October 2026

ÉCOLE LAVÉRENDRYE NEWSLETTER

Contact Info

PRINCIPAL
Mme. Amanda Capina

HEAD SECRETARY
Mrs. Jennifer Peters

290 Lilac Street
Winnipeg, MB R3M 2T5

204-452-5015
lav@wsd1.org

www.winnipegsd.ca/LaVerendrye

SCHOOL HOURS:
8:20 - Entry Bell
8:30 - School Starts
10:00-11:00 - AM Break
11:00 - AM N/K Dismissal
12:30 - PM N/K Start
12:30-1:30 - PM Break
3:00 - End of Day

WINNIPEG SCHOOL DIVISION:
1577 Wall Street E.
Winnipeg, Manitoba R3E 2S5

TRANSPORTATION DEPARTMENT:
(204) 789-0452

IMPORTANT DATES

October 6th - NO SCHOOL
DIVISIONAL IN-SERVICE

October 12th - NO SCHOOL
THANKSGIVING

October 20th
Parent Advisory Council
Annual General Meeting
7:00 PM In the Library

October 21st
PICTURE DAY

October 23rd - NO SCHOOL
MTS PD DAY

October 30th
HALLOWEEN PARADE



PRINCIPAL'S MESSAGE



Dear LaV Families,

What a wonderful start to the school year! September has been filled with opportunities to reconnect, build relationships, celebrate our students, and strengthen our sense of belonging as a school community. It has been wonderful to see the energy and excitement throughout LaV as our students have settled into their new school year.

Our Welcome Back BBQ was a huge success! It was so wonderful to see so many families come out, share a meal, and spend time together. Events like this are a great reminder that a strong school community is built through relationships, connection, and a shared commitment to our students. Thank you to everyone who joined us and helped make the evening so special.

Our Grades 4–6 students also had a fantastic time at the Milk Run. We were incredibly proud to see so many LaV students place among the top 20 runners, but even more importantly, every one of our students completed the event. Their determination, perseverance, and encouragement of one another were wonderful to see!
This month also marked the beginning of our Family Groups. Our first gathering focused on the important question: Why does each of us belong at LaV? Students created leaves featuring their names and three personal traits, which have come together to create a giant Tree of Belonging now proudly displayed in our Linkway. Each leaf is unique, but together they create something beautiful — a wonderful reflection of our school community.

We have also spent time learning, reflecting, and coming together for the National Day for Truth and Reconciliation. Classrooms across the school have been exploring the meaning of truth and reconciliation and considering what it means to create a school where everyone feels safe, respected, valued, and included. As a school community, each student created a feather sharing what school should be. These feathers have been displayed in our classroom windows for our community to see. We also came together for a whole-school smudge before taking a community walk, demonstrating our commitment to the belief that every child matters.



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PRINCIPAL'S MESSAGE



Looking Ahead to October

October is shaping up to be another exciting month at LaV! We are looking forward to our annual Fall into Reading celebration, which will run throughout the month. We have many fun activities planned to encourage a love of reading, including a school-wide Kahoot, a Masked Reader event, a reading challenge, and a spirit week leading up to Halloween. We can't wait to see our students get creative and celebrate books and reading together!

And, of course, October also brings Halloween! We have some exciting activities planned, including a special event organized by Room 26 — an escape room? A haunted house? You'll have to wait and see! Students will also get to vote in our annual Staff Jack-o'-Lantern Contest, and we are looking forward to our annual Halloween Parade on October 30th, to which all families are warmly invited.

Thank you, as always, for your ongoing support, encouragement, and partnership. The wonderful things happening at LaV are possible because of the strong community we build together. We are so grateful to our students, families, and staff for making LaV such a welcoming, inclusive, and joyful place to learn.

Here's to a fantastic October filled with learning, laughter, reading, and plenty of school spirit!

Warm wishes,

Amanda Capina





RECESS AND OUTDOOR LEARNING

At École LaVérendrye, we believe that time spent outdoors is an important part of healthy, joyful learning. We prioritize being outside—not only for recreation and play, but also as a meaningful extension of the classroom. Outdoor experiences give students opportunities to move their bodies, explore their surroundings, connect with nature, build relationships, and return to learning feeling refreshed and ready to focus.

