

École Lansdowne

JANUARY 2023

MESSAGE FROM ADMINISTRATION:

We would like to thank everyone who attended our Winter Concerts. We are so appreciative of our families taking the time to celebrate the season and our students' efforts. Our nursery and kindergarten concerts ran smoothly and showcased our youngest performers. Un grand merci à Mme Meacham, Mme Haggart, Mme Morden, and Mme Hewitt for your time and dedication, your students did such a great job! The Grades 1-3 concert highlighted the talents of our students as well as the time, effort, and thoughtful guidance of Mme Hay and Mme Carlson, who organized such a fun, winter themed evening for both the singers and the audience. We are also very grateful to all of our staff, students, and volunteers who helped to make the evening such a success. Merci beaucoup!

We would also like to thank you for supporting our charitable initiatives in November and December. Your generosity allowed us to help make the holiday season a little brighter for some families.

A huge, "felicitations" to our grade 5 students as well as Mme Hay and Mme Carlson who submitted a music video of the song Nikamo for the CBC Music Class Challenge. Their hard work and beautiful rendition of the song, earned them 5th place in all of Canada! Bravo!

On behalf of all the staff here at Lansdowne, we would also like to take this opportunity to wish Mme Hay a happy retirement. Your Lansdowne family will miss you immensely. We hope to see you very soon!

We're already gearing up for all of the fun events to come in February! As we're sure you already know, February is Festival and I Love to Read month. More details will be provided near the end of January for how our Lansdowne students will be taking part in a month of literacy and Francophonie activities.

Auditions for Lansdowne's Got Talent will be taking place in early February for students grades 5-8. We encourage students who sing, dance, play an instrument, practice gymnastics or martial arts or perform in other ways, to fill out an application form for a chance to share their talents with the school!

On Sunday, February 26th we will be hosting our fourth annual Lansdowne Comic and Collectibles Show! The Comic Con will be held in the gym, and, as usual, there will be a variety of collectibles, trading cards, comic books, graphic novels, video games, and pop culture memorabilia for sale. We hope to see you there!

As we transition from holiday mode back into the school routine, we would like to take this opportunity to remind families about the importance of sleep for students. Research tells us that young learners need between 8 and 13 hours of sleep, depending on their age, in order to be successful at school. Please ensure your child(ren) have a bedtime routine that allows them to get enough sleep to support their learning.

We still have a few Nursery spots available for the 2022-2023 school year for children born in 2018. Please contact the office if you or someone you know (who lives in the catchment) are interested.

If you have a child that will be turning 4 by December 2023, please see the next page about registration for nursery to begin school in September 2023. If you have any questions, please don't hesitate to contact us! **Registration will begin January 16th, 2023.**

As we begin a new year we wish you and your family all the best for what is to come in 2023. **Classes will resume on Thursday January 5th, 2023.** On behalf of all of us at École Lansdowne, have a warm, safe, and relaxing holiday season!

-M. Vince Audino, Principal

-Mme Ashley Morrison, Vice-Principal

NURSERY & KINDERGARTEN

Registration for 2023-2024

We will be accepting registrations for September 2023 nursery and kindergarten starting on **Monday, January 16th**. If your child will be 4 years of age by December 2023, please visit the school office to fill out a nursery registration form. If your child will be 5 years of age by December 2023, and is not currently a Lansdowne student, please fill out a kindergarten registration form. To complete the process, you will need to bring the **child's Birth Certificate, Manitoba Health Card, and proof of your current address** (a Property Tax Assessment or a Rental Agreement). Please note that if your child currently is in our nursery program, they will be automatically placed into a kindergarten classroom for next year; you will not need to re-register for kindergarten. **Nursery spots fill up quickly on a first-come, first-served basis!**

IMPORTANT DATES:

JANUARY

5- School Reopens
23- LPC Meeting @ 6:30 pm
27- Lansdowne Spirit Day

FEBRUARY (I LOVE TO READ MONTH)

