



JOHN M. KING SCHOOL

525 Agnes Street, R3G 1N7
Phone No: 204-775-4404



PRINCIPAL'S MESSAGE

APRIL 2024

Dear John M. King Families,

It is hard to believe that we are in the last term of school already. We hope that you had a fun Spring Break filled with lots of family time. As the weather warms up, please remember that your children will be outside everyday for recess unless it is raining. Please help ensure they are dressed for the weather.

Thank you to all of the families who attended Student Led Conferences on the evening of March 14 and during the day on March 15. The children are always so excited to share their learning with you. If you missed your appointment, please contact your child's teacher to reschedule. Report cards will be sent home on Friday, April 5.

Friday, April 19 and Monday, May 6 are Professional Development days for the staff. There will be no classes on either of these days.

In April, we will be practicing our lock down procedures to ensure children know how to respond if an emergency were to happen. We will continue to practice monthly fire drills as part of our safety plan.

Our Parent Advisory Meeting is scheduled for Thursday, April 11 at 5:30 pm in our Multi- Purpose Room.

Thursday, April 25, we will be hosting a Math Games Night from 5-7 pm. We will be sending more information out closer to the date. We hope to see you all there.



Warm Regards,

Mrs. T. Karagiannis Bell
Principal

Mrs. K. Melnyk
Vice Principal

Mindfulness

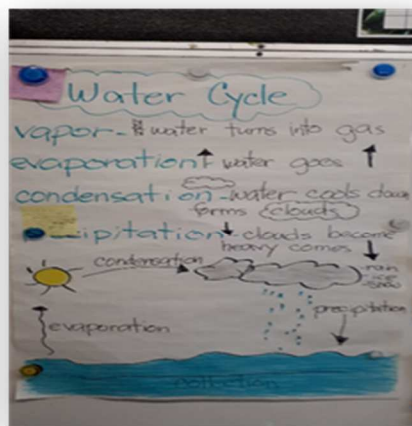
In Mindfulness club, student learned how to pay attention to their lives, here and now, with kindness and curiosity. Each week, we focused on a different strategy to help calm our bodies and to feel more focused. We practiced mindfulness through breathing techniques, meditation scripts, drawing, dance, and yoga.

Thank you to the Mindfulness Club members who attend every Wednesday to help make this practice habit forming and to practice calming the mind and body! Check out the photos of members practicing breathing in our beautiful new Sensory Room.



Learning Lens Room 104

Room 104 has been busy learning about the water cycle. Connecting our previous lesson about solids, liquids, and gases, our exploration continued as we talked about water. We learned about some sources of water through pictures, videos, and books and explored some vocabulary such as lagoons, streams, brooks. We read books, sang songs, watched videos, and did an experiment about the water cycle. We explored the words evaporation, condensation, and precipitation.

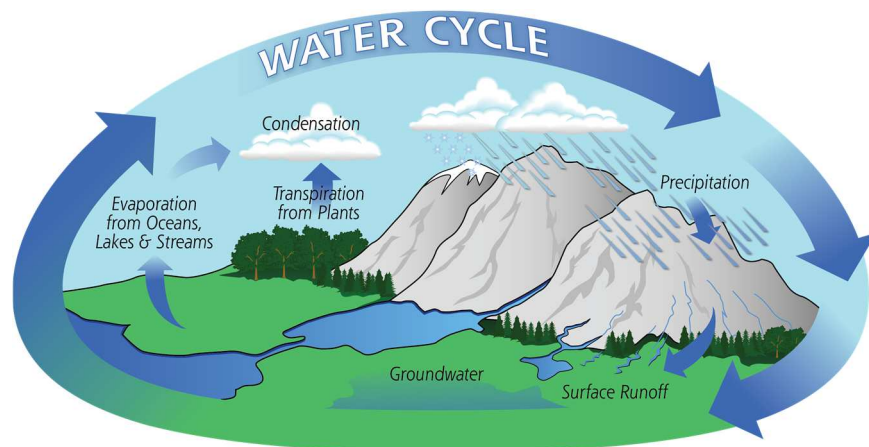
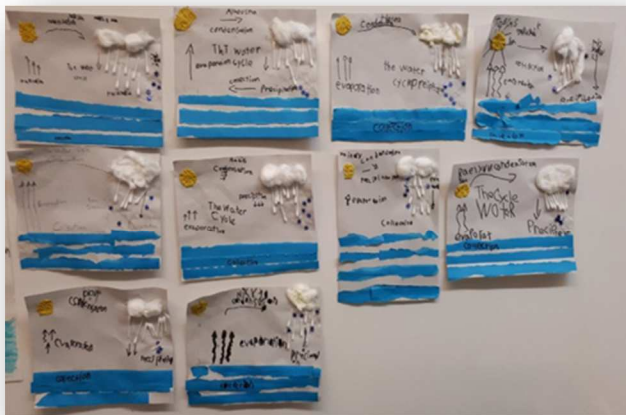


