

Lord Selkirk School

February 2024 Newsletter



Website: www.winnipegssd.ca/schools/lordselkirk

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SAFE ARRIVAL: 1-855.278.4513



Principal's Message



Happy February to all of our Lord Selkirk Cougars! January was a full month of learning! As a school we have been strengthening our understanding of subtraction. Ask your child(ren) if they can show you more than one way to solve a subtraction question. Some of the models students are learning to use are the algorithm, empty number line, parts-whole boxes and decomposition. No matter what grade level, subtraction appears across all the curriculums.

In the month of February we will be celebrating "I Love to Read" and "Black History" month by participating in different activities in the classrooms and schoolwide. We are in the process of re-imagining our library and are working on writing grants to boost our funds in order to add new books and new seating in this space. Our goal is to fill our library with quality literature that is diverse, has rich text and beautiful illustrations. It is important to us that our library is filled with books that represent the children who attend Lord Selkirk School. This month our student council members have dedicated their bulletin board in the library to showcase their recommended reads. We thank them for their continued leadership! We will have many special guest readers from our community coming in to read to different classrooms this month. Our grade 3 students have been invited to the Aviation Museum on February 1st to launch I Love to Read Month. To conclude our celebrations we will be hosting a Family Feast on February 29th, where one member of each family will be invited to join us for a special lunch time feast. More details will be shared in a letter coming home soon. We hope to see you there!

There are lots of ways for our intermediate students to be active with Mr. Gurniak. Basketball practices have started, as well as Skate Club! If your child is interested in participating, please have your child reach out to Mr. Gurniak. We would like to thank Mr. Telford who has been coaching our grade 5/6 soccer team. Students have been participating in the Inner City Soccer league and finding lots of success! Not only are they developing as great soccer players, they are demonstrating solid teamwork and a positive attitude towards competition.

Thankfully the shortest days of the year are behind us! We have been enjoying the extra sunlight and milder temperatures! Please ensure that your child(ren) are dressed for the weather. Indoor recess occurs when the temperature reaches -28 degrees celsius or lower. If your child requires additional winter gear, they can stop by the Family Room and see Ms. Jacobson. Please call the school at (204)-667-8495 if your child(ren) require a new winter coat or boots.

Yours in Learning,

Ms. Johnston



♥ Classroom News ♥

Room 1

NURSERY and KINDERGARTEN

Ms. Murray



This student has been working hard to develop his fine motor skills, and has found that Lego is his favourite way to build finger strength and dexterity.



All students have been practicing their rhyming skills. We have read many books that rhyme. This writing sample is a response to the book "Snowmen At Night". Students turned themselves into snowmen, and then wrote about what they would do all night if they were snowmen.



This student is extremely creative. He spends most days at the craft station creating some of the most interesting things out of scrap paper. On this day he made a sword and shield. It even had a handle on the back for him to hold.



Lately, it has been too cold to play outside. So after snack we stay inside, and focus on taking care of our bodies or our minds.

These students have chosen to journal about their thoughts during indoor recess.



Also during indoor recess, students can choose to do Yoga. Each day they select a "Cosmic Kids Yoga" video on Youtube.

This is a favourite part of the day for many of our students.



These students are sitting in the "waiting room" in our new dramatic play station: The Hospital. They are reading a book about

human anatomy, and learning about organs.



These students are playing doctor in our Hospital station. They are listening to each others heart.



These students are playing pediatrician in our Hospital station, they are taking care of a sick baby.

♥ Classroom News ♥

Room 2

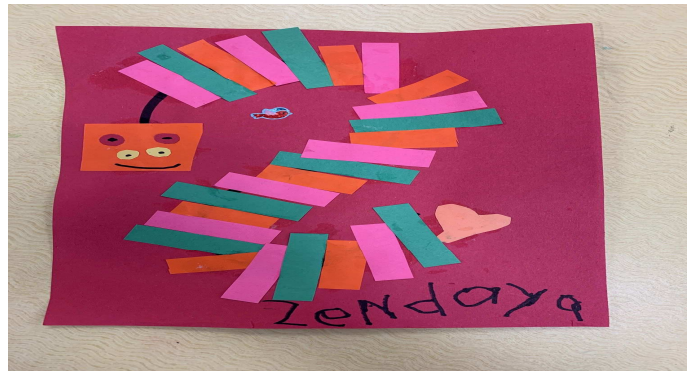
NURSERY and KINDERGARTEN

Ms. Tien

Our phonological awareness unit has taken off with a great start. We are breaking words apart by clapping the chunks (e.g Sat-ur-day), rhyming (cat, bat, mat), and finding the first sound of a word (C for cat or B for bike). Next, we will be working on blending two and three letter sounds together to read short words for example an, us, sun and man. We will only be working with the short vowels a, e, i, o and u and the consonants m, s and n. We will keep on adding letters as we progress in blending sounds.

