



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

Westview School



School Hours

| | |
|---------------|------------|
| 8:55 | Entry Bell |
| 10:15 – 10:30 | Recess |
| 11:45 – 12:45 | Lunch |
| 2:00 – 2:15 | Recess |
| 3:30 | Dismissal |

Principal's Message

Welcome back to another school year at Westview. We have had a great start to the school year!

A big welcome goes out to all our new staff members: Educational Assistants Ms. Kaatz, Ms. Denchuk, Ms. Drysdale, Ms. Sanche-Johnson and Ms. Geladov; and our new Teachers Ms. Buchannan, Ms. Rempel and Ms. Spitula, as well as Ms. Borys in the library. I hope that your time at Westview will be enjoyable and productive.

The start of the new school year is a good time to get involved in school activities and try new things. I encourage all of our students to join the various clubs, intramurals, teams and committees that are offered at Westview. Getting involved in school activities is a great way to meet new friends and learn new skills.

I would also like to invite all of our parents/guardians to get involved at Westview; by volunteering your time in your child's classroom, Parent Advisory Council or Parent Lunch Committee, you too can meet new friends and feel more involved in your child's school life. If you are interested in helping in your child's classroom, please pick up a Child Abuse Registry form from the school office.

Westview will continue our WE Care student initiatives by promoting 'The Three Be's: Be Safe, Be Respectful and Be Responsible' with the use of WE Care tickets. Please take the time to talk to your child about 'The Three Be's' and 'WE Care'.

I look forward to continuing to serve the students, staff and community of Westview for 2017-18.

Warm regards,
C. Chartier

WESTVIEW SCHOOL

September/October
2017

PICK-UP AND DROP-OFF OF STUDENTS

When picking up and dropping off your child, please remain outside or in the front foyer and remember to drop your child off at their designated doors. Parents are asked to remain at the doors and have your child come to you so your child can start to become more independent when getting themselves ready for home.

Back Entrance/Daycare Doors: Ms. Tracey a.m. & Ms. Rempel p.m.
(Kindergarten)

Ravelston Entrance: Ms. Crabb, Ms. Forsyth, Ms. Hepples/Wilson,
Ms. Gordillo

Rosseau Entrance: Ms. Buchannan, Ms. Smaczylo, Ms. Soroko,
Ms. Cesmystruk



CONCERN PROTOCOL

River East Transcona School Division recognizes that, on occasion, concerns may arise. Students or parents/guardians of students may raise their concerns or appeal decisions as follows:

- a. ***The decision of a Teacher is first to be discussed with the Teacher.***
- b. If the parties are unable to come up with an agreeable solution, ***the Teacher's decision may be appealed to the Administrator.***
- c. ***The decision of the Administrator may be appealed to the Superintendent.***
- d. ***The decision of the Superintendent may be appealed to the Board of Trustees.*** A letter outlining the concerns should be sent to the Board of Trustees in care of the Board Chairperson.

HOME-work

As the new school year begins, it is also time to come back to establishing routines in and around the home such as creating a bedtime routine. Research suggests that students should not have any 'screen time' 45-60 minutes prior to going to bed as it interferes with a child's ability to get quality sleep.

Please take the time to read the following article on ways to help establish and maintain bedtime routines.

<https://www.participaction.com/en-ca/peptalk/kids-parenting/how-to-create-a-screen-free-bedtime-routine>



LOST & FOUND

With September at an end, our lost and found bins are already getting full. **Please write your child's first name and initial on the tags of their clothing as well as the inside of their shoes** so we can make sure their lost items can be returned to them.



DID YOU KNOW WE HAVE A 24 HOUR CALL-IN LINE?

To ensure your child's best protection, please call the school to advise when your child will not attend. If your child is absent and we do not hear from you, the secretary will call you at home or work; however, it is quicker and more efficient for the parent to contact the school. For your convenience, Westview School has an answering machine on which you can leave a message before/after school hours. **Please call 204-958-6412 any time.**



THE ZONES OF REGULATION

At Westview School, many classrooms are learning about the Zones of Regulation. The Zones of Regulation (by Leah Kuypers) is a series of lessons designed to help students learn how to identify their feelings, emotions, states of alertness and moods. It also helps kids learn how to use tools such as sensory tools, calming strategies and thinking techniques to regulate and manage the Zone they are in.

