



The Communiqué

Monthly Newsletter of
École Luxton School

APR
2025

PRINCIPAL'S MESSAGE

Dear Luxton Families,

April brings better temperatures and lighter moods. It's time for spring cleaning and reinvigorating efforts at school. We are beginning April with two four-day weeks in a row – there's no school Friday, April 11th (PD Day) and Good Friday is on April 18th.

Starting the first day back after the break, we will re-focus on positive behaviour. We aim for all students to be **respectful**, to be **responsible**, and to be **mindful**. Classroom teachers will review behaviours for entry, hallway/lockers, stairways, and the classroom. Other staff will emphasize positive behaviour in lunch program, assemblies, and the library.

On Wednesday, April 9th, Luxton will hold an assembly in recognition of **International Day of Pink**. This day serves as a powerful reminder to stand against bullying, discrimination, and intolerance in all its forms with a particular focus on the 2SLGBTQ+ community. We will celebrate our diverse community and reinforce the expectation that our school is a safe and welcoming space for everyone.

We encourage all students and staff to wear pink to show support and commitment to kindness. Let's make a difference!



We're looking forward to another arts performance at Luxton in April. In the fall, we had a dance performance by the RWB School of Ballet, and then in March a theatre performance by the Manitoba Theatre for Young People. On April 15th, we will host a music performance from the **Manitoba Chamber Orchestra**, with their "Toy Symphony."

We're also looking forward to hosting Karl Courchene and the **Sky Teachings Planetarium** in our gym on April 10.

We'll welcome back Mr. McCartney and Ms. Chan in April. Thank you to Ms. Hatch and Ms. Ermet for serving our students. We also welcome a new education assistant, Amandeep Dhillon, to our school.

- Warren Nickerson

FAMILY CENTRE



I hope everyone had a wonderful Spring Break and took time to relax. The Family Center is open from 9:00 AM to 3:30 PM most days. Coffee is always on, and we are always happy to see you.

The Tuesday Morning Literacy program is still running every Tuesday. If you have a little one and would like to join us for playtime, stories, songs and a healthy snack, just come on by.

I am hoping to run a Food Bingo this month, where the winners can win a bag of groceries to prepare either a healthy breakfast, yummy lunch or a delicious supper with the recipe which will be included.

Angie Houston, Room 66, Family Centre

PHYSICAL EDUCATION

As we wrap up another exciting couple of months in Physical Education, we wanted to share some of the fantastic activities and events in which our students have participated !

February Highlights



We ended February on a high note by taking our Grade 4, 5, and 6 students to the University of Winnipeg for the "Elementary Relay." Students had an amazing experience competing in various events, including the 4 x 100m Relay, 8 x 40m Shuttle Run, 4 x Standing Long Jump, and the 4 x Shot Put. It was a wonderful opportunity for them to test their skills and embrace the spirit of teamwork and competition.

We also hosted our Winter Fun Day, where students enjoyed a morning or afternoon of outdoor activities. The event featured snow painting, sledding/shovels, Tug of War, Snow Soccer, and Broom Ball on the Ice Rink. To keep everyone warm and energized, we had a cozy station with Bannock and Hot Chocolate, which was a hit with students and staff alike!

March Highlights



March was another action-packed month! We took our Grade 7 students to the University of Manitoba for the Track and Field Tournament "Track Attack." The students showcased their talents in events such as Long Jump, 60m Hurdles, 800m Run, High Jump, Shot Put, and the 4 x 100m Relay Race. Their hard work and enthusiasm were truly commendable!

Towards the end of March, some of our Grade 5 and 6 students participated in a 3-on-3 Basketball Tournament hosted by Machray School. It was a great opportunity for students to build teamwork, sportsmanship, and basketball skills in a fun and competitive setting.



In the gym, students had an absolute blast with our Gymnastics unit, where they developed balance, coordination, and strength while having lots of fun.

Looking ahead after Spring Break, we will be kicking off Badminton Intramurals, which promises to be an exciting and engaging experience for all students who want to improve their skills and enjoy friendly competition.

Thank you for your continued support! As always, keep fit and have fun!

Sincerely, Mr. Kay Physical Education Department



MUSIC – MS. DREWNIAK



This past month we have been studying the music of Antonio Vivaldi. Students discussed and reflected on their visual interpretations for the music “The Four Seasons”. We played accompaniment using non-pitched percussion instruments and body percussion. We showed movement with scarves, drew pictures, wrote poetry, and learned about his life.

Many students have enjoyed the dance for the month “In the Dark”. In April, the students will have the opportunity to explore music and dances from different countries and cultures.

We have started our “Sharing Dance” enrichment project. Students in room 13, 15, 16, and 18 will complete 9 lessons from a Royal Winnipeg Ballet Dance instructor in a 30 min dance session once a cycle. The class will run until the end of June. I look forward to finding out what music we will be using and learning the dance.

