

ELWICK COMMUNITY SCHOOL

Each month that passes as the school year rolls by, we often comment "We can't believe it is already ____." In some ways, it is hard to believe that June is already here but it also feels that we have lived a lifetime since last March. We are going to look back on this time together with many mixed emotions...pride, disbelief, grief, gratitude, anger, amazement... but it comes down to a life altering shared experience that we have soldiered through together.

There is still one month of school to keep our children engaged in learning. Please let us know if you need help with technology, nutritional supports or just a listening ear to support your family during remote learning. If your family is struggling to keep children connected to school during this remote learning time, let us know and we can accommodate with part-time in person learning where possible.

Many families are making the decision of whether to get vaccinated or not. There have been some schools where school leadership has told staff not to discuss or promote vaccinations. As a school, we support advice of doctors, world-wide scientific research and Public Health. We can all get behind the dream that our children will be able to freely visit family and friends, go without a mask, play on a team sport at school and go back to a normal life at school, home and the community with greater freedom. For the sake of our children, families and whole communities returning to normal, please get vaccinated. You could save a life!

Let's keep building each other up to take care of the children for the remainder of the year. Stay safe everyone!

Your Elwick Staff





STOPPING COVID STARTS AT HOME

For Our Seven Oaks Community.
For Our Seven Oaks **Families.**



Seven Oaks has had **one of the highest** COVID transmission rates in Winnipeg.

Most infections are from people spreading to one another at home.

We need to change that and we can!
Let's work together by:

- ★ Washing hands with soap and water for at least 15 seconds
- ★ Practicing social distancing by keeping 2 meters apart
- ★ Wearing a mask in public places
- ★ Staying home if you or anyone at home is sick and is named as a COVID-19 case or contact
- ★ Avoiding gatherings or visiting outside your home
- ★ Sending only one family member to do essential shopping

Stop the Spread in SOSD

sharedhealthmb.ca/covid19/



SEVEN OAKS
SCHOOL DIVISION
community begins here



When Can Students Attend School?





Symptom and exposure screening questions (check all that apply)

Do you have a new onset, or worsening, of any ONE of the following symptoms?		Yes	No
<input type="checkbox"/>	• fever > 38°C or think you have a fever or chills		
<input type="checkbox"/>	• cough		
<input type="checkbox"/>	• sore throat/ hoarse voice		
<input type="checkbox"/>	• shortness of breath/ breathing difficulties		
<input type="checkbox"/>	• loss of taste or smell		
<input type="checkbox"/>	• vomiting or diarrhea for more than 24 hours		
If "yes" to any one of the above, DO NOT ENTER			
Do you have a new onset, or worsening, of any TWO of the following symptoms?		Yes	No
<input type="checkbox"/>	• runny nose		
<input type="checkbox"/>	• muscle aches		
<input type="checkbox"/>	• fatigue		
<input type="checkbox"/>	• conjunctivitis (pink eye)		
<input type="checkbox"/>	• headache		
<input type="checkbox"/>	• skin rash of unknown cause		
<input type="checkbox"/>	• nausea or loss of appetite		
<input type="checkbox"/>	• poor feeding (if an infant)		
If "yes" to any two of the above, DO NOT ENTER			
Exposure history		Yes	No
1.	Have you been in close contact (within two metres/ six feet for more than 15 minutes) in the last 14 days with a confirmed COVID-19 case?		
2.	Have you been exposed to COVID-19 in a work or public setting?		
3.	Have you travelled outside of Canada, or within Canada, east of Terrace Bay, Ontario in the past 14 days?		
4.	A. In the last 14 days has anyone living in your household travelled outside of Canada, or within Canada, east of Terrace Bay, Ontario? If yes, proceed to question 4B. If no, do not complete 4B or 4C.		
	B. IF YES to 4A, is your household traveller exempt from self-isolation (quarantine) requirements (www.manitoba.ca/covid19/soe.html)? If no, proceed to question 4C. If yes, do not complete 4C.		
	C. If NO to 4B, have you been in close contact with the household traveller in the last 14 days since their return from travel?		
If "yes" to question 1, 2, 3, or 4C - DO NOT ENTER			

If the checklist advises you Not to Enter: stay home, isolate and refer to the online COVID-19 Screening Tool at <https://sharedhealthmb.ca/covid19/screening-tool/> or call Health Links – Info Santé at 204-788-8200 or toll free at 1-888-315-9257 for further guidance.

