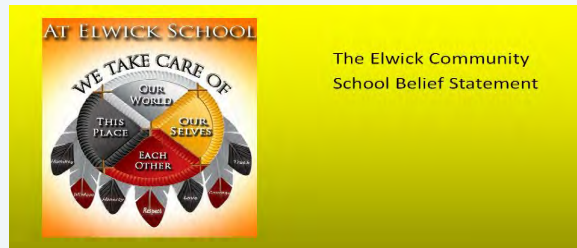




# ELWICK COMMUNITY SCHOOL MARCH NEWSLETTER



## March Dates to Remember...

March 18th	Virtual Parent Teacher Parent Teacher 4-8 pm
March 19th	Virtual Parent/Teacher Conferences (9-3:30) NO CLASSES
March 29th—April 2	Spring Break —NO SCHOOL
April 5th	School Opens

## ELWICK ATTENDANCE CALL BACK SYSTEM

Please call If your child is going  
to be away 204-633-5641



## Improved Attendance at Elwick!

There has been a noticeable improvement of the number of children attending school regularly and almost 180 students have returned from remote learning.

We know our Elwick families value the education of their children. Children deserve an education that will open doors and change lives. When children come regularly and on time, they stay on track, in routine and learning loss is less likely to occur.

We thank families for working hard to get their children to school each and every day. You may see us in the neighbourhood visiting families about attendance. Our message to families is this... "Your child is missed and school is important. How can we help?" If you need help getting younger children off to school if you have little ones at home, use our Walking School Bus for support!

Let's keep our kids attendance trending upward as we move into the spring!

From your Elwick Staff



Kindergarten Registration begins Monday, February 22<sup>nd</sup>, 2021.

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

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 31<sup>st</sup>, 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 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 Welcomes Elder Betty



In Room 3, we feel so thankful to have Elder Betty joining us. Students ask every day if today is an “Elder Betty Day”. She has shared some stories from her childhood, which inspired Yahya to read her book Sugar Falls, and inspired Faith-Lyn to start a research project about her ancestors and their connection to residential schools.

Miigwetch Elder Betty!

## Room 7

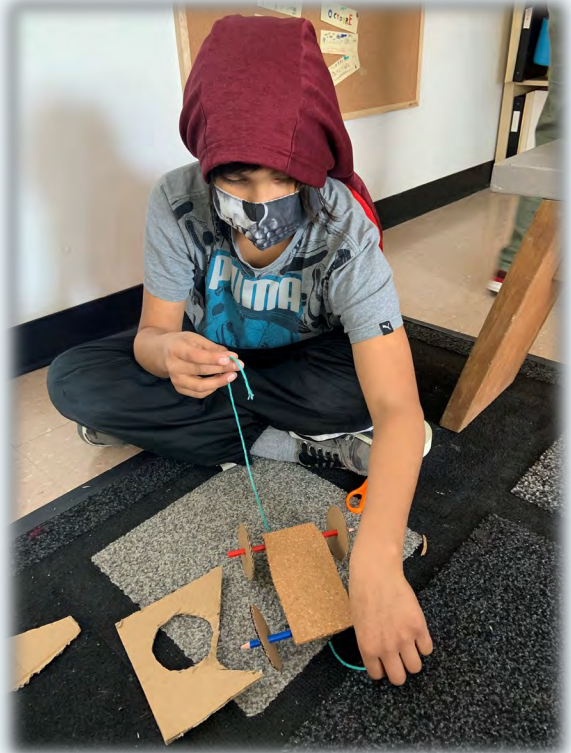
### Welcomes Elder Betty

We are so excited to have Elder Betty back with us, sharing her stories, her teachings, her time, and her love with us!



## Room 9

We are learning about simple machines. Students are experimenting with levers as well as the wheel and axle.



