



Dear Parents/Guardians:

Thank you to all the parents, guardians, caregivers, grandparents and families for attending the Parent Teacher Student Conferences - a great job of supporting your children as learners. We are all very appreciative of the extremely successful conferences as indicated by the excellent turnout. Congratulations to all classrooms. Overall, the school's attendance rate was 94.3%. Phenomenal turnout in all classrooms. Thank you for being great partners in the students' educations. If you were unable to attend your child's conference, please call your child's teacher to set up a convenient time. To have families and school come together to celebrate children's learning is a true testament of the wonderful and trusting school community that we have all built together. A significant and special message is sent to our terrific students when they observe their teacher and parents, guardians and caregivers working as an educational team to ensure their future successes.

December also brings two very special events to Mulvey. We received a very generous invitation from Ecole Secondaire Kelvin High School for a Winter Holiday Breakfast on Friday, December 9th in the AM. All of the Mulvey students and staff will be bussed to and from Kelvin on that date to take part in fun activities and breakfast. Thank you Kelvin! Mulvey's Winter Concert is on Thursday, December 15th. This year's theme is Back in the Spotlight. We are all busy preparing for the show. This year will feature special presentations, Mulvey School student classroom performances, and our annual winter scene contest showcasing Visual Arts. Please come join us. We will have 2 shows this year, one in the afternoon starting at 1:30 PM and an evening show starting at 6:30 PM. Please watch for further details on school messenger, closer to December 15th.

In concluding this final newsletter of the calendar year, I would like to send out a note of heartfelt appreciation to our families and the staff of Mulvey for their commitment and support of their children's education. I wish you and your loved ones much health, happiness, and peace this holiday season.

Mr. P. Correia, Principal



Features

Mulvey School Winter Concert
Thursday, December 15th
Please join us for our annual winter concert.



In this issue ...

Pg. 2	<i>Mulvey Moments</i>
Pg. 10	<i>December Intramurals Calendar</i>
Pg. 11	<i>Cold Weather Guidelines</i>
Pg. 12	<i>Drop off and Dismissal Information</i>
Pg. 15	<i>Safe Arrival</i>
Pg. 18	<i>Mulvey Winter Concert Information</i>
Pg. 26	<i>Calendar & Upcoming Events</i>



Mulvey Moments



Acts of Recognition (AoRs)

Acts of Recognition are given to students for achieving personal, academic, or social goals. We use the Seven Teachings to help students name their goals. This may be when a student goes beyond regular expectations or continually demonstrates skills and/or behaviours that contribute to making Mulvey School S.A.F.E.

104 students received Acts of Recognition stickers in the month of November. There are several marvellous Mulvey students who have received MORE than one nomination, but are included in this list only once.

If you would like to nominate a student, parent or community member, please email Mr. Correia (pcorreia@wsd1.org) or Ms. Ginsburg (nginsburg@wsd1.org).

2 AM students	Beniel	Eira	Joe	Lorraine	Sebastien G.
2 PM bus students	Benin	Elizabeth	Jordan	Louis	Sebastien H-F
Aaron	Bersabet	Elna	Jurilynn	Luna	Silver
Abdiraham	Betel	Elyas	Jurnee	Malakai B.	Sophia
Abdulrizak	Biki	Emilio	Kailynn	Maressa	Tahoor
Ainsley	Brady	Evenezer	Kaitlyn	Mohammad A.	Tessa
Ale	Canmero	Harrison	Kaleb	Mohammad S.	Tiara
Aleena	Carson B.	Heitor	Kami	Muhammad M.	Tymofii
Alexander M.	Carter W.	Henos	Karrma	Nohr	Tyrus
Amen	Cassius	Henry C.	Khadar	Oliver	Uche
Ariest	Chaisen	Henry P.	Kimberleigh	Omar	Ugo
Arsema	Christian	Hiyab	Kimmy	Richard R.	Violet
Assad	Claire	Idris	Kylie	Ricky	Will
Ava-Marie	Custodian Randy	Isley	Lana	Rufta	Yodit
Barnabas	Danait	Jane	Layla	Ryan	Zaiyan
Bella M.	Darieus	Jaxon	Lejla	Samuel H.P	Ziham
Bella R-B	Dexter	Jhocelyn	Levi G.	Satya	
Ben	Dut	Joan	Liam S.	Sebastien D.	

November Acts of Recognition

						
Courage	Honesty	Humility	Wisdom	Respect	Truth	Love
14	7	12	16	25	9	21

NEWS FROM THE CLASSROOM

Nursery AM Kindergarten AM/PM Ms. N. Schneider

Thank you for coming out to discuss your child's progress at the Parent/Guardian Teacher Conferences. I truly appreciate your continued support. Over the next several weeks, your child will be involved in a variety of activities based on the theme, "All About Penguins" and "Colours and Shapes". Some of the hands-on activities will include creating and extending patterns using colours and shapes, conducting a survey and graphing the results, making shape books, and counting and sorting buttons and coloured blocks. In art, we will be mixing primary colours to create secondary colours. Students will be learning new vocabulary words related to the themes. We will continue to work on proper formation of printing letters and numbers. Your child will be working through a variety of activities that reinforce the proper formation of both letters and numbers.

The children are busy preparing for the winter concert on December 15th. I hope to see you during the event. I am looking forward to an exciting month ahead on our Nursery/Kindergarten Journey.



Kindergarten AM Nursery Kindergarten PM Ms. H. Dumond

Thank you to all of the families that took the time to meet with me either in person or by telephone during our Parent/Guardian Teacher conferences. The students have been making lots of progress this term and it is exciting to share their learning with you.

November was a busy month of learning. We continued to learn the following letters: Rr, Hh, Mm, Pp, and Ll.

Students made poppies for Remembrance Day which were put together to make a wreath for the Remembrance Day Assembly.

We met our book buddies this past month from Mr. Kussin's grade 5/6 class. They will come to our classroom once every school day cycle to read books with us.

This past month we have begun preparing for the Winter Concert that is coming up in the month in December. We look forward to performing for you.



Grades 1 & 2 - Ms. S. Gomes

The month of November was so busy and filled with lovely conversations. Remembrance Day offered us the opportunity to read books and watch videos about love, peace, and respect. The students had countless opportunities to share and express their thoughts and create writing pieces on these topics. It has been wonderful being a part of these whole class conversations. We continue to work on our classroom routines and transitions daily. We have also begun using the Second Step Program in our classroom to learn about respecting one another, managing emotions, having and showing empathy, how to solve conflicts, and creating a respectful classroom. The students have been very engaged in the program so far. In Math, we continue to build our foundational numeracy skills by strengthening our understanding of numbers. We are reviewing addition concepts and learning new ones. We have taken some time to look at representing numbers through tally marks, ten frames, dice, using fingers, and number lines. We continue using the Read to Me Framework, and I am getting the opportunity to watch students grow reading skills and build confidence as readers. I am so proud of everyone! We are working on our printing by practicing proper letter formation, number formation, and watching for number reversals when we are working on our math assignments. Students are also working on creating sentences using capital letters at the beginning of their sentences, spaces between words, and adding punctuation to the end of their sentences. I would like to thank families for taking the time to attend Parent/Guardian Teacher Conferences. It was so great connecting with everyone and celebrating each child's learning! Thank you for being a partner with me on this learning journey with your child. Have a wonderful, healthy and safe Holiday Season!



NEWS FROM THE CLASSROOM

Grades 1 & 2 Ms. E. Paragas

For Language Arts, we will continue to do guided reading and small group instruction using activities from the Read To Me Framework. We do daily practice in reading to develop fluency and comprehension by reading poems, fiction, and non-fiction stories. We are using reading comprehension strategies like finding the *main idea* and supporting details, and *retelling* the most important part of the story. We are also learning different types of writing styles: *narrative*, *informative*, and *descriptive* writing. For Social Studies and Seven Teachings, we will be doing an Inquiry Project on "Winter Wonderland and All About Kindness". We will brainstorm and investigate other inquiry topics that the students are of interest in. We will be writing about these inquiry topics so that we can integrate the Six Traits of Writing: ideas, organization, voice, word choice, sentence fluency, and conventions into our writing. For Music, we will practice singing "Wish Upon A Star by Hi-5" in preparation for our winter concert on December 15th.

In Math, we will continue to work on adding and subtracting numbers, place value, ordering and sequencing numbers, subitizing numbers using mathrack (1-100), and practice mental math strategies.