Up to date information on COVID-19 can be found at: www.manitoba.ca/covid19



Kindergarten Registration is open

**Due to COVID-19, the 2021-22
Kindergarten registration will take place online.**

[Home - Seven Oaks School Division \(7oaks.org\)](http://7oaks.org)

For those families who are having difficulties applying online, they are to contact the school to **make an appointment to register.**

All children that are registering for Kindergarten **must be 5 years old by December 31st, 2021** (born in 2016) in order to register for Kindergarten starting in September 2021.

Immunization information from the WRHA will be made available online. Please ensure to share this information with those who call for an appointment to register at their school.

You must provide:

- Proof of age
- Proof of address
- You must be the legal guardian to register the student.

WHATS HAPPENING AT ELWICK

Room 3 Gardeners

One of our remote learning projects is growing sunflowers. What does a plant need to grow and thrive? Calleigh found that when she gave her sunflowers lots of indirect sunlight, they grew overnight! Tamia and Chloe found that when they watered just a little bit every other day, the plant got just enough water without saturating it. Chance's sprouts are very tall, whereas Ravneet has a few short ones. Just like us, plants grow at different rates. It's fun to watch our plants grow and change.



PHYS ED IN CLASS LEARNING

Popcorn with the Parachute



Tetherball Skills



Balance on the Boogie Board



Hockey with a Pool Noodle



Safety Skills in the Bike Program



Back from a Ride in the Neighbourhood



MUSIC

Here is a glimpse of the music room before it undergoes substantial renovations over the summer. When students return to the music room in the fall, they will experience a brand new carpet, more open space, and fewer risers! Stay tuned for a photo in the fall.





Sistema Happenings!



The month of May at Sistema saw a sudden shift to remote learning - thankfully we learned a lot last year, and we were quickly up and running with remote Tutti and sectional classes, and one-on-one lessons. Mozart and Beethoven students are continuing to play their instruments at home, while Vivaldi students have been building homemade percussion instruments:

As we move into June, we will be looking back and celebrating a year of music and friendship. Our final Family Night of the year will take place on Monday, May 31st, at 6:30pm. Videos will stay up on our Google Classroom and YouTube to watch anytime after. As we wrap up the 10th year of Sistema Winnipeg at Elwick School, we are incredibly grateful to have such a supportive community surrounding our musicians and program. Times have changed but our values of social change through music remain the same.

Important Dates:

Monday, May 31st – Michael Nozick Spring Family Night! 6:30pm on Google Classroom and YouTube

Friday, June 25th – Last day of Sistema for 2020/2021 School Year

Remote learning schedule:

Monday – Vivaldi

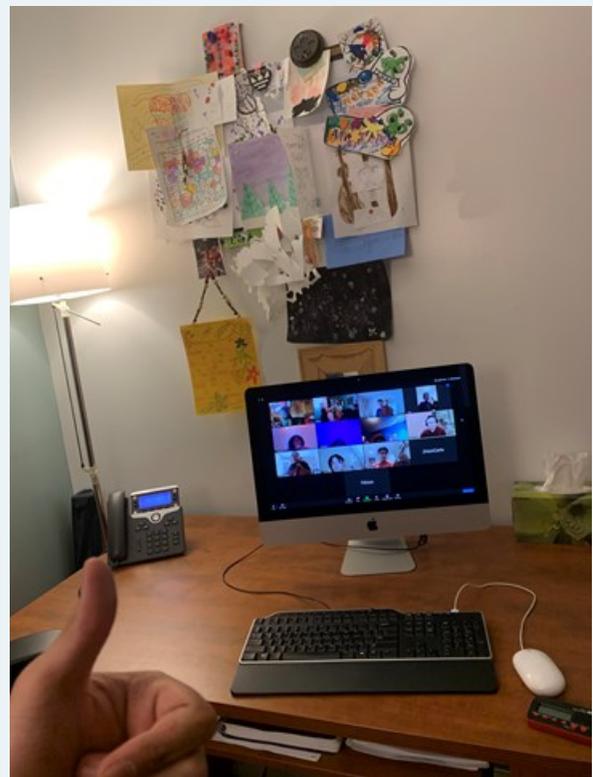
Tuesday – Mozart and Beethoven

Wednesday – Vivaldi

Thursday – Mozart and Beethoven

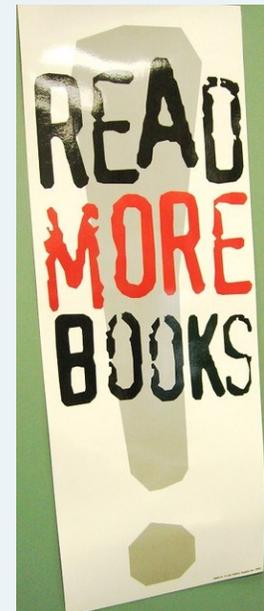
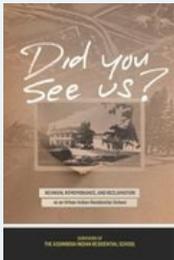
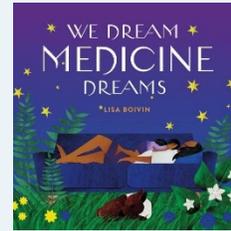
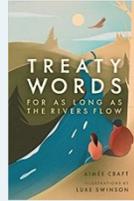
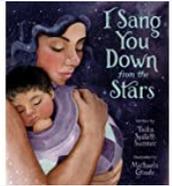
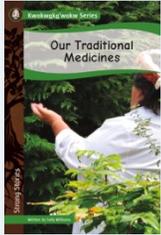
Fun Fabulous Friday – Everyone!

All classes run from 3:45pm to 4:45pm.

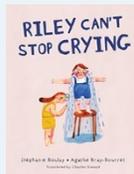
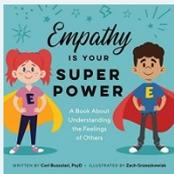


A Selection of New Books in the Elwick Library

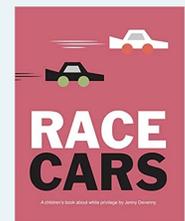
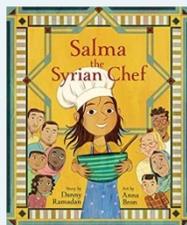
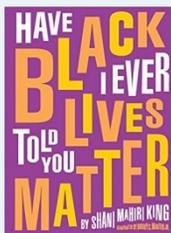
Indigenous