3- NO SCHOOL (Admin Day)
20- NO SCHOOL (Louis Riel Day)
- Festival Week Begins
23- Festival du Voyageur Activity Day
24- Lansdowne Spirit Day

MARCH

2- Concours d'art oratoire school competition
6- LPC Meeting (6:30 pm)
13- Report Cards Sent Home
16- Student Led Conferences (4:00- 7:00 pm)
- Used Book Sale
17- NO SCHOOL (Admin Day)
- Student Led Conferences (8:30-11:00 am)
- Used Book Sale
24- Last Day of School Before Spring Break
- Lansdowne Spirit Day

APRIL

3- School Reopens
7- NO SCHOOL (Good Friday)
10- LPC Meeting (6:30 pm)
12- International Day of Pink
14- NO SCHOOL (Admin Day)
17-21- Mobile Vision Clinic
25- Immunization Clinic Gr. 6 (Hep. B, HPVm, Men., Gr. 8 T-dap)
28- Lansdowne Spirit Day

MAY

1- NO SCHOOL (Admin Day)
11- Gr. 7/8 Band Concert (6:00 pm)
15- Gr. 4-6 Concert Rehearsal
16- Gr. 4-6 Music Concert (12:30 pm & 6:30pm)
19- Walk-a-thon
22- NO SCHOOL (Victoria Day)
26- Lansdowne Spirit Day
29- LPC Meeting (6:30 pm)- A.G.M.

JUNE

2- NO SCHOOL (Admin Day)
9- Volunteer Tea (10:50 am)
26- NO SCHOOL (Admin Day)
27- Gr. 8 Farewell (9:30 am)
28- Report Cards Sent Home
29- Last Day for N/K Students
- Lansdowne Spirit Day
30- Last Day of School
- Early Dismissal at 10:55 am

Lansdowne's got Talent

AUDITIONS:



- Beginning in February
- See Mme Carlson, or M. Hrechkosy for sign-up forms

LANSDOWNE'S GOT TALENT

Do you have the voice of an angel? Can you play an instrument? Are you in dance or gymnastics? Or maybe you have a martial arts routine or a magic act you'd like to share! For all of our talented Lansdowne students, this is the perfect way to showcase your abilities and share your special gifts with your classmates!



On behalf of the Leadership Team, thank you to everyone who supported our Harvest Manitoba fundraiser and the Spirit of Giving Bazaar! Your donations helped us raise money for families in the community.

It's been a busy year so far— Leadership students have been a great help to the school, assisting with Picture Days, SOCKtober, the Scholastic Book Fair, our daily announcements, the Halloween Dance, assemblies, and even as gym helpers. Stay tuned for what the Leadership Team will be up to in the new year!



What is the Recycle Right with Milk Program?

Recycle Right with Milk is an inclusive program that supports the healthy habit of drinking milk at lunch.

Recycle Right with Milk also aims to:

- Increase environmental awareness by helping kids learn to recycle beverage containers to reduce contamination of recyclables.
- Encourage participation in recycling initiatives by providing opportunities for students to get practical experience demonstrating what they have learned.

HOW THE PROGRAM WORKS



The Recycle Right with Milk Pilot Program encourages students to work together to recycle right:

- The school will continue to remain responsible for ordering and distributing milk.
- Students will collect recyclable beverage containers at the end of lunch hour and deliver them to the school recycling station.
- Moo Crew student volunteers will empty any leftover liquids and place the containers in the appropriate bin. They will also be tracking the school's recycling efforts (and success!)
- The Milk Coordinator will be asked to submit the school's monthly recycling data to determine the school's recycling success.





