



WESTON SCHOOL

October 2025

Happy Fall Everyone!

I can't believe it's already October! Our students have been busy exploring the outdoors—digging, observing, and discovering what's happening beneath the ground. Creativity is flourishing in classrooms as students make leaf artwork and write stories inspired by their creations. Others are exploring identity and reflecting on how they present themselves to the world.

Some classes are going on goose hunts, while others are listening to stories within their communities, at the Forks, and with our divisional knowledge keepers. Students are singing, acting, and asking thoughtful questions about the world around them. There is so much curiosity, joy, and exploration happening—and this is just the beginning!

Our students are also learning to be mathematicians, developing their critical thinking skills and solving problems in creative and thoughtful ways. Whether working individually or with peers, they are practicing reasoning, exploring patterns, and building flexible thinking skills that will support learning across all subjects.

To continue this momentum, students need to attend school every single day. This first month, about 10% of students have not been attending regularly. Our goal for October is 5%. Please help us reach this goal by ensuring your child comes to school each day—your support makes a big difference!

I also want to remind families that WASAC has started again this year. It's a wonderful opportunity for students to interact positively with friends in a safe and fun environment. Don't forget that breakfast is served daily from 8:30–9:00, and open gym is available every day for students to move, play, and start the day energized.

Thank you for helping us provide a consistent, engaging, and joyful learning experience for your child.

Weston Parent Centre October Events



The calendar features a light beige background with Halloween-themed illustrations: a large orange moon with a black silhouette of a person on the left, a black tree with orange leaves, a black house with orange windows, and several black bats flying across the top and left sides. The title 'October 2025' is written in a large, bold, black font with orange dots above the 'O's.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Family Room Closed	2	3	4
5	6 Mandi Away Family Room Closed	7	8 No school	9	10 Fun & Games 9:15- 11:30 Thanksgiving Cooking 2:00-3:30	11
12	13 No school	14	15 Harvest Pick up Coffee Talk 2:00	16	17	18
19	20 Mindful Monday 9:15-11:30 Pm Kitchen Activity	21	22 Pumpkin Carving 9:15- 11:30 Coffee Talk	23	24 No School	25
26	27 Dawn Chartrand Painting 9:15	28	29 Harvest Pick up Coffee Talk 2:00-3:30	30	31	

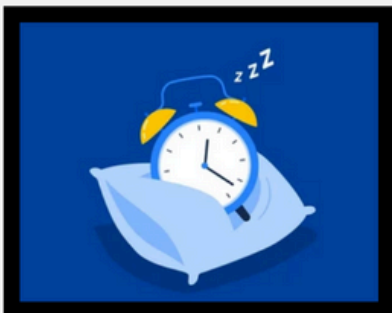
October Parent Centre Newsletter

Setting A Bedtime Routine

The start of a new school year is always a time of new and exciting change! As kids adjust to this start, there can also be some challenges with getting back into the school routine. Having a bedtime routine can help with this process. Below are some suggestions:

WHAT IS A BEDTIME ROUTINE?

Consistent activities that are carried out before bed every night.



HOW MUCH SLEEP DOES YOUR CHILD NEED?

“Every child is different. Some sleep a lot and others much less. This chart is a general guide to the amount of sleep children need over a 24-hour period, including nighttime sleep and daytime naps”
(Canadian Pediatric Society, 2025)

Infants (4 to 12 months old) 12-16 hrs.

Toddlers (1 to 2 years old) 11-14 hrs.

Children (3 to 5 years) 10-13 hrs.

Children (6-12 years) 9-12 hrs.

Teenagers (13-18 years old) 8-10 hrs.

5 TIPS TO HELP YOUR CHILD SLEEP BETTER

Stick to a Sleep Schedule

Put your child to bed and wake them up at the same time every day—even on weekends. This helps their body know when it's time to sleep.

Include the Basics

Make sure the bedtime routine includes brushing teeth, putting on pajamas, and a quiet activity like reading a book or listening to soft music.

Keep It Simple

Don't pack in too much before bed. A short and calm routine works best and helps avoid stress or bedtime battles.

