



SISTER MAC SPECIAL

OCTOBER 2026

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Happy Month of October! Sister MacNamara Families!

We had a great month of September, with many exciting events and several special occasions. Many classrooms worked on building classroom community and routines.

These are a few highlights from September:

Meet the Staff evening.

A huge thank you to everyone who attended the “Meet the Staff” night. The gym was packed! It was exciting to see several families in the hallways and classrooms conversing with teachers and building relationships! We distributed classroom overviews with information about learning and programming that night. Those who were not in attendance received the package sent home.

Terry Fox Run

Our Phys. Ed. teacher, Ms. Macdonald, led our annual Terry Fox Run in the gym, a significant event that all our students participated in with enthusiasm. Their efforts and contributions were truly commendable.

Truth and Reconciliation/ Orange Shirt Day

All students and staff participated in a day of listening, learning, remembrance and action to honour our commitment to reconciliation with the First Peoples of this land on Truth and Reconciliation/ Orange Shirt Day.

October is a wonderful time in our school; routines are now predictable and strong, students are engaged, and our classrooms are full of curiosity and rigour. Thank you to our amazing staff for the joy and commitment you bring to your work each day. Your collective efforts make our school a welcoming, vibrant place for students to learn and grow. Keep up the great work!

Events coming up are:

Rooms 229 and 226 will be hosting October’s assembly. Parents/ Guardians are welcome to join us!

Family Gathering will take place on October 8th at 5:00 PM—please join us.

Bus ridership—October 20th during the day.

Halloween celebrations are up to each classroom teacher, and information will follow from each classroom teacher.

Teachers are dedicated to building meaningful relationships with students and creating a caring classroom community. They are gathering information about each child as an individual, which helps foster a sense of belonging and supports your child's success throughout the year. We truly value strong relationships with our families. Your involvement and commitment help us create a welcoming environment where every child feels appreciated and supported. Thank you for your commitment.

Reminders

October 6th – WSD PD for all employees – School is closed

October 12th -School closed for Thanksgiving—Happy Thanksgiving, everyone!

October 23th -School closed for professional development.

M. Sackey
Principal



C. Couture
Vice Principal



NOVEMBER

November 2, 2026	Professional Development - NO CLASSES
November 11, 2026	NO CLASSES
November 16, 2026	Photo Retakes
November 19, 20, 2026	evening of 19 and all day November 20 - Student Led Conference NO CLASSES

DECEMBER

December 2, 2026	Winter Concert for Grades 1-6 6:00 PM
December 3, 2026	N-K Winter Concert 10:00 AM & 1:30 PM
December 18, 2026	Last day before Winter Break

JANUARY

January 4, 2027	School resumes
January 7, 2027	Mobile Vision Clinic

FEBRUARY

February 5, 2027	Professional Development - NO CLASSES
February 15, 2027	Louis Riel Day - NO CLASSES
February 26, 2027	Jump Rope for Heart Assembly 2:30 PM

MARCH

March 18, 19, 2027	evening of the 18 th and all day March 19 - Student Led Conference NO CLASSES
March 26, 2027	Good Friday NO CLASSES
March 29 - April 2, 2027	Spring Break

APRIL

April 5, 2027	School resumes
April 14, 2027	Day of Pink Assembly - PM
April 16, 2027	Professional Development Day - NO CLASSES
April 21, 2027	Bus Ridership
April 23, 2027	Volunteer Celebration 10:30 AM

MAY

May 7, 2027	School Planning Day - NO CLASSES
May 24, 2027	Victoria day - NO CLASSES

JUNE

June 11, 2027	Field day
June 16, 2027	Year End Celebration AM
June 21, 2027	National Indigenous People Day
June 23, 2027	Grade 6 Farewell - 1:15 PM
June 30, 2027	Talent Show 9:15 AM
June 30, 2027	Last day of school - 11:30 dismissal for all

***Due to allergies and food restrictions of some students and staff,
we ask parents and guardians
not to bring snacks, treats or any food products for the class for any
occasion.***



Classrooms are often a place of celebration, which sometimes includes snacks and treats. If there is a class celebration, teachers will provide any refreshments.

Thank you for your cooperation!



