



# The Communiqué

Monthly Newsletter of  
École Luxton School

DEC  
2023



## “IN THE SPIRIT” - LUXTON WINTER CONCERT 2023

Dear Luxton families! HO-HO-HO and TA-DA!!!

With immense excitement and great pride, we announce our upcoming annual winter concert!!! We have been practicing tirelessly: singing, dancing, playing, rehearsing and preparing for this concert. We would love to have you come and enjoy the show!

The concert will take place on **Thursday, December 14th, 2023**, at 2:00PM and at 6:30PM in the school gym. Doors open at 1:30PM and 6:00PM. Students will need to go to their classes and families will head to the gym. Make sure to get your free tickets (for the evening show only, three per family, not including the performers).

Thank you once again for your cooperation and understanding.

Mrs. Ella Golubchik

Music Teacher

### SCHOOL PATROLS

**Schedule:**

December 4 – 8	Squad C
December 11 – 15	Squad A
December 18 – 22	Squad B

### TIN FOR THE BIN

We are collecting non-perishable food items at the Winter Concert on Thursday, December 14<sup>th</sup>.

# PRINCIPAL'S MESSAGE

We're now into our second academic term in the 2023-2024 school year. The first third of the year went quickly! Now that routines are well-known and expectations are set, students and teachers will be working in earnest to help develop better readers, writers, scientists, mathematicians, athletes, and citizens.

December is also a month of celebration.

- On Monday, **December 4**, the Luxton Parent Advisory Council is hosting a breakfast. The event is graciously sponsored by local business, Eastern Chrysler Dodge Jeep Ram, and will offer pancakes and fruit slices from McDonalds for every child in the school.
- Seasonal celebrations continue the following week during our Winter Concert, **December 14** (performances at 2:00 and 6:30), with "Tin for the Bin" collection.
- In the week before our holiday break, we will engage students in Spirit Week, with a special whole school craft day on Tuesday in multi-age groups. (**December 18 -22**)

Let's be extra kind to one another in this festive period!

- Mr. Warren Nickerson

# PHYSICAL EDUCATION

I'm thrilled to share some exciting updates from our Physical Education program from November. We successfully wrapped up our Volleyball Unit, delving into the skills and teamwork that make the sport so enjoyable. Now, we've kicked off Volleyball Intramurals, extending the invitation to our grade 1 and 2 students, ensuring that the fun reaches every corner of our school community.

A highlight of the month was our first tournament of the



year.

Our grade 5 and 6 students had a blast participating, competing, and making new friends with students from different schools within our division. It was a fantastic opportunity for them to showcase their skills and sportsmanship.

As the holiday season is right around the corner, we're gearing up for some festive fun. Get ready for winter and holiday-themed games that will add an extra layer of excitement to our classes in December.

- Mr. Kay

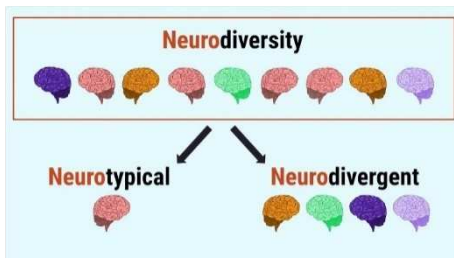
# COUNSELLOR'S CORNER

## What is Neurodiversity?

Neurodiversity is the range of differences in individual brain function and behavioural traits, regarded as part of normal variation in the human population. Neurodiversity embraces the idea that every human is unique with a unique combination of abilities and needs.

