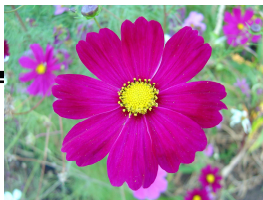


The Sister Mac Special



Sister MacNamara School
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204-942-6965

APRIL 2024

◆ Message from the Administrative Team

Dear Sister MacNamara Families,

With the Spring Break behind us, we look forward to warmer weather, lighter jackets and spring activities. We hope you had a restful and fun-filled week. We are happy to be back and ready to continue our important learning in the last term of our school year.

Teachers worked very hard on completing report cards and organizing Student-Led Conferences in March. We had a high number of families that attended the event and we were happy to share and celebrate all of each child's successes with you. Working together to make the best school experience for our children is critical to their success in life. If you were unable to speak with your child's teacher, please feel free to call them at the school with any questions you may have.

We wish all families who celebrate Ramadan the blessings of the holy month for Muslims. May Eid al-Fitar and the breaking of the fast on April 10th be a wonderful celebration for you and your family!

April brings our annual month long learning focus for the school. This year's theme is "The 94 Calls to Action". All students and teachers will explore and learn about the 94 Calls to Action. We will also look at our school's commitment to the 94 Calls to Action and to ensure they are a part of our daily life at school. Please ask your child/ren about their learning this month on the topic

The school's Day of Pink addresses bullying, homophobia and transphobia in schools and communities across Canada. Staff and students are encouraged to wear pink in support of the day and to focus on inclusion of all our students and their families. We will recognize this day on April 12th and will be holding a school wide assembly, hosted by Rooms 124 and 125. Both classes will be performing a song about friendship and belonging.

All students will be participating in the school's Bus Ridership program on April 25th. Students will learn about proper behaviour when riding on a bus and the safety rules if there ever was an emergency while on a bus. This is helpful information as students will be participating in field trips over the next couple of months. Our Grade 4 students will begin their learning about water safety in the Swimming Counts program. Only those with parental permission will attend sessions at the Pan Am pool in May. The last event we wanted to share with you is regarding the partial eclipse of the sun that will take place on Monday, April 8th. Students will be reminded to not look at the sun during the time of the partial eclipse as this may cause permanent eye damage. All students will remain indoors for recess in the afternoon to ensure they are safe during this time. Please talk to your child/ren at home about the importance of eye safety on this day. See the information page inside.

We want to thank all of our volunteers and friends of our school. A celebration to honour our volunteers will be held on Friday, April 26th at 10:30 AM in the Family Room. Please join us for this special time if you have been a volunteer. Nasra Hassan, one of our Community Support Workers in the Family Room will be leaving us on April 9th to prepare for the birth of her second child. We wish her well during her time away from school.

Important dates in April to remember:

Monday, April 1, 2024—Classes resume

Thursday, April 11, 2024—Family Gathering—5:00 PM Gym—CHANGE OF DATE

Friday, April 12, 2024—Day of Pink Assembly hosted by Kindergarten and Nursery Rooms 124 and 125

Friday April 19, 2024—Professional Development—No classes for students

Tuesday, April 23, 2024—Grade 6 Immunization Clinic—AM

Thursday, April 25, 2024—Bus Ridership—all students AND Swimming Counts-for Grade 4 students only-at school

Friday, April 26, 2024—Volunteer Celebration—10:30 AM Family Room

Debbie Lenhardt Mair
Principal



Sonia Medaglia Dos Santos
Vice Principal

SOLAR ECLIPSE

Safety Measures and Viewing Guidance



What are the hazards of viewing a solar eclipse?

Looking at the sun, including during a solar eclipse, can cause **solar retinopathy**, which can permanently damage the retina's light-sensitive cells at the back of the eye. Even a brief look at the sun during an eclipse can cause **permanent harm** to the eyes. A person may not experience any pain or discomfort while watching the event and still suffer **severe damage** as a result.

