

ANDREW MYNARSKI VC SCHOOL

Fall 2022 Newsletter

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Website: <https://www.winnipegssd.ca/schools/AndrewMynarski>

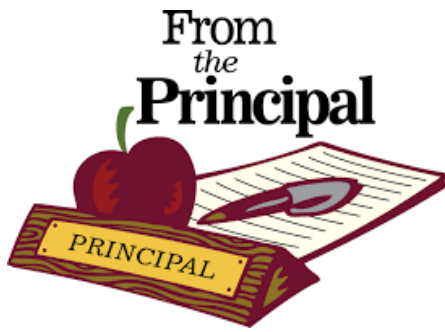
Principal: Ms. C. da Mata

Vice Principal: Mr. N. Kousonsavath



Important Dates:

- September 6th— Term 1 Begins
- September 19th—No Classes
- September 21st—Cross Country Churchill Drive
- September 27th —Meet the Teachers
- September 28th— First Note Night for Gr. 7 Band Students 5:45-7:30.
- September 29th —Free School Lunch
- October 4th — Parent Council Meeting: 5:00pm
- October 6th -Cross Country Grant Park
- October 6th— Terry Fox Run
- October 7th — AMVC Invitational Flag Football Tournament
- October 10th No classes
- October 14th —Fall Vaccination Clinic
- October 18th—Lifetouch School Photos
- October 21— No Classes
- November 1st — Parent Council Meeting at 5:00pm
- November 11th —Remembrance Day—No Classes
- November 18th — No Classes
- November 5th —Term 1 Ends
- November 23rd — Gr. 8/9 Winter Band Workshop
- November 28th —Term 2 Begins
- November 30th— Lifetouch Photo Retakes
- December 1st— Student LED Conferences 1:00-4:00pm and 5:30-7:30pm
- December 6th —Parent Council Meeting 5:00pm
- December 14th—Winter Band Concert
- December 22nd — Winter Break Begins
- December 21 to January 4th—Winter Break
- January 5th — Classes Resume



Welcome Back Everyone!

We are excited and eager to have all our students back in the building as we re-open our schools for the 2022-2023 school year.

Although public health no longer has any restrictions in place due to Covid 19, we are committed to ensuring the safest and most fulfilling learning experience for all our students.

Please make sure to visit our school website for new information regarding upcoming events.

Our first parent council meeting will take place on **Tuesday, October 4th**. We look forward to having our first meeting at the school, in the library.

In the meantime, should your child be absent from school, please take a moment to verify their absence on the SafeArrival system.

Thank you in advance for all your support in making this a successful school year. Please do not hesitate to call or email if you have any concerns.

Sincerely,

Cristina da Mata

Principal



STUDENT ENTRANCE INFORMATION

All students are expected to arrive at school between **8:45am-8:55am**.

All **Grade 7 students** will be entering/exiting the building using the **SOUTHWEST FRONT** door of the school located by the elevator.

All **Grade 8 students** will be entering/exiting the building using the **MAIN/FRONT** door of the school.

All **Grade 9 students** will be entering/exiting the building using the **NORTHWEST BAND ROOM** door of the school.

Note: Doors will be unlocked at 8:45am, at which point students may enter the building and head to their homeroom class. Please arrive before the attendance bell at 8:55am. Students are expected in their homerooms by 9:00am at the latest. Students that arrive after 9:00am are to report to the Office for a late slip before proceeding to class.

At the end of the day, your child will be dismissed at 3:30pm and will exit out of the same doors that they entered in the morning.



ANDREW MYNARSKI VC SCHOOL

BELL SCHEDULE

8:45 Entry into School

8:56 **Warning Bell** - *Period 1 about to start*

9:00 Attendance in Period 1 Class

Arrival after 9:00am - please report to the office.

