## **November 2022** Newsletter

Peter Correia - Principal Naomi Ginsburg - Vice Principal

The Winnipeg School Division

www.winnipegsd.ca/schools/mulvey Twitter @mulveywsd

#### Dear Parents/Guardians:

October was another great month of learning at Mulvey. and we are all very excited to continue with our successes into the month of November. This past month saw our Marvelous Mulvey students engaged in a wide variety of lessons in all curriculum areas, as well in the arts, sports, drama and citizenship. Our students, staff and parents also were very actively involved in the Terry Fox Foundation to raise funds and awareness for Cancer research. The Mulvey School Community was able to fundraise \$1 133.00, a very sincere thank you to all! This year, the student leadership team will focus on helping the Meals 2 Go Program and other positive community initiatives. They will also have opportunities to meet virtually with other students from around the city to promote better nutrition.

October's themes for the Pro-Social Program were Friendship, Storytelling, Acts of Humility and Peace. The Second Step and Kids in The Know lessons taught in the classrooms focused on these themes as well. Many kits and other appropriate resources were also be made available to students and teachers on these topics.

The Remembrance Day Assembly will take place at the school on Thursday, November 10th at 9:10 a.m.

This month parents, guardians, caregivers and families will receive their child's first assessment package for the 2022 - 2023 school year. Letters requesting your preferred Parent Teacher Student Conference time were sent home in October. Please return the request forms to the school by November 2, 2022.

Parent/teacher/student conferences have been scheduled for November 17th from 4:30 p.m. - 8:30 p.m. and November 18th from 9:00 a.m. – 3:30 p.m. Appointments will be virtual, by telephone or in-person at the school. Reports cards and appointment times will be sent home on November 15. We will make every possible effort to schedule you for your preferred time. Please make every effort to set time aside to participate in the appointment. Report Cards are always an extremely important review and help in setting next steps and goals for your child.

Mr. P. Correia, Principal



## Features

Please consider joining us at our **Remembrance Day Assembly** On November 10, 2022 at 9:10 a.m.



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WINNIPEG SCHOOL DIVISION

# 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.

118 students received Acts of Recognition stickers in the month of October.

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 your child, or any student parent, community member, please email Mr. Correia (pcorreia@wsd1.org) or Mrs Ginsburg (nginsburg@wsd1.org).

Aaron	Elyas	Khalid	Omar
Adina	Emga	Kylie	Onak
Akwar	Emilio	Lado	Perwitto
Aleena	Felicity	Larissa	Raeanne
Alexander	Frankie	Lauren	Rayyan
All students in Rm. 19	Freddy	Lejla	Rebecca
Ameliya	Gabriel	Leonardo	Richard
Amen	Gideon	Lilianna	Rowena
Anas	Greyson G.	Lillian	Rufta
Andre	Greyson S.	Lorraine	Saboor
Anne	Harrison	Malakai	Samuel W.
Arsema	Haydence	Matthias	Satya
Asma	Henry	Meg	Sebastien G.
Assad	Hibiki	Milo	Silver
Aubreyanna	Imran	Mohammad	Sofiia
Axel	Isley	Muhammad	Sophia
Aylah	Jamal	Mosana	Students in Rm. 20
Barnabas	Jaxon	Mukhlis	Students on Bus 54
Bella R-B.	Jayce	Mulvey School Choir	Trinity
Brady E.	Joan	Muntaha	Tristan
Cassius	Jurmella	Muqbil	Tymofii
Cataleya	Jurnee	Nathan F.	Tyrus
Charlie	Jurron	Nathan S.	Ugo
Claire	Justice	Nayana	Wyndham
Distance	Kailynn	Nohr	Yodit
Eira	Kaitlyn	Olansis	Ziham
Elna	Kaleb	Oleksandr	Zoey

October Acts of Recognition						
		The state of the s	7	The	<b>S</b>	
Courage	Honesty	Humility	Wisdom	Respect	Truth	Love
12	8	16	17	22	16	37

## Nursery AM Kindergarten AM/PM Ms. N. Schneider

As we welcome the fall season, we have been moving into the exciting unit entitled "Apples and Pumpkins". Over the next several weeks, your child will continue to be involved in a variety of activities, including: creating apple patterns, graphing apples by colour and taste, ordering apples and pumpkins by size, making apple prints, sorting apples and pumpkins, using a variety of sorting rules, as well as reciting apple and pumpkin poems and songs. We will continue to practice thematic songs that will highlight the musical creativity and develop active listening skills and following directions.

For our Literacy Programming, we developed the love of reading by choosing books based on interest, then, looking at the pictures, and sharing ideas about the story.

Thank you so much for your continued support. I am looking forward to another exciting month on our learning journey.



#### Grades 1 & 2 - Ms. S. Gomes

Hello families! We continue to get to know each other and are working on building respectful friendships with one another. We have also been practicing our classroom routines and transitions every day. This past month, we took the time to discuss the importance of respecting and loving the people around us to honour the National Day for Truth and Reconciliation. We were also able to decorate an orange shirt as a classroom and display it outside our school along side all the other classroom's orange shirts. The children were full of beautiful ideas and examples of how we can show kindness and love to those around us. I am so proud of them! We were able to start our classroom Read to Me Framework as well this past month. We are on our way to becoming more confident readers and writers. For math, we have been working on our numeracy skills by reviewing counting forward and backward, using our subsidizing skills, working on simple addition, and working on patterns. I am very excited to be a part of all the learning taking place!



## Kindergarten AM Nursery Kindergarten PM Ms. H. Dumond

October was a busy month in Kindergarten! We have been working hard learning new letters of the alphabet. Each letter is introduced individually. We learn how to identify and print each letter using both uppercase and lowercase. The students also learn the sound that it makes and identify words that begin with the letter. This past month we learned about Bb, Tt, Dd, and Rr. We have also learned some new math games this month that reinforce concepts we are learning about including roll a pumpkin, domino parking lot, and number matching.

We talked about what we are thankful for and received a generous donation of fruit. Using this fruit, each student had a turn to cut and mix their own bowl of fruit salad. Of course they got to taste their hard work too!











