

# The Sister Mac Special



Sister MacNamara School  
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Winnipeg, Manitoba R3B 1V5  
sistermac@wsd1.org  
204-942-6965

DECEMBER 2022

♦ Message from the Administrative Team

Dear Sister MacNamara Families,

Welcome to the month of December. Our first term was full of wonderful events and a great deal of learning. We thank all of our families who connected with teachers to celebrate student learning and to make plans for next steps. If you were not able to meet with your child's teacher in person or by phone, please call and we would be happy to set up a time for you to meet with them.

**Reminder: As the temperatures are getting colder, please do not send your children to school before 8:50 a.m. and 12:50 p.m. Pickups need to be at 12:00 P.M. and 3:30 P.M. sharp as we do not want to have students gathered in the office for a long period of time.** If you are picking up children in a vehicle please remember to use Deacon Street safely and considerately. Keep cars from idling and pull to the side of the road to stop and wait. Everyone needs to do their part in keeping this area a safe place for student and family dismissal.

It is important to ensure that your child is dressed appropriately for the weather. Students go outside for recess and sometimes during Phys. Ed. classes. If you need support in this area, please let us know. We do have a supply of mitts, hats and scarfs for children to use when needed. We can connect you with Koats for Kids for other needs.

We would like to thank all our patrols, the Adult Crossing Guard and supervising teachers for their hard work in keeping our students safe while crossing the busy streets when they are on their way to and from school. They are out on their posts regardless of the weather. It helps when families are good role models and cross these busy streets at the appropriate crosswalks. It is so important for everyone to follow the safety directions from our patrols and Adult Crossing Guard. Ensure vehicles stop before you start to cross the road. We thank you all for your support.

This is the first year after the pandemic restrictions that we are able to gather in person for our Winter Concert. Grades 1-6 will perform in the gym on **Tuesday, December 13th, at 6:00 PM.** The families of students are invited to attend the concert. Doors will be closed by 6:10 PM, so ensure you are on time. Nursery and Kindergarten classes will perform on **Wednesday, December 14th at 10:00 AM for morning classes and 1:30 PM for afternoon classes.**

**Please be aware that the beginning of Winter Break is unusual this year. The last day before the Winter Break is Wednesday, December 21st. Students will return to school on Thursday, January 5<sup>th</sup>, 2023.**

All our staff extend our very best wishes for a safe, healthy and peace filled holiday season. Our wish is...

*That we all find peace in our hearts which will bring peace to our families  
That with peace in our families we will create peace in our community  
That with peace in our community we will have peace in our nation  
That with peace in our nation there will be peace in our world.*

Debbie Lenhardt Mair  
Principal



Claudia Martinez  
Acting Vice Principal

## DECEMBER

13 Winter Concert—6:00 PM for Grades 1-6  
14 N-K Winter Concert—10:00 AM & 1:30 PM  
21 Movie Day  
Dec 22 – Jan 4 WINTER BREAK

## JANUARY

5 School re-opens after Winter Break  
31 Mobile Vision Clinic starts

## FEBRUARY—INQUIRY LEARNING MONTH

03 Professional Development Day—Whole School Closed  
20 Louis Riel Day—HOLIDAY School Closed  
28 Jump Rope for Heart assembly 2:30 PM

## MARCH

13-14-15 IEP Meetings  
15 Inquiry Celebration – Students  
16 Inquiry Celebration - Families  
16 Student-Led Conferences - all day and evening - NO CLASSES  
17 Professional Development – Whole School Closed—NO CLASSES  
20-24 Spirit Week  
27-31 SPRING BREAK

## APRIL

3 School re-opens after Spring Break  
7 Good Friday – HOLIDAY School Closed  
13 Day of Pink – Assembly 1:15 PM  
14 Professional Development Day—Whole School Closed  
28 Volunteer Celebration—10:00 AM

