



# JMK JAGUAR JOURNAL

525 Agnes St., R3G 1N7

204-775-4404

## *Principal's Message*

*October 2023*

It seems the right month with Thanksgiving on the horizon to say how thankful and fortunate Ms. Melnyk and I are to work here at John M. King School. We see the commitment to children and the rich learning opportunities taking place here at the school. One of our school goals is that all students are at school on time every day. Please assist your child in meeting this goal.

We hosted our Meet the Staff evening on September 21st and want to thank our families who were able to come and speak with your child's teacher. If you were unable to attend, please contact the teacher to book a time to connect.

A friendly reminder that our school will be closed for: Election Day on Tuesday, October 3; Thanksgiving on Monday, October 9; Manitoba Teacher's Society Professional Development Day on Friday, October 20; and a Non-Instructional Day on Wednesday, November 1, 2023. way.

In the event your child will be absent from school, Parent's/Guardians should notify the SafeArrival system of their child's absence in one of three ways: by calling an automated interactive telephone system via a toll free number 1-855-278-4513, via website <https://go.schoolmessenger.ca> or by using the SAFEArrival app on your iOS or Android device.

We will be hosting our annual Terry Fox Run on Wednesday, October 4 at 1:15 pm. We will be walking/jogging around the school block to support the Terry Fox Foundation, which raises funds for cancer research. We will be collecting toonies for Terry. Any small donation would help towards this cause.

John M. King School proudly wore orange on September 29 for National Day of Truth and Reconciliation. We wore orange in recognition of the detrimental and systemic effects of the residential school system and its impact on the children and their families. All classrooms had age-appropriate discussions from understanding diversity, belonging, love and community to understand the history of how we move forward in a positive

Warm regards,

**A. Karagiannis Bell**  
Principal

**K. Melnyk**  
Vice-Principal



# Physical Education

## Welcome back families!

This year we kicked off our physical education classes by exploring both new and familiar equipment, participating in recess games, and getting reacquainted with group games and activities. Classes have been taking place both inside the gym and in the schoolyard. We are so thankful that the weather has been warm and dry, and we are looking forward to spending more time outdoors as we move through the next few months.

Students at John M. King School participate in 30 minutes of physical education each school day. Our classes consist of a warm up, skill practice and activity, and culminate in a reflection on learning. Every Friday, students participate in Fun Friday!, where they are encouraged to explore the activities they enjoyed most during the week.

During phys. ed classes, we encourage independent practice, team work, skill building, and connection amongst peers. Physical activity helps students maintain their focus and attention throughout the school day, reduce anxiety, and assist in building relationships with peers.

We are looking forward to another great year in our PE classes.

**Ms. Etkin and Mr. Warkentin**

## ACTIVE START

The Primary classes at John M. King School have been participating in an active start each school day. Our active start allows students and staff to begin the day with 10 minutes of movement! The activities may include walking laps in the field, games led by the physical education teacher, and Fun Friday on the play structure.

The primary classrooms began an active start program in September 2022, while on the journey to connect physical activity to increased school engagement and academic achievement. Since our active start program began, teachers, educational assistants, administrators, and clinicians alike have seen a remarkable increase in students' abilities throughout the school day.

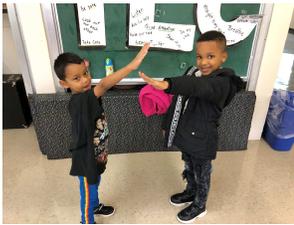
Decreases in impulsive decision making, depression, anxiety, restlessness, anger, and aggression by students have all been noted since the introduction of an active start. Here at John M. King, our students love the chance to be active while socializing with friends before their learning day begins.

Ms. Etkin



# PERFORMING ARTS

Hello! My name is Gordon Tanner and I am very excited to be the new Performing Arts teacher at John M. King! You may be wondering how Performing Arts is different from Music class. In Performing Arts students will be learning about Drama and Dance, as well as Music. Our music program already contained lots of drama and dance activities, so this really isn't a huge change from what students have experienced previously. During September we focused on Drama and learning games and activities to help us build our classroom communities. We learned that the word "ensemble" means "together", and that the performing arts often requires us to work together as an ensemble. Some games that we have learned so far include the Name Game, Atom, Telephone, Magic Rocks and Pruie. Every class at John M King has been learning a song called *Music Alive* written by Cree composer Sherryl Sewepagaham. The song is written in English and Cree, and we sang it together during our school assembly on September 29<sup>th</sup> to honour the National Day for Truth and Reconciliation on September 30. The message of the song is that music is a powerful way of bringing people together, and that young people have a very important role in creating those connections.



