



May certainly didn't bring many flowers this year—more like snow and chilly temperatures! Brrr! On the bright side, it did help keep our school cool. Throughout the month, students spent time reflecting on their learning from the entire year as they prepared for our Learning Celebration. They thoughtfully considered what they had learned and chose how best to showcase it, including the roles they would play and the art forms they would use to express their understanding. We were so pleased to see such a packed audience—thank you for your continued support. We hope you enjoyed the celebration; the students truly shone and stole the show.

As we move into June, learning will continue right up until the final day of school, so regular attendance remains very important. Please ensure students are at school each day, as classrooms are also participating in a friendly attendance challenge to see who can beat Room 11. The class with the strongest attendance will enjoy a special lunch together. June is also a wonderful month of exploration, with many classes heading out on field trips that students will not want to miss. As part of helping students stay comfortable and ready for these busy days, we kindly ask that students come to school dressed in light, comfortable clothing and bring a water bottle each day to help them stay hydrated and ready to learn.

We are pleased to welcome several staff members joining us for the month. Former teacher Ms. Van Ginkle, along with Mr. Murray, will be supporting students and classrooms. Both are highly skilled educators, and we feel very fortunate to have them with us. We also warmly welcome Mrs. Ateah, who will be serving as Acting Principal during my absence. We invite you to join us in making them feel welcome and in showing them what a caring and supportive school community we are.

Thank you, as always, for your continued partnership and support. As we head into this busy and exciting final month, please keep an eye out for communication from your child's teacher regarding upcoming field trips and special activities so that no one misses out on these memorable experiences.



## **Can You Imagine Inc**

**A licensed, non-profit child care centre that operates in Weston School and is independent of Winnipeg School Division and Weston School.**

**Full time Preschool program (ages 2-kindergarten start)**

**Priority will be given to 4-year-olds who are not registered in kindergarten!**

**Proof of address is needed to ensure you are in the Weston catchment area.**

**Opens: September 2026 and will operate Monday to Friday from 7:00 a.m. to 5:30 p.m. all year.**

**Executive Director: Tracy Cosser**

**Assistant Director: Lori Rogalsky**

**Site Supervisor: Brenda Abraham**

**Waitlist link: <https://cyi-weston.childcare.link>**

**Phone: 204-668-4822 if you have any questions**

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**Can You Imagine also operates a before and after school program for children in kindergarten through grade 6. We provide care from 7:00 a.m. to school start and school dismissal to 5:30 p.m. We provide care on all In-service days from 7:00 a.m. to 5:30 p.m. The school age program closes during the school breaks which includes Christmas, Spring and summer breaks. Contact: 431-336-9486. Waitlist link: <https://cyi-weston.childcare.link>**

# MISSING SCHOOL = MISSING OUT

MAKE SURE YOUR CHILD IS IN SCHOOL EVERY DAY

## DID YOU KNOW?

**YOUR CHILD CAN SUFFER ACADEMICALLY** if they miss 10 percent (about 18 days) of school. That can be just two days a month, and that can happen before you know it.

**IT DOESN'T MATTER IF THESE ABSENCES ARE EXCUSED OR UNEXCUSED.** They all represent lost time in the classroom and a lost opportunity for your child to learn.

**ATTENDANCE MATTERS AS EARLY AS KINDERGARTEN.** Studies show that children who miss too many days in Kindergarten and first grade have trouble mastering reading.

**ATTENDANCE IS AN IMPORTANT SKILL THAT WILL HELP YOUR CHILD GRADUATE** and do well in college or work.

**UNEXCUSED TARDIES ARE NOT CONVERTED TO UNEXCUSED ABSENCES.** Tardies are a disciplinary issue.

## WHAT CAN YOU DO?

**FOR YOUNGER CHILDREN, SET A REGULAR BEDTIME AND MORNING ROUTINE.** Layout clothes and pack backpacks the night before.

**FOR OLDER CHILDREN, YOU CAN SET UP HOMEWORK AND BEDTIME ROUTINES.** Make sure that when the lights go out, so do the cell phones, video games and computers.