#### Grades 1 & 2 Ms. E. Paragas

For ELA, we worked on developing our reading fluency and comprehension through daily practice of reading basic sight words, word families, sentences, and stories. We have Reading Buddies with Room 19 every Day 2.

In Math, we are working in groups to practice various skills like: counting objects, adding and subtracting numbers, making tens, and making patterns. We also practice various skills like counting collections, adding/subtracting numbers, making tens, making patterns, identifying numbers before and after the given number, rote counting forward/backward from 1 to 100, and skip counting by 2s, 5s, 10s to 100.

For Art and Music lessons, we sing songs like: The Body Parts", "Please and Thank You", "Respect Song", "Adding Doubles 1-10", and "The Big Number Song". We do Mandala Art on Day 5.

In Science, we studied about body parts, the five senses, living things and non-living things, and the fall season. In Social Studies, we discussed ways of showing LOVE and RESPECT. We will practice writing PAX Tootle Notes This note entitles personal recognition, praise, and honours for helping make our school a wonderful place every day.

We also discussed about the Second Step Program and we will continue to use some strategies to develop concentration and active listening skill: eyes watching, ears listening, voice quiet, and body still.





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

Our wonderful students have been very busy. Their routines have been established, and the students have been busy learning at their own pace. Many of the students have been enjoying learning how to use their AAC devices and participating in morning carpet time and using their new voices. Our new SLP has been working closely with both the students and adults in the room to help facilitate the use of

Proloquo. The students have been busy learning about the changes that happen in the fall and have created beautiful artwork using leaves they have collected from outside. Just a friendly reminder that we go outside everyday and to dress your child for the weather.



#### Grades 1 & 2 Mr. K. Wiens

Hello Families,

This month, we focused on being thankful for who we are, what we have, and what we want for our world. This worked nicely with the thankful turkeys we made and how we honoured the National Day for Truth and Reconciliation by decorating an orange shirt that showed all we are proud of as a class (which was displayed outside our school along side other orange shirts made by all the other classrooms in our school). We also started our "Read to Me" reading and writing groups that help us become more confident readers and writers. In math, we focused on our counting skills and worked on counting by 1's, 2's, 5's, and 10's as well as beginning to dive deeper into understanding patterns.

Happy learning!



Grades 3 & 4 Ms. A Luka

We are sure lucky to be experiencing a lovely fall season as October slowly fades away. The students have been working hard continuing to grow our classroom community! We have been studying magnets and their forces used to attract or repel objects. In math, we are focusing on knowing our addition and subtraction facts as well as reinforcing different strategies such as counting on and using a number line. We are now able to represent numbers in many different ways such as base ten blocks, number sentences and expanded form. In social studies we have been focusing on learning what it means to be a citizen of a classroom "as well as Canada." In English Language Arts we continue to learn about conventions and ideas in writing as well as the importance of expression and fluency in our reading. This month, we will continue to develop our math strategies as well as continuing to work on voice and organization

in our writing.

#### Grades 2 & 3 Ms. K. Rosenberg

I hope everyone has been enjoying the beautiful fall weather, and watching the colourful leaves fall from the trees. Seeing all the leaves outside made us think about descriptive words related to fall; we had a lot of fun writing and decorating creative acrostic poems!

In October, students finished designing their very own communities, and started to create convincing writing pieces about why their community would be a great place to visit! We also continued to study healthy living in science, looking at Canada's Food Guide.

Throughout November, we will be studying Growth and Changes in Animals in science. We will further develop our understanding of our Canadian community in social studies. Students have shown a great love for learning math in our classroom! We have been learning a variety of ways to represent numbers, practicing our math facts, and have been enjoying our DreamBox Program. We will be learning more about place value, patterning and will continue to develop our math strategies. In English Language Arts, we have recently begun the Read to Me Framework. In small groups, students are building upon reading strategies, word work skills, and understanding sentence structure. On another note, our spelling program is up and running! As a reminder, students will bring home their spelling words on Mondays with Spelling Challenges on Fridays. Please continue to read for 15-20 minutes each evening. Thank you for your continued support. I am looking forward to another wonderful and exciting learning month with all of you!







#### Grades 4 & 5 Mr. B. Papineau

Hello families. October was a busy month, and your students have adapted well to our classroom routines. In math, we worked on daily activities such as problem solving, math drills, and are working on multiplication and division in our more formal lessons. In our Words Their Way Spelling Program, we've made progress with spelling rules and all students are showing growth. In Social Studies we are working on our projects about Manitoba. Students have been working on their writing and editing skills and enjoying local author David A Robertson's novel, "The Barren Grounds". In the next while, we will be learning about Remembrance Day, what it is and why we observe it. The students have been learning the classic poem "In Flanders Fields" and will be filming our recital of it for the Remembrance Day service to be held here at

Please ensure that your child is reading at home every single evening for at least twenty minutes. Reading at home is one of the most important things your child can do to help them develop academic and intellectual skills and a basis for success in their future.





Mulvey School Parent Council will be running the annual Bothwell Cheese fundraiser in November.

Please watch for the order forms coming home.

All order are due November 24, 2022 Delivery pick up date December 16, 2022

#### Grades 5 & 6 Mr. B. Kussin

This month is shaping up to be a tremendous one. The students are beginning to apply the skills they already possess and new ones they have learned so that they



may "Earn Their Learning" which is one of the core goals of the class this year. In Social Studies, we are looking at the different forms of governments to help us improve our understanding of world events. We will also have a look at the rights and responsibilities of citizens in a democracy. In Language Arts, our focus is on writing, specifically learning how to write proper paragraphs using the definition and elements of a paragraph and graphic organizers to help plan our ideas. In Science, we will continue to advance our understanding of the solar system and the many interesting concepts that go along with it such as why we have day and night, seasons and solar and

lunar eclipses just to name a few. In Math, we are developing our problem solving and flexible thinking skills to help us think of a variety of ways to understand math concepts and solve problems.



#### Grades 3 & 4 Ms. W. MacKenzie

I hope you have all been getting out and enjoying the lovely fall weather!