In Social Studies we have been working on the unit People Around Me. We have identified groups in which people work, play and live together and will continue to learn about the diverse celebrations people have. One of things we have noticed is that we have grocery stores in our community, therefore our dramatic play area has turned into a grocery store. Social Studies has also tied in nicely with our Sources of Strength unit in connections and community. Sources of Strength is a universal, school-based program designed to increase social support and connectedness among students.

In February we will be celebrating the Lunar New years, Black history month and I love to read month. For Lunar new years we have been working on an inquiry project about the Chinese dragon. 2024 is the year of the dragon and so students have been creating art, reading stories and learning about what the mythical creature is. For Black history month we will be reading books about black history and learning about different African cultures. As for I Love to Read Month, we will dress up as our favourite book characters, share our favourite books and have some guest readers. It will be a fun month full of celebrations and last but not least is Valentine's day. On Wednesday, February 14th we will celebrate with Valentine's day art, a card exchange, kindness and some Valentine's day games. Feel free to send Valentine's day cards with your child on this day. A list of student names will be handed out prior to February 14.



♥ Classroom News ♥

Room 4

GRADE 1

Ms. Gonzales

What a great month back to school. In writing, we are continuing our non-fiction writing and reading unit. Students have written many How-To Books and we are now choosing a topic we are experts in and writing All about books on our chosen topics. We continue to explore the National Geographic Kids website, when researching different animals. I encourage you to look on the educational website at home. It has great resources, information and children games and videos. We are continuing our word work small groups. Students are working very hard on learning all the letter sounds, manipulating sounds and practicing reading books that are just right. We will begin our new writing unit on opinion writing and writing down reasons to back up our opinion. Stay tuned...

The mathematicians in room 4 have been doing great work improving their addition and subtraction skills. We have been working on representing numbers in different ways. We are continuing our subtraction challenge. Students have also been working hard on Dreambox lessons at school and outside of school as well. Keep up the great work to keep practicing the skills we're working on in class. With the colder weather, please send your learner to school dressed accordingly. Students have 2 recesses. If you require any extra clothing, please let myself know and I can take a look in our family room.



Room 7

GRADE 1

Ms. Stern

I hope you are staying warm in this chilly weather. This month, I would like to begin by thanking you for your continued support and cooperation in sending healthy snacks for snack time. Healthy snacks are important for providing energy and nutrients for learning and growth. Some examples of healthy snacks are fruits, vegetables, cheese, yogurt, crackers, and granola bars. **Please avoid sending snacks that are high in sugar, salt, or fat, such as candy, chips, chocolate, or soda.** These snacks can affect the students' mood, concentration, and behavior in a negative way. Exceptions will of course be made when celebrating a birthday or during a party (i.e., Valentines Day, Halloween, etc.)

I am happy to report that Room 7 continues to progress in their reading and writing skills. They are showing more confidence and fluency in reading different types of texts, such as fiction, non-fiction. They are also demonstrating more creativity and clarity in writing in their new genre - Informational writing. I encourage you to keep reading with your children at home and ask them questions about what they read to enhance their comprehension and critical thinking. We will be working on patterning and algebra in math for the next few weeks. Patterning and algebra are important skills for developing logical reasoning and problem-solving abilities. We will be exploring repeating patterns in grade one. You can help your children practice these skills at home by finding and creating patterns in everyday objects, such as clothing, toys or colours. We have begun a new part of our Health curriculum using a resource called Sources of Strength. Ms. Almeida will be (or may have already sent) sending home information on this. The children in room 7 have enjoyed the lessons done on community building thus far. One last reminder: Please be sure to send warm layers of clothing for recess, such as hats, gloves, scarves, and boots. The weather can change quickly, and we want to make sure your children are comfortable and safe when they play outside. Please also remember to send home reading bags/folders back each Friday so we can update the books and materials for the following week. Thank you for your attention and cooperation. I appreciate your involvement and feedback. If you have any questions or concerns, please feel free to contact me anytime.

♥ Classroom News ♥

Room 15

GRADE 2

Ms. Lubarski-Bailey

We have had a busy month in January and are looking forward to an exciting month of February as well. In February we will be celebrating I Love to Read. The month of January brought milder winter weather and some colder temperatures too. The students have been enjoying recess outdoors playing in the snow. Please ensure your child is dressed properly for the winter weather. In word study we continued to work on letter blends and diagraphs. We focused our attention on final blends and diagraphs in words and students have been practicing these skills in our daily reading and spelling activities. We have been practicing different reading strategies during "Read to Self" and small group reading instruction and working on building our comprehension, and fluency to help us strengthen our reading skills. We have started working on writing informational stories in Writer's Workshop. We are learning the difference between facts and opinions and how to make a table of contents when writing informational pieces. In math we are working on developing our understanding of place value and numbers to 100. The students have been building numbers with math materials and recording their findings with drawings and numbers. We continue to explore the concept of subtraction and its connection with addition. During our counting activities we have been skip counting by 2's, 5's and 10's backward from 100. In social studies we have started to learn about other communities in Manitoba and comparing differences and similarities to our own community. In science we continue to study the different animal groups and learning about different animal life cycles. I have been encouraging the students to be responsible for their belongings throughout the school day and when packing their backpacks. Please ensure your child checks their backpack each evening, as notes are often sent home.

