

École Lansdowne

JANUARY 2024

MESSAGE FROM ADMINISTRATION:

We would like to thank everyone who attended our Winter Concerts. We are so appreciative of our families taking the time to celebrate the season and our students' efforts. Our nursery and kindergarten concerts ran smoothly and showcased our youngest performers. Un grand merci à Mme Betts, Mme Haggart, and Mme Morden, for your time and dedication, your students did such a great job! The Grades 1-3 concert highlighted the talents of our students as well as the time, effort, and thoughtful guidance of Mme Heinrichs and Mme Carlson, who organized such a fun, winter themed evening for both the singers and the audience. We are also very grateful to all of our staff, students, and volunteers who helped to make the evening such a success. Merci beaucoup!

We would also like to thank you for supporting our charitable initiatives in November and December. Your generosity allowed us to help make the holiday season a little brighter for some families.

In January, two grade 4 classrooms (P1 and P3) will be moving to the portables located on the hardtop. These portables are brand new, offer plenty of space and natural light. Due to class sizes, we will be opening up a fourth grade 1 class, in P1. We are excited for all of the changes that the New Year will bring!

Starting in January, we will be holding a weekly smudge in the courtyard. Families and students are welcome to join us at 8:15 a.m. every Wednesday. Families and students can access the courtyard via the library doors. Should you have any questions please refer to the email that was sent out December 7th, regarding the protocols and purpose/importance of smudging.

We're already gearing up for all of the fun events to come in February! As we're sure you already know, February is Festival and I Love to Read month. More details will be provided near the end of January for how our Lansdowne students will be taking part in a month of literacy and Francophonie activities.

Auditions for Lansdowne's Got Talent will be taking place in early February for students grades 6-8. We encourage students who sing, dance, play an instrument, practice gymnastics or martial arts or perform in other ways, to fill out an application form for a chance to share their talents with the school!

As we transition from holiday mode back into the school routine, we would like to take this opportunity to remind families about the importance of sleep for students. Research tells us that young learners need between 8 and 13 hours of sleep, depending on their age, in order to be successful at school. Please ensure your child(ren) have a bedtime routine that allows them to get enough sleep to support their learning.

If you have a child that will be turning 4 by December 2024, please see the next page about registration for nursery to begin school in September 2024. If you have any questions, please do not hesitate to contact us! Registration will begin January 15th, 2024.

As we begin a new year we wish you and your family all the best for what is to come in 2024. Classes will resume on Monday January 8th, 2024. On behalf of all of us at École Lansdowne, have a warm, safe, and relaxing holiday season!

-Mme Jessica Mayor-Rodrigues, Principal

-Mme Ashley Morrison, Vice-Principal

Lansdowne's got Talent

AUDITIONS:



- Beginning in February
- See Mme Carlson, or M. Hrechkosy for sign-up forms

LANSDOWNE'S GOT TALENT

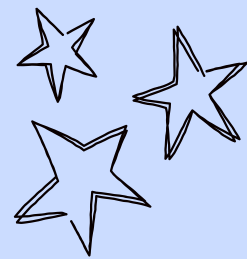
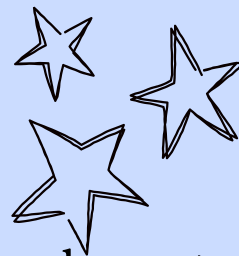
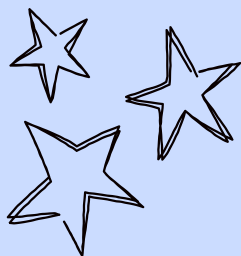
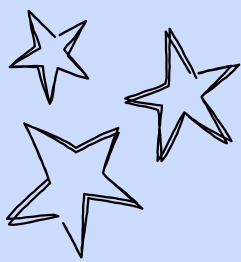
Do you have the voice of an angel? Can you play an instrument? Are you in dance or gymnastics? Or maybe you have a martial arts routine or a magic act you'd like to share! For all of our talented grade 6 to 8 Lansdowne students, this is the perfect way to showcase your abilities and share your special gifts with your classmates!