The term neurodivergence usually refers to traits and characteristics associated with a number of diagnoses:

- ADHD
- Autism spectrum disorder
- Developmental Coordination Disorder (Dyspraxia)
- Developmental Language Disorder
- Dyscalculia – a mathematical learning disability
- Dyslexia
- Intellectual Disability
- Tic Disorders, including Tourette's Syndrome



SOURCE: <https://therapyfocus.org.au/on-the-blog/understanding-neurodiversity/>

**Masking:** Not a literal mask, masking refers to the sense that one must hide their true self in certain settings. Many people are using a lot of energy and brain space, working hard to appear calm on the outside, while the nervous system is not actually calm on the

inside. Though much of the literature on this is autism-centric & gender-based, referring to "female traits in autism," students across the gender spectrum may be masking at school and experiencing the effects of sensory overwhelm on their nervous systems.

The following articles contain helpful information (even though they are female-centric):

<https://www.tiimoapp.com/blog/art-of-masking-women-with-autism/>

<https://www.spectrumnews.org/features/deep-dive/costs-camouflaging-autism/>

<https://www.autismparentingmagazine.com/autism-masking/>

**After School Restraint Collapse:** Emotional meltdowns after school? Caregivers may be seeing behaviours at home, that staff are not seeing at school or daycare.

The good news? Home is a safe space in which to be one's true self, where everybody feels loved & accepted, "warts" & all. After School Restraint Collapse may be a result of masking all day long.

<https://www.cbc.ca/news/canada/saskatoon/after-school-meltdowns-what-causes-them-and-how-parents-can-help-1.5741773>

**Neurodiversity**

Neurodiversity refers to the natural diversity of human minds. It is a biological fact that we are diverse in our minds just like we are diverse in our ethnicity, gender, sexuality, etc.

Neurodiversity acknowledges the whole spectrum of neurodiversity from neurodivergent individuals to neurotypical individuals.

created by Judy Singer

**Neurodivergent**

Neurodivergent is an umbrella term for individuals who have a mind or brain that diverges from what is typical. It can be acquired or genetic, an innate part of you or not.

Neurodivergence just means having a mind that functions differently to what is considered the norm including learning, processing, interpreting, feeling, etc.

created by Kassiane Asasumasu

**Neurotypical**

Neurotypical refers to having a mind or functioning that falls within the society standards of what is deemed "typical", "common" or "normal".

Neurotypical is the opposite of neurodivergent, someone who diverges, and it is not a negative word at all but a neutral word.

www.livedexperienceseducator.com

**Neurodiverse**

Neurodiverse is a term to describe a group of individuals who represent the spectrum of neurodiversity which includes neurotypical and neurodivergent individuals.

Remember, an individual cannot be neurodiverse. Individuals who aren't neurotypical would be neurodivergent.

@livedexperienceseducator

# PARENT ADVISORY COUNCIL

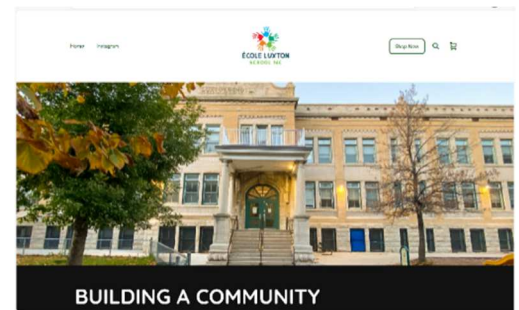
## STAY IN TOUCH!

PAC has a new website! Please check it out at [www.ecole-luxton-pac.com](http://www.ecole-luxton-pac.com)

Follow PAC on social media as well to stay on top of all the current information about fundraising, events and meetings:

**Instagram:** @luxton.pac

**Facebook:** Ecole Luxton School Parent Advisory Council



## PAC EXECUTIVE MEMBERS 2023-2024

**Chair:** Jose Xec

**Vice Chair:** Currently vacant

**Secretary:** Reesa Swift

**Fundraising Coordinator:** Jill Stockwell

**Treasurer:** Jeff Leighton

## COMMUNITY BREAKFAST



Eastern Chrysler is partnering with McDonalds to provide all school children and staff with a FREE breakfast on Monday December 4, 2023. All meals will come with hotcakes, yogurt, milk, and cantaloupe fruit slices. Additional items are available for purchase to add on to a child's free meal. All proceeds will go to PAC to help with funding school activities and supplies. Keep an eye out for the order form being sent home soon. If you are able to volunteer to supervise this event your help will be greatly appreciated.