Grades 2 & 3 Mr. J. Truss

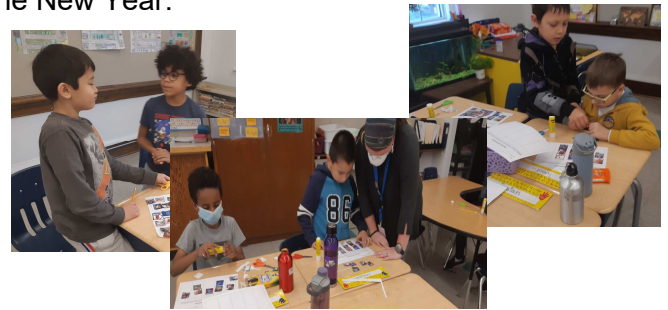
A very special thank-you to all of you that were able to attend our recent Parent-Teacher-Student conferences. If you were not able to attend, I would be more than happy to meet with you at a mutually convenient time to discuss your child's first term report. Events such as this are very important in creating the home to school connection that plays a critical part in every child's academic development. This past month, the students of Room 23 have been learning about the classification and lifecycles of various types of animals through our Science lessons. In Social Studies, we will be continuing on with our study of Canada by looking at similarities and differences between the provinces.

In Language Arts, we continue with utilizing the Read To Me literacy framework to further develop our reading and writing skills.

In Math class, we have been learning about various strategies and how and when to apply them allowing us to solve various problems. We also have been spending time having whole class discussions in order to share strategies and understanding with our classmates.

This coming month we will also be busy preparing for the winter concert. The class looks forward to having you all watch our performance.

I wish all of you a joyous holiday season filled with peace and happiness that will carry on throughout the New Year.



Grades 1 & 2 Mr. K. Wiens

First off, I want to say a big thank you to everyone who attended the Parent Teacher Conferences whether it was by phone, online, or in-person. I really enjoyed speaking to all of you and appreciate all you do to support your child's learning. This month we finished up our spooky writing and began to learn more about peace and the world. We compared our community of Canada to communities around the world. In math, we focused on finding and creating patterns and have begun to learn more about addition/subtraction strategies.

We are also working hard on preparing a special performance for the winter concert on December 15th.

I hope to see you there.

Happy Learning!



NEWS FROM THE CLASSROOM

Grades 2 & 3 Ms. K. Rosenberg

Thank you to all Room 21 students and families for participating in our parent/Guardian teacher/student conferences. It was wonderful to have conversations with all of you, talking about your child's successes and next steps. There is definitely a lot to celebrate!

November was a busy month, filled with a lot of learning! We had discussions and learned about Remembrance Day, read books and wrote about peace and what it means to us. Students also worked very hard on our video presentation relating to healthy living. We had so much fun practicing, preparing, and filming our video to show our learning!

Throughout the month of December, we will be continuing our study of growth and changes in animals in Science. We will continue our Canada study in Social Studies. Within Math, we will be focusing on number patterns, place value, and learning more strategies to help us solve questions and show our understanding in a variety of ways. In English Language Arts, we will continue to look at sentence structure and word choice, with a focus on using interesting words and voice when writing, making it exciting to the reader.

With the holiday season arriving, there will be a lot of excitement going on in our classroom! We have been working extremely hard at preparing our piece for Mulvey's annual Winter Concert, on Thursday, December 15th. We look forward to sharing our performance with everyone and we hope you enjoy the show!

Have a wonderful and safe holiday season, making many memories to share. Happy Holidays!

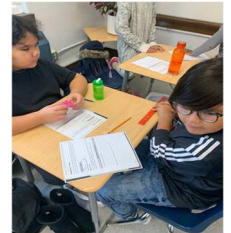


Grades 3 & 4 Ms. W. Mackenzie

Thank you to all of the families that came to the Parent/Guardian -Teacher interviews. It is wonderful to be able to connect with all of you to discuss your children's progress. It is a true gift to work with your children each day. They have a lot of successes to celebrate!

In the month of December, we will be busy preparing for the winter concert. We hope to see you all there to see the performance. The students are working very hard to prepare their piece and can't wait to have you watch them on the big stage!

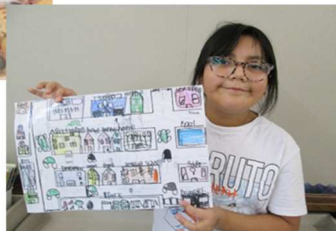
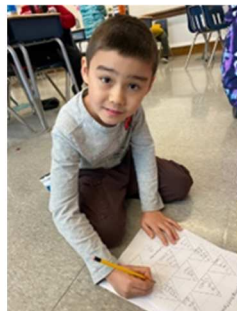
We are continuing our study of sound in Science throughout December. Students are excited to work on creating their own instruments out of some recycled materials. We will continue to work on various number concepts in Math and continue our ongoing work in English Language Arts on reading and writing strategies.



Grades 3 & 4 Ms. A Luka

November has been a very busy and eventful month! Each classroom had an opportunity to make their own Remembrance Day wreath which was displayed at the assembly. The students read many stories on the importance of Remembrance Day and then wrote their own *Peace is...* poem.

Our forces unit (magnets, gravity, etc.) has been a blast so far and the students were able to showcase what they have learned by making their own game, toy or maze that used magnets! Other classrooms came in to play with their creations and it was a true success. We will also be learning more about Canada and the provinces as well as beginning to practice for our winter concert! In math, the students will be continuing to work on their skip counting through practice and song! We will continue to practice telling time as well as building on our mental math strategies. Lastly, we are really focusing on reading strategies and putting them into practice. Thank you to all who made it out for Parent/Guardian Teacher conferences, it was a great success!



NEWS FROM THE CLASSROOM

Grades 5 & 6 Mr. B. Kussin

Thank you to all the parents who participated in the Parent/Guardian Teacher/student conferences, whether virtually, on the phone or in person. The support we as teachers and your child receive from you is an important part of your child's success. I enjoyed meeting and talking to all of you. Well, once again this month proved to be another busy one. We will be preparing and rehearsing for the Winter Concert. There is considerable excitement about the first live concert in a few years and we hope you will come and watch the show to see your child perform and celebrate all of their effort and hard work that went into preparing their performance.

In addition to rehearsing for the concert, we will also continue our academic learning. We will continue working on improving our writing skills, continuing to learn about the history of Canada and improving our estimating and multiplication abilities and other mathematical concepts and understanding. We will also continue to study our amazing solar system. The class is enthusiastic and excited to learn and discover new ideas and concepts!

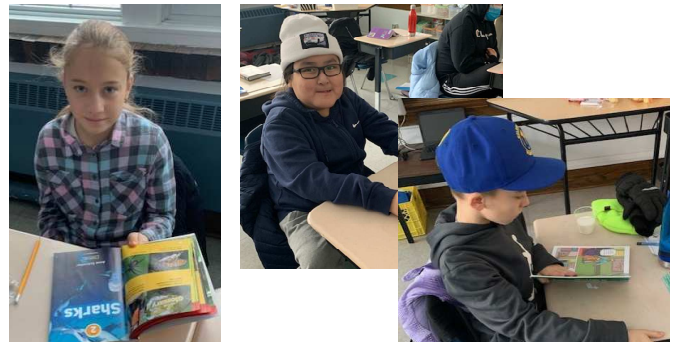
I would like to wish everyone a peaceful, restful and safe holiday season!

Grades 5 & 6 Ms. C. Fraser

The class has been working very hard on building their vocabulary through practicing dictionary searches and beginning to study weekly for spelling tests. We are working on a variety of problem-solving strategies in math, including collecting, organizing, and reviewing data and solving problems through deduction and sequencing. We are also continuing to practice our basic multiplication facts through mental math.

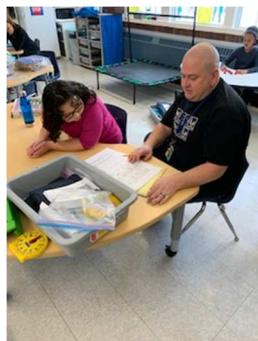
The frigid weather is upon us and with the cold weather comes the Mulvey Winter Concert. It is that time of year when we will be hard at work practicing for our Winter Concert. This year our concert will be in person on December 15th and we will be having a 1:30 PM, as well as a 6:30 PM show. Please come out to see the hard work the students have poured into their performances. We encourage students to practice at home and bring with them any creative ideas they may want to add to class rooms performance.

So many exciting things to happen in the month to come! Thank you in advance for being part of our wonderful Mulvey community!! Wishing everyone a wonderful, happy, and safe winter holiday this year. Take care of one another and Happy Holidays to all!



