



WINNIPEG SCHOOL DIVISION

Robertson School Newsletter

"A community of learners-working together"

Robertson School
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JANUARY 2024



A message from Administration...

Welcome back! We trust that everyone had a safe and happy holiday with family and friends! We hope that everyone has had their much-needed rest and are excited to be back at school. We are looking forward to a renewed sense of energy and an eagerness to embark on new challenges. January is going to be a fun filled month full of new discoveries, as students continue on their academic and social journey of learning.

We would like to take this opportunity to reflect back on the month of December. We would like to thank you, the families, for supporting ESD Leadership Team's Koats for Kids Drive initiative, which helped provide warm clothing to both our students and other families within the city with warm winter gear. We would also like to thank you for supporting our school winter performances. It was so great to see so many smiling faces on stage and in the audience. The students did an amazing job! We like to send a special thank you to Mr. Rosner, our Music Teacher, for all the extra time and effort that he put forth in order to ensure that the concerts were huge successes.

The Grade 5 and 6 students and staff would like to thank all families that supported their bake sale during the concert. They raised approximately \$400 dollars to support Grade 5 and 6 year end celebrations.

We look forward to continuing our partnership with RWB and bringing shared dance for some of the classes at Robertson School. The following rooms will begin participating this month: Room 132, 134, 101, P1 and 150.

January brings with it some cold and snowy weather. This means that it is very important for all students to come to school dressed appropriately every day. Please ensure that your child wears toques, mitts, boots, etc., so that they are prepared for the outdoors, as students go outside daily unless the temperature exceeds -27°C.

As always, we would like to thank you for your ongoing support and look forward to our continued relationship!

Yours in education,

Mrs. J. Guzzi
Principal

Mrs. A. Petrelli
Vice Principal

IMPORTANT DATES TO REMEMBER

January 8	Return to School Day 1
January 12	Litterless Lunch
January 19	Teacher In-Service NO CLASSES
February 2	Teacher In-Service NO CLASSES
February 9	Litterless Lunch
February 19	Louis Riel Day NO CLASSES
March 1	Litterless Lunch
March 15	Tri-Conferences NO CLASSES
March 25	Spring Break Starts
April 1	School reopens Day 1
April 5	Litterless Lunch
April 19	Teacher In-Service NO CLASSES



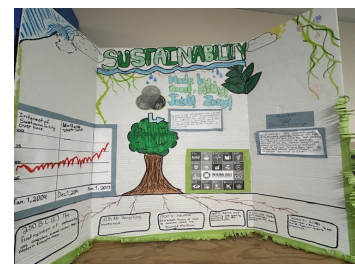
Room 101

Room 101 explored the theme, we are all interconnected. Through this exploration, students investigated ways to be sustainable as a means to create and sustain wellbeing for all. To live sustainably is to live in a way that encompasses, love, courage, respect, humility, and honesty as one entity cannot exist without the other.

“When one tugs at a single thing in nature, he finds it attached to the rest of the world.”
-John Muir

Science:

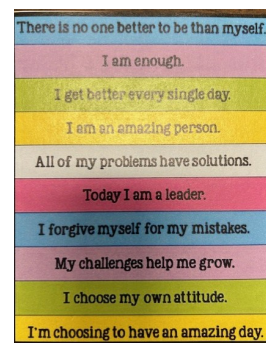
Students explored sustainability from an environmental perspective. Students identified environmental issues created by past actions and identified ways to care for Mother Earth and the future seven generations.



Health:

Wellbeing is also created from within. We have prioritized cultivating inner peace through a weekly yin yoga practice. This mindful activity focuses on the mind, body, and spirit. Yoga allows students to start their school day on a positive note.

Not only is important to treat others with respect as a means to achieve wellbeing, it is important to engage in positive practices that cultivate a positive mindset for ourselves. Students have been practicing positive affirmations as a strategy to create a healthy mind.



In conclusion, room 101 has begun to explore sustainability and ways in which we can cultivate wellbeing for all through inquiry and mindful practices.