## FUNDRAISING]



The Peak of the Market fundraiser wrapped up on November 2, 2023. Thank you to everyone who contributed. With your help École Luxton School is able to donate 24 bundles of vegetables to families in need within our community!



The Shelmerdine's fundraiser is now live! Order poinsettias, wreaths, door swag or gift cards. Visit <http://fundrasiers.shelmerdine.com> to place your order. Select Ecole Luxton School (under E for Ecole). The last day to order is November 28, 2023. All orders can be picked up on **Tuesday December 5, 2023 between 3:00 PM and 5:00 PM in the Family Centre** or you can pick yours up directly from Shelmerdine's.

**For the next fundraiser we have paired with The Meat Company.**



This is a small family run, mostly online, butcher who continues help out the Luxton Community Centre with the breakfast program as well as mini soccer wind-up. The fundraiser is live now and will be up until early January.

Money raised from this fundraiser is going to be used to offset costs of upcoming school activities like the babysitting course and Grade 4, 5, 6 Day Trip to Camp Manitou among other school activities.

#### **How to order the Luxton School Meat boxes**

1. Visit The Meat Company Website - <https://www.themeatcompany.ca/>
2. Search Luxton on the search feature
  - a. Or Click shop all menu option
  - b. On the side menu choose fundraising (do not select fundraising on the home page – this will bring you to the general information on fundraising.
3. Select your box and add to the cart
4. Click the cart and check out
  - a. You will be assigned a day and time for pick up – this can be changed at check out by clicking on the day and time and options will come up
  - b. You may also select delivery instead of pick up for \$7.99
5. The Luxton Community Centre is also doing a fundraiser for the breakfast program and you will be able to add bacon and eggs that will be sent directly to the club.

## **YEAR IN REVIEW 2022-2023**

PAC Executive with the help of parent volunteers and school staff were able to accomplish many goals last year!

- Raised just over \$7000 for the school
- Helped organize the re-opening of the Family Centre
- Provided \$200 to each classroom to help fund field trips, special projects and supplies
- Helped fund a babysitting course organized by Mrs. Zeglinski and sponsored by her father-in-law Paul Zeglinski
- Secured a \$5000 grant for a block party
- Created a document for parents on how to advocate for their children with the Division
- Organized and funded a lunch for Teacher Appreciation
- Helped advocate at the divisional level for a new teacher for the English grades 4/5/6 due to large class size
- Helped fund the grade 6 farewell celebration

## **LUNCH PROGRAM**

PAC has an amazing coordinator, Rita and team of volunteers who run fun, safe programming for our kids over the lunch hour every day of the week.

## **PAC MEETING**

There is no PAC meeting in December. The next meeting will be January 31, 2023 at 6:30 PM in the Library.



# LUXTON COMMUNITY CENTRE BREAKFAST



Luxton Community Centre runs a **FREE Breakfast Program** every school day from 8:00 AM to 10:00 AM.

**All children, youth and their families are welcome to attend.**

Breakfast supervisors will remind children when it is time for school.

For more information please contact the Luxton Community Centre at 204-582-8249

## NEED HOUSING OR I.D.?

WSD and End Homelessness Winnipeg are offering a **Housing Resource Fair** and **ID Service Provider** event to support families to access the income and housing supports for which they are eligible. Join us **on Dec. 6, 2023** to receive one-on-one support to apply for available benefits.