# ROOM 9'S

## Time to Shine

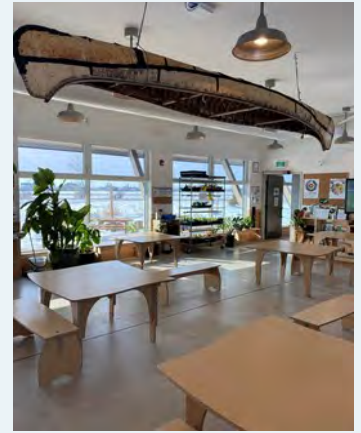
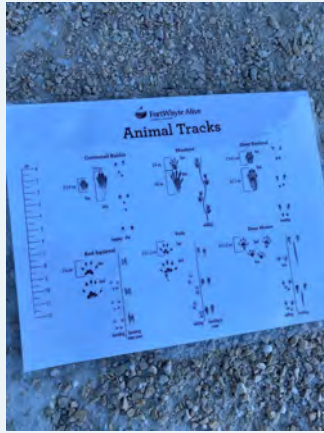
Mrs. Shield's Grade 4/5 class had the amazing opportunity to explore **Ozhaawashkwaa Animikii-Bineshi Aki Onji Kinimaagae' Inun** (Blue Thunderbird Land-Based Teachings Learning Centre) on February 18<sup>th</sup>, 2021. Elder Dan Thomas and Elder Mary Courchene knew it would take some time to learn the name, so they offered the nickname: "Aki Centre" (Land Centre). Students spent the crisp, winter day snowshoeing, examining various Indigenous plants and also animal tracks (raccoon, white tail deer, cottontail rabbit, grey squirrel, red squirrel, deer mouse, and vole), tobogganing, roasting marshmallows on the fire and eating a picnic lunch outside in a Covid-friendly manner.

Huge thank you to Mrs. Shields and Mrs. Sran for planning such an amazing opportunity and for the staff at the Aki Centre for making Room 9 feel like we were right at home.













*The story behind the name:*

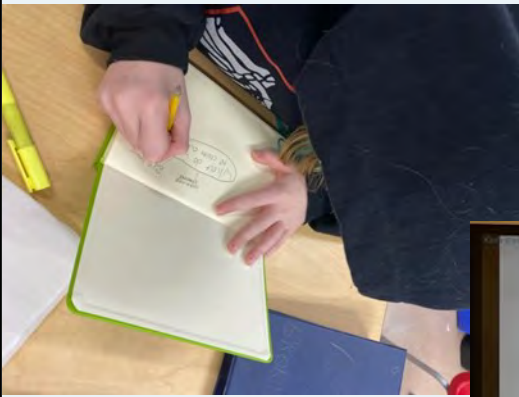
“Back on September 27, 2018, Elder Dan Thomas and Elder Mary Courchene held a Naming and Pipe Ceremony on this land. Elder Mary Courchene shared that she had a dream where “Land-Based Teachings Learning Centre” came to her as a name for our new, shared place. When Elder Dan Thomas held the Pipe Ceremony, he had a vision of a big blue thunderbird "whose wings were outspread, covering this land here, that we are on”. The first part of our name, "Ozhaawashkwaa Animikii-Bineshi" means Blue Thunderbird in the Ojibwe language. This is the spirit name for our centre. The second part of our name, "Aki Onji Kinimaagae' Inun" means Land-Based Teachings Learning Centre”.

Source: [https://www.7oaks.org/Student/7OaksGrows/Newsletters/3.%202019%20Winter%20January%20Newsletter\\_Aki%20Centre.pdf#search=aki](https://www.7oaks.org/Student/7OaksGrows/Newsletters/3.%202019%20Winter%20January%20Newsletter_Aki%20Centre.pdf#search=aki)