We experimented with the water cycle by putting water in a Ziplock bag and hanging it by the window to observe what was going to happen. The students started observing and predicting what would happen to our experiment by drawing it on a piece of paper. Some of the students predicted that the water would turn to ice as it was cold outside. The next day, everyone was surprised when they saw the moisture inside the bag and that the sun was able to warm up the water in the bag that formed condensation.





We did a hands-on experiment by putting water in a Ziplock bag, pretending it was condensation, then we made pin holes the bag several times for the water to come out, and letting the water sprinkle and pretending it was precipitation. The students enjoyed the water cycle lesson, and we concluded with an art activity.



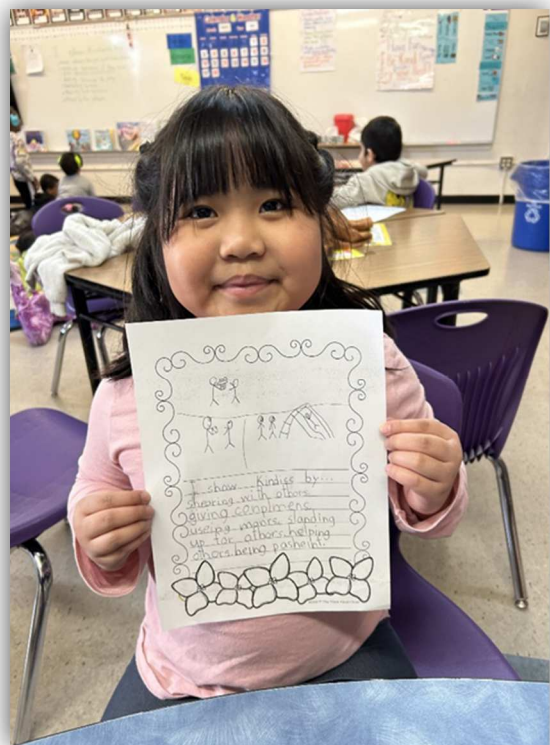
Learning Lens Room 105

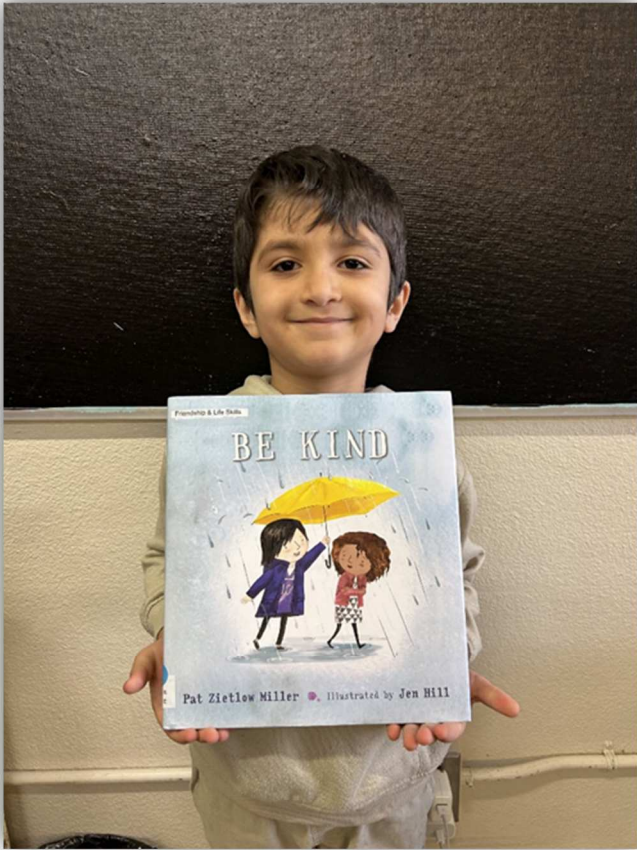
The students in room 105 have been learning all about Kindness! We love to fill each others' buckets by; smiling at the new student, giving a compliment, holding the door open for someone and being patient with our friends. Kindness can be so much fun but did you know?

