

# RALPH BROWN SCHOOL REVIEW

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 Principal: Trevor MacVicar



PLEASE POST THIS CALENDAR ON YOUR FRIDGE.



## DECEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 DAY 3 Dental Clinic Visit am Calendar Draws Begin!	2
3	4 DAY 4	5 DAY 5 Parent Council Meeting 6:00	6 DAY 6 St. Nicholas visit	7 DAY 1	8 DAY 2	9
10	11 DAY 3	12 DAY 4 Winter Concert Primary - 6:00 pm	13 DAY 5 Winter Concert Intermediate - 6:00 pm	14 DAY 6	15 DAY 1	16
17	18 DAY 2 <i>Pajama Day</i>	19 DAY 3 <i>Candy Cane Day</i> In honour of his favourite treat - wear red, white & green.	20 DAY 4 <i>Wednesday Whiteout!</i>	21 DAY 5 <i>Holiday Headwear</i>	22 DAY 6 <i>Fancy Festive Friday</i> Wear your holiday sweater, vest, shirt, socks, etc- go all out!	

**WINTER BREAK BEGINS!** December 25th to January 5th Classes resume Monday, January 8th

*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 8 Schools Reopen after Break
- Jan 16 Parent Council Meeting - 6:00 pm
- Jan 9-11 Hearing Screening
- Jan 17 Ukrainian Christmas Eve Dinner
- Jan 30 Hot Lunch Day
- Feb 2 Inservice Day - NO CLASSES
- Feb 19 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 during parent-student-teacher conferences and celebrating your child's learning. 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. You are also welcome to stop by the office if you want to speak with me about any concerns you have or just to introduce yourself.*

*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 to protect our freedom. We recognized the Canadian Armed Forces and veterans including Indigenous veterans such as Tommy Prince for their contributions. We also reflected on the current wars happening in Ukraine, Israel and Palestine. We were joined by a CBC reporting crew who filmed parts of the ceremony and interviewed myself and a few students. It was featured on television, radio and in print on the CBC website.*

*On November 24<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. The Ukrainian community held a special ceremony at City Hall on Saturday, November 25<sup>th</sup>. Organizers asked our Ukrainian choir to sing at the event.*

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

*Our Ukrainian Program teachers are starting to gear up for the arrival of St. Nicholas this month! He will be arriving on Wednesday, December 6<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.*

*This year we will have 2 evenings of concerts. Our primary classes will be performing 'Toys! The Night They Come Alive!' on Tuesday, December 12<sup>th</sup> at 6:00 pm. Our Nursery and Kindergarten students will treat us to a short performance before the primary concert begins. Our intermediate classes will be performing 'Flakes! A Musical Celebration of Snow, Slush and Snirt!' on Wednesday, December 13<sup>th</sup> at 6:00 pm. A list of which classes performing in the two concerts can be seen in a separate advertisement in this newsletter.*

*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 Monday, January 8<sup>th</sup>!*

