

# The Sister Mac Special



Sister MacNamara School  
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JUNE 2024

## ◆ Message from the Administrative Team

Dear Sister MacNamara Families,

June has arrived and celebrations are in store for Sister MacNamara School. We would like to share some of our accomplishments this year from our Family Gatherings & school events; Orange Shirt Day, Remembrance Day assembly, Jump Rope for Heart month, Volunteer Celebration, whole school Inquiry—94 Calls to Action, our highly attended Winter Concert, RWB Dance, Zumba Dancers, Spirit Week, Day of Pink assembly, STEAM Fair, Smile Dental, Mobile Vision Clinic, BSSIP family / school events, and CanU; we have so many things to celebrate! We hope you and your children enjoyed the opportunity to take part in these unique experiences throughout this past school year.

Rooms 202, 225 and 228 will be representing Sister MacNamara School at the Winnipeg School Division year end Pow Wow. This event will be taking place on Thursday, June 6th in the field adjacent to Tech Voc High School. Students who decide not to dance can participate in other learning opportunities around the grounds. Note the Grand Entry will take place at 10:30 am and closing ceremonies will take place at 2:00 pm.

We would like to take the time to thank the staff of Sister MacNamara for a successful year of learning, exploring and growing together as a community. The school will be sending out a formal letter to update you on staff changes for the upcoming school year. We wanted to share that **Ms. Susan Lam will be retiring** from our school at the end of June. She has been a teacher at our school for many years and she has been a big part of many of our students' lives. We wish her well in her retirement. Please congratulate her when you see her at school.

Sister MacNamara School will be hosting our Year End Celebration assembly on June 19th, at 9:00 AM. This will be a day where we will take some time to honour our students' achievements for the 2023-2024 school year.

The Grade 6 Farewell Ceremony will take place in the gym on Tuesday, June 25th at 1:15 pm. This will be a time where we will be highlighting our Grade 6 students' accomplishments as they transition to Junior High and say farewell to the Sister MacNamara school community. This is a memorable event.

A friendly reminder for summer safety as we participate in field trips and prepare for the Summer Break. The effects of extreme heat can range from general discomfort to heat stress. Some steps that can be taken to reduce discomfort - wear lightweight, light colored, loose-fitting clothing -take rest breaks and drink cool (not cold) beverages regularly. When participating in water activities, **children should always be within an arm's reach of an adult when they are in or around water.** This includes pools, bathtubs, beaches, and other water sources.

Our hope is that throughout the Summer Break you and your children will continue to have deep discussions about the four leading questions for our inquiry "Who am I? Where do I come from? Why am I here? and Where am I going?" as well as our commitment to the 94 Calls to Action. Our hope is that you take the time to connect with the land and continue to explore "The Wonder We Are Born With—Mamāhtawisiwin."

### Coming Events for June

June 6th— Annual Division Pow Wow at Tec Voc School  
June 14th— Field Day  
June 19th—Year End Celebration

June 25th— Grade 6 Farewell  
June 25th—Report Cards go Home  
**June 28th —last day of classes, 11:30 DISMISSAL**

Debbie Lenhardt Mair  
Principal



Sonia Medaglia Dos Santos  
Vice Principal

CSI staff will be starting to work out of Sister MacNamara School in the month of June. They will be contacting families in regards to those who will be in the program for the summer.



## SISTER MACNAMARA SCHOOL CALENDAR OF EVENTS 2024-2025

### SEPTEMBER 2024

- 3 Administration Day – Opening Day Staff Meeting - NO CLASSES
- 4 First day of school for students Grades 1-6
- 6 New School Year assembly – Administration hosting – 9:00 AM
- 9 First day for Nursery - Kindergarten  
Whole School Evacuation Day—Knox Church
- 19 Meet the Staff Night—5:00 PM
- 20 Terry Fox Run
- 27 Orange Shirt Day
- 30 National Day for Truth and Reconciliation – SCHOOL CLOSED

