



Wellington School

690 Beverley Street, Winnipeg, Manitoba R3E 2A5

Phone - 204-774-8085 | Fax - 204-772-2799

Principal

Mr. E. Contreras

Vice-Principal

Ms. K. Bergmuller

Office Staff

Ms. C. Gray (Head Clerk)

Ms. C. McLeod (Clerk)

Ms. M. Dela Rama (Library Technician)

Teachers

Mrs. J. Larson (N/K)

Ms. C. Marin (N/K)

Ms. M. Castillo (Gr. 1/2)

Ms. N. Garcia/Ms. G. Ortiz (Gr. 2)

Ms. J. Gauthier (Gr. 1)

Ms. S. Lenhardt Mair (Gr. 2)

Ms. C. Tregger (Gr. 1)

Ms. E. Dahlin (Gr. 3)

Mr. J. Paintin (Gr. 4)

Ms. T. Pritchard (Gr. 3/4)

Mr. S. Trachtenberg (Gr. 3/4)

Mr. N. Koltun (Gr. 6)

Ms. T. Perreault (Gr. 5/6)

Ms. R. Turnbull (Gr. 5/6)

Mr. J. Van Deventer (Gr. 5)

Ms. M. Mercado (Supply)

Specialists

Ms. G. Zoltenko (Performing Arts)

Mr. C. Thomson (Phys-Ed)

Mr. R. Thomson (Phys-Ed)

Mr. S. Andrew (Psychologist)

Ms. C. Furber (Social Worker)

Ms. K. Siwak (Reading Clinician)

Resource

Mrs. B. Faria (Resource Gr.N-2)

Mr. E. Sookram (SERT/Resource Gr.3-6)

Ms. L. Castillo (Learning Resource Teacher)

Ms. J. Dhabba (Learning Resource Teacher)

Community Support Worker

Ms. L. Bales

Lunch Program

Ms. D. Halladay

Educational Assistants

Ms. M. Bautista

Ms. C. Beddome

Ms. M. Connelly

Mr. J. Figueroa

Ms. D. Gray

Ms. K. Htoo

Ms. L. Htoo

Ms. R. Lingal

Ms. L. Meissner

Ms. L. Mhyre

Ms. K. Murphy

Ms. A. Parker

Ms. M. Rosales

Ms. K. Singh

Ms. C. Willner (Talk to Me)

Custodians

Mr. R. Ritual (Head Custodian)

Mr. N. Malignaya (Days)

Mr. A. Concepcion (Evenings)

Mr. R. Manglicmot (Evenings)

Nutrition

Mrs. S. Calanza (Food Coordinator)

Ms. N. Jubinville (Asst. Food Coordinator)

NEWSLETTER

APRIL 2026

Dear Parents/Guardians of Wellington School,

Welcome back everyone!! We hope you all enjoyed a relaxing restful spring break! As we start back this April, it is hard to believe we are in the final term of the school year. As we reflect upon the past month, we have much to celebrate. We wanted to thank all our families for making and taking the time to meet with teachers to discuss student progress during our Student-Led Conferences held March 19. It was amazing to see the support, discussions, and planning our families and students had with their teachers to ensure a positive and strong finish to this third and final term.

It was a busy month filled with activities before, during and after school. Our students wrapped up the inner-city soccer league. A huge thank you to Mr. Sookram and Ms. Faria for coaching and supervising. The football club also finished its last session March 12. Thank you, Ms. Turnbull, Ms. Dahlin, Ms. Perreault, Ms. Kathy, Ms. Norie, and Ms. Dixie for all your help and support with the program. As well the 5/6 basketball teams finished off their season strong on March 25th and 26th improving skills from the start to finish. Thank you, Ms. Faria and Mr. Sookram.

The Pow Wow and Traditional Teachings club have been meeting every Wednesday, and students have been sharing the word of the week over the announcements for the whole school to learn. Our Filipino Heritage classes have also been running Monday and Friday after school with a focus on learning history, presentations and showcases.