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 and 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

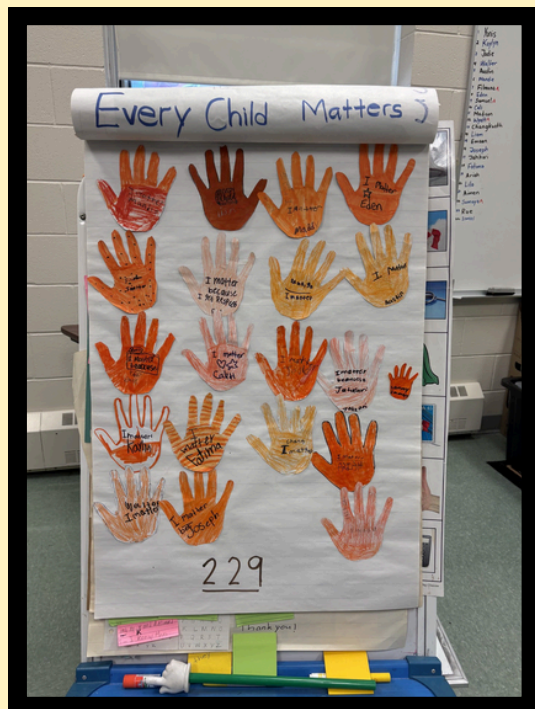
Welcome to another year of fun and fitness at Sister MacNamara School!

Physical education is an important part of student learning and promotes lifelong physical activity. For students to fully participate in physical education classes they need clean, indoor (non-marking, soled) running shoes.

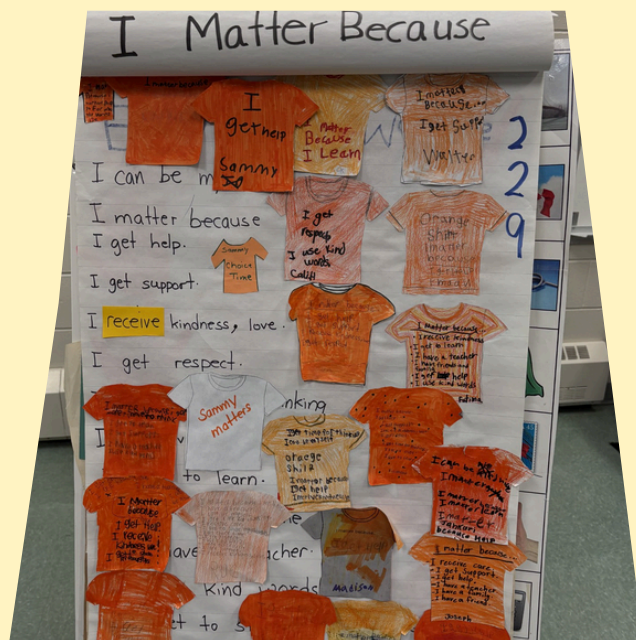
On September 25 our school held our annual Terry Fox Assembly. Terry Fox was a Canadian hero who inspired people everywhere with his determination and hope. Due to weather, students did not participate in a school-wide run; instead, a jog was incorporated into physical education classes in honour of Terry. As part of the assembly, room 128 shared their classroom learning on growth mindset, using Terry Fox as their focal point.

The grade 5 and 6 soccer teams have been working hard this month to get ready for their respective tournaments at Tech Voc field in October. The students are showing great dedication by coming to all the practices and are excited to play in the tournaments. We know that you will try your best and do a great job representing Sister MacNamara School.





