



James Nisbet Community School

seeds of peace grow here

November 2024

Principal: **Martina Vergata** Vice-Principals: **Jennifer Lamoureux, Dina Drabyk**

Principals Message

To Our Nisbet Families,

October was such a fun month! Student patrols enjoyed their first outing, James Nisbet celebrated 50 years and our Meals2Go program started up— just to name a few exciting occasions. We are so grateful to families for supporting students in getting to school safely by using the Stop, Drop and Go. This helps to keep traffic flowing and reduces confusion during the busy morning drop-off.

We are looking forward to a beautiful November!

Martina, Jen and Dina



Important Dates

Nov 8	Professional Development Day (No Classes)
Nov 11	Remembrance Day (No School)
Nov 21	Celebrations of Learning (evening)
Nov 22	Celebrations of Learning (day-No Classes)

REMINDER: PLEASE CALL THE SCHOOL PRIOR TO 9 AM AT 204-633-8870 IF YOUR CHILD WILL BE AWAY FROM SCHOOL—EACH DAY: If leaving a voicemail, please include your child’s first name, last name, classroom teacher or classroom number, and the reason. Thank you.

October Highlights


Middle Years Cross Country Meet at Bird's Hill Park



Halloween at James Nisbet



Mindful Moments

 **October 10th marks World Mental Health Day** and the official kickoff of this year's Mindful Moments Club. In our workshop, we explored ways to keep our minds healthy and discussed how important it is to give ourselves time to experience our emotions fully before finding the best ways to support ourselves. Inspired by the characters in the movie *Inside Out* and the Zones of Regulation, we participated in an art project where we painted sticks to reflect how we were feeling in that moment. Each stick was then attached to our "earth," creating a visual representation of the importance of sitting with our thoughts, listening to what our bodies are telling us, and thoughtfully considering our next steps.
~Mr. Greco



Professional Development

On October 25th, teachers from all over Manitoba attended professional development. Several teachers from Nisbet led PD sessions. Mr. Reilly and Ms. Barber hosted a session for MSSTA. They highlighted the work that students and staff have done at Nisbet to be considered climate-action leaders in 7Oaks School division.



Meals2Go

It has been our pleasure to help distribute healthy meals to our Nisbet families at the end of each week. Thank you to classes for helping to ensure that everyone gets a package and thank you to families for your patience as we roll out this program, sponsored by Manitoba Harvest. Here are some awesome healthy recipes to check out:
[Recipes – Hamper - Harvest Manitoba](#)

Almost Time to Bundle Up...

It's that time of year. The air is crisp, and snow will be falling soon. Students should dress for the weather so they can have fun outside. We do have some extra mitts and hats in Room 2. Just ask 😊. If you would like to donate gently used outerwear, please contact Jen in the office.