We embrace outdoor play and learning in rain, snow, or sunshine! Please help us make outdoor time a positive experience by ensuring your child comes to school dressed appropriately for the weather each day. Layers, warm clothing, waterproof gear, hats, mittens, and appropriate footwear can make all the difference. A change of clothes or an extra pair of socks tucked into your child's backpack is always a great idea—especially during our wet and snowy seasons!

🌦️ When Do We Stay Inside?

While we love being outdoors, student safety and wellbeing always come first. In accordance with provincial and divisional policies, indoor recess will be provided when:

- The temperature is colder than -27°C, using the temperature reported at The Forks.
- There is thunder and lightning.
- It is pouring rain.

Thank you for helping us ensure that our students are prepared to enjoy all that outdoor play and learning has to offer. A little preparation goes a long way toward making every outdoor experience a great one!



SPIRIT WEEK

At LaVerendrye

OCT 26	READ MY SHIRT! STUDENTS ARE ENCOURAGED TO WEAR A SHIRT WITH WRITING ON IT.
OCT 27	SPOOKYT HATS/HAIR DAY. HOW WACKY CAN YOU BE?
OCT 28	SPOOKY HALLOWEEN COLOURS. WEAR PURPLE, RED, ORANGE, BLACK - ANY SPOOKY COLOURS WILL DO!
OCT 29	PJ AND STUFFY DAY! WEAR YOUR FAVOURITE PAJAMAS TO SCHOOL.
OCT 30	HALLOWEEN! WEAR YOUR HALLOWEEN COSTUME.



Throughout the week, students will be engaged in fun reading and Halloween activities, such as...

- Escape room or Haunted house
- Jack-o-lantern judging
- Halloween parade
- Family Groups

Birthday Celebrations In The Classroom:

We love celebrating our students and making their birthdays special! To help ensure that birthday celebrations are manageable and enjoyable for everyone, we ask that parents/guardians contact their child's classroom teacher before sending any treats, gifts, or other items to school for a birthday.

Each classroom may have its own protocols and routines regarding birthday celebrations. Please be sure to check with your child's teacher in advance to learn what is appropriate for their classroom.

We kindly ask all families to respect and follow the teacher's directions regarding birthday celebrations and any items brought into the classroom. Thank you for helping us maintain a positive, inclusive, and respectful learning environment for all students!

One way to help make sure your children's belongings make their way back home is to label everything with thier name, even if it just initials we can figure out who the lost items belong to!



LOST & FOUND



It's only Ocotober and we have already accumulated a number of items in our lost & found. If your child is missing a sweater, jacket or water bottle please ask them to come check our lost & found. Parents are welcome to stop in and take a look as well!



LAV FAMILY GROUPS

At LaV, our Family Group structure is a meaningful way we foster connection, leadership, and a strong sense of belonging across our school community. Beginning in Grade 1, each student is welcoming into one of seven Family Groups, inspired by the Seven Teachings: Turtle, Bison, Beaver, Eagle, Wolf, Bear, and Sabe. Once assigned, students remain in their Family Group throughout their entire time at LaV.

This journey allows students to experience the full circle of growth - starting as the youngest members and eventually becoming the oldest leaders within their group. Along the way, they build lasting relationships with peers across different grades, strengthening our sense of community.
Each Family Group is guided by a teacher leader and supported by staff, creating a supportive and inclusive environment for all students. The groups are also connected to a specific color, helping to build identity and pride:

- Turtle = Green
- Sabe = Pink/Purple
- Bison = Yellow
- Eagle = Red
- Beaver = Orange
- Bear = Black/White
- Wolf - Blue

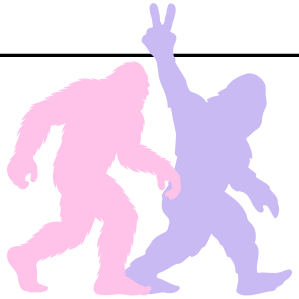


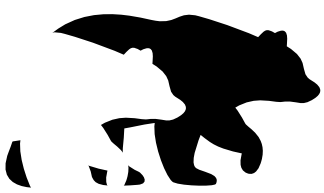



Throughout the year, Family Groups come together every month or two for shared activities. These experiences range from STEAM challenges and creative art projects to writing activities and outdoor or field day events. While the activities vary, the consistent focus is on fostering connection, teamwork, and a deep sense of belonging among students across grades and classrooms.

