



ARTHUR E. WRIGHT COMMUNITY SCHOOL

March 2023
Newsletter

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Principal: Harpreet Panag

Vice-Principal: Jillian Green | Vice-Principal: Porfiria

We take time to acknowledge that we are here on Treaty 1 Territory, and to honour the Peoples and lands of Turtle Island. Treaty 1 land is on the traditional territories of the Anishinaabe, Inninewak, and Dakota peoples, and the homeland of the Red River Metis.

Our water comes from Anishinaabe Treaty 3 territory from the waters of Shoal Lake First Nation #39 and #40.

The electricity powering our community comes from generating stations on river in Treaty territories 1, 3, and 5. The Northern Flood Agreement with five Indigenous communities in northern Manitoba remains unfulfilled.

A Message From the Principals

Dear Parents/Guardians,

We would like to thank you all for taking the time to come to parent teacher conferences held on March 16th and March 17th to celebrate your child(ren)'s learning with us. If you were unable to meet with your child(ren)'s teacher(s) for some reasons, please do not hesitate to contact your child(ren)'s teacher(s). We can make arrangements for your child(ren)'s teacher(s) to meet with you before or after, or during the school day.

On March 14th, our entire school held an assembly on antiracism. We celebrated those who have made a great impact not only in their own country but also in the world we all live through their activism and achievements. Black leaders and their accomplishments were highlighted. Students shared their learning about environmental racism, children's rights, strength of kindness, compassion, and tolerance, and highlighted the importance of racial equality for a healthy society. At our school, we recognize that our continued engagement with history is vital as it helps give context for the present. Teachers at A.E. Wright very intentionally engage their students on recognizing the strengths and resiliency of communities that historically have been marginalized, as well as examining issues of racism and the impact of discrimination on these communities.

On the sports front, we are almost at the end of the basketball season and some of our students are preparing for the upcoming badminton season.

As always, thank you for your continued support. Your partnership with our school is invaluable and critical for your child(ren)'s success. Together, we can ensure positive outcomes for our children.

Harpreet Panag

Porfiria Pedrina

Jillian Green



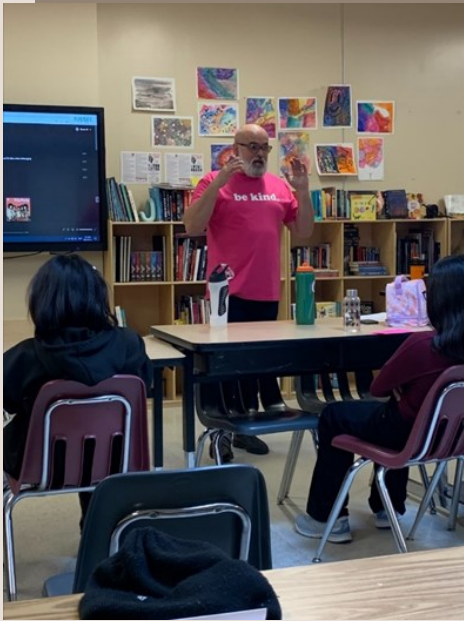


As we are a **So Active and So Healthy** school, our staff is intentional in providing learning experiences that support students to be active and healthy with a hope that they will be equipped to make healthy choices now and even when they become adults.

Here are some easy ways that you can support our endeavours and help your child(ren) develop healthy habits: (<https://www.7oaks.org/school/collicutt/Documents/SO%20Active%20SO%20Healthy.pdf>)

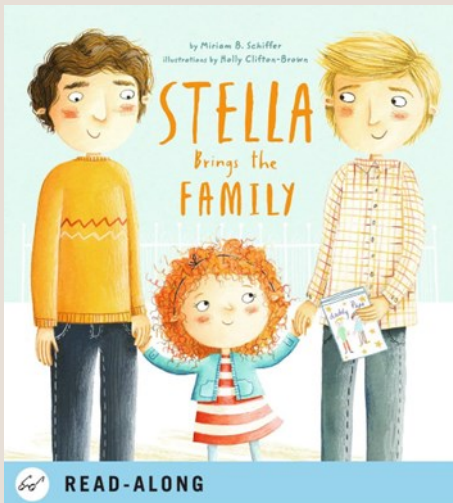
- Encourage your child to eat vegetables, fruits, and healthy snacks.
- Encourage your child to drink water instead of juice or pop.
- Walk your child to and from school as part of a goal of 60 minutes of physical activity needed each day.
- Try to have a quiet place for your child to sleep for a minimum of 10 hours a night.
- Turn off any TV or electronics so your child is watching no more than two hours of screen time a day and replace the screen time with family games and activities.
- Dress your child in appropriate clothing to be active during active living break.

GSA NEWS!



This month has been incredibly exciting for our GSA Club! We were happy to welcome former Vice Principal Mr. Calisto back to AEW as our GSA guest speaker for Pink Shirt Day where we explored the history of GSAs in Manitoba and their importance in our schools.

