



MARCH 2021

A.E.W. Newsletter

**A.E. Wright
School Builds:**

**Healthy
Minds!**



**Healthy
Hearts!**



**Healthy
Bodies!**



**Healthy
World!**



International Women’s Day, March 8th, 2021

“Women of the world want and deserve an equal future free from stigma, stereotypes and violence; a future that’s sustainable, peaceful, with equal rights and opportunities for all. To get us there, the world needs women at every table where decisions are being made.

This year, the theme for International Women’s Day (8 March), “Women in leadership: Achieving an equal future in a COVID-19 world,” celebrates the tremendous efforts by women and girls around the world in shaping a more equal future and recovery from the COVID-19 pandemic and highlights the gaps that remain.

Women’s full and effective participation and leadership in all areas of life drives progress for everyone. Yet, women are still underrepresented in public life and decision-making, as revealed in the UN Secretary-General’s recent report. Women are Heads of State or Government in 22 countries, and only 24.9 per cent of national parliamentarians are women. At the current rate of progress, gender equality among Heads of Government will take another 130 years.

Women are also at the forefront of the battle against COVID-19, as front-line and health sector workers, as scientists, doctors and caregivers, yet they get paid 11 per cent less globally than their male counterparts. An analysis of COVID-19 task teams from 87 countries found only 3.5 per cent of them had gender parity.

When women lead, we see positive results. Some of the most efficient and exemplary responses to the COVID-19 pandemic were led by women. And women, especially young women, are at the forefront of diverse and inclusive movements online and on the streets for social justice, climate change and equality in all parts of the world. Yet, women under 30 are less than 1 per cent of parliamentarians worldwide.

This is why, this year’s International Women’s Day is a rallying cry for Generation Equality, to act for an equal future for all.”

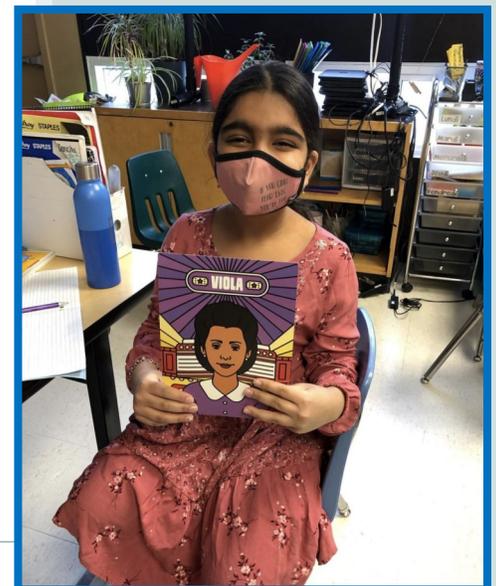


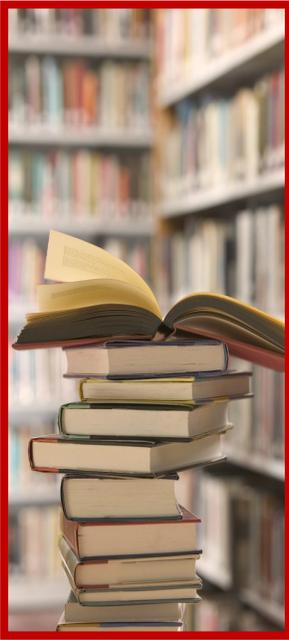
Viola Desmond was a Canadian civil rights activist that challenged racial segregation.

