



The Newcomer News

River East Transcona Immigrant Services (RETIS) • December 2024



Newcomers Welcome Centre

John Pritchard School • 1490 Henderson Hwy.
Phone: 204.669.9412, ext. 2968 • retis@retsd.mb.ca

River East Transcona Immigrant Services

River East Transcona Immigrant Services (RETIS) is a partnership between River East Transcona School Division (RETS) and Immigration, Refugees and Citizenship Canada (IRCC). There are three programs that run under RETIS: Settlement Services, Language Instruction for Newcomers to Canada (LINC), and Care for Newcomer Children (CNC).

Settlement Services

The RETIS settlement team welcomes immigrants arriving in the River East and Transcona communities. Settlement workers offer information to help newcomers become familiar with the local community and school division, and discover more about Canadian life and culture. They can also help newcomers learn more about federal and provincial government benefits and services. Call or email the Newcomers Welcome Centre to make an appointment to meet with a settlement worker. Drop-in services are not currently available.



Language Instruction for Newcomers to Canada

The LINC program provides part-time, in-person language classes for permanent residents and refugees. We offer classes from Foundations Literacy to Canadian Language Benchmark (CLB) 5. Classes are offered in the morning and evenings. For more information about LINC classes, contact Breanne Fryza, adult EAL program co-ordinator, at 204.667.6193, ext. 3042, or bfryza@retsd.mb.ca.

Care for Newcomer Children

The CNC program provides care for newcomer children whose parents are attending LINC classes in the daytime. Children must be between 19 months and six years of age to attend. For more information about the CNC program, contact Breanne Fryza, adult EAL program co-ordinator, at 204.667.6193, ext. 3042, or bfryza@retsd.mb.ca.

Funded by:	Immigration, Refugees and Citizenship Canada	Financé par :	Immigration, Réfugiés et Citoyenneté Canada
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The Board of Trustees meets the first and third Tuesday of each month. You are welcome to attend, either in person or online. For more information about the Board of Trustees, visit: www.retsd.mb.ca > Your RETSD > Board of Trustees

Important Dates

- **December 20**—Last day of classes before winter break, schools dismiss early this day
- **December 23 to January 3**—Winter break; all schools, adult EAL classes, and the RETIS settlement office will be closed
- **January 6**—First day of classes after break

Settlement Office Holiday Hours

The settlement office will be closed December 25–26 and January 1. Drop-in visits to the settlement office are currently not available. If you'd like to meet with a settlement worker during the winter break, contact us at 204.669.9412, ext. 2968, or retis@retsd.mb.ca. The RETIS settlement team wishes everyone a safe and happy winter break!

December & January Celebrations

Many cultures will be taking part in special celebrations and honouring their traditions during the months of December and January.

Hanukkah is an eight-day Jewish celebration also known as the Festival of Lights. This season, Hanukkah starts on December 25 and ends on January 2. Celebrations can include enjoying special foods, songs, and games, exchanging gifts, visiting with family and friends, and lighting a candle on the menorah each evening.

Christmas is celebrated on December 25 each year. It's both a Christian and secular holiday and is celebrated in many cultures around the world. Christmas celebrations may include attending church, exchanging gifts, enjoying special foods and music, decorating the Christmas tree, telling stories about Santa Claus and his elves, and visiting with family and friends.

Kwanzaa is a celebration of African-American culture that originated in the U.S. in 1966, and its celebrations take place from December 26 to January 1. Kwanzaa is based on harvest traditions from various parts of West, East, and Southeast Africa.

The RETIS settlement team sends our best wishes to all families taking part in special celebrations in the coming weeks!



HOLIDAY SAFETY TIPS

- ▲ Check to make sure your smoke alarms are working
 - ▲ Do not overload electrical outlets
 - ▲ Use battery-operated candles
 - ▲ Check decorations for certification label
- ▲ Keep combustibles at least three feet away from heat sources
 - ▲ Never leave a source of fire or heat unattended
 - ▲ Never use charcoal or gasoline-fueled devices indoors
 - ▲ Water tree daily
- ▲ Turn off, unplug and extinguish all decorations when leaving the house or going to sleep
 - ▲ Stay in the kitchen when cooking
 - ▲ Close your doors when sleeping
 - ▲ Drink responsibly and do not drink and drive

A public safety message from the International Association of Fire Fighters

HOW TO DRESS FOR WINTER in Canada

- knee-long parka
- hat that covers your ears
- woolen scarf
- mittens
- thermal underwear
- waterproof boots with good traction

ENGLISHANDIMMIGRATION.COM
 FAST FORWARD TO IMMIGRANTS SUCCESS

WATCH OUT FOR ice where you walk and drive

Ice may be on the ground where you walk and drive. When walking, help keep your balance by walking like a penguin!

