



ELWICK COMMUNITY SCHOOL OCTOBER NEWSLETTER

Welcome Back to School!!

ELWICK ATTENDANCE CALL BACK SYSTEM

***Absence Call If your child is going to be away
please call the office: 204-633-5641***

October Dates to Remember...

October 9: PD day—School Closed

October 12: Thanksgiving—School Closed

October 13 & 14 : Grade 6 Immunizations

October 15: Picture Day

Improving School Attendance

Take a look at Elwick's five year school attendance numbers.

Days Missed	2015-2016	2016-2017	2017-2018	2018-2019	2019-2020-prior to Covid in March
Children who miss 10% of the school year	29% # of children: 118	36% # of children: 124	40% # of children: 147	43%: # of children: 154	49% # of children: 176
Children who miss 20% of the school year	8% # of children: 31	13% # of children: 45	15% # of children: 54	17% # of children: 61	22% # of children: 78

This year, despite the concerns about Covid, we are focusing as a school on improving the overall attendance of our children.

The research on attendance is clear:

“Encouraging regular school attendance has been linked to better grades, higher literacy and numeracy rates and having a better chance of graduating from high school. Missing just a few days of school each month is sufficient to demonstrate negative impacts.”

What can make a difference?

- ◆ Children can count on a safe, caring school where they are engaged in purposeful learning and having meaningful relationships with supportive adults
- ◆ Children's cultural diversity is reflected
- ◆ Families connecting to the school through community programs such as Pre-School, First Teacher, nutritional programs and cultural programs for parents
- ◆ A walking school bus in the morning
- ◆ Home visits
- ◆ A divisional school attendance support worker

We want to hear from you! What can make a difference for your family and how can we help? We believe that we can make a difference if we work together. We got this!

Middle Years Families
Don't forget! Day 2 is
TAA.
Children head to Leila
North first thing in the
morning.
Make sure children get
to school on time to
avoid missing the bus to
Leila.

IMPORTANT DATES



No school on this Friday, Oct.9th

Please note additional school closure dates this year:

October 9	Divisional PD – NO SCHOOL
October 12	Thanksgiving Day – NO SCHOOL
November 11	Remembrance Day – NO SCHOOL
November 19	Parent/Teacher Conferences (4-8 pm)
November 20	Parent/Teacher Conferences (9-3:30) - NO CLASSES
December 21-January 3	Winter Break – SCHOOL CLOSED
January 4	School Re-Opens
February 5	PD Day – NO SCHOOL
February 15	Louis Riel Day – NO SCHOOL
Newly added:	**February 26th- PD Day- NO SCHOOL**
March 18	Parent/Teacher Conferences-(4-8 pm)
March 19	Parent/Teacher Conferences (9-3:30) – NO CLASSES
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
Newly added: **May 28th	School PD day- NO SCHOOL**
June 30	Last Day of School

Introducing Constable Ken



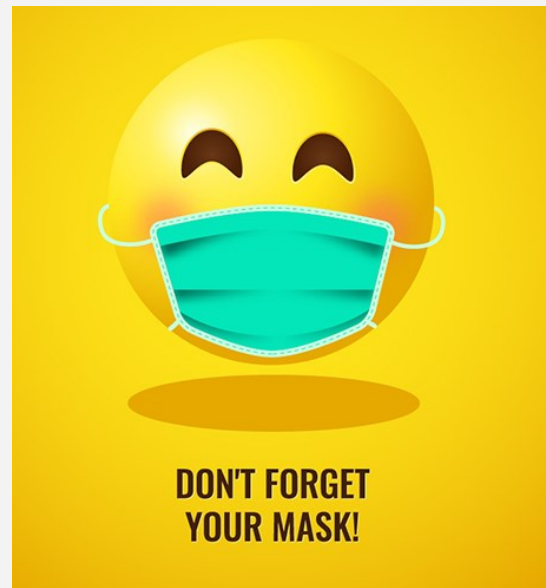
We would like to welcome Constable Ken Masse who is the new School Resource Officer (SRO) in Seven Oaks School Division, working with the Maples Family of Schools. Constable Ken has been an SRO in the past and comes to us with 23 years of experience with the Winnipeg Police Service.

One of the main goals of the SRO program is strengthening relationships between police, community and particularly youth. Constable Ken has already visited our school a few times and is looking forward to getting to know more students and talking to classes about safety and the power in making positive choices.

