



ÉCOLE
LAVÉRENDRYE
APRIL

-2024-

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Principal's Message

I hope that this edition of our Newsletter finds you enjoying time with family and loved ones. We are looking forward to the warmer weather that April brings and hope that we will see some green grass and flowers soon. April marks my official two-year anniversary at LaVérendrye, and I continue to be so proud to be part of this amazing school team and community.

The month of March saw three of our students from grades 4-6 represent the school at the divisional Concours d'art oratoire. We had students competing in both the Early French Immersion category and in the Francophone category. Our students placed in gold. Amazing! To say that I am proud of them would be an understatement—they were impressive and did amazingly well under pressure. A huge congratulations goes out to these students.

Our lunch-hour clubs have been in full swing this past month. The student-run D & D club continues to meet weekly, and the turnout is never short of a dozen or more students. Students in this club engage in conversation, strategic planning, and collaboration all while playing a game they enjoy. Our Eco-Vert club has started, and they are busy seeding and planting. Thank you to Mme Gallant and the parent volunteers for helping make this club possible. Our choirs and orchestra continue to meet with Mr. Palsson, as they are busy preparing for our Spring concert. We have been running two yoga clubs as well, which have provided students with a calm and relaxing activity over the lunch - it has been a great reset in the day.

Young Designers started in March and continues for the first three weeks of April. Young Designers is an opportunity for early years children (Nursery to Grade 2/3) and their families to come together to play, invent, design, create, share, and learn! We have 10 families joining us every Wednesday from 3:00pm-5:00pm in the library for this event. It has been going extraordinarily well, and it has been heartwarming to see students and parents working, playing, and collaborating together. The laughter, smiles, and ingenious creations never cease to amaze me.

Report cards were sent home on March 11th and followed up with student-led conferences March 14th and 15th. Student-led conferences were an opportunity for students to show off and to share their learning with their families. We had a great turnout both days and it was nice to connect with parents as they made their way through the school.

Thank you to all staff and students for your continued hard work and support. Thank you to the parent volunteers for helping us out, and thank you to our parent council, who continues to support the school.

Warm wishes,

Amanda Capina

OFFICE NEWS

If your child/ren will be absent, please continue to use safe arrival.

[safe arrival link](#)

Please make sure you are sending your child/ren with enough food to sustain them throughout the day. Although the office has extra snacks for students who may need, these snacks are for emergencies.

PATROLS

Patrols must report for their shifts wearing proper clothing for the existing weather conditions. In the spring, this includes mitts/gloves, hat, a warm coat, and suitable footwear. Patrols will work collaboratively and respectfully to perform their duties to provide safety crossing.

Running club

Once the sidewalks are clear of ice and sand running club will resume on days 1 and 4 at lunch recess.

Please send your child with appropriate running footwear and a water bottle. If you haven't submitted your permission click please contact mcarter@wsd1.org

Yoga club

Yoga club will continue with the same schedule in April.

Day 2 - Grades 1 - 3

Day 6 - Grades 4 - 6

A few gentle reminders

Spring is just around the corner! Please remember that students are required to wear their jackets outside when it is +10 degrees or colder. With the warmer weather, the ice will be melting. We do our best to keep kids out of puddles, but we ask that you please send your child with appropriate footwear and an extra pair of socks!

Arriving on time helps to set your child up for a successful day, as it decreases the stress from being late.

School begins at 8:30am.

Morning recess is from 9:45am - 10:00am

Lunch hour is from 11:30am - 12:25pm

Afternoon recess is from 1:35pm - 1:50pm

School ends at 3:00pm

Check our website, monthly newsletters, and your email for important updates and messages. We also include a copy of the school calendar on our website and in our newsletters.

We have a lost and found table set up on the main floor across from room 18. If your child is missing something, remind them to look there.

HOW TO LET US KNOW IF YOUR STUDENT WON'T BE AT SCHOOL

SAFE ARRIVAL - ABSENCE REPORTING SYSTEM

What is Safe Arrival?

Safe Arrival is an absence management system that improves student safety and makes it easy for you to let the school know about your child's absence.

School Messenger / Safe Arrival App (Free)

1. Provide your email address to the school.
2. Get the app from the Apple App Store or the Google Play Store.
3. Tap Sign Up to create your account.
4. Select Attendance from the menu, and then select Report and Absence.