The students in room 18 have been reading music notation and practicing playing the recorder with B, A, G notes in written form as well as with video music accompaniment. They sound great!! We will continue with more melodies and explore their own song writing.



Song writing was a huge focus this past couple of months, and we finished up using the “12 Bar Blues” as our inspiration. It is written in AAB form and is the cornerstone of blues music that influences many other music genres. Students were to create their own compositions with three verses, and keeping consideration, the last word of A and B sections in each verse would rhyme. We had a fantastic variety of new songs.

This month we branched out and students in rooms 20, 24, 26, and 27 got to try out the guitars. We worked on chords and strumming. This paired wonderfully with their 12 Bar Blues compositions. In April, rooms 24 and 27 will continue guitar, reading tablature.

In April, we will begin exploring drama and readers theatre.

SCHOLASTIC BOOK FAIR

Thank you to all the parents/guardians and students who attended the Scholastic Book Fair during student led conferences. Our sales reached \$3944 which allows us to get over \$800 in books for the library. I would thank Angie and Clark Houston and Shaunti Day for volunteering their time to run the book fair. Thank you to all the staff for being a part of the fair.

Arlene Bell

PROGRAMMING WITH NORTH WINNIPEG NOMADS FOOTBALL CLUB



Spring Flag Football Girls' Tackle Football

First Down for kids ages 4-7 to get very basics and intro to football

Crunchers for kids ages 8-9 and start the physical aspect of football; many start their football journeys in this program.

Atoms for kids ages 10-11

Peeweess for kids ages 12-13

Majors for young adults ages 18-23

Follow the linktree to register: <https://linktr.ee/wpnomads>

For more info visit their Facebook page:

<https://www.facebook.com/northwpgnomads>

COUNSELLOR'S CORNER

Executive Function and Self-Regulation (EF/SR) Skills

As the school counsellor, I'm often called upon to support students with behavior challenges, conflict resolution, and co-regulation. Lately, I've been reflecting on what more we can do to help our students thrive, which led me to explore the topic of executive functioning in children.

Executive function skills are like the brain's control center. They help us plan, stay focused, solve problems, manage our emotions, and make good decisions—kind of like a mental toolbox that helps us handle everyday challenges.

Back in the day... Indulge me for a moment and think back about times we learned to focus:

- The self-control needed to wait for TV commercial breaks before running to the bathroom and making it back in time for the show.
- The sacred "SHHHHHH!" during the news hour when we wouldn't dare interrupt our parents.
- The creative problem-solving of entertaining ourselves on rainy summer days and finding ways to get along with siblings.
- The endless "Are we there yet?" on long car rides, passing time by making up games and watching the scenery.
- Sitting still through family dinners and eating those peas!

Times have certainly changed, and clinicians and educators are noticing that more children are entering school with underdeveloped executive functioning and self-regulation skills. But why does it matter?

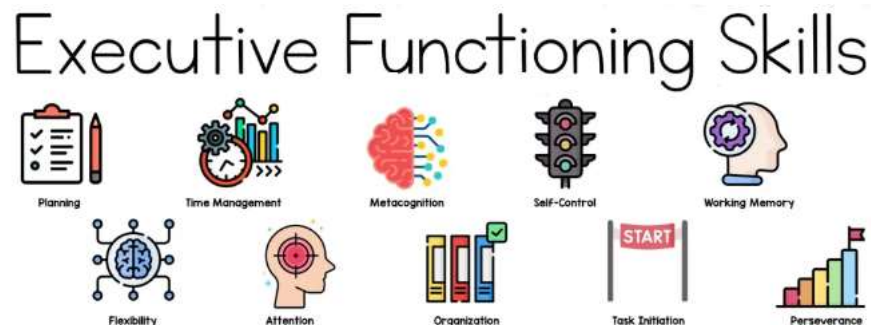
Executive function skills are crucial for learning and development. They help us focus, plan, prioritize, work toward goals, manage behaviors and emotions, adapt to unexpected situations, and engage in complex thinking. These skills aren't innate; we are born with the potential to develop them through practice and positive interactions. For more insights, check out the article "Executive Function in Children: Why It Matters and How to Help" by Johanna Calderon, Ph.D.: [Harvard Health Blog](#)

Here are some helpful videos on executive function skills:

- [Video 1](#) [Video 2](#) [Video 3](#)

To support your child's EF/SR skills at home, this downloadable guide offers age-appropriate activities from infancy to the teen years: [Activities Guide](#)

For school counselling services, please contact Ms. Zeglinski at kzeglinski@wsd1.org or call the main office at 204-589-4368. If transferred to my line, wait for three rings, a long beep, and one final ring before leaving a recorded message.