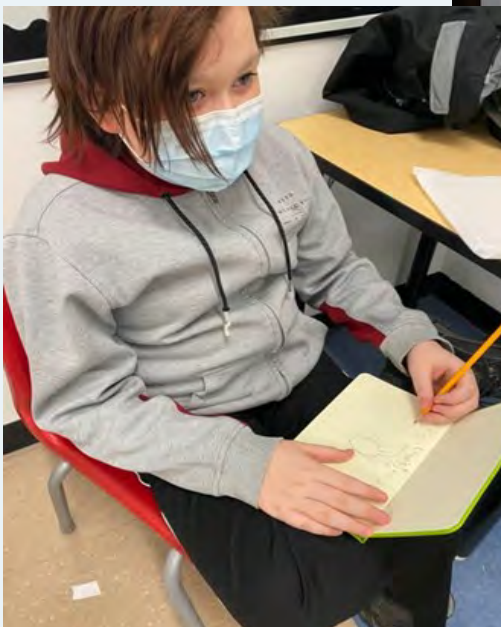
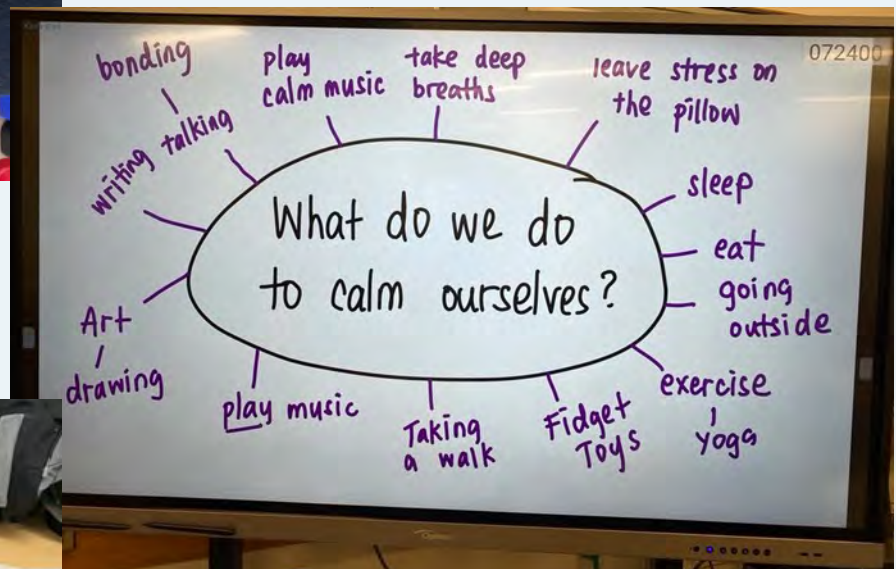
Submitted by : Mrs. Collette

## Room 10

We have been learning a lot about the brain this month! Part of our learning has been about how we deal with stressful and frustrating moments. We considered questions like: "What do we do when we get mad?" and "What do we do to calm ourselves down?"



You can catch Room 10 telling you which part of the brain we are using!