**TRY NOT TO SCHEDULE MEDICAL AND DENTAL APPOINTMENTS DURING THE SCHOOL DAY.** If necessary, schedule appointments after 10:00a.m. and bring back an excuse.

**DON'T LET YOUR CHILD STAY HOME UNLESS THEY ARE TRULY SICK.** If your child does not want to go to school because of bullying or problems with other students, staying home may be worse for their self-esteem.

**SET AN EXAMPLE FOR YOUR CHILD.** Show him or her that attendance matters to you and that you won't allow an absence unless absolutely necessary.

**AT ZCISD, LEARNING IS TAKING PLACE ALL DAY-EVERY DAY.** If your child says otherwise, call the Campus Principal or counselors immediately.

# Limit Screen Time Before Bed



**1 Hour Before Bed, Turn Off Screens!**



## Better Sleep

Screens can disrupt  
melatonin production



## Calmer Mind

Less screen time  
reduces anxiety



## Healthy Habits

Promotes reading  
& relaxation

**Power Down to Rest & Recharge!**

# June Parent Centre Newsletter

As we wrap up another wonderful month at Weston School, we want to thank all of our families for their continued support, participation, and connection throughout the year. June has been filled with meaningful opportunities for families to learn, connect, and grow together.

This year, we were excited to offer a variety of parent and family programs, including:

- Coffee Talk gatherings
- Community Kitchen sessions
- Mindfulness programming
- Art activities and workshops
- Wee-Move Parent and Tot Program
- A family visit to the Canadian Museum for Human Rights
- Miracle Ranch Ojibwe Spirit Horse Programs

These programs provided opportunities for families to build relationships, learn new skills, share experiences, and strengthen our school community together. We appreciate everyone who participated and helped make these experiences possible.

If you are interested in participating in future family programs and activities, please reach out to the school. We would love to connect with you and help you get involved.

Wishing all Weston families a safe, restful, and happy summer!

# THE SCREEN CYCLE AND THE CHILD'S BRAIN: WHY EVERYDAY LIFE FEELS HARDER AFTER SCREEN USE

www.SocialWorkersToolbox.com



**Break the cycle:** Prioritise connection, outdoor play, and slow, engaging activities such as walking and talking, sports, creative projects, reading, music, cooking, building, puzzles, or shared tasks. These help the brain settle and cope with everyday life.

## **Head Lice: What Families Can Expect Moving Forward**

**From time to time, families have questions about head lice, so we wanted to share some helpful information and explain how our school will support students moving forward.**

**Head lice are common among school-aged children and are considered a nuisance, not a health risk. They are not related to cleanliness and do not spread illness. Because lice are spread through close head-to-head contact, our approach focuses on prevention, education, and calm, predictable responses.**

**Our School's Approach Moving forward, our school will take a consistent, compassionate, and low-reactive approach to head lice. Families can expect the following:**

- Students will remain at school and continue with their regular learning routines.**
- Families will be contacted privately only if a student is experiencing visible discomfort (such as ongoing itching or open areas on the scalp that interfere with learning).**
- Students will receive age-appropriate education at school about not sharing personal items (such as hats, scarves, and brushes) and about letting an adult know if they feel uncomfortable.**
- General information about head lice will be shared through school newsletters, so families have clear, predictable access to information.**

**This approach helps protect student dignity, reduces anxiety, and recognizes that families have different resources and capacities when managing head lice.**

## **Head Lice: Quick Facts**

- Head lice are tiny insects that live on the scalp and hair.**
  - They spread mainly through head-to-head contact.**
  - They do not spread disease and are not caused by poor hygiene.**
- Common signs include itching or scalp irritation.**

# 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!





# Nursery and Kindergarten Room 2



## Month of June

The month of **May** concluded with a flourish! Our hallways buzzed with excitement as our Nursery and Kindergarten stars took to the stage for our Spring Celebration of Learning. It was a heartwarming event where the children finally had the chance to show off weeks of preparation.

The students captivated us with song, dance and dramatic play about exploring the growth of nutritious food while developing essential literacy, co-ordination, and sorting skills.