Our Scholastic Book Fair was once again held in conjunction with Student-Led Conferences. We hope our families and students enjoy their new reading material. Thank you to Ms. Marie Dela Rama, our Library Technician, for organizing this wonderful event and her commitment to fostering the love of reading. We appreciate everyone's support in maintaining the importance of reading.

The end of winter has had some inconsistent temperatures that have caused thawing and freezing throughout which caused days of canceled outdoor recesses due to safety concerns. We want to acknowledge all the hard work the recess and lunch supervisors have done to ensure students were well supervised and had plenty of activities to do during the long days that indoor recess brought us.

Thank you also to our patrols for enduring the wild temperatures to ensure our students crossed our busy streets safely to get to and from school. As well, we want to acknowledge our students for their patience and flexibility during these days. Thank you, Ms. Dixie and Ms. Kathy for your assistance on the crosswalks. As we now enter the spring season, we hope and look forward to warm and sunny days ahead.

Finally, to our families and community, we thank you for your continued support and the gift of your children. Enjoy the beauty of Spring!

Respectfully,

Emil Contreras Principal
Kari Bergmuller Vice Principal



Important Dates to Remember

April 6	MON	School Re-opens after Spring Break
April 10	FRI	Non-Instructional Day ***NO SCHOOL***
April 13	MON	Bus Ridership (Spring)
April 23	THU	Parent Council Meeting 5:00 PM
April 29	WED	Field Trip Grade 3's and 4's U of M Discover Days
April 30	THU	Spring Photos (class pics)

Save the Date

Parent Council Meeting


April 23 • 5:00 PM

Student Early Dismissal Policy

For safety reasons, students are not permitted to leave school premises on their own during school hours. If your child needs to leave before the regular dismissal time, a parent, guardian, or an authorized person listed on the pick-up list must come to pick up the student.

The person picking up the student will need to visit the school office in person and sign them out.

To ensure smooth communication, please keep your home phone number, email, and contact information up to date with the school. If you need to update any information, feel free to call the office at **204-774-8085** or send an email to **wellington@wsd1.org**.





WELLINGTON SCHOOL

Breakfast Program

Hot breakfast is available
for all Wellington Students
every morning between
8:30 AM—9:00 AM

*** No sign up necessary ***

Enter at the playground doors

Student Absence Reporting System

Report your child's absence in advance using one of these three easy methods:

- 1 Mobile App:** Download the SchoolMessenger app from the Apple App Store or Google Play Store, or use the links at <https://go.schoolmessenger.ca>. Create an account the first time you use it by selecting Sign Up. Then choose Attendance and Report an Absence.
- 2 Website:** Visit <https://go.schoolmessenger.ca>. Create an account by selecting Sign Up, then choose Attendance and Report an Absence.
- 3 Phone:** Call the toll-free number 1-855-278-4513 to use the automated system to report an absence.

JUST a REMINDER:

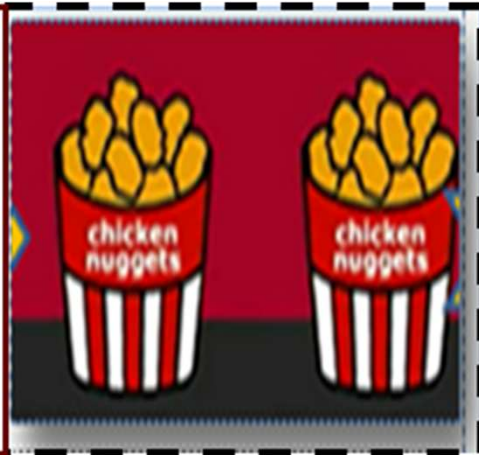
If you receive an automated phone call from the school saying your child is absent, please respond by pressing the appropriate button. This will let the school know your response.

If you hang up and call the school directly, it won't stop the automated call from reaching you.

If you don't want to receive notifications when your child is absent, be sure to report your child's absence in advance.

LUNCH PROGRAM

(Dixie Halladay)



IMPORTANT NOTICE!