Throughout November, we will be continuing our study of Rights and Responsibilities and reviewing the provinces and territories of Canada. In English Language Arts, we will continue to work on sentence structures, descriptive words and editing. In Math, we will be continuing to learn more about place value and time. In Science, we have been exploring sound.

Thank you to those families who are supporting their child's learning by reading for 15-20 minutes each evening. It a fantastic way for students to maintain and build upon their current reading skills. When you have a few minutes during a walk or on a drive, it is a great opportunity to practice counting forward and backward by 2's, 3's, 4's, 5's and 10's. Knowing how

to skip count is very useful for students in order to do multiplication and division and to count objects more efficiently.

I look forward to connecting with you during Parent/
Teacher interviews on
November 17<sup>th</sup> and 18<sup>th</sup>. This is a wonderful opportunity for you to discuss your child's strengths and next steps.



#### Grades 5 & 6 Ms. C. Fraser

best to have fun doing it.

Happy November to our mulvey families, friends, and community!

We have been exploring many things from weather and how it affects humans and wildlife (science), to First Peoples of Canada and how the various groups across Canada lived differently according to resources and landscape (Social Studies). We have also been working on various areas in math from measurement to multiplication and a plethora of concepts in English Language Arts, From sentence structure, to juicy descriptive wording and details in story writing, to the three aspects of reading that we need to focus on, Comprehension (understanding), decoding (sounding out the words), and fluency (reading with flow and attending to punctuation). We will of course continue our work in all areas and try our very

A phrase that I have been talking to the students about is this, "When your brain finds

something challenging and hard, you are in a position where you are learning". When we are in a state of ease and familiarity, our brain is not being challenged to learn something new. It is important to push ourselves and to believe that we can accomplish what we put our minds to. I hope this sentiment resonates with our families, and that this message can be a joint effort from both school and home.

We are very excited to see that some of our new class room books and games have arrived. We have been exploring these and having fun working together to figure out how the games work and to enjoy some quiet time reading and journeying to far off places and learning about new things. Please take the time to ask your kids about the games and books we have been exploring. I look forward to speaking with you at our upcoming conferences.





#### Grades 2 & 3 Mr. J. Truss

We kicked off Math studies by focussing on place value. We have also started doing daily Dreambox sessions that are at the appropriate level for the individual student. This program may be accessed from home, and I will provide an information sheet at the upcoming parent teacher conferences on how to do this.

In Social Studies we have been studying communities with the class developing a greater understanding of needs versus wants.

In Science, we have begun the year by focussing on healthy living. We will next turn our attention to a unit that will have us learning about structures.

This month we will be continuing with the "Read To Me" literacy program in our classroom which provides daily small group instruction for all students.

I look forward to meeting with all families at the upcoming parent teacher conferences. If you are not able to attend at your scheduled time, please contact me through the school office to make alternative arrangements.

With the weather turning colder, and the need to begin to wear winter clothing, I encourage everyone to try and label clothing items if at all possible. By putting your child's initials and our room number on a label or tag it will make it much easier to identify items and make them less likely to be lost.



Grades 5 & 6 Ms. C. Vande Graaf
We have had a very busy month here
in our classroom. We have been
continuing to learn about Canada and
have started taking a closer look at
the different symbols of Canada and
all the provinces and territories. Did
you know that the provincial flower of
Manitoba is the Prairie Crocus? We



are also looking at and trying to draw the flags for all the provinces and territories. Some of them are very intricate and tricky. We have also been participating in the Student Vote program. We have learned about how the Canadian Government works and have done some research on the different candidates running for mayor in Winnipeg. After our research we voted within our class to see who we would want to be our new mayor. In math, we are continuing to learn about place value and are practicing adding and subtracting with large numbers. We have been learning how to solve these questions both horizontally and vertically. In Science, we are continuing our inquiry into the Oceans. We are

currently learning about all the different zones of the ocean. We have been especially intrigued by the Abyssopelagic and the Hadopelagic Zones. The animals that live in the deepest part of the oceans are very strange and interesting to learn about. Have you ever seen an Angler Fish or a Dumbo Octopus?





#### REMEMBRANCE DAY ASSEMBLY



You are welcome to join our Assembly on November 10th at 9:10 a.m. to commemorate Remembrance Day.



Lest We Forget

#### Coach Program Ms. P. Solmundson

Students are continuing to gain momentum as we move through fall. Halloween was a fun time with a little costume party celebration which everyone deserved. Students are enjoying our classroom Novel Study, Holes. Students enjoy making predictions and relating to the various characters. In Art class at Mulvey, we are proud of the great work we did on our own plaster masks of ourselves. It was an involved project and included students getting messy. They really embraced it and had fun! Our field trip to the Leaf Gardens at Assiniboine Park to see the touring totem pole was awesome. We went to see the beautiful giant totem pole and then settled down in the Indigenous Garden fire circle where we had the opportunity to engage in a smudging ceremony and then moved on to draw and decorate our own totem features, gaining inspiration from the wonderful artwork and nature around us. In Science, students have been learning about the Carbon Cycle. We studied the habitat of pond life which culminated in a game called Big Fish. The students were excited for our outing to Deer Meadows Farm where we enjoyed walking

> through the maze, playing some fun games, and enjoying the wagon ride to view the European

Deer. We look forward to sharing more news with

vou next month.



