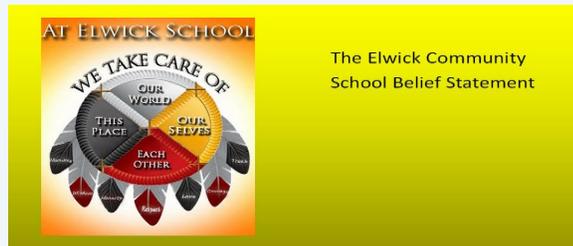




# ELWICK COMMUNITY SCHOOL MAY NEWSLETTER



## May Dates to Remember...

May 24	Victoria Day – NO SCHOOL
May 28	School PD day- NO SCHOOL

## ELWICK ATTENDANCE CALL BACK SYSTEM

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

# ELWICK COMMUNITY SCHOOL

Dear Elwick Families,

It is quite an accomplishment to consider that we have made it to May and that we have had so few cases of Covid at our school. It is a shared effort between home and school and we have so much to be proud of as the Elwick school community!

With that being said, we must remain vigilant, sticking with Public Health orders. We all feel the effects of Covid fatigue, wishing things would just get back to normal but we need to commit ourselves to safe practices to reduce the spread of Covid, especially the variants.

- ⇒ Please remember if one child or family member in your household is symptomatic, everyone needs to stay home and take measures directed by Public Health.
- ⇒ Do not send symptomatic children to school and that includes a runny nose, cough or headache.
- ⇒ If there is a Covid case in your home, **DO NOT** send any of the children to school. Please inform the school if your child has tested positive for Covid so that we can begin contact tracing.
- ⇒ We hear from quite a few children telling us about play dates after school, multiple family birthday parties, sleep overs, etc. Dr. Roussin's message is clear: Do not mix households to prevent further spread of Covid.
- ⇒ Get vaccinated. All adults over 18 years of age are eligible for vaccinations in our Elwick catchment.

Let's see ourselves through May and June with the hope that we do not have any cases at school which result in whole classes and entire families having to quarantine for 14 days. We are truly in this together. Take care of yourselves, each other and this place, which is our school community of Elwick.

Your Elwick Staff

Wisdom

Honesty

Respect

Love

Courage

Humility

EACH  
OTHER

Truth



# 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/](https://sharedhealthmb.ca/covid19/)

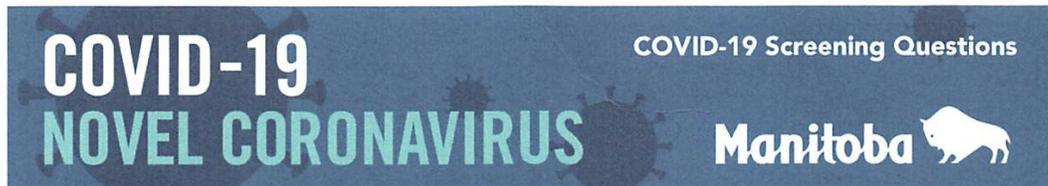


**SEVEN OAKS**  
SCHOOL DIVISION  
*community begins here*



# When Can Students Attend School?





### Symptom and exposure screening questions (check all that apply)

Do you have a new onset, or worsening, of any <b>ONE</b> 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		
<b>If "yes" to any one of the above, DO NOT ENTER</b>			
Do you have a new onset, or worsening, of any <b>TWO</b> 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)		
<b>If "yes" to any two of the above, DO NOT ENTER</b>			
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.	<b>A.</b> 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>B.</b> IF YES to 4A, is your household traveller exempt from self-isolation (quarantine) requirements ( <a href="http://www.manitoba.ca/covid19/soe.html">www.manitoba.ca/covid19/soe.html</a> )? If no, proceed to question 4C. If yes, do not complete 4C.		
	<b>C.</b> If NO to 4B, have you been in close contact with the household traveller in the last 14 days since their return from travel?		
<b>If "yes" to question 1, 2, 3, or 4C - DO NOT ENTER</b>			

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](http://www.manitoba.ca/covid19)



Kindergarten Registration is open

**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 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.



# Kindergarten Humor

Don't you think that we all need a good laugh? We all need to hear a good joke now and then to keep things light. The morning Kindergarten's have a good way to beat the doldrums.

Ms. Bartley," Why did the chicken cross the road?"



The answers:

-He has toys to play with (Max)

-He has the green light, and the cars have the red light (Julian)

-He said, "L, M, N, O, P" (Levi)

-He needed to eat (Owen)

-He had a toy battle with another chicken (Nathan)

-He had a toy battle with 77 other chickens (Kameron)

-To play with his friends (Kilian)

-To dance (Abigail)

Haha. Enjoy your day, from morning Kindergarten!



