

# RALPH BROWN SCHOOL REVIEW



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 Principal (Acting): Trevor MacVicar



PLEASE POST THIS CALENDAR ON YOUR FRIDGE.



## DECEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 DAY 6 Calendar Draws Begin!	2 DAY 1	3
4 PATROL SCHEDULE A	5 DAY 2	6 DAY 3	7 DAY 4	8 DAY 5	9 DAY 6	10
11 PATROL SCHEDULE B	12 DAY 1	13 DAY 2 Parent Council Meeting 6:00	14 DAY 3	15 DAY 4	16 DAY 5	17
18 PATROL SCHEDULE A	19 DAY 6 <b>Holiday Headwear</b> Winter Concert Primary - 6:00 pm Intermediate - 7:15 pm St. Nicholas visit	20 DAY 1 <b>Candy Cane Day</b> In honour of his favourite treat - wear red, white & green.	21 DAY 2 <b>Pajama Day</b>	22 <b>WINTER BREAK BEGINS!</b> December 22nd to January 4th Classes resume Thursday, January 5th		24 
25	26	27	28	29	30	31

*Wishing all our families a safe and very happy holiday . . .*



### IMPORTANT ITEMS COMING HOME . . .

**PLEASE BE SURE TO CHECK YOUR CHILD'S BACKPACK DAILY FOR NOTICES, PERMISSION SLIPS, HOMEWORK, ETC.**

**REMINDER TO PLEASE CALL THE SAFE ARRIVAL ABSENCE MANAGEMENT SYSTEM**

**1-855-278-4513 or go.schoolmessenger.ca  
WHENEVER YOUR CHILD WILL BE ABSENT.**

### UPCOMING EVENTS:

- Jan 5 Schools Reopen after Break
- Jan 17 Parent Council Meeting - 6:00 pm
- Jan 10-12 Hearing Screening
- Jan 26 Ukrainian Christmas Eve Dinner
- Jan 31 Hot Lunch Day
- Feb 3 Inservice Day - NO CLASSES
- Feb 20 Louis Riel Day - NO CLASSES



## Principal's Message

Dear Families:

It's hard to believe it is December already and we are nearing the end of 2022. November was a month of celebration and reflection of our learning, both students and staff. We appreciated connecting with families whether in person or by phone during parent-student-teacher conferences and celebrating your child's learning. We welcome feedback from families on whether we should continue to offer both options or just return to in-person meetings for future conferences. You can send your feedback to our general email at [ralphbrown@wsd1.org](mailto:ralphbrown@wsd1.org). Please know that you do not need to wait until parent-teacher conferences to discuss your child's learning. You are welcome to contact your child's teacher by phone or email.

On November 10<sup>th</sup>, staff and students gathered for our Remembrance Day Service. It gave us time to pause and consider past and present wars and what our Armed Services do protect our freedom. During the ceremony, classrooms laid wreaths the front of the gymnasium and a couple of classrooms wrote cards of encouragement to Ukrainian military members which have been forwarded on to Ukraine.

On November 25<sup>th</sup>, we also held another day of remembrance. Holodomor was a man-made famine that killed millions of Ukrainians in the early 1930s. We continue to remember these events so that each generation can learn from them and do their part to ensure they don't happen again.

As the cold weather comes we want to remind families and students to dress appropriately for the snow and cold. Outdoor play is a very important part of the learning day. We have a limited amount of winter clothing that were donated to the school that we use as extras if students forget or need items. We can also help families connect with Koats for Kids or other organizations that can provide winter clothing items. Please call our school office and our staff would be happy to help.

The parent council has kicked off their Winter Calendar fundraiser! Calendars are \$5 each and with each purchase your name will be entered into a draw for monetary prizes. Draws

began on December 1<sup>st</sup>. Calendars can still be purchased throughout the month of December. They make great gifts!

Ralph Brown School is happy to partner with Manitoba Metis Federation. They have invited us to send a small choir (maximum 25 students) to perform a couple of songs for their annual Christmas at Portage & Main event which will be televised on CTV on December 26<sup>th</sup> from 12pm to 2pm. We wish we could have taken a larger choir but we are thankful for the invitation and hope to represent Ralph Brown School well. We are so grateful for the opportunity to participate in this community building initiative.

Our Ukrainian Program teachers are starting to gear up for the arrival of St. Nicholas this month! He will be arriving on Monday, December 19<sup>th</sup>. All students will be treated to a couple of songs and treats! We are excited to continue this long-standing tradition at Ralph Brown School.

Also, on Monday, December 19<sup>th</sup> is our first in-person holiday concert post COVID. Under the direction of our new music teacher, Ms. Kharchenko, families are invited to come out and celebrate the season and enjoy the music. This year, we wanted to showcase all students but recognize there is limited space in our gym for guests. Therefore, we will have 2 short back to back concerts divided up by grade levels. The first concert will be "Christmas Around the World" including students in rooms N/K, 128, P1, P2, P3. The second concert will be a collection of songs representing the holidays and winter performed by rooms 104, 105, 106 and 107. Please note families are welcome and encouraged to attend the afternoon rehearsal performance on the 19th if they are able to do so as tickets will not be required. Limited tickets will be available for families for the evening performances due to capacity limits in the gym. More information will be provided separately.