Another important component of the Zones of Regulation is Social Thinking. By developing skills in reading facial expressions and body language, students learn about perspective-taking and discuss how our behaviours can impact how others think, feel and react.

It is important for students to understand that all zones are ok and that it is natural to experience all of the zones. Once we gain insight into what zone we are in, we can then choose a tool that will help us manage our zone based on the environment and people around us so that we can engage in expected behaviours.

The ZONES of Regulation®

| BLUE ZONE | GREEN ZONE | YELLOW ZONE | RED ZONE |
|--|--|--|---|
| Sad Sick Tired Bored Moving Slowly | Happy Calm Feeling Okay Focused Ready to Learn | Frustrated Worried Silly/Wiggly Excited Loss of Some Control | Mad/Angry Terrified Yelling/Hitting Elated Out of Control |

Descriptions of the Zones

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behavior, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions; however, one has some control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Blue Zone** is used to describe low states of alertness and down feelings, such as when one feels sad, tired, sick, or bored.

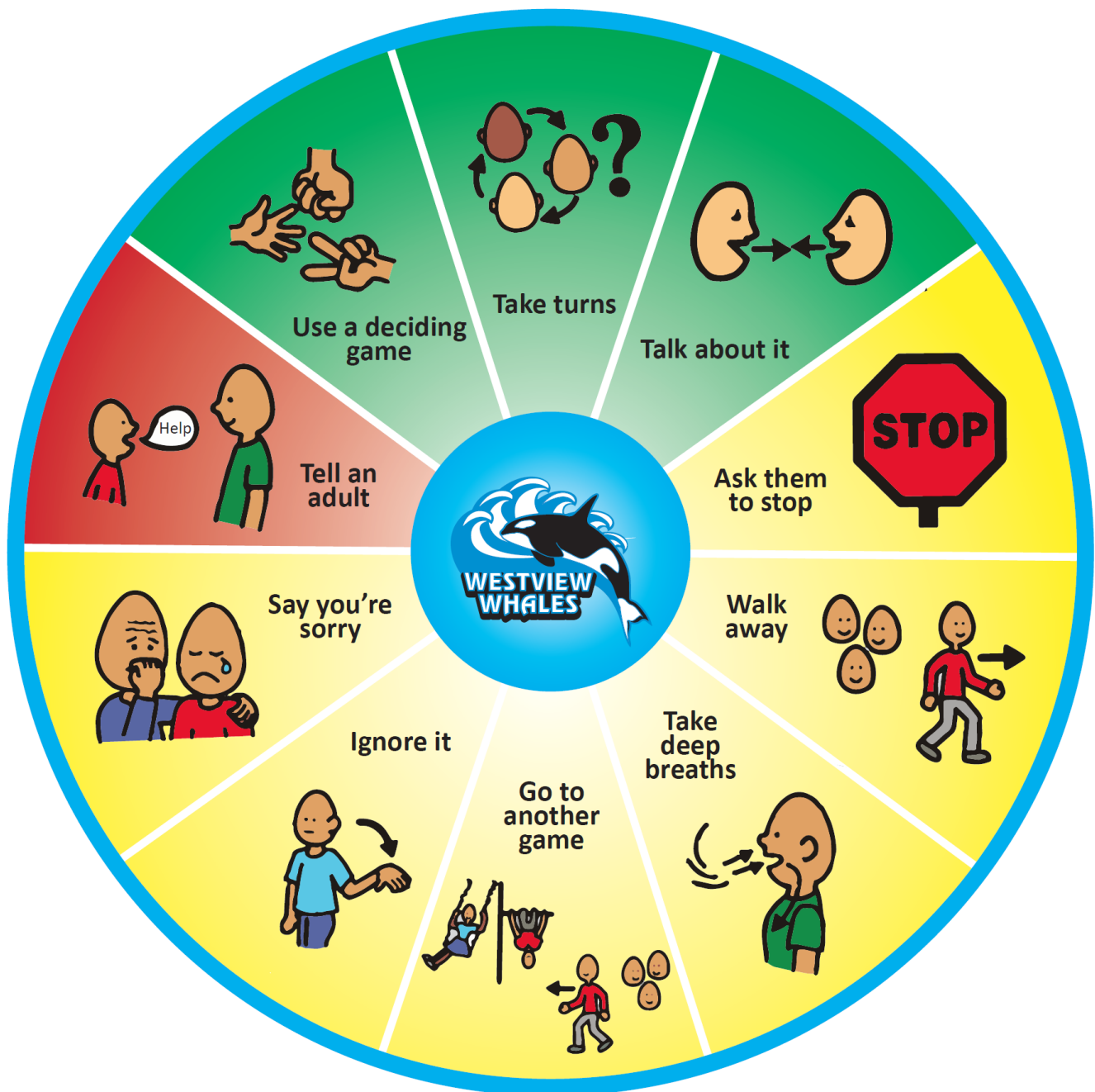
By talking with your child about his/her feelings, or *Zones*, he/she can better identify and understand emotions; you can then have discussions about what calming strategies or thinking techniques work best for your child when he/she is in the Red, Yellow or Blue Zone. By sharing with your child what strategies you use when you're feeling worried, angry or sad, you can then model and practice them together!