We ask parents to please go over the lunchroom rules with your children on a regular basis: Our policy follows School Division guidelines. When a child misbehaves the first time, a verbal warning will be given. The second time, a written letter will be sent home. Within this letter it will state that your child will be removed from the Lunch Program. Then you will need to make alternate arrangements for your child. In the event of a serious incident - your child WILL BE REMOVED immediately without warning.

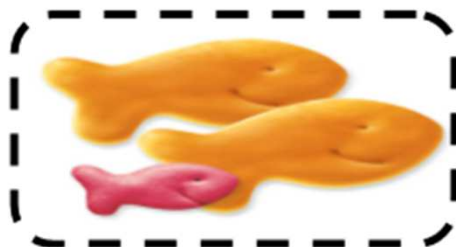
THIS SCHOOL IS A



We would like to encourage you not to send soda pop. Nut and seafood allergies among children are becoming increasingly common; therefore we have a NO NUTS & SEAFOOD policy. We have many other allergies as well, children are not allowed to share or exchange their snacks or lunches.



As of right now, microwave service is unavailable. Please send a lunch that doesn't need to be reheated.



gather grow lead

EVERMORE

APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 30  EVENING DROP-IN 5:00PM - 8:00PM EVERMORE HQ 532 ELLICE	 SPRING BREAK	APRIL 1	2 EVENING DROP-IN 5:00PM - 8:00PM EVERMORE HQ 532 ELLICE 	3
6 AFTER SCHOOL PROGRAM 3:30PM - 5:00PM EVENING DROP-IN 6:00PM - 8:00PM EVERMORE HQ 532 ELLICE	 7 AFTER SCHOOL PROGRAM 3:30PM - 5:00PM GYM DAY	8	9 AFTER SCHOOL PROGRAM 3:30PM - 5:00PM PONY BEADS EVENING DROP-IN 6:00PM - 8:00PM EVERMORE HQ	10
13 AFTER SCHOOL PROGRAM 3:30PM - 5:00PM DANCE WORKSHOP EVENING DROP-IN 6:00PM - 8:00PM EVERMORE HQ	 14 AFTER SCHOOL PROGRAM 3:30PM - 5:00PM DANCE WORKSHOP	15	16 AFTER SCHOOL PROGRAM 3:30PM - 5:00PM PONY BEADS EVENING DROP-IN 6:00PM - 8:00PM EVERMORE HQ	17
20 AFTER SCHOOL PROGRAM 3:30PM - 5:00PM EVENING DROP-IN 6:00PM - 8:00PM EVERMORE HQ 532 ELLICE	 21 AFTER SCHOOL PROGRAM 3:30PM - 5:00PM GYM DAY	22	23 AFTER SCHOOL PROGRAM 3:30PM - 5:00PM PONY BEADS EVENING DROP-IN 6:00PM - 8:00PM EVERMORE HQ	24
27 AFTER SCHOOL PROGRAM 3:30PM - 5:00PM EVENING DROP-IN 6:00PM - 8:00PM EVERMORE HQ 532 ELLICE	 28 AFTER SCHOOL PROGRAM 3:30PM - 5:00PM GYM DAY	29	30 AFTER SCHOOL PROGRAM 3:30PM - 5:00PM PONY BEADS SPECIAL SNACK EVENING DROP-IN 6:00PM - 8:00PM EVERMORE HQ	