- Spread your feet
- Point your toes out
- Take small steps
- Bend your knees
- Keep your hands out to your sides

When driving, slower speeds and steady steering can help prevent loss of control on the road.



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.

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 below -34°C , facial protection is essential, and it's recommended that children avoid going outdoors unaccompanied—skin will freeze in less than 10 minutes.

Busing

When the temperature is -35°C and/or wind chill is -45°C 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.

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 -35°C to -39°C , patrols will remain on post for five minutes. When it is -40°C and below, no patrols will be on duty.


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. **with the exception of Polar Bear Club students*

Polar Bear Club Recess

For schools participating in Polar Bear Club Recess:

- Participation is voluntary.
- Parental consent is required.
- Students who have consent can participate in all or none of the recess breaks.
- Students must be dressed appropriately, including a warm toque/hat; snow pants; face covering; warm, insulated jacket; mittens; and snow boots.
- Students can go back inside at any time.
- Staff supervision will be provided.

 **All students will remain inside when the temperature/ windchill is -40°C or below. If you have any questions not addressed by these guidelines, please contact your child's school.**

Take it Slow in Ice & Snow

Winter driving conditions are here, and the roads are not always clear!

They may be slippery, with ice hidden under the new snow. This can make it difficult to negotiate stops, intersections, and corners, so please be cautious when you see our school buses. We may be stopping at any moment for children... we're carrying precious cargo!

The piles of snow that line streets over the winter can make for tempting hills to climb, so please talk to your children about the danger of slipping into traffic and advise them to stay on the sidewalk. And be especially alert when driving near schools, because student safety is everyone's responsibility.

Take it slow and we'll all get where we need to be—safely.





Welcome Winter

With all the ice and snow outside, it may feel like winter already, but the season doesn't officially start until December 21 at 3:19 a.m.!

With that in mind, remember—it's important to always wear warm winter clothing, even if you're only travelling a short distance. Dress in layers and make absolutely sure to cover your nose, ears, chin, and fingers in extremely cold temperatures.

Local discount and thrift stores have winter clothing for all ages at a lower price. Contact a RETIS settlement worker if you need help getting warm winter clothing for your family.



Manitoba Museum Family Field Trip

The RETIS settlement team hosted a family field trip to the Manitoba Museum in November. The group enjoyed riding the school bus together and then having time to explore the museum. Highlights of the museum tour included visiting the Nonsuch—a full-sized replica of a 17th-century English merchant ship, which sailed to Canada from Devon, England, when it was built in 1970—and the many exhibits that show the diverse culture and history of Manitoba. It was wonderful to see so many families come out for this event, and we thank everyone who attended.



Winter Vehicle Care Workshops

Recently, newcomers to Canada had the opportunity to learn more about winter vehicle care, snow tires, driving in winter, and much more!

Many thanks to Corey Keyes for teaching newcomers about winter vehicle safety and how to care for vehicles during the cold Manitoba winters. The RETIS settlement team is also grateful to Kildonan-East Collegiate for the use of the auto tech area for these learning events.

And, of course, we'd like to thank all those who participated in the sessions. Look out for more information about new and upcoming workshops in future issues of The Newcomer News!

Adult English Conversation Classes

The fall term of the adult English conversation classes will be coming to a close in early December. The classes were a great success with a large group attending each week to practise speaking English together and to learn more about Canadian culture and life in Canada.

The RETIS settlement team is very grateful to Fathiya for leading the classes each week and for preparing such fun and informative lessons. A special thank you to everyone who came out to participate.

The adult English conversation classes will resume on Friday afternoons at the Transcona Library starting in January. For more information, contact the settlement office at 204.669.9412, ext. 2968, or retis@retsd.mb.ca.





Cook and a Book

The fall session of the Cook and a Book program recently came to a close. Our last gathering was a celebration that included finishing up the book the group was reading together, fun games, and a selection of delicious appetizers and other party food.

