



# SISTER MAC SPECIAL

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

## JANUARY 2026

### **Happy New Year and welcome back, Sister MacNamara families!**

We hope everyone had a restful and meaningful time with their loved ones during the winter break.

As we begin the new year of 2026, we hope your year is filled with good health, joy, peace, and love. The new year is a wonderful time to celebrate our shared commitment to academic excellence and to strengthening our community bonds.

A huge thank you goes out to our amazing music teacher, Ms. Liudmyla Prysiashniuk, who organized this year's winter concert. We also extend our thanks to the students and teachers who worked so hard to prepare the concert for everyone to enjoy. We hope you felt proud of the excellent work your children presented. It was wonderful to come together and enjoy the performances by students in Grades 1–6. We sincerely apologize that our Nursery and Kindergarten students were unable to perform as planned due to the weather.

Our whole-school pancake breakfast was a great success! Thank you to the staff and parent volunteers whose contributions made this possible.

January is a busy month, so we encourage you to review our calendar for important dates and details. Our annual mobile vision clinic will take place on January 27th. Qualified staff will assess students' vision, inform families if a prescription for eyeglasses is needed, and provide 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 attend the clinic, so please return them as soon as possible.

We also look forward to our family gathering on Thursday, January 15th, at 5:00 PM. Families are invited to enjoy a light supper, meet other families, and learn more about our school. Childcare will be provided, with fun-filled activities for children. There will also be an opportunity to ask questions about learning and school events, and attendees will have a chance to win a prize.

At Sister MacNamara School, attendance is paramount and plays a critical role in student success. Students who attend regularly are more likely to do well in literacy, numeracy, and assessments. By attending classes consistently and on time, students can keep up with their daily schoolwork and reach their academic goals.

Please remind your children to dress appropriately for the weather. Students are expected to go outside twice daily unless the temperature drops below -25 °C. This helps ensure their safety and comfort during outdoor recesses.

We are excited to welcome families into our family room. Visitors are asked to please wait at the entrance doors until a staff member greets them before entering the school. This is greatly appreciated.

We wish you a very happy New Year filled with joy, love, and peace.

Happy 2026!

M. Sackey  
Principal



C. Couture  
Vice Principal

## **SISTER MACNAMARA SCHOOL MISSION STATEMENT**

The mission of Sister MacNamara School is to create a safe and respectful environment where adults support students in achieving academic and social success. We appreciate and honour each other's strengths, differences, and cultural backgrounds while maintaining high standards for learning.

# SISTER MACNAMARA SCHOOL CALENDAR OF EVENTS 2025-2026



## FEBRUARY 2026

- 2 Professional Development Day - **NO CLASSES**
- 5 Family Gathering 5:00 PM
- 16 Louis Riel Day-HOLIDAY — **SCHOOL CLOSED**
- 27 Jump Rope for Heart assembly 2:30 PM

## MARCH 2026

- 4 Classroom Photos
- 5 Family Gathering 5:00 PM
- 16-17-18 IEP Meetings
- 18 Student-Led Conferences — evening
- 19 Student-Led Conferences — all day - **NO CLASSES**
- 20 Professional Development — **NO CLASSES**
- 23-27 Spirit Week
- 27 Movie Day
- 30-Apr.6 SPRING BREAK — **SCHOOL CLOSED**

## APRIL 2026

- 6 School re-opens after Spring Break
- 10 Professional Development Day - **NO CLASSES**
- 16 Bus Ridership
- 17 Day of Pink - Assembly 1:15 PM
- 23 Family Gathering 5:00 PM
- 24 Volunteer Celebration 10:30 AM

## MAY 2026

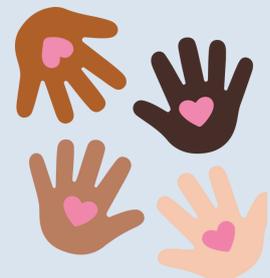
- 8 School Planning Day - **NO CLASSES**
- 7 Family Gathering 5:00 PM
- 18 Victoria Day - HOLIDAY - **SCHOOL CLOSED**

## JUNE 2026

- 12 Field Day
- 17 Year End Celebration
- 21 National Indigenous People's Day
- 24 Grade 6 Farewell - 1:15 PM
- 30 Talent Show 9:15 AM
- 30 Last Day of School - 11:30 dismissal for all students



Create a **POSITIVE**  
and **INCLUSIVE**  
*Learning*  
**ENVIRONMENT**





## NEWS FROM THE GYM

A big congratulations to the grade 5/6 triple ball team who played in a morning tournament on December 15. Triple ball is a lead up game to volleyball. It follows the same rules as volleyball but adds 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 John M. King 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!