Packing School Lunches

Packing school lunches that follow a healthy eating pattern means providing a variety of foods including: Vegetables, fruit, whole grains, and protein foods. Not all protein foods are alike as only some are good sources of calcium. Calcium is important for children to develop strong bones and reduce the risk of osteoporosis later in life.¹ Milk products - like milk, yogurt and cheese - are among the very few foods that are naturally rich in calcium, which is also well absorbed by the body.² Milk products are also among the highest quality sources of protein.³

To plan a school lunch (or any meal),

- ▶ offer one or more items from each of the foods grouped below AND
- ▶ include a **bone building** food to provide calcium and protein, both needed for children to develop strong bones.

Offer item(s) from each of the food groups

Vegetables & Fruit

- cut carrots, celery
- snap peas
- bell pepper slices
- cherry tomatoes
- cucumber slices
- mushrooms
- cauliflower, broccoli
- lettuce, spinach, kale
- salsa
- vegetable soup
- canned fruit
- applesauce
- grapes
- cut melon
- apple, orange, pear, banana
- peach, nectarine, plum
- berries
- pineapple, kiwi, mango
- avocado

Whole Grains

- bread, bun, bagel, wrap, flatbread, pita
- bannock
- oats/oatmeal
- cooked quinoa, barley, buckwheat, bulgur, amaranth, farro, freekeh
- cooked rice, wild rice
- cooked pasta, couscous
- granola
- cereal
- muffin
- granola/cereal bars
- crackers
- rice cakes/crackers
- pancakes, waffles

Proteins

- milk
- cheese stick/string
- sliced/cubed hard cheese
- cottage cheese
- yogurt
- kefir
- fortified soy beverage

**Bone builders =
calcium + protein**



- chicken, turkey
- beef, pork, wild meat
- tuna, salmon, other fish, shellfish*
- hard-boiled egg
- roasted deli meat
- chickpeas, beans, lentils
- tofu
- egg salad
- hamburger patty
- veggie patty (made with legumes/vegetable protein)
- hummus
- nuts/seeds*
- nut/seed butter*

*Note: when packing lunches keep in mind classroom or school food allergy policy.

Many nutritious lunch foods contain 2 or more foods from the lists above: Yogurt parfait, pizza, salad, sandwich/wrap/pita, tacos/burritos/quesadillas, spaghetti, chili, stew, soup, casserole etc.

SOURCES: 1. Weaver CM et al. The National Osteoporosis Foundation's position statement on peak bone mass development and lifestyle factors: a systematic review and implementation recommendations. *Osteoporosis Int* 2016; 27: 1281-1386. 2. Weaver CM. Should dairy be recommended as part of a healthy vegetarian diet? *Point. Am J Clin Nutr* 2009;89(suppl):1634S-7S. 3. Phillips SM et al. The role of milk- and soy-based protein in support of muscle protein synthesis and muscle protein accretion in young and elderly persons. *J Am Coll Nutr* 2009;28(4):343-354.



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at Dairy Farmers of Manitoba

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nüton
Nutrition Education
in Manitoba



COLLÈGE CHURCHILL HIGH SCHOOL OPEN HOUSE

Tuesday, Feb 7, 2023

6:30pm

***Come see all that Collège Churchill
offers from Grades 7-12!***

Athletics

Academics

Performing Arts



Pride and Tradition



LANSDOWNE DAILY SCHEDULE

8:20 am: First Bell Rings

- Students line up outside, teachers greet students and walk them to their classrooms

8:25 am: O Canada and Announcements

11:15 am: LUNCH

- Students eat in their classrooms

2:55 pm: Final Bell Rings

- Students line up and are walked to the bus or picked up at their assigned doors



Reminders

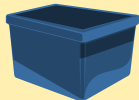
NO STOPPING
in front of
École Lansdowne!



YOU MAY BE FINED!

If you will be picking up
your child who usually takes
the school bus, please notify
the office **before 2:00 pm.**

LOST ITEMS



If you have lost an item, please check the lost and found bin located outside the office.



JANUARY

The full version of our newsletter is sent to all families electronically. Please make sure the school has your current email address on file so that you don't miss out on important information!