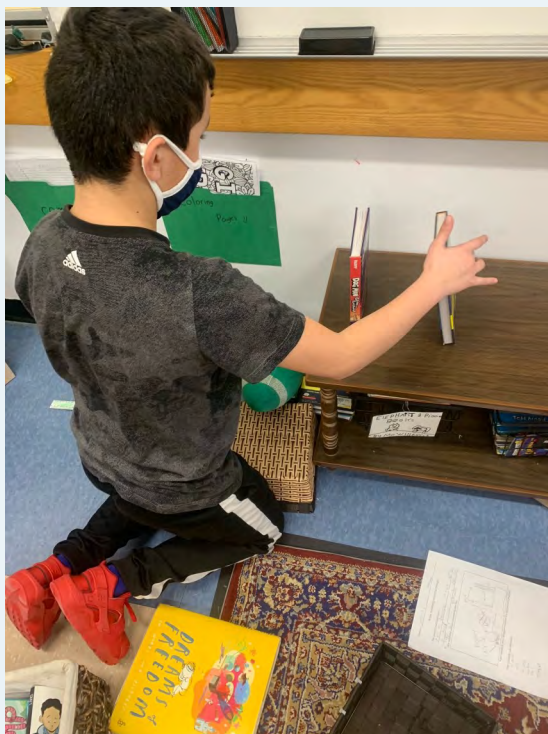
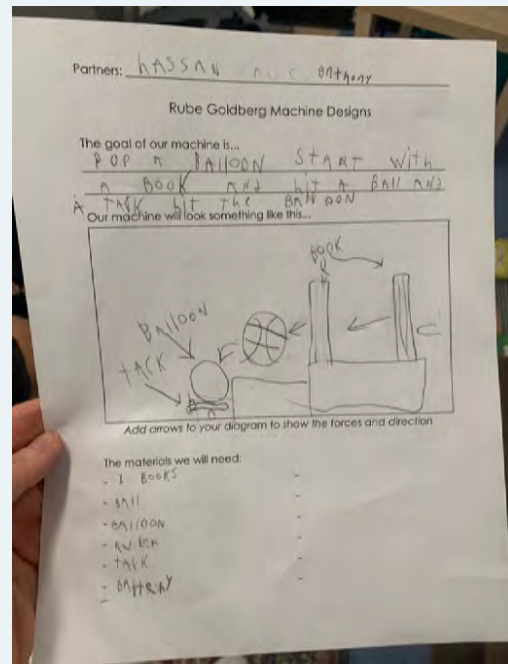
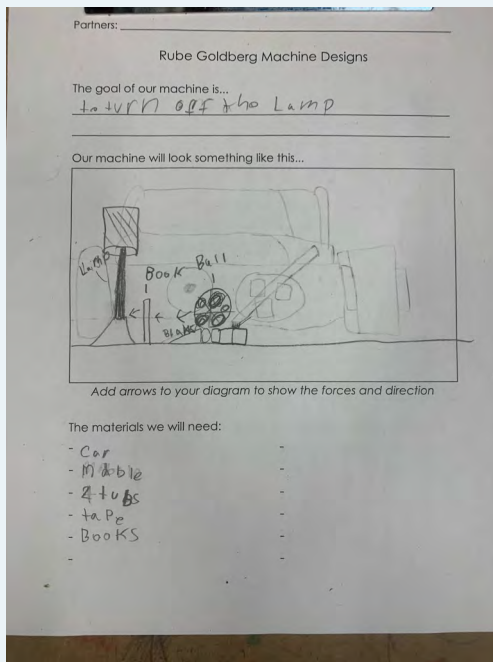
Is it the Pre-frontal Cortex? Or the Amygdala? Feel free to test us!



## Room 12

During exploratory, kids in room 12 have been working hard to build Rube Goldberg Machines using their understanding of force, energy and simple machines.

Check out some of our works in progress!



# ROOM 14

Exceptional art work done by Lucas Sumadsad



# MUSIC



Gr. 2/3 Students learned a fan dance in honour of the Lunar New Year.

## Musical Theatre TAA

February 16th was an incredibly exciting day for Musical Theatre students who performed an original dramatic presentation at SOPAC for a virtual performance. Stay tuned for the video link coming soon! Musical theatre students will participate in SOSD Divisional Dance Day in April. More details to come next month.

## K-5 General Music

All grade 4/5 classes are preparing for virtual concert recording sessions on March 8th (at Elwick). Performances will include ukulele, barred instruments, and basketballs! Special thanks to the Phys. Ed. program for lending basketballs! Gr. K - 3 students are dancing and playing up a storm on a wide variety of instruments. We are working on being gentle when we handle instruments.

## 4/5 and Middle Years

February has been a successful month in terms of performances and musical accomplishments for our fiddlers. Our Grade 4 and 5 fiddlers performed Hot Cross Buns, D Major Scale, and See the Little Monkey on the SOPAC stage while being professionally recorded as they play with strong posture, beautiful and graceful techniques and tones, as well as forming meaningful and rich relationships while following social distancing protocols. Thank you to everyone who participated.