This year several grade 6 students were invited to take part in a traveling triple ball team and got the opportunity to play in a tournament at Greenway School on December 9. These students worked extra hard to hone their skills and demonstrate great leadership in our school. Thank you for representing our school so well at the tournament!



Brr, it is cold outside. During these cold winter months, it can be hard to stay physically active. On the next page 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**



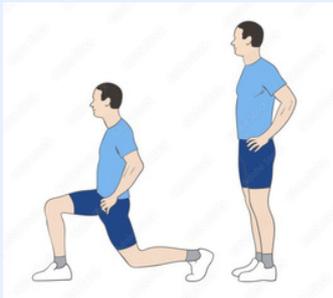
**2. Jumping Jacks**



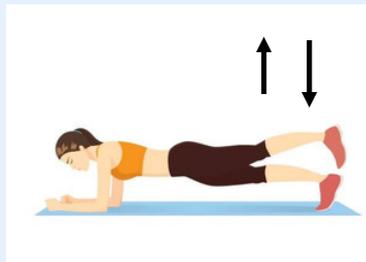
**3. Squats**



**4. Lunges**



**5. Plank Leg Raises**



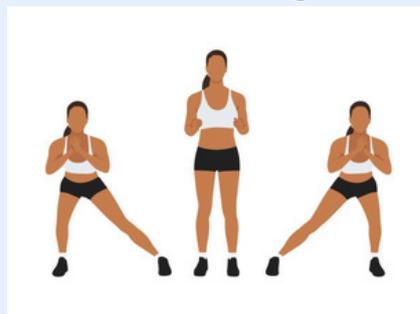
**6. Mountain Climber**



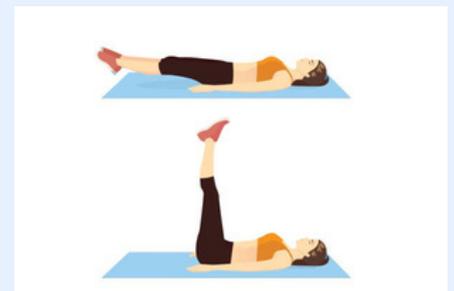
**7. Push Ups**



**8. Side Lunge**



**9. Leg Raises**



**10. Single Leg Kick Back**



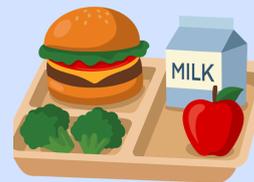
**11. Calf Raise**



**12. V Sit Hold**



## Lunch Program Update



Dear Parents and Guardians,

I hope this message finds you well. I'm writing to share some important updates about our school's lunch program.

As you may know, our lunch program is now free of charge. While this is wonderful news, it also means that we have limited spots available and just enough supervision to safely accommodate all students. For this reason, only students who are officially registered in the lunch program may stay at school for lunch.

**Unfortunately, we are unable to accept drop-ins at this time.**

To ensure fairness and safety, we are currently prioritizing families who meet the following criteria:

- Both parents are working or attending school during the day.
- Your child does not receive lunch program services from their daycare provider.

We understand that every family's situation is unique, and we will consider special circumstances on a case-by-case basis.

If you would like your child to be considered for the lunch program, please fill out the Lunch Program Registration Form, available at the school office. We also have a waiting list, and we will do our best to accommodate families as space becomes available.

As the year progresses, we hope to gradually open more spots so that all students who need lunch supervision can participate—regardless of their parents' work or school status. However, we must expand slowly to ensure student safety.

Please note that students in the lunch program are expected to follow all safety rules.

- Keep your hands and feet to yourself at all times
- Use kind words to solve problems
- Ask a grown-up to help
- Respect and listen to the lunch supervisors
- Remember to respect yourself, respect others and respect the world around you

If a student is unable to meet these expectations, we may ask families to make alternative lunch arrangements.

Thank you for your understanding and support as we work to provide a safe and inclusive lunch environment for all.



**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.**



With SafeArrival, you are asked to report your child's absence in advance using any of these three methods:

1. Using your mobile device, download and install the SchoolMessenger app from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.ca>). The first time you use the app, select Sign Up to create your account. Select **Attendance**, then **Report an Absence**.
2. Use the SafeArrival website, <https://go.schoolmessenger.ca>. The first time you use the website, select Sign Up to create your account. Select **Attendance**, then **Report an Absence**.
3. Call the toll-free number 1-855-278-4513 to report an absence using the automated phone system.

These options are available 24 hours/day, 7 days a week. Future absences can be reported at any time.

If you have any questions, please call the school at 204-942-6965.