# WHATS HAPPENING AT ELWICK

## Room 3

### Celebrates Day of Pink



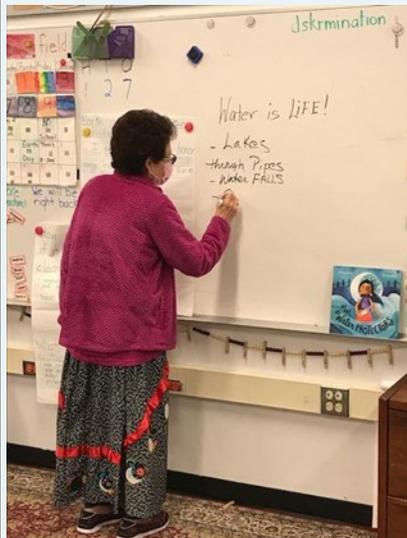
In Room 3 we have been focusing on the theme of acceptance and exploring issues relating to the 2SLGBTQIA+ community. In our classroom Treaty, we agree to use kind words, solve problems and to take care of each other and this place. We explored these issues through button-making and poetry this month.

Can we make the world a more accepting place for everyone?

Chloe and Calleigh think we can!

# What's Up in Room 6?

## Science...



Elder Betty joined Room 6 to begin a water inquiry. She taught us that water is life! She also helped us think about all the ways that we use water.



We looked at 6 different jars of water that represent what water may look like in different areas in Canada. After investigating the jars using our 5 senses, we decided that 4 of them would not be useful for anything! Now we are doing some research to figure out if we can clean this water to make it safe to use.

## MATH...



We have been learning how to solve 3x3+ KENKEN PUZZLES! Room 6 would like to share some tips with you...

- it's a big square with 9 squares inside
- start by looking for the number that is all alone with no +, that's the start
- there are number clues to help you
- you can only use a 1, a 2, or a 3
- the number clues tell you what an area has to add up to
- no repeats in a row or column
- get help from a friend if you get confused
- be strong like a mountain, don't give up





# BAND NEWS

Greetings from the band hut!

Thank you to our brave trumpet and percussionist students for playing outside during the Day of Pink march. It was a chilly experience, but you were so encouraging and added so much to the mood of all marching participants. Great job!!!



Presently, we are in a stage of preparation for the virtual summer concert. Our 6 bands are working productively preparing more than 10 music tunes. We are hoping to entertain you in the middle of June. Stay tuned Elwick Community.

Musically,  
Mr.V



# MUSIC

WE CAN SING AGAIN! After a five-month hiatus, choir has resumed for grades 1-5! Now that the weather is warm, we have moved choir outside and are able to rehearse with students wearing masks and spaced 2-metres apart.

The Grade 4-6 Virtual Concert is almost ready for viewing and will be shared in a few weeks.

Grade 6-8 students have begun singing together in Middle Years Choir Club, providing another creative outlet for our Middle Years students and supplementing the singing happening in Musical Theatre. Middle Years Choir Club will be recording a song for the Divisional GSA Virtual Gathering 2021 at the end of May.

Musical Theatre TAA students are continuing to develop as triple threats: working on singing, dancing, and acting, with a new focus on script work. The Musical Theatre virtual presentation that we recorded back in February is in the final stages of editing and will be ready to view in a few weeks!

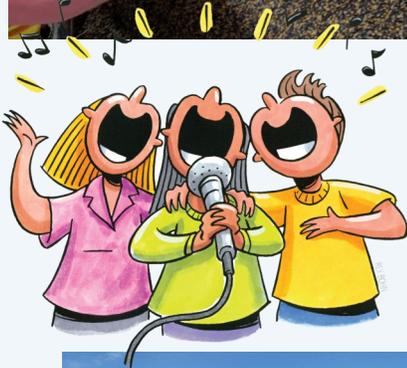
Finally, Elwick School is a part of Seven Oaks Divisional Dance Day! The video streaming on Channel 7Oaks on Thursday April 29th, will include two Elwick student performances: Grade 2/3 students in room 3, 5, 8 and "Elwick Groove", a group of dedicated dancers from Musical Theatre TAA.

## Upcoming events:

- ◆ Musical Theatre virtual presentation will be ready to view in a few weeks.
- ◆ Gr. 4-6 virtual concert will be ready to view in a few weeks.
- ◆ Seven Oaks Divisional Dance Day: Thursday April 29 - a link will be live on the main page of the Seven Oaks website. Two Elwick groups will be included: Gr. 2/3 students in room 3, 5, 8 and Elwick Groove (a core group of dancers from musical theatre TAA).
- ◆ Gr. 6-8 Middle Years Choir Club: recording session coming up soon for Seven Oaks 2SLGBTQQIA+ awareness video in May.