Participants of this program got together every Tuesday morning for eight weeks to try out a new soup recipe and take some time to practise reading together. Each week, after reading and playing games, everyone would enjoy tasting soups from many cultures. This was a wonderful opportunity for newcomers to meet others in the community and enjoy some reading and a meal with each other.

A special thank you to Sarah for volunteering her time to make appetizers for the group. And many thanks to everyone who participated in this fun program. Look for more RETIS settlement events and programs coming in the new year.

RETLife: Community Programming for All

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



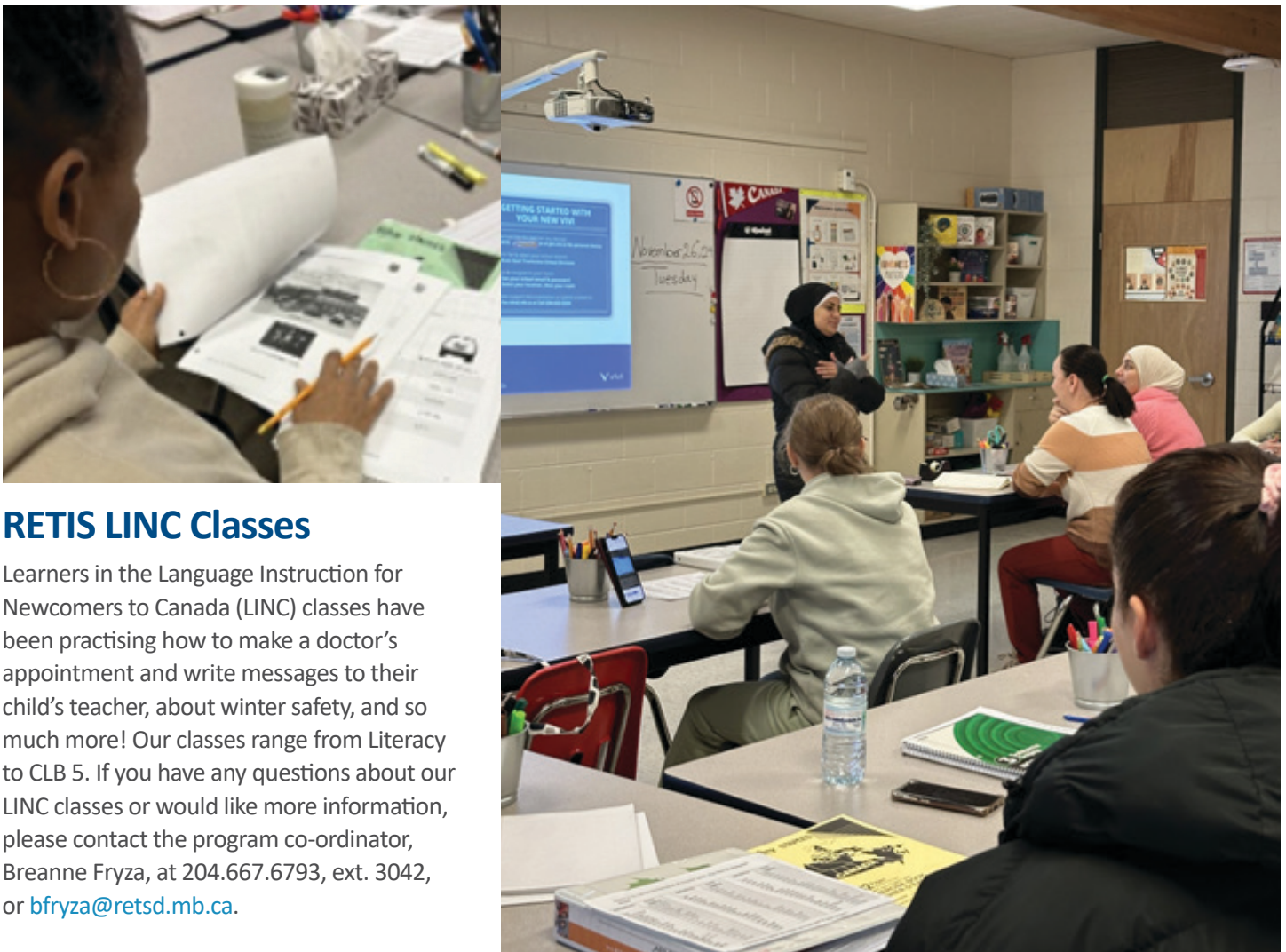
Visit retlife.ca for more information





RETIS CNC Program

The theme of the month at the Care for Newcomer Children (CNC) program is shapes! Playing with shapes, eating food in different shapes, and building shapes have been so much fun! The children at Hampstead played outside in the sandbox before the snow fell and then played with the snow once it arrived. They've also been doing many group activities, like building together and colouring a poster.