We were so grateful to all the families who joined us to cheer on these brave performers. It was a beautiful testament to how much they grew throughout the term.

Our curriculum took a "delicious" turn as we explored the world of nutrition. We spent the month diving deep into the world of fruits and vegetables through immersive, hands-on experiences.

### **The Cantor's Market Field Trip**

The highlight of our unit was our visit to Cantor's Market. This real-world excursion allowed the children to apply what they had practiced in class:

- Identified a fresh produce throughout the aisles.
- Practiced Counting items as they were placed into baskets.
- Sorted fruits and veggies by color, shape, and size during the tour.

### **Weston Market Play Centre**

Back in the classroom, our Weston Market Play centre was transformed into a bustling mini-market. The students took on roles as shopkeepers and customers, utilizing their new knowledge to categorize produce and engage in meaningful social play.

### **Mark Your Calendars: Upcoming Highlights**

We have two very special events to round out our school year! Please take note of these important dates:

#### **Adventure at Assiniboine Park Zoo**

Date: June 11, 2026 Get ready for a wild day! We will be heading to the Assiniboine Park Zoo for our final field trip. This will be a fantastic opportunity for the children to see exotic animals and explore the "Journey to Churchill" exhibit. Please ensure your child wears comfortable walking shoes and brings a labeled water bottle.

#### **Moving Up Ceremony**

Date: morning of June 25, 2026 A milestone moment is almost here! We will gather to celebrate our students as they officially "move up" to their next grade level. It will be a day filled with certificates, smiles, and a celebration of all the milestones reached this year. A letter will be out for more information about this event. We look forward to seeing all our families there!

Teacher's Reflection: "Watching the children connect their classroom lessons to the stalls at Cantor's Market was a highlight of the term. They didn't just learn about healthy food; they lived the experience! We are so excited to finish the year strong at the zoo and during our ceremony."



# ROOM 5

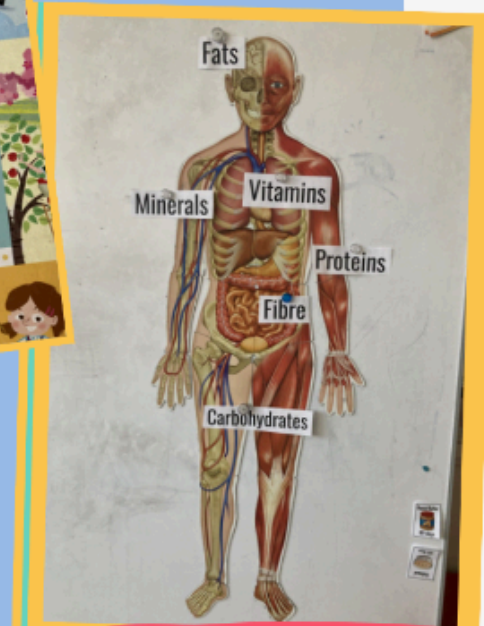
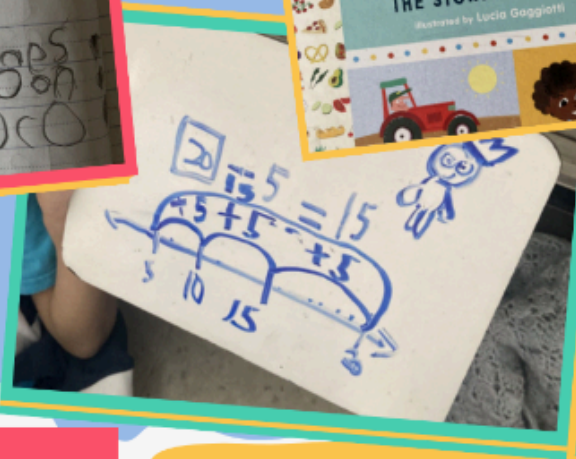
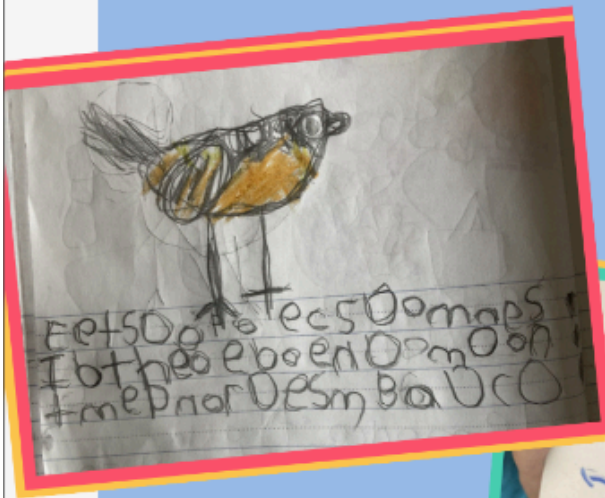
## Newsletter

