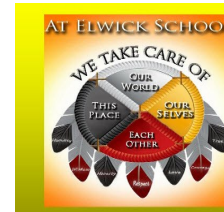




## DECEMBER 2015 NEWSLETTER



The Elwick Community  
School Belief Statement

# Elwick Community School

30 Maberley Road, Winnipeg, MB R2P 0E2

Principal: Bobbi-Lynn Haegeman Vice-Principal: Ross Meacham

### WE DAY!

Kari Kammerlock

On November 16, the middle years leadership team was able to attend this year's We Day Celebration at the MTS Centre. Students had a blast celebrating all that we accomplished last school year and hearing inspirational stories and messages to get them excited and ready to continue meeting their goals to make our school, community and world a better place!



### **A WE DAY EXPERIENCE...By: Kyle Canlapan.**

It's been my third year going to We Day and I gotta say, going there is a great experience. I really like how every time I go there I get to spend it with my friends. It's a great idea for them to give merchandise out to people who attended We Day.

Joining leadership is great because I get to volunteer to help out and I also get to go to fun fieldtrips.

At We Day I also get to see my other friends from other schools. It's a good thing that going to We Day also gives you good lessons and gives you a fun day at the same time too!



## ♪ Notes ♪ from the Music Room

Melanie Clendenan

**Winter Concert:**  
December 9<sup>th</sup> at 6:00pm.

**All Kindergarten to Grade 3 students are performing on this special night. We look forward to seeing you!!**

### **Middle Years Choir goes on tour:**

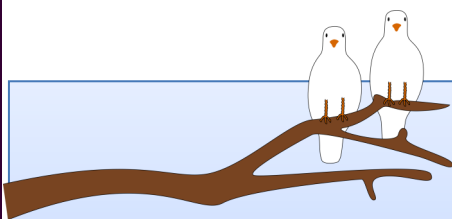
On December 3<sup>rd</sup>, the Middle Years Choir is going on an afternoon trip to HC Avery, to share our music with their choir and to enjoy some caroling fun.

### **Caroling at the Forks:**

December 14<sup>th</sup> for Grade 4/5 choir. Families are welcome to attend this fun event. Bus leaves at 1:00pm!

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## **December Dates to Remember...**



**December 9th , 2015— Winter Concert—Grades K–3—6:00**

**December 18, 2015—Last day of School before Winter Break**

**December 21, 2015— January 1, 2016—Winter Break—No School**

**January 3, 2016—First Day of Classes**

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## **Mind Up!**



Some of the classes at Elwick have been learning about their brains through a program called **Mind Up!**

MIND UP is 15 lessons that use the latest information about the **brain** to dramatically **improve behaviour** and **learning** for all students. Each lesson offers easy ways for helping students **focus** their attention, improve their **self-regulation skills**, **build resilience** to stress, and develop a **positive mind-set** in both school and life! For more information on the lessons and mindfulness, you can visit [www.thehawnfoundation.org](http://www.thehawnfoundation.org).

You may hear your child talking about their brains, their amygdala, their pre-frontal cortex and their hippocampus. We look forward to learning more about this mindful practice!