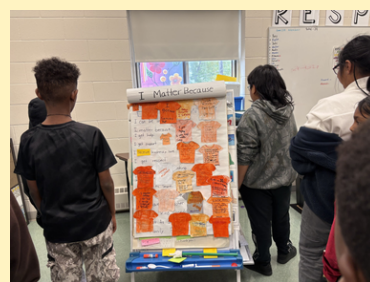
**ROOM
229**

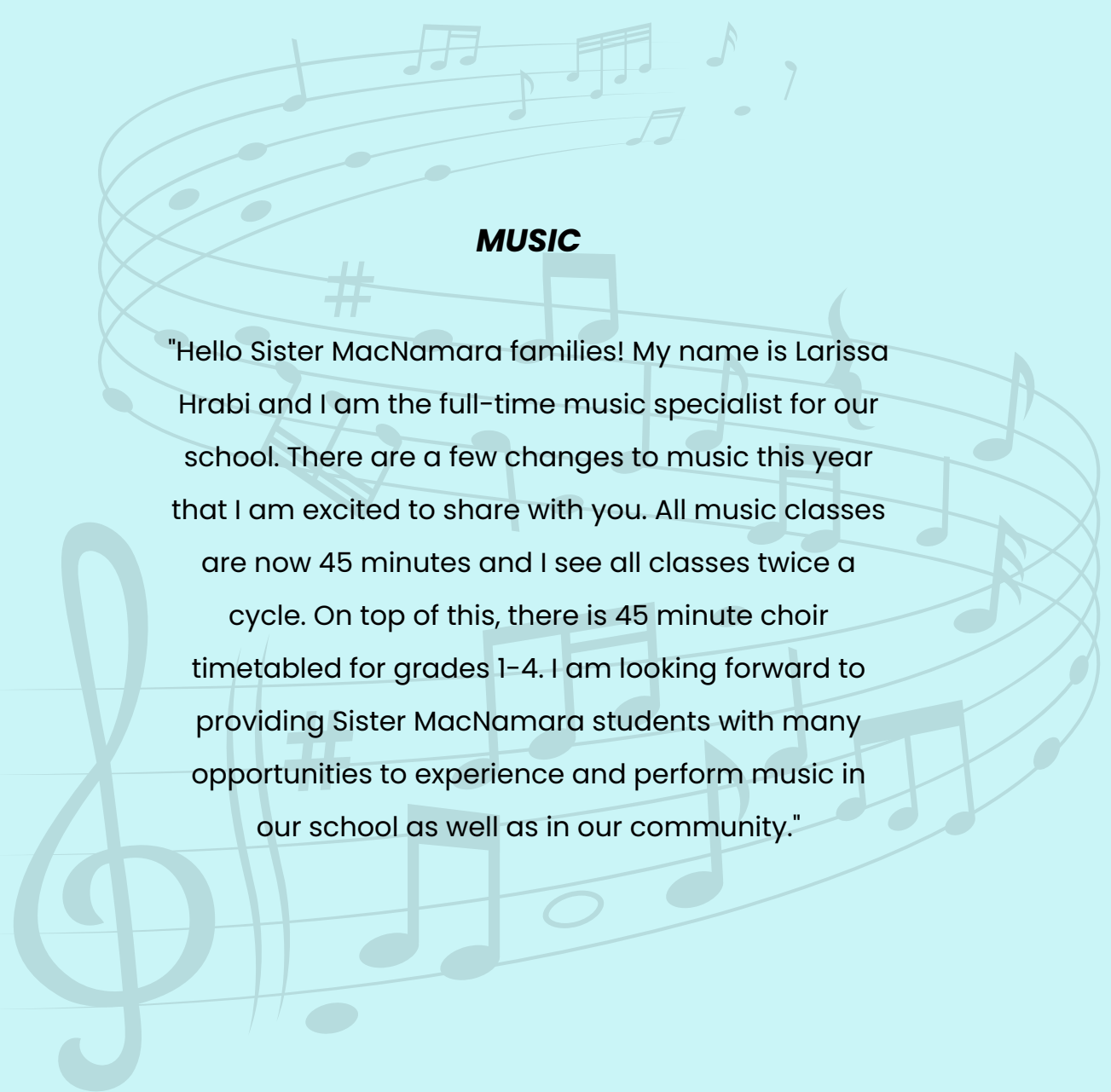


Honouring Every Child:

Our Journey in Truth and Reconciliation

In reflection of National Truth and Reconciliation Day, our group in Room 229 grade 5 classroom came together to craft our t-shirts that voice our commitment to learning, healing, and inclusion. We discussed how "Every Child Matters" and deeply reflective questions like "How do I belong?" Through art and open dialogue, we are exploring our roles in reconciliation and ensuring that every individual feels seen, valued, and connected to our community.





MUSIC

"Hello Sister MacNamara families! My name is Larissa Hrabí and I am the full-time music specialist for our school. There are a few changes to music this year that I am excited to share with you. All music classes are now 45 minutes and I see all classes twice a cycle. On top of this, there is 45 minute choir timetabled for grades 1-4. I am looking forward to providing Sister MacNamara students with many opportunities to experience and perform music in our school as well as in our community."



Using Picture Books to Help Fourth Graders in Room 227 Learn SEL

Social and emotional learning (SEL) skills are the tools children use to understand their feelings, get along with classmates, and make good choices. Students often learn these skills in Health class, but they also learn and practice these skills all day long when they do things like lining up, taking turns and offering help to someone who needs it.

The beginning of the school year is a great time for students to refresh their SEL skills because they align with classroom expectations and all students need them to be successful. Room 227 has been learning these skills by reading a picture book each week that focuses on a specific SEL skill. We discuss the main idea of the story, determine the lesson that the story teaches us, and show our understanding by completing different activities.

So far this year, Room 227 has read three books.