WEEKLY PROGRAM SCHEDULE

GREENWAY SCHOOL
 TUESDAY 3:30-5:00PM
 WEDNESDAY 3:30-5:00PM
 THURSDAY 3:30-5:00PM

JOHN M KING SCHOOL
 MONDAY 3:30-5:30PM
 WEDNESDAY 3:30-5:00PM
 THURSDAY 3:30-5:00PM

WELLINGTON SCHOOL
 MONDAY 3:30-5:00PM
 TUESDAY 3:30-5:00PM
 THURSDAY 3:30-5:00PM

EVENING DROP-IN
EVERMORE HQ-532 ELLICE
 MONDAYS & THURSDAYS
 6:00PM-8:00PM

TO REGISTER
 USE THE QR CODE
 OR VISIT OUR
 WEBSITE

INFO@EVERMOREGGL.COM
 204-772-9315
WWW.EVERMOREGGL.COM

Family Room

April 2026

Mon	Tue	Wed	Thu	Fri
30	31	1 Spring Break	2	3
6 Day 4 School Reopens Coffee & chat Drop in	7 Day 5 Regalia/Moccasins 9:30 am - 11:30 am 1:10 pm - 3:00 pm	8 Day 6 Regalia/ Beading 9:30 am - 11:30 am 1:10 pm - 3:00 pm Traditional Teaching & Pow wow classes 3:30 pm- 6:30 pm	9 Day 1 Regalia/ Beading 9:30 am - 11:30 am Hands on baking Chocolate chips cookies 1:15 pm	10 Day 2 Non-Instructional Day (NO CLASSES)
13 Day 3 Family Room Closed am 	14 Day 4 Regalia/Moccasins 9:30 am - 11:30 am 1:10 pm - 3:00 pm	15 Day 5 Regalia/ Beading 9:30 am- 11:30 am 1:10 pm - 3:00 pm Traditional Teaching & Pow wow classes 3:30 pm- 6:30 pm	16 Day 6 Regalia/Beading 9:30 am- 11:30 am Family room closed pm only 	17 Day 1 Ojibway Language Classes Moon Teachings 1:05 pm - 3:15 pm
20 Day 2 Coffee and chat drop in	21 Day 3 Regalia/Moccasins 9:30 am - 11:30 am 1:10 pm - 3:00 pm	22 Day 4 Regalia/Beading 9:30 am - 11:30 am 1:10 pm - 3:00 pm Traditional Teaching & Pow wow classes 3:30 pm - 6:30 pm	23 Day 5 Prep for cooking - am Hands on cooking Chili & Bannock 1:15 pm - 3:00 pm Parent council 5:00 pm	24 Day 6 Regalia/Moccasin Making 9:30 am - 11:30 am 1:10 pm - 3:00 pm
27 Day 1 Ribbon skirts 9:30 am - 11:30 am 1:10 pm - 3:00 pm Moon Teachings 1:05 pm - 3:15 pm	28 Day 2 Prep am Nutrition Bingo 1:15 pm - 3:00 pm	29 Day 3 Family Room Closed Traditional Teaching & Pow wow 3:30 pm - 6:30 pm 	30 Day 4 First Aid & CPR Ribbon Skirts 9:30 am - 11:30 am 1:10 pm - 3:00 pm	

Greetings from the Family Room

Welcome Back Students, Staff and Parents. We hope that your spring break was filled with relaxation and togetherness. As we walk in this new month, the haze of buds from the trees tells us winter is on its way out and opens the door to warmer weather.

The family room is busy, preparing many programs for every person in our school community. If you are interested in any of the activities, please stop in and say hello. The family room is open and welcoming place to meet other parents and families. Hope to see you soon.

Ribbons skirts : April 27th, & 29th 2026 -all day

In Indigenous culture, ribbon skirts are reserved for such special ceremonies or events. Each color of the ribbons, which are typically sewn horizontally across the skirt. Today all people are making and wearing ribbon skirts.

Moccasins: . Every Tuesday: April 7th, 14th & 21st, 2026 - all day

Moccasins are the most comfortable slipper you'll ever wear. The natural leather material is the most comfortable against your skin. Authentic moccasins can also come lined with soft, plush fleece or sheepskin to give your feet that warm and cozy feeling.

Ojibway Language classes:

April 17th, & 24th, 2026

Hands on Cooking:

Chocolates cookies: April 9th, 2026 @ 1: 15 pm

Chili & Bannock : April 23rd, 2026 @ 1:30 pm

All families that participate will receive a take home bag of ingredients to make at home with your children.