### OCTOBER 2024

- 3 Welcome to Kindergarten—5:00 PM
- 9 Professional Development – NO CLASSES
- 14 Thanksgiving Day HOLIDAY – SCHOOL CLOSED  
Immunization Clinic - AM  
Bus Ridership
- 25 Professional Development—NO CLASSES
- 31 Halloween

### NOVEMBER 2024

- 5-6-7 Hearing Screening
- 8 Remembrance Day Assembly—11:00 AM
- 11 Remembrance Day – SCHOOL CLOSED
- 22 Professional Development-NO CLASSES
- 25-26-27 IEP Meetings
- 28 Student-Led Conferences—Evening
- 29 Student-Led Conferences—NO CLASSES

### DECEMBER 2024

- 18 Winter Concert—6:00 PM for Grades 1-6
- 19 N-K Winter Concert—10:00 AM & 1:30 PM
- 20 Movie Day
- Dec 23 – Jan 3 WINTER BREAK – SCHOOL CLOSED

### JANUARY 2025

- 6 School re-opens after Winter Break
- 28 Mobile Vision Clinic
- 31 Professional Development Day – NO CLASSES

### 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  
17-18-19 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

7 School re-opens after Spring Break  
11 Professional Development Day—NO CLASSES  
17 Day of Pink – Assembly 1:15 PM  
18 Good Friday – SCHOOL CLOSED  
Bus Ridership  
25 Volunteer Celebration—10:30 AM

## MAY

9 School Planning Day—NO CLASSES  
19 Victoria Day—HOLIDAY – SCHOOL CLOSED

## JUNE

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

## *Looking ahead to the 2024-25 School Year!*

### Common Closure dates:

**Tuesday, September 3, 2024 Metro**  
**Wednesday, October 9, 2024 WSD**  
**Friday, October 25, 2024 MTS PD Day Metro**  
**Friday, November 22, 2024 WSD**  
**Friday, November 29, 2024 Student Led Conference**  
**Friday, January 31, 2025 Metro**  
**Friday, March 14, 2025 Metro**  
**Friday, March 21, 2025 Student Led Conference**  
**Friday, April 11, 2025 Metro**  
**Friday, May 9, 2025 WSD**





## Sister MacNamara School's Inquiry Project

As the principal of Sister MacNamara School and one of the leaders at our school, I am very proud of the hard work that was completed by the students and all staff during the month of April on our inquiry project - "94 Calls to Action". The following are commitments made by each classroom in supporting these actions and working towards reconciliation in our school and community. We are sharing them with you as a culmination of our learning and the work we do in our school every day. These commitments will be our guiding statements as we end this year of investigation and begin our learning for the next school year. We thank our families for being partners in knowledge sharing and leadership. You are appreciated.

### ***Our commitments...***

***"Room 124 is committed to love and respecting one another and the people in our communities."***

***"Room 125 is committed to reconciliation and everyone belongs."***

***"Room 119 and adults are committed to learning more about Truth and Reconciliation and to become an ally to the Indigenous people by exploring and supporting the 94 Call to Actions."***

***"Room 121 is committed to learning one Indigenous language. Room 121 is also committed to learning each other's cultures."***

***"Room 202 is committed to continue learning about Manitoba Indigenous culture, people and history. During our school wide Inquiry, we focused on number 62 of the 94 Calls to Action. We really wanted to learn more about dance, art, food and language. We learned a lot about Pow Wow dances, and what the dances and regalia represent. We have read many books that showcase the Cree language and many ways to connect to the land we live on. We also learned about the art and skill of making Birchbark canoes. We then made our own Birchbark canoe toys! We made delicious bannock with our learning buddies!"***

***"Room 206 is committed to learning about Indigenous people and cultures this year and as we get older. We will continue to learn about the past and present so that in the future everyone in Canada has the same opportunities."***