RETIS LINC Classes

Learners in the Language Instruction for Newcomers to Canada (LINC) classes have been practising how to make a doctor's appointment and write messages to their child's teacher, about winter safety, and so much more! 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 bfryza@retsd.mb.ca.



Providing Programming for Adult Learners!

Adult Learning on Lombard | 111 Lombard Ave., 3rd floor, Rm. 320 | Tel: 204.515.1976

SCHEDULE	MONDAY	ABOUT US	ADDITIONAL INFORMATION FOR REFERRING SERVICE PARTNERS
	<p>English & Mathematics 9–11:45 a.m. LUNCH 11:45 a.m.–12:45 p.m. English & Mathematics 12:45–3:30 p.m.</p>		
TUESDAY	WEDNESDAY	MISSION STATEMENT	QUICK LINKS FOR LEARNERS
<p>English & Mathematics 9–11:45 a.m. LUNCH 11:45 a.m.–12:45 p.m. 40 Food & Nutrition 12:45–2:55 p.m.</p>	<p>English & Mathematics 9–11:45 a.m. LUNCH 11:45 a.m.–12:45 p.m. English & Mathematics 12:45–3:30 p.m.</p>		
THURSDAY	FRIDAY	VALUES	
<p>40 Food & Nutrition 9–11:45 a.m. LUNCH 11:45 a.m.–12:45 p.m. English & Mathematics 12:45–3:30 p.m.</p>	<p>English & Mathematics 9–11:25 a.m.</p>		
REGISTRATION			
<p>For information or to discuss registering for the program, please contact:</p> <p>Jennifer Layte Adult Learning on Lombard Co-ordinator 204.515.1976 adulted@retsd.mb.ca</p>			



OUR CENTRE

The McLeod Adult Learning Centre is located in the McLeod Education Centre at 530 McLeod Ave. This adult-focused centre is a vibrant place of learning staffed by caring teachers and advisors who work with over 500 students annually.

OUR STUDENTS

Some of the reasons you might be a good fit for McLeod:

Foundations of Learning Support

You are a student who needs some assistance with English Language Arts, Mathematics, or both. Our Foundations courses allow you a space to gain fundamental skills that will assist you with further education.

Manitoba Mature Student High School Diploma

You are a student who wants to earn a diploma. The Mature Student High School Diploma is a fast-track diploma for adults who are at least 19. The diploma requires a learner to attain eight credits, including two 40-level electives, a 40-level mathematics, and a 40-level English. If you have previously earned high school credits, you may be able to carry those forward.

Regular High School Completion

You are within a few credits of achieving a regular 30-credit high school diploma. At McLeod Adult Learning Centre, you can get the credits you need to graduate.

Academic Upgrading

You are a high school graduate requiring credit courses to begin your post-secondary education. Our courses let you prepare for post-secondary study or career advancement.

COURSES & REGISTRATION

We have two semesters—September to January, and February to June—and offer an assortment of in-person courses. To register or get information about the courses being offered each semester, visit www.retsd.mb.ca/adultedu

Courses Offered May Include...



Chemistry



Physics



Biology



Essential Mathematics



Applied Mathematics



Pre-Calculus Mathematics



Foundations of English



English Language Arts



Foundations of Mathematics



Variety of Electives

CHRISTMAS CHEER BOARD

Hamper Applications

www.christmascheerboard.ca

The Christmas Cheer Board provides grocery hampers & gifts for children 14 years and under during the holiday season

Who can apply?

People in need and living in Winnipeg can apply for a hamper for their household. Referrals are not accepted. Individuals and families must apply on their own.

How to apply?

All hamper applications are taken by phone only at the call centre numbers listed below:

Phone lines open November 5 at 9 am

Income Assistance Applicants

204-948-2022

IA case number required. Address must be current with IA.

IA application hours: Monday - Friday 8:30 am - 4:30 pm

Low Income, Pensioners, Students & New Canadian Applicants

204-989-5683

Have your Manitoba Health card ready for all adults in home.