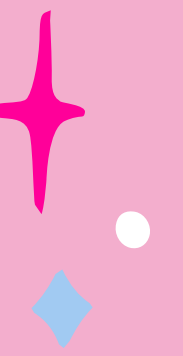
Web and Mobile Web option: go.schoolmessenger.com

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 and Absence.

The school does attendance twice a day - at 8:30 a.m. and 12:30 p.m. If your child(ren) is/are marked absent from their class and an absence was not added onto the Safe Arrival system, you will receive an email and an automated call from the system.



VISIBILITY



On April 12th, 2024, join us and wear pink to celebrate all forms of visibility.
The power to be heard, seen, listened to and respected.
Let's stand tall together, and let our light shine.

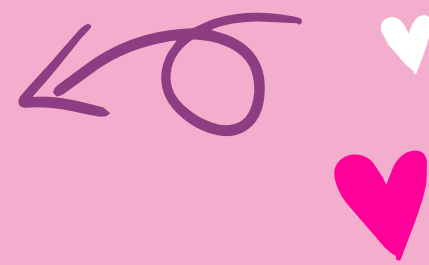
**JOURNÉE
ROSE INTL. DAY OF
PINK**

Monica Helms x *Venus Fin*



Follow us @intldayofpink for more ways to get involved!

Find this years toolkit at DayofPink.org



In Partnership with:



AIR CANADA

Canada



VIA Rail Canada

Produced by:

Us

An Idea for a fun Spring Activity!

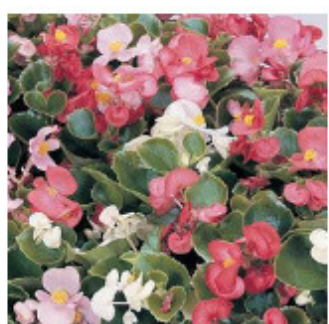
Spend some quality time with your kids by planning out your summer garden. Whether it's a few pots on the balcony/patio, or your entire backyard, you can embrace the curiosity of children and help them explore their senses through gardening. Plant tasty fruits that they can look forward to harvesting. Grow plants with different textures and scents for them to touch and smell. Give them their own little spot in the garden that they can explore all on their own!

Visit <https://glenleagreenhouses.com/collections/2024-spring-fundraiser-collection> and browse their different sections. Some items are beginning to sell out, so don't delay! Orders can be placed online until April 15th. When you go through the checkout they will ask which fundraiser group you're supporting - our name is École Lavérendrye Community Council. Proceeds of our commission on sales go to further environmental education for students, including upkeep for the school gardens. Plants will be available for pick-up at the school on Tuesday, May 28.

Explore texture



Dusty Miller
Silverdust Pack



Begonia
Fibrous Prelude
Pack



Petunia
Madness®
Pack

Explore scent



Lantana Bloomify



Pansy Matrix®
Pack



Mint Mojito

Explore Taste



Strawberry
Value Pack



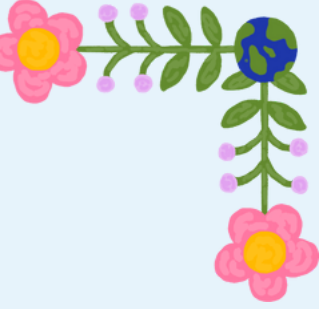
Raspberry
Boyne



Patio Tomato
Cherry

Semaine de la Terre

EARTH WEEK APRIL 22 - 26



Throughout the week we encourage you to participate in:

- Walk, bike, bus or carpool to school: By finding an alternative mode of transportation, you are committing to reducing the amount of CO₂ released by roughly 250 grams/km.
- Litterless Lunch. Here is a short tutorial on this :
<https://www.youtube.com/watch?v=cq4FHuEqa5s>
- Reduce your waste, reuse your waste, and recycle your waste. Recycling is the last option for consumption of single use objects. If you can, we encourage you to get creative and find another way. Egg cartons and newspaper make great biodegradable plant pots and yogurt containers make great transplant cells. Reuse your margarine containers for storing art supplies or even food for litterless lunches.
- Use what you have. Try minor adjustments for your favourite recipes to use the items you already have. Swapping beans for meat or lentils for brown rice in recipes to use what you have is a great way of seeing how versatile your recipes can be and to use items in your cupboard or fridge that are close to expiring.
- Plan your garden. Take the opportunity to plan out your green space with your family for this upcoming growing season. Don't have a garden? That's ok! You can grow lots of things inside too. Take the time to teach your family how to care for your existing plants or start some easy seeds from scratch. (seed growing kits will be available from the office for those in need.)