October was a busy month! On the 7<sup>th</sup> we were lucky to all enjoy an awesome Thanksgiving lunch, thanks to Coach Ashten! We had fun at Deer Meadow Farms on the 20<sup>th</sup> going through the corn maze, hanging out with the animals and having a wagon ride through the deer field. Some students started a reading program at the Humane Society called See Spot Read. Students read to their dog for 10 weeks. We also went for social studies to the Leaf Gardens to see the new totem pole in honour of residential school survivors. Students worked on creating their own totem pole. In November, we're going to be learning about our veterans and what Remembrance Day means and participating in the Mulvey assembly. Miss Brenna will be finishing our Inuit mask project with the students. Everybody in the class has been working hard on Daily 5 each day and our reading and writing skills are improving so much. We will be starting Roots of Empathy and we will get to meet this year's baby Rey! Report cards will be sent home on November 15th

and Parent Teacher Conferences are





# ifetouch



**School Picture Retake Day** November 15, 2022 @ 1:00 P.M.

If you would like picture retakes, or you student missed the original picture please be sure your child is ready with a smile. If you child is an AM student we ask that parents bring their child to have retakes anytime after 1:00 PM For Tips on preparing for photo day

visit https://lifetouch.ca/

Questions call Lifetouch at 1-866-457-8212 or email: questservices@lifetouch.ca

## Welcome to Physical Education Mr. Ambaye

Physical Education programs are essential in teaching children movement skills with application to simple activities that are active and simple to children to understand. During the month of October, the emphasis was on the acquisition of the fundamental skills of soccer such as kicking, stopping, dribbling, shooting, etc. Grade 4 to 6 students have been also working on the fundamental skills of volleyball.

Mulvey Grade 5 & 6 students participated in the Winnipeg School Division Central District Soccer Tournament on October 4 & 5, 2022. They did very well at the tournament and they deserve our gratitude for representing our school with good sportsmanship!!

Our school was proud to host our own Terry Fox School Run on October 20, 2022. We exceeded our Fundraising Goal of \$1 000.00 and were able to raise \$1 133.00 in support of Terry Fox Foundation. As part of our fundraising activity Mulvey students run/walk a total of 60 kms in 20 days during their scheduled Phys-Ed classes to honor Terry's legacy.

In addition to our Physical Education classes, students will be given

opportunities to participate in our "Before School" as well as "Lunch Hour" Intramural Activities to develop movement skills, personal fitness, and

enjoyment.



## Welcome to Artist Alley Ms. Brenna

The start of the year has flown by! I am so pleased with how quickly everyone has jumped into their Inuit themed Balance art this year!

The Gr. 1/2 classes have been practicing their cutting skills while learning to draw animals in a way that highlights shape and creative thinking. Their shadow creatures are coming along and soon they will be able to focus on arranging all their shadow animals in a balanced way. The Gr. 2/3's have learned how to mix up skin colours using paint and have painted the canvas they are going to use to make a doll that looks just like they do! Their mini-me's are slowly taking shape!

Featured in this month's Artist Alley are the Grade 3/4's and COACH students. They have been studying the

art of Inuit facial tattoos and the meaning behind them. They are right in the middle of creating their very own mask sculptures using plaster bandage strips to build the masks right onto their faces! The next step will be to apply their own "identity tattoos" to their mask sculpture.

The Grade 4/5's have begun creating their own story quilts with a focus on visual balance. They have started cutting out the felt pieces they will eventually sew to tell their stories.

Finally, the Grade 5/6 students have been carving their animal stamps and will soon get to try out printmaking with their very own relief cuts!

It has been a busy start to the year! I have enjoyed the enthusiasm everyone has taken towards our art this year so far. I continue to look forward to watching everyone learn and grow as we keep exploring Balance and Inuit art together!

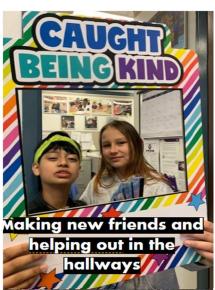


## PRO-SOCIAL THEMES OF THE MONTH:

## Friendship

## Storytelling Acts of humility

Peace



Mulvey School's pro-social initiatives have been established since the beginning of the school year and are continuing to expand! Students who are "Caught Being Kind" are photographed and featured during our Monday morning assemblies. We are pleased to have so many staff and students that are committed to making a difference and working towards a cooperative and kind community. We have reviewed our Mulvey S.A.F.E. acronym and we have also spent time learning about how we can positively interact with our peers using Conversation Cards.

We read a story called, "Trudy's Rock Story" by Medicine Wheel Publishing that helped to extend our thinking about dealing with emotions and the lessons we can learn from our elders and those who are more experienced

In anticipation of our Remembrance Day service, we explored the theme of peace and what it can look, feel, sound, taste and smell like. We learned about symbols of peace and practices. Beginning in November, our classrooms will take over the presentations during our live assemblies in the gymnasium.





### Frequently Asked Questions

## SafeArrival for Families FAO

#### 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)

- 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.
- Go to the website.
- Click Sign Up to create your account.
- Select Attendance from the menu, then select Report an Absence

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

- Call the toll-free, interactive telephone system.
- 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

## 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.winnipegsd.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



## **Potato Soup Recipe**

2 lbs. of Potatoes scrubbed, peeled, and chopped

2 medium Onions Chopped

Water to cover potatoes

3 cups of whole milk

4 tbs. butter

Optional Protein: chopped ham

Cover potatoes with water in a large soup pot.

Cook over medium heat until fork tender, about 20 minutes. Remove from heat and drain.

Add milk and butter to the potatoes. Place back on medium heat and allow milk to bubble slightly around the edges of the soup pot, about 5 to 10 minutes.

Remove from heat and ladle into soup bowls.

Serve with salt and pepper to taste.

#### **Nutritional Information**

Calories: 171kcal | Carbohydrates: 18g | Protein: 5g | Fat: 8g | Saturated Fat: 5g | Cholesterol: 24mg | Sodium: 100mg | Potassium: 589mg | Fiber: 2g | Sugar: 4g | Vitamin A: 325IU | Vitamin C: 13mg |

Calcium: 139mg | Iron: 3.7mg



## **Community and School Safety**

Mulvey School and The Winnipeg School Division believe that the safety and security of everyone in the Mulvey School Community is a priority.

Please take some time to review these very important reminders regarding personal safety in the community, travelling to and from school and once at school.

- Plan after school activities with your parent/guardian in advance.
- Plan your route to and from school, stay and travel on main streets.
- Always cross the streets at intersections and make eye contact with the driver who is stopped.
- Listen to the crossing guards and patrols and obey the traffic signs and signals.
- Stay on the sidewalks.
- Walk together with family or friends.
- Go directly to school and go directly home
- If you arrive at school late, remember to sign in at the office.
- Do not talk to strangers.
- Report any suspicious activity to a trusted adult.
- Report any stranger to the school office immediately, as all visitors are required to report to the school office.