For more information, please visit the website www.zonesofregulation.com.

One of the tools we are using to help our students solve problems within the school is the Problem-Solving Wheel. The wheel is colour-coded to help students identify the size of the problem, the zone they may be in, and the strategy that would best suit the situation.

On our wheel, green represents small problems, yellow represents medium problems and red represents a big problem that requires the support of an adult. We are working hard within our classrooms to model the use of this tool and have a large-scale problem-solving wheel on display on the back of our building near the playground for the kids to use outside.

Westview School Problem Solving Wheel



Guidance - Mrs. Pretula



Westview's guidance counsellor is Mrs. Pretula; she is available to work with students during the morning. During the month of September, Mrs. Pretula has been busy visiting classrooms and getting to know the students of Westview. Guidance counsellors work with students on an individual, group or classroom basis through student referral as well as staff or parent referral. Whenever necessary, students are encouraged to ask their teacher if they may see the Counsellor, or they can fill out an appointment slip in the counselling area to schedule an appointment. Parents may contact Mrs. Pretula by calling the school at 204-958-6412 or by email at dpretula@retsd.mb.ca if you have any concerns about your child.

Library News...

It has been an exciting start to the school year! We have some new furniture that our wonderful Parent Council helped us purchase at the end of last year. There are some new tables, soft bench seating, and bean bag chairs. RETSD maintenance department also did some nice cabinetry work over the summer. Exciting changes! It looks great!

We are also pleased to welcome Ms. Borys to the library who is replacing Mrs. Maynard, library technician, for the remainder of her maternity leave. Ms. Borys will be at Westview on school days 2, 4, 6 and I will be in the library on school days 1, 3, 5.

As always, please try to help your child enjoy his/her library books with clean hands in a clean location and return them on time for his/her book exchange class.

Many clubs are being planned through the library for this school year. Coding Club for interested Grade 5 students has already begun, as well as Busy Builders for students in Grades 1 and 2. I will be offering various other clubs throughout the year, including reading clubs, art/maker clubs and more coding. More information will be shared with students as these clubs become available.



Busy Builders' Club

Happy Reading!

Mrs. Card
Teacher-Librarian



Community Connector - Ms. Coyle

Stay & Play Program

We are running a Stay and Play program in Room 12 on Mondays from 9:15-11:15 am as well as Wednesdays from 1:00—3:00 pm for children ages 5 and under. We look forward to seeing you there!