Thank you,

M. Sackey  
Principal

### WATCH FOR THE SIGNS Look for the sign on the entrance door!



A green sign on the door means... it is too cold to wait outside. You are welcome to come in and line up.



A red sign on the door means ...we are asking students to play outside until the bell rings. Line up as usual and wait for your teacher.

# WINTER IS HERE! ❄️

With the cold temperatures, please keep these things in mind:

- ↳ When it's  $-28^{\circ}\text{C}$  (with wind chill), we will have indoor recess. (Temperature reading at the Forks.)
- ↳ If it's  $-28^{\circ}\text{C}$ , there will be no patrols outside, and adult crossing guards will only be on duty for reduced times.
- ↳ Please **don't** send your child to school before **8:50 AM** and **12:50 PM**.
- ↳ If your child needs mittens, hats, or extra layers, they can ask their teacher or come to the office.
- ↳ Stay away from water areas, as the ice is very thin and dangerous.

**REMIND YOUR CHILD TO BE CAREFUL ON THE ICY SIDEWALKS. WE WANT EVERYONE TO STAY SAFE!**





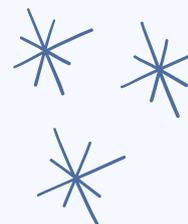
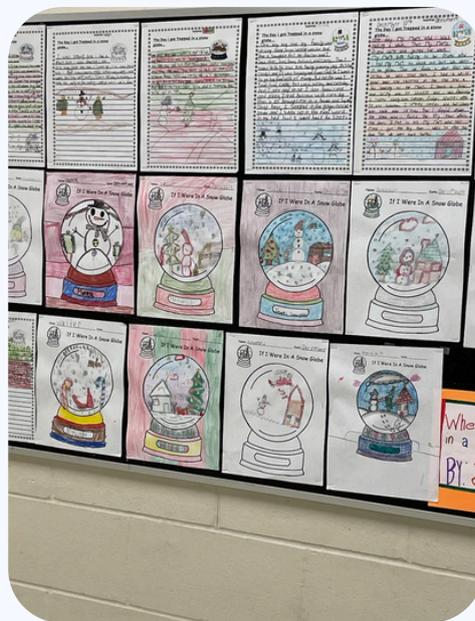
# SEASON'S GREETINGS FROM Room 226



Over the past month, the students of Room 226 have been busy creating festive artwork and expressing their creativity. They started by writing imaginative stories about being stuck inside a snow globe, bringing their unique ideas to life.

The class also experimented with a salt medium to create winter paintings that capture the beauty of snow, and they worked diligently to design decorated circles, turning them into a festive Christmas tree. In addition to their artistic endeavors, the students have been rehearsing for the upcoming Winter Concert, adding to the excitement of the season.

We wish everyone a safe, joyful, and wonderful holiday season!



# NEWS FROM

## Room 228



## CLASS ACTIVITIES:

Hello Students, Staff, and Families we have been really busy doing so many wonderful things in Room 228. Our class has been working on patterning through hands-on exploration with pattern blocks. Students practiced identifying the core of a pattern, building and extending increasing patterns, and reproducing patterns created by others.

They engaged in creative problem solving as they designed their own unique patterns or recreated examples from real life. This hands-on approach helped them deepen their understanding of how patterns grow and repeat while making meaningful connections to the world around them.



We have also been making snowflakes for our Winter Concert. The students mixed blue and white paint to make different shades of blue to paint their paper. After the painting dried, they cut it into strips to use for the snowflake. Students enjoyed mixing the paint to explore how dark or light they can make the blue. They also practiced their symmetry skills while making their snowflakes.

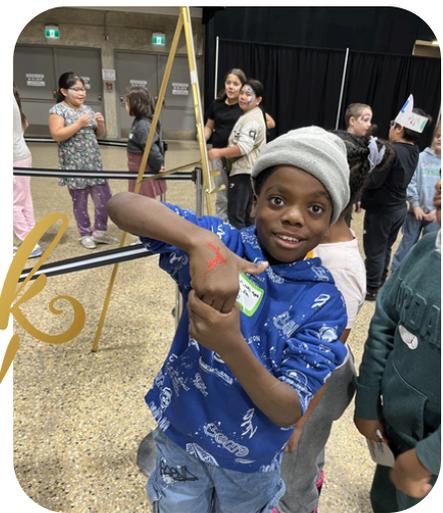
# Winter Wonderland

presented by  **variety**  
the children's charity



Students from Sister MacNamara's Grade 2 to Grade 5 classes had the incredible opportunity to attend **Variety Manitoba's Winter Wonderland**, a magical day of festive fun and winter activities. Hosted by **Variety, the Children's Charity**, this event was specially designed to bring joy and excitement to children of all abilities. Our students had an amazing time participating in a variety of activities, including **indoor games, arts and crafts, and even a winter-themed obstacle course!**

The event truly brought the community together, offering a safe and inclusive environment where every child could experience the magic of the season. Our students left with big smiles on their faces and hearts full of gratitude, and they're already talking about next year's adventure. A heartfelt thank you to **Variety Manitoba** for making this unforgettable day possible!