Room 8

GRADE 2 & 3

Mr. Jhagru

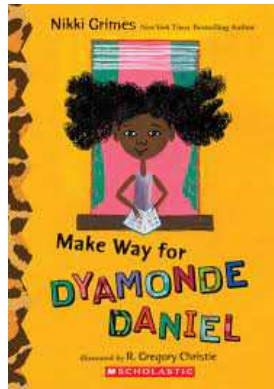
Kung Hei Fat Choy/ Gong Xi Fa Cai! The Great Room 8 has started our classroom jobs, a small way to impart ownership to our class. Student jobs are floors, tables, bins, technology, materials, clean-up crew, chairs, librarian, substitute, etc. Please check with your student to find out what their weekly job is. We have also been working on building community with the Sources of Strength program. So far, we have covered belonging in the classroom, building a successful community, and navigating conflict in a healthy way. Please stay tuned to see our celebrations for Chinese New Year, Black History Month, and I Love to Read Month! During math, we have been exploring 2D shapes (square, circle, rectangle, triangle) and 3D objects (cube, cylinder, sphere, cone). Students have been working on naming shapes, drawing real-life examples, finding similarities and differences, working on building shapes using other shapes (i.e., triangles to make a hexagon) and unique attributes – number of sides, vertices, faces, and edges. Students have also been playing "ZAP!", an addition/subtraction card game that earns points for every card you flip, but you get zero points if you flip a Jack, Queen, or King. Please have students teach you the game at home. In Reader's Workshop we have been working hard to have our reading groups be great. This means students are being respectful and cooperative to improve their skills. Students have been helping each other with reading, decoding, and comprehension skills. We have also been practicing reading informational texts about various animals from the different animal classes (mammals, amphibians, reptiles, birds, fish, invertebrates). Students are practicing pulling information from the books (and pictures/videos) to build their understanding of the differences between each class. In Writer's Workshop we have been practicing our informational writing – providing information about a topic based on facts and not an expression of opinion. So far, we have covered topics about our Winter Break Activities, All About Me, and creating an Imaginary Pet story, where we are taking care of a dream pet and discussing all the fun things, we would do with it. Our goal is to create our own books and informational cards about animals and topics that we know a lot about. As always, if you have any questions, please feel free to reach out. Please connect to our Seesaw Class so students can share their learning with their families.

♥ Classroom News ♥

Room 35

GRADE 3

Mr.Telford



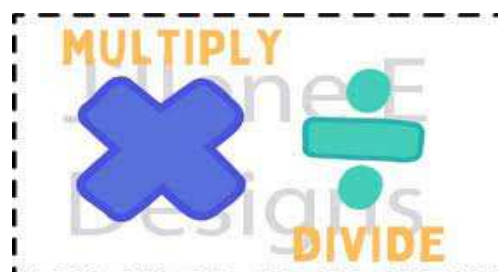
Hi Room 35 families! I hope that you and your family stayed warm during this chilly spell of weather. Readers Workshop: We have started a new read aloud for this month called *Make Way for Dymonde Daniel*. When students are listening to the story, they are beginning to make connections between our new read aloud and our old read aloud. For word work, we have moved away from learning about long vowels and are now learning about how the silent e at the end of a word can change some consonant sounds. For example, *_ce* sounds like /s/ and *_ge* sounds like /j/. Writers Workshop: We are starting a brand-new story telling unit about dreams. Student are going to learn about why we dream, what dreams can mean, and write their very own dream stories. Math: We are exploring multiplication and division strategies. It is always a fun unit to being in grade 3. The students get so excited to begin doing math that the "big kids" learn. We will be starting by using manipulatives to represent equal groups and repeated addition. The expectation is in grade 3 is that students can solve problems up to 5x5. Social Studies: We are currently learning how to read and create maps. Students were asked to pretend that they could float on top of their ceiling and draw a map of their bedrooms. They had to make sure they had a key/legend, so we knew what kind of fun stuff they had in their rooms. Roots + Shoots: As a class we chose our project. We are going to learn about a charity called K9 Advocated Manitoba which supports with the overpopulation of dogs in northern Manitoban communities. We applied for a grant in November that would help us go on some field trips to learn about adopting dogs.

