



The Communiqué

May 3 - 7, 2021

Message from the Admin Team

Welcome to the month of May! We continue our planning for the coming year with staff tomorrow.

As the health protocols required in September remain uncertain, we will consider a number of possibilities and update you as we go.

Monday, May 3, 2021 Day 5

- *No School Today – Planning Day*

Tuesday, May 4, 2021 Day 6

- *Health Month begins!*
- *Running Club (201, 203, 115A) @ 8-8:45*

Wednesday, May 5, 2021 Day 1

- *Running Club (202, 110, 115B) @ 8-8:45*

Thursday, May 6, 2021 Day 2

- *Running Club (115C, 120, 117) @ 8-8:45*

Friday, May 7, 2021 Day 3

Patrols

Patrols on duty this week from Room 117 & 120 (Ms. Mulvenna and Ms. Mignone's classes).

May @ RHS is "Health Month"

Health Month

We found Canadian physical education teacher's idea for a "Health Month" last year when Mr. Donato attended a National Symposium on physical education and health. This week we are focusing on [healthy nutrition](#). In the rest of May, we will also focus on Physical Activity, Restful Sleep, and Mental Health. We will also launch a fundraiser (more on this later).

Did you know [Canada's food guide](#) has been revised? This week we will focus on what it means to fuel bodies with nutritious foods. Having a diet rich in nutrients is one important factor in leading a healthy lifestyle. This week students will become more aware of the food each day by tracking the food they eat.

Below, we offer below ways that you can think about and talk about healthy eating as a family.

Home Challenges

- Design and pack a healthy meal for lunch and snack
- Design a “balanced plate” using Canada’s Food Guide
- Cook something new and nutritious together (ideas from Canada’s Food Guide: <https://food-guide.canada.ca/en/recipes/>)
- Share food with others – maybe connect with relatives using video conferencing?
- Keep track of hydration for a day – are you drinking enough water?
- Be mindful about eating by talking as a family (see sidebar for useful reflection questions)

HEALTHY NUTRITION

Learn how to
make healthy
meal decisions
with the Canadian
Food Guide!

MINDFUL EATING

How did you eat?

- Did you eat slowly?
- Were you distracted?
- Did you eat with others?

Why did you eat?

- Were you hungry?
- Was it offered to you?

What did you eat?

- What did you have to eat and drink?

When did you eat?

- What time was it?
- How long had it been since the last time you ate?

Where did you eat?

- Were you in a space meant for eating?

How much did you eat?

- How much food and drink did you have?

SOURCE: Government of Canada. “Be Mindful of Your Eating Habits.” *Canada’s Food Guide*. <https://food-guide.canada.ca/en/healthy-eating-recommendations/be-mindful-of-your-eating-habits/#section-1>

Traverse Wall Fundraiser

Throughout the month-long focus on health in May, École Robert H. Smith School students will raise money for a school-wide health initiative. Each week, students will set goals for their own health in the realm of physical fitness, mindfulness, nutrition, and restful sleep. Students are fundraising for a health-related feature at our school: a “traverse wall”, a climbing wall installed horizontally so that young students can safely take part in the sport of climbing.



There are three options to donate:

- 1) **Money-in-Envelope Method:** Collect money (cash, coin, and cheques) in the envelope sent home in backpacks on Tuesday. To make it easier for the head clerk, please keep the cash and write a cheque made payable to *École Robert H. Smith School* for the total amount. Return the money in the completed envelope to your child’s classroom teacher by May 14th.
- 2) **Get-a-Tax-Receipt Method.** Write a cheque made payable to The Children’s Heritage Fund with “École Robert H. Smith School” in the memo line. All money will come back to the school and you will be issued a charitable donation receipt for donations \$10.00 and over.
- 3) **Donate Electronically (with service fee).** If you wish to donate electronically, access our Permission Click page (<https://permission.click/OvV66/ca#/information>) or scan the QR code pictured at right. Using this service incurs a service charge.