ASSIGNED DOORS

Students will enter and exit from only one set of doors to ensure they remain in small groups with their cohorts, as follows:

Nursery / Kindergarten • portable doors closest to grade 4 hallway

Grade 1 • back doors closest to grade 1 hallway

Grade 2 • bus loop doors

Grade 3 • bus loop doors

Grade 4 • portable doors closest to grade 4 hallway

Grade 5 • back doors beside gym

Grade 6 • back doors beside gym

Grades 7 & 8 • front doors on Wiginton (main entrance)



SAFE ARRIVAL

ABSENCES

If your child(ren) will be away from school for any reason, please call **SAFE ARRIVAL** at **1-855-278-4513** to report the absence.

You may also visit <https://go.schoolmessenger.ca> or download the app to report absences.

Absences must be recorded before 8:30am, and planned absences may be reported in advance.



L.P.C. EXECUTIVE 2022-2023

PRESIDENT: Andrea Harrison

EMAIL: winnipeg.lpc@gmail.com

VICE PRESIDENT: Rick De Guzman

Positions available for Secretary and Treasurer*

WHAT IS LUNCH PROGRAM?

The Lunch Program is a **non-profit small business** that is administered by the Lansdowne Parent Council. The L.P.C. is a **volunteer group of parents** who have been given the mandate by the Winnipeg School Division to oversee the Lunch Program. As such, L.P.C. employs a Lunch Program Coordinator and Supervisors. L.P.C. pays E.I., W.C.B., C.R.A. taxes, pension, and vacation pay. Some parent councils within the school division have their lunch programs administered by outside agencies. This allows those parent councils to focus on council work vs. running a business with all the associated responsibilities.

All students staying at school at lunch must be registered.

WHAT MAKES ÉCOLE LANSDOWNE'S LUNCH PROGRAM DIFFERENT?

Many lunch programs cap registration to a specific number of children - some on a first-come, first-served basis and some strictly on need (only those who can prove this need are permitted to enroll, for example both parents work and no one is able to pick up their child). **No other school in the W.S.D. has a Lunch Program with no registration cap and a coordinator onsite 6 hours per day, 5 days per week.**

The École Lansdowne Lunch Program is the **cheapest within the W.S.D.** with no rate increase in over 4 years. **The monthly cost is \$24 per student.** Daily fresh milk can also be added at a monthly cost of just \$6.

LUNCH PROGRAM ADJUSTMENTS:

Please be advised that microwaves will not be available. Milk is to be consumed within the lunch hour. Please do not bring milk home that has been sitting in lunch kits. As well, milk is not to be shared by students.

\$ PAYMENT INFORMATION \$

All payments are due on the 20th of the preceding month (this aligns with the Child Tax Benefit payment).

Lunch Program fees cover program costs only. They do not cover food, snacks, or drinks from the canteen. These must be purchased separately.

A \$5.00 late fee will be applied at the end of the first week of non-payment and a flat \$10.00 fee will be applied after that. Late fees must be paid with the monthly fees.

CONTACT INFO

Lunch Program Coordinator: Mary Sutton

204-338-7039

lunchprogramsuttonm1@gmail.com

L.P.C. MEETING DATES

Monday, January 23, 2023

Monday, March 6, 2023

Monday, April 10, 2023

Monday, May 29, 2023 (A.G.M.)

YOUR PARTICIPATION AND FEEDBACK MAKE A DIFFERENCE!

In its mission to enhance the student experience at École Lansdowne, the LPC is a volunteer organization that runs the lunch program, conducts fundraising activities which support school programming, and works with school administration on common needs and interests of families. Input in the form of feedback, suggestions, and volunteering are always appreciated, especially in these new times - you don't have to be a member of the executive either. Feel free to engage the LPC at winnipeg.lpc@gmail.com - we would love to hear from you!