Room 36

GRADE 3 & 4

Mr. Rodrigues

January has been a great month in room 36. Our writer's workshop theme this month is persuasive writing. Students are looking at how they can make a good thesis statement as well as provide evidence to back them up. We also began a new program called Sources of Strength which is to prevent adverse outcomes by increasing wellbeing, help-seeking, resiliency, healthy coping, and belonging. This month in math we are looking at multiplication and division skills. We are having number talks and exploring many different multiplication strategies such as use-ten, doubling, build-up and build-down. In social studies we have continued to focus on Canada and have been looking at different physical regions of Canada as well as the main industries of Canada. In science we have finished up our forces of motion unit and have now begun our unit on light. This unit will look at the properties of lights and offer students hands on activities to explore.

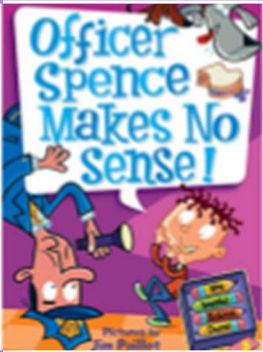


♥ Classroom News ♥

Room 40

GRADE 4

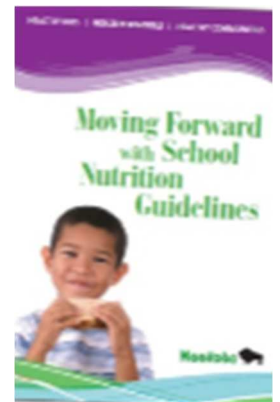
Mr. Kojima



Happy February!

We are officially halfway through the year. Room 40 continues to try and be safe, respectful, and cooperative each and every day. Our focus in math is multiplication and division strategies. We spend time each day working on our fact families and sharing different strategies. We have learned a new game called Four in a Row that helps up practice our addition and multiplication facts. In Health, we have discussed what nutritious snacks look like and why they are so important. One of the general objectives of the Winnipeg School Division Nutrition Policy is to reinforce the importance of healthy eating habits. Please discuss with your child what healthy snacks brought to school look like. In

Science we are beginning to discuss the nature of light. This will involve exploring the different properties of light by investigating and observing how light interacts with various objects in the environment. Students are also working on their guided reading. We have been reading *Officer Spence Makes No Sense!* by Dan Gutman, a My Weird School series for beginning readers. Our goal is to strengthen our comprehension by putting in the work and practicing our reading daily. Please support us by reminding students to take 10-15 minutes each day to do their home reading. Winter weather is finally here and as such, please make sure your child is prepared in the morning with appropriate clothing for the day. School fees for the year are \$40. Thank you for sending this to school with your children. If you still have not, please send the money in an envelope or zip lock bag with your child's name on it. If you have any questions or concerns, please feel free to email or contact the school.



Room 34

GRADE 5

Ms. Napolitano

My name is Mary Jane Napolitano. I am an internationally educated teacher from the Philippines. I have been in the school division for 17 years. I am incredibly excited to join your wonderful community and be a part of your child's educational journey. As we embarked on this new chapter together, we reviewed our classroom expectations. It is essential for our students to feel safe, respected, and valued. We will strive to create a positive and inclusive learning environment where everyone feels comfortable expressing their thoughts and ideas. We will be starting a captivating novel study very soon. This will not only enhance our students' comprehension skills but also spark their imagination and love for reading. Through engaging discussions and thought-provoking questions, we will search into the depths of the story and encourage critical thinking. In the realm of writing, we will embark on an informational writing journey. Our students will learn effective strategies for organizing their thoughts and presenting information in a clear and concise manner.

Mathematics will be an exciting adventure as we explore various concepts. We will focus on developing strong number sense and understanding place value. In addition, we will dive into effective strategies for addition, subtraction, and multiplication. Through real-world problem-solving activities, our students will sharpen their math skills and develop a solid foundation for future learning. Our class has explored the life and artwork of the Indigenous artist Norval Morrisseau, and we created our own masterpiece inspired by his work. Additionally, we completed a multiple intelligence questionnaire to learn more about ourselves as learners. Lastly, we will be incorporating a kindness theme for the rest of the year to develop important social skills. Encouraging empathy, compassion, and respect for one another will foster a supportive classroom community where everyone feels valued and appreciated.