Be Flexible When Needed

It's okay to adjust the routine sometimes for special events or busy days—just try to get back on track the next night.

Turn Off Screens Early

TVs, tablets, and phones can make it harder for kids to fall asleep. Turn off screens at least one hour before bedtime.

THINGS TO AVOID AT BEDTIME

No Big Meals Before Bed

Try not to give your child a heavy dinner or late-night snacks. A full tummy can make it hard to get comfortable and fall asleep.

No Wild Play Right Before Bed

Running around, jumping, or playing active games too close to bedtime can keep kids too excited to sleep. Choose quiet activities like reading or coloring instead.

Don't Rush the Routine

Give your child enough time to get ready for bed without feeling rushed. A calm routine helps their body and mind slow down.

Say No to Caffeine

Avoid drinks like soda, iced tea, or energy drinks in the evening. These have caffeine, which can keep kids awake.

Sleep Tips for Kids

Babies	Toddlers	Adolescents	Teens
			
Try soothing your baby without picking them up. Leave the room quietly when they are settled.	Try giving your toddler control over little parts of the bedtime routine, like picking out pajamas.	Designate a space outside of the bedroom for homework, play, or electronic device	Setting a good example of healthy sleep routines can encourage a teen to follow suit.

Sources:

Calm (2023). Calm. Retrieved from: <https://www.calm.com/blog/kids-bedtime-routine>

Sleep Foundation (2025, July 23). SleepFoundation.org. Retrieved from: <https://www.sleepfoundation.org/children-and-sleep/bedtime-routine>

FOOD ALLERGIES

REMINDER: IMPORTANT LUNCH GUIDELINES FOR OUR CLASSROOM

TO KEEP ALL OF OUR STUDENTS SAFE AND HEALTHY, PLEASE FOLLOW THESE IMPORTANT GUIDELINES WHEN PACKING YOUR CHILD'S LUNCH:

- NO EGGS**
- NO FISH**
- NO NUTS (THIS INCLUDES PEANUTS, TREE NUTS, NUT BUTTERS, AND FOODS CONTAINING NUTS)**
- NO JUNK FOOD (CHIPS, POP, CHOCOLATE BARS AND ESPECIALLY NO ENERGY DRINK. IT IS IMPORTANT WE ABIDE BY THE HEALTHY GUIDELINES.**

THESE FOODS WILL BE CONFISCATED AND RETURNED AT THE END OF THE DAY.

- NO HEAT-UPS (WE CANNOT WARM UP FOOD IN THE MICROWAVE)**

PLEASE PACK LUNCHES THAT ARE SAFE, READY TO EAT, AND DO NOT REQUIRE HEATING.

WE APPRECIATE YOUR HELP IN CREATING A SAFE AND INCLUSIVE ENVIRONMENT FOR EVERYONE!

IF YOU REQUIRE SUPPORT WITH PROVIDING A NUTRITIONAL LUNCH, PLEASE LET THE OFFICE KNOW AND WE WILL ENSURE THAT A LUNCH IS PROVIDED.

THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING!



Room 2

Hello, Kindergarten Families!

Welcome to a fantastic school year! It's hard to believe September 2025 is already over. We've had such a wonderful time kicking off the year and settling into our classroom routine. It's been an exciting time of new beginnings, making new friends, and learning how to be great classmates!

What We've Been Learning

This month was all about getting to know each other and learning the most important lesson of all: getting along! We spent a lot of time sharing our favorite things, playing games that helped us learn names, and practicing how to be a good listener and friend. We've established our classroom rules and talked a lot about using kind words and sharing our toys and space. It takes practice, and the children are doing a super job!

Our Fall Nature Walk

We took our learning outside as we started our study of the fall season! It's been beautiful to watch the world change around us. We went on several nature walks to explore. The children loved observing the trees and the leaves! We talked about the different colors we saw, how the leaves feel, and what it means for the leaves to fall to the ground. We collected some of our favorite leaves to bring back to the classroom and made art projects with it. Ask your child what their favorite color leaf was!

