



# JMK JAGUAR JOURNAL

525 Agnes St., R3G 1N7

204-775-4404

## *Principal's Message*

*January 2024*

Dear Parents/Guardians, Happy New Year!

We hope that everyone had a wonderful holiday and that you are well rested and ready to jump back into learning this month.

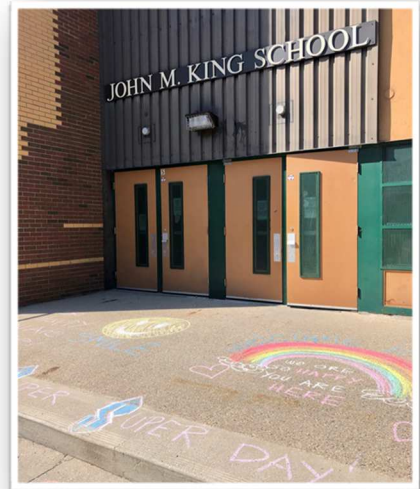
We have a couple of changes in staffing we would like to share with you. Ms. Carmen retired from the Winnipeg School Division on December 22, 2023. We wish her well and happiness in all of her world travels. We would like to officially welcome Ms. Maria Manzanilla as the Clerk II and Ms. Elaine Cloney (a retired Head Clerk) will be working as our Head Clerk until we hire for the position.

This will be our first full month of winter and with the cold weather settling in, it is important that children do not come to school too early. The Breakfast program opens at 8:30 a.m. Please help your child watch the time and let them know when to leave for school so they arrive at the right times.

Please speak to your children about winter safety. It is important that they do not play on the snow banks. They need to walk on the sidewalks safely and only cross streets at street corners, after they have checked for traffic both ways. Children also need to stay away from the rivers as the ice is unpredictable during the winter.

It was great to see so many families out for our Holiday Breakfast on December 18th. We had over **275** people attend! Thank you to all of the families who participated in our Family Craft Night on December 6th. The school staff and Evermore After School Program worked hard to create an evening of fun for all. We had **300** people attend! Please remember that the school will be closed for professional development days on Monday, January 22th as well as Friday, February 2nd.

We wish all of our families a wonderful 2023! May your world be filled with warmth, joy and good cheer. Wishing you a Happy New Year!



**Mrs. T. Karagiannis Bell**  
Principal

**Mrs. K. Melnyk**  
Vice Principal

# Physical Education

Happy New Year John M. King students and families!

It is so important for people of all ages to get outside during the winter months. One of the easiest ways to do that is by enjoying fresh snow in the yard or during walks around our community.

As we gear up for the coldest months of our year, we hope students will have the chance to spend time during physical education class and recess enjoying the simple pleasures of childhood. We hope to see students participate in snowman and fort building, the making of snow angels, and catching snowflakes on their tongues.

While there is the potential for hazards such as icy surfaces and hard packed snow, it is important to remember that safe winter movement is possible by being prepared. At John M. King, all students should come to school with winter gear including: jacket, snow pants, boots, gloves, scarf, and a toque. As we move into 2024, we want to remind all students to come prepared for indoor and outdoor physical education classes.

**- Ms. Etkin & Mr. Warkentin -**

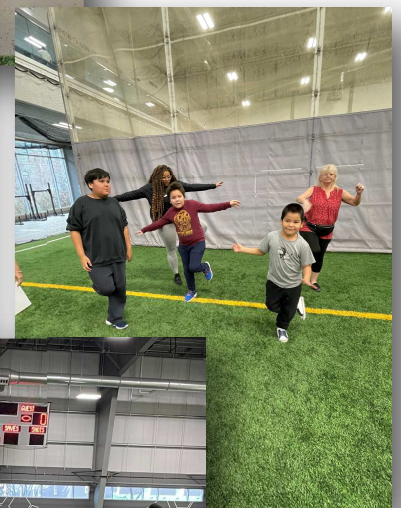


# Special Olympics Soccer

In December, ten John M. King students had the chance to participate in Special Olympics Manitoba Soccer program. This event helped student athletes build confidence in sport through quality training and participation opportunities. Throughout the day, students rotated through eight stations focussing on movement skills, agility, soccer ball skill acquisition, and a mini game.

Our student athletes had a great time!