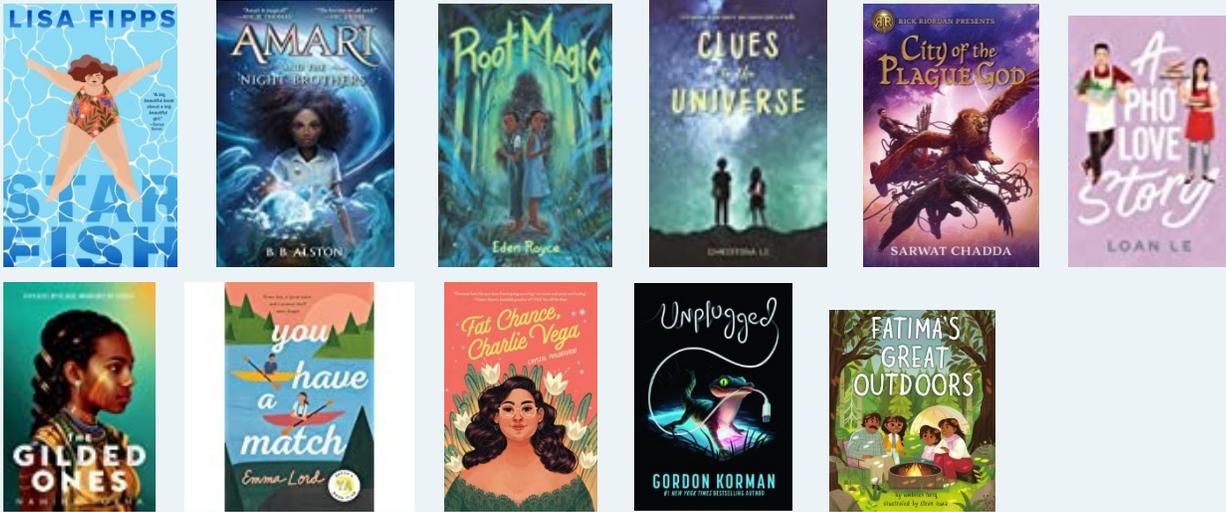
Social Emotional Learning



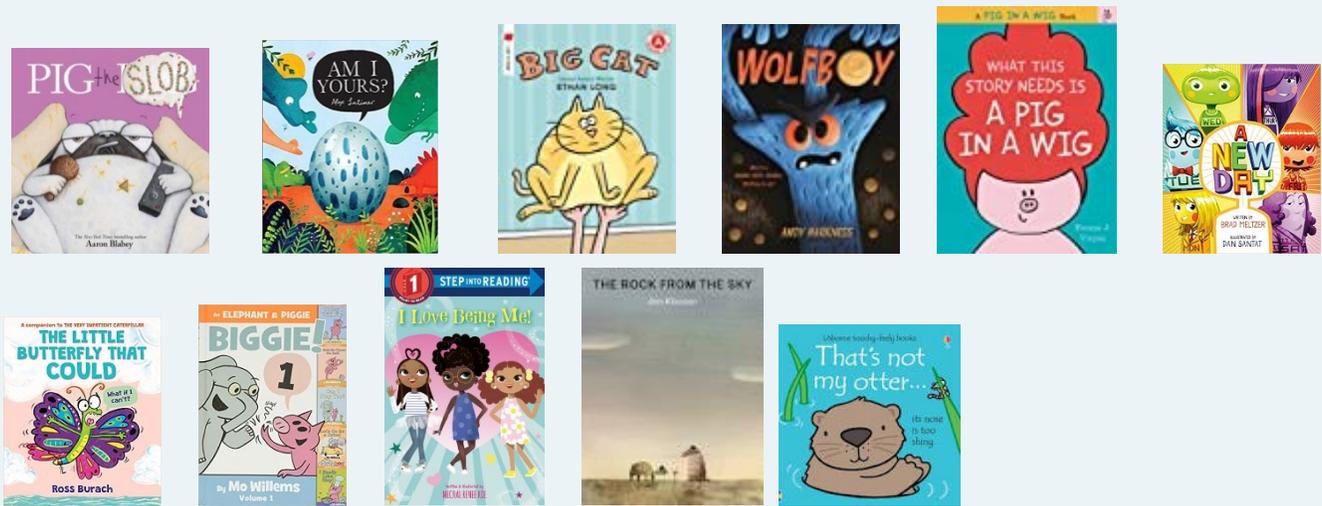
Diversity



Novels



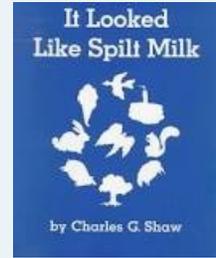
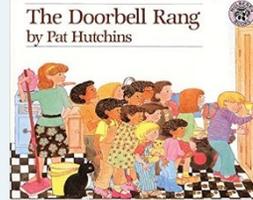
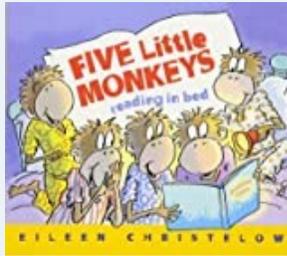
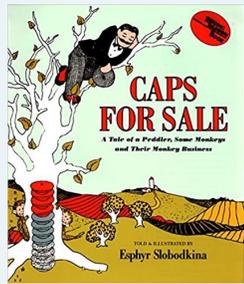
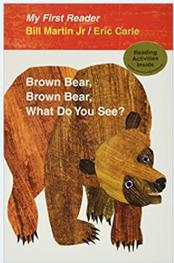
Picture Books