*Trevor MacVicar*



## PRIMARY WINTER CONCERT

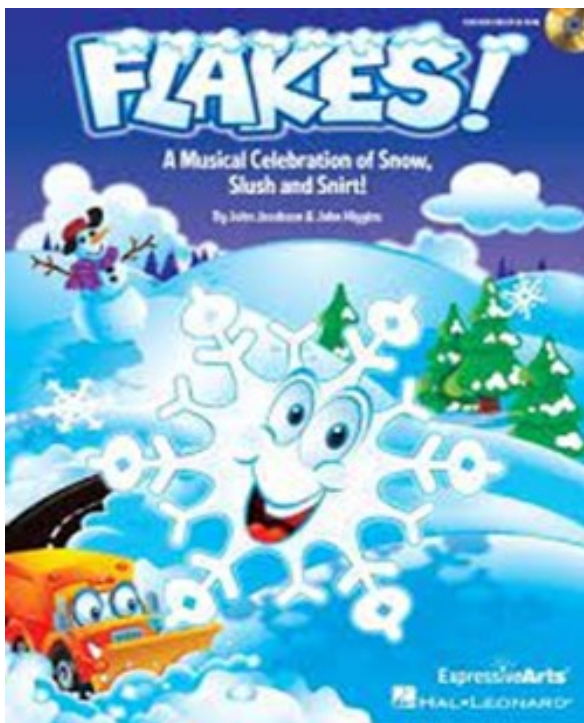
**Tuesday, December 12th at 6:00 pm**

### *Special Performance*

124 am - Ms Malabanan (Nursery/Kindergarten)  
 124 pm - Ms Malabanan (Nursery/Kindergarten)  
 128 pm - Ms Holland (Nursery/Kindergarten)

### ***Toys! The Night They Came Alive!***

P1 – Pani Spivak (EUBP Grades 1 & 2)  
 P2 – Pani Sim (EUBP Grades 2 & 3)  
 P3 – Ms. Goring (English Grades 3 & 4)  
 P4 – Ms. Demko (English Grades 1,2 & 3)  
 P6 – Ms Villafana (English Grades 2 & 3)  
 125 – Ms Semchuk (English Grade 1)



## INTERMEDIATE WINTER CONCERT

**Wednesday December 13th at 6:00 pm**

### ***Flakes! A Musical Celebration of Snow, Slush and Sniirt!***

P5 – Pani Ortega (EUBP Grades 4 & 5)  
 104 – Mr. Laroche (English Grades 4, 5 & 6)  
 105 – Mr. Charambura (English Grades 5 & 6)  
 106 – Mr. Chudley (English Grades 4, 5 & 6)  
 107 – Pani Melnyk (EUBP Grades 7 & 8)  
 111 – Pani Harhas (EUBP Grades 5 & 6)

Doors will open at 5:45 pm for the students to arrive and report to their classrooms; parents may make their way to the gymnasium.

**Dress Rehearsal** will take place at approx. 1:30 on these days - parents are encouraged to attend then if unable to attend or get extra tickets for the evening performance.

## KINDNESS IS ALWAYS THE ANSWER

*“I believe that in the end it is kindness and generous accommodation that are the catalysts for real change.”*

*Nelson Mandela*



# 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

(Note change of date!)

Tuesday, December 5th 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.

# IN THE CLASSROOM . . .

## ROOM P4 EXCITED TO START COMPOSTING PROGRAM!

First, on Monday, we measured the distance 60 feet away from the school building. Next day, we carried the compost bin outside, and we put it by the fence. Kayson, Zayden and Kristopher pulled the bag of leaves to the compost bin. Zayden helped Ms Demko nail pegs, so the compost bin doesn't flip over. Then, we dumped the bag of leaves in the compost bin. Next, we emptied our mini bin and we added food scraps to the compost. Now, a rotten pumpkin is decomposing in the soil. Finally, we closed the compost bin with a lid, so raccoons don't come here. Violet shut down the opening with a lid, so the compost doesn't come out.

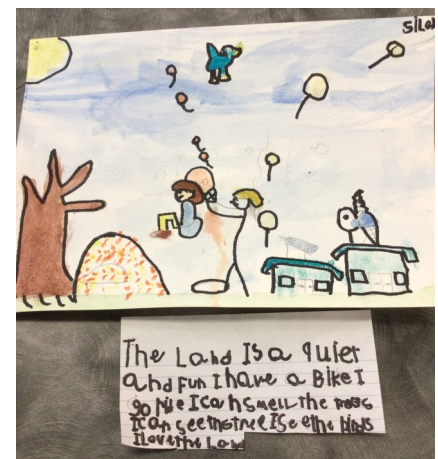
We wonder, when is it going to turn into good, rich soil?

Interesting fact: It took us just 3 days to fill a mini compost bin in the classroom.



Written by  
Grade  
1/2/3  
Students  
of Room  
P4

## ROOM P3 USING 5 SENSES



Students in P3 have been using their senses to notice the land around them. They painted beautiful watercolour paintings of a place on the land that is special to them and then wrote about it, using their five senses.