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. If you do need to come into the building, we ask that you sign in outside of the office when you enter and sign out when you exit. Also, please wear a face mask. We will have some available at the office, should you need.

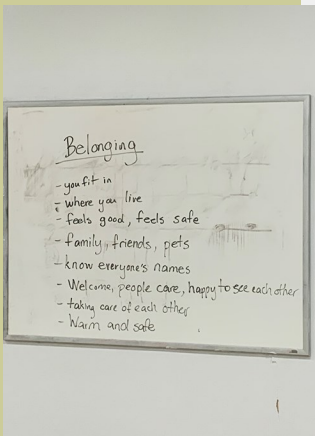
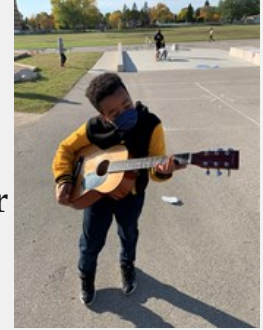
Thanks so much for your cooperation in helping us to follow the protocols from Manitoba Health during this unprecedented time.



Sistema News



Sistema is off to a strong and exciting start as we begin our 10th season at Elwick Community School! In September we welcomed new and returning students, and got to know each other over food, music, and recess. We played name games, practiced our fundamentals of music, and got acquainted with new, larger rehearsal spaces. We also established new routines and safety protocols to ensure the health of all students, staff, and teachers during this challenging time.



This year Sistema is learning about the Circle of Courage, an Indigenous framework of wholeness and well-being that teaches the values of Belonging, Mastery, Independence, and Generosity. As we begin, we are focusing on the theme of Belonging. After learning about the Circle of Courage, our new students reflected on what it feels like to belong, and what activities or actions make them feel like they belong. This helped us to learn how to interact with one another in Sistema in a way that allows everyone to feel and know that they belong.



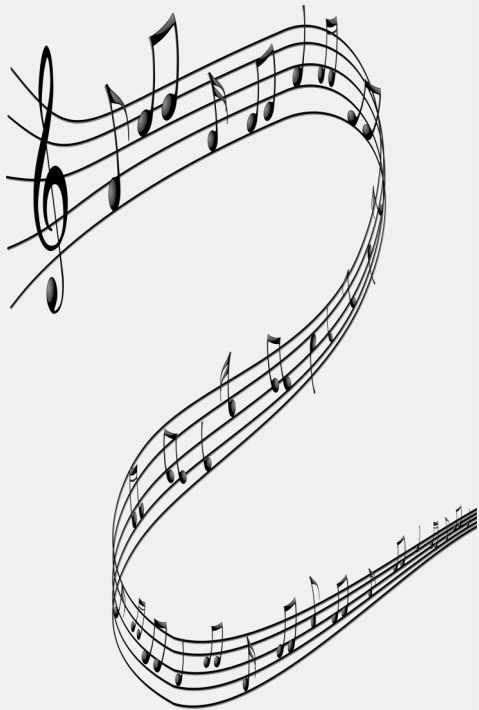
Notes from the Music Room

September has been a blur of excitement in the K - 5 music room!

Kindergarten students have been learning about high and low sounds, and how to keep a beat. They enjoy doing activities with items from their individualized Kinder Tins. Gr. 1/2 and 2/3 classes have reviewed beat-keeping skills through activities like the Bean-bag Boogie, and we have been exploring rhythm through a variety of different ways and materials. Gr. 4/5 classes have reviewed beat-keeping with tennis balls, and we have been building musical literacy through rhythm reading, clapping and drumming. Boomwhackers were a recent hit and we even held a video recording session of students in room 14 playing a Boomwhacker rendition of Ladybird!



Gr. 4/5 choir has begun (once a cycle) in a Covid-friendly way: in the big gym, spaced 2 meters apart, and wearing masks with Ms. Anna and Ms. Kari leading. Our goal is to present video-recorded performances to our Elwick community within a couple months. Gr. 1/2/3 choir starts in October and for now we will simply do body percussion and movement because students in these grades are not required to wear masks and cannot sing safely.