We explored two new books in our GSA, Stella Brings the Family for our Early Years readers and The Black Flamingo for our Middle Years readers. Reading is FUN-damental, but also a great way for the stories of 2SLGBTQ+ community to share their perspectives and obstacles.



Next month we look forward to hosting Azka, a film maker and artist who will share their story with us.





Climate Action Team Did you know that plastic bags can't be recycled? We have been looking into and learning about what can be recycled and what cannot. Our goal is to increase environmental awareness in our school and make a change. One of the first few steps we are taking is teaching classrooms about proper recycling habits and how to recycle like a pro. We also want to make our families mindful of what items in their homes are recyclable. We know many families have plastic bags that are not being used in their homes and are looking for a way to dispose of them. Save On Foods at McPhillips accepts empty plastic bags. You can bring your plastic bags to them or we can help with that! Send your unwanted plastic bags to the school, and we will send them to a facility (Save On Foods) where they will be properly disposed of.



Room 5 students of made healthy granola bars with quick oats for whole school in connection with **SASH (So Active So Healthy)**. The students learned this recipe on their field trip to the Farm and Food Discovery Centre and decided to share what they learnt with the whole school!



Recipe:

Ingredients

125 mL (1/2 cup) corn syrup

160 mL (2/3 cup) nut/seed/wow butter

125 mL (1/2 cup) brown sugar

5 mL (1 tsp) vanilla extract

125 mL (1/2 cup) butter, melted

750 mL (3 cups) quick cooking oats

80 mL (1/3 cup) all purpose flour

Mix Ins

30 mL (2 TBSP) whole flaxseed

125 mL (1/2 cup) shredded coconut

125 mL (1/2 cup) hemp hearts

60 mL (1/4 cup) pumpkin seeds

250 mL (1 cup) chocolate chips



Note: if you do not have these mix-ins handy or do not like them, replace them with another item at the same volume.

Directions: 1. Preheat oven to 350°F. 2. Before cooking anything, always sanitize your food prep area (See “Complimentary Resource” section for a link to an easy and effective home sanitizer) and wash your hands for 30 seconds. 3. In a large mixing bowl, combine the brown sugar, vanilla, melted butter, corn syrup, and nut/seed/wow butter. 4. Mix in the oats, flour and the mix-ins. Stir until well combined 5. Press mixture into a parchment lined (or greased) 9x13” baking pan 6. Bake at 350°F for 15-20 minutes until just golden brown. Take care not to overbake, as it will dry out and crumble. 7. Allow to cool completely before slicing. 8. Enjoy your homemade granola bars.

ROOM 4 Filipino Bilingual Class; Integrating Art and Numeracy. Children can ex-



plure if shapes and objects are symmetrical in two ways: Try putting a thin mirror across the boundary where you expect a shape to perfectly reflect. The mirror should cut the object in half so that the shapes on both halves are equal. Another method is to exactly cut the shape out and try folding it. We applied these strategies in creating artworks using what is very close to the students' heart: their faces! Using an inverse approach in art, we divided their faces into halves to make a balance and then make a colorful portrait in-

spired by the contemporary artist named Andy Warhol.

Symmetrical balance is achieved in work of art when visual elements are arranged on both sides of a center line in equal weight. Symmetrical balance, also called formal balance, can be thought of as a mirror image of one half of a work of art on the other half.



Creative Café

Parents and guardians are invited to attend A. E. Wright School's first Creative Café the evening of May 17th! It will be an enjoyable evening of original music, songs, poems, stories, jokes, and art - all created by our Grade 3 and 4 students. Light refreshments will be provided. A performance schedule will be shared in the near future.

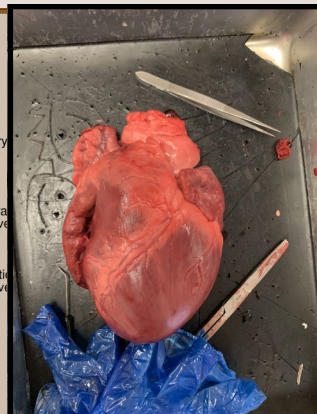
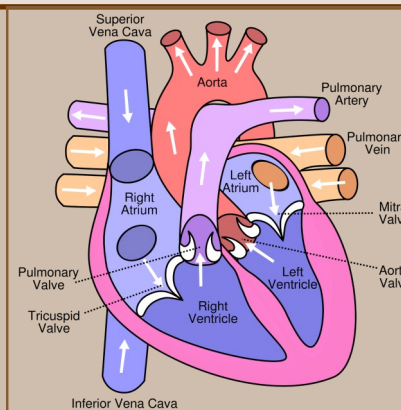
If you have further questions, you can contact our school music teacher, Mr. Laidlaw at jordan.laidlaw@7oaks.org.

Room 5 & 6 students visited Blue Thunderbird Land -based Teaching Learning Centre (Aki centre). They had fun filled day with hands on traditional activities such as plant scavenger hunt, exploring the greenhouse, snowshoeing, vermicomposting, cooking Bannock and marshmallows around the fire.