- Physiological benefits of kindness include:
 - ◇ Strengthened immune system
 - ◇ Improved Cognitive Performance
 - ◇ Increase in Energy
 - ◇ Lower Heart Rate
 - ◇ Balanced cortisol levels which result in less internal stress
 - ◇ More likely to live a longer and have a more satisfied life
 - ◇ Laughter and inner joy resulting in decreased stress hormones; lower blood pressure; diminished pain.

We have also read many books about kindness including; "Be Kind" by Pat Zietlow Miller, "How Full is Your Bucket? For Kids" by Tom Rath and Mary Reckmeyer, "Meesha Makes Friends" by Tom Percival and "What Does It Mean To Be Kind" by Rana DiOrio.

We have learned so much about kindness through our investigations. We have used Class Dojo to track our kindness points and we got over 1000! That's a lot of Kindness!







Health, Seniors and Long-Term Care
Public Health
300 Carlton Street
Winnipeg, Manitoba Canada R3B 3M9

March 15, 2024

Re: Be Vigilant for Measles – Rise in Imported Cases in Canada

Dear Parents/Guardians and Caregivers:

There has been a significant rise in measles cases in many parts of the world. Most confirmed cases of measles in Canada are in returning travellers who were infected abroad. To date, there have been no laboratory confirmed cases in Manitoba in 2023/24.

Measles is very contagious. The most recognized symptom of measles is a red, blotchy rash, which often begins on the face and spreads down the body. Other common symptoms include fever, runny nose, cough, drowsiness, irritability and red eyes.

Measles is a serious illness, especially for young children, and can result in lung and brain infections and other conditions that lead to serious complications or death.

The best protection against measles is vaccination. As part of Manitoba's routine immunization schedule, children can receive two doses of a measles vaccine to protect against the disease; either the measles, mumps and rubella (MMR) vaccine or the measles, mumps, rubella and varicella (MMRV) vaccine that also provides protection against chicken pox. This vaccination is given at 12 months and again between the ages of four and six years. Together, these doses provide 97 per cent protection against measles. In addition to those doses, children age 6 months to under 12 months are eligible for 1 dose of MMR vaccine if travelling to a measles endemic country.

The full list of eligibility criteria for the measles, mumps and rubella (MMR) and measles, mumps, rubella and varicella (MMRV) vaccines in Manitoba can be found at: <https://www.gov.mb.ca/health/publichealth/cdc/vaccineeligibility.html>

Immunization Records:

You can get your immunization record by submitting a request via the e-form <https://forms.gov.mb.ca/immunization-update-request/>.

You may also be able to get a copy by:

1. Contacting your local public health office, <https://www.gov.mb.ca/health/publichealth/offices.html>
2. Checking if your local medical clinic or physician's office can provide them to you, or
3. Asking at a local nursing station or health centre.

If you or your children are new to Manitoba and have immunization records, these can be submitted to Manitoba Health, Seniors and Long-Term Care to have them validated and entered into Manitoba's Immunization Registry. More information on the process to submit records is available on the Immunization Records website: <https://www.gov.mb.ca/health/publichealth/cdc/div/records.html>.

We encourage parents/guardians and caregivers to be vigilant for measles symptoms, especially after travelling. If you suspect you or your child may have measles, please call your primary health care provider and get their advice on next steps.

Further resources can be found at:

- Measles webpage: <https://www.gov.mb.ca/health/publichealth/diseases/measles.html>
- MMR and MMRV Vaccine factsheets: o MMR - <https://www.gov.mb.ca/health/publichealth/factsheets/mmr.pdf>
- o MMRV <https://www.gov.mb.ca/health/publichealth/factsheets/mmr.pdf>



Richard Baydack, PhD
Director
Communicable Disease Control
Manitoba Health, Seniors and Long-Term
Care



Dr. Davinder Singh, MD, JD, MSc, FRCPC
Vaccine Lead, Medical Officer of Health,
Communicable Disease Control
Manitoba Health, Seniors and Long-Term Care

Destination Imagination

As you may already know, the grade 5/6 Destination Imagination team competed last night at the Manitoba tournament. They were the 1st place winners for their Service Challenge and received the “Torch Bearer Award”, which recognizes a team that has made a positive impact beyond their local community. We are incredibly proud of them!

