



# Lord Nelson School



October 2022

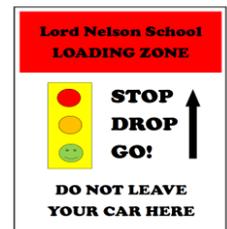
Hello Lord Nelson Families,

It is hard to believe that we're in our second month of school! Students and staff have settled into routines and are engaged in their learning at Lord Nelson School. Classroom teachers will be sending home notes with your children at various times throughout the school year. Please establish a routine of checking backpacks and agendas for notes and/or homework. Please check your email regularly. The bulk of notes will be coming through School Messenger. Your help in establishing these routines at home will assist our children in being successful learners at school! Together we are better!

## SAFETY

Throughout the school year we will practice our school safety procedures. We will have fire drills, lock down drills and have already completed our practice evacuation to Sisler High School to ensure everyone's safety in case of an emergency. Being prepared for an emergency and knowing how to respond appropriately and calmly helps to reassure anxious or frightened students and staff.

Lord Nelson School is located on a very busy street corner. **Please help us keep our children safe by parking in designated street parking spots and walking your child to the corners to cross with our patrols and crossing guards.** Please remember that our parking lot on Aberdeen Street is open FOR STAFF and DELIVERIES ONLY. You can however drop your child off at the "Stop, Drop and Go Sign" at the fence entrance on Aberdeen. It is safe if children exit the car on the curb side and walk straight into the playground through the fence entrance walk to their designated doors. **Please DO NOT encourage your children to jaywalk.** It is very unsafe! Please remember that for safety reasons, all doors will be locked at 9:15 a.m. If you are dropping your child off late, please bring your child to the McPhillips doors and call the office to be let in. Thanks for your help in keeping our children safe!



## HEALTHY LUNCHES

It is important for your child to have a healthy balanced lunch. Sending an orange or apple with treats such as chips or chocolate is not sufficient for your growing child's needs. Consider packing a healthy and tasty lunch from the four food groups: a grain product, milk or yogurt, vegetables and/or fruits and a meat or meat alternative. For example: A bento box filled with a lunch meat, cheese, crackers, fruit and veggies. Another balanced lunch may be rice or noodles with meat along with an unsweetened applesauce and carrot sticks with dip. It is most important for your child to have a healthy balanced meal to fuel both their bodies and brains to be ready for learning!



## REMINDERS

Please **do not send or bring your child to school before 8:45 a.m. School is dismissed at 3:25 pm.** ALL students MUST either walk home or be picked up at that time. If your child is here before or after the above times, we ask that you register your child in our **YMCA BEFORE & AFTER SCHOOL or KINDERCARE PROGRAM** (for Nursery/Kindergarten students) at <http://www.ywinnipeg.ca/>. You will be placed on the waitlist and contacted once a spot becomes available for either the Nursery/Kindergarten Care Program or the Before and After School Program. Subsidies are also available.

Children are also reminded to go straight home after school. If they wish to visit with friends, students should go immediately home and get parental permission. Again, safety is of the utmost importance. Thanks for your support!



Happy Fall!



Ms. Asmundson & Mr. Keith

## HALLOWEEN

October brings Halloween. For students participating in classroom parties, we ask that students wear costumes that are creative and fun, not scary or violent. Teachers will be sharing information on their classroom plans as we approach Halloween.



October 10 – Happy Thanksgiving! No School  
 October 21 – No School  
 November 3 – Picture Retakes  
 November 11 – Remembrance Day; No School  
 November 17 – Tri-Conferences  
 November 18 – Tri – Conference; No School

## Dress for the weather!

As the weather is turning colder, we also want to remind you to ensure that your child(ren) are dressed appropriately for the weather. All students will go outdoors for two 15 minute recesses as well as lunch recess and must be dressed for the weather. If you need support with winter clothing, please call our Community Support Worker, Kim Storer.



## Student Accident Insurance

*Information regarding Voluntary Student Accident Insurance from Old Republic Insurance Company of Canada are now available. Those parents/guardians with an active email address will receive the information via School Messenger. Printed copies of the brochure are available through the school office.*

## October

## Lord Nelson Parent Centre

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 SPIN Basketball 4:30/5:30	5	6 Girls Club @ lunch Nutrition Bingo 1:00	7 Thanksgiving Celebration 9:00	8
9	10	11 SPIN Basketball 4:30/5:30	12	13 Girls Club @ lunch	14	15
16	17	18 SPIN Basketball 4:30/5:30	19	20 Girls Club @ lunch Nutrition Bingo 1:00	21 No School	22
23	24	25 Cooking Club 1:00 SPIN Basketball 4:30/5:30	26	27 Girls Club @ lunch Halloween Celebration 1:00	28	29
30	31					

### EVENTS

#### **Nutrition Bingo**

Wed. Oct. 12 & Oct. 20 at 1:00. Come out and win FOOD! Everyone is a winner.

#### **Holiday Celebrations**

Join us for our Thanksgiving (Oct. 7) & Halloween (Oct. 27) celebrations! Little ones are welcome. Crafts for both adults and kids, food and fun!

#### **Girls Club**

A club for grade 6 girls. We have fun and do art to explore a variety of themes. Tuesday at lunch. If your grade 6 girl is interested, contact Kim for a registration.

#### **Cooking Club**

Help cook some nutritious treats for the Snack Program and take some home for your family!

#### **SPIN Basketball**

Free After-School Program on Tuesdays put on by the City of Winnipeg and Lord Nelson School for students in grade 4-6!

Contact Kim to register for any of our FREE programs! 204-582-5499 or [kstorer@wsd1.org](mailto:kstorer@wsd1.org)