



# The Communiqué

Monthly Newsletter of École Luxton School

# JAN 2025

"The students, staff, and communities of Winnipeg School Division are committed to truth and reconciliation through building relationships with Mother Earth, the original peoples of this land, and the stories that bring us together. We acknowledge the place in which we gather is on Treaty 1 territory, the homeland of the Red River Métis, and the ancestral lands of the Anishinaabe, Ininiwak, and Dakota Oyate."

## MESSAGE FROM THE PRINCIPAL



Happy New Year! We hope that you have had some time over the school break to connect with family and friends. Thank you for all the support that you showed us in the first four months of

the year. We have so much to look forward to at École Luxton School. December featured an endearing holiday performance. Thank you to Ms Drewniak for leading the concert! This month there is so much to look forward to! For instance, grade 7 basketball team training will begin for a tournament in February.

We are happy to announce that our school has hired a food coordinator for three hours each day until the end of June. **Alyssa Seaman** has accepted the position and will join forces with Mrs. Lotz to develop and deliver our breakfast and snack program.

The new year is a great time to reflect on and set new goals. Students, start the year off right and make sure you're on track for a positive 2025. First, resolve to **do your best every day**. It's not enough to have good intentions—you need to consistently put in the work each day! Second, make sure that you **come to school every day**. Every class counts, so don't miss

out on any opportunity to learn. These habits will help keep you on the right path for success. Good luck in 2025!

While Ukrainian Orthodox Christians now celebrate Christmas on Dec. 25, those in the Russian Orthodox religion will still celebrate Christmas on **Tuesday, January 7<sup>th</sup>**. Enjoy your sauerkraut, borsht, perogi, holobtsi, pyrizshky, and kolach! 2025 is the Year of the Snake on the Chinese Zodiac, which will begin on Chinese New Year on January 29<sup>th</sup>. The Snake symbolizes wisdom, intuition, and transformation. The year is governed by the Wood element, emphasizing growth, creativity, and flexibility. People born in this year are believed to possess qualities such as resourcefulness, elegance, and intelligence. 新年快樂!

This January begins the second half of the Twenties! What great adventures lie ahead? What goals will our students set for their preferred futures?

Please know that it is a great honour to serve families in this community. I wish you a happy and healthy 2025!

Warm regards,

W. Nickerson  
Directeur / Principal

## EARLY YEARS ACTIVITY DAY

During spirit week in the lead up to the holidays, students in grades 1 – 3 participated in rotation of six craft stations. The ornaments were certain to feature on fridge doors and Christmas trees. Thank you to all the EY teachers, especially Ms. Howard for spearheading the endeavor.



# MUSIC



We have finished up our winter concert, SNOW, and it was a huge success. Thank you to the families that were able to attend the matinee and the evening showings. The students worked hard in perfecting the words, songs, movements, and instruments. As you may have seen and heard, many took their role very seriously and practiced at home. Thank you to the staff that dedicated practice time in their classrooms to ensure their students were performance ready. The students are completing self-evaluations of their process and personal feelings of their own products.



We will be continuing our theme of “Snow” in January with some drama, readers theatre, creative

movement, and snow music. We will begin to work on drum patterns and ways to play and perform on the drums in class. It is going to be very noisy! Students in grades 3-6 will also work on creating their own melodies and rhythms as well as short pieces of music that tell a story.



We began a guitar club for students in grades 6 and 7 after school and hope to start up again in January. More news in the new year.



Have a peaceful, and rejuvenating winter break!

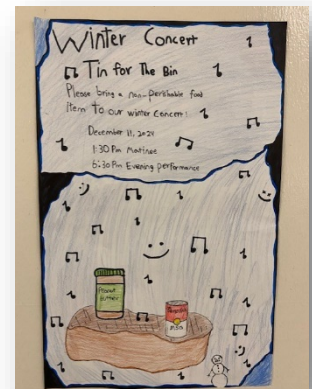
Ms Drewniak

# TIN FOR THE BIN

Thank you to all of those who supported our Tin for the Bin efforts at the winter concert. We filled three large bins with non-perishable items that will help support our community members this holiday season. Special shout out to students in Room 20 and 24 for creating these spectacular posters for our school.