<https://youtu.be/szSqfmbXx0Y>

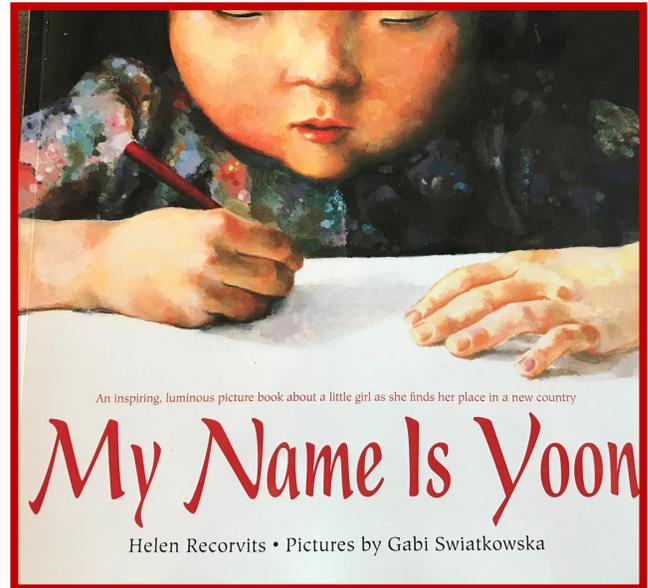
MARCH IMPORTANT DATES:

- March 16—Summative Report Cards go home
- March 17, 18—Evenings Parent/ Teacher/ Child Conferences on Microsoft Teams
- March 19—Morning Parent/ Teacher/Child Conferences a.m. on Microsoft Teams
- March 19—No school for children
- March 29-April 2—Spring Break
- April 5—Welcome Back to School Everyone!





A
READ
YOU
NEED!



At our February assembly we shared the story of Yoon, in *MY NAME IS YOON*. The book is about a little girl new to North America, originally from Korea. The story shares her experience of going to school in her new home as a non-English speaking newcomer, after having left her home which she knew and loved, where she developed a sense of belonging! She shared her feelings and welcomed the people in her life who would help her to feel connected; her teacher and her classmate. She demonstrated courage, while supported and loved by her family. It's a beautiful story. Let Ms. Kanwaljit, our school librarian know if you would like to borrow it. Each one of our classrooms is receiving this gem of book to add to their picture book collections. Picture books are great tools for thinking about and learning about important big ideas. This is a story of resiliency and community!

Hello From Room 1!

We have been exploring the Seven Sacred Teachings. We recently focused our learning on the teaching of Courage. We discovered that being courageous can take a lot of positive self-talk but that when we take that first step, being brave feels really awesome! We posted our courage stories on the library window to hopefully encourage others to ask themselves what their courage story is.

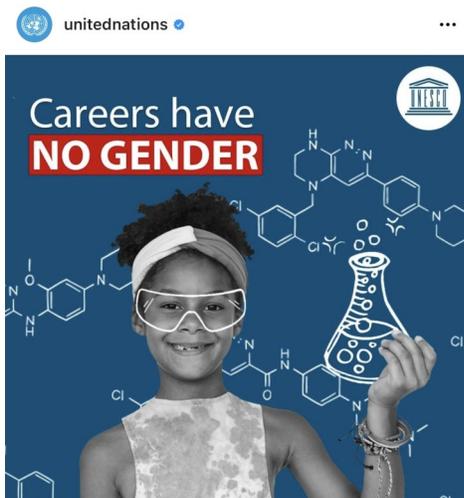


FEM's Fabulous February!

It seems like FEM just started but already we have had deep conversations, incredible learning, and amazing turn out! February was a month that began with a focus on Malala Yousafzai: hearing her story told through picture books and many speeches and interviews she has given. A quote that stood out for members from one of her interviews is, "when the whole world is silent, even one voice becomes powerful." Malala is one of our inspirations because she reminds us that no matter our skin colour, gender, culture or what our story is, we have the ability and the power to follow our dreams and make our community and world a peaceful place to be in.

