

OCTOBER

NEWSLETTER





CARPATHIA VOLUNTEERS

WE ARE EXCITED TO BE PREPARING TO WELCOME BACK OUR VOLUNTEERS FOR ANOTHER SCHOOL YEAR. WE WOULD LOVE TO SEE YOU RETURN AS ONE OF OUR VALUED VOLUNTEERS FOR THE 2023-2024 SCHOOL YEAR.

IF YOU VOLUNTEERED LAST YEAR, YOUR APPLICATION IS VALID FOR 2 YEARS. IF YOU ARE NEW AND WOULD LIKE TO VOLUNTEER, PLEASE REACH OUT AND CONTACT ME. IF YOU ARE A PARENT OR GRANDPARENT, YOU WILL NEED TO COMPLETE A VOLUNTEER SERVICES REGISTRATION FORM AND A CHILD ABUSE REGISTRY FORM. IF YOU ARE A COMMUNITY MEMBER, YOU WILL ALSO NEED A CHILD ABUSE REGISTRY. CHILD ABUSE REGISTRY'S DATED WITHIN THE LAST 3 MONTHS ARE VALID. ALL FORMS NEED TO BE DROPPED OFF AT THE SCHOOL OFFICE WHERE THE OFFICE STAFF WILL VERIFY YOUR TWO PIECES OF IDENTIFICATION.

THANK YOU FOR YOUR CONTINUED COMMITMENT AND DEDICATION TO CARPATHIA STUDENTS AND STAFF. PLEASE REACH OUT SHOULD YOU HAVE ANY QUESTIONS. PLEASE KNOW YOU ARE GREATLY APPRECIATED!

WITH RESPECT,

MRS. ERIN REIMER





BREAKFAST CLUB IS NOW OPEN!
STUDENTS CAN COME TO THE
SCHOOL ANYTIME IN BETWEEN 8:40 -
9:00, AND ENJOY A HEALTHY START
TO THE DAY, FREE OF CHARGE. HOPE
TO SEE YOU THERE!



Breakfast
Club



8:40 — 9:00 AM

Come in
WE'RE
OPEN

ROOM
135



Truth and Reconciliation Community Walk

Every child matters because no one should be bullied! - Angel
Every child matters because no one should be hurt! - Brielle
Every child matters because children can change the future! - Ewan



Every child matters because they are amazing and if anyone tells you otherwise say, "I don't care, I love myself!" - Aislynn
Every child matters because they are important and should be important to others! - Ewa
Every child matters because everyone should get the same treatment! - Alice
Every child matters because they can change the world! - Ewa

Every child matters because they should be treated equally! - Connor
Every child matters because they put time into learning about you! - Liann
Every child matters because they will row up to be someone special! - Alice
Every child matters because we will grow up and have jobs! - Polina

Ms. Bell's Counselling Corner

BIG ANNOUNCEMENT! We're incredibly excited to launch a series of FREE live online workshops tailored for caregivers. And the best part? The first workshop kicks off tomorrow, September 20th! The workshops are led by KIDTHINK clinicians and are built to help you understand and support the young minds in your care. These sessions, ranging from understanding depression in youths to mindfulness practices, are available at no cost to you thanks to the generosity of the Bell Let's Talk Community Fund!

Upcoming Workshops:

- September 20th: Understanding Depression in Youths | 5PM - 7PM
- October 18th: Managing Challenging Behaviour in Children | 5PM - 7PM
- November 15th: ADHD for Caregivers | 5PM - 7PM
- December 20th: Understanding Childhood Anxiety | 5PM - 7PM
- January 17th: Understanding Childhood OCD | 5PM - 7PM
- February 21st: Mindfulness for Children and Caregivers | 5PM - 6:30PM
- March 20th: Self-Regulation in Children | 5PM - 7PM
- April 17th: Parenting Tips for Healthy Sleep Habits | 5PM - 7PM
- May 15th: Understanding Depression in Youths | 5PM - 7PM
- June 19th: Managing Challenging Behaviour in Children | 5PM - 7PM

How to Register: Register now by going to the following website: <https://www.kidthink.ca/events/category/workshops/>
Spaces are filling up, so act fast!



