York Avenue, Winnipeg

Open until capacity reached.  
Walk in, no appointment necessary.

No seated waiting area available until 9:00am.

For information call 204-989-1913  
[www.cfcstaxes.com](http://www.cfcstaxes.com)



## Looking for work? Free Employment Services

**OFE** | Opportunities for Employment



### We connect Job Seekers with Employers

Opportunities for Employment (OFE) offers free employment services designed to connect job seekers and employers to create long term, sustainable matches and grow our local labour market. We currently assist 2000+ individuals each year and 30,000+ people have been hired since we began our journey in 1996.



**30,000+**  
Individuals  
hired



### No Cost



Take advantage of our FREE training opportunities, job search assistance and access to our Job Resource Centre.



### Employment Services:

- One-on-one consultation
- Resume & interview preparation
- Access to the Job Resource Area
- Training opportunities
- Daily job leads/access to jobs
- Employer events/connections



Employment  
plan customized  
to each person

### Learning Opportunities:

- Job Search Preparation
- Computer Skills / Upgrading
- Certificates / Workshops
- Occupational specific training
- Essential Skills
- Canadian Workplace Culture



**1500+**  
Free classroom  
seats each year



[www.ofe.ca](http://www.ofe.ca)



Check the  
requirements  
before making  
a referral

### Eligibility Requirements:

- 18 years of age or older
  - Have a valid SIN number
  - Reside in the City of Winnipeg
  - Unemployed or working less than 20 hrs/wk
- (Other eligibility requirements may apply for specific programs)

### Contact Us

### Opportunities for Employment

300-294 Portage Ave.  
Winnipeg, MB R3C 0B9  
(204) 925-3490  
[ofe@ofe.ca](mailto:ofe@ofe.ca)



# Caring for the Environment



## Do Not Litter!

All Manitobans must work together to keep Manitoba's land and water clean. Littering is when you leave any kind of trash on the ground. You cannot litter in the city or in the country. It is also littering if you throw trash in lakes and rivers.

## Apartments and Waste

If you live in an apartment, ask your superintendent how you can recycle. The Environment Protection Act says that you must recycle if you live in a residential building with six or more units. In some apartment communities, you can also participate in a composting program.

## Waste Management

### Household Waste

Different cities and towns manage household waste in different ways. Some local governments provide special bins for garbage, recycling and organic waste.

Garbage is waste that cannot be recycled or composted. Sometimes you need to pay a fee for garbage collection.

Most communities use a Blue Box for recycling paper, glass, plastic, aluminum and other materials. Recycled items are used to manufacture new products.

Some communities collect organic waste separately from regular trash. They use a Green Bin for organic waste, such as fruit and vegetable scraps, meat and coffee grounds. Organic waste becomes compost. People use compost to improve soil in parks and farmlands.

To get a Blue Box, or to find out if your area has a Green Bin program, contact your municipality.

#### More information:

Multi-Material Stewardship Manitoba:  
<https://simplyrecycle.ca/>

Stewardship Manitoba:  
<https://www.gov.mb.ca/sd/wastewise/stewardship-plans.html>

#### Province of Manitoba:

<https://winnipeg.ca/waterandwaste/garbage/hhw.stm>

<https://www.gov.mb.ca/sd/wastewise/index.html>

## Harmful Substances

Do not pour dangerous materials down the drain or put them in your regular garbage collection. Dangerous materials include: waste solvents, waste paint, waste lead acid batteries, waste pesticides, used motor oil, biomedical waste, etc. The Orange Drop program helps you safely throw out harmful waste such as paint, antifreeze and batteries.

## Electronics

E-waste includes things like cameras, computers, monitors, telephones and televisions that no one wants or needs. You must recycle these things at a special depot. When you buy electronic products in Manitoba, you pay an environmental handling fee (EHF). EHF money covers the cost of recycling or rebuilding electronic products.

Find an electronics recycling depot in your area:  
<https://www.recyclemyelectronics.ca/mb/>

## Energy and Water Conservation

Producing electricity is harmful to the environment. Conserving energy also saves you money.

Here are just a few ways to save on energy:

- turn off unnecessary lights
- use more natural light
- take shorter showers
- fix leaky faucets
- unplug unused electronics
- turn off the air conditioner when you are not home
- wash laundry in cold water

Do not waste safe, clean drinking water. There are many ways to save water.

Learn more about saving water at Province of Manitoba:  
<https://www.gov.mb.ca/sd/about/water-stewardship/index.html>

Learn more about energy conservation at Manitoba Hydro:  
<https://www.hydro.mb.ca/programs/>

Natural Resources Canada's Office of Energy Efficiency:  
<https://www.nrcan.gc.ca/energy-efficiency/10832>

