

SISTER MAC SPECIAL

JANUARY 2025

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204-942-6965

Message from the Administrative Team

Dear Sister MacNamara Families,

Happy New Year and all the very best to you, our dear families, and our community in 2025! We hope everyone had a restful holiday spent with family and were able to get outside to enjoy activities. We also hope that 2025 brings you a year of good health, joy, peace and loads of love.

A huge “thank you” goes out to our teaching staff, who created our Winter Concerts this year. The students and teachers worked hard to produce a performance for you to enjoy. We hope that it brought you joy and filled you with warmth. It was wonderful to be together to enjoy the songs dances, videos, learning and performances! The student performers in Nursery-Kindergarten and Grades 1-6 were outstanding and they appreciated that you cheered them on with your presence and applause.

Our annual Mobile Vision Clinic will be taking place on January 28th. Qualified staff will assess students’ vision and they will let you know if there is a need for a prescription for eye glasses or follow-up with an eye doctor. An information package will be sent home soon for families to complete. Only students with signed permission forms will be able to visit the clinic. Please return them as soon as possible.

Our Family Gathering will be taking place on Thursday, January 16th, 5:00 PM. Come and join us for a light supper and meet other families that are a part of our school. You will have a chance to learn about our school and ask questions about learning and other events. There will be a chance to win a prize for coming out to the event.

We noticed an increase in the number of students that were bringing large bags of chips, pop and other foods high in sugar and fat before the Winter Break. We want to remind everyone that these types of foods are to be kept at home. Our school and Lunch Program follows the Healthy Foods policy. We work hard to serve students healthy foods for Breakfast and Snack Program every day at our school. Making good food choices helps to support good growth and the ability for students to focus on learning every day.

We are excited and encourage all our families to walk their children to school. We are also happy to welcome our families into our Family Room. Those that are visiting our school are asked to wait at the entrance doors until school staff meet them before coming into the school. This is appreciated.

Here is to a new year, full of possibilities, new experiences, hope for a better future and a strong partnership between you and our school staff. Happy 2025!!!

D. Lenhardt Mair
Principal



S. Medaglia Dos Santos
Vice Principal

CALENDAR OF EVENTS 2024-25



FEBRUARY 2025

- 14 VALENTINE'S DAY
- 17 LOUIS RIEL DAY—HOLIDAY – SCHOOL CLOSED
- 28 JUMP ROPE FOR HEART ASSEMBLY 2:30 PM

MARCH 2025

- 14 PROFESSIONAL DEVELOPMENT – NO CLASSES
- 17-18 IEP MEETINGS
- 20 STUDENT-LED CONFERENCES – EVENING
- 21 STUDENT-LED CONFERENCES – ALL DAY – NO CLASSES
- 24-28 SPIRIT WEEK
- 28 MOVIE DAY
- MAR. 31-APR. 7 SPRING BREAK – SCHOOL CLOSED

APRIL 2025

- 7 SCHOOL RE-OPENS AFTER SPRING BREAK
- 11 PROFESSIONAL DEVELOPMENT DAY—NO CLASSES
- 16 BUS RIDERSHIP
- 17 DAY OF PINK – ASSEMBLY 1:15 PM
- 18 GOOD FRIDAY – SCHOOL CLOSED
- 25 VOLUNTEER CELEBRATION—10:30 AM

MAY 2025

- 9 SCHOOL PLANNING DAY—NO CLASSES
- 19 VICTORIA DAY—HOLIDAY – SCHOOL CLOSED

JUNE 2025

- 13 FIELD DAY
- 19 YEAR END CELEBRATION—9:00 AM
- 20 GRADE 6 FAREWELL—1:15 PM
- 20 REPORT CARDS GO HOME
- 21 NATIONAL INDIGENOUS PEOPLES DAY
- 27 TALENT SHOW – 9:15 AM
- 27 LAST DAY OF SCHOOL—STUDENT DISMISSAL AT 11:30 AM

Happy
New Year



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.* Applicant 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.



NEWS FROM THE GYM

A big congratulations to the grade 5/6 tripleball team who played in a morning tournament on December 11. Tripleball is a lead up game to volleyball. It follows the same rules as volleyball but adds in a catch and a toss. This catch and toss helps slow the game down and increases the chance of a prolonged rally, which results in players getting to touch the ball more often. Teams from Victoria Albert School and Weston School came to our school to take part in the tournament. You played hard, were respectful, and had tons of fun! Way to go Sister Mac!

Brr, it is cold outside. During these cold winter months, it can be hard to stay physically active. On the next page there is an indoor, bodyweight (no equipment needed) workout that you can do as a family in the comfort of your home. You perform each exercise for a minute, taking a one-minute break before moving to the next exercise. Once you get to the end you can cycle back to the top and start again (level 1: 3 cycles, level 2: 4 cycles, and level 3: 5 cycles).