***"Room 225 We in Room 225 have been taking a closer look into number 62 of the 94 Calls to Action. We revisited residential schools and the past, in order to have a better understanding of the need for Truth and Reconciliation and what those big words mean. We learned about the word Indigenous and what it means while we took a closer look into the different Indigenous languages spoken across Canada. We focused on Pow Wows and all they encompass; the different dances and the meaning behind them, the regalia worn, the importance of the drum and tobacco. We have a lot more learning to do, that is why the students in Room 225 commit to continuing our learning about Indigenous culture, peoples and history of Canada. As a teacher I commit to becoming more familiar with all the 94 Calls to Action and continuing to incorporate them into my daily teaching practice."***

***"Room 226 is committed to reconciliation by following the 7 Sacred Teachings as guidance to reconcile for the wrong that was done to the Indigenous people in the past. The 7 sacred teachings teach us how to reconcile with our Indigenous friends, families and neighbors by following the teachings. The Indigenous people have been using the 7 teachings to guide them selves by showing reflection of Humility, Bravery, Honesty, Truth, respect and love to each other. We commit to following the 7 Teachings as our way towards reconciliation."***

***"Room 227-" We call upon the students of Sister MacNamara School to accept everyone (For Example: Indigenous People, women, people with dark skin, people with different abilities, LGBTIQA+ community members, people with different religions) to play in every sport at Sister Mac equally. This is called representation. We pledge to make everyone feel like they are welcome at Sister MacNamara School by helping others, sharing, inviting others to play and by including everyone."***

**“Room 228** is committed to continue learning about Indigenous peoples water crisis. Indigenous people have been facing the issues like lack of clean water for drinking and for everyday use. The number water-borne diseases in first Nations communities is one of the greatest violations of the United Nations recognized human rights to water and sanitation. Our project helped us to learn about the current situation of the water crisis and water advisories. We were able to explore how as a human being we can support. We need to make sure we don’t waste water and join hands to keep water safe and clean. We learned to create power point slides presenting our research in a sequential order. We also explored how we can use pictures and posters to raise awareness among the people so they understand that everyone needs to join hands to make this process a joint effort. Clean water is a basic human right and the government should really measure the progress and lift the remaining water advisories so Indigenous people can get clean water. Our learning from books like Nibi’s Water Song and We ARE Water Protectors encouraged us to understand the value of joining together as a community to help make our voices heard for the basic human needs to be met.”

**“Room 230** is committed to being good ancestors by: 1) Continuing to learn more about the 94 Calls to Action, Canadian history and the legacy of Residential Schools so we can do better and learn from our mistakes. 2) Respecting everyone regardless of ethnic background, their culture, language, religions by: using kind words, listening to stories from other cultures to learn more about them, be open to learning more about Canada’s history to educate ourselves and to help others. 3) Be more understanding and empathetic towards others who may be struggling from the effects and trauma of Residential Schools. 4) Advocate for change and to make our country a better place to live for everyone. 5) Be stewards of the land and take care of our earth by: planting trees or a garden, recycling more, using less garbage, not littering, picking up after yourself.”

**“Room 128** is committed to the 22<sup>nd</sup> Call to Action. This call to action is to integrate Indigenous healing practices and nutrition into our own lives. A big part of this is through the nutritious foods we eat in our own and other cultures to stay mentally and physically healthy as part of our reconciliation.”

**“Room 129** is committed to respecting Indigenous Peoples culture and rights. We will continue to learn about what we can do to help fix the trust and relationships with Indigenous Peoples so that we do not make the same mistakes in the future.” As part of the 94 Calls to Action, our school will continue to embed Indigenous game and activities into our learning.”

### **Music Room Call to Action**

As Call to Action 62 states: As Teachers and Staff, we will: Make age-appropriate curriculum on residential schools, Treaties, and Aboriginal peoples’ historical and contemporary contributions to Canada a mandatory education requirement for Kindergarten to Grade Twelve students. In order to achieve this, we will: 1) Create lessons and activities that examine and appreciate Indigenous Dancers, Artists, Painters, Singers, and Actors. 2) We use and explore a variety of music from Indigenous artists from around Canada and with a focus on artists in Winnipeg. 3) Consult with elders and community members to further our learning. As students we will: 1.) Inquire and examine the work of Indigenous Artists from around Canada and focus primarily on artists from Winnipeg. 2.) Apply the seven sacred teachings to our how we treat each other and ourselves in the class room.