Every Friday, Gr. 1 - 5 students have the opportunity to learn piano technique and how to read piano music with our new piano books!



Our first choir class in 5 months! Here are Gr. 4/5 students in rooms 9 and 12. We stay safe by standing 2 meters apart, wearing masks and being outside.





## PHYS.ED NEWS:

Lacrosse Program – The grade 7/8 students have been given the opportunity to take part in a few Lacrosse sessions beginning May 12<sup>th</sup> at the Shaughnessy Park Field. A note will be sent home shortly with more information.



The Bike Program – The grade 6, 7, 8 students will be learning about the importance of bike safety. This program begins on May 17<sup>th</sup> where students will be riding bicycles during their phys. ed classes at school and throughout the community.

Manitoba Indigenous Games – Students in grade 7/8 will take part in some of the events offered through the Games. We will be performing various activities throughout our phys. ed classes such as the Basketball Challenge, Screaming Eagle, and Foxtails and Targets.

\*\*\*We look forwards to spending more time outdoors with the students. Please make sure that your children are dressed for the weather and have runners available for being active.



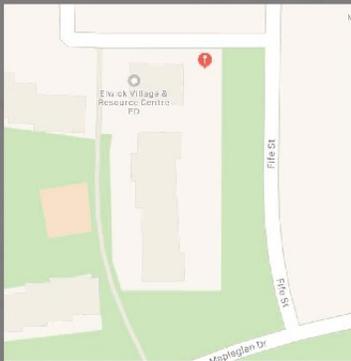
# Need some help getting your grades 1-3 children to school? Maybe you have pre-school aged kids at home?

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**

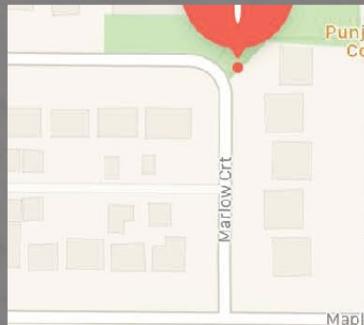
Students will be picked up by: Ms. Miranda

### Marlow Pickup

Pickup is located at the corner park

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

Students will be picked up by: Mr. Scott

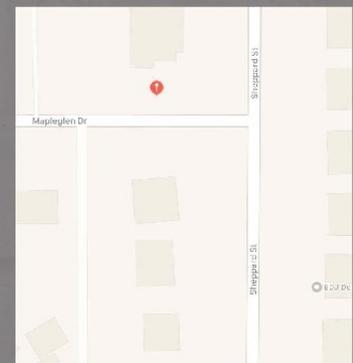


### Sheppard Pickup

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

TIME: **8:35**

Students will be picked up by: Mr. Scott



## Counsellor's Corner

# THEME OF THE MONTH

## Mental Health



For the month of May, our school is going to be learning about **Mental Health!**

### DID YOU KNOW?

- 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! The Canadian Mental Health Association (CMHA) celebrates Mental Health Week May 3-9, 2021. This year marks 70 years of this extremely important work.

### Get Ready to #GetReal about how you feel.

- **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.
- This CMHA Mental Health Week, we focus on how naming, expressing, and dealing with our emotions – the ones we like and the ones we don't – is important for our mental health.
- "Even in times of extreme anxiety and stress, mental health is something we can protect, not just something we can lose.

Source: <https://mentalhealthweek.ca/>

### FACT:

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

Brackett, M. A., Rivers, S. E., Reyes, M. R., & Salovey, P. (2012). Enhancing academic performance and social and emotional competence with the RULER feeling words curriculum. *Learning and Individual Differences*, 22, 218–224. <https://www.sciencedirect.com/science/article/abs/pii/S1041608010001214>

## IMPORTANT MESSAGE FROM THE CANADIAN MENTAL HEALTH ASSOCIATION:

Good mental health isn't about being happy all the time. In fact, a mentally healthy life includes the full range of human emotions—even the uncomfortable ones like sadness, fear and anger.

- Feeling sad, angry and worried at times is part of being human.
- Focusing on intense emotions doesn't make them worse. In fact, one of the best ways to quiet our emotions is to give them a voice.
- 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.
- If your emotions are overwhelming, persistent and/or are interfering with your daily functioning, it's important to seek mental health support.

