



# MARCH NEWS

## GREENWAY SCHOOL 2025

### CELEBRATING OUR LEARNERS

It was wonderful to see our students sharing their learning with their families this past week. Thank you for taking the time to celebrate with your child(ren).

Report cards will be sent out electronically on March 27th - the last week of school prior to Spring Break. If you are not already on our list for a printed copy and wish to receive one, please contact the office.

As a staff here at Greenway over the course of this year, there has been a lot of learning and dialogue about sense of belonging, connecting with the outdoors, looking at our impact on the environment and balance in our use of technology/screen time and nutrition. As a result, our students are being given opportunities to connect with staff and one another, trying new foods during whole school snack, Polar Bear Recess Club was created, walking fieldtrips continue to be encouraged, Room 204 powers their classroom with solar energy, Room 207 is learning to grow and prepare nutritional foods and Rooms 225 and 227 are participating in an outdoor learning challenge.

We have included some information that our staff has put together to share with the school community about their learning.

Yours in learning,  
Ms. Boulton & Mr. Olfert



MONDAY MARCH 24	TUESDAY MARCH 25	WEDNESDAY MARCH 26	THURSDAY MARCH 27	FRIDAY MARCH 28
 <b>CULTURAL DAY</b> Dress in clothing from your culture	 <b>SPORTS</b> Wear your sports clothes	 <b>Wacky Wednesday</b> Be creative & dress WACKY	 <b>DRESS TO IMPRESS</b> Dress as a celebrity or formal attire	 <b>PAJAMA DAY</b> Wear your PJ's to school

### FEBRUARY EVENTS & ACTIVITIES

#### Events

- Mar 6 - Choir at WMF
- Mar 9 - Daylight Savings Time
- Mar 14 - NO SCHOOL (PD)
- Mar 24-28 Spirit Week
- Mar 27 - Report Cards
- Mar 28 - Talent Show
- Mar 31 - SPRING BREAK
- Apr 7 - BACK TO SCHOOL
- Apr 11 - NO SCHOOL (PD)

#### Activities

- Gr 1-6 Just Dance
- Gr 3-6 Jump Rope Club
- Gr 4-6 Youth Football Club
- Gr 1-2 Games
- Gr 4-6 Choir
- Talent Show Rehearsals
- Room 119 Games Club
- Filipino Heritage Club

# Finding A Balance: Helping Kids with Screen Time & Outdoor Play

Between work, grocery shopping, the stresses of adult life and parenthood, and the cold of winter, it's easy to let kids watch TV or play on a tablet. But countless doctors and experts in the field have come to the same conclusion: too much screen time can cause problems.

**Kids need real-world experiences to learn and grow, both at school and at home.**

We all know kids love their screen time, but it's important to find a good balance. Ready to try? Here are a few ideas to get started:



## Why Too Much Screen Time is a Problem

- **Impacts Focus and Learning** – Too much screen time makes it harder for kids to pay attention and develop problem-solving skills.
- **Affects Mental and Physical Health** – Can lead to sleep problems, anxiety, and less physical activity, which affects overall well-being.



## 1. Setting Limits

- **Make a Schedule** – Decide when screen time is allowed (like after homework or on weekends).
- **No Screens in Bedrooms or at Dinner** – These should be screen-free zones.
- **Show Them the Way** – Limit your own screen time when you're with your kids.
- **Take Breaks** – Set a timer so kids take breaks from screens every 30-60 minutes.
- **Other Fun Stuff** – Encourage reading, playing outside, or family games.
- **Explain the Rules** – Help kids understand why these limits are in place.



## 2. Choosing the Right Screen Time

- **Learning is Fun** – Look for shows, games, and apps that teach kids new things.
- **Watch Together** – Talk about what they're watching or playing.
- **Online Safety First** – Teach them about privacy and avoiding strangers online.
- **Reduce Background TV** – Turn off screens when no one's watching.
- **Get Creative** – Encourage activities like drawing apps or coding games.
- **Good Content** – Choose age-appropriate shows and games.