FEM was delighted to welcome Feliciaa Baldner to AEW School for one of our meetings. Feliciaa was noted in the Winnipeg Free Press as one of Manitoba's Top 100 Fascinating People to be on the look out for. 14-year-old Feliciaa is responsible for GENEQU which is a platform for girls who wish to succeed and follow passions in the areas of science, technology, and math. It was incredible to hear such passion and dedication from a young girl that dreams of a future where everyone has a chance to contribute something meaningful to our world. Please follow the link below to read about Feliciaa's time at AE Wright on her blog: [Visiting FEM Club at Arthur E Wright School \(genequ.net\)](https://www.genequ.net)

Stay tuned for the April Newsletter as FEM looks forward to welcoming Chef Emily Butcher from Deer and Almond and Dr. Sherry Bilenki.



"One child, one teacher, one book, one pen can change the world."

-MALALA YOUSAFZAI



Greetings from Room 14!

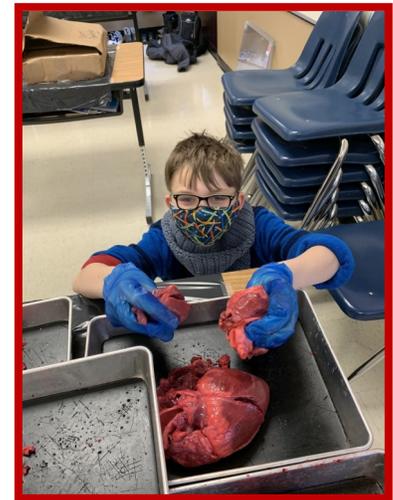


This is us post-dissection, grabbing some much needed fresh air!

As you all know, at our school we like to be healthy in all of the ways (mind, HEART, body, and world)! Thanks to a little

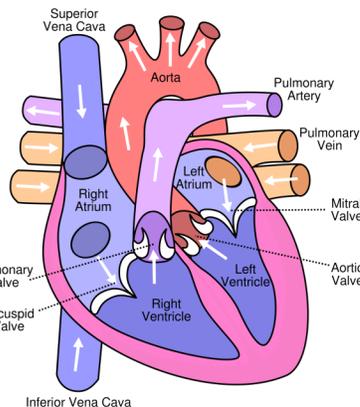
community outreach and our friends at Northern Meat Services Winnipeg,

we had the opportunity to learn up-close about the organ that keeps us going 24/7.



"I loved this! It's cool that I have this inside me right now, and it's beating! Keeping me alive!" - Damien, Grade 7

An adult pig's heart and lungs are very similar to the ones we have working in our own bodies, and this is what we were able to examine and dissect. After learning all about how the human circulatory system works to oxygenate our blood and pump it throughout the body, we wanted to see for ourselves how this amazing organ does the job we all need it to do. The specimens donated to us contained intact veins and arteries, so we were able to see exactly how blood would enter and exit the hearts at all the points shown below. It was an unforgettable experience to see all of this with our own eyes.



All of us in Room 14 thank Northern Meats for the kind donation to our learning, and want to acknowledge that these hearts once belonged to living animals that deserve our respect and gratitude.

"It feels good knowing that less of the animal went to waste, and I'm grateful for such a unique experience." - Renzelle, Grade 8

A FEW THINGS...

Thank you for remembering **not** to park or stop in our parking lot back lane to drop off or pick-up your kids. This is a **very** dangerous spot in the morning and after school! We really need to keep everyone safe! On the East side of the school, Manila Rd., we have adults situated to make sure all kids make it into and out of the school yard safely. Please do not park on the cross-walk on Manila Rd. for any reason. Feel free to pull up passed there to let your kids out or for pick-up. You are also encouraged to decide on a pick-up spot further away from the school to avoid congestion.



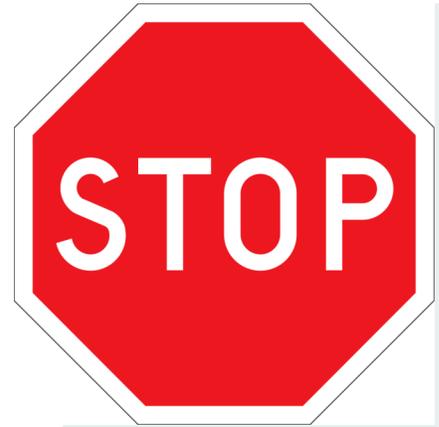
Thank you for calling the school office when you know your child will be away. Please leave a message if you call after hours or if the phone is busy.