IMPORTANT INFORMATION

The Lunch Program Coordinator makes every effort to contact parents regarding payment and late payments. The L.P.C. understands that unexpected things happen which could cause short-term financial difficulties. Please contact the Coordinator to discuss options, as arrangements can be made. Refusal to acknowledge letters or phone calls will result in removal of the child(ren) from the Lunch Program.

All concerns related to the program must first be discussed with the Coordinator before involving the L.P.C.



L.P.C. EXECUTIVE 2022-2023

PRESIDENT: Andrea Harrison

EMAIL: winnipeg.lpc@gmail.com

VICE PRESIDENT: Rick De Guzman

Positions available for Secretary and Treasurer*

The next LPC meeting is on

**Monday,
January 23rd**

The next LPC meeting will be held virtually using Google Meet at

meet.google.com/oac-xmtv-fmj



There is no pressure to have your camera on, or to participate in the discussion--feel free to just listen in if you'd like. We're glad to have you join us!



**Interested in
joining the
Executive
Committee?**

Our Treasurer and Secretary positions remain open. These positions are a great way to build skills and gain experience. Contact **Winnipeg.LPC@gmail.com** if you're interested or would like more information--we'll be happy to have you on board!

WE ARE HIRING!



LUNCH PROGRAM SUPERVISORS FOR 2022-2023



We are looking for Lunch Supervisors for the 2022-2023 school year.

The position starts in January 2023, from Monday to Friday for one hour (11:05 am- 12:10 pm), \$15 a shift.

If you or anyone you know is interested in applying, please email or call:

Mary Sutton, Lunch Program Supervisor

Lunchprogramsuttonm1@gmail.com

204-338-7039

OR

Andrea Harrison, L.P.C. President













Winnipeg.LPC@gmail.com



L.P.C. Lunch Program

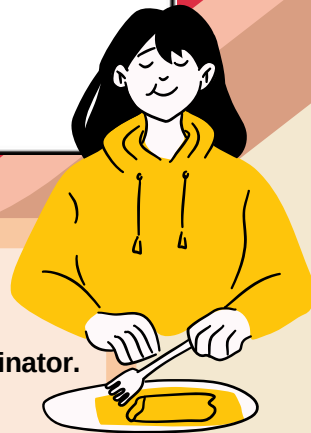
Mme Mary will be serving a hot lunch Mondays, Wednesdays, and Fridays. Students will have the option to purchase a hot meal for \$3.00. The menu is listed below for the month of January.

JANUARY 2023

MON	TUE	WED	THU	FRI
2 <i>W I N T E R B R E A K</i>	3	4	5  <i>School Reopens</i>	6 Grilled Cheese 
9 Chicken Burger 	10	11 Mac & Cheese 	12	13 Grilled Cheese 
16 Chicken Burger 	17	18 Mac & Cheese 	19	20 Grilled Cheese 
23 Chicken Burger 	24	25 Mac & Cheese 	26	27 Grilled Cheese 
30 Chicken Burger 	31			

Students are not to leave the premises during lunch hour.

All concerns/issues related to lunch program must first be discussed with the Coordinator.
If it cannot be resolved at this level, the Coordinator or parent may contact the President of Parent Council for further direction.



