


January 5 - January 9



Pride in Self, School, & Community



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 5 / Day 5	January 6 / Day 6	January 7 / Day 1	January 8 / Day 2	January 9 / Day 3
**** Medicine Wheel Inquiry Month - <i>Spiritual Week</i> ****				
				
Grade 6 Intramurals		Grade 4 Intramurals		Grade 5 Intramurals

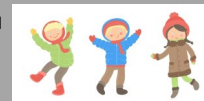
Thank you to everyone who made a donation to the **Koats For Kids** drive. Every year families in need rely on **Koats For Kids** to supply coats, ski pants, boots, mitts, hats, and scarves/neck warmers to keep their kids warm. Your donations were able to help students of the school, local families as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



Thank you as well to everyone who donated to the **silver collection** during our winter concerts last week in support of local families in need. A total of **\$529.70** was collected and used to purchase gift certificates so families could choose food and essential items best for them.

Cold Weather Guidelines

As the temperature is dropping and winter has come, just a friendly reminder to make sure your child/children dress for the weather! Students are expected to go outside 2 times daily during the school day for recesses. If the windchill goes **past** – **25** then recess will be indoors. We will still go out at **-25**. The Winnipeg School Division follows the Government of Canada weather website for **conditions at The Forks**. There is a direct link on the WSD and Lord Roberts websites once you click current temp.



January is Medicine Wheel Inquiry Month

January 13 - Parent Council Meeting 6:30pm in the library

February 2 - Division Closure, No School

February 16 - No School
Louis Riel Day

Feb 27 - Gr. 6 Winter Day Camp



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Medicine Wheel Inquiry Month

In January, our school will revisit 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 will explore a different aspect of wellness each week during this month: spiritual, physical, emotional and intellectual. Staff and students will revisit 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