Loom & Flat beading :

April 8th, 15th, & 22nd, 2026

Regalia making:

April 7th, 8th, 14th, 15th, 16th, 21st, & 22nd, 2026

Traditional teaching and Pow wow classes

April 8th, 15th, 22nd, & 29th, 2026 - 3:30 pm - 6:30 pm

This a parent and child program, that bring families together and help build community. Our focus for this program is to learn and share our indigenous culture and our history with our children. Learning lesson around language, tradition teaching such as our grandfather and grandmother moon, the 7 teachings, the medicine wheel and so much more. The students and parents in this program are also learning about the many styles of Indigenous dancing and ceremonies.

Building Science in Room 110

Our grade 3 students were very hands-on during our unit exploration of “Materials & Structures”. The students worked independently and collaboratively on various design process activities, and projects.

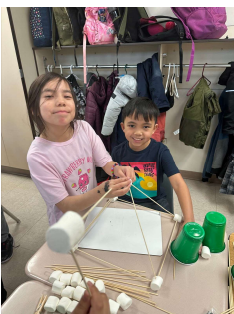
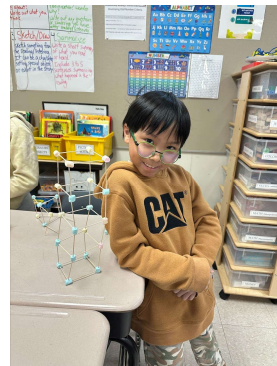
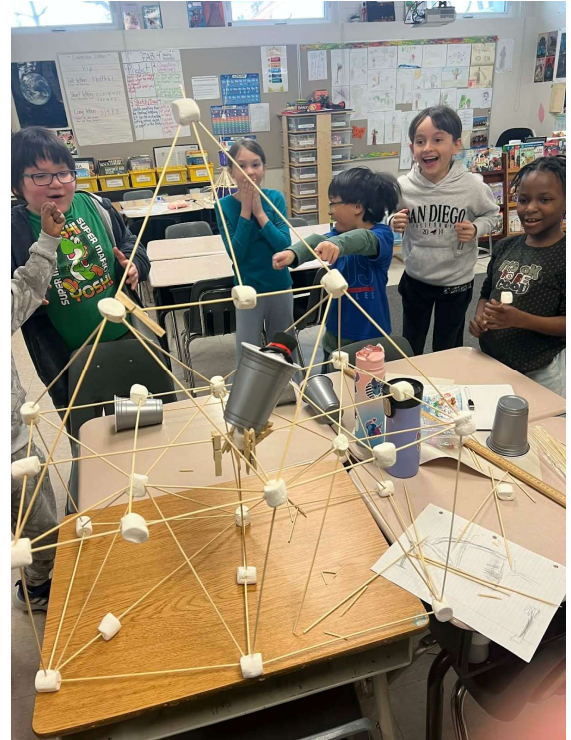
The first thing we did was define what a “structure” is, and then created a list of the structures we see, and may use in our daily lives. We explored the process of building structures that are human-made. We also examined natural structures that can be found in the wild. Some of the favourite ones were beaver dams, termite mounds, spider webs, and bird’s nests.

The students conducted experiments to compare the strength of common materials through timed challenges. They created paper towers which earned points based on height, as well as strength to carry the load.

We examined how various shapes give strength and stability to structures. Designed our own creative cardboard structure builds, and worked on a marble run.

Hope you have a nice Spring, and thanks for reading about our Science exploration!

- Mr.Trachtenberg (Room 110)



RM 211 Persuasive Book Reviews

Room 211 has been working hard on many things this month. We wrote persuasive book reviews to encourage friends and family to read our favorite books. Each student also drew a book cover. We published our persuasive reviews into a class book.



— June
Baby-sitters Little Sister. Kate Forsyth.
 Karen went skating with her brother she fell and broke her wrist. She was upset because she couldn't do anything with a broken wrist. Will she recover from her accident? Read this book to find out!