1 & 1 Workout

1 minute of work for each exercise then 1 minute rest after each exercise

Level 1: 3 sets

Level 2: 4 sets

Level 3: 5 sets

1. High Knees



2. Jumping Jacks



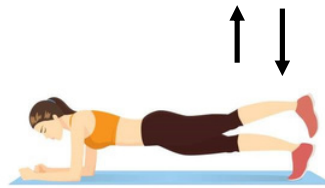
3. Squats



4. Lunges



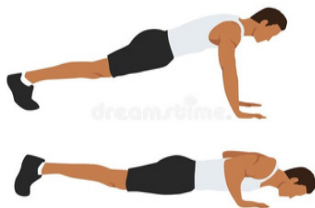
5. Plank Leg Raises



6. Mountain Climber



7. Push Ups



8. Side Lunge



9. Leg Raises



10. Single Leg Kick Back



11. Calf Raise



12. V Sit Hold





Lunch Program News

Lunch program is well on its way this year!

Thank you for sending healthy lunches for your child to enjoy. We would like to remind you that there is only one microwave per lunch room. Please ensure that your child's lunch is not frozen and can be heated up in a couple of minutes. Your help is much appreciated.

Please pack healthy choices if you are sending extra snacks in your child's lunch. Extra fruit or cheese and crackers are good choices! Foods that are high in sugar and fat content need to be left at home.

Just a reminder... do not send any peanut or nut products or any fish(including tuna, or salmon) as there are students who have life threatening allergies to these foods.



A SCARF OR KNIT MASK THAT COVERS FACE & MOUTH

A HAT

A WATER-RESISTANT COAT


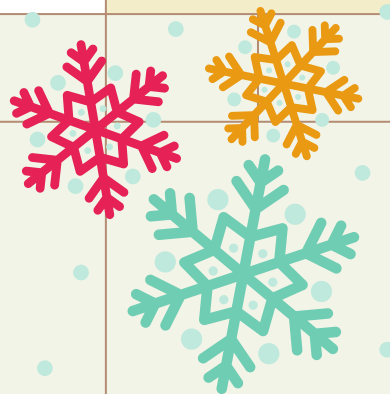
MITTENS OR GLOVES

SEVERAL LAYERS OF LOOSE-FITTING CLOTHING

WATER-RESISTANT BOOTS



January 2025 - Family Room

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6	DAY 5	7	DAY 6	8	DAY 1	9	DAY 2	10	DAY 3
Welcome Back!		Food Distribution				Beading with Teresa 1:30		Cooking Class 1:15 pm	
13	DAY 4	14	DAY 5	15	DAY 6	16	DAY 1	17	DAY 2
Craft Time 1:15 pm		Food Distribution		Nutrition Bingo 2:30		Family Gathering 5:00		Cooking Class 1:15 pm	
20	DAY 3	21	DAY 4	22	DAY 5	23	DAY 6	24	DAY 1
Craft Time 1:15 pm		Food Distribution		Nutrition Bingo 2:30				Cooking Class 1:15pm	
27	DAY 2	28	DAY 3	29	DAY 4	30	DAY 5	31	DAY 6
Craft Time 1:15 pm		Food Distribution		Nutrition Bingo 2:30				non instructional day NO CLASSES	
									

Family Room News January 2025



FOOD

Distribution

-Every Tuesday

Please make an appointment to pick up bread and potato packages.

Family Gathering

Jan 16th @ 5pm



Join us for school news and pizza dinner.

Childcare is provided.

Presentation by Winnipeg Adult Education Centre

events

Thurs Jan 9th @ 1:30 Pm - Beading with Teresa
All supplies provided and no experience required!

Mondays - Jan 13, 20, 27 @ 1:30 Pm - Craft Time

Wednesdays - Jan 15, 22, 29 @ 2:30 - Nutrition Bingo
Play bingo and take home food prizes!

Fridays - Jan 10, 17, 24 @ 1:30 - Cooking Class
Learn a new recipe and take home your creation!

Please contact Nicole
with any questions
nichristmas@wsd1.org
204-942-6965



January 2025



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6	DAY 5	7	DAY 6	8	DAY 1	9	DAY 2	10	DAY 3
								Grade 6 Indoor Soccer 12-1:00 at U. of W	
		13	DAY 4	14	DAY 5	15	DAY 6	16	DAY 1
Grade 6 Indoor Soccer 12-1:00 at U. of W.				Grade 5/6 Tripleball Tournament AM		Family Gathering 5:00			
20	DAY 3	21	DAY 4	22	DAY 5	23	DAY 6	24	DAY 1
		Grade 6's Aviation Museum all day 				Grade 6 Indoor Soccer 12-1:00 at U. of W.		 Rooms 202 & 225 Children's Museum all day Assembly 9:00 Rooms 227, 229, 230	
27	DAY 2	28	DAY 3	29	DAY 4	30	DAY 5	31	DAY 6
		Mobile Vision Clinic 						Non Instructional Day NO CLASSES	
						Looking ahead Monday, February 17, 2025 Louis Riel Day, NO Classes Friday, February 28, 2025 Jump Rope for Heart Assembly			