Please see below for further information:

**When: December 6, 2023**

**Where: 364 Dufferin Avenue, Winnipeg, MB R2W 2Y3 (R.B. Russell School)**

**Time: 4:00 to 8:00 pm**

Some of the providers at the event will include:

- Rent Assist
- EIA
- Service Canada (SIN Program)
- Canada Revenue Agency
- Renters Insurance Providers
- Secure Certificate of Indian Status Program
- Canada Learning Bond & Birth Certificates
- 211 Service Navigation
- Manitoba Hydro
- New Journey Housing

If you want to **sign up for services**, please **bring ID or documents** with you if you can, such as:

- **Manitoba Health Card**
- **Government Issued Photo ID**
- **Proof of Income/Option C**
- **Current Tenancy Agreement**
- **Direct Deposit/Banking Information**
- **EIA Budget Letter**
- **Proof of Status/Residency**
- **Completed Guarantor Form (Status Card\*)**

# ENCOURAGING GOOD SCHOOL ATTENDANCE

It can't be stressed enough how important it is to attend school every day, on time. Children simply can't learn and make progress if they're not present in school. Here are some helpful tips to improve attendance:



- ✓ It's helpful if students have regular bedtime routines.
- ✓ Students can be encouraged to get organized themselves for the next school day the night before.
- ✓ Talk to children about the importance of going to school every day and only staying home if they are really sick.
- ✓ Notice and praise children when they show a value for their education by getting ready for school and making it to school on time. You can say "It's very responsible of you to get your clothes and backpack ready for school," or "I can see that it's important to you to get to school on time."

Of course, students need to stay home if they are sick. Don't forget to call Safe Arrival (1-855-278-4513) before 9:00 AM if students are going to be away for the day. Planned absences may be reported in advance. You can also visit the website at <https://go.schoolmessenger.ca> if you find that easier.

## SPIRIT WEEK: DEC. 18<sup>TH</sup> TO 22<sup>ND</sup>



**Monday, December 18<sup>th</sup>** - Pattern Day- Mix and Match your stripes, spots, plaid and wear EVERY pattern you can imagine!



**Tuesday, December 19<sup>th</sup>** - Colour Day- For MY classes in the GYM riot- Wear your TEAM colour. For EY classrooms- wear RED AND GREEN for the holiday season.



**Wednesday, December 20<sup>th</sup>** - Santa Hat day! Wear your reindeer antlers, elf hats and Santa hats today! (Dollar for a Donut Bake Sale also happening!)









**Thursday, December 21<sup>st</sup>** - Shiny Day- Wear your sparkliest, shiniest, glitteriest, and brightest outfits! Neon colours... glittery hats... Make sure you're dressed BRIGHT that day so Santa can see you from the North Pole!



**Friday, December 22<sup>nd</sup>** - Polar Express PJ DAY!

# DECEMBER 2023

Sun	Mon	Tues	Wed	Thu	Fri	Sat
					1   Day 3	2
3	4  Day 4 PAC/ Eastern Chrysler MacDonald's Breakfast Craft Club Gr. 1 & 2	5  Day 5 Shelmerdine Winter Fundraiser Order Pick up 3-5 PM Family Centre	6  Day 6 Last Kuamini Meeting at lunch room 18  Housing Resource Fair (R.B. Russell)	7  Day 1	8  Day 2	9
10	11  Day 3 Craft Club Gr. 1 & 2	12  Day 4	13  Day 5	14  Day 6 Winter Concert 2PM and 6:30 PM Tin for the Bin	15  Day 1	16
17	18  Day 2 Craft Club Gr. 1 & 2 	19  Day 3 Gym Riot Middle Years Xmas Craft Day Early years 	20  Day 4 Kuamini Donut Sale 	21  Day 5 	22  Day 6 Last day before Winter break 	23
24	25	26	27	28	29	30
						

## UPCOMING DATES

- January 8 – School reopens and classes resume
- January 17 – Kuamini first meeting of 2024 at lunch in Room 18
- January 22 – P.D. day NO SCHOOL
- January 24 & 31 – Kuamini at lunch in Room 18
- January 31 – PAC meeting at 6:30 PM in the Library