- Ms. Etkin & Mrs. Sawyer -



## Social Emotional Learning in Room 111

Thank you to all who were able to attend the NK Winter Concert. It was truly a memorable experience.

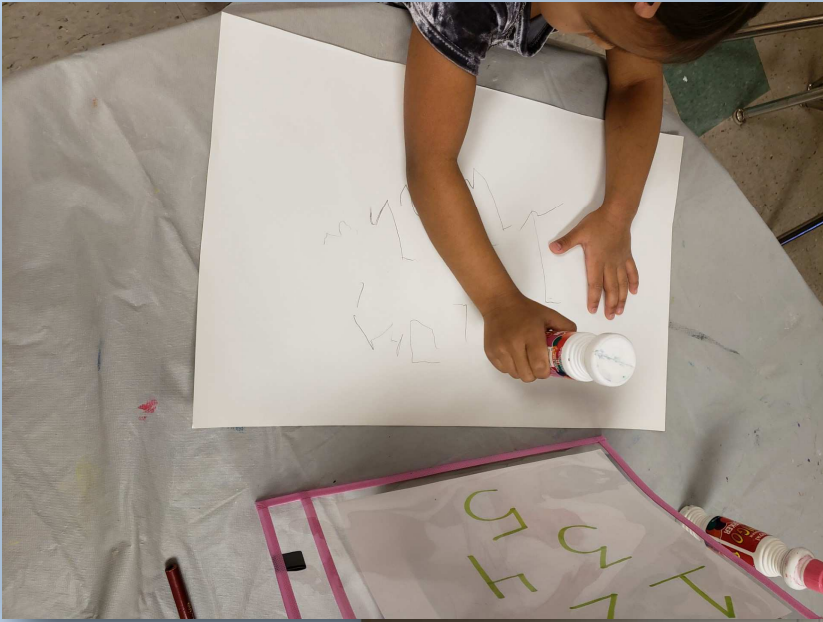
I hope that all of you had a wonderful winter break and enjoyed some quality family time. The beginning of a new year is an exciting time filled with exciting possibilities and goals for the future!

The students in Room 111 have done a great job of adjusting to our daily routine. For some students, it is their first school experience and we are so excited to be a part of this special time of embracing learning. We continue to review classroom rules and expectations such as indoor voice, walking feet and being kind to others.

The students have been learning about feelings, not only recognizing different ones, but also identifying how they are feeling at any given time. They look forward to sharing their feelings and unique personal experiences during our weekly sharing circle. This has provided many opportunities to encourage students to use their words and grow their vocabulary.

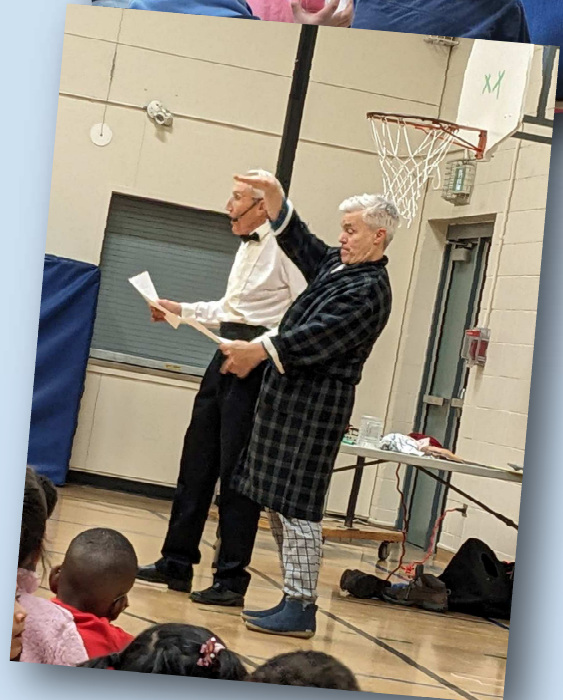
We have been brainstorming different ways to demonstrate the TLC values of John M. King School in our everyday school life. We have been learning to take care of our school environment (belongings, supplies), as well as take care of those around us. We are learning this can take many different forms. Maybe they help to put toys away during cleanup time or they comfort a friend who feels sad. There are many opportunities to show kindness and be a "Bucket Filler".