Grade 1, 2, & 3 AP Ms. L. Costello

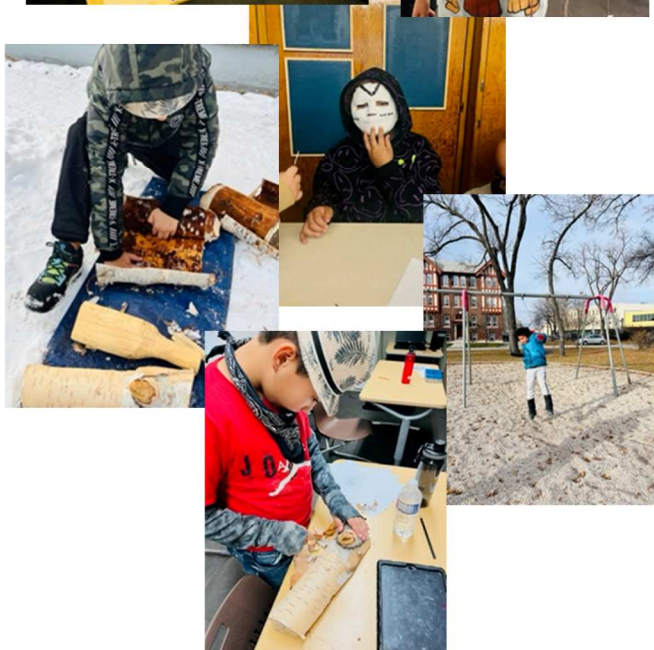
Thank you to all the families who participated in Parent Guardian-Teacher interviews. It was wonderful to have a chance to talk to you about your child and their progress. The students have been enjoying the new snowfall making snow angels, snow people and stomping through the snow. The students continue to work hard on their individual programs daily. They love working hard during Art on the various winter projects they are creating. The class has started to practice for the Winter Concert and are looking forward to performing for you all on December 15.



NEWS FROM THE CLASSROOM

Coach Program Mr. M. Jefkins

December is always an exciting time with festive activities taking place. Students have enjoyed winter themed art projects and are anticipating the upcoming break. We are looking forward to some special events coming up including a breakfast hosted by Kelvin High School! Yummy! Our Roots of Empathy lessons have engaged us and we look forward to watching our Roots Family baby grow with us over the course of this year. We are also learning about "Empathy" in our Second Step Social Studies lessons. These are fun classes because we get to use our imagination and do little presentations in front of other classmates. See Spot Read visits are over now but we still get to enjoy our school pets, Betty and Bea. We are crazy about them and they look forward to visiting with us each and every day. Students continue to work hard in daily math and Language Arts activities. In Science, we have been studying about the planets and seasonal changes of our solar system including the Earth's orbit and the lunar cycle. On that note, the Sun will start returning to the Northern Hemisphere on December 21. We cannot wait! How about you? At this time we would like to wish everyone an enjoyable holiday season. We will report to you again in 2023. Happy Holidays!!



Grades 5 & 6 Ms. C. Vande Graaf

Thank you to all the adults who were able to connect for our Parent/Guardian-Teacher conferences this term. It was wonderful to get the chance to share with you the gains your child has made and the positive work they have done this term. If we were not able to connect, please phone the school and we can reschedule for a time that works best for everyone.

We are going to get very busy soon preparing for the Winter Concert. The theme this year is Back in the Spotlight. We are so excited to be able to have our Winter Concert in person this year. It will be held on December 15 with a performance in the afternoon and the evening. We are working hard to prepare our performance and looking forward to seeing you all there.

We are continuing to study Canada and the Ocean in Social Studies and Science. In Math, we are working on large numbers and adding and subtracting with regrouping, as well as problem solving. In English, we are continuing with various writing opportunities and reading the novel Fatty Legs by Margaret Olemaun Pokiak-Fenton. It is an incredible biography about Olemaun's experience in Residential School. When we are finished we are going to read Olemaun's next book about what her life was like when she returned back to her family after being away at Residential School for many years.

We wanted to give a big shout out to the Mulvey community for all the batteries they brought in. We bagged them all up as a class and they were picked up last month. It is great to know that they will be staying out of the landfills and are being disposed of properly. Way to go Mulvey!!

I hope you all stay safe and have a wonderful and restful holiday season filled with laughter and love!!



Coach Program Ms. P. Solmundson

In November we participated in the Mulvey Remembrance Day Service. Two of our students carried the wreath we made and did an excellent job representing Coach. We started the Roots of Empathy program and got to meet our baby for this year, Rey. We continued the See Spot Read program at the Humane Society. The dogs are enjoying listening to the students read and have noticed all the students are doing well. Our last day is December 13th and we will miss getting to see the dogs. Norway from The Link's Indigenous Initiative team has been teaching the students drumming using the big drum. We are working on keeping a beat together and following the change in speed and intensity. We started reading the novel Wonder as a read aloud and are learning about life for people with facial differences. We are looking forward to seeing all the families at the Winter dinner on December 20th. We hope everyone has a peaceful holiday season.



Grades 4 & 5 Mr. B. Papineau

It was good to see so many families during parent/Guardian teacher conferences, and for those we missed we will try to find in a meeting time or phone call as soon as possible. As for the month of November itself, we learned about Remembrance Day, and the province of Manitoba; we read, researched, and wrote every day; we spelled to the best of our abilities in our Words their Way program; and in math we solved problems, aced addition drills, and worked in groups on the boards for regular learning activities.

For December, we have begun rehearsing and are looking forward to performing our song at the Winter Concert with another classroom. We will be learning more about the first inhabitants of Manitoba, and continuing daily learning opportunities in all subjects. Finally, have a great winter break and we'll see all students after the holidays.



Welcome to Ms. Brenna's Artist Alley

It's hard to believe that winter break is just around the corner. I'm pleased to see the progress on everyone's Balance art! The Gr. 1/2 classes are our feature in the Artist Alley this month. Their shadow animal Inuit inspired art pieces are being finished up and showcased inside the art room on the display frames as they are completed. They are looking fantastic and are adding a wonderful splash of colour to the space. Thanks for all your hard work!

The Gr. 2/3's have been cutting out the different pieces of their dolls and starting to slowly assemble them one body part at a time. They have been demonstrating great learning about symmetry both front and back, and side to side. The Grade 3/4's and COACH students have finished making their unique masks and are finishing up painting their "facial tattoos" onto them. They are being showcased in the upstairs hall display case as they are completed. I'm so pleased with everyone's enthusiasm and bravery in attempting this new medium. Meanwhile, the Grade 4/5's are continuing work on their Inuit inspired story quilts with a focus on visual balance. Soon we will begin the sewing process, so get ready for tales of tangled thread. Finally, the Grade 5/6 students have finished carving their animal stamps and are starting the process of printmaking. The goal is for each student to make one print for each of their classmates. Hopefully we will be able to wind this up by the new year!

It is always so rewarding to see a project that students have spent months working on come to completion. I'm so proud of everyone's hard work. Way to end out the year 2022 on a high note! See you all again in the new year where we will finalize our "Balance" projects and move onto our new art unit!



Welcome to Physical Education Mr. Ambaye

The intent of all specific student learning outcomes of the Physical Education program is to promote active participation and enable students to demonstrate functional use of the movement skills in variety of physical activities. During the month of November, the program focus was on fitness and the acquisition of the basic movement skills (i.e., transport, manipulation) across the grades as applied to soccer and volleyball related activities. In December, students will be learning about the fundamental skills of basketball (for intermediate) and exploring manipulation skills such as bouncing, throwing, catching in simple movement experiences (for primary grades).

Intramural and Club Activities in November:

71 students participated in Lunch Hour Soccer Intramural activities. Thanks for coming out!!

31 students joined Volleyball Intramural and have been practicing on Mondays and Thursdays (noon hours).

32 students signed up to join Mulvey Skate Club and having fun skating on Tuesdays (noon hours) at Winnipeg Winter Club. The Club runs until mid February.

Mulvey grade 5 & 6 volleyball CO-ED team will be participating in the Volleyball Tournament to be hosted by Laura Secord School on December 7, 2022 (AM). We wish them the best of LUCK!

Students are encouraged to participate in our **"Before School"** as well as **"Lunch Hour"** Intramural Activities to develop movement skills, personal fitness, and enjoyment.