lundi - Wear blue, green or Earth tones!

mardi - In-class read alouds

mercredi - Board game and LaV gear swap and repair.*

jeudi - Eco-Vert presentations on recycling and composting.

vendredi - 12:30 Earth Week Assembly

*Bring in your old board games and outgrown LaV gear to swap. Mme Gallant will have a station set up for repairing rips, holes, etc.



“The least I can do is speak out for those who cannot speak for themselves” -Dr Jane Goodall



ECOLE LAVÉRENDRYE
PRESENTS



**THE BEATLES
SPRING CONCERT**

Come join us for an evening of classic beatles songs presented by our grade 1-6 students!

WEDNESDAY MAY 15TH

6:30 - 8:00 PM

ECOLE LAVERENDRYE GYMNASIUM

Balanced School Day

École LaVérendrye is looking to move to a balanced school day model for the 2024-2025 school year. If you are interested in hearing more about this proposal and joining the conversation around this move, please join us Thursday, April 4th at 6:00pm in the school library for an information night and Q & A.

What is a balanced school day?

A balanced school day represents an adjustment to how recess and nutrition breaks are distributed throughout the school day. The actual length of the school day remains the same, but the instructional time within the day is “balanced” between two nutrition/activity breaks.

The balanced school day schedule divides the school day into three 90-minute blocks of instructional time and two 60-minute blocks of nutrition/activity breaks. This schedule creates equally balanced teaching/learning blocks in the school day with fewer interruptions and transitions. This creates an increase in instructional time! Two longer nutrition/activity breaks are provided in the morning and afternoon instead of the traditional mid-morning/mid-afternoon recess and noon hour lunch. These nutrition/activity breaks allow for eating and activity in both the morning and afternoon. Nutrition/activity breaks provide 30 minutes for eating and 30 minutes for activity. The balanced eating times eliminate peaks and valleys in students’ nutritional needs.

What does a balanced school day look like?

8:25am Morning Bell/Entry

8:30am – 10:00am Instructional Time

10:00am – 11:00am Nutrition/Activity Break (30-mins / 30-mins)

11:00am -12:30pm Instructional Time

12:30pm – 1:30pm Nutrition/Activity Break (30-mins / 30-mins)

1:30pm – 3:00pm Instructional Time

3:00pm Dismissal

*School day start/end times, daycare, and transportation are NOT impacted

Benefits to a balanced school day:

Academic:

- More uninterrupted instruction time
 - Fewer transitions
- Longer learning blocks for literacy, math, science, art, etc.
- Time to program reading, writing, and oral activities in a more flexible way

Nutritional:

- More frequent food breaks, with time to eat and digest more nutritional foods
- Children who eat nutritionally can concentrate better and more effectively!
 - Decrease in hunger fatigue

Physical Activity:

- 30-minutes of uninterrupted play/physical activity
- Quality exercise/movement time energizes students, helps them concentrate on school work, and promotes a healthy lifestyle

Other:

- Daily intramurals built into the schedule
- More opportunities for students to join clubs
 - Less overlap of clubs
- Increased supervision during outdoor recess/activities
- Fewer transitions positively impact social emotional wellbeing
- Built-in time for teacher collegial learning and planning

Balanced School Day

Parent Q & A

When: Thursday, April 4th

Time: 6:00pm

Location: LaV Library

Purpose: To discuss the move to a balanced school and to answer questions families may have.

Parent advisory council (PAC)

NEXT PAC MEETING: Monday, April 15, 2024

YOUR 2023-2024 PARENT COUNCIL EXECUTIVE IS AS FOLLOWS:

Chair : Marina Marchand

Treasurer : Melissa Dupuis

Secretary : Sara Thrift

COMMITTEE CHAIRS

Hot lunch: Renée Lagimodiere

Vive le vert : Tanja Hutter (lavvivelevert@gmail.com)

French district : Martin Hunt

South district : Lauren Sawchuk

ALL MEETINGS ARE LOCATED IN THE SCHOOL LIBRARY FROM 7:00 - 8:00 PM
VIRTUAL MEETINGS ALSO AVAILABLE, CHECK YOUR EMAILS FOR THE LINK.