Happy New Year! We hope this newsletter finds you well and ready for an exciting month of learning and exploration in our **autism classroom**.

Discovering the Magic of the Letter M: In January, we're diving into the enchanting world of the letter M! From mysterious mountains to magnificent monkeys, we'll be on a mission to uncover the many wonders that start with this magical letter. Our creative activities and engaging lessons will make learning the letter M a joyous adventure for our students.

Embarking on a Celestial Journey: Buckle up as we set our sights beyond the skies! This month, our students will be reaching for the stars as we explore planets, galaxies, and the vast universe. Through sensory-friendly activities, interactive lessons, and captivating visuals, we aim to spark curiosity about the cosmos and create an out-of-this-world learning experience.

Colors of the World: Let's paint our world with a spectrum of colors! Our classroom will transform into an artistic haven as we delve into the rich tapestry of colors that surround us. Through hands-on projects and sensory play, we'll celebrate the beauty of diversity and individuality, fostering a deep appreciation for the vibrant palette that makes our world uniquely special.

Tailoring Learning Experiences for Every Child: In our autism classroom, we recognize the importance of tailoring learning experiences to meet the unique needs of each child. Our dedicated team is committed to creating a supportive environment where every student can thrive and shine. If you have any specific concerns or insights regarding your child's learning preferences, please feel free to reach out to us.

We're looking forward to a month filled with growth, discovery, and shared moments of joy. Thank you for entrusting us with the privilege of guiding your child's learning journey. Here's to a fantastic January!



Snapshot of Gr. 3/4 in P1!

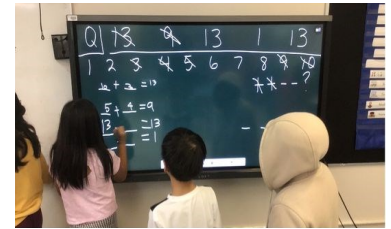
Term 2 has been full of learning, growth, and fun! We were thrilled to have our student teacher - Ms. Broughton - complete her 5 week teaching block in November and December with us. Here is what we've been working on:

English Language Arts

In writing, we moved into our second Unit of Study - informational writing. Students chose an "expert" topic and explored several structures that could be used to share knowledge about their topic with readers. They then learned how to plan their writing using a Table of Contents, share information using a variety of different formats, balance facts and ideas, use text features to pop out important information, and craft strong leads and conclusions. We also began our phonics groups and continued to grow our love of reading across many genres.

Math

This term, we moved into describing and applying mental math strategies for addition, including using known facts, counting on, using place value, using doubles, rounding and adjusting, and using compatible pairs. Grade 3s are working on adding two 2 digit numbers, while grade 4s are working on adding numbers to 10000 as well as decimal numbers. We are also learning to solve problems in small groups using the Thinking Classrooms process.



Social Studies

We have begun our study of Life in Canada, learning about Canadian symbols, important days, public and private property, power and authority, and governmental responsibilities.

Science

We are learning about Soils in our Environment. We explored soil components (sand, silt, loam, clay, and humus) and conducted hands on experiments to view the sedimentation process, test water absorption, and determine which type of soil is best for growing plants.



Art

We studied landscape work by the Group of Seven and created our own winter landscapes that used value, size, and texture to show perspective. We also explored how we can use our bodies to communicate through fun drama games and activities. We are eagerly anticipating the new year, when we will have the opportunity to work with the Royal Winnipeg Ballet to learn a dance to perform at Shared Dance Day at the University of Winnipeg in the spring.