Let's all continue to work together to keep everyone safe together.



## Parent Council News...

The Mulvey Parent Advisory Council is looking for some extra hands to help out with assembly and distribution of fundraising activities. It's a lot of fun and a great way to be involved at school and meet other Mulvey parents and caregivers!

Kernel Popcorn Delivery Nov. 17th

Coming up New Bothwell Cheese fundraiser November/December Delivery Date Dec. 16th





Hello Parents, Guardians, Caregivers and Families.

Ms. Justine Kiwanuka

## **Activities and Programs**

**Food Donations:** Mulvey school is very thankful to both the WSD Food Rescue and Maple Leaf Foods for their generous supply to support the community we serve. Food distribution continues to be on Wednesdays starting at 8:40 AM. I would like to remind you to be kind and protective of the environment, by remembering to bring your own bag or two so as to be able to carry the food items. We give out what we receive in the quantity and quality we receive it. We will also continue to receive hams and sometimes chicken, depending on the availability from Maple Leaf. Just a reminder that we will continue to send you the information on a Tuesday afternoon, and the food pick up is on Wednesday morning. If you are not able to pick up the food at that time and you need food, please call me or the school and requests a later pick up or ask your package to be put aside. Please watch out for the School Messenger announcements sent out from the office on Tuesday afternoons informing you of what food items we have available.

**Painting Classes:** If you are interested in participating in painting classes, please let me know. Classes are done in partnership with other schools and they done in the comfort of your home on Zoom.

Book Club: The club had a meeting in October with the kids. The enthusiasm is high and the little readers' group has more books now to choose from. If you are in the school, stop by my office with your child/children and get a book child book together. you want your involved the club. please contact me at 204-786-3469 or email me jkiwanuka@wsd1.org I will be in touch with the child at the school.

Cooking and/or Baking: In October families and parents joined the cooking sessions, it was a Canadian Mac and Cheese with chicken/ham. It was so good to see many of you with the children cooking together. As mentioned last month, we will be sharing and celebrating cultures within the cooking and baking sessions. We will be cooking together again in November. I am waiting to know/hear from you, which country we will be celebrating in our November cooking. In December we will be baking together, let us do seasonal/Christmas baking together. Please contact me if you want to be part of the cooking/baking sessions at 204-786-3469 jkiwanuka@wsd1.org, Suggestions are welcome.

**Dental Program** The kids had their first appointment with the U. Of M School of Dentistry in October. Everything went well. Please continue to watch for more information on your child's dental treatment as there will be follow-ups and/or referrals from the appointment.

## **Upcoming Programs**

Sewing sessions: If you want your child to participate, please let me know.

Clothing: Winter gears If you have requested for winter wear, I have placed your order and I am waiting to hear back from Koats for Kids. Once your order is in you will be contacted. I also included your contact, you may be contacted directly. If your child needs a winter wear, Please, let me know and I will press an order. Send me the sizes of the child both jacket and boots if you need both, the gender and your phone number. Again, please know that these are gently used winter wears, not very new.

**Volunteers:** We are looking for volunteers on Tuesdays and Wednesdays. If you have a couple of hours on Tuesdays to assist with getting the foods ready for Wednesdays. Also on Wednesday mornings to assist putting the food out and assisting parents and families as they pick up the food.





Please remember lunch program microwaves are to be used for warming food only and not for cooking the food. There are a large number of students requiring the use of the microwave which only permits the warming of food. Thank you for your support & understanding.





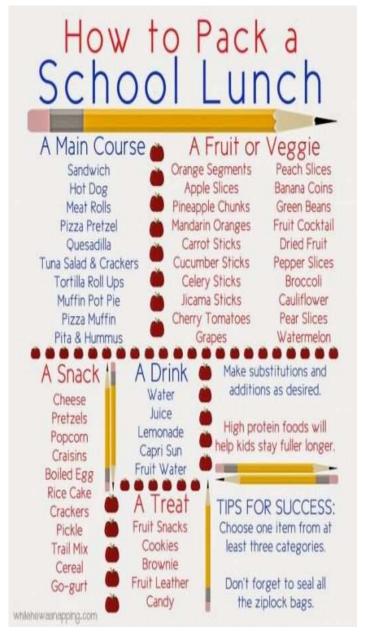


#### **LUNCH PROGRAM NEWS:**

If your child is staying at school for lunch, please be sure you have filled out the registration form. You must fill a new application form out each year.

Children are not allowed to leave the school ground for lunch unless they are signed out by a parent or guardian.

If being viewed online, link to program information HERE



Mon	Tue	Wed	Thu	Fri
	1 Day 3	2 Day 4	3 Day 5	4 Day 6
Soccer (gr 1&2) 12:00-12:30 Soccer (gr 3&4) 12:30-12:55 Soccer (gr 5&6) 12:30-12:55 Volleyball Practice 12:30-12:55 Skate club: 12:00-1:00 Skate club: 12:00-1:00	PD No classes	Before school (Rm 21&23) Soccer Intramural (gr 3&4)	Before school (Rm 18&19)	Before school (Rm 17&20) Soccer intramural (gr 5&6)
7 Day 1	8 Day 2	9 Day 3	10 Day 4	11
Before School (Rm 5, 7 & 22) Soccer Intramural (gr 1&2)	Before School (Rm 13&16)	Before school (Rm 21&23) Soccer Intramural (gr 3&4)	Before school (Rm 18&19) Volleyball practice	Remembrance Day  No Classes
14 Day 5	15 Day 6	16 Day 1	17 Day 2	18 Day 3
Before School (Rm 5, 7 & 22) Soccer Intramurals (gr 1&2) Volleyball Practice	Before School (Rm 13&16) Skate Club	Before school (Rm 21&23) Soccer Intramural (gr 3&4)	Before school (Rm 18&19) Volleyball practice	Parent Teacher Conferences all Day No Classes
21 Day 4	22 Day 5	23 Day 6	24 Day 1	25 Day 2
Before School (Rm 5, 7 & 22) Soccer Intramurals (gr 1&2) Volleyball Practice	Before School (Rm 13&16) Skate club	Before school (Rm 21&23) Soccer Intramurals (gr 3&4)	Before school (Rm 18&19) Volleyball practice	Before school (Rm 17&20) Soccer intramural (gr 5&6)
28 Day 3	29 Day 4	30 Day 5		
Before School (Rm 5, 7 & 22) Soccer Intramurals (gr 1&2) Volleyball Practice	Before School (Rm 13&16) Skate club	Before school (Rm 21&23) Soccer Intramural (gr 3&4)		

Student Registration 2022-2023

It is important that you keep your child's contact information up to date. If you were not able to attend the Meet the Teacher evening on September 22, 2022, please contact your teacher for your child. You can see what is on file and make the required updates and changes.