## 3. Fun Without Screens

- **Go Outside!** Walks, playgrounds, and nature trails are great.
- **Hands-On Fun** – Drawing, puzzles, crafts, and building are awesome.
- **Active Games** – Tag, hopscotch, and obstacle courses keep kids moving.
- **Family Time** – Cook together, dance, or find a new hobby.
- **Real Friends** – Encourage playdates and phone calls.



## Outdoor Fun for Everyone

- Look for low-prep ways to enjoy the outdoors:
- **Little Kids (5-7)** – Park walks, hopscotch, chalk drawings, scooters.
- **Bigger Kids (8-10)** – Family walks, bike rides, playground sports, nature trails.
- **Quick Outdoor Breaks** – "I Spy," short races, jumping jacks.
- **City Adventures** – Find a new park, playground or community garden.



## Why Outdoor Time is Important

Being outside is really good for kids:

- **Less Stress** – Nature helps kids feel calmer.
- **Better Focus** – Sunlight and movement help kids pay attention. **Strong Bodies** – Running and playing make kids stronger. **Good Sleep** – Sunlight helps kids sleep better.
- 

Studies show that kids who spend more time outdoors have lower rates of anxiety and depression. Exposure to natural light and physical movement also supports brain development, leading to better learning and emotional regulation.



## So you want to try to reduce "Screen Time"?

**Making changes can be tough, but small steps help.** Choose one of these ideas, and see how it goes!

1. **Start Small** – Reduce screen time by 15-30 minutes a day.
2. **Swap One Activity** – Replace one screen habit with a hands-on or outdoor activity.
3. **Set a Family Rule** – Pick one new limit, like no screens during meals.
4. **Use Timers** – Set limits for screen use and stick to them.
5. **Reward Progress** – Praise kids when they follow the plan and suggest fun alternatives.

**Making gradual changes can help kids build healthier habits without stress!**



# March Family Room Newsletter

Hello Families,

I hope this message finds you well and enjoying the recent stretch of warmer weather. It's such a wonderful time of year to get outside and spend quality time with your loved ones. We're excited to share a few updates from the Family Room as we continue to grow and make improvements to better support our community.

Firstly, we've been making some exciting changes in the Family Room, including some renovations to enhance the space. One of the highlights is the installation of a new washer and dryer, which will be up and running soon.

With the arrival of warmer weather, we can't help but think about gardening and the potential for growing our own fresh produce. Did you know that our school is a Jane Goodall School? We encourage you to visit our website or explore Jane Goodall's own to learn more about the exciting initiatives happening as part of this program.

If gardening is something that interests you, we're here to help! Whether you have a backyard garden or live in an apartment, we can support you in planning your space, starting seedlings, and offering free supplies to help you get started. Additionally, we invite you to be a part of our community garden project. This initiative is open to all families in our school community, and we'd love to have you help us decide what to plant this year. It's a great opportunity to connect, learn, and contribute to a shared space that benefits everyone. If you would like to volunteer to help care for our gardens, please connect.

As always, we continue to offer a variety of resources, including food support, clothing, and connections to community services. We also offer workshops and group activities, and we invite you to come by and see what's happening in the Family Room.

This month, we are excited to offer our gardening group that meets every Thursday from 11:00 a.m. to 12:00 p.m. in the Family room/ Art Room, right after the Parent & Child Playgroup. Be sure to check out the calendar for the specific dates. Additionally, our Indigenous Drum Making Workshop is already almost fully booked, but we hope to offer similar opportunities in the future.

If you have suggestions for new programming or would like to get in touch, please don't hesitate to reach out. I'm always here to connect with you and listen to your ideas. Together, we can continue to make the Family Room a warm and welcoming space for everyone.

Wishing you all a wonderful month ahead!