We are expanding our learning about how the TLC values and the Seven Teachings are connected to grow our understanding of acceptance, compassion and empathy. In an effort to demonstrate these values, I am pleased to announce Room 111 has started a collection of metal tabs from pop cans. We are off to a great start, but we need your help! We are planning to collect as many tabs as we can before the end of the school year and give the collection on behalf of the school to the Tabs For Wheelchairs Program here in Winnipeg. If you wish to help us, you can give your metal tabs to your classroom teachers or you can drop off your metal tabs at Room 111. Let's all work together to give someone a wheelchair and change their life! Remember, everyone can make a difference, no matter how small!



## PERFORMING ARTS

Performing Arts in December was an absolute blast! We embarked on an exciting musical journey, delving into the world of xylophones, metallophones, glockenspiels, and drums, otherwise known as the Orff Instrumentarium. The students were thrilled to explore the magic of music-making, creating beautiful melodies and harmonies together using the pentatonic scales. In addition, we proudly learned the first part of the John M King School Song, fostering a sense of unity and school spirit. As a final treat before beginning our winter break, we were fortunate to have a special visit from the renowned children's performer, Al Simmons, during our holiday pancake breakfast. Al performed his show "Sounds Crazy", a wacky, musical journey into the science of sound. It was a truly memorable experience filled with laughter, learning, and "Mama, oh! A lot of pancakes!"



## TLC ASSEMBLY TRACKING SHEET

# CONGRATULATIONS



ROOM	STUDENT RECPENTS		
	TAKE CARE	LEARN TOGETHER	COME PRE-PARED
102	Akila	Lilian	Christopher
103	Randy M.	Melat B.	Easton Y.
104	Dmytro	Ari	Hainay
105	Nelson	Passion	Andrew
106AM	Connor	Aaron	Hashir
106PM	Olivia M.	Arabelle B	Jeremiah
111	Zaiden	Gabrielle	Christopher
202	Olivia	Emma	Sapphira
203	Jordan B.	Si M.	Marcus D.
204	Ryan	Angela	Pixie
205	Taryn M.	Ezno	Jordan T.
206	Jason	Rpbert	Patrick
208	Maverick	Bai	Souhayatou
209	Rozlee	Yamen	Alhousseini

**Message from Dr. Karen Gripp, medical director, HSC Winnipeg Children's Hospital Emergency Department:**

HSC Winnipeg Children's Hospital Emergency Department is seeing a significant increase in patient visits as respiratory viruses continue to circulate in the community.

While many of our patients are very sick, we are also seeing many kids who could be treated in a more appropriate setting or safely managed at home. At least a third of the patients seen each day over the past week could have been safely cared for by their family doctor, a nurse practitioner, or at home with rest and fluids.

We know that having a sick child can be very stressful and that when you need emergency help, you know where to go. But just as importantly, we want you to avoid waiting in an emergency department for long periods with a sick child if they can be cared for elsewhere.

We expect that patient volumes will continue to remain high in the weeks ahead and almost certainly increase. This will further stretch our ability to take care of sick children, so it's imperative that parents and caregivers understand their options for care and when symptoms warrant a visit to the emergency department.

We know having a sick or injured child can be scary and overwhelming, so knowing where to go **before** your child becomes sick or injured can help you make the right decision when they need care.

It's important to remember that not all respiratory symptoms require a visit to the emergency department. Many common cold and flu symptoms, including fevers, can be safely treated at home or with a visit to your doctor, a walk-in clinic, or urgent care centre.

I want to reassure parents and caregivers that if you come to the emergency department, you will get the care that you need. But if your child's needs are not urgent, you can expect a longer wait as we continue to see the sickest patients first.

I encourage you to review the attached pamphlet and visit KidCareMB.ca, which includes helpful information on care options as well as symptoms to watch out for when caring for a sick child.

## Not Sure Where to Go?

Talk to a nurse from home and get help assessing your child's symptoms.  
Call Health Links – Info Santé at **204-788-8200** or **1-888-315-9257**  
In an emergency, call **9-1-1**.





# How to Care for Your Child During Respiratory Virus Season

Having a sick child can be scary. Know what symptoms to watch for, how to provide care and comfort at home, and when to seek help — it's all part of providing good **KidCare!**

At an emergency department, the sickest patients are always seen first. Less sick patients will have to wait for care. Depending on your child's symptoms, you may be able to provide care at home, or be seen faster by your doctor or a walk-in clinic or urgent care centre.