NURSERY & KINDERGARTEN

Registration for 2024-2025

We will be accepting registrations for September 2024 Nursery and Kindergarten starting on **Monday, January 15th**. If your child will be 4 years of age by December 2024, please visit the school office to fill out a nursery registration form. If your child will be 5 years of age by December 2024, *and is not currently a Lansdowne student*, please fill out a Kindergarten registration form. To complete the process, you will need to bring the **child's Birth Certificate, Manitoba Health Card, and proof of your current address** (a Property Tax Assessment or a Rental Agreement). Please note that if your child is currently in our Nursery program, they will be automatically placed into a Kindergarten classroom for next year; you will not need to re-register for Kindergarten. **Nursery spots fill up quickly on a first-come, first-served basis!**

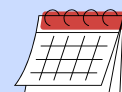




On behalf of the Leadership Team, thank you to everyone who supported our Koats for Kids, Harvest Manitoba, and the Spirit of Giving Bazaar! Your donations helped families in the community!

It's been a busy year so far— Leadership students have been a great help to the school, assisting with picture day, our daily announcements, the Halloween Dance, assemblies, and more. Stay tuned for what the Leadership Team will be up to in the new year!

IMPORTANT DATES:



JANUARY

- 8- School Reopens
- 26- Lansdowne Spirit Day



FEBRUARY (I LOVE TO READ MONTH)

- 2- NO SCHOOL (Admin Day)
- 19- NO SCHOOL (Louis Riel Day)
- 20 - Festival Week Begins
- 22- Festival du Voyageur Activity Day
- 23- Lansdowne Spirit Day



MARCH

- 11- Report Cards Sent Home
- 15- NO SCHOOL (Admin Day)
- 22- Last Day Before Spring Break
- Lansdowne Spirit Day



APRIL

- 1- School Reopens
- 10- International Day of Pink
- 15-18- Mobile Vision Clinic
- 18-Student Led Conferences (3:00- 7:00 pm)
- Used Book Sale
- 19- NO SCHOOL (Admin Day)
- Student Led Conferences (8:30-11:00 am)
- Used Book Sale
- 26- Lansdowne Spirit Day



MAY

- 6- NO SCHOOL (Admin Day)
- 13- Gr. 4-6 Concert Rehearsal
- 14- Gr. 4-6 Music Concert (12:30 pm & 6:30pm)
- 17- Walk-a-thon
- 20- NO SCHOOL (Victoria Day)
- 22- Gr. 7/8 Band Concert (6:00 pm)
- 24- Lansdowne Spirit Day



JUNE

- 7- NO SCHOOL (Admin Day)
- 24- NO SCHOOL (Admin Day)
- 25- Gr. 8 Farewell (9:30 am)
- 26- Report Cards Sent Home
- 27- Last Day for N/K Students
- Lansdowne Spirit Day
- 28- Last Day of School
- Early Dismissal at 10:55 am



January 2024

ÉCOLE LANSDOWNE
 715 WIGINTON STREET, R2X 2G2
 204-338-7039 FAX: 204-334-3561



TRANSPORTATION:
 204-586-8800

SAFE ARRIVAL ABSENCE REPORTING:
 1-855-278-4513

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WINTER BREAK →				
Day 1 8  School Reopens  P.B.I.S. Common Area Training	Day 2 9	Day 3 10	Day 4 11	Day 5 12
Day 6 15  N/K Registration Begins	Day 1 16	Day 2 17	Day 3 18	Day 4 19
Day 5 22  LPC Meeting @ 6:30 pm	Day 6 23	Day 1 24	Day 2 25	Day 3 26  Lions Spirit Day
Day 4 29	Day 5 30	Day 6 31	LOOKING AHEAD TO FEBRUARY: I LOVE TO READ MONTH!  Friday, February 2- NO SCHOOL (Admin Day) Wednesday, February 14- Valentine's Day! Monday, February 19- NO SCHOOL (Louis Riel Day) Thursday, February 22- Festival du Voyageur Activity Day	