♥ Classroom News ♥

Room 30

GRADE 5

Ms. Ladouceur

Hello Families! The students of room 30 have been working hard this month. We started the month off setting S.M.A.R.T. (Specific, Measurable, Achievable, Relevant, and Time-Bound.) goals. We will be checking in on our goals in one month to see how we are doing. Over the next two months we are doing a deep dive into nonfiction in both reading and writing. We are using mentor texts to support this hard work. Students are learning strategies to manage their time and information. One major goal is to incorporate direct quotes and give credit to sources. This hard work will pave the way for the Science Fair taking place in our classroom in the beginning of March. Now until then we will be completing a variety of experiments to practice a fair test and build scientific vocabulary. In math, we are building our multiplicative reasoning or recognition and use of grouping in the underlying pattern and structure of our number system. We are practicing multiplication and division strategies and accessing tools around the classroom such as multiplication charts, counters, dice, cards, and more. We are awaiting to hear back from Roots & Shoots and if we were successful with our grant application. Stay tuned for next month's newsletter which hopefully contains exciting news. As always, thank you for your support in your child's learning.



Looking for some good news stories
about learning at
Lord Selkirk School?
Check us out at @LordSelkirkWSD



♥ Classroom News ♥

Room 33

GRADE 5 & 6

Ms. Millar

Let's make February a fantastic month of learning and joy. Here is a glimpse of the exciting happenings in our classroom. In math, students are discovering the concept that equivalent fractions can represent the same portion of a whole. They will be working on converting improper fractions to mixed numbers. We believe in making math relevant to everyday life. Our students are exploring real-world scenarios where fractions play a crucial role. We will be making great use of the nutrition room this month by exploring recipes, cooking and converting measurements. First on the menu was pizza.



In writer's workshop, our aspiring fantasy writers are actively honing their skills in creating magical words, mythical creatures and captivating adventures. From designing unique settings to developing fantastical characters, our classroom is buzzing with excitement and creativity. To enhance our understanding of fantasy storytelling, we're incorporating movie clips and a mentor text read aloud into our lessons. In reader's workshop, our book clubs are currently immersed in a variety of fantasy novels. By delving into these diverse world's students are not only expanding their imaginations but also gaining exposure to different styles of fantasy writing.

In social studies, students are learning about Canada's involvement in the Second World War and it's impacts on Canadian individuals and communities. In art workshop, students are learning to design 3D drawings into realistic representations by incorporating shadows, depth and shading.

Room 25

GRADE 6

Ms. Boroski

Hello, Room 25 Families

The month of January flew by already and we are fully back into the swing of the things for February. We have begun our new Writer's Workshop unit on Literary Essays and Argument Writing. The students are thriving in this environment as they are a passionate group who stand firm in their beliefs. We had worked on mini-debates, and it was an incredibly successful portion of our English Language Arts program. We are set to begin our dystopian novel studies and will be tying this into our Writer's Unit as well. In Math we have begun our unit on fractions through the "Unusual Baker" problem. After solidifying our knowledge on fractions, we will be making connections between fractions, percentages, decimals and ratios. The student's will be doing lots of hands-on work with these concepts, connecting them to their daily lives. In Science we are working through the Flight unit and we are moving on to discussing the First World War and Canada's involvement with it in Social Studies.



♥ Classroom News ♥

The Arts with Ms. C.D. & Mr. Quanbury

In the Arts room students are busy focusing on music this term. With Ms. CD, grades 5 and 6 are doing a genre study and grades 3 and 4 are learning all about the orchestra. With Mr. Q, students are building skills for reading rhythms and flexing their creativity by creating and sharing 'Poison Rhythms' with their peers. All grades are gearing up to start working with the instruments in February when grades 1-3 will start working with Orff instruments (xylophones, percussion), and Grades 4-6 will begin working with the Steel Pans. The choirs are learning songs celebrating Black History Month for upcoming assemblies.



Phys. Ed with Mr. Gurniak

The cold weather outside hasn't slowed down the students inside one bit. Classes got right back to work in the new year resuming their daily warm ups designed to promote different fitness components of cardiovascular endurance, flexibility and muscular strength & endurance. Towards the end of December, intermediate classes had the opportunity to design their own warm up for their classmates to complete which has been an exciting opportunity for students to combine their creativity along with their knowledge of fitness in the month of January.

As we move further into the 2nd term there will be a handful of exciting new opportunities for students. The Lord Selkirk Skate Club will be starting on Wednesdays for intermediate students. On February 23rd we will be participating in a divisional 3 on 3 basketball tournament for our grade 5-6 students. Lastly, March 1st will be our annual Winter Fun Day. In the lead up, all grades will learn different outdoor activities such as curling, snowshoeing or broomball, and then get to participate in them for a full afternoon.



♥ Resource News ♥

Ways a Parent Can Help with **READING**

1 Let your child see you reading!

Have magazines and books in your home.

2 Help your child find appropriate word & reading games on the computer.

Keep a dictionary on hand. Help your child look up new words they read or hear.

3 Read mysteries with your child and try to figure out the clues together.

4 Movie version coming out?

Read the book together first, then talk about which you each liked better.