December 2022

Intramural Activities

Before School: 8:30—8:55 am

Mon	Tue	Wed	Thu	Fri
			1 Day 6	2 Day 1
Before School 8:30-9:00 Volleyball Practice: 12:30—12:55			Before School (Rm 18&19) Volleyball practice	Before School (Rm 17&20)
5 Day 2	6 Day 3	7 Day 4	8 Day 5	9 Day 6
Before School (Rm 5, 7 & 22) Volleyball practice (gr 5&6)	Before School (Rm 13&16) Skate Club 12:00-1:00	Before School (Rm 21&23) Volleyball Tournament @ Laura Secord AM	Before School (Rm 18&19)	Before School (Rm 17&20)
12 Day 1	13 Day 2	14 Day 3	15 Day 4	16 Day 5
Before School (Rm 5, 7 & 22)	Before School (Rm 13&16)	No Intramurals Dress Rehearsal	No Intramurals Winter Concert	No Intramurals Decorations taken down
19 Day 6	20 Day 1	21 Day 2	22	
Before School (Rm 5, 7 & 22)	Before School (Rm 13&16)	No Intramurals School Wide Waffle Breakfast	Winter Break starts	

Cold Weather Guidelines

Indoor Recess

Students stay indoors for recess when the wind chill reaches -27 degrees Celsius as per Environment Canada.



School Bus Weather Information

During the school year, there may be times when school bus transportation is cancelled due to inclement weather or poor driving conditions, but schools will remain open. Transportation to and from school in that day is the responsibility of the parent/guardian/caregiver & family.



School bus transportation for all school divisions in the City of Winnipeg is cancelled when the wind chill reaches **-45° C by 6:15 a.m.** based on the Environment Canada readings at The Forks, Winnipeg.

When bus transportation is cancelled in the morning, it will not resume later in the day even if weather conditions improve.

The following media outlets are contacted in the early morning to ask that they broadcast and/or post bus cancellation information:

89.3 CBC FM	990 CBC AM	CKSB 89.9 FM	CJOB-680 AM
97.5 BIG FM	1290 CFRW	99.9 BOB-FM	FAB 94.3 FM
92 CITI FM	102.3 KISS FM	Virgin Radio 103	QX 104 FM
CTV News	City TV	Winnipeg Free Press website	

Weather information and bus cancellation in families is also on the Winnipeg School Division website: www.winnipegssd.ca

Cold Weather

focus on facts

Hypothermia —

- Loss of large amounts of body heat. It is dangerous and can be fatal. You can become hypothermic if you are
 - Outside in cold weather for long periods of time.
 - Cold and wet for a long period of time, or if you fall into cold water.
 - Tired, hungry or dehydrated, you have an increased risk of getting hypothermia.

Symptoms of Hypothermia include

- Excessive shivering, poor coordination and slurred speech.
- Blue lips and fingers.
- Stiff arms and legs.
- Confusion, lack of judgement in seeking protection from the cold
- Slow heart rate and unconsciousness

How to Treat the Symptoms

- Call 911 — hypothermia can be life threatening
- Replace wet clothes with dry
- Cover the head
- Cover with a blanket, sheet or tarp and use your body heat to warm the hypothermic person
- Warm the neck, chest, armpits and groin first
- If the person is awake, have them take small sips of warm, non-alcoholic drinks
- Re-warm slowly. Do not take a hot shower or bath as this can result in shock
- Limit physical activity, such as walking, climbing or lifting until symptoms subside

Frostbite — Occurs when ice crystals freeze exposed body parts. Frostbite especially affects the nose, feet, hands and ears. If you have had frostbite before, the area is more likely to be frostbitten again. You can get frostbite by

- Leaving body parts exposed to cold weather
- Touching cold metal, such as car door handles or metal equipment
- Tight clothing or shoe laces cutting off the blood supply to hands or feet
- Contact with very cold liquids such as gasoline or cleaning fluids

Why is Cold Weather Hazardous?

Cold weather is dangerous if you don't know the hazards. Workers in cold, icy, windy and wet conditions are at risk for injury.

Symptoms of Frostbite are pain, numbness and/or paleness in the affected body parts

How to Treat the Symptoms

- Move to a warm place
- Apply warmth to frostbitten areas (warm breath, lukewarm water, warm towel)
- Remove tight clothing, jewellery and wristwatches
- Elevate the frostbitten area
- See a doctor if the area hardens or turns blue. Frostbitten areas can easily become infected.

Dehydration — We lose moisture from our bodies by breathing and sweating. Cold air is very dry and promotes loss of moisture. Dehydration increases the risk of hypothermia.

Symptoms of Dehydration include

- Dry mouth and increased thirst
- Headache and nausea
- Decreased urination

How to Treat the Symptoms

- Give small, frequent sips of warm fluid
- Avoid alcoholic or caffeinated drinks

Trench Foot (Immersion Foot) —

Happens when your feet are in cold water for long periods of time and/or sweat excessively in non-breathable footwear (e.g., rubber boots).

Symptoms of Trench Foot include

- Red, numb and burning or tingling feet.
- Feet become painful, swollen and bleed into the skin in severe cases
- See a doctor if it is severe, as this can lead to gangrene

How to Treat the Symptoms

- Remove wet shoes, boots and socks
- Dry feet well, and massage to promote blood flow
- Seek first aid for infection

Sunburn — can still happen when it is cold. Sunburns are a visible reaction of the skin from being exposed to the sun's UV rays.

Symptoms of sunburn include

- Red, blistered or swollen skin
- Dry, itchy, flaky skin days after the burn

How to Treat the Symptoms

Wear sunscreen on all exposed body parts, including face, lips, ears and backs of hands.

Snow Blindness — occurs when the sun is reflected off snow or ice.

Symptoms of snow blindness include

Red, watery and irritated eyes

How to Treat the Symptoms

Wear eye protection that can block out the UV rays

What Can Your Employer Do?

- Provide regular rest breaks and a safe place to warm up
- Set a slow, steady work pace so workers can avoid sweating
- Provide water for workers. Staying hydrated will reduce your risk for some cold weather hazards.
- Educate employees about the hazards of working in cold weather
- Provide training on how to protect yourself
- Recognize the warning signs of hazards and get medical attention.

What Can You Do To Prevent Cold Weather Injuries?

- Dress appropriately. Wear several protective layers to trap body heat.
 - Outside layer — wind resistant and breathable
 - Middle layer — wool or down, it will keep you warm even if it is wet
 - Inside layer — cotton and breathable to let moisture out.

- Wear a hat. 30% of body heat is lost through the head if it is not covered.
- Wear mittens instead of gloves.
- Change your clothes. Dry, clean clothes (including socks) will protect you better than wet or oily clothes. Use foot powder to keep feet dry.
- Use the 'Buddy System'. Look out for your coworkers and watch for signs of cold weather hazards.
- Drink fluids often. If you are hydrated, you will be better protected.
- Eat nutritious foods. Proper nutrition will help your body adjust to cold temperatures.
- Avoid alcohol or any other mind-altering drugs that will affect your ability to keep yourself warm.
- Do not smoke. Smoking narrows the blood vessels, and prevents your blood from circulating and keeping you warm.

What Can Your Health and Safety Committee Do?

- Review the work practices. For example, reduce the time outdoors, encourage regular breaks, and analyse the risks workers are exposed to.
- Provide a checklist to your employer for things needed on a job site, such as, drinking water, people trained in first aid, a place to get warm, etc.
- Work with your employer to provide education and training to workers.
- Research new Personal Protective Equipment (PPE's) such as cold weather boots, mitts and windbreaker jackets.

If you need more information contact the

MFL Occupational Health Centre, Inc.
102-275 Broadway
Winnipeg, Manitoba R3C 4M6
Phone: (204) 949-0811
Fax: (204) 956-0848
Toll Free: 1-888-843-1229 (Manitoba only)
Email: mflohc@mflohc.mb.ca
Website: www.mflohc.mb.ca

or

Workplace Safety and Health Branch
200-401 York Avenue
Winnipeg, Manitoba R3C 0P8
Phone: (204) 945-3446
Toll Free: 1-800-282-8069
Website: www.gov.mb.ca/labour/safety

revised July 2005

AFTER SCHOOL DISMISSAL

After dismissal, students are reminded that they must go straight home, to daycare or to any after school arrangement that the parent/guardians have made. Students in Nursery and Kindergarten need to be picked up by an adult or sibling over the age of 12 at dismissal times, from their classroom in the school building.

Students may call parents only regarding emergencies. Parent/guardians will be informed of school activities and clubs with sufficient notice. Daycare students will line up on the West side of the staircase. Front doors on Wolseley Ave

Dates and times will also appear in the monthly Mulvey newsletter and on the school website.