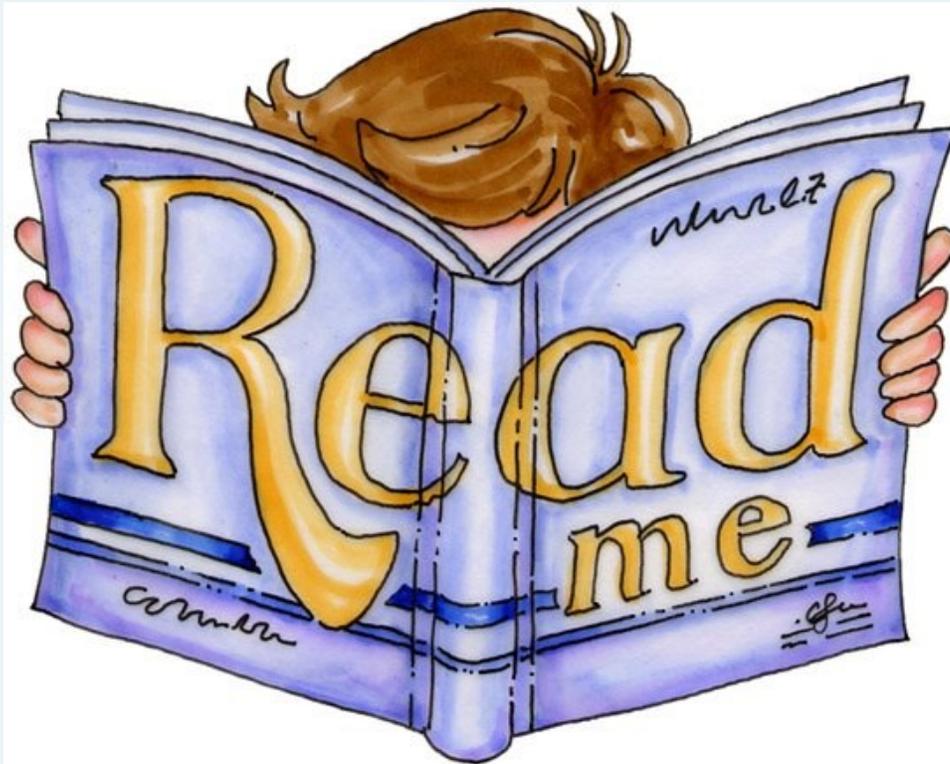
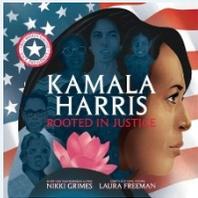
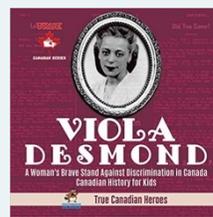
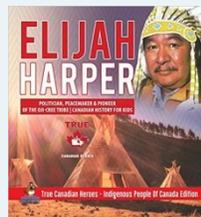
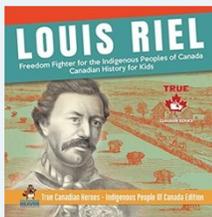
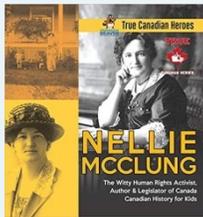
Graphic Novels



Big Books



Biographies



How it Started Vs. How it's Going

For the month of **JUNE**, our school is going to be reviewing all of the **SOCIAL EMOTIONAL LEARNING** we have covered this school year.

Let's take a look back at our monthly themes...

October – *Emotions*

- Heavy feelings lighten when you put them into words. When we voice our emotions, the pain gives way. So, let's understand and name how we feel. Angry? Glad? Frustrated? Sad? It's all good.
- Bottling up our emotions can make them grow or come out in other ways—not reacting to something negative at work could end up making you more likely to take it out on someone else later, for example.