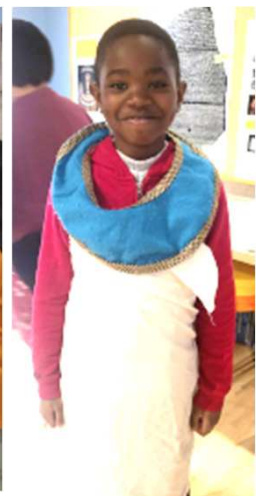


— Hannah
I Broke my Trunk
 By Mo Willems
 If you like funny books about friendship this book is for you. Piggie hasn't seen Gerald all day! When Piggie finally saw him Gerald's trunk was broken! Piggie asked Gerald "what happened to

your trunk?" Gerald said "its a long story" and Piggie wanted to hear it. Will Piggie ever know what happened to Gerald's trunk? Read this book to find out!



— Kahlil
Dog man Matthew Heigley
 Dav Pilbeam
 If you like an Amazing adventure and long stories this book is for you. The chief is having an AMAZING dream about saving his friend Dog man. The chief woke up because the phone rang. The chief got a call from the Heigley saying that Dog man was injured in the line of duty. Will Dog man be okay? Read the book to find out what happens next.



We also went on a field trip to the Manitoba Museum to learn about ancient Egypt. On our field trip, we mummified carrots, pretended to mummify classmates, draw hieroglyphics and dressed up like pharaohs.



The Canada Food Guide and Healthy Nutrition

Health Canada recognizes March as Nutrition Month with sponsorship from the Dietitians of Canada. The intention is to focus on promoting healthy eating and food choices throughout March, but good nutrition is important every day and month of the year.

Food fuels our bodies, minds and souls. It is an important part of our connection to people, communities, culture and to the enjoyment that we experience in our lives. Adequate and healthy food choices are a way to prevent chronic diseases such as diabetes, hypertension, heart disease and other chronic health issues. It also supports positive mental health and well-being, allowing us to flourish as individuals and community members.

There is a lot of information about nutritious healthy eating that is available, but in order to make practical, sustainable and enjoyable food choices, a great place to start is with [Canada's Food Guide](#). Expensive gimmicks and diets are not needed!

Canada's Food Guide (CFG) is a science-based resource that provides practical tips for meal planning, cooking at home and enjoying food that promotes our overall health and wellbeing. Within the CFG you will find information about:

- Mindful eating and enjoying food
- Tips for healthy eating
- Cooking often with easy to prepare recipes available
- Benefits of eating meals with others
- How to use and understand food labels
- Eating a variety of foods each day from the four food groups
- Ways to limit sodium, added sugar and saturated fats; and
- How to be aware of marketing strategies that influence our food choices and budgets.



Did you know that every month, we eat approximately 100 meals? So why not try to make one small change over the next month? Whether you are interested in finding ways to:

- Cook more at home
- Improve your food budget
- Decrease free sugars, salty foods or saturated fats in your diet
- Eat more whole foods and decrease ultra processed food choices, or
- Cook more often with your kids,

making one small change to your eating habits can improve your physical health and the way that you and your family feel emotionally.

Also, including your children in the conversation and getting them involved in cooking with you will help:

- To generate fun, love and family connections
- To teach our children how to prepare whole foods that nourish our bodies while learning basic cooking skills
- To role model a healthy lifestyle; and
- To demonstrate how healthy food choices can promote health and wellness, without the need for gimmicks & diets.

Add a bit of daily physical activity and regular sleep to this “recipe” and you will likely see yourself and your family flourishing!!