Looking Ahead to October

Next month, we will be diving into letters, sounds, and numbers! We will also continue to explore the changes of the fall season, including things like pumpkins and apples. Keep an eye out for details on our first fun field trip or in-class special event!

Quick Reminders

Encourage your child to practice opening and closing containers in their lunch box and putting their shoes by themselves—it helps build independence!

Please dress your child in layers as the mornings get cooler, and ensure they have appropriate shoes for running and playing outside.

Thank you so much for a wonderful first month. We are so happy to have your child in our class!

Warmly,

Ms. Anna Cruz

Nursery and Kindergarten Teacher, Weston School

ROOM 5

Newsletter

Ms. Epp
September, 2025



It's hard to believe that September is already over!

I want to acknowledge that I was, unfortunately, away from the classroom for a portion of this month. This was due to a sudden and severe back injury that I acquired after the first week of school - talk about terrible timing! I've had to learn to be patient with myself and the healing process as I slowly get back on my feet.

The students in Room 5 have shown great resiliency and flexibility in adapting to new teachers and schedules. Their learning has continued every day, and it's been a great month of getting to know each other, making friends, playing games, and learning new routines.

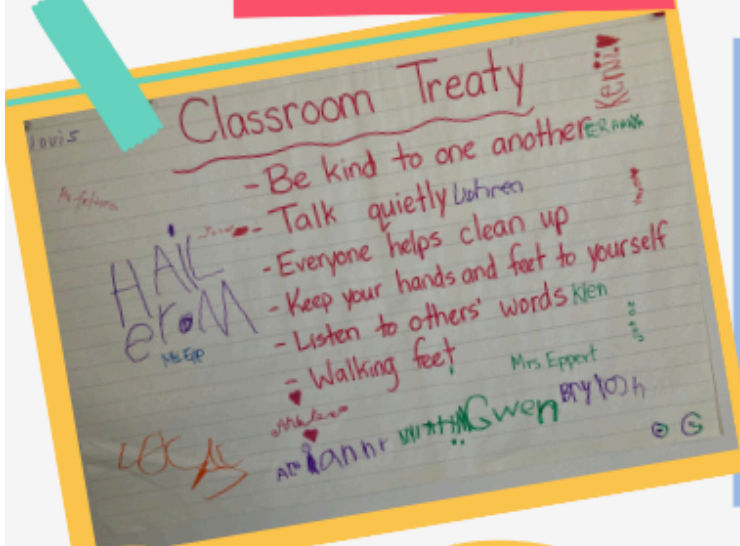


Self-Portraits

Students created wonderful representations of themselves with drawing. We learned about using shapes to draw people with greater detail and they turned out great.

Classroom Treaty

Students shared what they want their classroom to look, sound, and feel like. Together, we then decided on what we would all need to do every day to ensure it stays that way.



Current and upcoming learning!

This year, we will become capable readers and writers! We have been exploring books and practicing our phonological awareness (playing with sounds in words). We are sharing our ideas in writing by using pictures with labels, words, and sentences.

Students have shown me their knowledge of math manipulatives and are working on counting in different ways, subitizing (recognizing the number of items in a group without counting, like dice patterns) and representing numbers in different ways.

We will continue to discover who we are by exploring each of our unique interests, families, traditions, and celebrations. We will also notice and wonder about other living things in our world!

ROOM 6

Mr. Soke's Stars

|Grade 1-2 |

SEPTEMBER, 2025

We have started teaching and learning our behavioural expectations that include being responsible and showing kindness. We've also started practicing our learning expectations that asks our students to pay attention, ask questions, and to try their best. We try to be creative and have fun while we learn.

WHAT WE'RE WORKING ON

- Number Sense, sequence, number lines.
- Writing with purpose to communicate our ideas.
- Feeling belonging in our community. What makes us special.
- Living things. What makes something living? What do living things need?

NATURE WALK

We collected plant samples to create art



WORKING TOGETHER

Choice Time can be a time when we learn to share and work together.