Musical Theatre TAA

Ms. Kari, Ms. Anna, and Ms. Henry have really enjoyed working with all the grades 6-8 students who have signed up for Musical Theatre TAA! We are so excited to begin a formal musical theatre program at Elwick where students have the opportunity to learn about (and engage with) many different aspects of musical theatre from dance to drama, music, and more. We are delivering this course mindfully within Covid restrictions and we delight in sharing our enthusiasm for musical theatre with the students every Day 2. We will seek out possible, creative performance opportunities in 2021 and beyond.

THEME OF THE MONTH

EMOTIONS

For the month of October, Elwick Community School is going to be learning about **EMOTIONS!**

- Naming and Identifying Feelings
- Emotion Management

Helping Kids identify and express Feelings

“Learning to identify and express feelings in a positive way helps kids develop the skills they need to manage their feelings effectively” (Kids Helpline).

How do we learn how to name our feelings? Try one of these strategies:

Name the feeling: Naming feelings is the first step in helping kids learn to identify them. “It allows your child to develop an emotional vocabulary so they can talk about their feelings” (Kids Helpline). You can start by using a feelings chart and have your child point to which face represents how they are feeling.

Identify the feelings of others: when reading a picture book together or watching a TV show, ask your child how they think a character is feeling. What tells them the character is feeling that way?



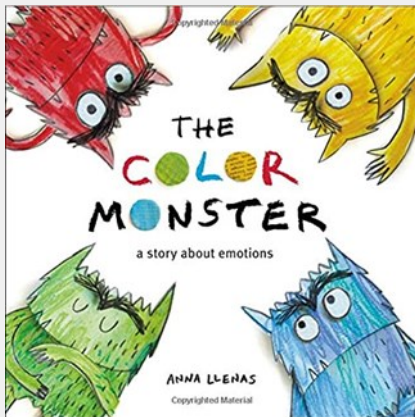
“Sometimes children do not have the words to express how they feel and may act out these feelings” in less than desirable ways (Kids Helpline). **How can children learn to manage their emotions? What can adults in their life do?**

Validate their emotions. Sometimes little people have big feelings. Listening and accepting their feelings is a great first step!

Give your child a safe place to express their emotions.

Model how we want them to express their feelings.

Teach them how to take deep breaths. Remember to breathe in slowly through your nose, hold your breath for three seconds and breathe out slowly through your mouth. Repeat five times.



Want additional resources?

Picture Books that help children learn about feelings:

The Color Monster by Anna Lenas

In My Heart: A Book of Feelings by Jo Witek

The Way I Feel by Janan Cain

My Mouth is a Volcano by Julia Cook

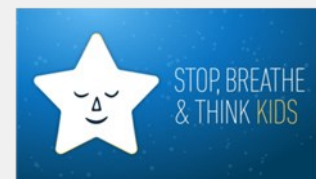
Glad Monster, Sad Monster by Ed Emberley

*Our school library has these

books!

Free Apps to download:

Stop, Breathe, Think Kids à This app has the child identify how they are feeling in the moment and then leads the child through a few minute “missions” to help them calm.



Little Children, Big Challenges: Breathe, Think, Do with Sesame à This app is all about helping our monster friend, when he is angry and frustrated, learn to breathe, think about solutions and then act on one of them.

Meet the Guidance Teacher

Grades 4-6

Hello Elwick Families!

My name is Mrs. Collette and I am a teacher and certified school counsellor. I work primarily with Room 9 Mrs. Shields, Room 10 Ms. Ellana, Room 11 Ms. Catanese, Room 12 Ms. Jessi, Room 13 Ms. Everall and Room 14 Mr. Vaarmeyer.



Meet the Guidance Teacher

Grades 6-8

Hello Elwick Families!

My name is Mrs. Huber and I am a teacher and certified school counsellor. I work primarily with Room 15 Ms. Thompson, Room 16 Ms. Ziegler, Room 17, Ms. Cairns, Room 18 Ms. Prout, Room 19 Mrs. Pidhirniak, Room 20 Ms. Conner & Ms. Quitalig and Room 21 Ms. Henry.



What Do Guidance Teachers Do?

During the school day, we co-teach guidance related topics in classrooms alongside homeroom teachers. We are also available to meet students 1-1 for direct counselling before school, at morning activity break or at 3:30 p.m. Some of the things we do is help students solve problems and understand their emotions. Students are aware of the referral process for meeting with us during these designated times. Self-referral forms are available in each classroom. Follow us on Instagram @counsellorhuber for posts related to social and emotional learning!

I need to see Mrs. Collette!