**“Sister MacNamara Phys.Ed program** is committed to introducing and connecting children to sports, games and activities that respect and reflect the knowledge and ways of life of Indigenous peoples. As part of the 94 Calls to Action our school will continue to embed Indigenous game and activities into our learning.”



Registrations are welcome for the month of June.

The office will be closed for the summer. The office re-opens for registrations on Tuesday, August 27, 2024.

## **NEWS FROM THE GYM**

There was a lot going on in the gym during the month of May, making sure that Sister MacNamara students stayed active and healthy!

We finished our residency with the Royal Winnipeg Ballet. It was really fun (and hard!) learning the final dance. Created by the National Ballet School the choreography was inspired by African and contemporary dance styles. We hope to bring the RWB back to Sister MacNamara next year.

When ballet ended, Zumba began. We welcomed a guest instructor into our gym for four Fridays over the month of May to lead a Zumba class. Zumba is a Latin-inspired dance workout that primarily focuses on aerobic fitness. With music, energetic steps, and lots of dancing, students worked up a sweat and had a ton of fun!



Now that it is June, intramurals are done for the year. Thank you to all the students who participated over the lunch hour. Intramurals will start again next October.

The divisional fit run competition is happening June 4th. Students have been training every Thursday for the past two months. The event is a 2km race against grade 4-6 students from other schools in the division. We are so proud of all the students who committed to the team, trained hard, and represented our school so well. Way to go!



A reminder that even though the weather is warm students are still required to have a pair of indoor runners at school. This allows for safe and active participation in the gym. Sandals, crocs, and muddy/dirty shoes are not allowed in the gym and make it difficult for all students to participate.

Summer is fast approaching, and I encourage all students to do their best to stay active while away from school. Health Canada recommends getting 30-60 minutes of moderate physical activity every day. During physical education classes we have been preparing for the summer transition by trying some online work out videos. Online workouts come in a wide variety of styles, lengths costs, and fitness focuses. Look for ones that are free, bodyweight (uses no equipment), and geared towards students. These fun videos can be done as a family and are a great way to get moving. Below are several YouTube channels which have student friendly workouts.

*PE Bowman - Level Up series, Floor is Lava series*

*Mr. Cerillo - Rock, Paper, Scissors workout*

*Fix and Play - Would you Rather workout*

*GVO Kids - Workout videos*

*Cosmic Kids Yoga - yoga videos*

Have a safe and active summer!



## Summer Fun Day!!!

On Friday, June 14<sup>th</sup> we will be having our annual field day. This is a fun day where students get to spend the morning or afternoon outside playing different games with their class.

Rooms 124 AM, 125 AM, 128, 129, 226, 227, 228, and 230 will participate in activities all morning.

Rooms 124 PM, 125 PM, 119, 121, 202, 206, and 225 will participate in activities all afternoon.



**Students should dress appropriately for active games**, wear running shoes and a hat, and bring a water bottle. Some of the stations will be water stations, students may get wet. There will also be one station inside the school to help students stay cool.

Insect repellent and sunscreen may be applied before leaving home.

### Lunch Program Information

We have had a successful lunch program this past year and are now making plans for next year's lunch program.

#### **PLEASE NOTE:**

All Lunch Program fees for the current school year must be paid in full by **Friday, June 7, 2024**. All lunch fees must be paid in full in order to have a spot for the 2023-24 school year.



