

The Sister Mac Special



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

JANUARY 2023

♦ **Message from the Administrative Team**

Dear Sister MacNamara Families,

Happy New Year and all the very best to our families and community in 2023! We hope everyone had a restful holiday spent with family and were able to get outside to enjoy activities. We also hope that 2023 brings you a year of good health, peace and loads of love in your family.

A big “thank you” goes out to our music teacher, Ms. Mendres, who helped organize our in-person Winter Concert this year. The students and teachers worked hard to produce a performance for families to enjoy. We hope that it brought joy to all who attended. It was wonderful to be together to enjoy the songs dances and performances! The student performers were outstanding and they appreciated that you cheered them on with applause.

Our school has been selected to participate in Operation Warm 2023, along with their Winnipeg partner Fed Ex. Operation Warm will be giving every student in the school a new warm coat. This event will take place during the morning of Thursday, January 12th. The P.M. Nursery and Kindergarten classes will receive their jackets during their class time in the afternoon. Please ensure your child is at school that day so they can select their own coat. THANK YOU goes out to Fed Ex and Operation Warm for their generous gift to our students.

We also have our annual Mobile Vision Clinic that is taking place on Monday, January 30th. Qualified staff assess students’ vision and then provide eye glasses, if needed. Forms have been sent home for families to complete. Please return them as soon as possible.

Our Family Gathering will be taking place on Wednesday, January 18th, 5:00 PM. Come and join us for a light supper and meet other families that are a part of our school. You will have a chance to learn about your child’s school and ask questions about their learning. We will also have a fun activity for everyone to participate in and to encourage healthy movement during the winter. You will also receive a take home bag to enjoy at home.

We are experiencing a number of late pick-ups of students at noon and end of the day dismissal times. We understand that sometimes things happen that cause families to be late. However, it is important that you are at school for 12:00 and 3:30 pick-up times. Please ensure you make plans to be on time. It is appreciated.

Take good care of yourselves and your families! Happy 2023!!!



Debbie Lenhardt Mair
Principal

Claudia Martinez
Acting Vice Principal

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!!

WATCH FOR THE SIGNS Look for the sign on the entrance door!

 A green sign on the door means... it is too cold to wait outside. You are welcome to come in and line up.

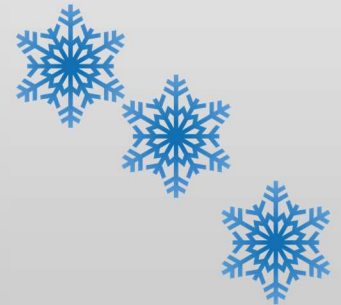
 A red sign on the door means ...we are asking students to play outside until the bell rings. Line up as usual and wait for your teacher.



WINTER IS HERE!!!



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
- ⇒ When crossing the street, please remember that the roads are icy. Please make sure all vehicles are stopped before stepping out on the street.

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.

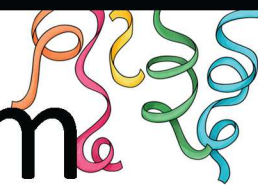
This is an important position to ensure the safety of our students and families in coming to and from school.

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





Parent Room NEWSLETTER



Reminder

Bread and Potato Giveaway

Please line up
outside the B&G
Club doors
Tuesdays at 3:30
to receive your
food.

Join Us!

Please RSVP for all programs.

Call the Family
Room or email
Nasra or Nicole.
Thanks!

UPCOMING

Events!

Family Gathering – Jan 18th @ 5 pm

- This month's presentation will highlight ways to keep fit at home
- We will have activity stations to try the exercises and a gift bag for each family!

Nutrition Bingo–Jan 11 and 25th @ 2:30

- Food prizes for all participants!

Cooking Class – Jan 19th @ 2:30

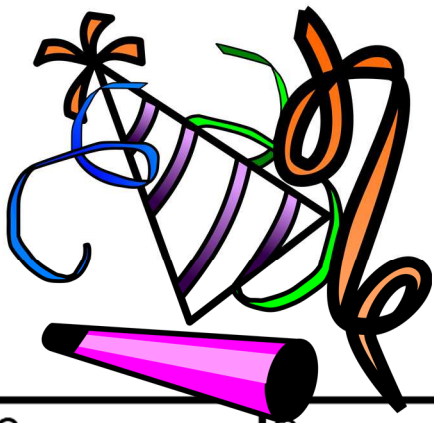
- We'll cook together and you can take your dish home.

Storytime – Jan 26th @2:30

- Come in out of the cold for stories, songs, and a snack. Ages 0-4 and their caregiver.

CONTACT INFO





JANUARY



2 Winter Break	3 -----	4 -----	5 School Reopens	6
9	10 Bread and Potato Giveaway	11 Nutrition Bingo 2:30 pm	12	13
16	17 Bread and Potato Giveaway	18 Family Gathering 5 pm	19 Cooking Class 2:30 pm	20
23	24 Bread and Potato Giveaway	25 Nutrition Bingo 2:30 pm	26 Storytime 2:30 pm	27
30	31 Bread and Potato Giveaway			



JANUARY 2023



Monday	Tuesday	Wednesday	Thursday	Friday
			5 Day 3 School reopens 	6 Day 4
9 Day 5	10 Day 6	11 Day 1	12 Day 2 Operation Warm & Fed Ex partnering for free warm coat give away for each student. AM	13 Day 3
16 Day 4	17 Day 5	18 Day 6 <i>Family Gathering 5:00</i>	19 Day 1	20 Day 2
23 Day 3	24 Day 4	25 Day 5	26 Day 6	27 Day 1 School Assembly 9:00 Rooms 227 & 230 presenting
30 Day 2 Mobile Vision 	31 Day 3			

Looking ahead.....

Friday, February 3, 2023 Professional Development, NO CLASSES
 Monday, February 20, 2023 Louis Riel Day—NO CLASSES