FUTURE GOALS

- ☐ Making Animals/ Habitats
- ☐ Finishing student made books
- ☐ Learning to use different math tools
- ☐ Practicing letter sounds and reading

Newsletter

Room 7

Happy September!

Just like the fall leaves beginning to change, our classroom is full of new beginnings. We've been busy learning routines, making friends, begin our learning journey together!

Language Arts

In literacy, we are working on sequencing stories—putting events in the correct order.

Math

In math, we're practicing doubles facts (e.g., $3 + 3$, $6 + 6$) to build strong mental math foundations. We are also learning to use number lines and Cuisenaire rods to visualize and solve addition and subtraction problems.

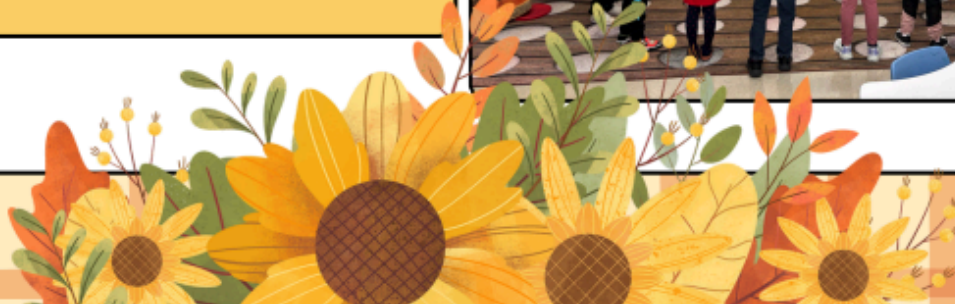
Reminder

As the days get colder, students need to bring a pair of indoor shoes if they haven't already!

Inquiry Project

We are exploring Canadian geese! We are reading books and poems about Canadian geese. Students are asking questions, researching, and sharing their discoveries about migration and seasonal changes!

Something you can do at home together is look for geese in your neighborhood or local park!



CLASSROOM NEWSLETTER



ROOM 10
SEPTEMBER

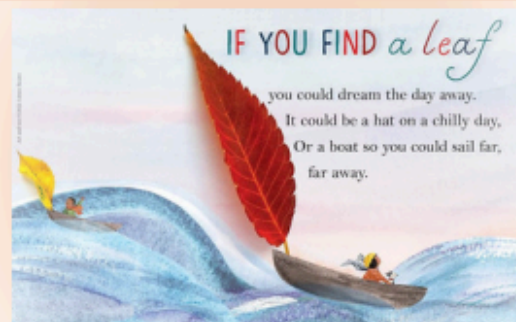
Look What We Learned

SEPTEMBER

September has been a month of new beginnings in Room 10! Students have spent time meeting new classmates, getting to know one another, and beginning to build our classroom community. Together, we've explored new routines and discovered what learning looks like in our room. One highlight was heading outdoors to collect leaves, which were transformed into a creative art piece inspired by the picture book *If You Find a Leaf*. In math, students have been getting comfortable with their new routine using Cuisenaire rods and working together to solve problems in collaborative ways. Room 10 is looking forward to a year filled with discovery, creativity, and learning together!



If You Find a Leaf...



Classroom Newsletter

Room 11

What We Are Learning

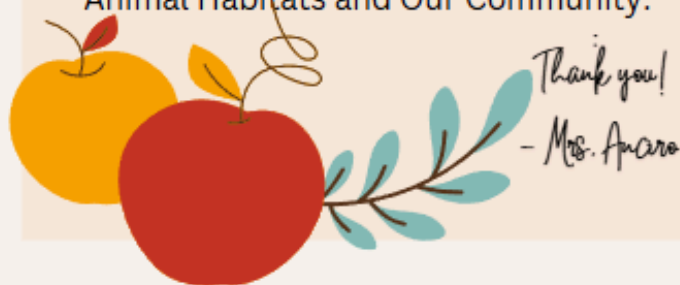
Science and Social Studies Inquiry

In Room 11, we are learning by asking questions and exploring the world around us. During Inquiry, we all have the opportunity to investigate our own questions and interests. We are participants in our own learning process.