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 should 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.***

# JUNE 2024 – FAMILY ROOM



| Monday                                      | Tuesday   | Wednesday                                      | Thursday  | Friday   |
|---|---|--|---|--|
| <b>3</b> DAY 3<br><br>Wellness Art<br>2:30  | <b>4</b> DAY 4<br><br>Potato and Bread<br>Distribution  | <b>5</b> DAY 5<br><br>Nutrition Bingo<br>2:30  | <b>6</b> DAY 6<br><br>Room Closed                                       | <b>7</b> DAY 1<br><br>Beading<br>with Teresa<br>1:30           |
| <b>10</b> DAY 2<br><br>Wellness Art<br>2:30 | <b>11</b> DAY 3<br><br>Potato and Bread<br>Distribution | <b>12</b> DAY 4<br><br>Nutrition Bingo<br>2:30 | <b>13</b> DAY 5<br><br>CNE Presentation<br>and<br>Cooking Class<br>1:00 | <b>14</b> DAY 6<br><br>Community<br>Clean Up<br>2:30           |
| <b>17</b> DAY 1<br><br>Wellness Art<br>2:30 | <b>18</b> DAY 2<br><br>Potato and Bread<br>Distribution | <b>19</b> DAY 3<br><br>Nutrition Bingo<br>2:30 | <b>20</b> DAY 4<br><br>Cooking Class<br>1:00                            | <b>21</b> DAY 5<br><br>Community<br>Clean Up<br>2:30           |
| <b>24</b> DAY 6                             | <b>25</b> DAY 1   | <b>26</b> DAY 2                                | <b>27</b> DAY 3   | <b>28</b> DAY 4<br><br><i>WHOLE SCHOOL<br/>11:30 DISMISSAL</i> |
|   |   |  |   |  |





# Family Room News – June 2024



## Wellness Art

Monday, June 3 – Suncatchers

Monday, June 10 – Wreath

Monday June 17 – Wood sign



## Nutrition Bingo

Wednesdays June 5, 12, and 19 @ 2:30 pm

-food prizes for all participants!

## Cooking Class

Thursday, June 13 – Lentil Tacos

A guest presenter from Community Nutrition Education

will present on cooking basics and then we will prepare lentil tacos.



Thursday, June 20– Homemade snacks. Granola bars and more!

## Beading with Teresa

Friday, June 7 @ 1:30

Teresa will teach the basics of beading. All supplies provided.

## Community Clean Up

Friday, June 14 and 21<sup>st</sup> @ 2:30

All volunteers will receive a gift package. Please join us!



## Tuesdays

### Potato and Bread Distribution

June 4, 11, and 18<sup>th</sup>

Please call Nicole  
at 204-942-6965 to  
make an appointment  
for pick up.

Thanks!



# JUNE 2024

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
| <b>3</b> DAY 3<br><br>Rms 128 & 129 to MB Legislative building  | <b>4</b> DAY 4<br><br>Fit run<br>Grades 4-6 AM   | <b>5</b> DAY 5  | <b>6</b> DAY 6<br><br>WSD<br>Pow Wow<br>Rms 225, 202, 228  | <b>7</b> DAY 1  |
| <b>10</b> DAY 2   | <b>11</b> DAY 3<br><br>Zoo field trip<br>Rm 230<br><br> | <b>12</b> DAY 4<br><br>STEAM fair<br>@ MB museum all day<br>For STEAM club students | <b>13</b> DAY 5<br><br>Bowling<br>Patrols AM<br><br>  | <b>14</b> DAY 6<br><br>Summer fun day<br>Whole school<br><br>              |
| <b>17</b> DAY 1<br><br> | <b>18</b> DAY 2<br><br>MTYP all day<br>Rms 202 & 225<br><br>Rooms 119 & 121<br>Children's Museum AM                                      | <b>19</b> DAY 3<br><br>Year End Celebration<br>9:00<br>Whole school<br>Assembly     | <b>20</b> DAY 4<br><br><br>Golf<br>School wide<br><br>Grade 6 bowling AM<br><br> | <b>21</b> DAY 5<br><br>  |
| <b>24</b> DAY 6   | <b>25</b> DAY 1<br><br>Grade 6 Farewell<br>1:15 PM<br><br>Report cards go home   | <b>26</b> DAY 2   | <b>27</b> DAY 3  | <b>28</b> DAY 4<br><br><br><b>WHOLE SCHOOL</b><br><b>11:30 DISMISSAL</b> |



Grades 1-6 classes for the 2024-25 school year start Wednesday, September 4, 2024.  
Kindergarten & Nursery start Monday September 9, 2024