Music Alive by Sherryl Sewepagaham  
*Bringing voices together 'cross the nation.  
Take a stand! This is our generation.  
Sing along! Singing strong!  
We'll bring the music alive.*

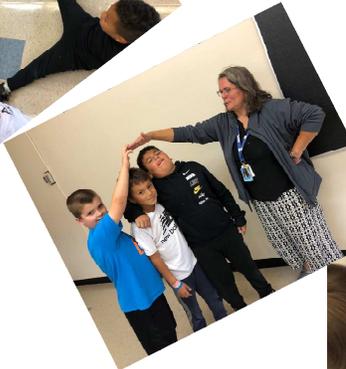


*Hey na na hey-ah  
Hey na na hey-ah  
Napisisak, iskwesisak.  
Hey na na hey-ah  
Hey na na hey-ah  
Soh-kih ma-ma-wi nikamok  
Soh-kih ma-ma-wi nikamok*



Napisisak = boys  
Iskwesisak = girls

Sohkih ma-ma-wi nikamok = singing strong together



# The Learning Lens with Room 106

September has been a very busy month for Room 106. We have welcomed lots of new friends as they have joined our classes since the start of the school year. If you are new to the John M. King community, we would like to welcome you.

Our learning in Room 106 has focused on getting to know each other, learning the routines and rules of our classroom and developing some independence at school. We have been learning to share, take turns and play together. Through this play we have been developing friendships while we explore the many exciting centres in our classroom. Some of our favourites this year have included the Kitchen Centre, Playdoh Centre, Lego Centre, Arts and Crafts Centre and the Car Centre. We talked about our classroom responsibilities to make sure that our whole class was able to enjoy each centre as we play and learn. We simplified all of our rules into three main responsibilities that apply to our whole classroom. 1) We will be safe. 2) We will keep our hands and feet to ourselves. 3) We will use kind words and actions.



The class has been learning about what makes us all unique and special. We have been learning about ourselves as well as other people in the class. We've talked about our names, our birthdays and things that we like. Through these discussions we've noticed that we all have a lot in common. These similarities have brought us together as a group and we have created a great classroom community in both the morning and the afternoon classes. Talking about ourselves has also given us the opportunity to appreciate how we are different from each other as well. We are learning that we are all unique and special and that it is okay to be different. These differences give us great opportunities to learn from one another and experience different things.



The first day of Autumn gave us an opportunity to begin learning about the seasons and what changes we notice. We noticed that the weather was getting colder and that the leaves were starting to fall from the trees. We also noticed that the leaves were changing colours! We explored some leaves outside on the playground and in the classroom as well. We noticed that leaves came in many different shapes, sizes and colours. Once we noticed that, we began talking about sorting different objects around the classroom.



We've enjoyed the first month of school and are excited to continue our learning journey for the rest of the

together year!

- Mr. Jamieson

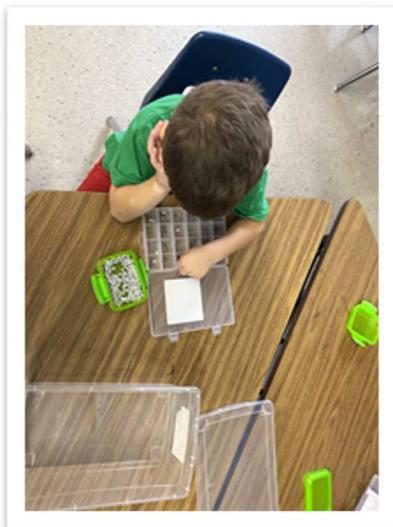


# Back to School with Room 102!!



The students in Room 102 have been super busy in our classroom getting back into the swing of things. In our classroom, we are practicing being **independent learners**; meaning, we are practicing working by ourselves or in a group while following instructions on a bunch of different jobs, as well as reading a schedule. It is hard work but the students have been doing so well!

We began our centres as a part of our daily routine, in both math and literacy. Each centre is a different task. For example, we practice writing, sketching and letters, as well as building patterns and representing numbers. This has quickly become a favourite time for our class. Check out our work!



***Stay tuned for more learning from Room 102!***

# October

2023

## Family Room Calendar

Check out what we have planned in the family room this month. I hope to see you all soon!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Mindful Monday 1:00	No School Family Room Closed	Second Harvest Food Donations 3:30	Random Acts of Kindness Club 1:00	Understanding Food Labels 11:00  Cooking on a Budget 1:30	
8	9	10	11	12	13	14
	No School Family Room Closed	Wiggle, Giggle, and Munch 10:00 -12:00  Family Room Closed in the afternoon	Second Harvest Food Donations 3:30	Random Acts of Kindness Club 1:00	Family Potluck 12:00	
15	16	17	18	19	20	21
	Mindful Monday 1:00  Parent Advisory Committee Meeting 2:30	Wiggle, Giggle, and Munch 10:00 -12:00  Family Room Closed in the afternoon	Second Harvest Food Donations 3:30	Random Acts of Kindness Club 1:00	No School Family Room Closed	
22	23	24	25	26	27	28
	Mindful Monday 1:00	Chantel is in Training  Family Room Closed	Second Harvest Food Donations 3:30	Random Acts of Kindness Club 1:00	Cooking on a Budget 1:30	
29	30	31				
	Mindful Monday 1:00	Wiggle, Giggle, and Munch 10:00 -12:00  Family Room Closed in the afternoon				

# Family Room Activities and Events

## **Parent Advisory Committee**

We'd like to invite all caregivers to attend our month PAC meeting.

