

# The Sister Mac Special



Sister MacNamara School  
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MAY 2024

## ◆ Message from the Administrative Team

Dear Sister MacNamara Families,

Happy May to you! We are looking forward to spending more time outside in the Outdoor Learning Classroom with the warmer weather. We hope you are taking the time to enjoy the gorgeous sunny days! Please see Nicole, CSW, in the Family Room if you are interested in gardening and caring for plants at the school. Sister MacNamara School recognizes that time goes by very quickly in May and June.

There were several special events that took place last month, in April. The school celebrated the **Day of Pink** on April 12<sup>th</sup>. We celebrated messages of showing kindness to one another, to stop bullying and to constantly work on building a community of inclusion and equity at our school. The Nursery and Kindergarten classrooms hosted the assembly and put together a wonderful video of **How to Show KINDNESS!** Every classroom participated in our school's month-long Inquiry to learn more about the **"94 Calls to Action"**. Each classroom will make a commitment to do their part in the next steps towards learning more, finding out the truth about our past, understanding reconciliation and actively living to support the Calls to Action. These commitments will be published in our newsletter next month. Our Grade 4 students started their **Swimming Counts** program and are excited to participate in the swimming program at the Pan Am pool in May. There were several classroom events and field trips that were held in April. Multiple families came to support the events and enjoyed their time learning with their children at school. We appreciate so many people being with us as we focus on learning, families supporting their children and celebrating the ideas of Mamahtawiswin – living the "Good Life" and the BSSIP program. We also celebrated our **volunteers** last Friday with a beautiful reception to honour each one of them. We appreciate them and our staff who work tirelessly to share their gifts and talents during these events and in the classroom each day.

Registration Packages provided by Community School Investigators (CSI)—summer learning program were sent home on April 26<sup>th</sup>. *Remember to get registered as quickly as possible because spots fill up fast—1st come first served.* **Last day to return application forms is May 10<sup>th</sup>.**

May 6 to May 10 is *Healthy Minds Week* at the Winnipeg School Division. This year will be the eighth year the division has held Healthy Minds Week. The week is devoted to recognizing and promoting mental health and wellness among students, families, staff, and our community.

We encourage all our families to check out the newsletter calendar to keep informed about the special events in May and June. It is also a helpful reminder about all the field trips that are planned for each classroom at the end of the year.

We are very proud of our students and the school we serve in every day. Please reach out to us if you have wonderful things to share or if you have any concerns.

### Dates to remember in May:

**Monday, May 6—Professional Development Day—No Classes for students**

**Monday, May 22—Victoria Day, No School**

**Wednesday, May 8—Family Gathering 5:00 PM (last meeting for this year)**

Debbie Lenhardt Mair  
Principal



Sonia Medaglia Dos Santos  
Vice Principal



**CSI will be taking place once again at Sister MacNamara this summer!**

**CSI stands for Community Schools Investigators. Applications are being processed and those families who will be attending will be notified this month.**



### 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

The month of April went by so quickly at Sister MacNamara school. In physical education we spent the month learning about the Truth and Reconciliation Commission of Canada's 94 Calls to Action, specifically calls #87-#90. These calls look at the role sport plays in reconciliation. Students discussed how sport is not an equal playing field, meaning that not everyone has the same chances to play, excel, and grow in sports as others do. We discussed barriers that some people face when trying to access sporting opportunities and things we and the government could do to make it easier and more equitable. Students played a variety of Indigenous games (musk ox push, dog soldier, matchstick pull, big hoop, to name a few) and the older grades played lacrosse as part of our territory/invasion games unit. At Sister MacNamara school we are committed to reconciliation; while the focus this month was on Indigenous games in physical education we make sure to embed Indigenous games/activities into our learning throughout the school year.



As summer slowly approaches, extra-curricular activities at Sister MacNamara school are beginning to wind down. May is the last month for grade 4-6 intramurals (the activity will be baseball). Thank you to all the students who participated throughout the school year. Fit Run practices will continue every Thursday for the month of May and the run day is the morning of Tuesday, June 4.

Now that the weather is nicer please remember to continue to bring indoor running shoes to school, as they are essential for safe and active participation in the gym. Sandals, crocs, and other summer foot-





# WSD NEW STUDENT SCHOOL REGISTRATION STARTS FEBRUARY 26!

If your child is turning four or five by December 31 this year, it's time to register them for Nursery or Kindergarten.

Starting Nursery or Kindergarten is an exciting time and we're here to help.

Find your neighbourhood school on [winnipegsd.ca](http://winnipegsd.ca) and learn more about your child's school and the special role it has in your community.