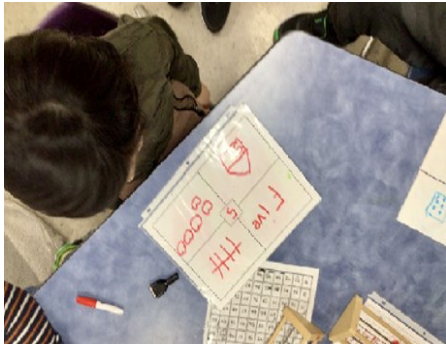
Room 135

The N/K learners in Room 135 have been as busy as bees learning about all things science...trees, paper, colours, and many things in between! They had a great time learning with Ms. Jade, our amazing final year student teacher, who just completed a 4 week block in the classroom. She taught them about many things...how trees grow, what comes from trees, animals that live in trees, where paper comes from, how to reuse to reduce the amount of paper we use, how to mix primary colours to make secondary colours, the list goes on and on! In January and February, our focus will be on literacy and math, with lots of fun and engaging lessons in both of these very important academic areas. Stay tuned to Seesaw for updates

Room 149 Update

Science:

In Room 149, students developed an understanding of matter by investigating properties of solids and liquids. Students investigated ways in which solids and liquids interact and identify how the properties of solids and liquids determine their uses. Students also observed how water can be made to change from one state to another.



Math:

In math students have been working on representing numbers 1 to 100 using number words, numerals, pictures, and using different manipulatives like *ten-frames*, *base-ten blocks*, *rekenrek*, *number line*, *classroom objects*, *part-part-whole* etc. Through Number sense we create an awareness and understanding of numbers. Number sense involves knowing different ways of representing numbers, understanding the relationships among numbers, and using numbers flexibly to reason, estimate, and compute.

ELA:

In writing our focus was on personal narrative writing. Students wrote about small moments from their own lives and made them into focused, well-structured stories. Student also learnt about how to bring life into the characters by making them talk, think, and interact while drawing pictures across the pages and used strategies like “say it slide it hear it write it” to spell words.



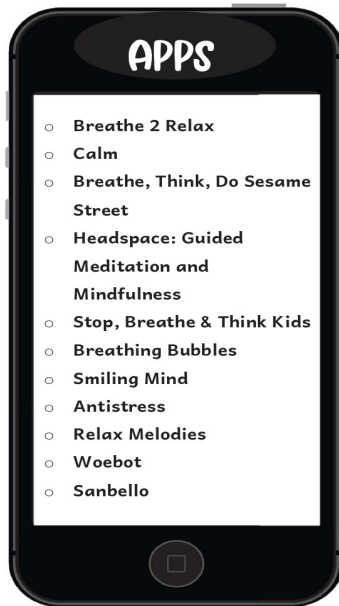
Social Studies:

Students enjoyed doing *Show and Tell* on their cultural traditions and our currently studying about holidays around the world. Holidays Around the World is one of our favorite themes during the month of December. Students love learning about other cultures and all the things that make them unique. We spend the whole month learning about different holiday traditions.

ANXIETY RESOURCES

BOOKS FOR ADULTS

- Skills for Big Feelings: A Guide to Teaching Kids Relaxation, Regulation, and Coping Techniques by Casey O'Brien Martin
- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel J. Siegel and Tina Payne Bryson
- The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears by Lawrence J. Cohen
- Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children by Reid Wilson and Lynn Lyons
- Helping Your Anxious Child by Ronald Rapee
- The Worried Child by Paul Foxman
- Why Smart Kids Worry: And What Parents Can Do to Help by Allison Edwards



CHILDANXIETY.NET

CONSCIOUSDISCIPLINE.COM

WORRYWISEKIDS.ORG

SUSANKAISERGREENLAND.COM

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BOOKS FOR KIDS

- Sometimes I'm Anxious by Poppy O'Neill
- Please Explain "Anxiety" to me by Laurie and Jordan Zelinger
- A Boy and a Bear: The Children's Relaxation Book by Lori Lite
- Wemberly Worried by Kevin Henkes
- When My Worries Get Too Big by Kari Dunn Buron
- Worry Says What? by Allison Edwards & Ayesha L Rubio
- The Bear Who Lost His Sleep by Jessica Lamb-Shapiro
- What to Do When You Worry Too Much by Dawn Huebner
- Wilma Jean the Worry Machine by Julia Cook
- What to Do When You're Scared and Worried by James J. Crist
- Jack's Worry by Sam Zuppardi
- Anxious Little Pishy Paperback by Brittany Joseph
- Hey Warrior by Karen Norville Dovidonyte
- Taming Your Dragons by Marsha Belknap