5 Set aside a time and place for your child to read -

like a comfy chair and a reading light in a quiet place

6 Visit your public library regularly.

Look for and read together the books that were your favorites when you were a kid.

7 Encourage your child to write -

letters, thank you notes, emails, journals, lists, stories about their own trips, events, and daily life

8 Ask your child questions about what he or she is reading, such as:

- What is the story about?
- Who are the important characters in the story?
- Where does the story take place?
- Why do you think the character made that choice?
- Why did that happen?
- How did you know about...?
- Would you recommend this book to your friends?

9 Ask your child to draw a comic strip about what happens in the story.

Provide word searches, crossword and other word games and puzzles, or help your child make his/her own



Share with your child about what you're reading... and encourage your child to do the same

♥ Student Leadership ♥



In January we celebrated a large number of our Student Leaders: Grade 5 and 6 students who are actively involved in at least two groups and Grade 4's who are actively involved with one group. Active involvement means attending all meetings and being involved with the Leadership group activities!

We are so proud of these students for taking a chance to be involved in our school community. We hope that the positive experiences they have now will encourage them to become involved in their communities and to believe in their ability to make a positive impact on the world around them.

These students support our school in a variety of ways: collecting and washing dishes on pizza lunch days, solving student problems at recess, assisting young students with playing low-organized games, reading our daily morning announcements, supporting students crossing the street safely, keeping our library organized, and arranging special events for the whole school. We encourage you to have a conversation with your Grade 4, 5, or 6 student to learn more: are they involved with a leadership group? Which one? What activities do they do with their leadership group?

♥ Registration News ♥

Registrations for **Nursery** and **NEW Kindergarten** students will be accepted starting on **February 26, 2024** for the 2024-2025 School Year

If your child was born in 2020 they are eligible for ***Nursery***.

If your child was born in 2019 they are eligible for ***Kindergarten***.

Our Nursery program is FREE for all students who are residents of the Winnipeg School Division.

Residency is based on where the legal guardian resides. Proof of child's age and legal name, proof of residency, citizenship, and MB health number are required for registration.

If your child is presently in Nursery in our school there is no need to re-register for Kindergarten.



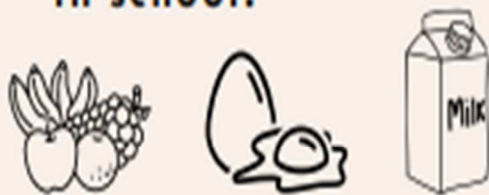
**Please keep the junk food
at home!**



**The Winnipeg
School Division
believes that good
nutrition is vital to
the mental and
physical health of
each student and
their potential for
learning**

Healthy Snacks

**Lord Selkirk
School is
committed to
promoting and
supporting
good nutrition
in school.**



**Students in Grades 1-6
are welcome to join us for
a nutritious breakfast
every morning from
8:30 a.m. to 9:15 a.m.**



<https://food-guide.canada.ca/en>

<https://www.gov.mb.ca/healthyschools/foodinschool>

Healthy Food In Schools

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES

A Focus for PARENTS

Students who eat well have improved:

- concentration
- academic performance
- attendance
- self esteem
- behavior
- habits for a lifetime



What you send matters! Pack snacks and lunches that your child will enjoy and give them energy to learn.

- Expect children to help plan, prepare and pack lunches & snacks. When they're involved they are more likely to eat (rather than trade) their lunch.
- Ask children how they would like to carry lunch (e.g. an insulated bag or lunch box). For some, the "right" container is important.
- Include a small frozen cold pack to keep perishable foods cold (remind child to bring it home!).

Use Canada's Food Guide Canada's Food Guide makes it easy to choose foods wisely.

- Suggestions listed on the back will help you pack healthy and tasty lunches & snacks. For more ideas visit our website at www.gov.mb.ca/healthyschools/foodinschools topics and tools making lunches
- A balanced lunch includes at least three of the four food groups.

Call toll free for assistance from the School Nutrition Support Team—1-888-547-0535

Visit our website: www.gov.mb.ca/healthyschools/foodinschools



Healthy Food In Schools

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES

The food suggestions below do not exclude potential allergens.