CONTACT US AT LAVCOMMOUNCIL@GMAIL.COM

Smudging

To ensure our school is inclusive and culturally responsive we are integrating First Nation, Métis, and Inuit perspectives into school planning and programming in partnership with the school community. This includes welcoming all students to learn about the significant role of Indigenous values in the spirit of reconciliation.

One of the most commonly shared experiences is the tradition of smudging.

Smudging involves burning sage to cleanse the mind, body, spirit. It allows all participants a chance to become mindful, centred, and move forward with positive intentions.

As you are aware, we have introduced daily smudging. This is part of our ongoing learning process this school year. Staff, students, and community are invited to participate and support in building an atmosphere of respect, understanding, and inclusivity. While smudging does not usually pose a health risk, we ensure that smudging takes place in a well-ventilated designated area using an appropriate amount of sage. Alternate arrangements may be made for those that may have health challenges such as severe asthma and respiratory issues. Smudging is always voluntary. If you would like more information on smudging, please refer to the [Smudging Protocol and Guidelines for School Divisions](#) or contact the school for further information.

Our daily smudge takes place at 8:15am. All students, staff, family, and community members interested in joining us can meet us outside the library doors.

Congratulations!



A big congratulations to our students who competed in the divisional Concours D'art Oratoire.



Grades 3 & 4 Early French Immersion: Elliana - Gold winner and divisional runner-up

Grades 5 & 6 Early French Immersion : Tierney - Gold winner

Grades 5 & 6 Francophone : Serena - Gold winner and divisional winner representing WSD in the provincial Concours d'art oratoire

We are so proud of all their hard work and commitment! Felicitations!

Mobile Vision Clinic

A reminder to please have your child/rens Mobile Vision forms in by Wednesday April 10th, 2024.

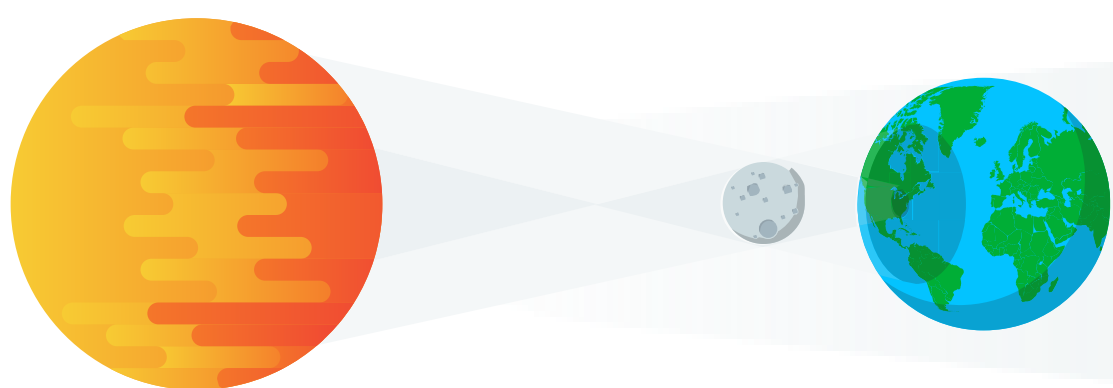
Students can bring all four forms to their classroom teachers.

The Mobile Vision Clinic will be here to do student eye exams Wednesday April 16th, 2024.

Any questions regarding the mobile vision clinic can be sent to lav@wsd1.org

ÉCLIPSE SOLAIRE

Mesures de sécurité et conseils d'observation



Quels sont les dangers à observer une éclipse solaire?

Regarder le soleil, y compris pendant une éclipse, peut causer la **rétinopathie solaire**, qui peut endommager de façon permanente les cellules sensibles à la lumière de la rétine au fond de l'œil. Même une brève observation du soleil partiellement éclipsé peut causer des **dommages permanents** aux yeux. Une personne peut ne pas ressentir de douleur ou d'inconfort en regardant l'éclipse et subir tout de même de **graves dommages**.