School Registration for 2021/2022

We continue to register students to begin Nursery and Kindergarten for September of 2021. For nursery, students must be *four* years of age by December 31, 2021; for kindergarten, students must be *five* by then. To register, bring along a birth certificate, Manitoba Medical Card and Proof of Residency (a Property Tax Bill). We are also accepting registrations for Grades 1-6. Along with the Birth Certificate, Manitoba Medical Card and Proof of Residency (a Property Tax Bill), please bring a copy of the most recent of a report card at the time of registration.

The registration form can be accessed on the school website at the following link:

[https://www.winnipegssd.ca/schools/RobertHSmith/School Registration Information/Pages/default.aspx](https://www.winnipegssd.ca/schools/RobertHSmith/School%20Registration%20Information/Pages/default.aspx)

Parent Advisory Group (PAG) Updates

Fundraising

Mabel's Labels helps you create personalized labels for a variety of surfaces - clothes, water bottles, bags, lunch containers - that are durable, waterproof, and guaranteed to STAY PUT! With easy online ordering and FREE SHIPPING!

To support our campaign:

1. Visit <https://mabelslabels.ca>
2. Click on **SUPPORT A FUNDRAISER**
3. Search for and select '**École Robert H. Smith School Parent Advisory Group**'
4. Create your personalized labels!

Note: This Fundraiser is available **Year-Round**. A portion of all sales will go towards supporting and enhancing the learning environments for the students of École Robert H. Smith School. If you have any questions or concerns, please contact us at fundraising@roberthsmithpag.ca.



PAG – Parents ****Urgently**** Needed

New parents are needed to join the PAG and help fill positions that will become vacant at the end of the school year (June). If you are interested in any of the positions or would like further info please email Melanie at: chair@roberthsmithpag.ca. The PAG will have the following positions open for the next school year 2021-22 and will be voted in at our AGM on May 18th:

- **Vice Chair** - 1-year term that would then transition to the role of the Chair for a further 2-year term. This position is part of the Executive Committee for the PAG. Must be able to attend all PAG meetings (5 evenings per year) plus 2 additional meetings per month with the Executive and the School Administration.
- **Secretary** - 2-year term. This position is part of the Executive Committee for the PAG. Must be able to attend all PAG meetings (5 evenings per year) plus 2 additional meetings per month with the Executive and the School Administration.
- **Staff Appreciation** - 1-2-year term. Looking for 1-2 parents to Chair/Co-Chair this important position. Budget and general plans are already in place for next year. Provide updates and attend PAG meetings (5 evenings per year).
- **Volunteer Coordinator** - 1-2-year term. Looking for 1-2 parents to organize the parent volunteers for all the PAG events throughout the year. Provide updates and attend PAG meetings (5 evenings per year).

- **Grade 6 Farewell** - 1-year term. Must be a Grade 5 Parent with a child going into Grade 6 in the fall. Looking for 1-2 parents to Chair/Co-Chair this annual event at the end of June. Provide updates and attend PAG meetings (5 evenings per year).
- **Grade 6 Babysitting Course** - 1 year term. Must be a Grade 5 Parent with a child going into Grade 6 in the fall. This position does not require you to attend any PAG meetings. Must be able to coordinate/organize this important Spring event.

Annual General Meeting: All parents are welcome and encouraged to attend our Parents Advisory Group - Annual General Meeting (AGM) on Tuesday, May 18th at 7pm. This will be a virtual meeting. Please email Ainsley at: secretary@roberthsmithpag.ca to receive the link.

If you are interested in joining the PAG or finding out further information please email Melanie at: chair@roberthsmithpag.ca. Don't forget to checkout our **PAG website:** www.roberthsmithpag.weebly.com and our **PAG Facebook Page:** <https://www.facebook.com/RobertHSmithPAG> (please like and follow us).