



SISTER MAC SPECIAL

MARCH 2025

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Winnipeg MB R3B 1V5
sistermac@wsd1.org
204-942-6965

Message from the Administrative Team

Dear Sister MacNamara Families,

February has been an incredible learning month with many fun and engaging experiences. Students in Rooms 128 and 129 hosted our monthly assembly and shared their learning about their novel studies with the whole school. We also had very good participation in our Jump Rope for Heart assembly. Please see the Physical Education section in the newsletter to learn more about the amazing events held by Ms. Macdonald. There are so many great things to celebrate at our school!

Our grade 6 students and their teachers have begun preparing for the next school year. A letter was sent home from our school explaining the registration process for our Grade 6 students going to Grade 7. The division is requiring you to register at your home school. The on-line registrations have started already on February 10th. If you are requesting a Schools of Choice, you will need to complete another form on-line. You will only be able to make this request between March 3rd and May 15th. The division will notify you in late June if you will be able to attend your School of Choice. We encourage families to call, ask questions or visit schools as this will help you to make decisions about where your child will attend Junior High School. Please speak to your child's teacher if you have any questions, we are here to help.

As Term 2 comes to an end, teachers are preparing student report cards to share with you. An appointment time sheet will be sent home on March 4th. Please complete it with your choice of appointment times and return it as soon as possible to your child's teacher. Report cards and your appointment time will be sent home on Tuesday, March 18th. Teachers will be meeting with you in person on Thurs., March 20th from 4:00 PM to 8:00 PM and all-day March 21st. Please ensure you participate to find out about your child's progress and to celebrate all their hard work. If you are unable to join us, please contact your child's teacher to make alternative arrangements.

Students can look forward to Spirit Week from March 24-28. See more details inside this newsletter. Participation is optional but a lot of fun for students and staff. Students will also enjoy a Movie Day on Friday, March 28th, the last day before Spring Break. Please make sure that your child/children don't miss out on these fun events, as we would love to see all of our Sister MacNamara students here each and every day! Attendance matters!

Many of our families and staff will be joining other Muslims from around the world to observe and celebrate the month of Ramadan. Happy Ramadan to all of our friends.

Important dates:

- *March 6th - Family Gathering 5:00 PM
- *March 10th - Classroom Group Picture Day
- *March 14th - School Closed for regular classes - staff professional development
- *March 20th - Student-Led Conferences 4:00 PM to 8:00 PM and all-day March 21st
- *March 31st to April 4th School Closed for SPRING BREAK



D. Lenhardt Mair
Principal

S. Medaglia Dos Santos
Vice Principal

CALENDAR OF EVENTS 2024-25



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
- 22 GRADE 4 SWIMMING COUNTS TRAINING AT SCHOOL
- 25 VOLUNTEER CELEBRATION—10:30 AM

MAY 2025

- 1, 8, 15 GRADE 4 STUDENTS TO SGT TOMMY PRINCE POOL FOR SWIMMING
- 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



spirit week



Monday March 24 - Hat Day (wear your favorite hat)



Tuesday March 25 - Tropical Beach Day (surf and sand anyone?)



Wednesday, March 26 - Sports Day (support your favorite team)



Thursday March 29 - Color Explosion Day (wear your bright colors)



Friday March 28 - Pyjama Day (bring your stuffie)



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.

The Lunch Program has behavior expectations. Please review them with your child. They are:

Listen to the adults at all times

Use kind words to solve problems

Keep your hands and feet to yourself at all times

Ask a grown up for help.



NEWS FROM THE GYM

February was a busy month at Sister MacNamara. All month students worked on their jumping skills to help strengthen their heart and lungs. Students talked about the importance of keeping your cardiovascular system strong and healthy (decreases the risk of heart and stroke, lowers blood pressure, increased life expectancy...) and looked at all the different ways that we use jumping in different physical activities. Students explored jumping in dance by learning the Mexican Hat Dance, through culture by playing several Inuit and Dene traditional games that involved jumping such as the one-foot-high kick, and through fitness by skipping rope and using an agility ladder. The month ended with our annual Jump Day assembly. Each class had a challenge to see who could do the most skips in one minute; that student became the jump champion of their classroom. The jump champion from each class competed against other classroom champions in their grade to find out who was the ultimate jump champion. We all had so much fun cheering on the jumpers, watching the cultural, fitness, and dance demonstrations, and it all ended with a staff jump off! Way to go all Sister Mac students, you worked very hard to improve your jumping skills and heart and lung health.