USEFUL ARTICLES

psychcentral.com/lib/learning-deep-breathing/

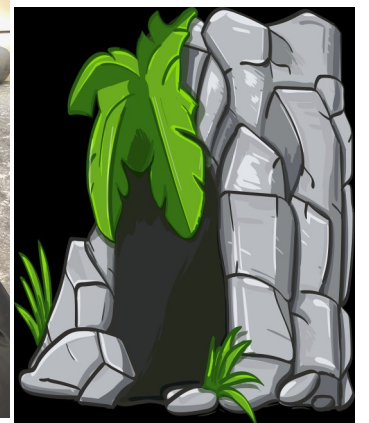
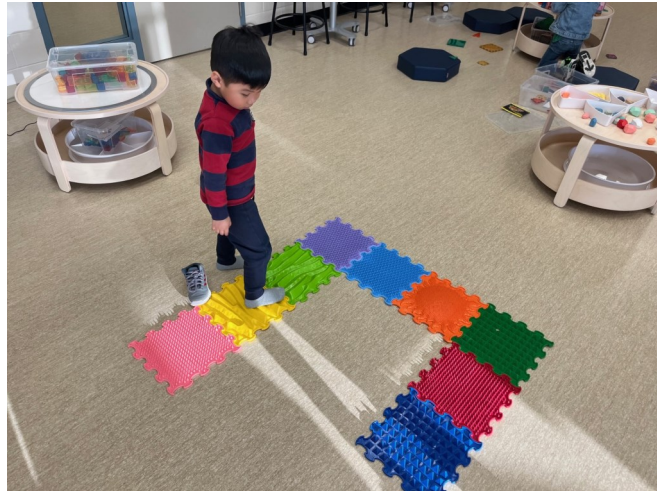
bellybelly.com.au/parenting/emotional-regulation/

onetimethrough.com/how-to-teach-kids-to-value-and-accept-feelings/

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The Den

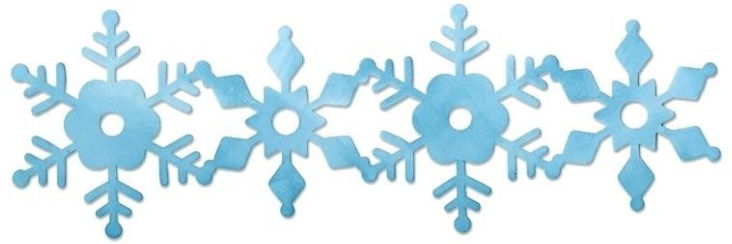
The Den is up and running! Classrooms were invited to sign up to visit the Den during the last week of school before winter holidays. Everyone who visited (both children and adults) had a great time building in the tinker area, moving their bodies in the up-regulation space, relaxing in the lounge, calming their bodies in the Cave, and connecting with peers and adults in this amazing space! We encourage you to ask your child(ren) about their visit and what they liked the most. Stay tuned for more updates regarding programming in the Den throughout the winter.



Music/Performance News

Let's start off with a big congratulations to all intermediate students who participated in the Winter Concert: A World for Peace. It was a spectacular show! Now that it's done, intermediate students will start playing recorders. For students without recorders, order forms will be sent home this month (January). Primary students will now start working to create their performance pieces for the spring concert: We are the Bugs! Each class will decide upon an insect to portray. They will learn about their insect and create poems, songs and skits that will be sure to please all who come to watch!

Yours Truly,
Mr. Rosner
Music/Performance Teacher
Robertson School



KidCareMB.ca



Vaccination

All children in Manitoba aged six months and older can get COVID and flu vaccines.

Keeping your kids up to date on vaccinations can prevent them from getting sick. There are many locations across the province where they can be immunized, and we have an online map to help you find a spot that is convenient.