When deciding where to go, consider these cold and flu symptoms to determine whether your child needs emergency care.

	Emergency	Not an Emergency
<b>Breathing Problems</b>	<ul style="list-style-type: none"> <li>in respiratory distress</li> <li>pale skin with blue lips</li> <li>wheezing, not responding to medication</li> </ul>	<ul style="list-style-type: none"> <li>nasal congestion and cough</li> <li>mild wheezing that is responding to medication or is not associated with difficulty breathing</li> </ul>
<b>Fever</b>	<ul style="list-style-type: none"> <li>infant (less than 3 months old) with fever</li> <li>immune system or chronic health problems</li> <li>difficult to wake or excessively sleepy</li> <li>fever ongoing for more than 5-7 days</li> <li>neck stiffness with vomiting and sleepiness</li> <li>unable to walk or weakness of arms or legs</li> </ul>	<ul style="list-style-type: none"> <li>in healthy and vaccinated babies</li> <li>in children who are generally well</li> <li>on its own, a high fever does not require a trip to emergency</li> </ul>
<b>Vomiting or Diarrhea</b>	<ul style="list-style-type: none"> <li>in a child less than 3 months old</li> <li>repeated vomiting and shows signs of dehydration (no tears, dry mouth, sunken soft spot)</li> <li>containing blood or is bright green</li> <li>dehydration with dry mouth, or if no urine is passed for 12+ hours</li> </ul>	<ul style="list-style-type: none"> <li>vomiting or diarrhea less than 3-4 times per day</li> <li>ongoing diarrhea after 'stomach flu' as this can last for up to 2 weeks</li> </ul>

Learn more about symptoms that should lead to a visit to emergency and those that can be cared for at home or elsewhere, at [KidCareMB.ca](http://KidCareMB.ca).

## Not Sure Where to Go?

Talk to a nurse from home and get help assessing your child's symptoms. Call Health Links – Info Santé at **204-788-8200** or **1-888-315-9257**. In an emergency, call **9-1-1**.





## Vaccination

All children in Manitoba aged six months and older can get COVID and flu vaccines.

Keeping your kids up to date on vaccinations can prevent them from getting sick. There are many locations across the province where they can be immunized, and we have an online map to help you find a spot that is convenient.

Book Now — [ProtectMB.ca](https://www.protectmb.ca)



## Fevers?

Fever is not dangerous. It is the body's natural response to infections and actually helps to fight infection.

Higher temperatures do not mean the infection is more serious, and a fever on its own does not require medical attention in most children.\*

You do not need to treat fever with medicine. Cool your child by dressing them in light clothing, offering extra fluids, and keeping the room cool.

*\*Children under 3 months of age and those with chronic health conditions should be seen if a fever develops.*

## A Dose of Prevention Goes a Long Way!



### Stay Home

Keep sick kids at home to slow the spread.



### Hand washing

Teach your kids to wash hands with soap for 20+ seconds.



### Cough

Cover your cough or sneeze.



### Masks

Consider wearing a mask when indoors in crowded locations.

## Need Advice?

Health Links – Info Santé can help 24/7.

Call 204-788-8200 or 1-888-315-9257

In an emergency, call 9-1-1.



## Do not Walk, Skate, or Play on Frozen Retention Ponds

Retention ponds are never safe to use for winter recreation activities. Ice conditions can change quickly without warning, and falling through the ice can be deadly. Remind your children to stay away from frozen retention ponds. Keep dogs on leashes when walking near a retention pond so they don't run onto the ice.



**Do not walk, skate, or play on frozen retention ponds. Talk to your children about staying away from the ice.**



**Do not place hockey nets, benches, light structures, or any other items on a frozen retention pond. To report a structure or item on a retention pond, contact 311.**



**If you see someone on a retention pond, call 911.**

Water from snowmelt or nearby water main breaks can drain into retention ponds. This water is often mixed with street salts, which can cause ice to melt and thin unevenly. This water enters retention ponds from underneath the ice, resulting in thinning of ice that can't be seen from the surface.

WHEN AN APPLE A DAY  
JUST ISN'T ENOUGH...