## LUNCH PROGRAM SUPERVISORS WANTED

If you are interested, please call the school at 589-7355 or pick up an application. Successful applicants will be contacted for an interview.

# PHYS. ED. NEWS

## VOLLEYBALL

The Grade 5/6 boys and girls played in the **Winnipeg School Division Co-ed Tripleball Volleyball Tournament** on November 22<sup>nd</sup> at Machray School. Both Ralph Brown teams showed a great display of skill and sportsmanship. Way to go rockets!

## INNER CITY SOCCER

The **Inner City Soccer League** will continue into the new year for both the Grade 5/6 and 7/8 teams. Both teams have been practicing their skills over the lunch hour and are improving every game!

## 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 Rec Centre at 12:00, eat their lunch, then proceed outside for some lunch hour cross-country skiing. Ski dates will be determined in the upcoming weeks.

## PHYS. ED. NEWS

In the New Year, there will be a variety of unique Physical Education opportunities to experience at Ralph Brown. Cross-country skiing, indoor ten pin bowling, and skating club to name a few. Remember to stay fit over the holiday break by completing the Christmas workout challenge.

### CHRISTMAS WORKOUT CHALLENGE

Remember to stay active over the holiday break.

**You can keep active by completing the Christmas Workout Challenge every day for the month of December.**

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



### ***FAMILIES THAT PLAY TOGETHER STAY TOGETHER!***

Family life can be busy, and it may be hard to find time to spend with your children. After work, dinner needs cooking and houses need cleaning. Why not get your kids to help you with these chores. You'd be surprised at how happy your child can be helping out while chatting with mom or dad.

The activities below encourage family reconnection and prove to be fun for all. Your children would rather have you play with them any day, than watch tv.

*Build a couch fort*

*Paint, colour or make a craft*

*Play cards or a board game*

*Read a book*

*Play a sport*

*Cook a meal together*

Zone'in Programs Inc.



## Innovative Mental Health Treatment for Children

Kidthink Children's Mental Health Centre Inc. (KIDTHINK) is a mental health treatment centre and outreach program that focuses on child therapy and well-being for kids aged 12 and under in Manitoba. **We can help your child with anxiety treatment as well as ADHD, depression, behavioural, self esteem issues and learning challenges.** If your child is struggling, our mental health professionals can help. KIDTHINK provides child therapists, parenting and family support, child psychologists, and treatment from a multidisciplinary team that includes psychology, psychiatry, social work, occupational therapy, and play therapy who all work together to give the children and their families the highest standard of care.

### Upcoming FREE Online Workshops:

December 20th:	<a href="#">Understanding Childhood Anxiety</a>	5PM - 7PM
January 17th:	<a href="#">Understanding Childhood OCD</a>	5PM - 7PM
February 21st:	<a href="#">Mindfulness for Children and Caregivers</a>	5PM - 6:30PM
March 20th:	<a href="#">Self-Regulation in Children</a>	5PM - 7PM
April 17th:	<a href="#">Parenting Tips for Healthy Sleep Habits</a>	5PM - 7PM
May 15th:	<a href="#">Understanding Depression in Youths</a>	5PM - 7PM
June 19th:	<a href="#">Managing Challenging Behaviour in Children</a>	5PM - 7PM

**Register now** by clicking on the Workshops Tab in the Kidthink Website (visit Kidthink.ca) or <https://www.kidthink.ca/events/category/workshops/>

**Looking for more FREE online educational content?** Check out our KIDTHINK Connect-Care platform where you can view on-demand video series on subjects such as anxiety, ADHD, behaviour and regulation!

## What is MIIKOVAC



Are you looking for a non-judgemental place to ask questions about your child's vaccinations? We offer **free online conversations** and are flexible to your schedule to support parents/guardians who may have concerns about **routine and catch-up childhood vaccines**.

Visit [www.canvax.ca/miikovac](http://www.canvax.ca/miikovac) to consult with a vaccination counsellor for free today!

Why vaccinate if diseases no longer exist? Is it necessary for my child to receive all these vaccines?



I've encountered a lot of concerning information and I'm worried about getting my child vaccinated.