This team put in countless hours of work; script writing, prop/background design, electrical engineering, and acting. They showed great team work and incredible resiliency through the entire process.

We will be posting their certificates and photos in the hallway outside the office!
Please join us in celebrating their amazing achievements!

Shawne and Melissa



PHYS ED

The grade four, five, and six students had the chance to participate in the after school Winnipeg Blue Bomber Football program. Every Thursday, students were bussed to the Axworthy Health & RecPlex where they were able to participate in football drills and skills with their peers, and students from other WSD schools.

The grade five and six students spent their Thursday lunch hours participating in the WSD inner-city soccer program. All games were played at the Axworthy Health & RecPlex. The students scored a total of 38 goals this season, winning a whopping five out of six games. Way to go soccer stars!

We are looking forward to grade two, three, and four juggling club, and grade four, five, six run club. Keep an eye out for notes coming home in early April.

As the weather continues to change, we want to remind all students to dress appropriately for both indoor and outdoor activities.

Ms. Etkin & Mr. Warkentin

CONGRATULATIONS



ROOM	STUDENT RECPENTS		
	TAKE CARE	LEARN TOGETHER	COME PREPARED
102	Jefferson	Xavier	DuoDuo
103	Faith	Vandell	Ace
104	Alhousna	Hosea	Creanna
105	Tait	Theodore	Nelson
106AM	Darren	Lake	Meklit
106PM	McKinnon	Martha	Kal-EI
111	Kieran	Pranika	Nova
202	Kelvyn	Azha	Traevon
203	Emine	Kaitee	Yamen
204	Paityne	Dakota	Alden
205	Mariam	Riley	Soha
208	Bai	Chuol	Yosief
209	Khloe W.	Alhousseini	Danni-Lyn



WINNIPEG SCHOOL DIVISION

Ozhitoon
Onji Peenjiiee

Build From Within



**Are you Indigenous, in high school
and have an interest in becoming a teacher?**

Then Build From Within is for you!

Students currently in grade 11, 12 or recent WSD graduates can apply.

Ask your Teacher, Indigenous Graduation Support Teacher or Guidance Counsellor for an application and information on supports provided.

Or contact Desi-Rae Anderson, Program Coordinator
204-788-0203 Ext: 324, Email: danderson@wsd1.org



John M. King

525 Agnes Street, R3G 1N7

*Now Accepting Registration
for Nursery & Kindergarten
for the 2024-2025 school year.*

*If your child was born in
2019 or 2020 now is the time
to register.*





AFTER SCHOOL PROGRAM JOHN M KING SITE

AGES 6-12 & GRADE 1-6

MONDAYS

3:30PM-5:30PM

IN-PERSON

GYM GAMES & SPORTS

ARTS & CRAFTS

BOARD GAMES

SNACK

AND MUCH MORE

**REGISTRATION
IS OPEN!!**



USE THE QR CODE ->
OR FOLLOW THE LINK ON OUR
WEBSITE: evermoreggl.com

FOR A PAPER COPY SEE THE OFFICE
OR CONTACT US - 204-772-9315



APRIL PROGRAM DATES:

MONDAY APRIL 1 - MARVALOUS MONDAYS @ BBBS

MONDAY APRIL 8 - MARVALOUS MONDAYS @ BBBS

MONDAY APRIL 15 - MARVALOUS MONDAYS @ BBBS

MONDAY APRIL 22 - MARVALOUS MONDAYS @ BBBS

MONDAY APRIL 29 - MARVALOUS MONDAYS @ BBBS



\$25

PLANT CARDS
ALSO AVAILABLE!
IT'S A PERFECT
GIFT FOR ANY
PLANT
ENTHUSIAST!

SPRING FUNDRAISER

Place orders until April 15th
Shop early for best selection!