SPORTS CALENDAR

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Day 1	Day 2	Day 3	Day 4	Day 5
8	9	10	11	12
5TB (11:15-11:55 am)	6TB (11:15-11:55 am)	5TB (11:15-11:55 am) BDBB Home Game 5:30 pm GDBB Home Game- 4pm	6TB (11:15-11:55 am) BCBB Home Game - 4 pm	
Day 6	Day 1	Day 2	Day 3	Day 4
15	16	17	18	19
5TB (11:15-11:55 am) BDBB @Ralph Brown 4 pm GDBB @ Stanley Knowles 4pm	6TB (11:15-11:55 am) BCBB Home Game - 4 pm	5TB (11:15-11:55 am)	6TB (11:15-11:55 am)	
Day 5	Day 6	Day 1	Day 2	Day 3
22	23	24	25	26
5TB (11:15-11:55 am)	6TB (11:15-11:55 am) BCBB Home Game - 4 pm	5TB (11:15-11:55 am)	6TB (11:15-11:55 am) BCBB Game at Andrew Mynarski 4 pm	
Day 4	Day 5	Day 6	CALENDAR LEGEND BCBB = Boys Competitive Basketball BDBB = Boys Developmental Basketball GDBB = Girls Developmental Basketball 6TB= Gr. 6 Co-Ed Tripleball 5TB= Gr. 5 Co-Ed Tripleball 	
29	30	31		
5TB (11:15-11:55 am) BDBB @St. John's 4 pm GDBB @ Meadows West 4pm	6TB (11:15-11:55 am) Junior High Indoor Track @ U of M	5TB (11:15-11:55 am) BDBB @Isaac Newton 4 pm		



LANSDOWNE DAILY SCHEDULE

8:20 am: First Bell Rings

- Students line up outside, teachers greet students and walk them to their classrooms

8:25 am: O Canada and Announcements

11:15 am: LUNCH

- Students eat in their classrooms

2:55 pm: Final Bell Rings

- Students line up and are walked to the bus or picked up at their assigned doors



Reminders

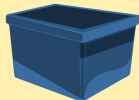
NO STOPPING
in front of
École Lansdowne!



YOU MAY BE FINED!

If you will be picking up
your child who usually takes
the school bus, please notify
the office **before 2:00 pm.**

LOST ITEMS



If you have lost an item, please check the lost and found bin located outside the office.



JANUARY

The full version of our newsletter is sent to all families electronically. Please make sure the school has your current email address on file so that you don't miss out on important information!



ASSIGNED DOORS

Students will enter and exit from their assigned doors as follows:

N/K • NE back doors to the grade 4 hallway

Bussed N/K • N bus loop doors

Grade 1/2 • SE back doors to the grade 1 hallway

Grade 3 + Rm133 • NW front doors to the library hallway

Grade 4 • NE back doors to the grade 4 hallway

Grade 5/6 • E back doors beside gym

Grades 7 & 8 • SW front doors on Wiginton (main entrance)



SAFE ARRIVAL

ABSENCES

If your child(ren) will be away from school for any reason, please call **SAFE ARRIVAL** at **1-855-278-4513** to report the absence.

You may also visit <https://go.schoolmessenger.ca> or download the app to report absences.

Absences must be recorded before 8:30am, and planned absences may be reported in advance.



L.P.C. EXECUTIVE 2023-2024

PRESIDENT: Andrea Harrison

EMAIL: winnipeg.lpc@gmail.com

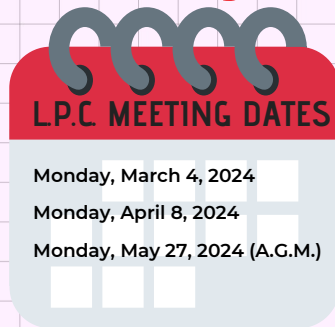
VICE PRESIDENT: Rick De Guzman

SECRETARY: Wendy Zebrasky

Position available for Treasurer

The next LPC meeting is on

**Monday,
January 22nd**



**Interested in
joining the
Executive
Committee?**

Our Treasurer position remains open. These positions are a great way to build skills and gain experience. Contact Winnipeg.LPC@gmail.com if you're interested or would like more information--we'll be happy to have you on board!