## ELWICK ATTENDANCE CALL BACK

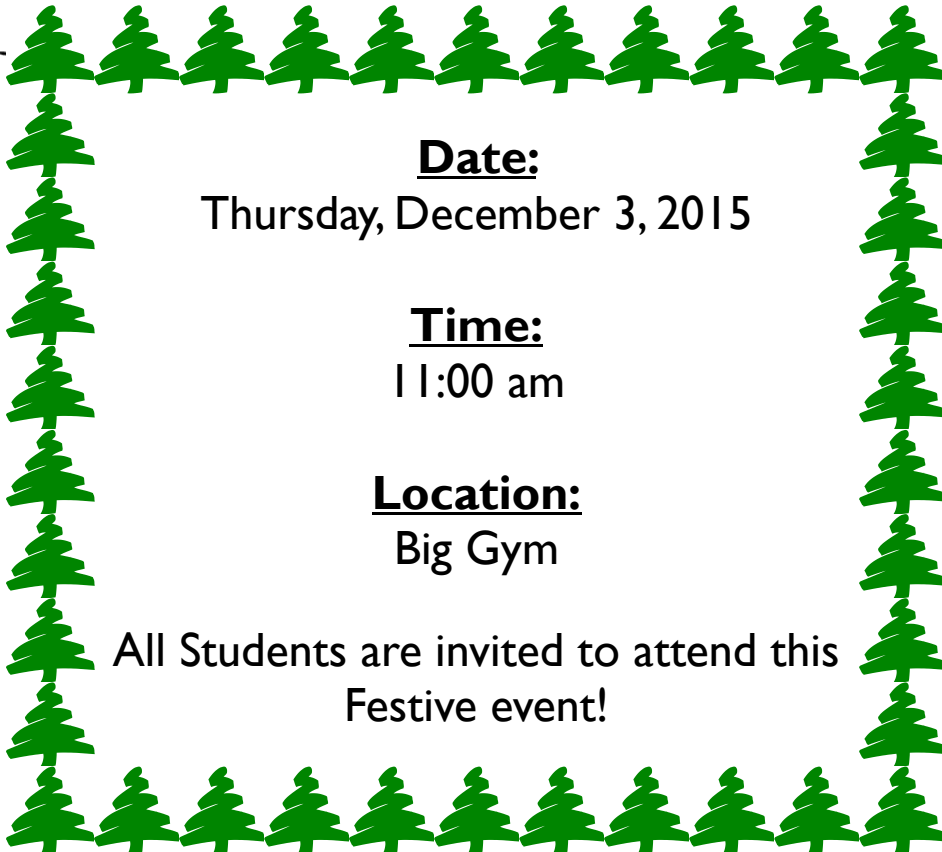
*At Elwick School we have an attendance call back system. If your child is going to be away from school due to medical appointments, illness or any other reasons we ask that you call the school office and speak to one of the secretaries any time after 8:00 am and by 1:00pm.*

204- 633- 5641

*If we do not hear from you and your child is not in attendance we will give you a call to make sure they are safe.*



## Holiday Feast!



**Date:**

Thursday, December 3, 2015

**Time:**

11:00 am

**Location:**

Big Gym

All Students are invited to attend this  
Festive event!

## Band News

Robert Hodgins



Congratulations to all 6, 7, and 8 band students on a fun and musically productive first term! The grade 6s have begun an exciting musical journey towards playing the flute, clarinet, trumpet, trombone, or baritone. Many grade 6 students were excited to quickly learn and perform *O'Canada* in class in addition to many other familiar songs.

The grade 7 and 8 bands have been working hard to learn to play two fun pieces of music - *Happy* and *Declaration and Dance*. The full grade 7 and 8 band performed very well for the Remembrance Day ceremony held on November 10th with an arrangement of *O'Canada* and an arrangement of *Happy*.

The Jazz Band has been having a great time learning rock and jazz music during the early hours before school. At 8am the Jazz Band students come to the Band Hut ready to play *Dinosaur Strut* and learn about musical improvisation. “

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## Community Connector

Marsha Harper

Greetings everyone!

December is here which means the holiday is fast approaching. We have our beading groups up and running until December 15<sup>th</sup> and that will be our last beading session. We will begin again on January 12, 2016.

**Holiday Luncheon:** Elwick has organized a Student Holiday Feast for December 3<sup>rd</sup> of 2015, lunch is provided for the students of Elwick Community School with turkey, the fixings and dessert. All of the Elwick students meet and have lunch in the gym together.

**Community cooking:** if you are interested in cooking a dish you can take home to share with your family you can contact me as there is a list for each week and child minding is available.

**Parent beading Holiday Potluck:** remember to sign up if you are going to bring your favourite dish which will be held on December 15, 2015 during our beading time. If there are any questions about the potluck you can contact me at Elwick School.

Hope you all have a wonderful holiday bundle up, stay warm and most of all stay safe.

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**For the latest information, check out our website!**

**[Home - Elwick Community School](#)**

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## Coats for Kidz

*The Knights of Columbus have generously donated Winter coats, hats and scarves for any child who may be in need of warm winter wear.*

*To sign up for coats please contact Angie in the office at  
204-633-5641*

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## Mental Health Resources

Our kids are becoming more and more aware of the many mental health issues that can arise during our lives! Some of our middle years students have been exploring some of the resources we have in our community that are available for lots of different reasons.

Kids having access to some of these resources is really important and could be the difference between being healthy or unhealthy... Safe or unsafe!

**Kids help phone 1-800-668-6868**

**Seven oaks teen clinic 204-938-5900**

**Klinik crisis line 204-786-1781**

**Manitoba Suicide Hotline 1-877-435-7170**

We encourage parents to talk to their kids! Here are some creative questions to ask to find out a little more than "how was your day" with their answer of "fine."

### **QUESTIONS to ask your child!**

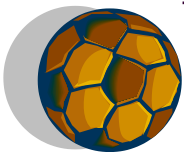
What was your favourite part of the day? Why?