Symptoms may not surface until 12 to 48 hours after the event and could involve retinal burns, temporary or permanent vision loss and blurred vision. Once symptoms start, it is usually too late to reverse any resulting damage. If someone experiences any changes in their vision from watching the solar eclipse, they should immediately have someone else drive them to a hospital or to their optometrist to be assessed.



Additional resources

Additional resources are available through the [Royal Astronomical Society of Canada](#), the [American Astronomical Society](#) and the [Canadian Association of Optometrists](#).

What is a solar eclipse?

During a solar eclipse, the moon moves between the sun and the Earth, partially or completely blocking the sun's rays. This means that the sun will appear less bright, and people will be able to look at it directly without turning away.



Schools and child care facilities are encouraged to have a basic plan to ensure that children, students and staff will be safe.

Keep a close eye on children during a solar eclipse. Their eyes are still developing and let in more light to the retina than adult eyes, so they are at higher risk of harm if they look at the sun without proper eye protection.

How can I safely observe a solar eclipse?

Indirect observation through a recording (for example, watching on television or streaming online) is the safest way to view an eclipse. **Direct observation** requires appropriate safety measures, including internationally-certified eclipse glasses. Sunglasses, camera lenses (including smart phone cameras), binoculars, telescopes or anything else that is not specifically made for viewing an eclipse are not safe.

The City of Winnipeg Police River Patrol Unit wishes to remind all citizens of Winnipeg about the present dangers in and around our waterways. All waterways should be considered dangerous and falling through the ice could cost you your life. All parents are asked to please remind children about these dangers. This includes all frozen bodies of water such as rivers, creeks, ditches and retention ponds.



Take our advice and stay off the ICE.



Families:

If you are dropping off your child for school, have a meeting or are coming to the family room for activities, we ask that you please wait at the door and we will assist you as quickly as we can.

If you are coming to pick up your child please ring the office we will work on having them ready to go as soon as possible. Thanks for your patience!

***Dismissal times are 12:00 and 3:30 PM.
Please be on time to pick up your children.***

NEWS FROM THE GYM

On March 20th Weston School and Victoria Albert School came to Sister MacNamara to participate in a 3v3 basketball tournament. Sister MacNamara school had three grade 6 teams. The morning was fun, energetic, and exciting to watch. The 10-minute games were fast paced, with lots of great defense and offense. Students from all three schools showed great teamwork and sportsmanship. Way to go Sister MacNamara!



A friendly reminder that as the weather turns nicer and spring arrives the need for indoor runners in the gym is still very important. The warmer weather means a wetter environment as the snow melts and wet shoes can cause accidents such as slips and falls when worn during physical education classes. Please remember to have both indoor and outdoor footwear at school.

We're
HIRING

Sister MacNamara School is looking to hire an Adult Crossing Guard for the school year. It is a 3 hour per day position staggered through the school day, coordinating with school starting, noon hour, and ending hours. *This is a paid position.*

Applicants must have or be able to obtain a Child Abuse and Registry check and Criminal Record Check.

This is an important position to ensure the safety of our students and families in coming to and from school.

Position starts as soon as possible. Please contact the Principal, Debbie Lenhardt Mair or Vice Principal, Sonia Medaglia Dos Santos for further information.



Lunch Program Information



Lunch Program is a service provided for parents who are either working or attending school. In order to qualify for the Lunch Program you must be able to provide proof of either when filling out an application. Please note that when you sign up for Lunch Program, you are responsible to pay for each month regardless of your child's attendance. Fees are cash only and due at the first of each month. Please send exact amounts as we cannot make change. There is often a waiting list and if you do not pay your fees, your child will lose their spot and it will be passed on to someone on the waiting list.

Parents are expected to provide a healthy lunch, including a healthy beverage. (no junk food or pop please!)







When packing lunch for your student (or snacks) please remember there be NO peanuts, nuts, fish or seafood products included. Some students are highly allergic to these products and coming in contact with them can be harmful to them. Please remind your child to make sure they wash their hands if they have been in contact with these products!