With thanks,

Ms Howard



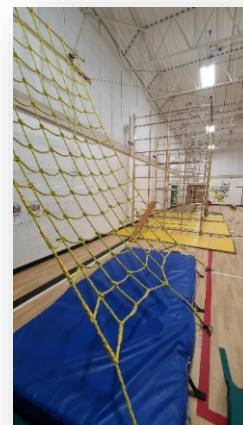
## PHYSICAL EDUCATION

As we wrap up December and prepare to welcome the new year, I'd like to take a moment to reflect on an exciting and active month in Phys Ed!

- In December, we were fortunate to have one day of snow activities before the deep freeze set in. Students enjoyed fun with snow shovels and sleds, making the most of the winter weather.
- Just before the winter break, we also had our Christmas jungle gym set up, giving everyone a chance to celebrate the season with active play.
- Looking ahead to January, we're thrilled to announce that Grade 7 Boys Basketball practice will begin in preparation for the Basketball Tournament at École Waterford Springs School at the end of February.
- Additionally, our Grade 5 and 6 Tripleball players have been invited to a tournament at the same school in early February—an exciting opportunity for our young athletes!

Remember to stay active, keep fit, and, most importantly, have fun! See you in the new year!

Mr. Kay  
Phys Ed Department



## WINTER CRAFT CLUB

During the month of December, Grade 1 students were invited to join Christmas Craft Club on Mondays at lunch. Students enjoyed making a variety of festive crafts and building their crafting skills. Way to go, Grade 1s!

Ms. Howard and Mr. Slobodian



## ROOM 6 AM NEWS

Room 6 AM (French Kindergarten) had a fun time learning about some different winter holidays during the month of December. Students learned - via songs, stories, videos, centres and crafts - about Hanukkah, Kwanzaa and Christmas. Favourites included the holiday bakery centre and making art with dreidels.



**Madame Tracey  
Pronyk**

French Immersion  
Kindergarten - La  
maternelle



## MIDDLE YEARS ACTIVITY MORNING

On Wednesday, December 18, students in grades 4 – 7 took part in several activities – crafting, weaving, cup stack races, and a gym blast – to celebrate the spirit of the holiday.

Liam Fontaine, below, was adept at weaving a mini toque using knitting wool and a cardboard cylinder. Students in the middle are working as a team to stack the most cups in the time available.

Each day of spirit week was a dress up day. Pictured below Liam weaving a festive toque, students taking part in the cup stacking challenge, and Ms. Drewniak on Teacher-Student Reverse day with her best sullen teenager impression, along with a few young teachers with their ID badges.



## CADETS

Cadets are free and available to kids as of age 12. Closest location is McGregor armoury Wednesday evenings.

<https://www.canada.ca/en/department-national-defence/services/cadets-junior-canadian-rangers/cadets/join-us.html>

### **1226 RCACC The Fort Garry Horse Cadet Corps**

#### **Parade Address:**

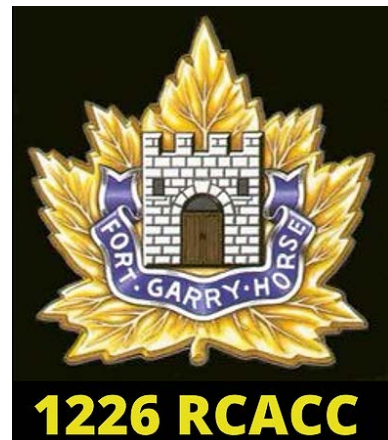
McGregor Armoury  
Machray Ave.  
Winnipeg, MB

#### **Parade Night and Time:**

Wednesday evening, 6:15PM – 9:00PM

#### **Contact:**

Corp Phone: [204-589-0500](tel:204-589-0500)  
Commanding Officer Name: Capt. Kent Neville  
Commanding Officer Email: [kent.neville@cadets.gc.ca](mailto:kent.neville@cadets.gc.ca)



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## FAMILY CENTRE

With the weather getting colder, come and stop by the Family Centre (Room 66). The coffee is always on. We're always happy to see you and meet new parents.

We're open Monday to Friday – 9:00 AM to 2:00 PM unless otherwise posted.

Don't hesitate to make suggestions. We're always looking for parent input on activities at the Family Centre, such as Food Bingo, Painting Class, Potlucks, or just getting together for coffee/tea and conversation.



## LUXTON COMMUNITY CENTER FREE BREAKFAST PROGRAM



Luxton Community Centre runs a **free breakfast program** every school day from 8:00AM to 10:00AM.

**All children, youth and their families are welcome to attend.**

Breakfast supervisors will remind children when it's time for school.

For more information, please contact Luxton Community Centre at 204-582-8249

## POLAR BEAR CLUB



Polar Bear Club will be starting when classes resume on January 6, 2025.