Ms. Epp  
June, 2026



We will be continuing to spend plenty of time outdoors! Outdoor learning is always connected to what we are doing in the classroom, and makes learning even more meaningful and authentic.

Recently, students in Room 5 found a dead bird in the school yard. This led to rich storytelling and authentic writing as students shared their experience, expressed empathy for living things, connected to nature, and even shared their expertise with the rest of the school regarding how to treat something that has died.



### Literacy

As we are nearing the end of the year, I am excited to see students able to write more.

Our class goal is to be writing at least 3 sentences for every writing piece, and students are becoming more careful in checking for punctuation, upper and lower case letters, and spelling.

To support them in this goal, we have been experimenting with new graphic organizers and brainstorming methods for getting our ideas organized before writing.

### Math

We are focusing on math fluency for the end of the year - that means helping students work on their speed, accuracy, and flexibility with math concepts!

Our goal is for students to be able to see different number models - number lines, parts whole boxes, and equations - and be able to figure out a missing number quickly and accurately, using effective strategies.

### Inquiry

Our learning surrounding food, nutrients, and cooking is continuing!

Students are diving deeper into nutrients, such as proteins and carbohydrates, and how they impact our bodies.

We are figuring out how our bodies get those nutrients through the digestive system.

Our big question now is, where does our food come from? We are connecting to nature as we discover how much our environment plays a role in providing the food we need to survive!

# ROOM 7



## INQUIRY THEME: PLANTS

This month we explored continued to explore our inquiry of plants through mud and seeds. We used our senses, books and videos to learn! Ask your child about the plants we are growing!

Check out the field trips we have had! We went to Sir William Stephenson Library and Camp Manitou.



## ELA: FABLES

The past month, we have been reading and learning about fables. Students have explored morals and summarizing through beginning, middle, and end. Now, the students are working on writing their own fables.

Students have also been working on their speed puzzling skills! Students are getting super fast. One group finished a 48 piece puzzle in 6 minutes!



## MATH

We have started multiplication! We are currently practicing number up to  $10 \times 10$ ! We will wrap up the year with division and inequality

## REMINDERS

We have two more field trips coming up! We are going to the Zoo on June 11<sup>th</sup>, and Bunn's Creek on June 15<sup>th</sup>! If you would to join us on either trip, please let me know!



# CLASSROOM NEWSLETTER



MAY  
2026

## Adventures in Room 10

### THEME: BLOSSOM

May has been a month full of learning, adventure, and reflection in Room 10! In writing, students have been exploring persuasive writing by learning what it means to have an opinion and support it with strong reasons to convince a reader. It has been exciting to see students share and defend their ideas with confidence.

In math, students have continued their journey with multiplication by exploring strategies such as doubling and decomposition to solve problems in flexible ways. They are becoming more confident in recognizing number patterns and relationships. Students also enjoyed exciting experiences outside the classroom this month. They had a blast visiting Oak Hammock Marsh and participating in activities at Camp Manitou. After their visit, students reflected on their experiences by writing thoughtful thank-you letters to Camp Manitou.

This month, students also participated in the Seed Survivor workshop, where they learned more about plants and growing food. As part of the workshop, each student planted their own sunflower seed to take home and care for.

As we head into June, Room 10 is looking forward to ending the year with joy, celebration, and even more learning together!



# CLASSROOM NEWSLETTER

Room 11

## Learning Highlights

We had a busy and exciting month full of learning, exploring, and growing together!