November – *Mindfulness*

- In our busy world, we are often trying to get many things done at once. Mindfulness teaches us to slow down, focus on the here and now and take things one step at a time.

December – *Generosity*

- Generosity is about being kind, giving and not expecting anything in return. We can be generous with our time spent with others, good deeds we do and kind words we share.

January – *Digital Citizenship*

- Digital citizenship is all about using technology (computers, the internet, and digital devices) in a responsible way.

February – Kindness

- Our theme of kindness connects well with our school belief statement which states, “At Elwick School, we take care of ourselves, each other, this place and our world”.
- Kindness is a skill that can be taught and practiced.

March – Healthy Body, Healthy Mind

- Studies prove that active kids learn better. When comparing students who have been physically active compared to those who had episodes of inactivity, students feel more content, awake and calm after movement.
- To be as healthy as possible, children and teenagers need adequate night-time sleep. Current guidelines from the Government of Canada recommend:
 - 9-11 hours of sleep/night for children ages 5-13 years old**
 - 8-10 hours of sleep/night for children 14-17 years old**
 - But... **1 in 4** children are **NOT getting enough** sleep.

April – Acceptance

- Acceptance goes well beyond tolerance or endurance of something unpleasant. Accepting is the first step to learn to **love our differences, understanding** and **appreciating** what others bring to our lives.

May – Mental Health

- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices!

FACT:

When children learn about their emotions for as little as 30 minutes a week, both their behaviour and their academic success improve.⁵

ELWICK Families

If you are worried about the mental well-being of your child, please reach out to the school. We are here to help. **Kids Help Phone** and **Macdonald Youth Services** are excellent resources if you are looking for help outside of school hours.

Kids Help Phone:



Kids Help Phone 

Anything that's on your mind.
Any time and anywhere.
Free, private support.
No ID required.

-  Call 1-800-668-6868
-  Text 686868
-  KidsHelpPhone.ca/newcomers
-  Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone



KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone

Macdonald Youth Services:

HELP WHEN YOUTH & FAMILIES NEED IT MOST

All families go through tough times. 24/7, 365 days a year, MYS offers a range of FREE crisis supports to help stabilize youth, while also ensuring emotional, physical & cultural safety and wellness for everyone in the home. Supports include youth crisis stabilization units, individual & family therapy, school supports & much more.

24-HOUR CRISIS LINE/MOBILE CRISIS TEAMS

204.949.4777 or 1.888.383.2776



24-hour Youth Crisis Services: **204-949-4777** or **1-888-383-2776** outside Winnipeg

24-hour Youth Emergency Shelter/Resource Centre: **204-477-1804** or **1-888-477-1804** outside Winnipeg

Connect with youth mental health & addiction supports. Call a Family Navigator: **204-452-0551** or **1-844-452-0551**



Dear Elwick Community School Families,

Our Parent/Caregiver and child (Birth-6 years old) program is taking place on-line. We will be doing songs and stories on-line at www.7oaks.org/Parents (click the Pre School circle found on the Seven Oaks Home page). Parents can sign in at any time. Pre School Learning Packages are also available. These consist of crafts, parent information, songs, recipes, and sometimes books. If you are interested in receiving a package, please call the school at 204-633-5641 (ask for Sonia) or e-mail me at Sonia.Cordeiro@7oaks.org. June packages are available.

Please don't hesitate to call me if you have any questions.

Sincerely,

Sonia Cordeiro
Community Coordinator - Partners in Learning
Collicutt School - 204.338.7937
Elwick Community School 204-633-5641



Parents/Caregivers/Visitors

We ask that student pick ups and drop offs happen outside of the building to limit the amount of people coming in. ***Please be aware that the wearing of face masks are mandatory for anyone needing to enter the school.***

Thank you for your cooperation in helping us to follow the protocols from Manitoba Health during this unprecedented time.



Contact Information

It is very important that we have updated contact information for your child.

If you have moved or had a change of phone number, please let the school know at 204-633-5641

For the latest information, check out our website!

www.7oaks.org/schools/elwick