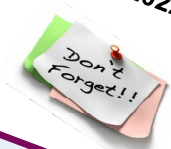
## MAY

1 School Planning Day—Whole School Closed  
22 Victoria Day—HOLIDAY School Closed

## JUNE

13 Year End Celebration—9:00 AM  
16 Summer Fun Day  
21 National Indigenous Peoples Day  
27 Grade 6 Farewell—1:15 PM  
27 Report Cards go home  
30 Talent Show – 9:15 AM  
30 Last Day of School—Student Dismissal at 11:30 AM

## SISTER MACNAMARA SCHOOL CALENDAR OF EVENTS 2022-23



### School Start Times

Sister MacNamara offers a breakfast program starting at 8:30 each morning. Please do not send your child before then as there is no supervision before 8:30.



If your child is a patrol, please do not send them before 8:30 as doors are locked and students have to wait outside or in the vestibule until 8:30.

**Now that the weather is getting colder and students are wearing their boots to school, please make sure your child has a pair of indoor runners that they can leave at the school.**

Thanks so much!!

## SISTER MACNAMARA HAPPENINGS

On November 10<sup>th</sup> our school held a Remembrance Day assembly. Each class made a wreath which we hung on the gym wall. We had a guest speaker, Captain Renz, who is a pilot in the Canadian Air Force. He spoke about his job, how we can be kind to one another, and the importance of continuing to reflect and remember on the impact that conflict and war has on our world.

Danyet and Micheale did a fantastic job as emcees, speaking clearly and with confidence. Rooms 206 and 121 shared poems and the school choir sang three songs. It was a beautiful and reflective assembly. Thank you to all our Sister Mac students for your respectful behaviour.



**A big congratulations to our grade 5 and 6 outdoor soccer teams who each played in a morning tournament at Tech Voc Field in October. The teams played hard and were kind, and respectful athletes! Way to go!**



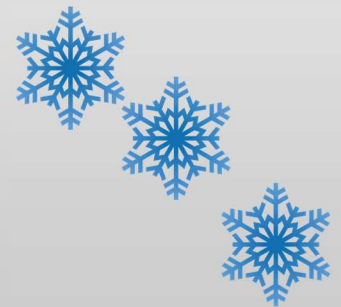
Congratulations to our grade 5/6 group that created the beautiful mural that was put up over student led conferences. The mural was inspired by Todd Parr's book "It's Okay to be Different". The students painted a life size cut out of themselves, using Parr's bright and colorful style. They then reflected on all the things that make each of us are different. We wrote these attributes on the wall; finishing the sentence "it's okay to be" showing how these unique attributes should be celebrated instead of hidden. Your mural is amazing!



## WINTER IS ON IT'S WAY!!!



With the colder temperatures...  
Please keep in mind the following:



- ⇒ -28°C , (including windchill,) There will be indoor recesses—(Temperature reading at the Forks)
- ⇒ - -28C There will be no patrols and adult crossing guards will be on duty for reduced times
- ⇒ DO NOT send your children to school before 8:50 AM and 12:50 PM
- ⇒ If your child needs mitts/hats please have them tell their teacher or have them come to the office.
- ⇒ Stay off of and away from water areas as the ice is very thin

November 28, 2022

Dear Parent or Caregiver:

On November 22, Dr. Brent Roussin, Manitoba's Chief Public Health Officer, and Dr. Elisabete Doyle, head of pediatric medicine at HSC's Children's Hospital, held a town hall to talk about the high number of RSV and influenza A among children.

We are providing some excerpts from the town hall below to help you be informed and give you support if your child is experiencing illness this winter.

**How can I protect my child this flu season?**

**Dr. Roussin:** There are multiple layers that we can take to protect ourselves. You can make sure vaccines are up to date, stay home when ill, wash your hands, proper cough hygiene (cough or sneeze into your elbow), and you can wear a mask in indoor public places.

**When should my child be vaccinated?**

**Dr. Roussin:** People should get vaccinated (for COVID 19 or Influenza) as soon as possible and, if they are sick, wait to recover and then talk to your health-care provider about the best course of action.