We are excited for our upcoming Family Group event on Thursday, October 29th, which will be a comfy PJ reading event. Rooted in the wonder and imagination of children's literature, students are encouraged to wear their pajamas, have a stuffy, and to bring their favourite book to read with members of their family group.

Family Groups are a special part of life at LaV, helping every student feel seen, connected, and valued.







FALL INTO READING!



🍂 Fall into Reading! 📚

Get ready to Fall into Reading this October! Our school-wide reading celebration is back—and this is our own special version of "I Love to Read!" All month long, students will be invited to discover the joy of reading through a variety of fun activities, challenges, games, art, clues, and celebrations.

Throughout October, keep an eye out for:

- 📚 Books on Display: Discover new titles and favourite reads in the main hall and library.
- 🔎 Guess the Book: Each week, students can test their reading knowledge with a mystery book clue posted on the board outside Mme Capina's office.
- 🎨 Reading-Inspired Art: Students will create artwork inspired by books and reading to brighten our bulletin boards.
- 🎉 Reading Party: We'll celebrate our love of books with a special reading-themed party!
- 🎭 Masked Reader: Can you guess who is behind the mask? Students will put their detective skills to the test!
- 🎮 Kahoot!: Get ready for a friendly, school-wide reading challenge with some fun competition.

📖 Choose Your Own Reading Adventure

Each student will also receive a Choose Your Own Reading Adventure card to take home. This optional activity encourages students to read 9 different books outside of school, with students choosing the books that interest them most. A list of reading choices will be included on the activity card to help get them started.

Once students complete their reading adventure, they can return their card to the office. Their name will then be entered into a draw for a special prize at the end of the month!

Our school goal is to have 80% or more of our students participate. Let's see if we can reach our goal and make October a month filled with books, imagination, discovery, and a whole lot of reading!

Happy reading, everyone—and get ready to Fall into Reading! 🍁📚



Rehabilitation Centre for Children

School Therapy Services

As the occupational therapist supporting the École La Vérendrye team, I work within the school to help students participate successfully in their learning environment. I collaborate with school staff to promote accessibility, universal design, and inclusive practices that support all learners. This may include providing whole-class strategies, classroom-based supports, and small-group activities. Individual occupational therapy support may also be provided at the request of the school team and with parent or guardian consent.



Tracy Roberts
Occupational Therapist

Occupation Therapists (OT) in schools help with:

- Fine motor skills (small movements of the hands)
- Sensory processing
- Regulation (ability to safely navigate stressful situations/emotions for meaningful participation)
- Accessibility of environment
- Self-care (toileting learning, feeding, dressing)
- Transfer training
- Adaptive equipment

SCHOOLMESSENGER®

Please use the School Messenger App to report an absence for your child. This includes all absences due to illness, vacation or appointments.

Please follow the instruction below or click on the link.

SchoolMessenger app (free)
Provide your email address to the school.
1. Get the app from the Apple App Store or the Google Play Store (or from the links at https://go.schoolmessenger.ca).
2. Tap Sign Up to create your account.
3. Select Attendance from the menu, and then select Report an Absence.