Vegetables and Fruit	raw vegetables (carrot sticks, celery sticks, snap peas, cherry tomatoes, pepper strips), vegetable salad or coleslaw, raw fruit (sliced apple, small banana, grapes, mandarin orange, cut up melon, berries), canned fruit cup or apple sauce (no sugar added)
Grain Products	whole grain crackers, pita, tortilla bagel or bun, corn bread, English muffin, bran or oatmeal muffin
Milk & Alternatives	milk, cheese string or cut up cheese, cottage cheese cups, milk based soup, yogurt dip for vegetables or fruit, yogurt cup frozen yogurt tube, yogurt drink
Meat & Alternatives	hard-boiled egg or egg salad, mixed bean salad, hummus, baked beans, lean deli meat, chicken salad, tuna salad, salmon salad, peabutter (made from golden brown peas), sunbutter (made from sunflower seeds, peanutbutter)

Leftovers	Make extra portions of supper the night before for easy lunches the next day. Try spaghetti and sauce, stir fry, stew, casserole, chili, soup, pizza, roasted meat sandwiches.
Soup or Baked Beans	Heat at home and put into a thermos or microwave at school (look for low sodium varieties). Serve with whole grain crackers, cheese and raw vegetables.
Pasta Salad	Let children decide what to put into the salad. Offer leftover cooked vegetables, shredded carrots, chopped peppers or tomatoes, cubed cheese, hard-boiled egg, leftover poultry or meat, canned tuna or salmon or sunflower seeds.
Kabobs	Skewer fruit, cheese or sandwich pieces to make a kabob.
Yogurt or Cottage Cheese Parfait	Add canned, fresh or frozen fruit to your child's favorite yogurt or cottage cheese and include a small container of cereal for your child to sprinkle on top.



COUNSELOR'S CORNER

Ms. Almeida ~ calmeida@wsd1.org ~
<https://sites.google.com/view/msalmeidascounsellingcorner>



SOURCES OF STRENGTH

As a school, we work hard to help each of our learners develop not only academic skills but also the social and emotional skills that they need to be successful in life. Social and emotional skills are foundational for success in the classroom, with friends on the playground, working in groups in the classroom, as well as beyond the four walls of the school.

We're excited to be using a curriculum this year called Sources of Strength. This curriculum will be implemented in all of our classrooms from Nursery to grade 6. The program will help us think about, develop, and practice positive social and emotional skills along with identifying and growing the strengths in our lives. The curriculum is research-informed and supports the development of a comprehensive wellness model that is centered on building strength and resilience in individuals and communities.

At the core of the curriculum are eight Strengths: Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Physical Health, and Mental Health. Each of these strengths shows up in a person's life differently. Each lesson invites students to explore strength in their own lives, empowers them to grow their strengths and build resilience in order to promote health and wellness for themselves and others (see descriptions below).

Families play an important collaborative role in helping learners truly apply strength to their lives in good times and in tough times. You are encouraged to ask your child how they are learning about the strength in their lives. We invite you to join them by naming strengths that you have and use those strengths to navigate both the good times and tough times at home or school. The power of using strength in our lives can move us towards healthy coping, positive problem-solving, resilience, and wellbeing.

Each lesson has an "at-home" connection component. You are encouraged to ask your child's teacher what the components are for the lessons they are working on so that you can carry on this important learning at home.

5 TIPS FOR LEARNING CONFLICT RESOLUTION

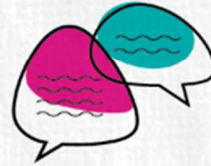


1

MANAGE EMOTIONS

Kids (and adults!) have every right to feel strong emotions, but it's important to have strategies for remaining calm, like taking a deep breath or stopping and counting to ten.

2



TALK & LISTEN

Work together to develop a phrase to start the resolution process, such as, "Let's talk about this and find a way to work together." This will help your kids learn to say how they feel and what they wish would happen.

Being a good listener is also important; it gives each member of the conflict the time and space to express how they feel.

3

PROBLEM SOLVE TOGETHER

Help your kids navigate the process of brainstorming potential solutions together, the goal being to find a solution that's fair for everyone.



4

ACT IT OUT

Before a conflict happens, role play scenarios that might happen on the playground or at a play date to help your kids feel confident about using their resolution strategies.

5

ENCOURAGE FAIRNESS

Talk regularly about the benefits of being kind, being fair, and sharing with others, and catch your kids doing the right thing as often as you can, rewarding their positive examples with lots of encouragement!



♥ Family Room Events ♥

February In the Family Room

Jan 30 -March 12 (Tuesdays) 1:00-3:00 p.m. Triple P Program in the family room
Triple P helps parents learn and practice strategies to deal with their children's (0-12) challenging behaviours constructively. Registration is required for the program. Please contact me majacobson@wsd1.org if you are interested in participating.

Feb 2 NO SCHOOL

Feb 5 Family room closed AM ONLY

Feb 7 Parent council meeting at 9:30 a.m. All welcome

Walking Fridays, come enjoy a walk around the neighbourhood and get to know other parents.

Meet in the family room at 9:15 a.m.

Feb 12 Dream Catchers at 9:15 a.m.

Feb 14 Valentines Day wear pink (Nutrition Bingo at 1:10 p.m.)

Feb 22 Knitting Club 9:15 a.m.