9:00 - 10:06 **Period 1**
(O Canada will be played during period 1)

10:06 - 11:12 **Period 2**

11:12 - 12:18 **Period 3**

12:18 - 1:18 **Lunch Time**

1:13 **Warning Bell for Students** - *Period 4 about to start*

1:18 - 2:24 **Period 4**

1:20pm Attendance in Period 4 Class

Arrival after 1:20pm - please report to the office.

2:24 - 3:30 **Period 5**

IF YOUR CHILD IS LATE PLEASE HAVE THEM GO TO THE OFFICE FOR A LATE SLIP

SAFE ARRIVAL

At Winnipeg School Division, one of our greatest priorities is ensuring all students arrive safely at school each and every day.

A reminder to parents...

To enhance our absence-checking procedure, we have introduced a new, more efficient student absence reporting system called **SafeArrival**. This new system will reduce the time it takes to verify student attendance, make it easy for you to report your child's absence and easy for staff to respond to unexplained student absences.

With **SafeArrival**, you are asked to report your child's absence in advance using any of these 3 convenient methods:

- Using your mobile device, download and install the SchoolMessenger app from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.ca>). The first time you use the app, select Sign Up to create your account. Select Attendance then Report an Absence.
- Use the SafeArrival website, <https://go.schoolmessenger.ca>. The first time you use the website, select Sign Up to create your account. Select Attendance then Report an Absence.
- Call the toll-free number **1-855-278-4513** to report an absence using the automated phone system.

These options are available 24 hours/day, 7 days a week. Future absences can be reported at any time

Contact information: if you update your contact information including cell phone number, home phone number, email address, home address, emergency contact person, etc. please inform the school office by email or by phone. We want to ensure that we have up-to-date contact information for everyone should there be an emergency at the school. If you are not receiving email updates from us, please email andrewmynarski@wsd1.org and let us know. We will be happy to look into why you are not receiving updates.

**Update Your
Contact Information**



STAFF CONTACT INFORMATION

| | | |
|--|-------------------------------|--|
| Principal: Ms. da Mata | | cdamata@wsd1.org |
| Vice Principal: Mr. Kousonsavath | | nkousonsavath@wsd1.org |
| Head Clerk: Ms. Bhowani | | mbhowani@wsd1.org |
| Secretary: Mrs. Boutin | | jboutin@wsd1.org |
| Contact the Office: andrewmynarski@wsd1.org or 204-586-8497 | | |
| <u>GRADE 7</u> | | |
| Mr. Brown | Physical Education & Science | kbrown@wsd1.org |
| Mr. Drabble | ELA/SS & Tech | ldrabble@wsd1.org |
| Mr. Jankac | ELA/SS & RTI | sjankac@wsd1.org |
| Mrs. Plaetinck | Math/RTI | jplaetinck@wsd1.org |
| <u>GRADE 8</u> | | |
| Ms. Eschuk | Health/LWorks/RTI & Tech | kleschuck@wsd1.org |
| Mrs. Fiddler-Valenzuela | ELA/RTI | mfiddler@wsd1.org |
| Ms. Marks | Math/Dance/RTI | tmarks@wsd1.org |
| Ms. Sallans | Social Studies | csallans@wsd1.org |
| Ms. Spencer | SS/Science/ Math | spencer@wsd1.org |
| <u>GRADE 9</u> | | |
| Mrs. Besyk | Math /Science/ RTI | jbesyk@wsd1.org |
| Mr. Bravo | ELA/SS/RTI/Photo/Video | gbravo@wsd1.org |
| Ms. Gross | ELA/SS/RTI | dgross@wsd1.org |
| Mr. Salonga | Math/Science/RTI | asalonga@wsd1.org |
| <u>ITINERANT/SUPPORT TEACHERS</u> | | |
| Mr. Tytgat | Art/Photo | ptygat@wsd1.org |
| Mr. Pritchard | Physical Education/RTI | dapritchard@wsd1.org |
| Mr. Guilmette | Band/Jazz Band/Guitar | aguilmette@wsd1.org |
| Mr. Crockford | Skills for Independent Living | wcrockford@wsd1.org |
| Mr. Shiaro | Skills for Independent Living | pshiaro@wsd1.org |
| Ms. Kostelna | TAP | vkostelna@wsd1.org |
| Mrs. Gillespie | Resource | kgillespie@wsd1..org |
| 6 Ms. Silverberg-Kaufmann | Guidance Counsellor | asilverberg@wsd1.org |