Our Middle Years Fiddle Club performed Twinkle Twinkle Little Star and Mary Had A Little Lamb at Elwick School while we recorded their beautiful playing which will be added to the Elwick Virtual Concert as well along with the videos from SOPAC. We are also going to record Manitoba Hot Dog as a collective ensemble with all the fiddlers to showcase everything we have been working on for you.

## News from the Band Room

Elwick Band Students started to learn electric piano / pitched percussion instruments and showed overall good results. Grade 6 band students participated in the recording session at SOPAC on February 16th where the students shared their joy and experiences. It was an inspiring implementation.



Congrats, band students on your contribution to the Music Celebration event among with other Elwick music students. And Thank You to organizers of this beautiful event.

Band students will continue their music studies, challenging themselves learning to play keyboard instruments and delighting their listeners with future performances.

Mr. V



# Sistema Happenings!

On Tuesday, February 16th, Sistema Winnipeg brought their music and their excitement to Seven Oaks Performing Arts Centre (SOPAC) at Garden City Collegiate, for a fundraising concert alongside our Winnipeg Symphony Orchestra teaching artists and WSO assistant conductor Dr. Naomi Woo. They performed in front of not an empty audience, but in front of their Sistema peers who behaved so well as well as our principal Ms. Lorelei and our superintendent Mr. Brian O'Leary. We played a beautiful piece by Joanne Martin called Sally's Waltz, Ms. Kari conducted a D major canon, and many more. This performance was special because they got a taste of what it's like to play in a professional theatre venue and they rose to the occasion, displaying professionalism and musicality.

Sistema hosted our Virtual Family Night at Elwick School on Tuesday, February 23th. Vivaldis performed favorites like Manitoba Hot Dog, Hot Cross Buns, and rapped When I play, officially transitioning them from paper instruments to real instruments. Mozarts and Beethovens collaborated and performed more complicated rhythmic and melodic passages on their instruments and performed beautiful orchestra pieces.

We have been seeing so much growth and maturity from all our Sistema students. We are excited for the next opportunity to share our music with you at our next Virtual Family Night!



## Important upcoming dates:

March 18 and 19 – NO Sistema (Parent-Teacher Conferences)

March 26 – Last Day of Term 2

March 29 – April 2 – NO Sistema (Spring Break)

Keep posted for additional important dates or changes.

Any questions, please call the Sistema phone at (204) 223 - 9665



# TIPS FOR HOW TO DEVELOP LANGUAGE WITH READING:

We don't just need to read the words, we can talk about so many more things when we read together!

**Find a book with a topic that is interesting for both of you**

**Before starting the book, look at the cover**

Take turns guessing what you think the book will be about

Ask your child why they guessed what they did

**Talk about new words that you find (and even look them up!)**

**While reading the book ask questions**

**Try to avoid yes/no questions. Wherever possible, try some open-ended questions or choice questions (e.g. what do you think will happen next? Is the little girl feeling sad or scared?)**

**Comment on what you see and what is happening in the story**

**Expand on your child's answers**

If your child is answering in only a few word phrases, try adding a few extra words to their answer (e.g. if they say "he ran" you could say "He ran away. He ran fast.")

**Re-telling**

Try acting out parts of the story after you have read it using puppets or dolls

Try drawing some of the story parts after you have read it

**Have fun!! (use silly voices, actions, and anything else you like!)**

**You can Follow Ms. Hilary (Speech-language pathologist) on Instagram: @mshilaryslp for more ideas**



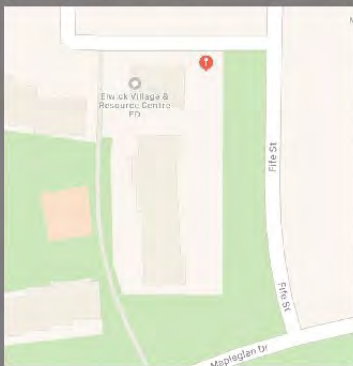
# Need some help getting your grades 1-3 children to school? Maybe you have pre-school aged kids at home?