***Please remind your child that there is no sharing of lunches with others!
Thank you.***





Family Room April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 DAY 1 Welcome Back!	2 DAY 2 Potato and Bread Distribution	3 DAY 3 Nutrition Bingo 2:30 	4 DAY 4 Beading 1:00	5 DAY 5 Cooking Class 1:00
8 DAY 6 Family Room Closed	9 DAY 1 Potato and Bread Distribution	10 DAY 2 Nutrition Bingo 2:30 	11 DAY 3 Beading 1:00 <u>Family Gathering 5:00</u>	12 DAY 4 Cooking Class 1:00
15 DAY 5 Wellness Art 2:30	16 DAY 6 Potato and Bread Distribution	17 DAY 1 Canada Revenue Agency Presentation 1:00	18 DAY 2 Beading 1:00	19 DAY 3 NO CLASSES 
22 DAY 4 Wellness Presentation 1:00	23 DAY 5 Potato and Bread Distribution	24 DAY 6 Nutrition Bingo 2:30 	25 DAY 1 Paint Day 9:15 Beading 1:00	26 DAY 2 Volunteer Celebration 10:30 
29 DAY 3 Wellness Art 2:30	30 DAY 4 Potato and Bread Distribution			

Family Room News

April 2024

Wellness Art - Mondays @ 2:30

Tuesdays – Potato and Bread Distribution

There will be potatoes, bread, and often onions available for pick up Tuesday afternoons or Wednesday mornings.

Please let us know if you would like a package.



Nutrition Bingo

Wednesday, April 3, 10, and 24 @ 2:30
– food prizes for all participants!



CRA Presentation – Filing Your Income Taxes

Wednesday, April 17 @ 1:00
-Information on taxes and benefits from the Canada Revenue Agency

Beading with Teresa

Thursdays, April 4, 11, 18, 25 @ 1:00
Led by WSD Indigenous Way of Life Teacher

Please let us know if you plan to attend to ensure we have enough supplies

Paint Day

Thursday April 25 @ 9:30
Join us for a live online painting tutorial!

Friday

April 5 - Cooking Class @ 1:00

April 12 - Cooking Class @ 1:00

April 19 – PD DAY

April 26 – Volunteer Celebration @ 10:30 am



Bring your family for pizza, a movie for the kids, and school news.



Haddii uu jiro barnaamij aad u malaynayso inuu faa'iido kuu leeyahay oo aad jeclaan lahayd inaan samayno, fadlan u sheeg Nasra iyo Nicole.

Ikiwa kuna programu yoyote ambayo unadhani inaweza kuwa na manufaa kwako na ungependa tufanye, tafadhali wajulishe Nasra na Nicole.

Questions?

Please contact:

Nasra -

nhassan@wsd1.org

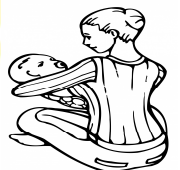
Nicole

nichristmas@wsd1.org

Phone: 204-942-6965







Nasra's last day is Tuesday April 9, 2024 as she prepares for her new baby. We wish them health and happiness with this exciting addition to their family!





APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 DAY 1 	2 DAY 2	3 DAY 3	4 DAY 4	5 DAY 5
8 DAY 6 Solar Eclipse PM No outside recess PM 	9 DAY 1	10 DAY 2 Eid al-Fitar	11 DAY 3 <i>Family Gathering</i> <u>5:00</u>	12 DAY 4 Day of Pink Assembly 
15 DAY 5	16 DAY 6	17 DAY 1	18 DAY 2	19 DAY 3 NO CLASSES 
22 DAY 4 	23 DAY 5 AM Immunization Clinic—Grade 6	24 DAY 6	25 DAY 1 BUS RIDERSHIP  <i>Grade 4 only Swimming Counts—in the library</i>	26 DAY 2 Volunteer Celebration Family Room 10:30 
29 DAY 3	30 DAY 4			

Looking ahead.....

MONDAY, MAY 6, 2024 NON INSTRUCTIONAL DAY—NO CLASSES

SUNDAY, MAY 12, 2024 MOTHER'S DAY

MONDAY, MAY 20, 2024 VICTORIA DAY—NO CLASSES