Room 11 students are learning and experiencing the joy of exploring new concepts by using different materials for research, moving our bodies and playing games to explain the food web, and using different materials to connect more with our community.

How You Can Help:

- Encourage your child to ask questions about the world around them.
- Share experiences and knowledge you have about our learning themes: Animal Habitats and Our Community.



Contact Info

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Grade 5 & 6



ROOM 12



Learning Right Now

Math

Students have been busy learning Cuisenaire Rod routines, and using the rods to demonstrate and strengthen their understanding of fractions. We have also scratched the surface of Thinking Classrooms problem-solving, where students work in small groups to apply math problem-solving skills.

Literacy

We begin each morning with Writer's Workshop, where students participate in a focused mini-lesson on a writing skill. Then, they have time to work on drafting a piece using that skill before we come back together to share and edit.

Students have worked on revamping our classroom library, noticing gaps and writing persuasive letters for updated literature!

Nature Based Learning & Inquiry

You may have noticed already that your children are coming home from school with muddy pants or grass stains! This is a good thing! In Room 12, we will continue to be a nature-based learning classroom where we explore outdoors in all types of weather, using nature as our teacher. Literacy and math will be infused in all nature-based activities as students connect with the natural world in new and exciting ways!

We will use an inquiry and exploratory mindset as we learn, always being curious and letting student questions guide our journey together.



CLASSROOM NEWSLETTER

ROOM 14

WHAT WE LEARNED

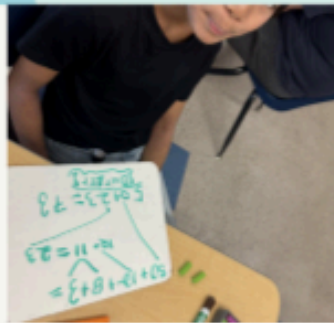
Hello Families! Welcome to room 14 First few weeks of school went really well in knowing each other and getting back to routines. We have been working on identifying ourself and how our cultural beliefs and family values shapes our identity. We have been reading books about empathy , friendship, and generosity .We are exploring stories about different perspectives and writing from different perspectives based on the story

Science

We are exploring Diversity in living organisms by exploring our surroundings. Students have been learning about unicellular and multicellular organisms and exploring how living organisms are classified in different kingdoms of classification based on their body organization and functions.

Math

In room 14 we are working on number sense . We are exploring different way to represent a number along with working on additon , subtraction and multiplication.



Welcome Back to School Everyone!



We wish everyone has a joyful and meaningful learning and teaching school year. Getting to know each and sharing our identity by creating “All about me” and “My timeline” on Canva were our first social studies mini projects. 15 minute math is our routine in our math class. We started by rod retrieval, then moved to practicing with fractions.

We learnt about the four medicines from our Winnipeg School Division Knowledge Keeper Elaine Mayham. Then, we went to the Folks and picked Sage. We dried it, and would use it for smudging. We also visited Oodena Celebration Circle where we learnt more about the Truth and Reconciliation.

From: Room 15



Arts Class

Ms. Andrade

Rooms 12, 14 & 15

September 2025

What We Learned

This month, students began their Arts journey by asking two big questions: "What are the Arts?" and "Why do people make art?" We are learning to express ourselves through **visual art, drama, dance and music**. The focus was on building community, exploring identity and connecting to land and story.

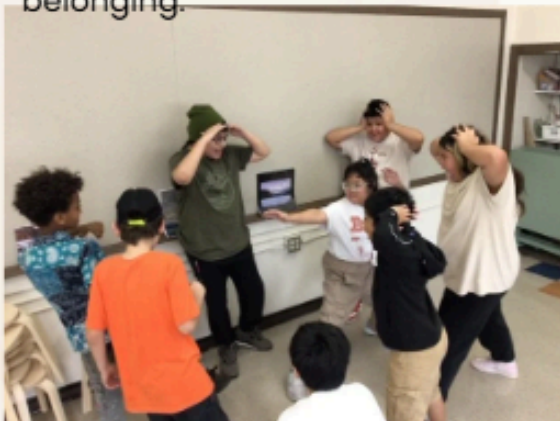
Students engaged in arts-based learning to reflect on the National Day of Truth and Reconciliation. We discussed the power of art to tell stories. Visual and dramatic arts activities helped consider themes of identity, land and honouring stories.