Thank you A.E.W. recyclers and composters! WE are all making a difference and doing our part to protect our environment.

“The Earth is a fine place and worth fighting for.”

~Ernest Hemingway~



Remember to SIGN-IN to our office when you need to be in the building. This is very important to help with contact tracing should we require it.

**PLEASE
SIGN IN & OUT
HERE**



Don't forget to follow us on [TWITTER](#)

[@AEWrightSchool](#)



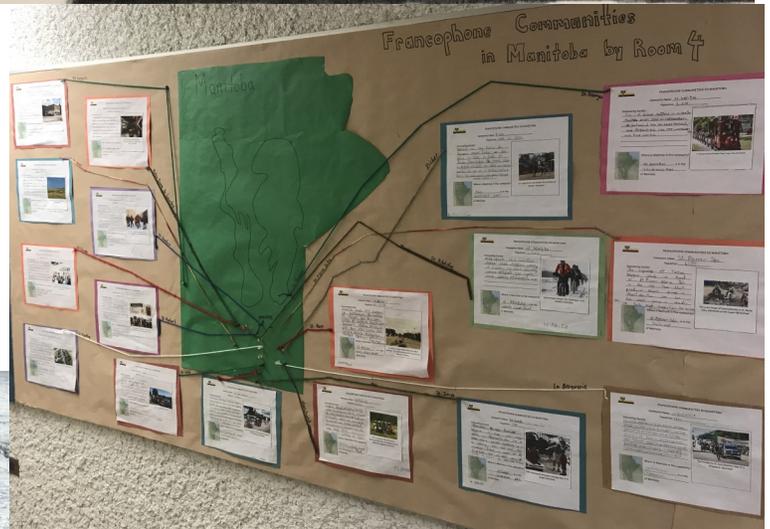
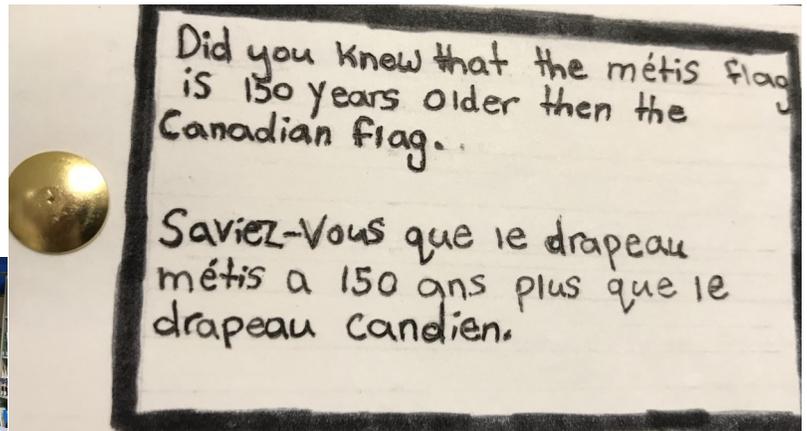
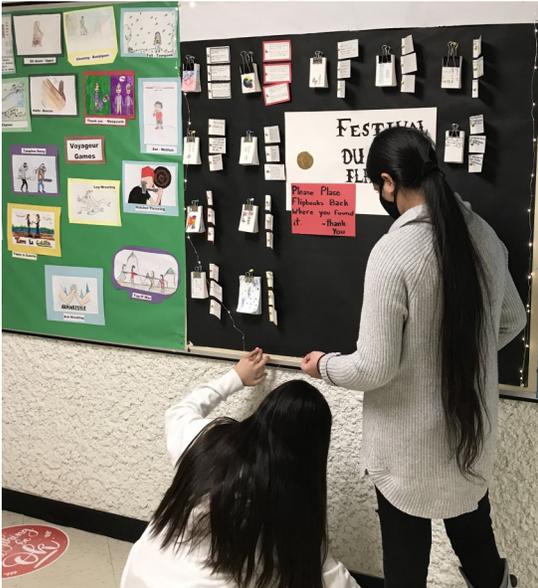
Kindergarten Registration Is Open!