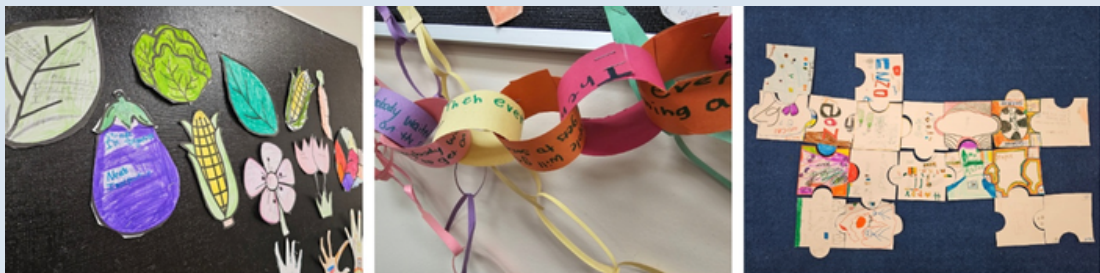
“In our Garden” by Pat Zietlow Miller – about building a classroom community & team building

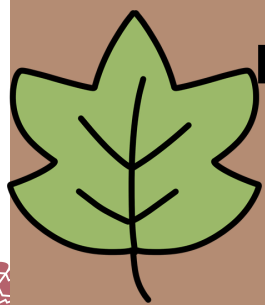
“What if Everybody Did That?” by Ellen Javernick – about rules and responsibilities

“Where Oliver Fits” by Cale Atkinson – about self-Acceptance & accepting others

Examples of activities:

- 1) Like plants growing in a garden, the students in Room 227 identified the strengths they bring to our community and their requirements to thrive in the classroom.
- 2) A paper chain helps us understand how even small actions can lead to a significant chain of events.
- 3) Like pieces of a puzzle, each one of us is unique but we all fit in.





FAMILY ROOM

newsletter



WHAT'S NEW

MOSAIC AND SISTER MACNAMARA SCHOOL
ARE OFFERING A FREE PARENTING PROGRAM



WEDNESDAYS , 6 SESSIONS
OCTOBER 7 TO NOVEMBER 18
1:00-3:00 PM

"THERE ARE NO PERFECT PARENTS, OR PERFECT
CHILDREN OR PERFECT PEOPLE.
WE CAN ONLY DO OUR BEST, AND WE ALL NEED HELP
ONCE IN A WHILE".

SNACKS AND CHILDCARE WILL BE PROVIDED.

TO REGISTER, PLEASE EMAIL HAMDA AT
HAHMED@WSD1.ORG

FAMILY GATHERING

OCT 8 @ 5-6PM

Please join us for the first
Family Gathering of the
2026-27 school year!

Family Fun Night Oct 29 @ 4-5:30pm

Please join us for fall
activities for the family.
Dinner will be served.

NUTRITION BINGO

Fridays in October!
2:30 pm
Food prizes
for all participants!

Contact
Us

Phone: 204-942-6965

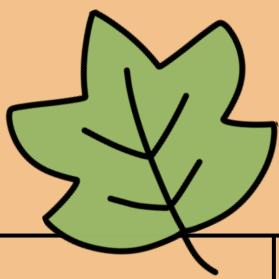
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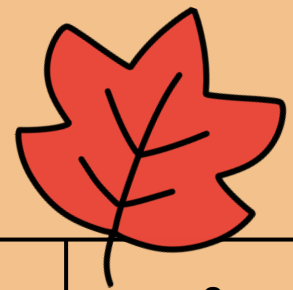
Hamda:

hahmed@wsd1.org





OCTOBER



IN THE FAMILY ROOM

			1	2  Nutrition Bingo 2:30 pm
5 Family Room closed	6  PD Day -no classes	7 Nobody's Perfect 1-3 pm	8  Family Gathering 5-6 pm	9  Nutrition Bingo 2:30 pm
12  Thanksgiving -school is closed	13	14 Nobody's Perfect 1-3 pm	15	16  Nutrition Bingo 2:30 pm
19	20	21 Nobody's Perfect 1-3 pm	22	23  PD Day -no classes
26	27	28 Nobody's Perfect 1-3 pm	29  Family Fun Night 4:00-5:30	30  Nutrition Bingo 2:30 pm



OCTOBER

2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	DAY 5	2	DAY 6
								Grade 6 immunization	
5	DAY 5	6	DAY 6	7	DAY 1	8	DAY 2	9	DAY 3
Assembly 9:00 AM		PROFESSIONAL DEVELOPMENT NO CLASSES 		Grade 6 Soccer Tournament 		Family Gathering 5:00 		Grade 5 soccer tournament 	
12		13	DAY 4	14	DAY 5	15	DAY 6	16	DAY 1
									
19	DAY 2	20	DAY 3	21	DAY 4	22	DAY 5	23	DAY 6
		Bus Ridership 						<u>MTS DAY</u> <u>NO CLASSES</u> 	
26	DAY 1	27	DAY 2	28	DAY 3	29	DAY 4	30	DAY 5
PICTURE DAY 				Grade 6 Immunization		Family Fun Night 4:00 			

Looking ahead.....

Tuesday, October 6, 2026 Professional Development - NO CLASSES
Monday, October 12, 2026 Thanksgiving - NO CLASSES
Friday, October 23, 2026 MTS Day - NO CLASSES
Monday, October 26, 2026 Picture Day!