How to pack a lunch box in four steps



Step 1: main course

- | | |
|------------------|-------------------|
| tortilla roll-up | cheese & crackers |
| hummus & pita | tuna salad |
| turkey sandwich | soup {in thermos} |
| pizza muffins | grilled chicken |
| bagel sandwich | hard boiled egg |
| | pasta salad |

Step 2: fruits & veggies

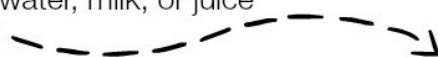
- | | | |
|--------------|--------------|---------------|
| applesauce | dried fruit | snap peas |
| apple slices | raspberries | broccoli |
| raisins | strawberries | salad |
| oranges | blueberries | celery sticks |
| banana | watermelon | carrot sticks |

Step 3: snacks & treats

- | | | |
|----------------|-----------------|---------------|
| cheese stick | cheese crackers | fruit snacks |
| cottage cheese | pretzels | cookie |
| granola bar | graham crackers | pudding |
| dry cereal | popcorn | chips w/salsa |

Step 4: drink

water, milk, or juice



Patrols

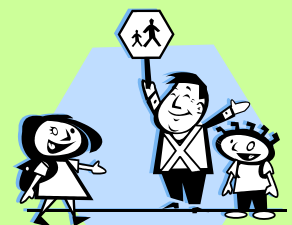
Welcome back to another fantastic year of learning. New patrols have been trained for the year and we are on a regular patrol schedule now. We want to thank everyone in the school and community for their patience while we trained important safety procedures to our new patrols. Please be aware of the different posts around the school. If you have any questions or concerns, please feel free to contact Ms. Soroko.

The first free School Patrol Movie of the year will take place Saturday, October 28th at 9:30am at Polo Park's Silver City Cinema. Doors open at 8:00am with movies starting at 9:30 am. Patrols can choose between The Emoji Movie or The Nut Job 2.

Patrols must show their current membership card in order to get in free. Kids' popcorn pack is will be available for \$5 which includes popcorn, drink and a treat.

Please pick up your children ON TIME (11:00 am sharp); children will not be allowed to leave without a parent.

Ms. Soroko





NEWS FROM MS. CESMYSTRUK'S CLASS

October is here and with the new school year well underway, Ms. Cesmystruk's Grade three and four students have embraced the spirit of the fall with a focus on:

GRATITUDE

Gratitude is... being grateful.

Gratitude is... saying 'thank you'.

Gratitude is... appreciating what you have, even when it's not all that you want!

Gratitude feels ... really good.

Gratitude feels ... warm inside of your chest.

Gratitude feels ... sometimes like you might cry but you aren't sad, you are happy!

Gratitude makes ... smiles!

Gratitude makes ... people happier!

We were lucky enough to be one of the first classes to perform at a holiday assembly this year. Thank you to all of our Westview community members who were able to attend. We want you to know that it means a lot to us when we see our friends and family watching us shine! Our Gratitude Jars are on display in the front foyer of the school this month so if you are visiting, be sure to stop for a moment and enjoy the warm glow coming from inside!

Ms. Cesmystruk

NEWS FROM THE GYM

September marked the kick-off to our Cross Country team! Students worked hard and stayed committed training over lunch times and participated in the 2017 Divisional Turkey Trot which hosted over 500 kids! Congratulations to our Grade 3, 4 and 5 runners who represented our school! Your participation and supportive cheering made for a fantastic day! And a special congratulations to Samantha R. who came in third place **overall** for Grade 3 girls with a time of 3:42 - only two seconds behind first place! Congratulations!

Ms. Spitula



NEWS FROM ROOM 11

We are learning about Living Things.

In Room 11, we have a lop-eared rabbit named Marshmallow. She comes to our classroom every Monday. We have two students who are the Bunny Buddies for the day who give Marshmallow fresh water, fruits and vegetables and Timothy hay. She hops around the classroom to get exercise and so that we can love and touch her. She has a bucket with wood shavings to use like a toilet. We love Marshmallow Mondays!

We also have a beautiful flowering plant called a geranium. We named it Rosy. We have one person who takes care of Rosy all week. It needs water, soil and sunlight.

And of course all of us are living things too!

Ms. Forsyth



DISCOVERY TIME

By Ms. Crabb & Ms. Gordillo

Ms. Crabb and Mrs. Gordillo's classes begin each day with Discovery Time. We started doing Discovery Time last year and we have found it made a considerable difference to our morning routine as well as to the overall connection the students have with one another. Discovery Time lasts approximately 15- 20 minutes and gives the students a chance to interact with one another, as well as giving teachers a chance to interact with the students and talk to them about their evening or how their day started.