Lastly, we want to wish you all the best for this holiday season and hope you have a restful winter break. School starts back on Thursday, January 5<sup>th</sup>!

*Trevor MacVicar*

# PARENT COUNCIL NEWS

December is sure to be a very busy month here at Ralph Brown School! We are currently conducting our Calendar Fundraiser and will be conferring with school administration as to how to best support the school in the new year.

**Next  
PARENT COUNCIL MEETING  
Tuesday, December 13th 6:00 pm**

## CALENDAR DRAW FUNDRAISER

Thank you to all families who supported our fundraiser by purchasing or selling calendars. Names of winners will be posted daily and published in the January newsletter.

## HEALTHFUL HOLIDAY IDEAS

It's no secret that holiday living doesn't always go hand-in-hand with healthy living. The indulgent dishes we enjoy and a some-time hectic pace can be taxing on our bodies and minds.

For snacking try a fruit or vegetable platter, guacamole or bean dip with pita wedges, or tomato salsa with baked tortilla chips instead of high fat/high salt options.

Opt for homemade over processed foods whenever possible: instant potatoes, boxed stuffing and canned soups all contains considerably more sodium and additives than their counterparts.

Start with small portions and eat slowly. Your brain needs 20 minutes to realize you're full. Take a break before going for seconds.

Get moving! Go for a walk after your meal. Lace up for a fun skate, play in the snow--throw a few snowballs around, build a fort.

FREE SNACKS!

BUS TOKENS FOR YOUTH!

# Huddle

KA NI KANICHIHK

## FREE ACCESS FAIR

**WHEN?** Friday, December 9, from 3 PM to 7 PM

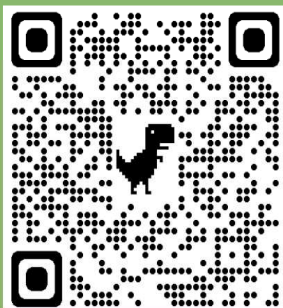
**WHERE?** Huddle Ka Ni Kanichihk, 102-765 Main Street

**WHO?** Open to all youth and families

- Apply for a **Birth Certificate and Social Insurance Number** on the spot!
- Open a **bank account** and a **Registered Education Savings Plan (RESP)** on site (with a parent/guardian if under 18), **apply for the Canada Learning Bond**
- Get your **taxes filed for free** on the spot!
- Connect with **youth serving organizations** and **community resources**

**COME PREPARED TO APPLY FOR ID AND FILE TAXES!**

VISIT OUR WEBSITE OR SCAN THE QR CODE FOR INFORMATION:



Get everything you need to apply for the **CANADA LEARNING BOND**, up to \$2000 of **FREE** money for school!

**LEARN MORE AT:**

[www.cfcstaxes.com/canada-learning-bond](http://www.cfcstaxes.com/canada-learning-bond)

Thank you to our partners!

**COMMUNITY**  
Financial Counselling Services



**yes** YOUTH EMPLOYMENT SERVICES



**Scotiabank**

**RBC** Royal Bank

**seed** WINNIPEG INC.

**Assiniboine** Credit Union

**+** Indigenous Services Canada

**Service** Canada

**TD Bank**

# PHYS. ED. NEWS



## CHRISTMAS WORKOUT CHALLENGE

Remember to stay active over the holiday break. You can keep active by completing the Christmas workout challenge everyday for the month of December.

- 1 Squat
- 2 Push-Ups
- 3 Lunges
- 4 Arm Circles
- 5 Sit-Ups
- 6 Lunges
- 7 Jumping Jacks
- 8 High Kicks
- 9 Mountain Climbers
- 10 Squat Jumps
- 11 Burpees
- 12 Shoulder Touches



## INTERMEDIATE SKI CLUB

Grade 5-8 students will be participating in the lunch hour Ski Club during the month of December. Students who have signed up for Ski Club will meet in the gym at 12:00, eat their lunch, then proceed outside for some lunch hour cross-country skiing. Ski Club will be from 12:00-1:00 on the following dates:

**December 6, 8, 13, 15 and 20**

## INTRAMURALS

Intramurals will continue for Grade 3-4 students on the following dates: **December 7, 14, and 16**. Students who have signed up will meet in the gym at 12:30 for some holiday themed activities.

## PHYS. ED. CLASSES

In the New Year, there will be a variety of unique Phys. Ed opportunities to experience at Ralph Brown. Cross-country skiing, indoor ten pin bowling, and skating club to name a few.

Students in Rooms P3, 104, 105, 106, and 107 are to continue to bring **gym clothes to change into** to all Phys. Ed classes in the New Year.

Keep up the great work, Rockets!

*M. Karpenko*