## The COVID 19 Pandemic

### A time of unprecedented stress and anxiety

- People are experiencing unprecedented stresses and feelings of anxiety related to COVID-19.
- 40% of Canadians say their mental health has deteriorated since the onset of the pandemic.<sup>1</sup>

<sup>1</sup> CMHA/UBC study on the effects of COVID-19 on the mental health of vulnerable populations.  
<https://cmha.ca/documents/summary-of-findings>

### 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**

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](https://KidsHelpPhone.ca/newcomers)

Message at [Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone](https://www.facebook.com/CrisisTextLinepoweredbyKidsHelpPhone)

## Macdonald Youth Services:



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**

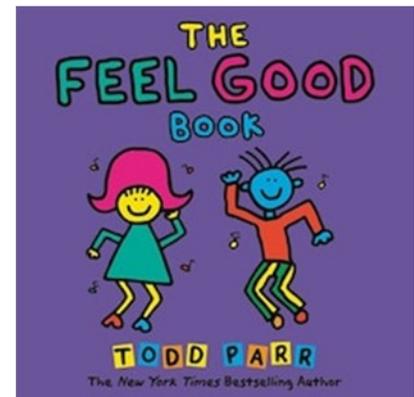
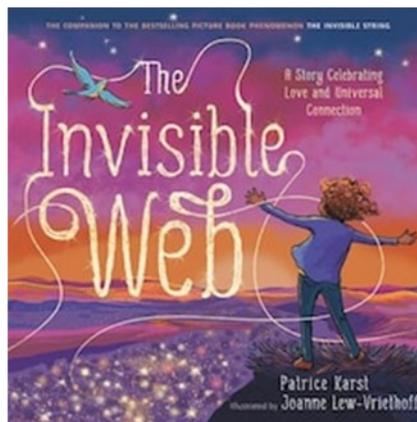
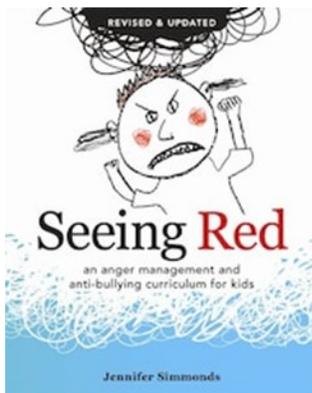
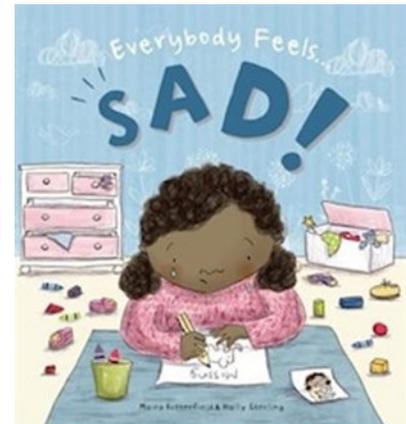
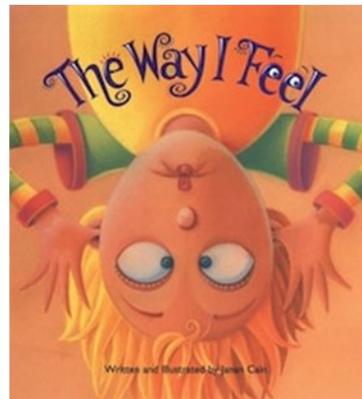
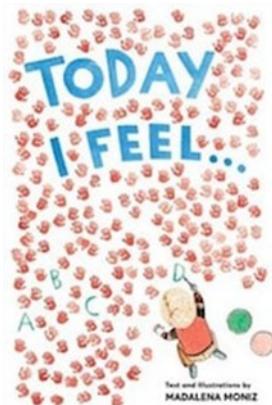
## HELP WHEN YOUTH & FAMILIES NEED IT MOST

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

### Books:





**FOR IMMEDIATE RELEASE | March 23, 2021**-RINK Testify Performance launches C.A.R.E. initiative supported by the City of Winnipeg Wellness Grant.



Councillor Devi Sharma (Left) & Performance Director Ryan Dech (Right) at Kildonan Park

**Winnipeg, MB – RINK Testify Performance North is excited to kick off the Community Activity to Reach Everyone (C.A.R.E.) initiative to get everyone out and active.**

C.A.R.E. is a free community initiative to promote mental and physical health and well-being as we head into the spring season. The goal is to get members of our community out and active in their own way. The program will be anchored at Kildonan Park, but participation can happen anywhere. From March 23 to May 21, we are encouraging people to get active and participate in a matter that suits them. We will be giving away weekly prizes as well as grand prizes at the end of the initiative. Simply enter your details into the activity tracker on our website each time you are active, and you will be entered to win one of many weekly prizes. We will be sending out information regarding grand prizes towards the end of the initiative.