**When should my child stay home from school or daycare?**

**Dr. Roussin:** As soon as symptoms develop, children should be staying home. If it's a respiratory virus that we have no diagnosis for, then children should stay home until they are improving, which means no fever, and other symptoms clearly improving for a couple of days.

Specifically for COVID, people should wait for at least five days after testing positive or the onset of symptoms before returning to school or daycare.

**When should I take my child to the hospital?**

**Dr. Doyle:** Anytime you see your child having difficulty breathing, so that may mean your child's nostrils are flaring, they may be sucking in between their ribs, they may be engaging their tummy muscles. If their colour is poor, if they're having pauses in breathing, especially with young infants, that's a reason to go to the emergency department.

In addition, if your child isn't drinking enough, if they are sleepy and won't wake up and if an infant less than three months old has a fever, those are also reasons to go to the ER.

**My child has a high fever, what should I do?**

**Dr. Doyle:** There are many ways to manage a fever, such as giving them fluids and running a fan to cool down the child. Unless the child is an infant under three months, a high fever shouldn't be a reason to go to the ER.

It may be difficult to find children's medication for fever due to the supply chain issues. Parents can take their adult medication like Tylenol and ibuprofen to a pharmacist and they can properly divide it up into the right dose for children.

If you have questions about your child's health you can find more information on the Sharedhealth website: <https://sharedhealthmb.ca/patient-care/where-to-go/children-and-teens/> or you can call Health Links at 204-788-8200.

We hope you have found this information to be helpful and wish you and your family the best of health this winter season.

## SISTER MACNAMARA'S LUNCH PROGRAM



### *Just a few reminders:*

- Lunch Program is a service provided for parents who are either working or attending school. In order to qualify for the Lunch Program you must be able to provide proof of either when filling out an application.
- Fees are 30.00 per month for the first child and 20.00 per month for each additional child. Fees are cash only and due at the first of each month. Please send exact amounts as we cannot make change.

Parents are expected to provide a healthy lunch, including a healthy beverage. (no junk food please!)

The Lunch Program often has a waiting list. If fees are not paid promptly and become overdue, you risk the chance of losing your spot!

We understand that occasionally families might need to have their child stay for lunch. If the occasion arises, please call Ning, the lunch program coordinator, at least 24 hours in advance to make arrangements. Fees will apply.

We expect all students attending the lunch program to demonstrate proper behavior following the school and Lunch Program expectations: Be Respectful, Be Responsible, and Be Safe. If your child has any behavioral problems during the lunch program, you will be notified by either a phone call or a letter.

Also, a big thank you to all the lunch program staff for doing a wonderful job of ensuring your children are well taken care of during the lunch hour.

If you have any questions please contact the school at 204-942-6965.

Sister MacNamara's Lunch Program Coordinator,  
Ning Tapawan



**We're  
HIRING**

Sister MacNamara School is looking to hire an Adult Crossing Guard for the school year. It is a 3 hour per day position staggered through the school day, coordinating with school starting, noon hour, and ending hours. This is a paid position. Applicant must have or be able to obtain a Child Abuse and Registry check and Criminal Record Check.

*This is an important position to ensure the safety of our students and families in coming to and from school.*

Position starts as soon as possible. Please contact the Principal, Debbie Lenhardt Mair or Vice Principal Claudia Martinez for further information.



FREE  
SNACKS!

BUS TOKENS  
FOR YOUTH!

# Huddle

📍 KA NI KANICHIHK

## FREE ACCESS FAIR

**WHEN?** Friday, December 9, from 3 PM to 7 PM

**WHERE?** Huddle Ka Ni Kanichihk, 102-765 Main Street

**WHO?** Open to all youth and families

- ➔ Apply for a **Birth Certificate and Social Insurance Number** on the spot!
- ➔ Open a **bank account** and a **Registered Education Savings Plan (RESP)** on site (with a parent/guardian if under 18), **apply for the Canada Learning Bond**
- ➔ Get your **taxes filed for free** on the spot!
- ➔ Connect with **youth serving organizations** and **community resources**

**COME PREPARED TO APPLY FOR ID AND FILE TAXES!**

VISIT OUR WEBSITE OR SCAN THE QR CODE FOR INFORMATION:



Get everything you need to apply for  
the **CANADA LEARNING BOND**,  
up to \$2000 of **FREE** money for school!