IMPORTANT REMINDERS



What to do when your child is late: Please have your child proceed to the office upon arriving at school. This way we can enter the time your child arrives. Your child will then be given a blue late slip. If your child does not report to the office prior to going to their class, they may not be accounted for and you will get notification from Safe Arrival.

Office Phone: We have a phone in the office that is for students to use. However this is reserved for emergencies only. The office phone is not for making plans with friends, lunch dates, or phoning home to make after school plans.



Website: <https://www.winnipegssd.ca/schools/andrewmynarski> - please check our website for updates. We post all correspondence/ Information that goes home to our Information page under the “ Community and Family” tab.

Lockers: We are currently using our lockers. Your child has been assigned a locker and a combination lock.



AMVC is on **Twitter!** Please follow us at @AMVCschool for updates

Water Bottles: Please ensure that your child brings their own reusable bottle. We have a bottle filling station in the school. This is especially important if your child has Physical Education as sometimes the activity may be strenuous. This will also allow us to be kind to our environment and reduce the number of one use items.



Masks :Are currently optional under the provincial guidelines.

IMPORTANT REMINDERS CONTINUED



School Calendars will be available monthly. These will be sent out via email, posted to our website as well as hard copies will be available in the office for those that need one.

School Messenger : School Messenger is the program we use to send out correspondence to our parents/guardians. We utilize it for report cards, permission forms , information, as well as letters throughout the school year and calendars. You may also receive information via telephone.



Please remember that visitors are not permitted in the building. Should you wish to see the Principal or any of the teachers or other staff members, please call the school office to schedule an appointment. We will try our absolute best to accommodate everyone.

Shops Schedule

All of AMVC;'s students have a chance to attend Sisler High School for Shops classes.

Students are allotted a time on their time tables and are expected to make their own way to and from shops. Please make sure to double check with your child what days they have shops and to be mindful of the times. If your child has shops in the morning they are to be at Sisler for 9:00am and they end at 11:40am, they can then make their way to AMVC for lunch and then their afternoon classes. If your child has shops in the afternoon they are to be at Sisler at 1:00pm and end at 3:15pm, they can then go straight home.

| Grade 7 | Grade 8 | Grade 9 | |
|------------------------------|----------------------------|--|---|
| Day 3 Afternoon 203 & 205 | Day 3 Morning 113 & 128 | Semester 1: Day 1 Afternoon 119 & 121 | TAP & Skills For Independent Living Day 2 Afternoon |
| Day 5 Afternoon 206 & 207 | Day 5 Morning 112 & 127 | Semester 2 : Day 1 Afternoon 129 & 130 | |



Hello AMVC Students and Families,

This year the guidance and resource programs are working very closely together to support the families in our community. We will be working in the classrooms supporting students and staff with some of the current issues we are dealing with such as anxiety, uncertainty of day to day expectations and building community within the identified health guidelines.

Here are some examples of some of the topics we will be working on in the next few weeks:

| THINGS I Can Control | THINGS I Cannot Control |
|--------------------------------|-----------------------------------|
| MY CHOICES | THE PAST |
| MY THOUGHTS | MISTAKES OF OTHERS |
| MY ATTITUDE | THE PANDEMIC |
| MY BOUNDARIES | OPINIONS OF OTHERS |
| HOW I TREAT MYSELF | HOW OTHERS BEHAVE |
| ASKING FOR HELP | THE WEATHER |
| HOW I BOUNCE BACK | CHOICES OF OTHERS |
| HOW I TREAT OTHERS | THOUGHTS OF OTHERS |
| HOW I EXPRESS MY FEELINGS | OTHER PEOPLE'S FEELINGS |