## Congratulations to our Patrol of the Month

This student has shown great responsibility and dedication to ensuring all Mulvey Students are safe coming to and from school each and everyday Thank you for all you do!





Harvest Manitoba's Meals2Go Program for this school year began on Thursday, October 20<sup>th</sup>! Every weekend, each student will be sent home with a prepacked breakfast kit including nutritious items to enjoy on Saturday and Sunday. This free program was created to ensure kids have access to breakfast 7 days a week to learn, grow, and play. If you have any questions, please reach out to your homeroom teacher or directly to the program coordinator, Mika Peterson <a href="majorage-mpeterson@harvestmanitoba.ca">mpeterson@harvestmanitoba.ca</a> or 204-982-3670.

## Meals2Go FAQ

#### What is Meals2Go?

M2Go is a free weekend breakfast program provided by Harvest Manitoba to ensure children have access to breakfast 7 days a week.

### Who provides the food and where is it packaged?

Harvest Manitoba provides the breakfast packages with the help of generous support of community partners. The bags are packed in their food safe warehouse every Thursday and distributed to the schools every Friday afternoon.

## Do I have to pay for my child to receive a Meals2Go bag?

No, this is a free program and you do not need to pay for your child to receive a Meal2Go bag.

## What if my child has a food allergy?

If you stated your child's allergy during school registration your child will receive a special allergen friendly bag that is specifically labelled and packed separately. If you have not notified your school of your child's allergy, please contact the schools office or your homeroom teacher and a specialty kit will be made for your child the following week.

## Does my child have to take a Meals2Go kit home?

No, if your child does not want to take a Meals2Go kit home please notify your home room teacher and advise your child not to take a kit on Fridays.

## Are the bags biodegradable?

Yes! The Meals2Go bags are biodegradable making Meals2Go good for your child and the environment.

## Who do I contact if I have questions about the program?

You may contact your child's school or the Program Manager, Mika Peterson, at mpeterson@harvestmanitoba.ca or 204-982-3670 with any questions.



## Preventing child hunger and supporting healthy, active living for Manitoba's children.

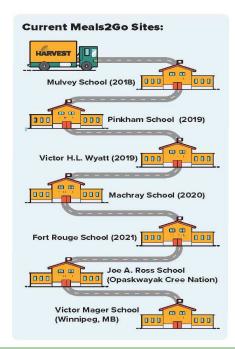
20% of Manitoba children live in food insecure homes. The trials of the last three years have created additional challenges for families with many still trying to recover from job and wage losses. Additionally, rising inflation rates continue to increase financial challenges for many hardworking families and increase the number of food insecure homes and children needing food.

#### Because every child deserves to learn, play and succeed!

Harvest Manitoba will be providing a weekend supply of food every week to each student. The kits include several nutritious food items including cereals, milk, and fruit and can be enjoyed over the weekend to ensure students have access to heathy breakfasts 7 days a week. Every student is automatically enrolled and will receive a bag. If your child does not wanta Meals2Go kit to take home, please inform your homeroom teacher.

#### **Fun Facts:**

- The Meals2Go bags are biodegradable!
- We have served over 50,000 breakfast kits to students all over Manitoba!
- Every bag has a handmade affirmation made by someone from the community!



For more info on this program please visit our website at HarvestManitoba.ca/Breakfast2Go



On November 1st, 2022 all of our Winter Programming will be released for registration. There is a limited capacity per program so it will be on a first come first serve basis. Some programs are subject to cancellation if there are not enough participants or volunteers signed up. Here is an overview of what is to come...

Children (<a href="https://robertasteencc.ca/programs/children/">https://robertasteencc.ca/programs/children/</a>)

- Open Gyms
- Jack Rabbits
- Introduction to Volleyball
- Yoga Kids (Calm Sense)
- Kids Art Program
- Introduction to Olympic Fencing (instructed by Jeff)
- Dance & Baton

Youth (https://robertasteencc.ca/programs/youth/)

- Open Gyms
- Dance & Baton (Baton Manitoba)
- Mosaic Art Program (Mosaika Studio)
- Dungeons & Dragons (Beginner Level)
- Dungeons & Dragons (Intermediate Level already experienced)
- Pre-Teen Dances (TBA on more info)

Adult (https://robertasteencc.ca/programs/adults/)
Open Gyms

Adult Shinny

980 Palmerston Winnipeg, MB R3G 1J9 Phone: 204-783-5616

Email: rasteengm@shaw.ca

- She Shinny
- Yin Yoga (instructed by Sari)
- •Women's Basketball
- Introduction to Cricut (early registration for Spring 2023)
- \*If you know an adult instructor for any book or art programs please connect them with us\*

Senior (https://robertasteencc.ca/programs/seniors/)

- Drop-in Badminton
- Beginner Spanish (CRM partnership, instructed by Rossanna)
- Drop-in Bridge (CRM partnership)
- Advanced Spanish (CRM Partnership, instructed by Rossana)

Men's Shed

Family & Community (<a href="https://robertasteencc.ca/programs/family/">https://robertasteencc.ca/programs/family/</a>)

- Parent & Tot
- Community Movie Nights
- Open Gyms
- Food Matters Manitoba Workshop
- Community Yard Sale
- Haunted House

Feel free to click the links to see more preview information. If you have a connection to an instructor please email us at rasteenpm@shaw.ca.

