

# January 12 - January 16



Pride in Self, School, & Community



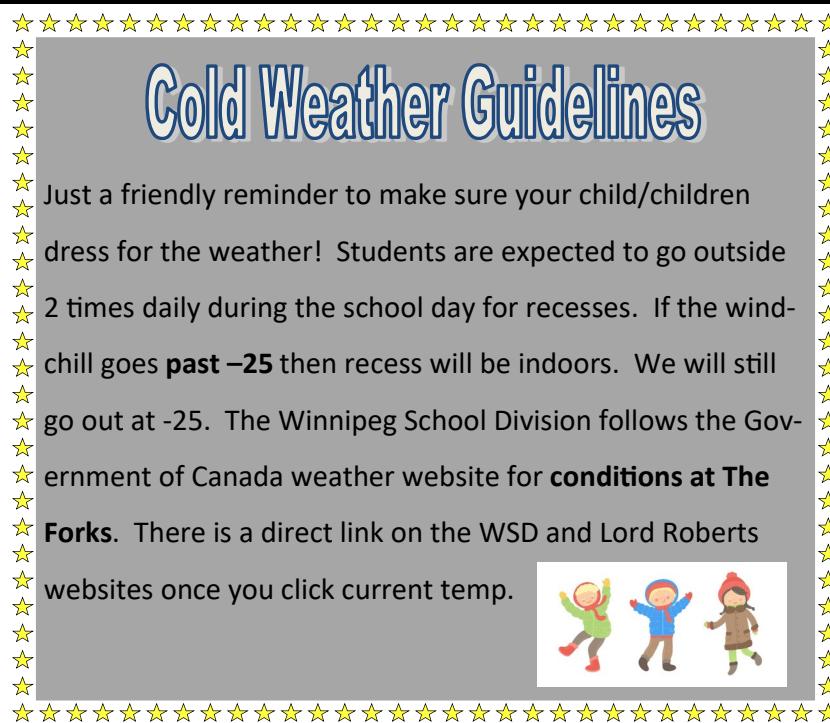
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 12 / Day 4	January 13 / Day 5	January 14 / Day 6	January 15 / Day 1	January 16 / Day 2
***** Medicine Wheel Inquiry Month - <b>Physical Week</b> *****				
	<div style="background-color: #008000; color: white; padding: 5px; text-align: center;">Common Area Training</div> <div style="background-color: #FFA500; color: black; padding: 5px; text-align: center;">Grade 6 Intramurals</div> <div style="background-color: #D8BFD8; color: black; padding: 5px; text-align: center;">Parent Council Meeting 6:30pm - school library</div>		<div style="background-color: #008000; color: white; padding: 5px; text-align: center;">Common Area Training</div> <div style="background-color: #FFA500; color: black; padding: 5px; text-align: center;">Grade 4 Intramurals</div>	

Thank you to everyone who made a donation to the **Koats For Kids** drive. Every year families in need rely on **Koats For Kids** to supply coats, ski pants, boots, mitts, hats, and scarves/neck warmers to keep their kids warm. Your donations were able to help students of the school, local families as well as others in the city.



United Way  
Winnipeg

CTV



January is Medicine Wheel  
Inquiry Month

- February 2 - Division Closure, No School
- February 16 - No School Louis Riel Day
- Feb 25 - Gr. 6 Winter Day Camp (date change from before)
- March 19 & 20 - student led conferences / school-wide art expo



# Medicine Wheel Inquiry Month

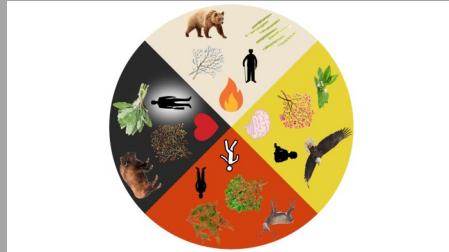
In January, our school is revisiting some of the learning we did around the Medicine Wheel last year. The Medicine Wheel symbolizes achieving wellness and balance within oneself. As with our month-long inquiry last year, we are exploring a different aspect of wellness each week during this month: spiritual, physical, emotional and intellectual. Staff and students are revisiting some of the activities we used last year to explore these aspects of wellness, and engage in some new learning as well. We will also have an opportunity to reflect briefly on these ideas during our daily announcements. The Medicine Wheel is an important teaching that we will continue to engage in on an ongoing basis as we try to help our students cultivate balanced, healthy lives.

**\*January 5-9 Spiritual Wellness:** recognizing the ecosystem's role in well-being through gratitude for land, animals, ancestors, and community, and engaging in passion-igniting practices.

**\*January 12-16 Physical Wellness:** promoting well-being through exercise, endurance, flexibility, and self-care (sleep, nutrition, check-ups).

**\*January 19-23 Emotional Wellness:** fostering positive feelings, emotional understanding, resilience, and coping skills.

**\*January 26-30 Intellectual Wellness:** realizing our learning strengths, valuing diverse strengths within a group, and the importance of intergenerational knowledge transfer.





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# ROAR

(Code of Conduct)

R – RESPECT  
O – ON TASK  
A – ACCEPTANCE  
R – RESPONSIBILITY