Web and Mobile Web: go.schoolmessenger.ca
1. Provide your email address to the school.
2. Go to the website.
3. Click Sign Up to create your account.
4. Select Attendance from the menu, then select Report an Absence

Interactive Toll-free Phone 1-855-278-4513
1. Call the toll-free, interactive telephone system.
2. Follow the instructions to report an absence.
3. Record the confirmation number at the end of the call.
If you hang up before this is given the absence will be cancelled and will not be reported to the

https://go.schoolmessenger.ca

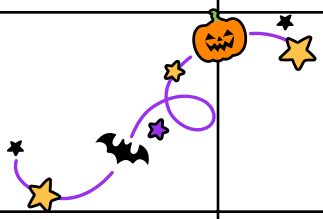
OCTOBER STUDENT CLUBS

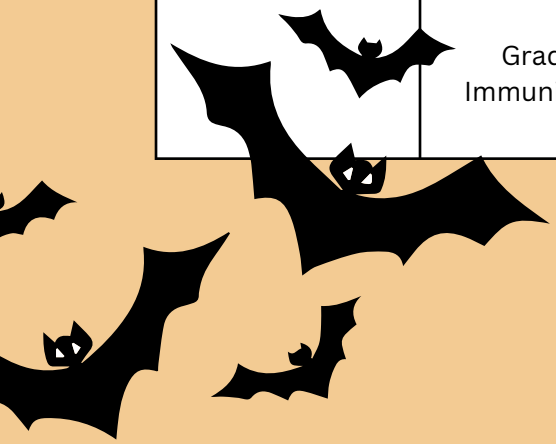
We offer a variety clubs for our students to participate in, the clubs change each month so keep an eye on the newsletter to find out what is being offered.

Here‘s what’s happening in October!

lundi / Monday	mardi / Tuesday	mecredi / Wednesday
AM RECESS Grades 1-2: Intramurals Grades 5-6: Reading Club	AM RECESS Grades 1-3: Art Club Grades 3-4: Karaoke	AM RECESS Grades 1-2: Outdoor Club Grades 3-4: Intramurals Grades 5-6: Karaoke
PM RECESS	PM RECESS Grades 4-6: Textile Club	PM RECESS
jeudi / Thursday	**vendredi / Friday**	
AM RECESS Grades 1-2: Karaoke Grades 5-6: Intramurals	AM RECESS Grades 4-6: Art Club Grades 1-6: Fitness Club	
PM RECESS Grades 4-6: Textiles Club	PM RECESS Grades 5-6: Musical	

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 / Day 5	2 / Day 6
5 / Day 1 6:30 PM Grade 6 Camp Parent Meeting	6 / Day 2 **NO SCHOOL** Non-Instructional PD Day	7 / Day 3	8 / Day 4	9 / Day 5 Grades 5/6 Soccer Jamboree
12 *Happy Thanksgiving* **NO SCHOOL**	13 / Day 6	14 / Day 1 Bus Ridership	15 / Day 2	16 / Day 3 Fun Lunch (Subway)
19 / Day 4	20 / Day 5 **Parent Advisory Council Annual General Meeting 7:00 PM** **Library**	21 / Day 6 Picture Day 	22 / Day 1	23 / Day 2 **NO SCHOOL** Non-Instructional PD Day
26 / Day 3	27 / Day 4 Hearing Screening Grade 6 Immunization	28 / Day 5	29 / Day 6 Family Groups PJ Reading Event 	30 / Day 1 Halloween Parade 



Mark You Calendars!

There are **NO CLASSES** on the following dates:

November 2, 2026.....Non-Instructional PD Day
November 11, 2026.....Remembrance Day
November 20, 2026.....Non-Instructional PD Day

December 2/26 - January 1/27.....Winter Break

February 5, 2027.....Non-Instructional PD Day
February 15, 2027.....Louis Riel Day

March 19, 2027.....Non-Instructional PD Day
March 26, 2027.....Good Friday
March 29/27 - April 2/27.....Spring Break

April 16, 2027.....Non-Instructional PD Day

May 7, 2027.....Non-Instructional PD Day
May 24, 2027.....Victoria Day

June 25, 2027.....Last Day of Classes N/K
June 28, 2027.....Non-Instructional PD Day
June 30, 2027.....Early Dismissal at 11:00 AM
June 30, 2027.....Last Day of Classes Grades 1-6

IMPORTANT!