**TRY QDoc!**

A FREE SERVICE THAT CONNECTS PATIENTS TO  
DOCTORS FOR VIRTUAL APPOINTMENTS



# AFTER SCHOOL PROGRAM JOHN M KING SITE

**REGISTRATION  
IS OPEN!!**

**AGES 6-12 & GRADE 1-6  
MONDAYS - 3:30PM-5:30PM**

GYM GAMES & SPORTS  
ARTS & CRAFTS  
BOARD GAMES  
SNACK & MORE



**USE THE QR CODE ->  
OR FOLLOW THE LINK ON OUR  
WEBSITE: [evermoreggl.com](http://evermoreggl.com)**

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



## **JANUARY PROGRAM DATES:**

MONDAY JANUARY 8 - MARVALOUS MONDAYS @ BBBS  
MONDAY JANUARY 15 -AFTER SCHOOL PROGRAM Feat. ART CITY  
MONDAY JANUARY 22 - NO SCHOOL - NO PROGRAM  
MONDAY JANUARY 29 -AFTER SCHOOL PROGRAM Feat. ART CITY

## **FAMILY FUN NIGHT** *Memories*



## North West Ringette Association

REGISTRATION LINK: <http://Nwra.rampregistrations.com>

### REGULAR SEASON REGISTRATION FEES

\*Fees include Ringette Manitoba and Winnipeg Ringette League fees, regular season games (including fees for refs and minor officials).

Level	Registration Fee	Association Fee	Age	Total Fees After New Player Discount
R4U	\$340	\$60	2015 birth year and after	\$230.00
U10	\$395	\$60	2014 & 2015 birth year	\$257.50
U12	\$395	\$60	2012 & 2013 birth year	\$257.50

### ASSOCIATION FEE - \$60

Association fees go towards, but are not limited to, RAMP Registration costs, website fees, Just Try Ringette, cage rental at Seven Oaks Arena to store NWRA equipment, jerseys, rings, whistles, whiteboards, etc.

### NEW PLAYER INCENTIVE

For the 2023-2024 season, NWRA will offer any new players to Ringette a 50% discount on registration fees ONLY.

Use PROMO CODE "2023newR4U" to receive \$170.00 discount for any child born between January 1, 2016 and December 31, 2020!!!

Use PROMO CODE "2023newU10" or "2023newU12" to receive \$197.50 discount for any child born between January 1, 2012 and December 31, 2015!!!

### Subsidy Information

Subsidies are available through JumpStart and Kidsport. If you require assistance or have a older than 11 years old, please contact registrar@nwra.ca for more information

EACH SESSION IS 60 MINUTES IN LENGTH  
AT THE SAME TIME AND SAME PLACE!

INTRODUCING

# INTRO 2 RINGETTE

INTRO 2 RINGETTE IS A FUN 4 WEEK  
PROGRAM THAT IS GOING TO  
INTRODUCE YOU TO THE SPORT OF  
RINGETTE.



**\$60**

SEPTEMBER SOUTH - 10, 17, 24, OCT 1 @1:50PM  
 OCTOBER SOUTH - 8, 15, 22, 29 @1:50PM  
 NOVEMBER SOUTH - 5, 12, 19, 26 @12:00PM  
 OCTOBER NORTH - 7, 14, 21, 28 @ 4:30PM  
 NOVEMBER NORTH - 4, 11, 18, 25 @ 4:30PM

**HOW TO REGISTER:**  
 PLEASE CLICK THE LINK BELOW  
 THAT YOU WOULD LIKE TO  
 REGISTER FOR - SPACE IS LIMITED



*Ringette*  
MANITOBA

***RMB wants to introduce YOU 2 Ringette!***

Intro 2 Ringette is a fun 4 week program that is going to introduce players 3-8 years old to the sport of Ringette. The cost for 1 session (4 ice times) is only \$60.00

***What you need 2 Play:***

- Helmet with face mask (preferrably a ringette face mask)
- Gloves or heavy mittens
- Skates

***How to Register:*** The link to register: <https://ringettemanitoba.ca/intro-2-ringette/>

**October Session North 4:30pm**

Seven Oaks Arena (745 Kingsbury)

October 7

October 14

October 21

October 28

**November Session North 4:30pm**

Seven Oaks Arena (745 Kingsbury)

