



# January 19 - January 23



**Pride in Self, School, & Community**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 19 / Day 3	January 20 / Day 4	January 21 / Day 5	January 22 / Day 6	January 23 / Day 1
**** Medicine Wheel Inquiry Month - <i>Emotional Week</i> ****				
Grade 5 Intramurals		Grade 6 Intramurals		Grade 4 Intramurals
				
*** ROAR prize blitz week *** ROAR prize blitz week *** ROAR prize blitz week *** ROAR prize blitz week ***				

## Grade 1-6 Schedule

### Reminder

8:50 morning entrance  
 8:55-10:35 learning block 1  
 10:35-11:10 snack/recess  
 11:10-12:50 learning block 2  
 12:50-1:45 lunch/recess  
 1:45-3:25 learning block 3

## 2026/2027 School Year Registration

- Information regarding student registration for 2026/27 has been updated on [www.winnipegssd.ca/student-registration](http://www.winnipegssd.ca/student-registration)
- Students who are currently attending Lord Roberts in Nursery to Grade 5 will be rolled over for the 2026/2027 school year.
- Students in Grade 6 will be rolled in to their new catchment school for grade 7. Catchment school for grade 7 is based on individual current home addresses, not their current school.
- New student registration opens on February 17
- School of choice is open from April 6-May 15 (you must first be registered at your catchment school)



**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 original)

**March 19 & 20** - student led conferences / school-wide art expo



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# 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 — ACCCEPTANCE

R — RESPONSIBILITY