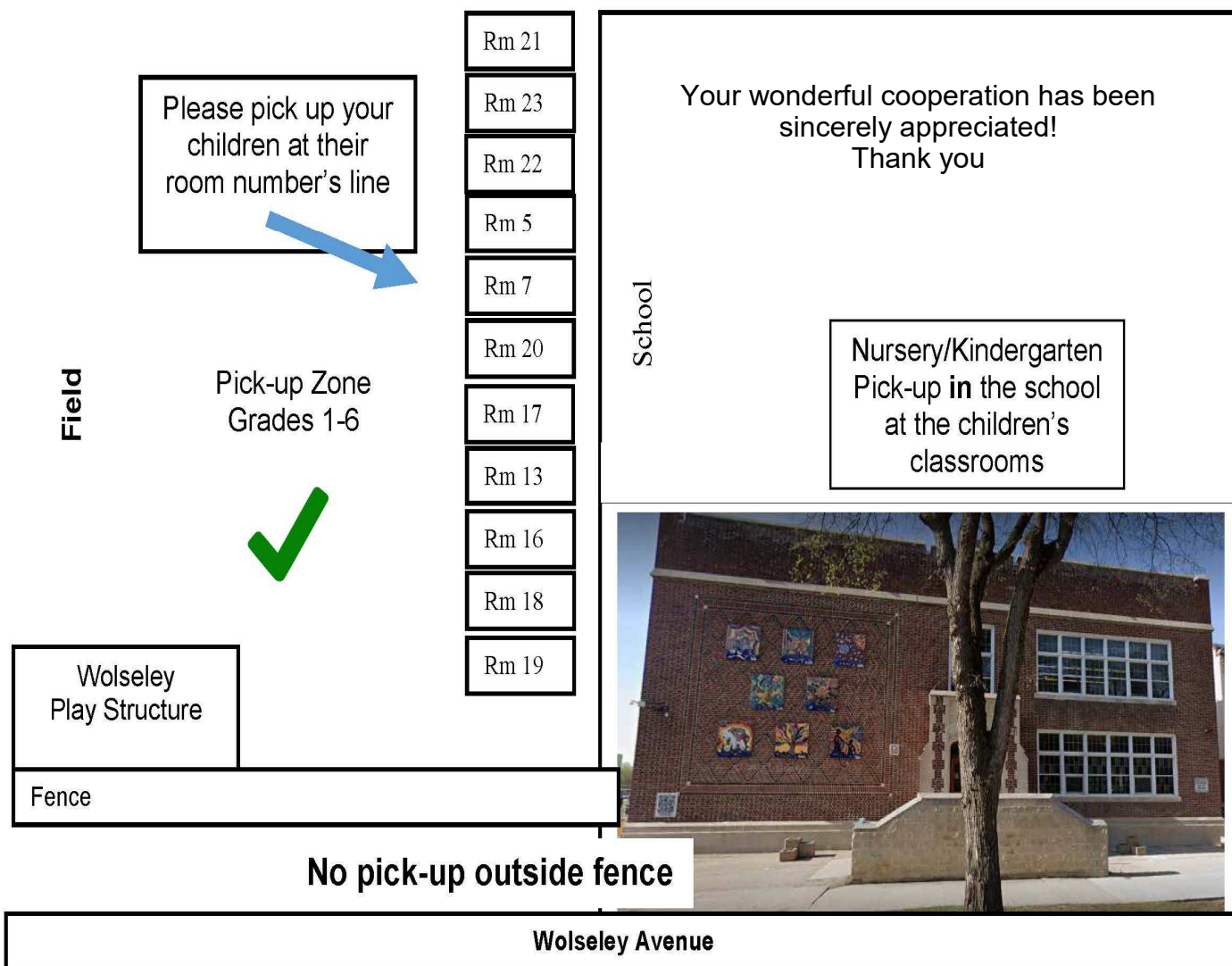
<https://www.winnipegsd.ca/mulvey/page/14255/newsletters>

Morning Drop Off and Afternoon 3:30 PM Dismissal

We would like to remind our families that there is supervision for students beginning at 8:45AM in the morning on the Mulvey playground. Our marvelous students have been excellent at lining up at their classrooms' numbers painted on the hardtop next to the side of the school on the hardtop. Students will be able to begin coming into the school at 8:45 AM.

During 3:30 PM dismissal, we are respectfully asking that you greet your children at 3:30 PM in the fencing on the hardtop next to their classroom number so that our students are safely dismissed to a parent/guardian/family member/caregiver.

Please keep the front area of the school and the staircase entrance way to the school playground and field clear for easy access to and from the hardtop.





The patrol of the month for December was a challenging one to decide as every member of this team worked diligently to go above and beyond the call of duty. As a result, the patrol of the month is the entire patrol team as each and every one of them have exceeded expectations.

KERNELS POPCORN FUNDRAISER



*Thank you everyone for
supporting Mulvey School
Parent Council
fundraiser. We raised
\$642.00!*



*The funds raised will be used to support
student programming school activities
and grade 6 student farewell.
We look forward to your support.*



PRO-SOCIAL TOPICS OF THE MONTH

Showing Care and Concern

Our students learned about what showing concern and taking care can look like in many different environments. Students who participate in Kindness Club designed and painted cards of gratitude for the war veterans that participated in our school's Remembrance Day ceremony. Our next session will be to create sun catchers for patients at Misericordia Hospital.

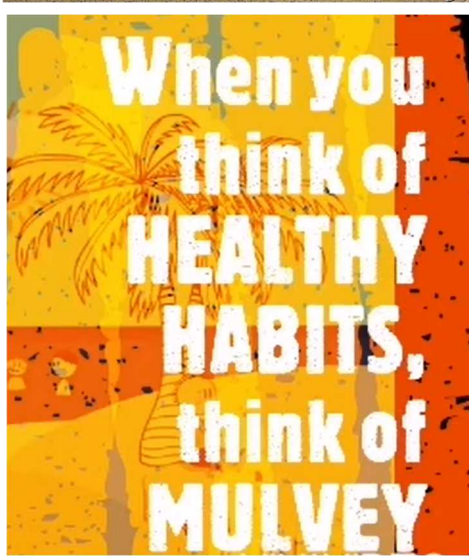


Healthy Living

Exercise is important!!



9 to 15 hours of sleep!!



The Grade 2/3 students from Ms. Rosenberg's class along with Mr. Tim shared an educational video demonstrating the components of living a healthy and nutritious life. The students presented this information by hosting a cooking class on how to make a healthy wrap and they also shared important facts about water consumption and the recommended number of active hours for children. They shared how mindfulness and yoga also assist our body and mind to build healthy habits and calm ourselves to focus and reset. Thank you Ms. Rosenberg's class!!!

Upcoming Live Mulvey School Assembly Dates

Date	Pro-Social Theme and Classroom Presenting
December 5, 2022	Mr. Wiens Grade 1/2 – Pet/Animal Safety
December 19, 2022	Ms. Luka Grade 3/4– River/Water Safety
January 9, 2023	Mr. Kussin Grade 5/6 – Taking Responsibility
January 23, 2023	Mr. Papineau Grade 4/5 – Problem Solving
February 6, 2023	Ms. Schneider Nursery/ Kindergarten Care and Concern
February 28, 2023	Ms. Dumond Nursery/ Kindergarten Inviting others in
March 6, 2023	Ms. Mackenzie Grade 3/4 – OMMMMMM
March 13, 2023	Ms. Costello ASD– Calming Down
March 20, 2023	Ms. Fraser Grade 5/6 – Managing Anger
April 10, 2023	Mr. Truss Grade 2/3– Healthy Living
April 24, 2023	Ms. Vande Graaf Grade 5/6 – How to be a Good Friend
May 8, 2023	Ms. Paragas Grade 1/2– Earth Day
May 15, 2023	Ms. Solmundson and Mr. Jeffkins COACH Seven Sacred Teachings
May 29, 2023	Office – Celebrating Accomplishments
June 5, 2023	Kindness Club – Intergenerational Kindness
June 19, 2023	Office – Send off to Summer

Frequently Asked Questions

SafeArrival for Families FAQ

What is SafeArrival?

SafeArrival is an absence management system that improves student safety and makes it easy for you to let the school know about your child's absence.

You are asked to report your child's absence in advance whenever possible using one of these convenient methods:

SchoolMessenger app (free)

1. Provide your email address to the school.
2. Get the app from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.ca>).
3. Tap **Sign Up** to create your account.
4. Select **Attendance** from the menu, and then select **Report an Absence**.

Web and Mobile Web: go.schoolmessenger.ca

1. Provide your email address to the school.
2. Go to the website.
3. Click **Sign Up** to create your account.
4. Select **Attendance** from the menu, then select **Report an Absence**.

Interactive Toll-free Phone 1-855-278-4513

1. Call the toll-free, interactive telephone system.
2. Follow the instructions to report an absence.
3. Record the confirmation number at the end of the call.

If you hang up before this is given the absence will be cancelled and will not be reported to the school.

Whenever an absence is reported or updated, you will receive a confirmation notice by email (assuming you have provided your contact information to the school).