"The pandemic has challenged our mental health for sure among other things. I am happy to support this initiative through the City of Winnipeg Wellness Fund that will help motivate our community to exercise out doors or indoors at their own pace. Thank you to the RINK Testify Performance for putting together this health initiative to lift everyone up while boosting our mental and physical health," said City Councillor, Devi Sharma who has been instrumental in getting this initiative off the ground.



The RINK Testify Performance North, located within Seven Oaks Arena, is focused on giving the community the opportunity to restart, retrain, and recover. RINK Testify Performance North offers training and medical services that promote starting or continuing a healthy lifestyle using individual and group training services. When staying active it is crucial to take care of your body and with Testify Performance's multidisciplinary clinic including physiotherapy, athletic therapy, sports medicine, massage, and chiropractic, we have the services to help you heal and keep you well. Our therapists believe in activity and exercise as a part of their recovery strategies.

"Anytime, anywhere is the idea," said Ryan Oech of RINK Testify Performance. "After a long winter we want to get out in the community in a safe manner, get people active, and continue to promote a culture of healthy, active lifestyles."

### ***Key Things to Remember***

- Get Active Your Way (Bike, Walk, Roll, or activity of your choice)
- Track & Submit Your Activity
- Either Indoors & Outdoors
- Be entered to Win Weekly Prizes with Us

RINK Testify Performance and Councilor Oevi Sharma hope to see you out at Kildonan Park and throughout the community throughout the following months.

**For more information,** questions, or interview requests, please contact Ryan Oech at RINK Testify Performance North at 1-204-7B3-9578 or check our website at [www.rinktestifyperformance.ca/restart/](http://www.rinktestifyperformance.ca/restart/)

# C.A.R.E.

## Community Activity to Reach Everyone

**GET ACTIVE MARCH 23 TO MAY 21**

A free community initiative to promote mental and physical health and well-being. C.A.R.E. will be anchored at Kildonan Park, but participation can happen anywhere. Simply visit our website, enter your activity details, and you will be entered to win one of many weekly prizes. Stay tuned for information regarding grand prizes.

**SCAN TO PARTICIPATE OR VISIT OUR WEBSITE  
& SUBMIT YOUR ACTIVITY**



 **SCAN ME**

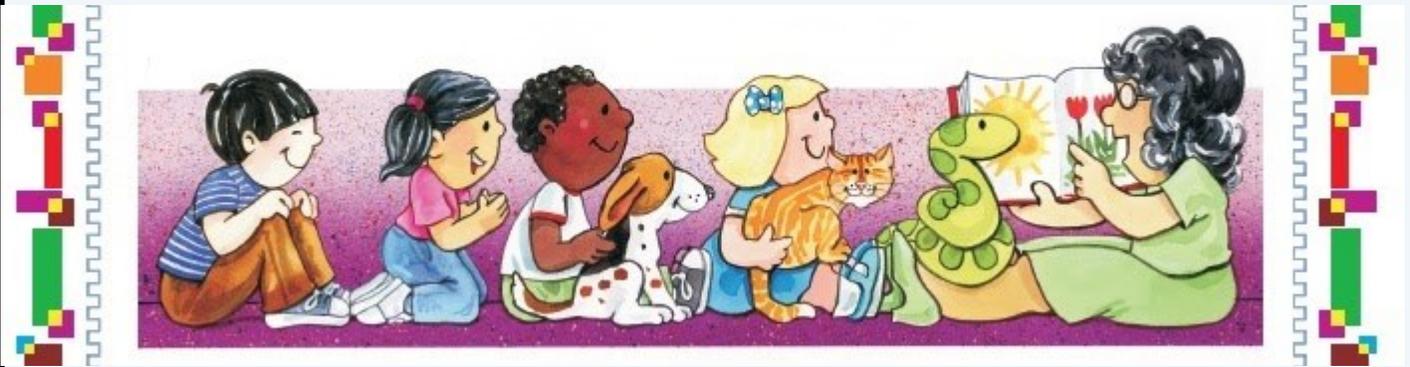
- **Get Active**
- **Track Your Activity**
- **Indoors & Outdoors**
- **Win Prizes with Us**

**WWW.  
RINKTESTIFYPERFORMANCE.CA  
/RESTART/**

**Initiative Supported by City of Winnipeg Wellness Grant**

**RINK**  
TESTIFY PERFORMANCE





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) (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](mailto:Sonia.Cordeiro@7oaks.org). April 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](http://www.7oaks.org/schools/elwick)**