Start your child on the journey of a lifetime of joyful and deep learning.

Visit [winnipegsd.ca](http://winnipegsd.ca)



WINNIPEG SCHOOL DIVISION

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 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.***





# MAY 2024 – FAMILY ROOM



Monday	Tuesday	Wednesday	Thursday	Friday
		1 DAY 5 Seed Planting 2:30	2 DAY 6 Beading 1:30	3 DAY 1 Cooking Class 1:00
6 DAY 2  NO CLASSES	7 DAY 3 Potato and Bread Distribution	8 DAY 4 Bingo 2:30 <u>Family Gathering</u> 5:00	9 DAY 5 <i>SEED Presentation</i> @ 1:00	10 DAY 6 Community Clean Up 2:30
13 DAY 1 Community Nutrition Educator : Canada Food Guide and Sugar Game 1:00-3:00 	14 DAY 2 Potato and Bread Distribution	15 DAY 3 Room Closed	16 DAY 4 Room Closed	17 DAY 5 Cooking Class 1:00
20 DAY 5 VICTORIA DAY NO CLASSES	21 DAY 6 Potato and Bread Distribution	22 DAY 1 Bingo 2:30	23 DAY 2 Beading 1:30	24 DAY 3 Community Clean Up 2:30
27 DAY 4	28 DAY 5 Potato and Bread Distribution	29 DAY 6 Fill flower boxes 2:30	30 DAY 1 Beading 1:30	31 DAY 2 Cooking Class 1:00



# May 2024 – Family Room News

## Tuesday afternoons

Food Distribution – Bread, Potatoes, and Onions  
Please let me know if you would like a pick up.

## May 1<sup>st</sup> – Seed Planting

All supplies provided to plant seeds to beautify our school.

## May 29<sup>th</sup> – Plant outdoor boxes

We will move these plants outside to the garden boxes in the school yard.

## Beading with Teresa - Thursday May 2, 23, & 30<sup>th</sup> @1:30

Guest Teresa Byrne, Indigenous Ways of Life Teacher with the WSD, will host a beading class

## SEED Presentation – May 9<sup>th</sup> @ 1:00

Come and learn about the Canada Learning Bond! The CLB contributes to your child's post secondary education at no cost to you.

## Community Nutrition Educator presentation - May 13<sup>th</sup>@ 1-3 pm

Canada Food Guide presentation and Sugar Game by CNE Helen

## Community Clean Up – May 10 and 24<sup>th</sup> @ 2:30

We will pick up garbage around the school yard. Garbage pickers, gloves and bags provided.

## Cooking Class - Friday May 3, 17, and 31<sup>st</sup>

Come and learn a new recipe. Take home your creation!

## Nutrition Bingo – May 8 and 22<sup>nd</sup> @2:30

Food prizes for all participants!

## Questions?

Contact Nicole

[nichristmas@wsd1.org](mailto:nichristmas@wsd1.org)

204-942-6964

## FAMILY GATHERING – MAY 8<sup>TH</sup> @ 5 PM

Please join us for the final Family Gathering of the year! We will have pizza, salad and cake. We will be asking for feedback from the past year so please come and share what you would like to see continue, suggestions for next year, or questions.







# MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 DAY 5	2 DAY 6	3 DAY 1
<div style="border: 2px solid red; padding: 5px;"> <p><i>Looking ahead.....</i></p> <p>Tuesday, June 25, ..... Grade 6 Farewell 1:15 PM</p> <p>Tuesday, June 25 ..... Report Cards go home</p> <p>Friday, June 28 ..... Final day of school 11:30 dismissal</p> </div>			Rms 225 & 226 to the MTYP PM	<i>Assembly Rooms 225 &amp; 226</i> <i>Zumba (phys ed) PM</i>
6 DAY 2	7 DAY 3	8 DAY 4	9 DAY 5	10 DAY 6
 NO CLASSES		<u><b>Family Gathering</b></u> <u>5:00</u>		Rm 230 to CMHR 9:30—2:30  <i>Zumba (phys ed) PM</i>
13 DAY 1	14 DAY 2	15 DAY 3	16 DAY 4	17 DAY 5
	Asham Stompers Jigging All day			<i>Zumba (phys ed) PM</i>
20 DAY 5	21 DAY 6	22 DAY 1	23 DAY 2	24 DAY 3
 NO CLASSES			Asham Stompers Jigging All day	
27 DAY 4	28 DAY 5	29 DAY 6	30 DAY 1	31 DAY 2
Rms 128 & 129 Lower Ft. Garry 9:00—3:30				<i>Zumba (phys ed) PM</i>