This year's spring fundraising campaign will be a sale of excellent quality and competitively priced bedding plants, perennials, hanging baskets, vegetables, herbs, succulents, and container gardens. Fall Garden Mums can be easily ordered now in the spring for delivery shortly after Labor Day in the early Fall. Gift Cards are also available. You as the customer can **follow these simple steps** to shop and pay online at www.glenleagreenhouses.com.

1. On their homepage select **Spring Fundraiser**.
2. After you are finished shopping, **go to the cart page** and select **"to support & pick up at a fundraiser group"**. Afterwards, **three fields** will appear.
3. Please select from the **Fundraiser Group** dropdown John M. King
4. Under **Name of Seller** please leave empty.
5. Lastly, **check the Checkbox** to confirm all the information in the above fields are correct and click **check out & pay**.
6. Input your email, name and address. Followed by your preferred payment method. Payment can be completed by credit card (Visa or Mastercard) or by INTERAC e-transfer **to Glenlea Greenhouses**. Shortly after completing the order, an email confirmation is sent to the email address you provided at checkout confirming the delivery location and date, along with the products ordered. If you can not find this confirmation in your inbox, please check your spam folder for a copy of your confirmation. Your order is then forwarded to us.

Online orders will be accepted until 11:59 pm on April 15th.

The plants will be delivered to John M. King School (gymnasium) on Friday, May 17, 2024 and we will need all orders to be picked up between 3:00 PM and 4:30 PM. Please arrange for someone to pick up your order if you are unable to make it during this time as we will NOT hold orders over the weekend.

All the proceeds from this fundraiser will go towards John M. King's greenspace.
We thank you for your support!

April 2024

Family Room Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Preschool Playgroup 9:00	Coffee and Crafts 9:00 -12:00	Second Harvest Food Donation 2:30pm	Active Afternoon 1:00pm	Nutrition Bingo 1:00
8	9	10	11	12
Family Room Closed Chantel Away	Coffee and Crafts 9:00 -12:00	Second Harvest Food Donation 2:30pm	Active Afternoon 1:00pm Parent Advisory 5:30pm	Cooking Club 1:00
15	16	17	18	19
Preschool Playgroup 9:00	Coffee and Crafts 9:00 -12:00	Second Harvest Food Donation 2:30pm	Active Afternoon 1:00pm	Family Room Closed No School
22	23	24	25	26
Preschool Playgroup 9:00	Coffee and Crafts 9:00 -12:00	Second Harvest Food Donation 2:30pm	Active Afternoon 1:00pm	Nutrition Bingo 1:00
29	30			
Preschool Playgroup 9:00	Coffee and Crafts 9:00 -12:00			

Happy spring! I hope everyone was able to spend some quality time with friends and family over the break.

We will be having our monthly Parent Advisory Committee meeting on April 11. A light supper will be served once again. I hope to see many of you there!

Wednesdays are our food donation days. Please do not come before 2:30pm. It takes awhile for us to set up the tables and food, and we want to ensure all families have an equal chance to choose their grocery items. Also, we are out of plastic bags, so it would be very much appreciated if everyone could bring their own reusable bags. Thank you!

On Tuesdays, we have coffee and crafts. If anyone is interested in trying their hand at beading, sewing, crochet, drawing, etc, please stop by. My crafting knowledge is limited but I'll share what I know and would love it if others could do the same.

Take Care,
Chantel



APRIL 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Day 1	2	Day 2	3	Day 3	4	Day 4	5	Day 5
School Reopens				206 Swimming				Report Cards Going Home	
8	Day 6	9	Day 1	10	Day 2	11	Day 3	12	Day 4
				206 Swimming		Parent Advisory Meeting 5:30 - 6:30			
15	Day 5	16	Day 6	17	Day 1	18	Day 2	19	Day 3
		Grade 6 Baseball Club (Lunch)		206 Swimming Picture Day (Group/Class)		Grades 4-6 Run Club (Luch)		Non-Instructional Day (No School)	
22	Day 4	23	Day 5	24	Day 6	25	Day 1	26	Day 2
		Grade 6 Baseball Club		206 Swimming		Grades 4-6 Run Club (lunch)			
						Math Games Night 5-7 pm			
29	Day 3	30	Day 4	May 1	Day 5	2	Day 6	3	Day 1
Bus Ridership		Grade 6 Baseball Club							