The purpose of this club will be to embrace the outdoors and get fresh air, even on our coldest days. Active outdoor play has many benefits to improve both physical and mental health.

Students normally stay indoors for recess when the temperature with the windchill (as measured at The Forks) is below  $-27^{\circ}\text{C}$ . Polar Bear Club members will be permitted to still enjoy an outdoor, supervised recess, even if indoor recess has been determined by the school office. If the temperature with windchill exposure becomes VERY HIGH RISK ( $-40^{\circ}\text{C}$  or colder as outlined by Environment Canada), Polar Bear Club will be cancelled. If a student in Polar

Bear Club chooses to go outside but then changes their mind, they will be allowed to return inside.

This club is completely optional. Permission forms will be sent home with interested students before the winter break.

All students are welcome to join Polar Bear Club if they have:

- Written permission from a parent / guardian (forms will be sent home)
- Appropriate outdoor clothing (snowpants, jacket, boots, gloves/mittens, toque/hat/hood)
- Once permission has been granted, students in the Polar Bear Club will be expected to check in with the designated supervisor (Mr. McCartney) just before the normal recess times to confirm permissions and appropriate clothing.
- For more information about Polar Bear Clubs, please follow this link: <https://activeforlife.com/polar-bear-clubs/>. If you have any further questions, please contact the school at (204) 589-4368.

Mr. McCartney

## MS ZEGLINSKI'S COUNSELLOR'S CORNER

*Hold On to Your Kids* by Dr Gordon Neufeld & Dr Gabor Maté has been re-released with updated information about how social media use by children & youth reinforces unhealthy peer-orientation. Peer-orientation can make it less likely children will respect or follow the guidance of their caregivers, make them vulnerable to rejection, and lead to behavioral issues. Peer-orientation can interfere with the development of positive personal & collective pro-social values such as human empathy & social-emotional literacy (SEL).

Instead, Neufeld and Maté advocate for a parent-oriented approach, where children form their primary attachment to their parents or other responsible adults. Caregivers can foster a parental orientation by spending quality time with children, establishing authority through warmth, limiting dependence on peers, and modelling healthy relationships.

Australia recently passed a law banning social media access to children. Do I think this outright ban is effective? No. I think we need a more nuanced approach, beginning with keeping a line of open communication with our kids, having thoughtful discussions, and negotiating healthy boundaries around social media use and peer-orientation.

- Book link: <https://a.co/d/3Zzavjz>
- Recent Vlog Interview with Neufeld & Maté: <https://www.youtube.com/watch?v=jtQOPzDmY5s>
- Neufeld Institute Article: <https://neufeldinstitute.org/editorials/children-teens-and-technology/>
- CBC News Article: <https://www.cbc.ca/news/canada/aus-u16-socialmedia-ban-reax-1.7396324>

Let's endeavour to *hold on to our kids* together.

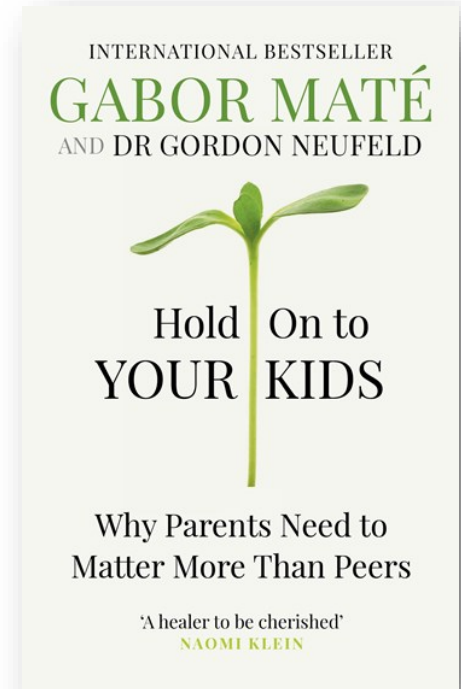
## Lost & Found Winter Items

We seem to be overrun with unclaimed winter items such as single gloves/mittens, hats, scarves, hoodies & snow pants. Please check the lost & found regularly (main entry hall next to the bathrooms). Through to Spring Break, winter items left in the lost & found by Friday after school, will be washed & added to our family centre stock (Rm 66) for loans or giving.