More about KIDTHINK- Located at: 407 Graham Ave 2nd Floor PH# 431.388.5373
Innovative Mental Health Treatment for Children

Are you looking for a mental health clinician or child psychologist in Winnipeg MB?

KIDTHINK Children's Mental Health Centre Inc. (KIDTHINK) is a mental health treatment centre and outreach program that focuses on child therapy and well-being for kids aged 12 and under in Manitoba. We can help your child with anxiety treatment as well as ADHD, depression, behavioural, self esteem issues and learning challenges. If your child is struggling, our mental health professionals can help. KIDTHINK provides child therapists, parenting and family support, child psychologists, and treatment from a multidisciplinary team that includes psychology, psychiatry, social work, occupational therapy, and play therapy who all work together to give the children and their families the highest standard of care.

PATROL

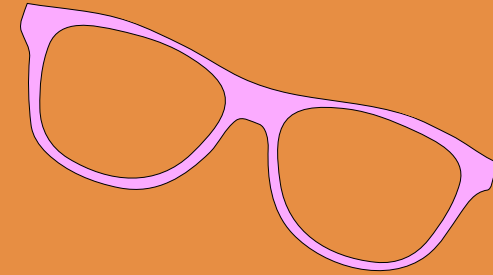
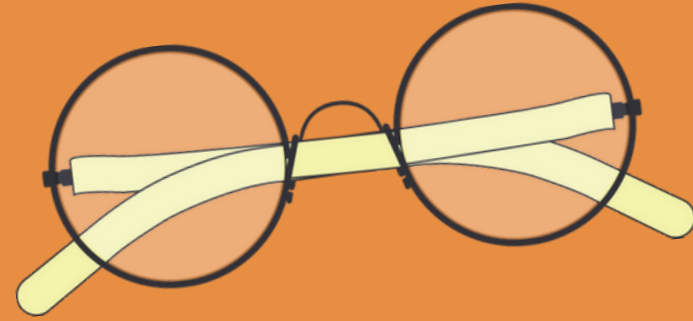
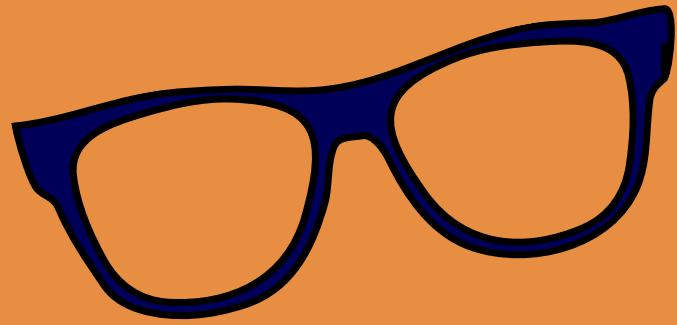


This Month Ms. Bell is thrilled to present one of Carpathia's finest role models as her first PATROL OF THE MONTH! She is new to our school and has rapidly excelled as a positive patrol, modelling outstanding positivity and is the first patrol to score a 35/35 on her patrol training test!

When interviewed she said this about becoming a school patrol at Carpathia, "It is a lot of responsibility and you have to take your job seriously... but the best part is Ms. Bell's cookies and treat days (Fridays!!!) Ms. Bell, the lovely lady who runs the patrols is really NICE! (and NO, Ms. Bell did not pay her to say that! :)

I am thrilled to announce that this year I have 23 patrols this year on my Patrol team! They are all amazing and are growing as a TEAM! ***Please ensure that you are sending patrols to school wearing layers, as the weather is continuing to turn cold and the snow is sure to come!

Be well, Ms. Bell



Mobile Vision Clinic

Where: Carpathia School

When: October 12, 2023

An optometrist and a team of eye care professionals will come to the school to give full eye exams to all students (with parent/guardian consent) and provide them with glasses, if needed.

*a consent form will be sent home to all students. Please return these by
Thursday, October 5, 2023



Dates in October to Remember...

2- Picture Day

3-No School (Election Day)

9- No School (Thanksgiving)

12 - Mobile Vision Clinic

17 – Grade 6 Immunization

19- Bus Ridership

20- No School

31-Halloween