| DEVELOPING A GROWTH MINDSET | |
|------------------------------------|-------------------------------|
| INSTEAD OF... | SAY THIS... |
| I'm not good at this | What am I missing? |
| I give up | I'll use a different strategy |
| It's good enough | Is this really my best work? |
| I can't make this any better | I can always improve |
| This is too hard | This may take some time |
| I made a mistake | Mistakes help me to learn |
| I just can't do this | I am going to train my brain |
| I'll never be that smart | I will learn how to do this |
| Plan A didn't work | There's always Plan B |
| My friend can do it | I will learn from them |



Welcome to the 2022-2023 school year. I hope you are settling into the new routines of the school year. I am pleased to be starting another year at Andrew Mynarski School, in the role as the school guidance counsellor. The beginning of the year can be both exciting and stressful

for students and their families. Routines are starting again, there are new teachers, expectations, friends and assignments. I have been visiting classes to speak to students about my role in the school.

Here are some of the things that a guidance counsellor can help with:

- **Managing Stress and Anxiety** Problem Solving Skills **Family or Friend Issues**
- Goal Setting **Time Management** Improving Grades
- Organizational Skills **Building Self-Esteem** Career and School Planning
- **Sexuality**, Sexual Orientation and Gender Identity

I am passionate about helping our students develop a greater understanding of their social-emotional and mental health and well-being. Should you or your child wish to speak to me, do not hesitate to call the school or email with any questions or concerns. My email is asilverberg@wsd1.org, or feel free to contact the school at 204-586-8497. My Google Classroom Code is *mtemttt*.

I look forward to working with the students and families of AMVC for the 2022—2023 school year!

Speak to you soon,
Ms. Silverberg – Guidance Counsellor

Welcome to the 2022-2023 school year. My name is Mrs. Gillespie and this is my third year at AMVC. I have been in the role of resource for many years. I am super excited to start this new and unique year with all of you! I have been visiting some of the classrooms introducing myself to the



students and explaining what my role is and how the students can arrange a time to meet with me. Resource support at AMVC works hard to support both the staff and students in our building whether it is about academic concerns/needs, social emotional needs, as well as student/staff well-being. I look forward to the year ahead and I am eager to be working with your student(s)!

Please feel free to contact me if you have any questions, concerns or comments regarding support. I can be reached through email at kgillespie@wsd1.org, or feel free to contact the school at 204-586-8497.



- *Know yourself and how you learn best*
- *Set realistic goals*
- *get plenty of sleep and rest*
- *feed your body and mind*
- *study/review daily*
- *ask for help when needed*



Gratitude

- Research shows that people who practice gratitude feel happier and less stressed.
- Try writing or thinking about three things that you are thankful for, or that went well each day.
- The three things don't have to be big, they can be small things, like, "the sun is shining" or "I got to school on time."

Focus on what you CAN control

I CAN control:



- Doing my homework
- Following a routine
- The friends I choose to have
- Taking care of myself
- Asking for help

I CANNOT control:



- What the rules are at school
- If others follow the rules
- How long this will last



Common Signs of Stress

- Feeling jittery or on edge
- Upset or fluttering stomach
- Headaches
- Restlessness or fidgeting
- Crying
- Difficulties sleeping
- Lashing out/yelling
- Not wanting to see other people
- Difficulty concentrating

If you or a friend are having a hard time, reach out to an adult for support.

Ways to Calm your Mind and Body



- Take slow, deep breaths



- Imagine a calm place or your favourite place



- Squeeze your fists tight, hold, relax, and let the energy go



- Go for a walk outside



- Ground yourself by noticing things you see, hear, feel, smell, and taste.



