



JMK Jaguar Journal

John M. King School, 525 Agnes Street, R3G 1N7

(204) 775-4404

Principal's Message

September 2023

Dear Parents/Guardians,

We are off to a great start this year. We would like to welcome back all our returning students and families and a warm welcome to our new students and their families to John M. King. Ms. Melnyk, our Vice-Principal and myself, Mrs. Karagiannis Bell are looking forward to working with our families again this year.

We would like to welcome back Ms. Vokey and Ms. Faye who are both returning from a maternity leave. We would like to welcome Mr. Tanner who is our new Performing Arts teacher here on days 1, 3 and 5 of the school day cycle. Please see the following page for a complete staff list.

We will be having our Meet the Staff event on Thursday, September 21 from 4:00 pm– 5:30 pm, where you will have an opportunity to meet your child(ren)'s teachers and hear about the programs in their rooms.

The school office is open from 8:00 am until 4:00 pm, Monday to Friday. **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.

For your children's safety, it is critical that your child(ren) do not come to school before staff are on duty in the morning and at noon hour. Please do not send your child(ren) to school before staff are there to supervise or patrols are on duty at 8:40 am and 12:40 pm. All children will be cleared off the playground at 3:30 pm to ensure that they have checked in at home before going out with friends or to play outside. Students are welcome to play, with adult supervision, after 3:30 pm.

Our free breakfast program is up and running thanks to Ms. Imelda. Students are welcome to come and eat breakfast from 8:30 am – 9:00 am.

Mobile Vision Clinic is being held at the school during the week of September 25-29. Please ensure that your child has brought back their permission slip.

Our staff is committed to providing a safe and stimulating learning environment that fosters the academic, social, emotional, and physical development of each child. We look forward to a wonderful year of learning and please don't hesitate to reach out with any questions you may have.

Warm regards,

T. Karagiannis Bell
Principal

K. Melnyk
Vice-Principal

JOHN M. KING SCHOOL STAFF LIST - 2022 - 2023

525 Agnes Street, Winnipeg, MB R3G 1N7

Phone: 204-775-4404 / Fax: 204-772-6931

T. Karagiannis Bell, Principal (501)

Carmen Basarowich (AM)/ Elaine Cloney (PM) (Head Clerk)

K. Melnyk, Vice Principal (502)

Maria Manzanilla (Clerk - 500)

Homeroom Teachers				Educational Assistants	
Grade	Last Name	First Name	Room	Last Name	First Name
N/K	Jamieson	Joel	106 am/pm	Anderson	Alicea
N/K	Lunney	Ashley	111/pm	Ashibuogwu	Mary
1/2	Agasino	Maria	104	Cosme	Katrina
1/2	Loney	Kara	102	Dhiman	Rupinder
1/2	Proven	Ayma	103	Edic	Elvira (SP&L)
2/3`	Prescott	Katie	105	Fortaleza	Imelda (Food Coordinator)
3/4	Hoffman	Jaylene	205	Gutierrez	Danielle
3/4	Kowalski	Sarah	204	Henderson	Patricia
3/4	Osmond	Melanie	202	Nicolau	Anabela
4/5/6 (LAC)	Jones	Arlee	206	Rowntree	Sharon
5/6	Mota	Luciana	209	Sentner	Amanda
5/6	Faye	Shawne	208	Skrabek	Taralyn
5/6	Vokey	Melissa	203	Somvichith	Phaivanh
Community Support Worker	Eisbrenner	Chantel	Community Room	Sturrock	Sandra
Support Staff				Thabit	Zeinab (Crossing Guard)
Phys. Ed.	Warkentin	Ryan	Gym	Troia	Alex
Performing Arts	Tanner	Gordon	216	Vander Hout	Candace
Lit. Sup/PE MPR	Etkin	Jordana	207	Williams	BJ
Support Staff	McGee	Julie	107	Custodial Staff	
SERT/Resource	Sawyer	Jenna	120	Jeffkins	Brett
Literacy Support	Wood	Carrie	101	Bhatli	Sonika
Reading Recovery	Beer	Janice		Little	Steven
Inclusion Support	Treleaven	Wes	120	Franco	Celeste

Family Room News

Hello John M. King families!