In **Room 3**, we have been learning all about water and different ways we can be "water protectors". We have been brainstorming ideas of how we can conserve water and help keep our planet clean. We created posters so that anyone who reads them could know how they could protect water too!

Room 14 Throughout February and March, our class partnered with Mr. Galenda and learned how to measure and track our heart rates (beats per minute). We wanted to go a step farther and find out how the heart works to pump blood throughout our bodies - so we planned a pig heart dissection for a closer look.



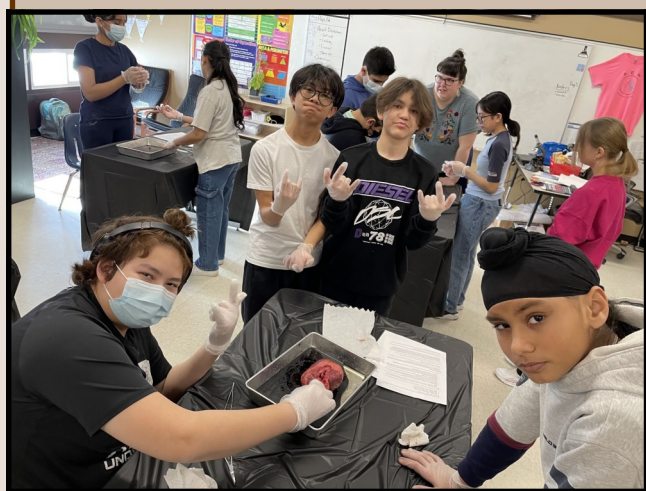
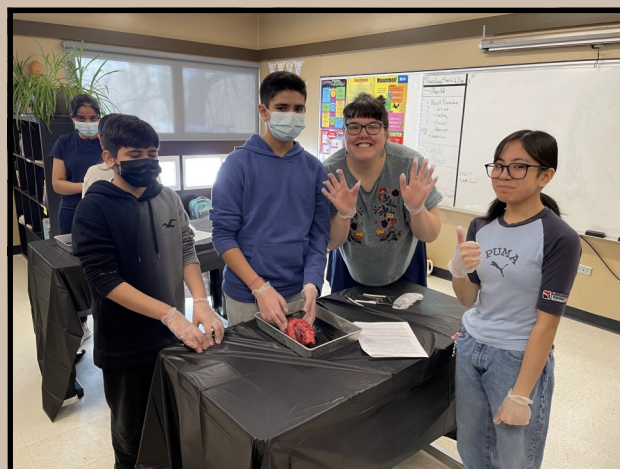
Our first step was to identify all the parts that are involved in blood flow. Check out the diagram if you'd like to know more.

We also looked at the subtle differences between human and pig hearts - turns out, we're pretty similar! For more information, please direct your questions to an expert from Room 14.

Part of the experience was learning how to safely handle the hearts and the tools needed for dissection. Gloves and table covers were a MUST.

It was a long clean-up afterwards, but over-all the day was a huge success. We want to give thanks to a local business for helping make the day possible (Cantor's Quality Meats), and to our very own Ms. Reva for letting us use some extra gloves.

We honor the bodies of the animals who helped us learn so much, and are grateful for such an opportunity.



Stay curious friends! - Room 14



PICKUP AND DROP OFF TIMES AT AEW

We would like to send a friendly reminder to our families that supervision at our school does not begin until **8:45am**, therefore no drop offs should be taking place before this time.

Additionally, we would like to remind parents that the pickup time at the end of the school day is **3:30pm**. Students should be picked up on time, at their pod doors. For any early pickups during school hours, please call 204-632-6314 to advise the office so that we are able to have your child waiting for you upon arrival.

Lastly, we would like to once again advise that parents should not be entering our back-lane during the school day or during pickup and drop off times for the safety of our students.

Thank you!



April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Grade 4/5 Handball Club	5 GSA Gust Azka	6	7 GOOD FRIDAY– NO CLASSES
10 Grade 4/5 Handball Club	11 Grade 4/5 Handball Club	12 Kool-Aid Kids Club	13 Grade 4/5 Handball Club Turban Day	14 DIVISIONAL PD DAY- NO CLASSES
17 GSA Gathering	18 Grade 4/5 Handball Club	19 Grade 4/5 Handball Club	20	21 Grade 4/5 Handball Club
24 Grade 4/5 Handball Jamboree	25 Grade 4/5 Handball Jamboree	26 Grade 4/5 Handball Jamboree Kool Aid Kids Club Grade 3/4/5 Run Club	27 Grade 4/5 Handball Jamboree Grade 3/4/5 Run Club	28

Looking ahead....

Friday, May 19	School PD Day– No Classes
Monday May 22	Victoria Day– No Classes
Friday June 2	Divisional PD Day– No Classes
Friday June 30	Last Day of Classes

Don't forget to follow us on Instagram!

[@aewrightcommunityschool](https://www.instagram.com/aewrightcommunityschool)