- Sketch, draw, or paint
- Write about your day and/or your thoughts in a journal



When You Need to Talk

Kids Help Phone

- <https://kidshelpphone.ca>
- 1-800-668-6868
- Text 'CONNECT' to 686868

Teen Klinik

- (204) 784-4090
- Drop-in hours on Mondays
- 870 Portage Ave

<http://klinik.mb.ca>

Klinik Crisis Line

(204) 786-8686

NorWest Youth Hub

- Offer counselling in-person, by phone, and via virtual sessions
- Drop-in hours Monday - Friday, 1:00pm-4:00pm
- (204) 221-9800

youthhub@norwestcoop.ca

Youth Mobile Crisis

(204) 949-4777

Apps:

- Calm in the Storm
- Mindshift
- Always There
- Stop, Breathe, & Think

Websites:

- <https://www.anxietycanada.com>
- <http://teentalk.ca>
- <https://stresshacks.ca>
- <http://teenclinic.ca/klinik/>
- www.mindfulnessforteens.com

SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS National Online Safety®
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

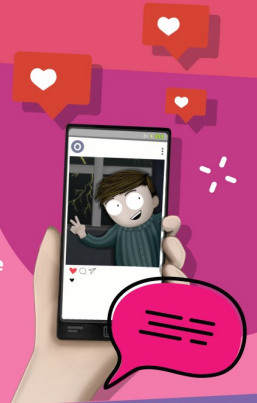


1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind



OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)



Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rsp.hk.org.uk/uploads/assets/uploaded/62be270a-a55f-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>



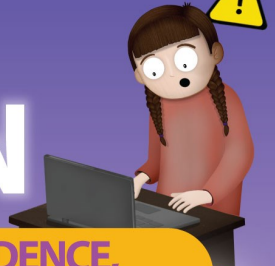
It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



47% of parents said they thought their children spent too much time in front of screens



What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes' explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

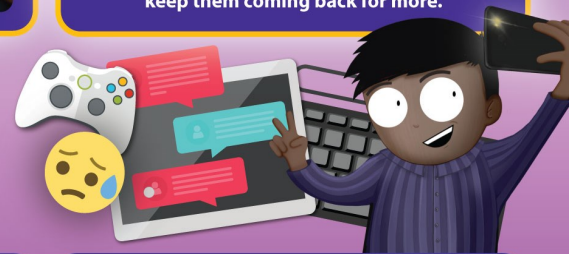
Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



National Online Safety®



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

STATISTICS

52% of children aged 3-4 go online for nearly **9hrs** a week

82% of children aged 5-7 go online for nearly **9.5hrs** a week

93% of children aged 8-11 go online for nearly **13.5hrs** a week

99% of children aged 12-15 go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

ATHLETICS



Andrew Mynarski VC will begin 2022-23 with a "Return to Compete" strategy for extra-curricular activities until further notice. Students will train and compete against other WSD teams unless advised by Public Health to cease plans. In the past, we offered cross-country running, flag football, volleyball, basketball, badminton, slo-pitch, soccer, bowling, indoor & outdoor track. We'll support students for most of these activities during this phase of the pandemic.

Our Phys. Ed. classes will continue to be outdoors as much as the weather permits. We encourage students to resume changing clothes for Physical Education classes, and bring a clean pair of indoor running shoes to the gym. Personal water bottles are still recommended, but water fountains have been re-opened as of this message to the community.

Personalized school shirts will be sold for \$20. Order forms must be returned with payment in full by 3:00 pm on Thursday, Sept. 29, 2022.

AMVC's annual Terry Fox Run is being planned for late September. Stay tuned for further details.

Take care, be safe and stay active,
Mr. Brown and Mr. Pritchard

NEWS FROM THE BAND ROOM

The school year is in full swing, and the band room is once again filled with sounds of our concert bands, jazz bands and guitar class! We started the year with a very successful event for our grade 7 band students, our First Note Night. That evening, all grade 7 band students received their instrument and local professional musicians gave group lessons to start our students off on the right foot. We also had a plethora of grade 9 student volunteers helping out. Everyone had a great time and the clinicians commented that our students were very well behaved and very willing to learn.