GARDENS OF KINDNESS



École Luxton Students have constructed Gardens of Kindness and displayed them for International Day of Pink. These bulletin boards are some examples of our creative geniuses.

PARENT ADVISORY COUNCIL

www.ecole-luxton-pac.com

Movie Night!

Thank you to Jill S. and Michelle P. for organizing the Luxton PAC Movie Night fundraiser. Children came in PJs with stuffies, camped out on the gym floor, and watched an animated film. Despite the late winter snowstorm, over 100 participants turned out on Thursday, March 27th for the event.

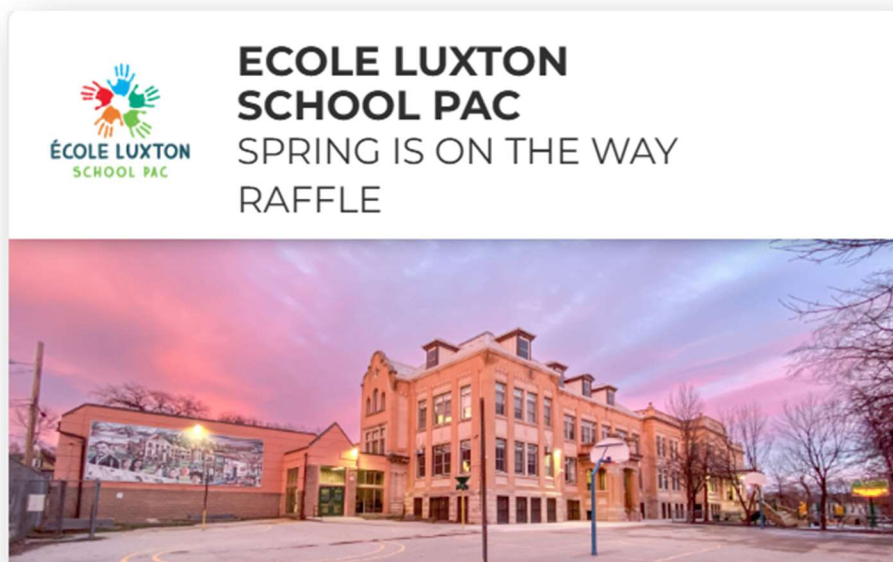


The event was co-hosted by the Luxton Community Centre, who generously gave up their Thursday gym night. Mrs. Lotz and Ms. Seaman prepared the popcorn and Nicholas and McKayla took care of the front of house to help make the event a success.

Angie Huston, Shaunti, and Shannon from the Luxton Family Center served up the popcorn and drinks. A special thanks to **No Frills** for donating the juice boxes. All money raised from the event goes to support Luxton student experiences such as camps and field trips.

Fundraising

Luxton PAC is holding its second online 50 / 50 fundraising raffle, titled “Spring is on the Way”. Tickets can be bought here: <https://www.fundingchange.ca/luxton>. Funds raised will help support the Luxton PAC’s direct support of enriched learning at Luxton (expanded camp and field trip opportunities, development of the grounds).



PAC Meeting

The next Luxton PAC meeting will be held on **Tuesday, April 29th at 6:30 PM** in the library. There was no meeting in March.

APRIL 2025

Sun	Mon	Tues	Wed	Thu	Fri	Sat
30	31 SPRING BREAK	1 SPRING BREAK	2 SPRING BREAK	3 SPRING BREAK	4 SPRING BREAK	5
6	7 / Day 4 School Re-opens	8 / Day 5	9 / Day 6 Journée Rose / Int'l Day of Pink	10 / Day 1 Sky Teachings Planetarium in Luxton Gym	11 / Day 2 Non- instructional Day (NO SCHOOL)	8
13	14 / Day 3	15 / Day 4 Manitoba Chamber Orchestra Performance 10:30 – 11:45	16 / Day 5	17 / Day 6	18 / Day 1 GOOD FRIDAY NO SCHOOL	19
20	21 / Day 1	22 / Day 2 EARTH DAY 	23 / Day 3 Bus Ridership Swimming Counts In- school Session (Grade 4)	24 / Day 4	25 / Day 5	26
27	28 / Day 6	29 / Day 1 PAC Meeting 6:30 Library	30 / Day 2	MAY 1 / Day 3 Swimming Counts In- school Session (Grade 4)	MAY 2 / Day 4	29
30						

UPCOMING DATES

May

1, 8 & 15 - Swimming Counts In-school Session (Grade 4)

9 – NO SCHOOL; planning day

14 – Grade 6 Immunizations AM

19 – NO SCHOOL; Victoria Day

27 – PAC Meeting in the library 6:30 PM

SCHOOL PATROLS

Schedule:

April 7-10 Squad A

April 14-17 Squad B

April 21-25 Squad C

April 28-May 2 Squad A