Your Public Health Nurse and Public Health Dietitian invite you to attend...

## "Food for Your Baby"

## A free, live, online class about starting solid foods

Due to COVID-19, in-person infant nutrition classes are not currently being offered by Winnipeg Regional Health Authority Public Health Dietitians.

You are invited to attend a virtual class on one of these dates:

Monday, October 17, 9:30-11:30 am Wednesday, November 9, 9:00-11:00 am Friday, November 25, 9:00-11:00 am Monday, December 19, 1:30-3:30 pm

To register, please call 204-940-1692 or email VirtualVisitStVPH@wrha.mb.ca

We will send you the link before the workshop.

#### Did you know?

Health Canada recommends introducing iron-rich solids to babies at 6 months when they shows signs of being ready.

#### The class will give you information on:

- How to know when to introduce food
- · How to help your baby develop healthy eating habits
- · How to transition your baby to family foods
- · How to make meal time enjoyable and stress-free



# Reliable Nutrition Information ... just a click away

These websites from reliable organizations are a great source of information:

Healthy Parenting Winnipeg www.healthyparentingwinnipeg.ca

Unlock Food by Dietitians of Canada www.unlockfood.ca

Canadian Pediatric Society www.caringforkids.cps.ca

Ellyn Satter Institute www.ellynsatterinstitute.org

Dietitians of Canada www.dietitians.ca

Manitoba Health www.gov.mb.ca/health/healthyeating/

index.html

WRHA Nutrition www.wrha.mb.ca/prog/nutrition

An online pre-recorded class is also available on the

WRHA Nutrition Facebook page at: https://bit.ly/3suounV



### **Family Therapy Services**



#### **Family Counselling**

We provide relational therapy for families and parents or caregivers with children under 18 who are experiencing issues such as: couple conflict, trauma, parenting difficulties, children's school and/or social problems.

#### Reaching Out

Reaching Out Program Supports licensed child care centers by training Early Childhood Educators (ECE's) and Child Care Assistants (CCA's) who are interested in understanding the behaviors and needs of the children in their Centers, and their own responses to those behaviors.

#### Theraplay

An attachment therapy based on five essential qualities: structure, challenge, engagement, nurture, and playfulness.

#### Families Affected by Sexual Assault & The Sexual Behavior Problem Program

The Families Affected by Sexual Assault Program (FASA) provides therapy to families when a child under age 18 has been sexually assaulted by someone other than a parent/caregiver or sibling.

The Sexual Behavior Problem [SBP] Program provides the apy to families with children under 12 who are showing signs of inappropriate sexual behavior towards another person or themselves.

If you have a family who is interested in our services, a referral can be made by having the parent contact FASA at (204) 786-7051, EXT 2560

#### **Parent Groups**

#### **Triple P Parenting**

An 8-week positive parenting program that provides parents with a toolbox of ideas and strategies to help make family life much more enjoyable

#### Pathways

An 8-week parenting program that follows the Triple P Parenting Program. Parents explore how expectations, assumptions and beliefs about the causes of children's misbehavior influences their parenting.

#### Circle of Security

An 8-week program for parents of children of all ages who are interested in understanding their child's behaviors & needs, and their own responses to those behaviors.

#### Making Sense of Teens

A 6-week program offering parents a deeper understanding of their teenager and the changes they are going through. Helps parents "crack the code" on their teen's oftentimes confusing behavior and guide them into establishing a relationship that cultivates respect, closeness and connection

#### Making Sense of Trauma: Practical Tools for Responding to Children and Youth

The 2hr and 20 min, free Webinar is based on the full day work shop Making Sense of Trauma: Practical Tools for Responding to Children and Youth. You will learn how to use a trauma-informed perspective to better understand the relational, neurobiological and developmental impact of trauma on children and youth. To register, visit www.makingsenseoftrauma.ca

#### Good Visit Workshop

A half day workshop that focuses on preparing to have a good visit when your child is in care, enhancing the connection between parents and children. Workshop based on Attachment Theory and Theraplay activities.

For the current group schedule, please see Page 2.

For more information or to register for a group contact (204) 786-7051 EXT 2560.

We are located on the 3rd Floor at 717 Portage Ave.

ortage Avenue, Winnipeg, MB, Canada R3G 0M8 T: 204.786.7051 F: 204.774.6468 TTY: 204. 774.8541

## **FREE** Flu & COVID Vaccine Clinics

#### When:

November 8 at 3:30PM - 6:30PM

#### Where:

St Peters Lutheran Church

65 Walnut Street

#### YOU CAN ALSO GET A FREE FLU SHOT AT THE:

- · Doctor's office · Walk-in clinic
- · Pharmacy · Walk-in Connected Care clinic

Pneumococcal Vaccines are also available. Please speak to your health care provider for eligibility.

For more information, call your local Public Health team at:

204 940-6669

Health Links Info Santé at 204-788-8200.







Family Therapy Services offers a variety of groups to support families in various stages of their journey as pa

Please note - groups are offered according to level of interest, and are therefore subject to change. Other groups may be offered depending on resources, demand and the safety protocol requirements for COVID-19.