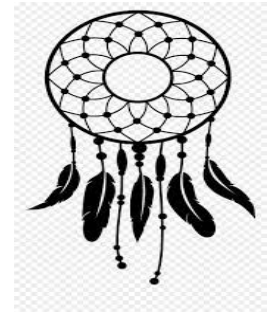
Coffee is available everyday in the family room. Just a reminder when bringing children to make sure toys are picked up before you leave ☐

Feb 29 – March 20 Traditional Parenting 9:15-11:15 a.m. (Thursdays)

Traditional Parenting focuses on well established parenting methods and ceremonies utilized by Indigenous people for centuries (Registration is required). Please contact me if interested.

The family room needs pants sizes 6-8 if anyone has any clothes they would like to donate please bring them to Room 17.

February is I Love to read month. Reading is a great way to connect with your children and create lasting memories. Please help yourself to some free books to add to your library, located in the front entrance. I challenge you to read to your children for a minimum of 20 minutes a day! Have fun!





All Nations Family Resource Centre & Snowbird Lodge Cultural Centre



Triple P

Triple P helps parents learn and practice strategies to deal with their children's (0-12) challenging behaviors constructively.



**Where: Lord Selkirk School
170 Poplar Ave
Winnipeg MB, R2L 2B6**

**When: January 30 - March 12, 2024
(Tuesdays)**

Time: 1:00pm—3:00pm

Facilitator: Norma Binguis

Please contact Mandi if childminding is required.

**Please see Mandi Jacobson at the school to
register 204 667-8495
majacobson@wsd1.org**

**PIZZA LUNCH
THURSDAY, FEBRUARY 22**



**ORDER ENVELOPES
WILL GO HOME ON FRIDAY, FEBRUARY 9**

Pizza lunches are a fundraiser.
All funds support
sending Grade 6 students to Spring camp.

Orders are due: Thursday, February 15, by 3:30

*Late Orders will be accepted
on Friday, February 16*



**healthy
body**

+



**healthy
mind**

=



**happy
life**



BE THE INSPIRATION

Winnipeg School Division
is hiring:

- School clerks
- Educational Assistants
- 5th Class Power Engineers
- Bus Drivers



JOIN US

winnipeg.sd.ca/careers



WINNIPEG SCHOOL DIVISION

♥ Parent Council ♥

Hello Lord Selkirk Family and Friends,

Please consider joining our next PAC meeting on Wednesday, February 7th at 9:30 a.m. in the Family Room where we will be discussing current matters that pertain to student's school life. Your voice matters and we want to hear from you.

meeting 

If you can't make a meeting but ever have any comments or questions for the PAC please reach out to us at: lskparentcouncil@gmail.com

Wishing you well,

Parent Advisory Council








FUN FACT: The PAC works to raise funds towards things such as the school's 5-phase 'Playground Beautification Project', a new Audio-Vision System for the Gymnasium, a Sensory Room in the school.





February 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Day 1	2 Day 2
			Grade 3—I Love To Read Field Trip—Aviation Museum Free Play 3:30-5:00	No School
5 Day 3	6 Day 4	7 Day 5	8 Day 6	9 Day 1
PBIS/I Love To Read Assembly 9:30 a.m. Power Up 3:30—5:00	Basketball 12:00 p.m. Bookworms 3:30 –5:00 	PAC Mtg. 9:30 a.m. Power Up 3:30—5:00 Skating Club 3:30-5:00	Hold and Secure Practice Basketball 12:00 p.m. 5/6 Indoor Soccer U of W Free Play 3:30-5:30	Library Helpers 12:00 p.m. Free Play 3:30-5:30 
12 Day 2	13 Day 3	14 Day 4	15 Day 5	16 Day 6
Power Up 3:30—5:00	Basketball 12:00 p.m. Bookworms 3:30-5:00 	 Power Up 3:30—5:00 Skating Club 3:30-5:00	School of Contemporary Dance Performance 10:00am Basketball 12:00 p.m. Free Play 3:30-5:30	Free Play 3:30-5:30 
19	20 Day 1	21 Day 2	22 Day 3	23 Day 4
LOUIS RIEL DAY NO SCHOOL	Basketball 12:00 p.m. 5/6 Indoor Soccer U of W Bookworms 3:30 –5:00	Swimming Counts Grade 4 Power Up 3:30—5:00 Skating Club 3:30-5:00	Pizza Lunch  Basketball 12:00 p.m. Free Play 3:30-5:30	Free Play 3:30-5:30 
26 Day 5	27 Day 6	28 Day 1	29 Day 2	
Power Up 3:30—5:00	Swimming Counts Grade 4 Basketball 12:00 p.m. Bookworms 3:30-5:00	PBIS Assembly 9:30 a.m. Power Up 3:30-5:00 Skating Club 3:30-5:00pm	Family Feast 11:30-12:30 Free Play 3:30-5:00	