Over the next couple months, two performances by AMVC bands and a workshop night are scheduled. The first is a performance by the grade 9 concert band at our Remembrance Day ceremony. Our students have been working very hard to prepare for this performance. Following that is our Winter Concert on December 14. This concert will feature all AMVC music groups and will take place at school in the gym. It will prove to be a great night of music. We hope to see you there! Finally, in between those two performances, there will be an after-school band workshop for grade 8 and 9 band students on November 23.

Happy Music Making!

Alain Guilmette , Band Director





The Canteen is open as of September 20th 2022.

When: 12:18pm -12:35pm.

Where: We are located by the band room and Gr. 9 entrance doors.

| | |
|--------------------------------|-------------|
| Milk | .25 |
| Granola Bars/ Bear Paws | .75 |
| Chips | .75 |
| Gatorade | 2.00 |
| Pizza Pops (2) | 3.00 |
| Burritos | 2.00 |

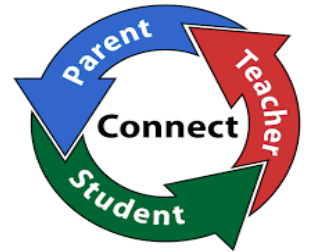


AMVC participates in the Crayola ColorCycle program which repurposes used markers rather than sending them to landfills! The ColorCycle program has repurposed more than 70 tons of markers in the United States and Canada since 2013, and uses the most advanced plastic conversion technologies available today to make wax compounds for asphalt and roofing shingles as well as to generate electricity that can be used to heat homes, cook food, and power vehicles. Please help support our efforts by sending your kids in with any **used markers, highlighters, dry erase markers, and/or sharpies. They DO NOT need to be Crayola brand.** Markers can be dropped off with homeroom teachers or Ms. Gross for recycling. Thank you in advance for participating! With your help the Crayola ColorCycle program can continue to keep tons of plastic out of landfills each year.





Andrew Mynarski Parent Advisory Council (PAC) is looking for volunteers who are interested in supporting our school and the valuable work we do. We would like to enlist the help of our parents to be active participants on our Parent Advisory Council.



Parent council first meeting is on Tuesday October 4th at 5:00pm at Andrew Mynarski School.

There are endless volunteer opportunities for parents throughout the year. During these events, you will have the opportunity to develop an engaging relationship with staff and students at AMVC.

Every minute of your time makes a difference toward enhancing our children's education and contributing to a positive school environment at Andrew Mynarski.

We encourage you to become a volunteer and help make an impact in our students' future

Our PAC meetings are the first Tuesday of the month at 5:00 pm in person at AMVC

Volunteer Drivers

Parents are reminded that a Volunteer Driver Form must be completed, signed and submitted to the office before transporting students on any Out of School Education related activities or events approved by the school and/or WSD during the current school year. Drivers must also be in possession of a valid drivers license and vehicle registration. AMVC office will require copies of these documents once per school year.

Parent Involvement Matters!



Cover Your Cough and Sneeze



- Cover your mouth and nose using your upper sleeve or elbow.

OR



- Cover your mouth and nose with a tissue.
- Throw used tissue in the garbage.
- Wash your hands with soap and water. If soap and water are not available, hand sanitizer can be used.



HAND HYGIENE

USING SOAP AND WATER

Use in all situations where soap and water are available

- Rinse hands with warm running water, add soap to palms and rub hands together to create lather
- Thoroughly cover all the surfaces of your hands and fingers (including nails) for 15 to 20 seconds
- Rinse under warm running water
- Dry hands thoroughly with single-use towel or hand dryer
- Turn off the tap with a clean paper towel

USING AN ALCOHOL-BASED HAND RUB

Use when soap and water are NOT available, except if hands are visibly soiled

- Take a small amount of alcohol-based hand rub (about the size of a nickel)
- Rub it on your fingertips, both sides of your hands and between your fingers
- Continue to rub until your hands are dry
- There is no need to rinse or dry

Warning: The product is flammable when wet so ensure your hands are dry before performing another task.