ELWICK SCHOOLS' WALKING SCHOOL BUS CAN HELP...

Elwick School will have staff that will meet students at the meeting spot that is closest to your home and walk with students to the school. After school the groups will walk back to the same meeting spot to meet caregivers.

If there is an older sibling, we encourage them to walk together, instead of using the walking school bus, to try and not make the group too large.

Thank you to Elwick Village Centre for Wednesday Support



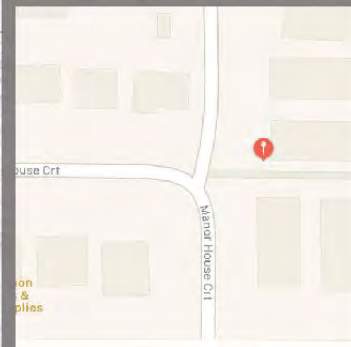
### Village Centre Pickup

Pickup is at the Village Centre parking lot, besides the tree

TIME: **8:40 - 8:45**

Students will be picked up by: Mrs. Sonia

Please Note: On Wednesday, Ms. Jen, from the Village Centre will be picking up.



### Manor House Pickup

Pickup is located at the walkway between the new units

TIME: **8:40 - 8:45**

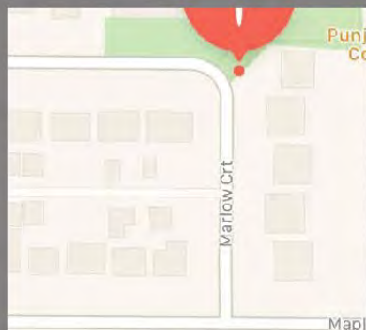
Students will be picked up by: Ms. Miranda

### Marlow Pickup

Pickup is located at the corner park

TIME: **8:40 - 8:45**

Students will be picked up by: Mr. Scott

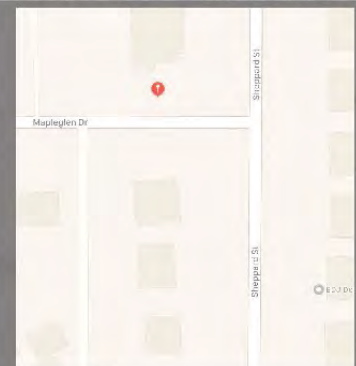


### Sheppard Pickup

Pickup is located on Sheppard and Mapleglen, by the apartment block

TIME: **8:35**

Students will be picked up by: Mr. Scott



# THEME OF THE MONTH

## Healthy Body, Healthy Mind



For the month of March, our school is going to be learning about **Healthy Bodies and Healthy Minds!** How can we have a healthy body and a healthy mind? Exercise, Eating Healthy and Sleep!

## DID YOU KNOW?

### Physical activity helps raise:

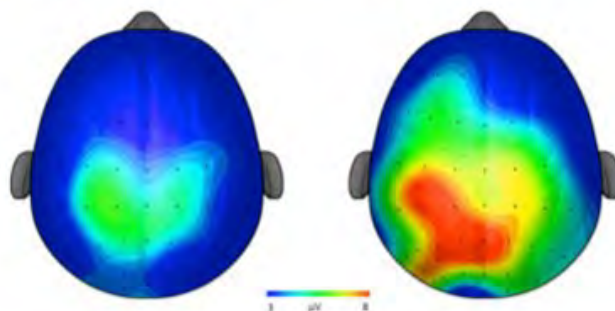
- Endorphins (pleasurable feelings)
- Norepinephrine (helps to activate the brain)
- Dopamine (improves a person's mood)
- movement skills
- academic performance

- building of healthy bones & muscles
- one's abilities to self-regulate
- healthy sleep habits
- one's abilities to calm when stressed
- motivation and focus
- self-esteem

## ACTIVE KIDS LEARN BETTER

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. Check out this image that shows a brain scan of a student following sitting for 20 minutes compared to walking for 20 minutes.