If you don't report your child's absence in advance, the automated notification system will try to contact you (using the communication preferences if you have set them up in the SchoolMessenger app). This may include push notifications to the app, email, phone calls. You will be asked to provide the reason for your child's absence immediately. You may do so using the phone line, website or mobile app.

If an absence is not explained within approximately 20 minutes of the time that the school starts the notification process, school staff will follow-up to make sure that your child is safe. If you try to explain an absence using SafeArrival, but are then told that it is past the cut-off time, please contact the school directly.

If you don't want to receive notifications when your child is absent, be sure to report your child's absence in advance.

If you do receive notifications of your child's absence, be sure to provide the reason as quickly as possible, using one of the 3 methods listed above or during the phone call notification itself.

Absences can be reported in advance:

- 24 hours/day
- 7 days a week
- For any school day in the school term
- Up to the cut-off time on the day of the absence.

What is SafeArrival?

SafeArrival is an absence management system that improves student safety and makes it easy for you to let the school know about your child's absence. Please take note if you have not put your child's absence in the system before the school sends out the calls, you will get a call from the system.

For further information on how to access:

<https://www.winnipegssd.ca/Parents/safe-arrival/Pages/Default.aspx>

Please make sure you are keeping your home phone number, email and contact information up to date with the school. You can call the office at 204-786-3469.

Message from Mulvey Community Support Worker Justine Kiwanuka

Email: jkiwanuka@wsd1.org Phone: 204-786-3469

Hello Parents, Guardians, Caregivers and Families.
Here are some of the upcoming Activities and Programs:

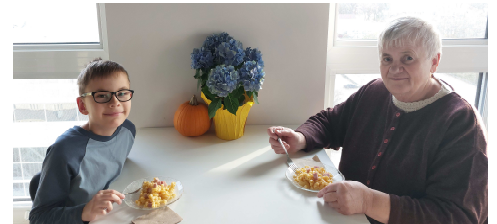
Justine Kiwanuka Work
Schedule at Mulvey School

Monday AM only
Tuesday AM/PM
Wednesday AM only
Thursday PM only

Food Donations

We have been very fortunate to have a generous supply of food and ham supplies from Food Rescue Program and Maple Leaf through out 2022. Mulvey School and its entire community is very grateful for the support. We hope that this generosity will be extended in the year 2023. The food distribution to the community has been very helpful and supportive. Thank you to Food Rescue Program, Maple Leaf foods, Tall Grass Prairie Bakery and Kub Bakery.

I also want to thank the volunteers who have supported the food program in the school, the students in Rooms 16 and 18, the parents who have been sharing their time to make sure the distribution of the food runs well and on time, and my colleagues in the school. They are always there to support and give a hand to ensure the information of the supplies of food and hams is received timely by the families and caregivers and ensures the food is displayed out well for easy access to those who need it: thank you. We will keep in touch in the new year of the plan and process.



Book Club

The readers have grown and have expanded their reading enthusiasm. At the end of the school term, the students will bring home more books to read over Winter break. Please help them with their reading, and read with them over the break. We will resume in the new year. If you want your child involved in the book club in the new year, please contact me at 204-786-3469 or email me jkiwanuka@wsd1.org or simply send me your child's name and I will be in touch with the child at the school.

Cooking and/or Baking

Cooking with families and parents is what we have been doing in our cooking sessions in 2022. We hope to continue to engage our families, caregivers and children cooking together on Zoom. For the month of December, we will be going to the Philippines together to end the year.

We will be making a Pancit dish I look forward to hearing from many. Please contact me at 204-786-3469 or jkiwanuka@wsd1.org Suggestions for recipes are very welcome.



Dental Program

The dental program is up and running well. So far there has been two appointments and treatments for the students that needed a follow up. With Parent/Guardian/Caregiver permission, we continue to take students to dental appointments as necessary. We will continue with the dental program in the new year. If you have any questions do not hesitate to call the school.

Clothing: Winter gear

If you have requested winter wear and have not received it yet, please let me know. We can still put in orders for winter wear. Please feel free to contact me and I will place your order in. You will be contacted once the order is sent to school. Send me the sizes and gender preference of the child for the jacket and boots. Please note that these are gently used winter items.



Sewing Club sessions

Due to popular demand, we had to reschedule the start date from to January 2023 so that we can plan and accommodate the students that are wanting to participate. The club will be supervised and facilitated by myself (Ms. Justine) and Ms. Millie. The program will be an after-school program starting right at 3:30 pm. and ending at 5:00 pm. Each session will run for 5 weeks. The program will provide a light snack to the participating students before they start to sew. Parents/guardians/caregivers will need to make plans for picking up their children when the Sewing Club finishes at 5 PM. There will be no Crossing Guards and no WSD school bus for those who take the school bus. We will be sending home the details of the club with your child. There will be a form that you have to complete, sign and return to school. Millie and I are looking forward to the start of this program and to work with the kids.

Lost and Found

Please note that we currently have some items in the lost and found that have not been claimed by the students. All lost and found items remaining after the Winter Concert – December 15th will be donated to a second hand clothing store on December 20, 2022.



Cornish Library Partnership

Mulvey School has been partnering and further creating community connections with Cornish Library. Ms. Marla from Cornish Library has come to the school and has been promoting literacy, reading and facilitating City of Winnipeg library cards with Mulvey Students kids. This program will create accessibility, build bridges with Mulvey young readers and it will assist the students to explore their vast interests in reading and beyond. Thank you, Cornish Library.

I would like to wish you all a great season break. Enjoy the December break and time together with each other; Stay warm and healthy. Looking forward to seeing you all in 2023.



WINNIPEG SCHOOL DIVISION

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 Shared health 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.



Thursday, December 15, 2022

1:30 PM & 6:30 PM

Families please join us on Thursday, December 15th for performances of our

2022 Winter Concert Back in the Spotlight

Classes will be performing and presenting items to entertain you and capture the joy of the holiday season.

This year will feature special presentations, Mulvey School student classroom performances, and our annual Winter Scene student art showcasing Visual Arts.

Please come join us live and watch it all. We will have two performances; an afternoon show at 1:30 PM and an evening show at 6:30 PM on Thursday, December 15th. We encourage that you attend one show. The afternoon show typically has more seats available.



Mulvey School Holiday Hamper's



WE ARE PUTTING TOGETHER SOME HAMPERS AT MULVEY SCHOOL TO SPREAD SOME HOLIDAY CHEER!

❄️ IF YOU ARE ABLE TO GIVE WE ARE COLLECTING NON-PERISHABLE FOOD ITEMS AT MULVEY SCHOOL. December 15, 2022 Deadline ❄️

SOME SUGGESTIONS FOR ITEMS INCLUDE:

- CANNED GOODS (VEGETABLES, FRUITS, GRAVY, CRANBERRY SAUCE, OTHER SAUCES, SOUPS, ETC.)
- HOT CHOCOLATE/COFFEE/TEA
- CRACKERS
- CEREAL
- PASTA/ RICE
- STUFFING (STOVE TOP)
- BISCUIT, MUFFIN, BREAD, PANCAKE, COOKIE DRY MIXES
- MAPLE SYRUP
- GRANOLA BARS
- COOKIES/PACKAGED TREATS
- TOYS FOR ALL AGE GROUPS (EX: BOARD GAMES, STUFFED ANIMALS, BUILDING ACTIVITIES, ARTS AND CRAFTS KITS, SNOW TOYS, ETC.)

CATS
of Langside

2023 Calendar in support of  & 

Mulvey Student Yafa and her neighbour Susan have created Cats of Langside 2023 Calendars. The are now on sale \$20 each. All proceeds support Resource Assistance for Youth Inc. and Art City.

For more Information please contact the Mulvey School office if you would like to support and purchase a calendar.

204-786-3469

Bus Routes and Cancellations: Know your child's Bus routes

Winnipeg School Division bus transportation is sometimes cancelled due to inclement weather, driver illness and other circumstances.



It is important that you are aware of your student's route numbers for both morning and afternoon as sometimes they are not the same route number. This information was sent to you when your child was approved to start riding the bus from the WSD transportation Department.

You will be sent an email or a phone call in the morning from transportation when the route your child rides has been cancelled. In most cases parents and guardians are informed before the school starts for the day.

Keeping your current email and phone number on file with the school will ensure your receiving these important messages from Winnipeg School Division transportation department.

If your child's home bus is running the school will be sure to place your child on the bus to get home. If your child's bus is cancelled your child will be dismissed with their classroom, please pick the up at the school.