SPORTS CALENDAR

JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 Girls Dev Basketball Practice (11:15 am- 12:00 pm) Boys Dev Basketball Practice (11:15 am- 12:00 pm) Boys Comp Basketball Practice (3:00 pm- 4:30 pm)	6 Track Practice (11:15 am-12:00 pm) Girls Dev Basketball Practice (3:00 pm-4:00 pm) Boys Dev Basketball Practice (3:00 pm-4:00 pm)	7
8	9 Gr. 6 Co-Ed Tripleball (11:15 am-11:55 am) Girls Dev Basketball Home Game @ 4:00pm vs. St. Johns Boys Dev Basketball Home Game @ 5:30 pm vs. Shaughnessy	10 Gr. 5 Co-Ed Tripleball (11:15 am-11:55 am) Boys Comp Basketball Practice (3:00 pm- 4:30 pm)	11 Gr. 6 Co-Ed Tripleball (11:15 am-11:55 am) Boys Comp Basketball Practice (3:00 pm- 4:30 pm)	12 Gr. 5 Co-Ed Tripleball (11:15 am-11:55 am) Boys Comp Basketball Home Game @ 4pm vs. Meadows West	13 Track Practice (11:15 am-12:00 pm) Girls Dev Basketball Practice (3:00 pm-4:00 pm) Boys Dev Basketball Practice (3:00 pm-4:00 pm) Girls Dev Basketball Tournament at Leila North	14 Girls Dev Basketball Tournament at Leila North
15	16 Gr. 6 Co-Ed Tripleball (11:15 am-11:55 am) Boys Comp Basketball Practice (3:00 pm- 4:30 pm)	17 Gr. 5 Co-Ed Tripleball (11:15 am-11:55 am) Girls Dev Basketball Practice (3:00 pm-4:00 pm) Boys Dev Basketball Practice (3:00 pm-4:00 pm) Boys Comp Basketball Game at Elmwood (4:00 pm)	18 Gr. 6 Co-Ed Tripleball (11:15 am-11:55 am)	19 Gr. 5 Co-Ed Tripleball (11:15 am-11:55 am) Boys Comp Basketball Game at Stanley (5:30 pm)	20 Track Practice (11:15 am-12:00 pm) Boys Comp Basketball Tournament at Hedges Middle School	21 Boys Comp Basketball Tournament at Hedges Middle School
22	23 Gr. 6 Co-Ed Tripleball (11:15 am-11:55 am) Boys Dev Basketball Home Game @ 4:00 pm vs. Waterford	24 Gr. 5 Co-Ed Tripleball (11:15 am-11:55 am) Boys Comp Basketball Home Game at 4:00 pm vs. Waterford	25 Gr. 6 Co-Ed Tripleball (11:15 am-11:55 am) Boys Comp Basketball Practice (3:00 pm- 4:30 pm)	26 Gr. 5 Co-Ed Tripleball (11:15 am-11:55 am) Girls Dev Basketball Practice (3:00 pm-4:00 pm) Boys Dev Basketball Practice (3:00 pm-4:00 pm) Boys Comp Basketball Practice (4:00 pm- 5:00 pm)	27 Track Practice (11:15 am-12:00 pm)	28
29	30 Gr. 6 Co-Ed Tripleball (11:15 am-11:55 am) Boys Dev Basketball Home Game @ 4:00 pm vs. Gordon Bell	31 Gr. 5 Co-Ed Tripleball (11:15 am-11:55 am) Gr. 7/8 Track Meet at University of Manitoba Boys Comp Basketball Home Game at 4:00 pm vs. River Heights				



January 2023

ÉCOLE LANSDOWNE

715 WIGINTON STREET, R2X 2G2
204-338-7039 FAX: 204-334-3561

TRANSPORTATION:

204-586-8800

SAFE ARRIVAL ABSENCE REPORTING:

1-855-278-4513



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WINTER BREAK 			Day 3 5 School Reopens	Day 4 6
Day 5 9 P.B.I.S. Common Area Training	Day 6 10	Day 1 11	Day 2 12	Day 3 13
Day 4 16 N/K Registration Begins	Day 5 17	Day 6 18	Day 1 19	Day 2 20
Day 3 23 LPC Meeting @ 6:30 pm	Day 4 24	Day 5 25	Day 6 26	Day 1 27 Lansdowne Spirit Day
Day 2 30	Day 3 31	LOOKING AHEAD TO FEBRUARY: I LOVE TO READ MONTH! Friday, February 3- NO SCHOOL (Admin Day) Tuesday, February 14- Valentine's Day! Monday, February 20- NO SCHOOL (Louis Riel Day) Thursday, February 23- Festival du Voyageur Activity Day		