What was your least favourite part of the day? Why?

Who are some people that make you feel good about yourself?

What's one thing you would do differently if you could do today over?

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## **Physical Education Report**

**Kim Schettler**

The Volleyball season has ended this year. Our students did an amazing job learning skills and representing the Elwick Flames at various schools throughout the division. The grade 7/8 students ended the season with a large tournament at Red River Collegiate. Thanks to all the coaches for all the time and support that was needed to make the season possible!

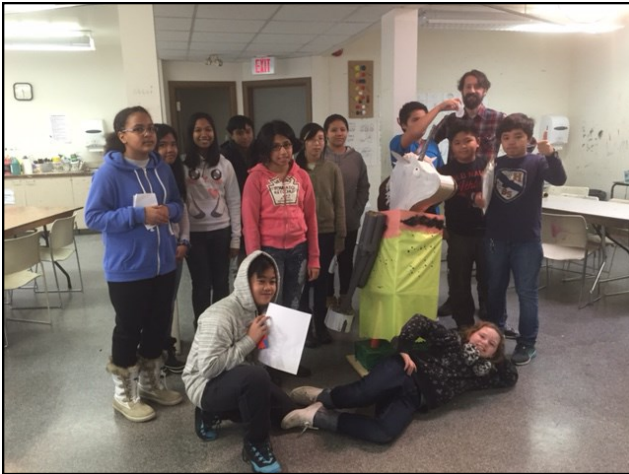
Basketball sign ups will begin in early December. Please see Mr. Lister or Mrs. Schettler in the gym to see the sign up sheets. Practices will begin over the month of December, and games will begin in early January when we return from break.

## Winnipeg Art Gallery

Amber Anderson

A group of grade 7 and 8 students have been studying lots about art at the art gallery and we've enjoyed trying out some new art mediums! We visit the studio one morning a cycle and our session is about to come to an end!

We've learned about sketching, making masks with clay, glazing and firing in the kiln, making masking tape puppets, we've learned about proportion, and next time we'll work with oil paints. We recently enjoyed a gallery tour of the Ancient Greek exhibits!





### **City of Winnipeg Leisure Guide**

The City of Winnipeg is proud to provide a wide variety of recreation and leisure opportunities that contribute to the overall well-being of our community. The Leisure Guide is published three times per year and is filled with fun and exciting activities for everyone.

For more information on leisure, sport and fitness activities, please pick up a copy of the Leisure Guide, call 311 or visit [Winnipeg.ca](http://Winnipeg.ca). Guides are available for pick up at civic indoor pools, libraries and leisure centres, and at a number of retail locations including Safeway, 7-Eleven and Mac's.

Registration for swimming lessons only will begin on December 15 at 8:00 am. Registration for all other activities will begin on December 16 at 8:00 am.

### **City of Winnipeg Priceless Fun**

Winnipeggers now have easy access to information about free recreation, leisure and library programs with the free programming guide, Priceless Fun.

The fall edition of Priceless Fun, available in mid-December, provides information about the free programs for children and youth being offered by the City of Winnipeg throughout the city, all in one convenient guide. Hard copies of Priceless Fun are available for pick up at all civic indoor pools, libraries and leisure centres. You can view the current edition of Priceless Fun online at: [Winnipeg.ca/cms/recreation/leisure/leisureguide.stm](http://Winnipeg.ca/cms/recreation/leisure/leisureguide.stm).



### **Sistema News**

Saya G a h u n g u

We have had another busy and exciting month at Sistema. Students performed for the Manitoba Association of School Superintendents' fall meeting. This was an important venue that showcased our program to the most influential educational leaders of our province. The students' performance brought everyone to a standing ovation. One attendee said, "This is a wonderful way to end our meetings. It helps us remember why we do our jobs."

The next week Sistema had the chance to accompany the Elwick Middle Years Choir as an orchestra as well as sing at our school's Remembrance Day ceremony. Reminding us that music is an important gift that helps bring students together on a solemn occasion of reflection and respect.

The following Sunday, Sistema performed at the WSO Sistema Benefit. This concert aimed to raise funds for future endeavours of the Sistema program. Sistema found itself surrounded by great musicians that day. They performed along side several Winnipeg Symphony Orchestra musicians, as well as Julian Pellicano, the WSO's Resident Conductor and Alexander Mickelthwaite, the WSO's Music Director.

Our Holiday Concert was held in our community's newest performance space, the Maples Collegiate Commons on Thursday, November 26<sup>th</sup>. We were happy to share our music this night with our neighbours, friends and families.