Warmly,

Erika Janzen

Community Support Worker

204 775-2455

erijanzenewsd1.org

# AFTER SCHOOL PROGRAMS CALENDAR

## MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>JOHN M KING 3:30PM - 5:30PM BBBS</p> <p>EVENING DROP-IN 6:00PM - 8:00PM</p>	<p>4</p> <p>GREENWAY 3:30PM - 5:00PM</p> <p>WELLINGTON 3:30PM - 5:00PM</p>	<p>5</p> <p>GREENWAY 3:30PM - 5:00PM</p>	<p>6</p> <p>JOHN M KING 3:30PM - 5:30PM</p> <p>WELLINGTON 3:30PM - 5:00PM</p> <p>EVENING DROP-IN 6:00PM - 8:00PM</p>	<p>7</p> <p>NO PROGRAM</p>
<p>10</p> <p>JOHN M KING 3:30PM - 5:30PM BBBS</p> <p>EVENING DROP-IN 6:00PM - 8:00PM</p>	<p>11</p> <p>GREENWAY 3:30PM - 5:00PM</p> <p>WELLINGTON 3:30PM - 5:00PM</p>	<p>12</p> <p>GREENWAY 3:30PM - 5:00PM</p>	<p>13</p> <p>JOHN M KING 3:30PM - 5:30PM</p> <p>WELLINGTON 3:30PM - 5:00PM</p> <p>EVENING DROP-IN 6:00PM - 8:00PM</p>	<p>14</p> <p>NO PROGRAM</p>
<p>17</p> <p>JOHN M KING 3:30PM - 5:30PM BBBS</p> <p>EVENING DROP-IN 6:00PM - 8:00PM</p>	<p>18</p> <p>GREENWAY 3:30PM - 5:00PM</p> <p>WELLINGTON NO AFTER SCHOOL PROGRAM</p>	<p>19</p> <p>GREENWAY 3:30PM - 5:00PM</p>	<p>20</p> <p>JOHN M KING 3:30PM - 5:30PM</p> <p>WELLINGTON 3:30PM - 5:00PM</p> <p>EVENING DROP-IN 6:00PM - 8:00PM</p>	<p>21</p> <p>NO PROGRAM</p>
<p>24</p> <p>JOHN M KING 3:30PM - 5:30PM BBBS</p> <p>EVENING DROP-IN 6:00PM - 8:00PM</p>	<p>25</p> <p>GREENWAY 3:30PM - 5:00PM</p> <p>WELLINGTON 3:30PM - 5:00PM</p>	<p>26</p> <p>GREENWAY 3:30PM - 5:00PM</p>	<p>27</p> <p>JOHN M KING 3:30PM - 5:30PM</p> <p>WELLINGTON 3:30PM - 5:00PM</p> <p>EVENING DROP-IN 6:00PM - 8:00PM</p>	<p>28</p> <p>NO PROGRAM</p>

### EVENING DROP-IN

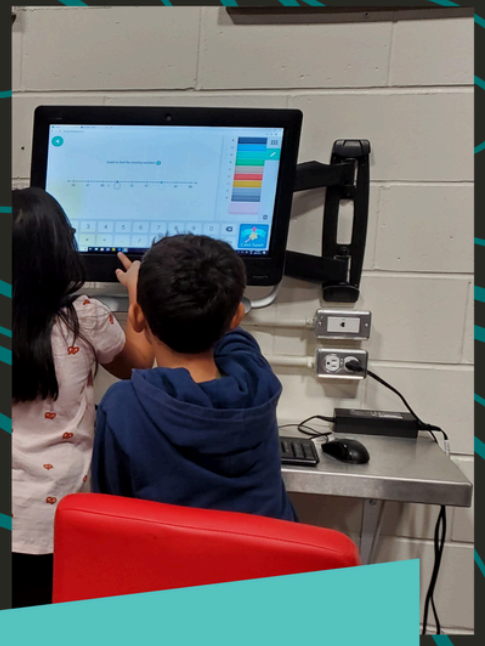
AGES 9 -15

532 ELLICE AVE.

MONDAYS & THURSDAYS 6:00PM - 8:00PM



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# EVENING DROP-IN

AGES 9 -15  
532 ELLICE AVE.

**MONDAYS & THURSDAYS 6:00PM - 8:00PM**

**WIFI**

**GAMING**

**SNACKS**

**HOMEWORK ROOM**

**BOARD GAMES**

**REC SPACE**

**HANG-OUT**

Have questions? Reach out to Evermore—  
You can register by scanning the QR code  
or visiting us on-site during program hours.



[www.evermoreggl.com](http://www.evermoreggl.com)

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