November - Monday thru Friday 9 am - 6 pm
December - Monday thru Sunday

Hamper Distribution Options

Hamper pickup begins Tuesday, December 3

Households can pickup their hamper (grocery & toys) or have it delivered to their home between December 5 and 23.

Deliveries are attempted two times. On the second unsuccessful attempt, an info sheet is left with instructions that the hamper must be picked up at 895 Century St.

FREE

Flu & COVID Vaccine Clinics

Pneumococcal vaccines are also available.
Talk to your health-care provider about eligibility.

WHERE:

ACCESS TRANSCONA-845 REGENT AVE W

WHEN:

THURSDAY DECEMBER 12TH - 9:30AM-2:30PM



Scan the
QR Code
for more
information

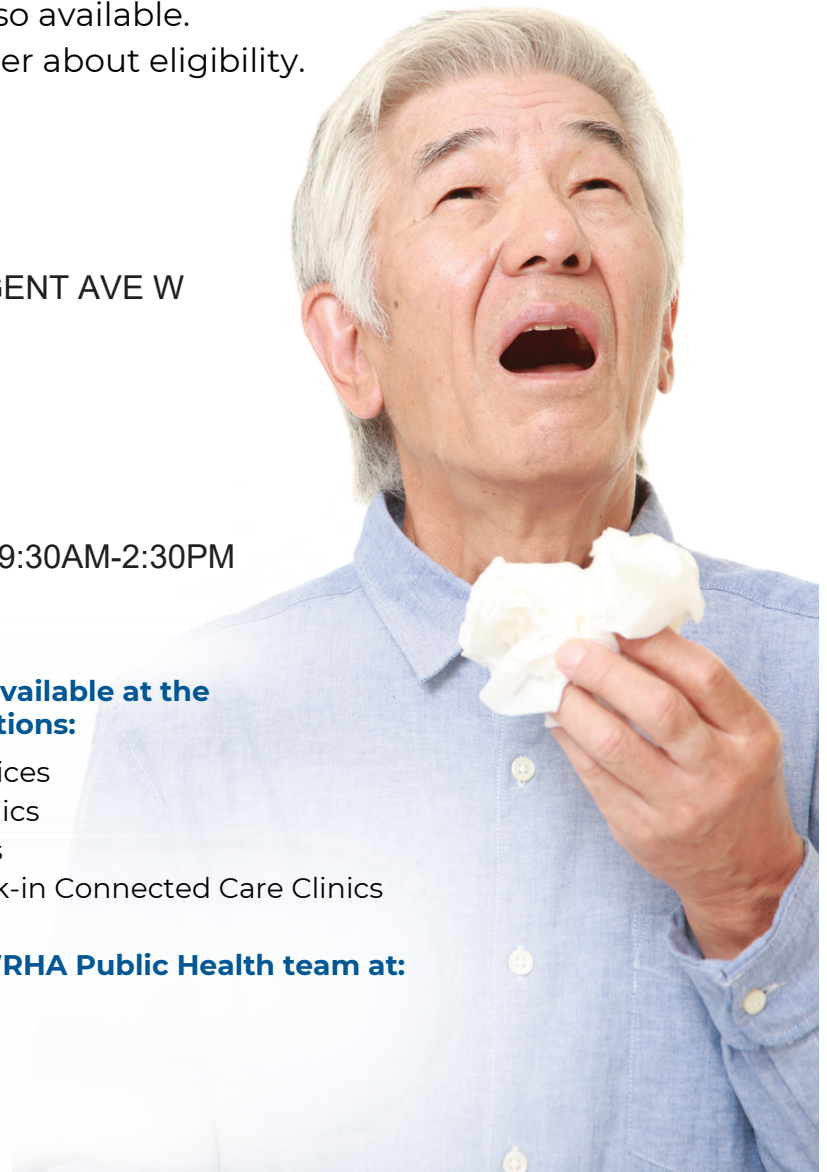


Vaccines are available at the following locations:

- Doctor's offices
- Walk-in clinics
- Pharmacies
- WRHA Walk-in Connected Care Clinics

Contact the WRHA Public Health team at:

204-938-5365



Winnipeg Regional
Health Authority

Office régional de la
santé de Winnipeg

Public Health

wrha.mb.ca