HELP
PREVENT
THE SPREAD OF
INFECTION

Manitoba 

SEPTEMBER

44488-0001 (10/2020)2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 29 | 30 | 31 | 1 | 2 |
| AUGUST | | | | |
| 5 | 6 DAY 1  TERM 1 BEGINS | 7 DAY 2 | 8 DAY 3 | 9 DAY 4 |
| 12 DAY 5 | 13 DAY 6 | 14 DAY 1 | 15 DAY 2 | 16 DAY 3 |
| 19 DAY 4  | 20 DAY 5 <u>Bus Ridership</u> <u>1:15pm</u>  | 21 DAY 6 Cross Country meet @ Churchill Drive | 22 DAY 1 | 23 DAY 2 |
| 26 DAY 3 | 27 DAY 4 Meet the Teachers | 28 DAY 5 <i>Gr. 7 First Note Night 5:45 to 7:30pm</i> Cross Country meet @ Old Ex Grounds | 29 DAY 6 Terry Fox Run Free School Lunch | 30 DAY 1  |



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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 3 DAY 1 | 4 DAY 2 PAC Meeting at 5:00 at AMVC | 5 DAY 3 | 6 DAY 4 Cross Country at Grant Park | 7 DAY 5 |
| 10  | 11 DAY 6 | 12 DAY 1 | 13 DAY 2 | 14 DAY 3 Fall Vaccination Clinic 9:00am to 12:00pm |
| 17 DAY 4 | 18 DAY 5 LIFETOUGH PICTURE DAY | 19 DAY 6 | 20 DAY 1 | 21 DAY 2  |
| 24 DAY 3 | 25 DAY 4 | 26 DAY 5 City of Winnipeg Election—Gym closed— Physed classes may be outside | 27 DAY 6 | 28 DAY 1 |
| 31 DAY 2 | | | | |

NOVEMBER

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|----------|---|
| | 1 PAC Meeting at 5:00pm at AMVC | 2 | 3 DAY 6 | 4 DAY 1 |
| 7 DAY | 8 DAY 6 | 9 DAY 1 | 10 DAY 2 | 11 DAY 3  |
| 14 DAY 4 | 15 DAY 5 | 16 DAY 1 | 17 DAY 2 | 18 DAY 3  |
| 21 DAY 4 | 22 DAY 5 | 23 DAY 6 Gr.8/9 Band Winter Workshop 4:30pm-7:00pm | 24 DAY 1 | 25 DAY 2 Term 1 Ends |
| 28 DAY 3 Report Cards Go Home Term 2 Begins | 29 DAY 4 | 30 DAY 5 LIFETOUCH RETAKES | | |

December

12/19/2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|---|---|---|--|
| | | | 1 DAY AM CLASSES ONLY Student LED Conferences— 1:00pm to 4:00pm 5:30pm to 7:30pm. | 2 DAY 1 |
| 5 DAY | 6 DAY 6 PAC Meeting at 5:00pm at AMVC | 7 DAY 1 | 8 DAY 2 | 9 DAY 3 |
| 12 DAY 4 | 13 DAY 5 | 14 DAY 1 Band Winter Concert 7:00pm | 15 DAY 2 | 16 DAY 3 |
| 19 DAY 4 | 20 DAY 5 | 21 DAY 6 LAST DAY OF CLASSES FOR WINTER BREAK | 22 DAY 1  | 23 DAY 2 |
| 26 DAY 3 | 27 DAY 4 | 28 DAY 5 | 29 | 30 <div style="background-color: #cccccc; padding: 5px;"> January 5th Classes Resume — Office Closed for this 2 week period </div> |

Happy Holidays!