*Thank you!*

# JANUARY

in the

# FAMILY ROOM



monday	tuesday	wednesday	thursday	friday
<b>WELCOME BACK!</b> 5	6	Nutrition Bingo 2:30 pm 7	Craft Time 1:15 pm 8	Living Healthy 1-3:30 pm 9
12	13	Cooking 1:15 pm 14	Family Gathering 5:00 pm 15	Living Healthy 1-3:30 pm 16
19	Painting 9:30 am 20	Nutrition Bingo 2:30 pm 21	Family Event PM -stay tuned for more info! 22	Living Healthy 1-3:30 pm 23
26	27	Cooking 1:15 pm 28	Craft Time 1:15 pm 29	Living Healthy 1-3:30 pm 30
				

# FEBRUARY

in the

# FAMILY ROOM

monday	tuesday	wednesday	thursday	friday
PD Day 2	3	4	Family Gathering 5	Living Healthy 1-3:30 pm 6
9	10	11	Family Event Housing Event 12	Living Healthy 1-3:30 pm 13
Louis Riel Day - school closed 16	17	Skate Races PM 18	19	Living Healthy 1-3:30 pm 20
23	24	25	26	Living Healthy 1-3:30 pm 27

# FAMILY ROOM NEWSLETTER

JANUARY 2026

## New Program!



Living Healthy is a wellness program for adults designed to help participants identify their strengths, understand their emotions, and build essential problem-solving skills.

### PROGRAM DETAILS:

- When: Fridays, January 9 – February 27
- Time: 1:00 PM – 3:30 PM
- Where: Sister MacNamara, Family Room

### TO REGISTER:

Email Hamda at [hahmed@wsd1.org](mailto:hahmed@wsd1.org) and Nicole at [nichristmas@wsd1.org](mailto:nichristmas@wsd1.org)

Take a step toward a healthier, more balanced life with this supportive and empowering program.



## Family Gathering

Thursday, January 15<sup>th</sup>  
5–6 pm

Please join us!  
Presentation by the Winnipeg  
Police Service on Personal  
Safety.  
Dinner and childcare provided.

## Nutrition Bingo

Wednesday, January 7<sup>th</sup>  
and 21<sup>st</sup>.

Food prizes for all participants!

## Cooking Class

Tuesday, January 13 and  
27<sup>th</sup> @ 1:15 pm

Take home your creation!

## Contact Us!

204-942-6965

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

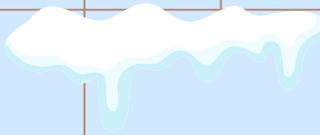
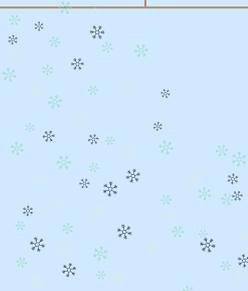
Hamda: [hahmed@wsd1.org](mailto:hahmed@wsd1.org)

## Craft Time

Thursday, January 8  
and 29<sup>th</sup>  
@1:15 pm

# January 2026



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5	Day 5	6	Day 6	7	Day 1	8	Day 2	9	Day 3
SCHOOL REOPENS									
									
12	Day 4	13	Day 5	14	Day 6	15	Day 1	16	Day 2
						FAMILY GATHERING 5:00 P.M.			
									
19	Day 4	20	Day 1	21	Day 2	22	Day 3	23	Day 4
								Welcome back and happy January! A new year is here—let's enjoy the winter season and make this month full of fun and learning!	
26	Day 2	27	Day 3	28	Day 4	29	Day 5	30	Day 6
		MOBILE VISION CLINIC							
									
						<p><b>Looking ahead.....</b>            Monday, February 2, 2025.....Professional Development Day - NO CLASSES            Thursday, February 5, 2025.....Family Gathering at 5:00 PM            Monday, February 16, 2025.....Louis Riel Day-HOLIDAY – SCHOOL CLOSED</p>			



## HIGHLIGHTS FROM DECEMBER



Smiles, laughter, and pancakes! Our students enjoyed a fun-filled Pancake Breakfast at Sister MacNamara School.