## Volunteering

To express your interest in volunteering at École Luxton School, please stop by the office with your ID to fill out the WSD Volunteer Application form and Child Abuse Registry Check form. After returning the forms, watch for an email from Ms Zeglinski with further instructions and the required Winnipeg School Division online training links. If you are available during the day, we are in need of drivers for various school excursions. Additionally, all volunteer drivers must complete the WPS Vulnerable Sector Check. Please contact Ms Zeglinski for details: [kzeglinski@wsd1.org](mailto:kzeglinski@wsd1.org)

Warm regards,  
Ms Zeglinski



# POSITIVE BEHAVIOURAL INTERVENTIONS AND SUPPORTS (PBIS)

We are working together at Luxton to share clear, consistent and positive expectations for student behaviour. All the adults in the building help students to be **respectful, responsible, and mindful**. Our students know the expectations, and when they forget or make a mistake, it is a great opportunity to teach what is expected. Part of the teaching involves helping students understand how to make amends for their error.

- The first step to fixing a mistake is to honestly **acknowledge the facts** of what happened. We're lucky at Luxton that most students are honest about what happened and are willing to help solve the problem.
- If we have students who are honest about what happened are willing to solve the problem, we talk about how the behaviour might have made others feel. Sometimes younger students find it difficult to **empathize** and only see the problem from their own point of view.
- Once we get a sense of whether students can empathize, we move on to figuring out how to do better the next time. We review the expectations for positive behaviour and encourage students to **reconnect**, if appropriate. These steps are all part of the process of restoring positive peer relationships.

All staff at Luxton are committed to helping children develop positive behaviour at Luxton.

## Understanding Pro-Social Behaviours

As we work and play at École Luxton School, we aim to not only focus on how to fix mistakes, but also how to develop pro-social behaviours. Understanding these behaviours can help foster a more compassionate and collaborative environment at school and at home.

### What Are Pro-Social Behaviours?

Pro-social behaviours are actions intended to benefit others. They include sharing, helping, comforting, and showing empathy. When children engage in pro-social behaviours, they contribute positively to their communities, develop meaningful relationships, and enhance their emotional intelligence.

In contrast, *anti-social* behaviours are actions that can harm or disregard others' well-being. These include bullying, aggression, and any conduct that disrupts social harmony. Anti-social behaviours not only affect the individuals targeted but can also create a negative environment for everyone involved.

### Helping to Develop Pro-Social Behaviours

One of the most effective ways to encourage pro-social behaviours in children is through modelling. Children learn a great deal by observing the adults and other students around them. When we demonstrate kindness, cooperation, and respect in our interactions, we set a powerful example for children to follow. Simple acts, such as helping a classmate or neighbour, sharing with friends, or expressing gratitude, can leave a lasting impression.

Additionally, naming these behaviours when we see them in action reinforces their importance. For example, when a child shares their toys with a sibling or helps a friend in need, acknowledging and verbalizing this behaviour as "kind" or "helpful" helps children understand and internalize the value of pro-social actions.

At École Luxton School, we are committed to creating an environment where pro-social behaviours are nurtured and celebrated. As parents and caregivers, your role is crucial. Encouraging discussions about feelings, empathy, and the importance of community can go a long way in reinforcing these values.

This winter let's work together to promote kindness and understanding within our school community and beyond. As we celebrate the season of giving, let's also encourage our children to embrace and practice pro-social behaviours, paving the way for a brighter, more compassionate future.



# JANUARY 2025

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1 New Year's Day	2	3	4
5	6/ Day 5  Classes resume 9:00 AM	7/ Day 6  Grade 7 Shops  Orthodox Christmas Day	8/ Day 1	9/ Day 2	10/ Day 3	11
12	13/ Day 4	14/ Day 5	15/ Day 6  Grade 7 Shops	16/ Day 1	17/ Day 2	18
19	20/ Day 3	21/ Day 4	22/ Day 5  Gr. 7 Pottery Club with Mrs. Chan	23/ Day 6  Grade 7 Shops	24/ Day 1	25
26	27/ Day 2	28/ Day 3  PAC meeting at 6:30PM in the library	29/ Day 4  Gr. 7 Pottery Club with Mrs. Chan  Chinese New Year	30/ Day 5	31/ Day 6 Non- Instructional Day  NO SCHOOL	

## Upcoming Dates in February

- 12 – EY Celebration; Activities 5:30 – 6:45 PM
- 14 – Valentine's Day
- 17 – Louis Riel Day: NO SCHOOL
- 25 – PAC meeting at 6:30 PM in the library