November 4

November 12\*\*

November 18

November 25



# BE THE INSPIRATION

Winnipeg School Division  
**is hiring:**

- School clerks
- Educational Assistants
- 5th Class Power Engineers
- Bus Drivers



**JOIN US**

[winnipeg.sd.ca/careers](http://winnipeg.sd.ca/careers)



WINNIPEG SCHOOL DIVISION





# JANUARY 2023

## Family Room

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>NEW YEAR'S DAY</b>	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK
8	9	10	11	12
Wiggle, Giggle & Munch - 1:00 PM	Coffee & Chat 9:00 AM	Second Harvest Food after 2:30 PM	Active Afternoon 1:00 PM	Bannock Making 1:00 PM
15	16	17	18	19
Family Room Closed Morning Wiggle, Giggle & Munch 1:00 PM	Coffee & Chat 9:00 AM	Second Harvest Food after 2:30 pm Parent Advisory 5:00 PM	Active Afternoon 1:00 PM	Nutrition Bingo 1:00 PM
22	23	24	25	26
Non-Instructional Day Family Room closed	Family Room Closed All Day!	Second Harvest Food after 2:30 PM	Active Afternoon 1:00 Pm	Cooking Club 1:00 PM
29	30	31		
Wiggle, Giggle & Munch at 1:00 PM	Coffee and Chat 9:00 AM	Second Harvest Food After 2:30 PM		

### Welcome Back!!

We have some super fun activities planned this month! Our Parent Advisory Committee meeting will be taking place in the evening to accommodate more families. We`ll serve supper at 5:00pm and meet at 5:30pm. We`re introducing active afternoons this month, where we`ll be doing yoga, pilates, and Zumba. Dress comfortably as we`ll be working up a sweat! As always, feel free to stop by with any questions, or for a visit!

-Chantel



# Thinking of returning to school?

- Complete grade 12 diploma
- Upgrade for post-secondary
- Strengthen your employment opportunities
- Attend online or in downtown Winnipeg
- No cost - new & returning students welcome

**REGISTER  
TODAY**

Visit [WAEC.CA](http://WAEC.CA)  
Call 204-947-1674



**The Winnipeg Adult Education Centre offers various in-person + online classes, including:**

- Applied, Essential and Pre-Calculus Math 30S/40S
- Chemistry, Biology and Physics 30S/40S
- English 10E/20E/30E (EAL)
- Science 20F
- English Comp 30S/40S
- English Trans and Lit 40S
- Phys Ed 40F
- Visual Arts 40S
- Family Studies, Psychology and Global Issues 40S
- Intro to computers, desktop publishing, print communications



To receive more information,  
scan below:



The Winnipeg Adult Education Centre has been serving the community since 1966. Conveniently located in Downtown Winnipeg, the WAEC provides an opportunity for adult learners to achieve their goals in a flexible and inclusive learning environment.

The WAEC operates within the traditional school calendar, and offers a continuous intake model, allowing students to register at any time throughout the school year.

The WAEC annually graduates about 180 students and helps countless more upgrade to meet post-secondary requirements. At the Winnipeg Adult Education Centre:

**We're Here When You're Ready!**

The Winnipeg Adult Education Centre  
310 Vaughan St. Winnipeg, MB R3B 2N8



[waec.ca](http://waec.ca)



[waec@wsd1.org](mailto:waec@wsd1.org)



(204)-947-1674

# JOHN M. KING JANUARY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NEW YEAR	2	3	4	5
8 Day 1  EVERMORE 3:30– 5:30	9 Day 2	10 Day 3  Room 206 Swimming PM	11 Day 4	12 Day 5  Leadership Meeting at lunch
15 Day 6  EVERMORE 3:30– 5:30	16 Day 1	17 Day 2  Room 206 Swimming PM	18 Day 3	19 Day 4  Leadership Meeting at lunch
22 Day 5  PD Day Non Instructional Day	23 Day 6	24 Day 1  Room 206 Swimming PM	25 Day 2	26 Day 3  Leadership Meeting at lunch
29 Day 4  EVERMORE 3:30– 5:30	30 Day 5	31 Day 6  Room 206 Swimming PM	February 1 Day 1	February 2 Day 2  PD Day Non Instructional Day