Welcome to the 2023-24 school year! My name is Chantel Eisbrenner and I'm so grateful to be back as the Community Support Worker for John M. King this year. We're very fortunate to have a family room in our school, located passed the doors to the left of the office. The family room is a great place to visit! We have a clothing closet for families to shop. We also have food available on a weekly basis. We can provide you with support or connect you with services that offer these supports. The family room can also act as a space to meet and connect with other caregivers. I would like to invite you all to stop by for a chat, a coffee, and to let me know what kind of programs you would like to see offered to families this school year.

In October, we'll be continuing with previous programs such as Cooking on a Budget and Wellness Wednesdays. We also have a few others in the works, and will be bringing back Wiggle, Giggle & Munch! Our calendar will be included in the October newsletter.

I'm looking forward to chatting and learning with you all!

Warm Regards,
Chantel Eisbrenner (she/her)

gather  grow  lead

EVERMORE



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 OPENS
FRIDAY SEPTEMBER 15TH**

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

THE IMPORTANCE OF ROUTINE WHEN RETURNING TO SCHOOL

[DR. JAY PH.D., C.PSYCH. AUGUST 31, 2023 BACK TO SCHOOL](#)

A lot of us are creatures of habit, both as children and as adults. Once we establish routines for ourselves, it is often hard to rival those patterns, especially when they work for efficiency, friendships, and maximizing our school or work day. Although summer can be a lot of fun because there is less structure, less routine, and later nights. However, returning to school in the early stages of the fall means resuming routines to help quell what appears to be an onslaught of higher levels of Anxiety for our children. Thus, when thinking about your children returning to school, start preparing them for routines prior to the beginning (e.g., last 10 days of summer), rather than waiting for heavier workloads. The school year tends to start slower as the teachers and students readjust to the need for structure. Therefore, to help your children feel more relaxed and more in control of the significant change from summer, start preparing them for what they can control.

Begin by re-establishing proper bedtimes, routine lunch and dinner times, and if they are not involved in any out of school activities (yet), create the routine of some form of activity around the same time that they will or would have activities in the fall. The more preparation you can engage in with them prior to or in the early stages of the school year, the less anxious they will likely be because they can control how they use their time. Once the structure of school begins throughout much of September have your children verbally express their routines in the order they feel will work best for them. Regardless of how old your children are, they will benefit from having an established healthy routine.


It will still be helpful to create some spontaneity in the latter parts of September and October, but by creating structure early, they will be more ready to take on the challenges that emerge with transitioning to school. It is easy to assume that most children will adjust, but some take far longer than others and thus need more of that direct attention paid to re-establishing specific habits. They are already going to start feeling emergent stress by October, why not prepare them to be more relaxed and be able to cope in healthier way? Do not wait for the stress and Anxiety to come their way, prevent it with routine so the negative effects are less.

WINNIPEG
PARENT

Copies of the Winnipeg Parent Magazine can be found in the front office of our school.

*To view online, please go to :
WWW.WINNIPEG PARENT.COM*

JMK September 2023

Mon	Tue	Wed	Thu	Fri
				1 No School
4 Labour Day No School	5 Day 1 PD Day No Classes	6 Day 2 Welcome Back!! 	7 Day 3	8 Day 4
11 Day 5	12 Day 6	13 Day 1	14 Day 2	15 Day 3
18 Day 4	19 Day 5	20 Day 6	21 Day 1 Camp Manitou Grade 5/6 Meet the Staff! 4:00 PM–5:30 PM	22 Day 2
25 Day 3	26 Day 4	27 Day 5	28 Day 6	29 Day 1
-Mobile Vision Clinic-				