Dramatic Arts

Students in Room 14 & 15 participated in drama exercises to strengthen trust and collaboration.

Through tableau and pantomime, students learned to communicate ideas and emotions without words.

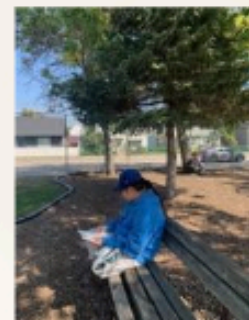
We began exploring how the arts can help us think about community and belonging.



Visual Arts

Inspired by *Mother Earth: My Favourite Artist*, Room 12 created nature-based artworks that explored textures, colours and forms found outside.


They learned about realism, abstract and surreal art and got to create their own piece in a style of their choice along with an artist statement.





PHYSICAL EDUCATION

With Mr. Jones





Greetings Weston families, and welcome to a brand-new school year in Physical Education! It has been an exciting month getting to know all of our students and starting gym classes together. The energy, enthusiasm, and effort shown in the gym so far has been fantastic.

For our intermediate grades, we have kicked things off with a soccer unit. Students are learning and practicing key skills such as passing, dribbling, and shooting, while also beginning to explore teamwork and strategies for the game.

In the early years, our focus has been on tag games and cooperative play. These activities help students build foundational movement skills, practice following rules, and learn how to work together with classmates.



Across all grade levels, we are emphasizing the Weston Hawk values of being safe, respectful, responsible, and kind. These values guide how we play, how we treat each other, and how we learn in the gym.

It has been a wonderful start to the year, and we are looking forward to even more learning, fun, and growth as we continue through the fall!




REMINDERS


- Kindly make sure your child wears appropriate footwear for gym class.
- Soccer practice for Grade 5/6 students takes place every Thursday from 1:00 to 2:00 PM.



If you have any questions please contact me at my email nsorokopudjones@wsd1.org or by phoning the school.



October 2025

Mon	Tue	Wed	Thu	Fri
		Day 3 1 Pancake Breakfast for all students Staff VS students soccer game Wasac After school program 3:30-5:30	Day 4 2 Soccer Practice @ 1	Day 5 3
Day 6 6 Soccer Tournament @ Tec Voc Wasac After school program 3:30-5:30	Day 1 7 Wasac After school program 3:30-5:30	Day 2 8 PD DAY NO CLASSES	Day 3 9 Soccer Practice @ 1	Day 4 10
No School Thanksgiving 13 	Day 5 14 Wasac After school program 3:30-5:30	Day 6 15 Parent Gathering 3:30 -4:30 Wasac After school program 3:30-5:30	Day 1 16 Soccer Practice @ 1	Day 2 17
Day 3 20 Wasac After school program 3:30-5:30	Day 4 21 Picture Retakes 9 - 10:30 AM Wasac After school program 3:30-5:30	Day 5 22  Bus Ridership Day Wasac After school program 3:30-5:30	Day 6 23 Soccer Practice @ 1 Family Night 4:30 - 6:30	Day 1 24 PD DAY NO CLASSES
Day 2 27 Wasac After school program 3:30-5:30	Day 3 28 Wasac After school program 3:30-5:30	Day 4 29 Wasac After school program 3:30-5:30	Day 5 30 Soccer Practice @ 1 Run & Read Starts 3:30 - 5:30	Day 6 31 HAPPY HALLOWEEN

Important Dates

November 10- 13 - Hearing Screening
 November 11 - No School Remembrance day
 November 20 - Parent teacher 4pm - 7:30
 November 21 - Parent Teacher 9-11 - No Class All day
 December 22 - January 2nd - Winter Break
 January 5th - Back to school
 February 1st - PD Day No class
 February 16th - Louis Riel Day - No School