### **Oak Hammock Marsh Field Trip**

Our trip to Oak Hammock Marsh helped us connect our classroom learning to nature. We explored wetlands, observed plants and animals, and learned about the importance of protecting habitats and caring for the environment.

### **Camp Manitou Adventure**

At Camp Manitou, we enjoyed outdoor learning and hands-on experiences in nature.

### **Seed Survivor Mobile Classroom**

The seed survivor mobile classroom visited Weston School this month! We explored how plants grow, what seeds need to survive, and how plants are important to people and communities.

## Oak Hammock Marsh



## Camp Manitou



## Seed Survivor



# CLASS NEWSLETTER

## ROOM 12



Spring Celebration of Learning was so much fun! Thanks to all families who came to watch our learning through the Arts! We also had a blast at Camp Manitou! In our classroom we are learning about advertising and creating prototypes of products!

# Room 15 May Newsletter

After doing inquiry about the people and the animals of the North. The students in room 15 created an animal habitat diorama using a shoe box, clay, rocks, paint, foam, cardboards, cotton balls etc. Then, we shared our projects with our buddies in room 7.



We had a blast at camp Manitou with the whole school. We conquered the Ninja walls, rock climbing, nature walk, capture the flag. We had so much fun.



# PHYSICAL EDUCATION

With Mr. Jones



June

Greetings Weston families,

As we enter the final month of the school year, students will be spending more time outside during Physical Education classes to take advantage of the warmer weather and outdoor activities.

In the early years, students have recently been learning how to jump rope. These activities help develop coordination, rhythm, balance, and perseverance while encouraging students to stay active and have fun.

In the intermediate grades, students have been focusing on improving their endurance running and overall fitness. Through running activities and fitness challenges, students have been working on pacing themselves, building stamina, and understanding the importance of staying active for a healthy lifestyle.



For school sports updates, our Ultimate Football team has been practicing every Thursday and will be participating in games against other schools on June 9th, in a tournament at Tec Voc School. Students have been working hard to develop teamwork, communication, and gameplay skills as they prepare for the event.

We are looking forward to a strong finish to the school year and many more opportunities for students to stay active, build confidence, and enjoy Physical Education together.



## REMINDERS

- Kindly make sure your child wears appropriate footwear for gym class.



If you have any questions please contact me at my email [nsorokopudjones@wsd1.org](mailto:nsorokopudjones@wsd1.org) or by phoning the school.

# June 2026

Mon	Tue	Wed	Thu	Fri
Day 1 1 Can you imagine daycare closed WASAC 3:30-5:30	Day 2 2 WASAC 3:30-5:30	Day 3 3 WASAC 3:30-5:30	Day 4 4 Fit Run Race 9 AM Football Practice @ 1	Day 5 5 Room 5 & 6 Going to Childrens to Museum
Day 6 8 WASAC 3:30-5:30	Day 1 9 Football Tournament @ Tec Voc 9:30 - 12 WASAC 3:30-5:30	Day 2 10 WASAC 3:30-5:30	Day 3 11 Football Practice @ 1 Zoo Feild Trip for Room 2, 7, 10, 11, 14, 15	Day 4 12 <b>PD DAY NO CLASSES</b>
Day 5 15 Room 12 going to the forks Room 15 & 7 going to Bunns Creek WASAC 3:30-5:30	Day 6 16 WASAC 3:30-5:30	Day 1 17 WASAC 3:30-5:30	Day 2 18 Football Practice @ 1 Room 12 & 5 going to Laberriere park	Day 3 19 WSD Basketball event 9-1:30
Day 4 22 WASAC 3:30-5:30	Day 5 23 WASAC 3:30-5:30	Day 6 24 Staff VS Students @ 3 pm WASAC 3:30-5:30	Day 1 25 Football Practice @ 1	Day 2 26 Grade 6 Farewell 9:30 - 10:30 Grade 6 going to activate 11:45 - 2:00
Day 3 29 Weston Field & Water Day	Day 4 30 Last Day of School Dismissal 11:30 AM			



Hello   
SUMMER