This year we decided to incorporate provocations for the students with the multiple intelligences and curricular outcomes in mind. Activities include:

- fine motor activities (to get our hands ready to print)
- science activities (where students explore different nature-based items)
- literacy activities (where students explore letters and printing)
- math activities (where students explore patterns, sorting and addition)
- art activities.

Each student tries a new activity each morning, usually working in a small group of three or four. Here are some pictures from Ms. Crabb's class during Discovery Time this year:



Orange Shirt Day

On Friday, September 29th it was 'Orange Shirt Day', a day of recognition of the Indigenous children who were placed in residential homes years ago. The history, understanding and appreciation of Indigenous People is something we continuously incorporate into our learning, and on September 29, we decided to show our support by dedicating the entire day by doing so.

Our day began by a visit from our principal, Mr. Chartier. He read to us and taught us about the origin of Orange Shirt Day. Phyllis Webstad was an Indigenous girl who's brand new orange shirt was taken from her on her first day of Residential school. As a class we discussed how we might feel if something of ours was taken away. Throughout the day, Ms. Buchanan read to us from the novel *Fatty Legs*, a true story about a girl who attended a Residential school. We sat outside on the rocks and participated in a sharing circle to talk about our thoughts and feelings in regards to the book. Later we watched a video on Inuit throat singing and drumming, and even attempted it ourselves! Our teacher taught us about Aboriginal dot painting and we got started on making our own creations in the liking of this style!

We've learned a lot about what happened in these schools and we are proud that we could take a stand, wear orange, embrace the Indigenous culture and show that we believe all children matter!

Ms. Buchanan



Westview Parent Council

Meetings...

Our next two meetings will be held Tuesday, October 10th and Tuesday, November 14th @ 7:00 in the school library; all parents/guardians welcome. We will be finalizing our Fundraising Plan for the year at October's meeting; if you have suggestions or ideas and cannot make it to the meeting, please forward them to the office or message Westview's Parent Council on Facebook.

Family Fun Event...

Halloween Dance October 19, 6:30-8:00 p.m. Dress up and come dance the night away! Help us "Scare Hunger" by donating a non-perishable food item at the dance. For each item donated, you will receive an extra door prize ticket for a chance to win some great prizes. Admission is \$5.00/ family or \$2.00/person; **all children must be accompanied by an adult.** Proceeds from the dance will go toward the Grade 5 Farewell Program.

Fall Free Finds... will also be available to our families on the night of the Dance. Free Finds is an event where families can choose seasonal items for **FREE** to help prepare them for the cold months ahead. We are currently accepting donations for any gently-used fall and winter clothing, outerwear, sporting gear, etc. All donations can be dropped off in the Parent Room beside the office.

Fundraising...

Our first fundraiser of the year has begun with our Laura Secord Chocolates. All unsold chocolates and/or money are to be returned by October 12. Everyone needs a break from Pumpkin Pie over the holidays, so sell those yummy chocolates to all your friends and family! Just a reminder that for each box of chocolates sold and money returned, your family will be entered in a draw for a chance to win one of three \$50.00 gift cards for Master Mind Toys!

Volunteer Opportunities...

We are looking for volunteers for our upcoming Special Lunch on November 24 and Family Night on November 17. Please message Parent Council on Facebook or leave a message for us with the Office if interested or want more information.

Our first Popcorn Day will be October 6 during the lunch hour for \$1.00/bag.

Milk...

Westview has a great milk program that offers our students both chocolate and white milk for only \$.25/glass. Students can purchase milk at the beginning of each lunch hour.

WE WANT TO HEAR FROM YOU...

TWITTER ACCOUNT @WESTVIEWPC

OR VISIT US ON FACEBOOK

Emergency Procedures

Your son/daughter's safety is very important to us and we have policies and procedures in place at both the Divisional and school levels to support their safety. Our school division has been working with the Winnipeg Police Service, as well as referencing materials from the RCMP and Manitoba Education and Advanced Learning, in order to review and strengthen the procedures we have in place to protect students and staff in the event of a safety threat at school. We would like to share details of these procedures with you.