These two brain images, taken from the top of the head, represent the average amount of students' neural activity during a test following sitting and walking for 20 minutes. The color blue represents lower neural activity, while the color red denotes higher brain activity in a given region.



After 20 minutes of sitting quietly

After 20 minutes of walking

Image courtesy of Charles Hillman, University of Illinois at Urbana-Champaign

**95%**  
of Canadian Kids  
**DON'T GET ENOUGH PHYSICAL ACTIVITY.**

**5-17 year olds**  
should get at least  
**60** MINUTES OF  
MODERATE-TO-VIGOROUS  
**PHYSICAL ACTIVITY EVERYDAY!**

Encourage kids to:  
**RUN** **WALK** **SWIM** **PLAY**  
**BIKE**

Source: Active Healthy Kids Canada (2013), Are We Driving our Kids to Unhealthy Habits?  
PARTICIPACTION  
Let's get moving.  
participACTION.com

## How Much Exercise is Enough?

While all physical activity is good physical activity, movement at a moderate-to-vigorous intensity (i.e., they type of activity which causes you to breath a bit harder and sweat) is linked to even more health benefits.

According to the Government of Canada, Children and youth aged 5 to 17 should get at least 60 minutes of moderate-to-vigorous intensity physical activity per day.

## Ways to Encourage Physical Activity

- Schedule active time after school.
- Combine periods of moderate activity, like walking or biking, with periods of more vigorous activity, such as running, playing soccer or tag.
- Set a positive example by being physically active as a household.
- Plan regular outings to take a walk, bike ride, hike, or skate.
- Praise your child for being active. Confidence is the key to success! (Canadian Government).

# HEALTHY EATING

“Encouraging healthy eating at a young age will help kids grow into the body they are meant to have and promote a positive relationship with food and themselves”. Check out this link for information from the province about healthy eating!



<https://www.gov.mb.ca/health/healthyeating/agesstages/children.html>

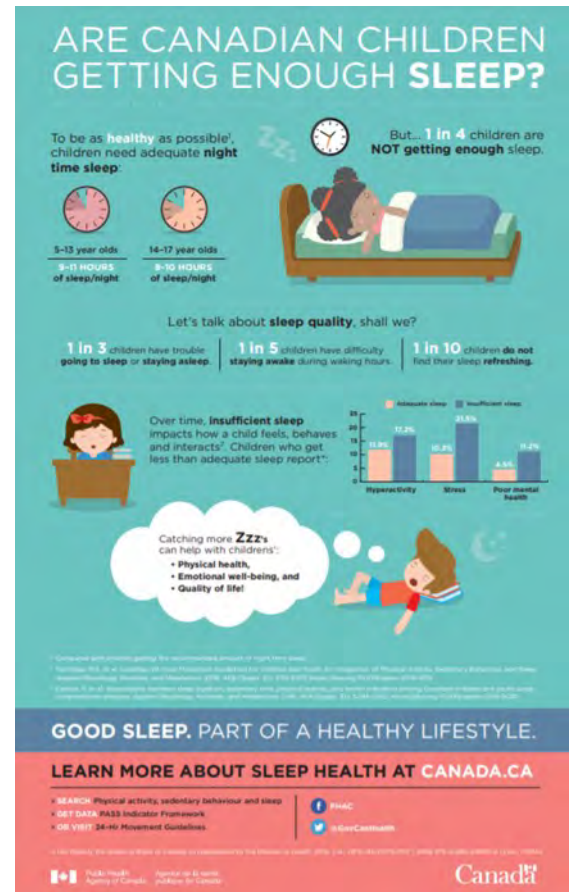
# DID YOU KNOW?

To be as healthy as possible, children and teenagers need adequate nighttime 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.

Catching more Zzzz's can help with:  
Physical health  
Emotional well-being  
Quality of life!



