

FORT ROUGE SCHOOL NEWSLETTER

JANUARY 2025



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Dear Families,

Happy 2025!

We hope you all had a safe and healthy Winter Break and were able to spend time with family and friends.

Did you know that the block between January, February, and March is when students do the greatest amount of learning throughout the school year? We are continuing with the learning plans that we made with report cards that went home in November.

The most important thing that families can do is read with their child every night. Not only is it a fun way to spend time, but it shows our children that reading is important and it gives them the practice they need as they are learning. Students exchange library books on Day 4 with Mrs. Bodner in the Library/Integrated Arts Room.

We will continue Coffee with the Principal this month. Please come and join us on Tuesday, January 21st at 9:00 AM for a casual conversation where you can visit, ask questions, and make suggestions.

We are also asking that you communicate with us as much as you can about your child's well-being. This includes their physical health as well as their emotional health. Please make sure you talk to your child's teacher if they are not feeling well or are anxious or sad. We can help!

Sincerely,

Ms. Stacie Edgar
Principal



FRIENDLY REMINDERS



DRESSING UP FOR COLD WEATHER

Thick sweater

With a hood to keep your head warm

TIP:
Adding layers will help keep you warm as the temperature drops

Winter Accessories

HAT

For your head and ears

SCARF

For your neck and face

GLOVES

Insulated – water-proof would be ideal

TIP:
During extreme cold, keep all skin covered and spend as little time as possible outside

Winter boots

Water-proof footwear will keep your feet dry, with good grip for when walking on snowy or icy paths

Light jacket

Wind-resistant would be ideal

TIP:
For extra warmth, wear extra undergarments (like tights and thicker socks)

Winter jacket

Thick outerwear to keep out wind and wet snow – longer length would be ideal

Brought to you by Winnipeg School Division's Intercultural Support Workers



HOW SICK IS TOO SICK FOR SCHOOL?

Cold and flu season is here.
See our tips for parents and caregivers:



KEEP ME HOME:

Fever
(higher than 38°C or 100° F)

Sore Throat

Persistent Cough

Strep Throat

Vomiting or Diarrhea

Abdominal Pain
(severe or long-lasting)

Illness
(prevents from participating comfortably in activities)

SEND ME TO SCHOOL:

No Fever
(without fever-reducing medicine for 24 hours)

Occasional Cough
(but no other symptoms)

Strep Throat
(after 24 hours of treatment)

No Vomiting or Diarrhea
(for 48 hours)



Dates to Remember:

January 31st: No School
February 10th: No School
February 20th: Family Wellness



MEMORIES



HOLIDAY
BREAKFAST
AT
KELVIN
HIGH SCHOOL



FORT ROUGE
STAFF
AT THE
HOLIDAY
MAKE & TAKE



January



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 Day 5 Welcome BACK TO SCHOOL	7 Day 6	8 Day 1 Scrabble Club at Noon  Free Food Pick Up	9 Day 2 Handbells at Noon 	10 Day 3 	11
12	13 Day 4	14 Day 5 Adult Paint Class 9:15 AM 	15 Day 6 	16 Day 1 Scrabble Club at Noon  Little Food Explorers 1:15 PM 	17 Day 2 Handbells at Noon  	18
19	20 Day 3	21 Day 4 Coffee with the Principal 9:00 AM 	22 Day 5 	23 Day 6 Adult Cooking Class 9:15 AM Handbells at Noon 	24 Day 1 	25
26	27 Day 2 Handbells at Noon 	28 Day 3	29 Day 4 	30 Day 5	31 Day 6 No School Non-Instructional Day	