Safety procedures fall into two categories: **Hold and Secure, and Lockdown.**

Hold and Secure will be activated if there is a *potential threat outside the school*. In these situations, the police typically contact the school and direct the school to go into Hold and Secure. When there is no longer a threat outside the school building, the police inform us that we can resume regular activities.

If our school is in Hold and Secure, the following procedures will apply:

- All exterior doors will be locked.
- NO ENTRY signs will be placed on each door.
- No one will be permitted to leave or enter the school until school Administration announces that Hold and Secure is over.

Lockdown will be activated if there is a *potential threat inside the school building*. If the school is in Lockdown, the following procedures will apply:

- All students and staff will proceed to the nearest classroom or office.
- All doors to classrooms and offices will be locked and/or barricaded by the supervising adult.
- Students will be kept away from windows and doors and instructed to remain silent and still.
- No one will be permitted to leave the room until Lockdown is over.

Effective September 1, 2015, all schools in RETSD are required to hold at least two Lockdown and one Hold and Secure practice drills each school year. The purpose of the drills is to provide training for staff and students so everyone knows what to do in the event of a safety threat. Everyone in the school building will participate in these drills. Students, staff and parents will be informed in advance of these practice drills.

If your son/daughter arrives at school during a Hold and Secure or Lockdown procedure, he or she must proceed to the school evacuation site, sign in and remain there until directed otherwise by administration or police. [The evacuation site for Westview School is Ecole Regent Park.](#)

If you arrive at the school during a Hold and Secure or Lockdown, **DO NOT ATTEMPT TO ENTER THE SCHOOL**; instead, please proceed to the parent/guardian information site where divisional personnel will be available to assist you. [**The parent information site for your son/daughter's school is Radisson School.**](#)

If you hear about a serious emergency at your son/daughter's school through media reports or other means, **DO NOT PROCEED TO THE SCHOOL**—please proceed to the parent information site identified above.

Please **DO NOT CALL YOUR SON/DAUGHTER'S CELL PHONE** during an emergency, particularly in a Lockdown situation where it is critical to remain silent and still and not draw

attention from any threat makers that may be in the building.

If you would like more information about safety policies in RETSD, please visit www.retsd.mb.ca/YourRETSD/Policies and scroll to Section E: Support Services.

If you have any questions about the procedures described above, please feel free to contact the school.

The Facts of Lice

Please remember that lice occurs in all schools and can happen to anyone. In the event that your child has lice, it is imperative that you contact the school and inform us of the classroom that your child is in so we can send notes home with all the students in that classroom.

At the school level, we are doing our best to be proactive as well. When a lice note is sent home, we are asking you to please check your child's head.

Here is what to look for:



Lice Info to share with your child:

- Head lice are spread by head-to-head contact with someone who has lice
- Do not share things that are in direct contact with a person's hair such as combs, brushes, barrettes, ribbons, hats, scarves, helmets, towels, pillows, and coats.
- Children ages 5 to 12 get lice more easily because their heads often touch when they play together.

Parking/Stopping

The loading zone on Ravelston is now in effect 7 am—6 pm Monday through Friday all year long; there will be no parking/stopping on the side across from the loading zone for the same time period. The Parking Authority will be monitoring the new loading zone and will be ticketing people who are parking incorrectly. Further to that, Winnipeg now has electronic ticketing vehicles that need only drive down the street to automatically ticket people and send it in the mail.

We would also ask parents and guardians to please refrain from using the staff parking lot for picking up and dropping off children.



| RIVER EAST TRANSCONA SCHOOL DIVISION BOARD OF TRUSTEES | | |
|---|------|--|
| September 2017 – September 2018 | | |
| Name | Ward | Contact Information |
| Colleen Carswell Board Chair | 1 | P: 204.222.1486 E: ccarswell@retsd.mb.ca |
| Jerry Sodomlak | 1 | P: 204.999.1409 E: jsodomlak@retsd.mb.ca |
| John Toews | 2 | P: 204.663.0475 E: jtoews@retsd.mb.ca |
| Rod Giesbrecht | 2 | P: 204.661.5984 E: rgiesbrecht@retsd.mb.ca |
| Eva Pryszney | 3 | P: 204.668.3501 E: epryzney@retsd.mb.ca |
| Brianne Goertzen | 3 | P: 204.955.6782 E: bgoertzen@retsd.mb.ca |
| Peter Kotyk | 4 | P: 204.668.4181 E: pkoty@retsd.mb.ca |
| Brian Olynik | 4 | P: 204.661.6440 E: bolynik@retsd.mb.ca |
| Michael West Board Vice-Chair | 5 | P: 204.990.3228 E: mwest@retsd.mb.ca |