WE ARE HIRING!



**LUNCH PROGRAM SUPERVISORS
FOR 2023-2024**



We are looking for Lunch Supervisors for the 2023-2024 school year.

The position starts in January 2024, from Monday to Friday for one hour (11:05 am- 12:10 pm), \$15 a shift.

If you or anyone you know is interested in applying, please email or call:

Mary Sutton, Lunch Program Supervisor

Lunchprogramsuttonm1@gmail.com

204-338-7039

OR

Andrea Harrison, L.P.C. President

Winnipeg.LPC@gmail.com





Packing School Lunches

Packing school lunches that follow a healthy eating pattern means providing a variety of foods including: Vegetables, fruit, whole grains, and protein foods. Not all protein foods are alike as only some are good sources of calcium. Calcium is important for children to develop strong bones and reduce the risk of osteoporosis later in life.¹ Milk products - like milk, yogurt and cheese - are among the very few foods that are naturally rich in calcium, which is also well absorbed by the body.² Milk products are also among the highest quality sources of protein.³

To plan a school lunch (or any meal),

- ▶ offer one or more items from each of the foods grouped below AND
- ▶ include a **bone building** food to provide calcium and protein, both needed for children to develop strong bones.

Offer item(s) from each of the food groups

Vegetables & Fruit

- cut carrots, celery
- snap peas
- bell pepper slices
- cherry tomatoes
- cucumber slices
- mushrooms
- cauliflower, broccoli
- lettuce, spinach, kale
- salsa
- vegetable soup
- canned fruit
- applesauce
- grapes
- cut melon
- apple, orange, pear, banana
- peach, nectarine, plum
- berries
- pineapple, kiwi, mango
- avocado

Whole Grains

- bread, bun, bagel, wrap, flatbread, pita
- bannock
- oats/oatmeal
- cooked quinoa, barley, buckwheat, bulgur, amaranth, farro, freekeh
- cooked rice, wild rice
- cooked pasta, couscous
- granola
- cereal
- muffin
- granola/cereal bars
- crackers
- rice cakes/crackers
- pancakes, waffles

Proteins

- milk
- cheese stick/string
- sliced/cubed hard cheese
- cottage cheese
- yogurt
- kefir
- fortified soy beverage

- chicken, turkey
- beef, pork, wild meat
- tuna, salmon, other fish, shellfish*
- hard-boiled egg
- roasted deli meat
- chickpeas, beans, lentils
- tofu
- egg salad
- hamburger patty
- veggie patty (made with legumes/vegetable protein)
- hummus
- nuts/seeds*
- nut/seed butter*

**Bone builders =
calcium + protein**



*Note: when packing lunches keep in mind classroom or school food allergy policy.

Many nutritious lunch foods contain 2 or more foods from the lists above: Yogurt parfait, pizza, salad, sandwich/wrap/pita, tacos/burritos/quesadillas, spaghetti, chili, stew, soup, casserole etc.

SOURCES: 1. Weaver CM et al. The National Osteoporosis Foundation's position statement on peak bone mass development and lifestyle factors: a systematic review and implementation recommendations. *Osteoporosis Int* 2016; 27: 1281-1386. 2. Weaver CM. Should dairy be recommended as part of a healthy vegetarian diet? *Point. Am J Clin Nutr* 2009;89(suppl):1634S-7S. 3. Phillips SM et al. The role of milk- and soy-based protein in support of muscle protein synthesis and muscle protein accretion in young and elderly persons. *J Am Coll Nutr* 2009;28(4):343-354.



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at Dairy Farmers of Manitoba

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