Kindergarten registration has opened up for the 2021-22 school year. If you have a child that is turning 5 by December 30th, 2021 they are eligible to begin their Kindergarten year this September 2021.

We are also registering children for the Filipino Bilingual Program for Kindergarten. Please call our school office for more information 204-632-6314.

Festival A.E.W

Festival A.E. Wright was another wonderful success this year!! On February 19th we celebrated Metis and Francophone heritage and culture right here in the Maples. We were able to take in some virtual learning as well as on site learning opportunities. From Bannock making to outdoor fires, indoor teaching bulletin boards and guests that shared their talents and knowledge with us. We hope next year's can take place in a COVID free community!



Building Healthy Bodies!

Our wonderful staff have been scouring recipe books for the finest cuisine to bring to our learners, served on Day 6 during Active Living Break. Below are recipes for Baked Feta Pasta and Black Bean Brownies (with thanks to Chocolate Covered Katie and the Washington Post). Yum!

Ingredients

- 2 pints (17 1/2 ounces / 500 grams) cherry or grape tomatoes
- 4 cloves garlic, halved lengthwise
- 1/2 cup extra-virgin olive oil, divided
- Kosher salt
- 1 block (7 ounces / 200 grams) Greek feta cheese
- 1/2 teaspoon crushed red pepper flakes
- Freshly ground black pepper
- 12 ounces medium-length dried pasta, such as campanelle, rigatoni or rotini
- Fresh basil leaves, for serving

Step 1

Position a rack in the middle of the oven and preheat to 400 degrees.

Step 2

In a 9-by-13-inch baking dish, combine the tomatoes, garlic and 1/4 cup of the olive oil. Sprinkle with some salt and toss to coat. Place the feta cheese in the center of the tomatoes and garlic, top with the remaining olive oil, and sprinkle the entire dish with red pepper flakes and a little black pepper. Bake for about 40 minutes, until the garlic has softened and the tomatoes have burst their skins.

Step 3

Meanwhile, bring a large pot of salted water to a boil. Cook the pasta according to package directions until al dente. Reserve 1 cup of the pasta water and then drain the pasta.

Step 4

Mash the feta and tomatoes with a fork and mix until evenly combined. Mix the sauce with pasta, adding the reserved pasta water as needed if it looks a little dry. Taste and season with additional salt and pepper, if desired. To serve, divide among bowls and top with plenty of basil leaves.



Black Bean Brownies

These super healthy black bean brownies are the ultra fudgy and decadent chocolate treat.

Total Time 15 minutes
Yield 9 – 12 brownies

★★★★★ 4.93/5 (1,651)



Ingredients

- 1 1/2 cups black beans (1 15-oz can, drained and rinsed very well)
- 3 tbsp cocoa powder
- 1/2 cup quick oats
- 1/4 tsp salt
- 1/3 cup pure maple syrup, or honey,
- 1/4 cup coconut oil
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 1/2 cup to 2/3 cup chocolate chips

Instructions

Black Bean Brownies Recipe: Preheat oven to 350 F. Combine all ingredients except chips in a good food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor. I use [this food processor](#).) Stir in the chips, then pour into a greased 8×8 pan. Optional: sprinkle extra chocolate chips over the top. Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the fridge overnight and they will magically firm up! Makes 9-12 brownies. If you make this recipe, don't forget to leave a review! The trick with these: serve them first, and then reveal the secret ingredient. In all the times I've served bean desserts, not one single person who didn't know beforehand has ever guessed!