Important School Dates for 2017 - 2018

| | | | |
|----------|---|---------|--|
| Sept. 6 | First day of classes | Mar. 23 | Last day of school before Spring Break |
| Sept. 13 | Meet the teacher- 5:30 pm | Apr. 2 | First day back from Spring Break |
| Sept. 19 | PAC meeting - 7:00 pm | Apr. 4 | Early Dismissal - 2:45 |
| Sept. 29 | Special Lunch | Apr. 6 | Popcorn day |
| Oct. 2 | RETSD Coordinated Day - No Classes | Apr. 10 | PAC meeting - 7:00 pm |
| Oct. 4 | School Pictures | Apr. 19 | PAC Beach Dance |
| Oct. 6 | Popcorn Day | Apr. 20 | RETSD Co-ordinated Day – No School |
| Oct. 9 | Thanksgiving - No School | Apr. 27 | Special Lunch |
| Oct. 10 | PAC meeting - 7:00 pm | | |
| Oct. 11 | Early dismissal - 2:45 pm | | |
| Oct. 18 | Picture re-takes | May 4 | Popcorn Day |
| Oct. 19 | Family Dance | May 8 | PAC meeting - 7:00 pm |
| Oct. 19 | Special Lunch | May 9 | Early dismissal - 2:45 pm |
| Oct. 20 | RETSD Coordinated Day- No Classes | May 21 | No School - Victoria Day |
| | | May 25 | Special Lunch |
| Nov. 3 | Popcorn Day | | |
| Nov. 13 | RETSD Co-ordinated Day-No Classes | June 1 | Popcorn Day |
| Nov. 14 | PAC meeting - 7:00 pm | June 8 | No School- all day |
| Nov. 17 | Family Night | June 13 | Field Day |
| Nov. 22 | Early Dismissal - 2:45 pm | June 27 | Kindergarten Farewell am |
| Nov. 24 | Special Lunch | | Grade 5 farewell pm |
| Nov. 27 | Reports go home | June 29 | Reports go home |
| Nov. 30 | Student-Led Conferences (evening) | | Early Dismissal – 2:30 pm |
| Dec. 1 | No School PM- Student-Led Conferences | | |
| Dec. 12 | PAC meeting - 7:00 pm | | |
| Dec. 13 | Christmas Shop | | |
| Dec. 19 | Holiday concert 1:00 and 6:30 pm | | |
| Dec. 22 | Last day before holiday break - 2:30 Dismissal | | |
| Jan. 8 | First day back after winter break | | |
| Jan. 12 | Popcorn Day | | |
| Jan. 16 | PAC meeting - 7:00 pm | | |
| Jan. 17 | Early Dismissal - 2:45 pm | | |
| Jan. 26 | Special Lunch | | |
| Feb. 1 | PAC movie night | | |
| Feb. 2 | Co-ordinated Day - No School | | |
| Feb. 9 | Popcorn day | | |
| Feb. 13 | PAC meeting - 7:00 pm | | |
| Feb. 19 | No School - Louis Riel Day | | |
| Feb. 21 | Early Dismissal - 2:45 pm | | |
| Feb. 22 | Special Lunch | | |
| Feb. 23 | No School in the PM | | |
| Mar. 2 | Popcorn Day | | |
| Mar. 12 | Reports go home | | |
| Mar. 13 | PAC meeting - 7:00 pm | | |
| Mar. 15 | Special Lunch | | |
| Mar. 15 | Student-Led Conferences (evening) | | |
| Mar. 16 | RETSD Coordinated Day–No Classes Student-led conferences in the am | | |