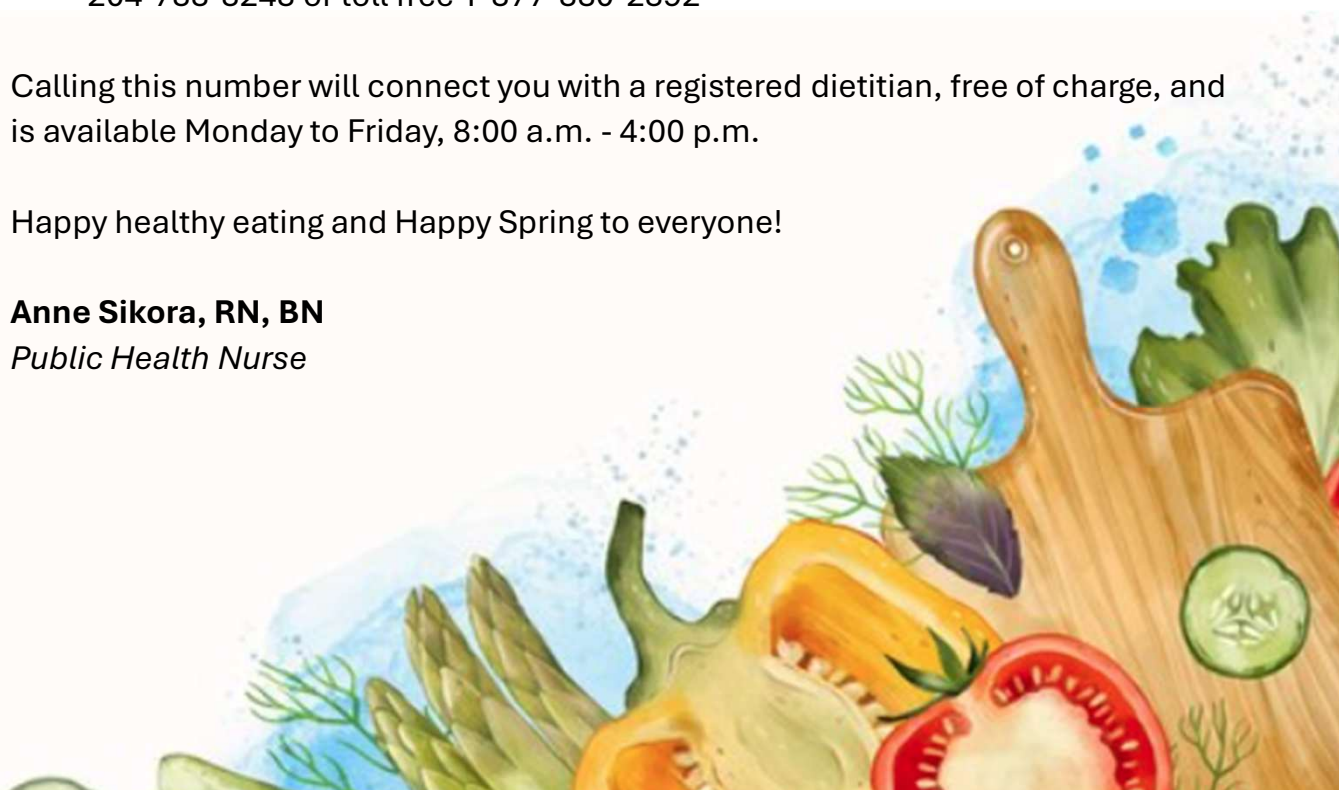
If you have specific questions about dietary choices for yourself or other family members, a great resource to call is:

Dial-a-Dietitian,
204-788-8248 or toll free 1-877-830-2892

Calling this number will connect you with a registered dietitian, free of charge, and is available Monday to Friday, 8:00 a.m. - 4:00 p.m.

Happy healthy eating and Happy Spring to everyone!

Anne Sikora, RN, BN
Public Health Nurse



GROUP PHOTO DAY IS APPROACHING

Thursday, April 30, 2026



Showcase Your Best Smile

- Students will be photographed at school.
- Once your complimentary 6x8 group photo has been processed, it will be shipped directly to the school.*
- Go online and easily purchase your group photo as a beautifully designed 8x10 print with a stylized border.

*Note that your group photos will arrive at a later date.



DON'T FORGET

School photos are a Canadian tradition to capture the school year and preserve your continued growth.



GET REMINDERS

Sign up for notifications at edgeimaging.ca/photoday to get real-time updates about your photo day and stay in the know with Edge. Each group photo style is at the discretion of individual schools.