## **Mindful Monday**

Monday's activities will range from painting to yoga, and are meant to help you pause and relax.

## **Wiggle, Giggle, and Munch**

Wiggle, Giggle, and Munch is a program for preschool children and their adults. They'll have the chance to learn new skills, be active, and eat a healthy snack! If your child attends nursery or kindergarten, you are

## **Second Harvest**

We are fortunate to have a couple places to gather food donations for families. On Wednesdays, we will have these available to families at the front door, starting at 3:15. Please bring a bag to bring your food home.

## **Random Acts of Kindness Club**

Thursday afternoons, we will gather together to paint rocks and crochet small objects to hide around the community. Don't worry, you don't need to be a painter or crocheter to attend!

## **Cooking on a Budget**

In this program, we will prepare a budget friendly meal together, while discussing ways to save money on groceries. Each participant will be able to take home a meal for their family.

## **Family Potluck**

We would love the opportunity for families to gather together and share a meal. You might have a favourite dish that you think other people would enjoy. There might be a dish unique to your culture that others may not have tried. Feel free to bring a dish to share with other families. If you are not able to bring a dish, we would still love for you to come! There will be more than enough food to go around.

## **Drop In**

The family room has a variety of art supplies available. We have material, sewing machines, beads, looms, yarn, and more! Feel free to stop by and use these items. If you have skills you'd like to share with others, let me know as well. We welcome the sharing of knowledge!

**Dear John M. King Families,**

*Smudging is a tradition, common to many First Nations, which involves the burning of one or more medicines gathered from the earth. The four sacred medicines used in First Nations' ceremonies are tobacco, sage, cedar, and sweetgrass. The most common medicines used in a smudge are sweetgrass, sage, and cedar. Smudging has been passed down from generation to generation. There are many ways to perform a smudge and different variations exist. Historically, Métis and Inuit people did not smudge; however, today many Métis and Inuit people have incorporated smudging into their lives.*

*Smudging allows people to stop, slow down, and become mindful and centered. This allows people to remember, connect, and be grounded in the event, task, or purpose at hand. Smudging also allows people to let go of negative feelings and thoughts. Letting go of things that inhibit a person from being balanced and focused comes from the feeling of being calm and safe while smudging. The forms of smudging will vary from nation to nation but are considered by all to be a way of cleansing oneself. Smudging is part of "the way things are done" and is part of living a good life.*

*Beginning on Tuesday, October 10, we would like to give students the opportunity to smudge before the start of the school day. This will be taking place between the hills on the schoolyard, at 8:45am. I will lead the smudge, and we will use sage. Smudging is voluntary, and all students, parents, and caregivers are welcome to join us.*

*If you have any questions or concerns, please call or stop by the office.*

*Kind Regards,*

**Chantel Eisbrenner (she/her)  
Community Support Worker  
John M. King School**



# 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

**PROGRAM STARTS  
MONDAY OCTOBER 2ND**

**REGISTRATION  
IS OPEN!!**



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

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



## **OCTOBER PROGRAM DATES:**

MONDAY OCTOBER 2 - MARVALOUS MONDAYS @ BBBS  
MONDAY OCTOBER 16 - MARVALOUS MONDAYS @ BBBS  
MONDAY OCTOBER 23 - MARVALOUS MONDAYS @ BBBS  
MONDAY OCTOBER 30 - MARVALOUS MONDAYS @ BBBS

## 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

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

# Congratulations to our September winners!



Carolina	Room 106-AM
Mark	Room 106-AM
Timoffi	Room 111-PM
Lydia	Room 111-PM
Chaisen	Room 102
Lily K.	Room 102
Randy	Room 103
Natalie	Room 103
Raelynn	Room 104
Alhousna	Room 104
Passion	Room 105
Nathalie	Room 105
Ariana	Room 202
Sapphira	Room 202
Marcus	Room 203
David	Room 203
Scarlette	Room 204
Aeron	Room 204
Rim	Room 205
Ashton	Room 205
Robert	Room 206
Patrick	Room 206
Nathalie	Room 208
Caleb	Room 208
Shayla	Room 209

**Great Job!**  
**Keep up the GREAT work**  
**John M. King!**



# 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

# JOHN M. KING OCTOBER 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Day 2	3 Day 3 Non-Instructional Day No School	4 Day 4 Terry Fox Run Room 206 Swimming - PM	5 Day 5	6 Day 6
9  Thanksgiving Day No School	10 Day 1 Grade 6 - Soccer At Tec- Voc -AM	11 Day 2 Room 206 Swimming - PM	12 Day 3 IMMUNIZATION CLINIC (GR. 6)	13 Day 4
16 Da6 5 EVERMORE 3:30- 5:30	17 Day 6	18 Day 1 Room 206 Swimming- PM	19 Day 2	20 Day 3 Non Instructional Day No School
23 Day 4 EVERMORE 3:30 - 5:30	24 Day 5	25 Day 6 Room 206 Swimming - PM	26 Day 1	27 Day 2
30 Day 3 EVERMORE 3:30 - 5:30	31 Day 4	November 1 Non-Instructional Day No school	November 2	November 3