**LEARN MORE AT:**  
[www.cfcstaxes.com/  
canada-learning-bond](http://www.cfcstaxes.com/canada-learning-bond)

Thank you to our partners!





# Family Room NEWSLETTER



## Resources

Are you in need of a holiday gift basket?  
Call or email us and we can connect you with resources in our community!

## Reminders

We would love to hear about what kind of programming you would like to see in the Family Room!

## DECEMBER

### UPCOMING Events



**Family Gathering** Wed, Dec 7<sup>th</sup> at 5 pm  
-come and learn about school news  
-there will be a presentation about community activities

**Potato and Bread Giveaway** Tuesdays  
-families need to be present for pick up  
-if you cannot be here, please contact us to send food home with your child

**Pictures with Santa** Thurs, Dec 8<sup>th</sup>  
9:00-11:30 am and 1:00-3:30 pm  
-family pictures with Santa! You will receive a printed picture before Winter Break  
**You must make an appointment. Call or email to reserve your spot. Thanks!**

## CONTACT INFO



Nasra – [nhassan@wsd1.org](mailto:nhassan@wsd1.org)



Nicole – [nichristmas@wsd1.org](mailto:nichristmas@wsd1.org)



204-942-6965





# DECEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Notes:

Winter Break Dec 22 - Jan 4

1

2

5

6

Potato and  
bread  
giveaway  
3:30

7

Family  
Gathering  
5 pm

8

Pictures  
With Santa  
9-11:30 am  
& 1-3:30 pm

9

12

13

Potato and  
bread  
giveaway  
3:30

14

15

16

19

20

Potato and  
bread  
giveaway  
3:30

21

22

Winter  
Break  
Begins!

23

26

27

28

29

30





# DECEMBER 2022



| Monday                                                                                                                                                           | Tuesday                                                                                                                                                           | Wednesday                                                                                                                                                                 | Thursday                                                                                 | Friday                                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                 |                                                                                                                                                                   |                                                                                                                                                                           | 1 <small>Day 6</small>                                                                   | 2 <small>Day 1</small>                                                                                                                                                     |
| 5 <small>Day 2</small>                                                                                                                                           | 6 <small>Day 3</small>                                                                                                                                            | 7 <small>Day 4</small>                                                                                                                                                    | 8 <small>Day 5</small>                                                                   | 9 <small>Day 6</small>                                                                                                                                                     |
| 12 <small>Day 1</small>                                                                                                                                          | 13 <small>Day 2</small><br><br>Winter Concert Grades 1-6<br>6:00 PM in the gym | 14 <small>Day 3</small><br>Winter Concert N/K<br>10:00 AM<br>1:30 PM<br>In the gym<br> | 15 <small>Day 4</small>                                                                  | 16 <small>Day 5</small><br><i>Tripleball<br/>Tournament<br/>in the gym<br/>AM</i><br> |
| 19 <small>Day 6</small>                                                                                                                                          | 20 <small>Day 1</small>                                                                                                                                           | 21 <small>Day 2</small><br><br><i>Last day before winter<br/>break</i>                 | 22  | 23                                                                                    |
| 27                                                                                                                                                               | 25                                                                             | 28                                                                                                                                                                        | 29                                                                                       | 30                                                                                                                                                                         |
| <div><p><i>Looking ahead.....</i></p><p>Thursday, January 5, 2023..... school resumes</p><p>Monday, January 30, 2023 ..... Mobile Vision clinic begins</p></div> |                                                                                                                                                                   |                                                                                                                                                                           |                                                                                          |                                                                                                                                                                            |