Please check your e-mail and the Winnipeg School Division's website at <https://www.winnipegsd.ca/> for updates on route closer. If you do not receive updates or would like further information, please phone WSD Transportation at 204-789-0452.

Parent Council Pizza Lunch News!

Each month the Mulvey School Parent Council hosts a Pizza lunch for the students. How great is it that one day per month you don't have to make lunch for the kiddos - we do all the work! ;)

Envelopes will come home with your children two weeks before the due date.

Please be sure you fill out ONE FORM PER CHILD including their first and last name, room number, preference of Cheese or Pepperoni pizza and the number of slices. Please note: We pack the bags per classroom therefore one form per child is needed.

Once all fields are complete please return the envelope back to your child's teacher with the payment sealed inside.

We appreciate your support for the 2022-2023 school year!

Mr. T'Ai Pu and Ms. Christy
Mulvey School Parent Council Chairs

<u>Pizza Orders Due</u>	<u>Pizza Lunch Date</u>
December 12, 2022	December 16, 2022
January 23, 2023	January 27, 2023
February 21, 2023	February 24, 2023
March 20, 2023	March 24, 2023
April 24, 2023	April 28, 2023
May 23, 2023	May 26, 2023
June 12, 2023	June 16, 2023





Congratulations on your
27th Anniversary!



The Misericordia Health Centre Foundation's annual Angel Squad Campaign is something that Mulvey School, The Mulvey School Touring Choir and the entire school community looks forward to every year. A big thank you to all Health Care Providers and those wonderful people that support essential services to recover the health and vitality of our province.

CALLING ALL ANGELS!

Join us in celebrating the Misericordia Health Centre Foundation's
27th Annual Angel Squad!

At Misericordia Health Centre: 7-9 AM Tuesday, November 29.
Angels dressed in gowns, wings and halos will be back in action lining the Maryland bridge to start the holiday season!

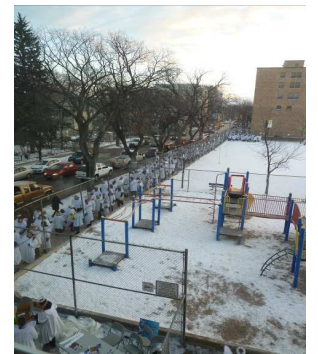
Online: November 29 – December 16, 2022

Visit [misericordiafoundation.com](https://www.misericordiafoundation.com)

<https://www.misericordiafoundation.com/donate.html>

or phone **204-788-8458**

Share some holiday cheer with your gift to MHC this year!



Being My BEST at Mulvey School Count on Me, Count Me in!



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125
126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150
151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175
176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200
201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225
226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250
251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275
276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300
301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325
326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350
351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375
376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400

The Mulvey School Community has worked together to have students that are kind, respectful and good citizens. To highlight these many students and the strong social skills at Mulvey School we have created a large banner that will showcase students and their awesome behaviours and positive actions toward each other. We count on our students to be their best and to always treat each other with kindness.

A Certificate with their name will also be presented to each student who has demonstrated positive citizenship. Occasionally throughout the term we will have a random number generator draw and pick students who have been awarded the certificate.

There are countless ways to show and further promote respect, love, generosity, kindness, compassion, trust, empathy, and so many other great qualities to one another in our school community

With recognition and appreciation of effort in student achievement, congratulations on being awarded the Being My Best at Mulvey School Certificate!

Attendance at Mulvey School

This month, we recognized students who have great attendance so far this school year.

There were:

19 Students with 100% Perfect Attendance and

60 Students with 97-99% Attendance

Coming to school regularly gives an important message to students - that school is valuable and worthwhile and a daily commitment.

Congratulations to all those students and families. Keep up the great effort!

Potatoes:

How to make them even more delicious in a few simple steps!



INGREDIENTS

70 g ($\frac{5}{8}$ cup) butter, melted;
20 g (4 tbsp) shredded parmesan;
 $\frac{1}{4}$ tsp dry garlic;
salt and pepper to taste;
7-8 medium potatoes.

METHOD

Clean potatoes and cut them in half.
On a baking sheet mix together melted butter, parmesan cheese, garlic powder, salt and pepper.
Spread butter-cheese mixture on the tray evenly and layer potatoes cut side down.
Brush potatoes with some extra butter and sprinkle some more parmesan on top.

Potato Nutrition Highlights

- + An excellent source of vitamin C
- + A good source of potassium (more than a banana!)
- + A good source of vitamin B6
- + Potatoes are nutrient-dense complex carbohydrates
- + Potatoes are fat-, sodium- and cholesterol-free
- + Potatoes are only 110 calories per serving

Nutrition Facts

1 serving per potato

Serving size 1 potato (148g/5.3oz)

Amount per serving

Calories

110

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 1.1mg **6%**

Potassium 620mg **15%**

Vitamin C 27mg **30%**

Vitamin B₆ 0.2mg **10%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



MULVEY SCHOOL WINTER DRAWING SCENE



Hello students,

Would you like to participate in the annual Mulvey School Winter Drawing Scene? As in the past years, participation is totally up to you and the picture is completed by using your free time to create an art piece. The picture can be digital in format or drawn Original work wanted, no copy/paste. It can be submitted electronically to tdoherty@wsd1.org, or saved onto S: Drive at the school, or be a hard copy! If it is in hard copy format, please provide the art to your teacher.

All entries are due by Friday, December 9, 2022.

You can use any of the paint programs already installed on the computers/laptops, or you can simply draw your ideas on a 8.5 inch x 11 inch piece of paper using writing utensils. They may Include: crayons, markers, pencil crayons, paints, to list a few. If you need more information or are looking for ideas/themes, please ask your teacher.

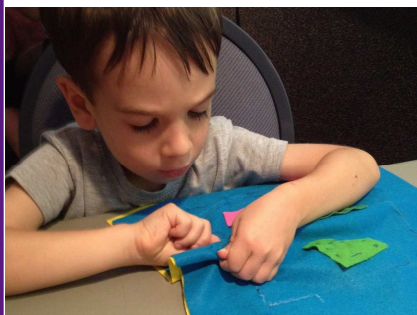


SEWING CLUB

Sewing Club Participation permission letters went home with students in November. In order for students to participate in the club they will need to return the permission slip signed by parent, guardian, caregiver. If required, please call the school office for more information.

Sewing Club will take place from 3:30 - 5:00 PM on Thursdays and begin in January 2023. Confirmation notes of specific dates will be sent home.

Thank you to Ms. Justine and Ms. Millie, instructors running the club. There is no student cost for the Sewing Club. The students will also be provided with a light after school snack. The Sewing Club will take place in Room 1 at Mulvey School.



Please note the program end time is 5:00PM and you must pick up your child from the program, or confirm alternate arrangements with Ms. Justine or Ms. Millie. There are no Crossing Guards when the Sewing Club dismisses.





**FREE
ALL AGES
DROP IN
ART
PROGRAMS**

**616 BROADWAY
WINNIPEG, MB
TREATY 1 TERRITORY**

**MONDAY to SATURDAY
3:30 pm - 7:30 PM**

closed on Sunday

**artcityinc.com
info@artcityinc.com
204-775-9856**

**Masks are optional
and provided
free of charge.**

DECEMBER 2022

By Denise B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 <i>Watercolour Holiday Cards</i> & FILM PHOTOGRAPHY	29 COLLAGE holiday cards & CERAMICS & DIGITAL ART	30 POP HOLIDAY CARDS & CERAMICS	1 SCREEN PRINTED HOLIDAY CARDS & DIGITAL ART & DRAWING CLUB	2 & PAINTER'S LAB	3 CLOSED TO GET READY
5 <i>Festive Photo Set Backdrop and Props</i> YOUTH COUNCIL & FILM PHOTOGRAPHY	6 & CERAMICS & DIGITAL ART	7 <i>Festive Photos and Letters to Loved Ones</i> & CERAMICS	8 & DIGITAL ART & DRAWING CLUB	9 & PAINTER'S LAB	10 INDIGENOUS ART PROGRAM MITTEN MAKING
12 ART CITY CERAMICS PROGRAM PRESENTS WINTER WONDERLAND DIORAMA & FILM PHOTOGRAPHY & DIGITAL ART					17 INDIGENOUS ART PROGRAM MITTEN MAKING
19 MAKE A GIFT FOR SOMEONE B.F.F. BUILD A FURRY FRIEND & FILM PHOTOGRAPHY	20 JEWELRY JAM & CERAMICS & DIGITAL ART	21 SCREEN PRINTED T-SHIRTS & TOTE BAGS & CERAMICS	22 & DIGITAL ART & DRAWING CLUB	23 THE Art City HOLIDAY SPECIAL	24 Closed Happy Holidays
26 Closed Happy Holidays	27 & CERAMICS & DIGITAL ART	28 & CERAMICS	29 & DIGITAL ART & DRAWING CLUB	30 & PAINTER'S LAB	31 INDIGENOUS ART PROGRAM presents SHIMBY FUN TIME NEW YEAR'S EVE!