Les symptômes peuvent ne pas survenir dans les 12 à 48 heures suivant l'événement, et ils pourraient inclure des brûlures de la rétine, une perte temporaire ou permanente de la vue et des troubles de la vue. Une fois que les symptômes apparaissent, il est généralement trop tard pour inverser le dommage causé. Si quelqu'un note des changements dans sa vue en observant ou après avoir observé l'éclipse solaire, il devrait immédiatement demander de le reconduire à l'hôpital ou chez son optométriste pour une évaluation.



Ressources supplémentaires

Des ressources supplémentaires sont offertes par l'entremise de la [Royal Astronomical Society of Canada \(RASC\)](#) (en anglais seulement), la [American Astronomical Society](#) (en anglais seulement) et l'[Association canadienne des optométristes](#).

Qu'est-ce qu'une éclipse solaire?

Lors d'une éclipse solaire, la lune se déplace entre le soleil et la Terre, bloquant partiellement ou complètement les rayons du soleil. Cela veut dire que le soleil apparaîtra moins brillant, et que les gens pourront regarder directement le soleil sans avoir à se détourner.



Nous encourageons les écoles et les établissements de garde d'enfants à avoir un plan de base en place pour s'assurer que les enfants, les élèves et le personnel sont en sécurité.

Surveillez les enfants de très près pendant une éclipse solaire. Les yeux d'enfants sont encore en développement et laissent pénétrer plus de lumière dans la rétine que les yeux d'adultes; les enfants sont donc plus à risque s'ils regardent le soleil sans protection adéquate.

Comment observer une éclipse solaire en toute sécurité?

L'**observation indirecte** au moyen d'un enregistrement (tel qu'à la télévision ou par diffusion en ligne) est la façon la plus sécuritaire pour observer l'éclipse. L'**observation directe** nécessite des mesures de sécurité appropriées, y compris de lunettes pour éclipses solaires qui satisfont aux normes internationales. Les lunettes de soleil, les lentilles d'appareils photo (y compris les cameras de téléphone intelligent), les jumelles, les télescopes, ou toutes autres choses qui ne sont pas spécialement faites pour observer les éclipses ne sont pas sûres.

APRIL

lundi		mardi		mercredi		jeudi		vendredi	
1	Jour 1	2	Jour 2	3	Jour 3	4	Jour 4	5	Jour 5
SCHOOL RE OPENS						BALANCED SCHOOL DAY - INFO SESSION FOR FAMILIES AT 6:00 PM IN THE LAV LIBRARY		HEALTHY HUNGER ORDER DEADLINE (APRIL 6TH)	
8	Jour 6	9	Jour 1	10	Jour 2	11	Jour 3	12	Jour 4
BUS RIDERSHIP N-6 STUDENTS Solar Eclipse				MOBILE VISION FORMS DUE TO CLASSROOM TEACHERS		PITA PIT HOT LUNCH		 PINK SHIRT DAY ASSEMBLY	
15	Jour 5	16	Jour 6	17	Jour 1	18	Jour 2	19	Jour 3
		MOBILE VISION CLINC AU BIBLIOTHEQUE						Non-instructional NO SCHOOL	
22	Jour 4	23	Jour 5	24	Jour 6	25	Jour 1	26	Jour 2
WPG Youth Symphony Orchestra Presentation EARTH WEEK		EARTH WEEK		EARTH WEEK		EARTH WEEK		SUBWAY HEALTHY HUNGER ORDER DEADLINE EARTH WEEK ASSEMBLY	
29	Jour 3	30	Jour 4						

Dates to Remember

Monday, April 1	School reopens
Monday, April 8	Bus Ridership
Friday, April 12	Pink Shirt Day
April 15 - April 18	Mobile Vision Clinic
Friday, April 19	Non-Instructional Day - NO SCHOOL
April 22 - April 26	Earth Week
Monday, May 6	Non-Instructional Day - NO SCHOOL
Wednesday, May 15	Spring concert
Monday, May 20	Victoria day - NO SCHOOL
Friday, May 24	Walk-a-Thon
Tuesday, May 28	Glen Lea Fundraiser pick-up
June 10 - June 12	Grade 6 Camp
Friday, June 21	Field day National Indigenous people day
Wednesday, June 25	Grade 6 farewell
Thursday, June 27	Non-Instructional Day - NO SCHOOL
Friday, June 28	Last day of school! 11:00 a.m. dismissal