## Want additional resources?

### Online resources:



- **Go Noodle:** engages kids to channel their boundless energy—getting them up, moving and becoming more mindful. <https://gonoodle.com/>

- **Cosmic Kids:** Yoga and Mindfulness fun! <https://cosmickids.com/>



- **Just Dance for Kids:** Search “Just Dance for Kids” on Youtube for videos to follow at home!

- **Lazy Monster App:** Check out this free app for 7-minute workouts timed at 30 second intervals!

- **Kids and Exercise:** This article by KidsHealth talks about the importance of exercising for kids!

- <https://kidshealth.org/en/parents/exercise.html>

- **Fitness Blender Kids Workout** (25 minutes): <https://video.link/w/dJ3Ub>



# Louis Riel Day Celebration







## ***I Love to Read Month During a Pandemic***

I Love to Read Month had a very different look and feel this February, as we had to find new ways to celebrate the joy of reading during a pandemic. Usually, guest readers from the community are invited into the classrooms to read to our students. Constable Rachel generously offered to read to some of our classes, since she is a regular visitor in the school. This year, though, other guest readers zoomed into our classrooms, or took the time to record videos that could be shared with students at any time, through links shared with classrooms.

Several of the grade 1-3 classes opted to watch some of these readings during their regular library class, and actively engaged with dynamic readers including radio personality Ace Burpee. Ms. Cairns saw an interesting segment on CTV morning news about a local high school's idea for Blind Date with a Book, so we decided to adapt the concept and try it with the grade 7 and 8 students. Books were wrapped in paper and short blurbs were written, describing each book, and students chose an item based on these summaries. Several classes then held classroom discussions, with each student sharing why they chose the book.



# Spreading Kindness



A special thank you to Mr. Arnold, one of our many custodians helping to keep our school clean and safe.

Gracias

Merci

THANK  
YOU



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](http://www.7oaks.org/Parents) can then click the Pre School circle found on the Seven Oaks Home page. Parents can sign in at any time. I also have Pre School Learning Packages 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](mailto:Sonia.Cordeiro@7oaks.org). January packages will be delivered this week. I am also working on the February Packages which will be ready shortly.

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*

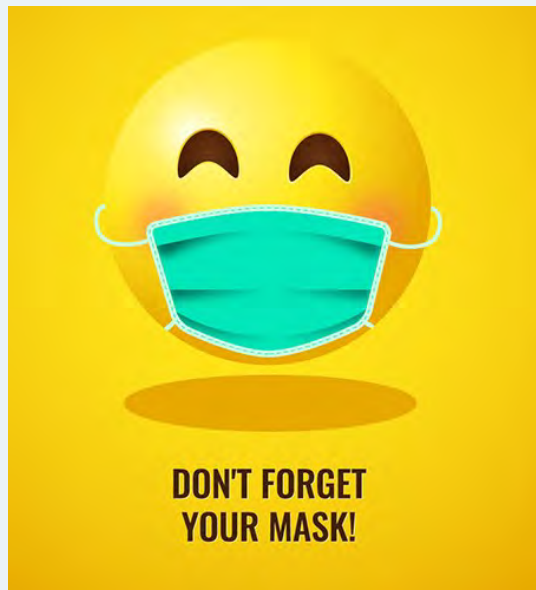
*Elwick Community School 204-633-5641*



## 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](http://www.7oaks.org/schools/elwick)**



## IMPORTANT DATES



March 14	Daylight Savings Time Begins (Set clocks ahead one hour)
March 18	Virtual Parent/Teacher Conferences-(4-8 pm)
March 19	Virtual Parent/Teacher Conferences (9-3:30) NO SCHOOL
March 29 -April 4	Spring Break – SCHOOL CLOSED
April 5	School Re-Opens
April 2	Good Friday – NO SCHOOL
April 16	PD Day – NO SCHOOL
May 24	Victoria Day – NO SCHOOL
May 28	School PD day- NO SCHOOL
June 30	Last Day of School