BOOKWORMS ZOOM CODE CAN BE OBTAINED ONCE PERMISSION SLIP HAS BEEN FILLED OUT ON OUR WEBSITE *** westbroadwayouthoutreach.com ***



DECEMBER 2022

Questions?
Comments?
(204) 774-0451
wbokids@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>3:00pm - 4:30pm Snack Time /Bookworms (By Sign Up)</p> <p>3:00pm - 6:15pm Homework Club /Free Play</p> <p>6:30pm - 8:25pm Small Time Fun Pack (Meet At WBVO By 6:15pm)</p>	<p>6</p> <p>3:00pm - 4:30pm Snack Time /Bookworms (By Sign Up)</p> <p>3:00pm - 8:25pm Kids Laundry Night</p> <p>4:00pm - 5:25pm Jam Session</p> <p>5:30pm - 6:25pm Yoga Party</p> <p>6:30pm - 8:25pm Dreams /Family MEGA Bingo Night</p>	<p>7</p> <p>3:00pm - 4:30pm Snack Time /Bookworms (By Sign Up)</p> <p>3:30pm - 8:25pm After School Program (At Mulvey School)</p> <p>3:00pm - 5:55pm Videogame Pizza Party (With 5+ Pages Of Homework)</p> <p>6:00pm - 7:55pm Homework Club /Free Play/Yum Yum Club</p> <p>8:00pm - 8:25pm Grocery Giveaway</p>	<p>8</p> <p>3:00pm - 4:30pm Snack Time /Bookworms (By Sign Up)</p> <p>4:00pm - 5:15pm Arts & Crafts (Pickup at Mulvey School)</p> <p>5:30pm - 8:25pm Team Sports Night (Pickup at Mulvey School)</p> <p>8:30pm - 10:00pm B-Ball Training (For Homework Club Kids Only /Pickup at Mulvey School)</p>	<p>9</p> <p>3:00pm - 4:30pm Snack Time /Bookworms (By Sign Up)</p> <p>3:00pm - 6:25pm Homework Club /Free Play</p> <p>Program Closed at 6:25pm For Staff Holiday Supper</p>
<p>12</p> <p>3:00pm - 4:30pm Snack Time /Bookworms (By Sign Up)</p> <p>3:00pm - 6:15pm Homework Club /Free Play</p> <p>6:30pm - 8:25pm Small Time Fun Pack (Meet At WBVO By 6:15pm)</p>	<p>13</p> <p>3:00pm - 4:30pm Snack Time /Bookworms (By Sign Up)</p> <p>3:00pm - 8:25pm Kids Laundry Night</p> <p>4:00pm - 5:25pm Jam Session</p> <p>5:30pm - 6:25pm Yoga Party</p> <p>6:30pm - 8:25pm Dreams /Nathaniel's</p>	<p>14</p> <p>3:00pm - 4:30pm Snack Time /Bookworms (By Sign Up)</p> <p>3:30pm - 8:25pm After School Program (At Mulvey School)</p> <p>3:00pm - 5:55pm Videogame Pizza Party (With 5+ Pages Of Homework)</p> <p>6:00pm - 7:55pm Homework Club /Free Play/Yum Yum Club</p> <p>8:00pm - 8:25pm Grocery Giveaway</p>	<p>15</p> <p>3:00pm - 4:30pm Snack Time /Bookworms (By Sign Up)</p> <p>4:00pm - 5:15pm Arts & Crafts</p> <p>5:30pm - 8:25pm Homework Club Outing (If Registered By November 14th) (MULVEY SCHOOL CLOSED)</p>	<p>16</p> <p>3:00pm - 4:30pm Snack Time /Bookworms (By Sign Up)</p> <p>3:00pm - 6:25pm Homework Club /Free Play</p> <p>6:30pm - 7:30pm BookJam/Kids World /2022 Straight-A-Effort Annual Holiday Party With Limo Pickup And Drop Off (By Invitation ONLY)</p>
<p>19</p> <p>3:00pm - 4:30pm Snack Time /Bookworms (By Sign Up)</p> <p>3:00pm - 6:15pm Homework Club /Free Play</p> <p>6:30pm - 8:25pm Small Time Fun Pack (Meet At WBVO By 6:15pm)</p>	<p>20</p> <p>3:00pm - 4:30pm Snack Time /Bookworms (By Sign Up)</p> <p>3:00pm - 8:25pm Kids Laundry Night</p> <p>4:00pm - 5:25pm Jam Session</p> <p>5:30pm - 6:25pm Yoga Party</p> <p>6:30pm - 8:25pm Dreams /Nathaniel's</p>	<p>21</p> <p>3:00pm - 4:30pm Snack Time /Bookworms (By Sign Up)</p> <p>3:30pm - 8:25pm After School Program (At Mulvey School)</p> <p>3:00pm - 5:55pm Videogame Pizza Party (With 5+ Pages Of Homework)</p> <p>6:00pm - 7:55pm Homework Club /Free Play/Yum Yum Club</p> <p>8:00pm - 8:25pm Grocery Giveaway</p>	<p>22</p> <p>5:00pm - 8:25pm WBVO's Annual Family Holiday Supper (At Mulvey School) (If Registered By November 14th)</p>	<p>PROGRAM CLOSED 23</p> <p>WINTER HOLIDAYS</p> <p>SEE YOU ON TUESDAY</p>
<p>26</p> <p>PROGRAM CLOSED</p> <p>BOXING DAY</p> <p>SEE YOU ON TUESDAY</p>	<p>27</p> <p>10:30am - 6:00pm Winter Break Mystery Outing (Dress Warm)</p>	<p>28</p> <p>10:30am - 6:00pm Winter Break Mystery Outing (Dress Warm)</p>	<p>29</p> <p>10:30am - 6:00pm Winter Break Mystery Outing (Dress Warm)</p>	<p>30</p> <p>Dec 30th 1:00pm - Jan 2nd 1:00pm 9022 Annual Reading Challenge Super Sleepover & Outing (Kids Who Read 2+ Books In 2022 And Helped Us To Reach 90224 Books)</p> <p>Happy New Year!!</p> <p>(Happening Only If Our Goal of 9022+ Is Reached)</p>

DECEMBER'S FAMILY CHALLENGE: THE FAMILY WHO SENDS US THE BEST PICTURE OF THEM AND THEIR SNOW PERSON FAMILY WINS DECEMBER'S SUPER PRIZE!

WEST BROADWAY YOUTH OUTREACH





December 2022



Monday

Tuesday

Wednesday

Thursday

Friday

			1 Pow Wow Club @ noon Coach Parent Evening	2 Day 1
5 Day 2 Choir @ 12:30	6 Day 3 Skate Club at Noon National Day of Remembrance & Action on Violence Against Women	7 Day 4 MYRCA book club @ noon	8 Day 5 Pow Wow Club @ noon	9 Day 6 Mulvey School Students and Staff at Kelvin High School for Holiday Breakfast
12 Day 1 Pizza Orders Due Parent Council Google Meet @ 5:30 PM	13 Day 2	14 Day 3 MYRCA book club @ noon	15 Day 4 Winter Concert 1:30 PM and 6:30 PM	16 Day 5 Pizza Lunch @ 12:00pm
19 Day 6 Last Day for Lost and Found pick up. All left overs will be donated	20 Day 1 Grade 1 - 3 Balmoral Hall Holiday Party @ 9:00AM Coach Holiday Feast	21 Day 2 School Wide Waffle Breakfast for Students @ 10:00AM Last day before Winter Break		



Some dates are subject to change

DATES TO REMEMBER

Please mark the following important dates on your calendar (watch for changes in future newsletters).

Date	Event	Cycle Day
Dec. 22 - Jan. 4	Winter Break ~ No School	
Jan. 5	School Resumes	3
Jan. 20	Non-instructional Day ~ No School	2
Feb. 3	Non-Instructional Day ~ No School	6
Mar. 16	Parent Teacher Student Evening	4
Mar. 17	Parent Teacher Student ~ No School	5
Apr. 14	Non-Instructional Day ~ No School	1
May 1	Non-Instructional Day ~ No School	6
June 30	Last Day of School	1

S how Respect and Responsibility
A lways come Prepared and On Time
F eet and Hands to Yourself
E veryone Learns Together

BE YOUR BEST

B elieve
E xcel
S uccceed
T ogether