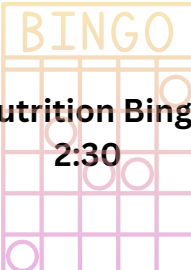

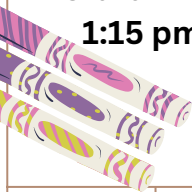

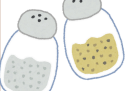


A big congratulations to our grade 6 indoor soccer team who concluded their season with their final game at the end of February. You were a competitive, kind, respectful, and hardworking team. We are so proud of how beautifully you represented our school.

This year Sister Mac has joined the Inner-City Basketball League, which is a new endeavor the WSD started this year. The league runs over the month of March, we have two teams of grade 6 students. Games are played over the lunch hour at the Sport For Life Building, against other schools in the division.



Family Room - March 2025



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4		5		6		7	
Craft Time 1:15 pm 		Food Distribution		 Nutrition Bingo 2:30		Family Gathering 5 pm -presentation by YMCA		Cooking Class 1:15 pm -stuffed pasta 	
10		11		12		13		14	
Craft Time 1:15 pm		 Food Distribution		Nutrition Bingo 2:30		Beading with Teresa 1:30		PD -no classes	
17		18		19		20		21	
Craft Time 1:15 pm 		 Food Distribution		Nutrition Bingo 2:30		Student-Led Conferences 4:00-8:00 pm		Student-Led Conferences -no classes	
24		25		26		27		28	
Cooking Class 1:15 pm -hashbrown casserole 		Painting 9 am Food Distribution		 Nutrition Bingo 2:30		Winnipeg Public Library presentation 11:15 AM 		Family Room Closed	

Family Room News

March 2025

FOOD

Distribution

-Every Tuesday

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

Thursday, March 27th

Winnipeg Public Library Presentation

A representative from the library will be in the Family Room to present about the different services available at Winnipeg Public Libraries.

Family Gathering!

Thursday, March 6th
@ 5pm

YMCA - Recreation Opportunities for Children Presentation
Please come out to learn more about free memberships for children!

March 20 and 21st

Please stop by the Family Room when you are here for Student Led Conferences! There will be a clothing giveaway and a display of resources

March events

Craft Time @ 1:15 pm

Monday, March 3 - String Art

Monday, March 10 - Spring decoration

Monday, March 17 - St. Patrick's Day craft

Cooking Class @ 1:15 pm

Friday, March 7 - stuffed Pasta

Monday, March 24 - hashbrown casserole

Wednesdays - March 5, 12, 19, 26 @ 2:30 - Nutrition Bingo
Play bingo and take home food Prizes!

Thurs March 13th @ 1:30 pm - Beading

All supplies provided and no experience required!

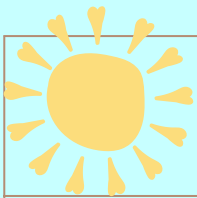
Teresa will lead a simple technique in creating beaded earrings from her Metis Perspective.

Please contact us with any questions: 204-942-6965

Nicole: nichristmas@wsd1.org

Hamda: hahmed@wsd1.org

(speaks Somali)



March 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Day 2	4	Day 3	5	Day 4	6	Day 5	7	Day 6
RWB AM Inner city Grade 6 basketball 						Family Gathering 5 pm			
10	Day 1	11	Day 2	12	Day 3	13	Day 4	14	Day 5
Classroom Photo day Inner city Grade 6 basketball 		Gotcha Week! Get 'caught' following school rules for a chance to win prizes! RWB AM						PD NO CLASSES for students	
17	Day 6	18	Day 1	19	Day 2	20	Day 3	21	Day 4
		Reports go home along with Student Led Conference times 		RWB AM		Student Led conference evening 4:00-8:00		Student - Led Conferences NO CLASSES	
24	Day 5	25	Day 6	26	Day 1	27	Day 2	28	Day 3
Spirit Week - see inside newsletter for details Inner city Grade 6 basketball 				Inner city Grade 6 basketball  Assembly 9:00 Rooms 223 & 226		S.M.I.L.E. Dental Grades 1, 3, 5		MOVIE DAY! WEAR YOUR PYJAMAS AND BRING YOUR STUFFIE! LAST DAY BEFORE SPRING BREAK. CLASSES RESUME MONDAY, APRIL 7	

Looking ahead

Monday, April 7, 2025Classes resume
 Friday, April 11, 2025 Professional Development, No Classes
 Friday, April 18, 2025 Good Friday, No Classes