#### **Upcoming Parent Programs Schedule 2022-2023**

Triple P Parenting
October 19th 2022 – November 23rd 2022, Wednesdays 1:00 PM - 3:00 PM (8 weeks); in-person

#### Pathways

November 30th 2022 – February 1st 2023, Wednesdays 1:00 PM - 3:00 PM (8 weeks) ; in-person

#### Circle Of Security Parenting

October 19th 2022—December 8th 2022, Wednesdays 6:00 PM - 8:00 PM (8 weeks) (meet and greets October 5th & October 12th from 6-8PM) : in-person

January 25th 2023 — March 15th 2023, Wednesdays 6:00 PM - 8:00 PM (8 weeks) (meet and greets January 11th & January 18th from 6-8PM); in-person

COS-FCP (for Foster Care Providers) - October 18th 2022 — December 6th 2022, Tuesdays 10:00 AM - 12:00 PM (8 weeks) (meet and greets October 4th & October 11th from 10 AM—12PM); in-person

COS-FCP (for Foster Care Providers) - April 18th 2023 - June 6th 2023, Tuesdays 6:00 PM -8:00 PM (8 weeks) (meet and greets April 4th & April 11th from 6PM—8PM) ; in-person

#### Making Sense of Teens (12+)

October 18th 2022 — November 22nd 2022, Tuesdays 6:00 PM - 8:00 PM (6 weeks); in-person

May 9th 2023 —June 13th 2023, Tuesdays 6:00 PM - 8:00 PM (6 weeks); in-person

MSOT-FP (for Foster Care Providers) - February 7th 2023 — March 14th 2023, Tuesdays 6:00 PM—8:00 PM (6 weeks): in-person

How to Have a Good Visit

We now offer a <u>Drop-in Phone/Virtual Counselling</u> service for parents, foster parents and caregivers who are currently on our waitlist. They may call for a one-time counselling session with one of our Clinicians or Family Outreach Facilitators, while they are waiting for longer term service. For more nformation please contact family.therapy@newdirections.mb.ca



#### newdirections.mb.ca



#### MINISTER OF EDUCATION AND EARLY CHILDHOOD LEARNING

Room 168 Legislative Building nipeg, Manitoba R3C 0V8 CANADA

OCT 2 2 2022

Superintendents of School Divisions Principals of Funded Independent Schools Directors of First Nations Education Authorities Student Service Administrators

In recognition of the importance of financial literacy in one's overall well-being and ability to confidently navigate financial matters in life, I am pleased to proclaim November as Financial Literacy Month in Manitoba. This proclamation is intended to increase awareness of the importance of supporting students in the development of these valuable life skills.

Teachers have many opportunities for engaging students in financial literacy learning across curricula both within the context of their subject area and in transdisciplinary projects. In addition, Manitoba's "Personal Finance" course (Grade 10 level) can be taken as a stand-alone course at any time in high school.

Financial literacy materials for Grades 4 to 8 called Make It Count! are available from the Manitoba Financial Services Agency at www.mbsecurities.ca/get-informed/programs/make-it-count.html. Money Smart Manitoba also has resources for teachers and parents at www.moneysmartmanitoba.ca/.

The Financial Consumer Agency of Canada is the federal agency that supports financial literacy; their financial literacy page is located at www.canada.ca/en/financial-consumer-agency/programs/financial-literacy.html.

Thank you for your on-going commitment to fostering financial literacy

in students

Sincerely,

Wavne Ewasko

#### Attachment

Chairs of School Boards Principals of Public Schools

# Did You Know!

We offer FREE yoga and music programs.

We give out healthy snacks Monday to Friday.
We have Homework Club every Monday, Wednesday, and Friday with tutors.
If a child try's their best on a report card or gets straight "A's", we give them 4 hours of fun!
We reward our Bookworms & Homework Club kids with fun weekly and monthly outings.

We are at Mulvey School twice a week. We have over 30 kids whose parents used to attend our program.

We teach our kids to fly every January on our hayride. We go to Blue Bomber, Goldeneyes, and Jets games.

Many volunteers/helpers are young adults who used to frequent the program.

#### WE ALWAYS NEED VOLUNTEERS!

Our kids have asked the staff to share no less than 8632 wet willies and 1098 face washes.

We have three laptop computers for giveaway! call for details!



WBYO's 3 rules are

1. Treat others the way you want to be treated.

2. Appropriate language.

3. Hands and feet to yourself.

**OUR PROGRAM IS FREE!** All you have to bring is your behaviour.







## November 2022

Mon	day	Tuesday	W	ednesday	Thursday		Friday		
		1 Day <u>No Classes</u> Non-Instruction  Day	al Bus	Day 4 Parent Teacher eduling forms due back Ridership all day CA book club and @ noon	3 Pow Wow	Day 5 Club @ Noon	Remember to Back One Ho Bed Saturda	our Before	
7 Choir (	Day 1	8 Day		Day 3 RCA book club @ Noon	10 Day 4  Remembrance Day @ 9:10 am Pow Wow Club @ Noon		Remembrance Day @ 9:10 am		rance Day
14 Day 5  Choir @ noon		15 Day Report Cards Go Hol Picture Retakes @ 1:00pm Skate Club @ noor	me MY	16 Day 1  MYRCA book club @ Noon		Parent Teacher Student Conferences 4:30 pm – 8:30 pm Virtual, Telephone, or In-Person Pow Wow Club @ noon		No Classes  Parent Teacher Student Conferences 9:00 am—3:30 pm Virtual, Telephone, or in-person	
	Day 4 @ noon rders Due	Skate Club @ noor N/K and New Stude Hearing Screening	nt N/K a	Day 6  RCA book Club @ noon  and New Student aring Screening	Day 1  N/K and New Student Hearing Screening  Pow Wow Club @ noon		Clinic a Pizza Bothwell Cl	Day 2 ision Care it Mulvey Lunch neese orders	
Parent @ 5:30	Day 3 @ noon Council 0pm via le Meet	29 Day Skate Club @ noor		Day 5 RCA book Club @ noon					

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

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 ucceed T ogether



Date	Event	Cycle Day
Dec 9	Kelvin Holiday Breakfast AM	6
Dec. 15	Winter concert @ 1:30 PM and 6:30PM	4
Dec. 19	Parent Council @ 5:30pm	6
Dec 12	Pizza Orders Due	1
Dec 16	Pizza Lunch @ noon	5
Dec. 21	Last Day of classes Winter Break Starts ~ Dec. 22 - Jan. 5	2
Jan. 5	Classes Resume	3
Jan. 20	Non-Instructional Day—No School	2
Feb. 3	Non-Instructional Day ~ No School	6
Feb. 20	Louis Riel Day (Family Day) ~ No School	
Mar. 16 Mar. 17	Parent Teacher Student Evening Parent Teacher Student - No School	4 5
Mar. 24	Last Day of Classes Spring Break starts March 27– April 3	2