Name: _____ Date: _____
Teacher: _____ Grade: _____

How big is the problem? (circle one)

Small (get me when you can)	Medium (get me sometime this week)	Big (get me as soon as possible during activity break*)	Not a problem! I want to celebrate!

Describe the situation (if you want):

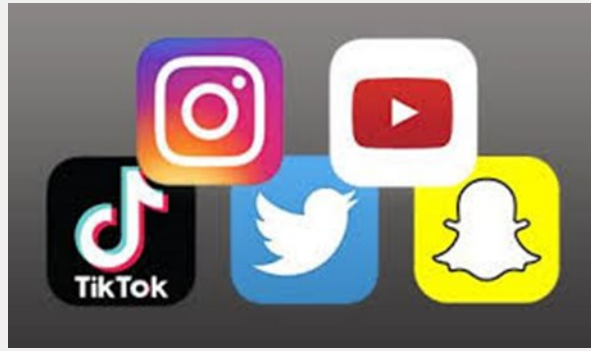
I need to see Mrs. Huber!

Name: _____ Date: _____
Teacher: _____ Grade: _____

How big is the problem? (circle one)

Small (get me when you can)	Medium (get me sometime this week)	Big (get me as soon as possible during activity break*)	Not a problem! I want to celebrate!

Describe the situation (if you want):



DIGITAL CITIZENSHIP

Attention Parents and Guardians of students in **Grades 4/5!**

Did you know that in the month of September, all students in grades 4/5 had the opportunity to participate in lessons about Digital Citizenship?

ASK THEM ABOUT IT

Content covered included:

- What is Digital Citizenship?
- What are the rules that we should follow when on the Internet at home or at school?
- Think before you share (Uploading and Posting responsibly)
- Privacy settings and password protection
- Consent for use of images/sharing of pictures
- Taking care of each other on-line
- Time spent on social media



Digital Media



Digital media are integrated into the everyday lives of children and adolescents, with potential benefits and risks for learning, mental and physical health, and for social life. This statement examines the cognitive, psychosocial, and physical effects of digital media on school-aged children and adolescents, with a focus on family routines, context, and activities. Evidence-based guidance for clinicians and families involves four principles: healthy management, meaningful screen use, positive modelling, and balanced, informed monitoring of screen time...

www.cps.ca

ELWICK PATROLS IN TRAINING



FIRE SAFETY

Did you know that October 4 – 10th is **Fire Prevention Week** in Manitoba? During the month of October, **ALL GRADES 4/5 CLASSES** will have the opportunity to hear a presentation by Public Education Officers from the City of Winnipeg Fire Department about how they can keep themselves, each other, their home and their community safe. Contact **Mrs. Collette** for more information!



Enhancing fire safety

Fire safety is everyone's responsibility

FIRE SAFETY SCAVENGER HUNT

LOOK THROUGH YOUR HOME AND FIND ALL THE WAYS
YOU CAN STAY SAFE!



YOUR NAME _____

How many fire extinguishers do you have? _____

What rooms are your fire extinguishers
in? _____

-

How many smoke detectors do you have? _____

What rooms are your smoke detectors
in? _____



How many exits are in each room in your
home? _____

Elwick Artists



Here is Jeanine Valiquette's artwork of actor Natalia Dyer from the show Stranger Things



Drawing by Kyre from Room 13

Drawing by Matthew from Room



PHYSICAL EDUCATION NEWS

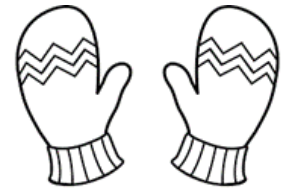


ELWICK PHYS.ED

It's hard to believe that October is already here. The phys.ed program has spent most of the month of September outdoors working on physical skills and being active on the structure.

Mrs. Schettler has done some warm up runs and has been working on activities involving beanbags and hula hoops with her K-3 students. The grade 4-8 students have been working on some soccer, lacrosse, frisbee and football skills. Lately we've been able to enjoy a little Kickball in the field. Get ready for some volleyball and fitness testing.

Reminder: Dress for the Weather Please try to send your children to school dressed for the outdoors. As the weather gets colder you may need to include a toque and some mitts. Students are also encouraged to wear clothes and runners to school on days that they have phys.ed which will allow them to take part in physical activities.



If you have any questions please feel free to contact the physical education department.

Eric Lister & Kim Schettler



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