Book Now — [ProtectMB.ca](https://www.protectmb.ca)



Fevers?

Fever is not dangerous. It is the body's natural response to infections and actually helps to fight infection.

Higher temperatures do not mean the infection is more serious, and a fever on its own does not require medical attention in most children.*

You do not need to treat fever with medicine. Cool your child by dressing them in light clothing, offering extra fluids, and keeping the room cool.

*Children under 3 months of age and those with chronic health conditions should be seen if a fever develops.

A Dose of Prevention Goes a Long Way!



Stay Home

Keep sick kids at home to slow the spread.



Hand washing

Teach your kids to wash hands with soap for 20+ seconds.



Cough

Cover your cough or sneeze.



Masks

Consider wearing a mask when indoors in crowded locations.



KidCareMB.ca

How to Care for Your Child During Respiratory Virus Season

Having a sick child can be scary. Know what symptoms to watch for, how to provide care and comfort at home, and when to seek help — it's all part of providing good KidCare!

At an emergency department, the sickest patients are always seen first. Less sick patients will have to wait for care. Depending on your child's symptoms, you may be able to provide care at home, or be seen faster by your doctor or a walk-in clinic or urgent care centre.

When deciding where to go, consider these cold and flu symptoms to determine whether your child needs emergency care.

	Emergency	Not an Emergency
Breathing Problems	<ul style="list-style-type: none"> in respiratory distress pale skin with blue lips wheezing, not responding to medication 	<ul style="list-style-type: none"> nasal congestion and cough mild wheezing that is responding to medication or is not associated with difficulty breathing
Fever	<ul style="list-style-type: none"> infant (less than 3 months old) with fever immune system or chronic health problems difficult to wake or excessively sleepy fever ongoing for more than 5-7 days neck stiffness with vomiting and sleepiness unable to walk or weakness of arms or legs 	<ul style="list-style-type: none"> in healthy and vaccinated babies in children who are generally well on its own, a high fever does not require a trip to emergency
Vomiting or Diarrhea	<ul style="list-style-type: none"> in a child less than 3 months old repeated vomiting and shows signs of dehydration (no tears, dry mouth, sunken soft spot) containing blood or is bright green dehydration with dry mouth, or if no urine is passed for 12+ hours 	<ul style="list-style-type: none"> vomiting or diarrhea less than 3-4 times per day ongoing diarrhea after 'stomach flu' as this can last for up to 2 weeks

Learn more about symptoms that should lead to a visit to emergency and those that can be cared for at home or elsewhere, at [KidCareMB.ca](https://www.kidcaremb.ca).

Need Advice?

Health Links – Info Santé can help 24/7.

Call 204-788-8200 or 1-888-315-9257

In an emergency, call 9-1-1.



Not Sure Where to Go?

Talk to a nurse from home and get help assessing your child's symptoms.

Call Health Links – Info Santé at 204-788-8200 or 1-888-315-9257

In an emergency, call 9-1-1.



To the parents/guardians of Robertson School students,

Please see the attached memo and KidCareMB [‘How to Care for Your Child During Respiratory Virus Season’](#) pamphlet sent on behalf of Shared Health. The memo and pamphlet are intended as information only, no further action requested. For more information on where to go with a sick or injured child, visit: [Kid Care - Children & Teens - Shared Health \(sharedhealthmb.ca\)](#)



KidCareMB.ca

Message from Dr. Karen Gripp, medical director, HSC Winnipeg Children’s Hospital Emergency Department:

HSC Winnipeg Children’s Hospital Emergency Department is seeing a significant increase in patient visits as respiratory viruses continue to circulate in the community.

While many of our patients are very sick, we are also seeing many kids who could be treated in a more appropriate setting or safely managed at home. At least a third of the patients seen each day over the past week could have been safely cared for by their family doctor, a nurse practitioner, or at home with rest and fluids.

We know that having a sick child can be very stressful and that when you need emergency help, you know where to go. But just as importantly, we want you to avoid waiting in an emergency department for long periods with a sick child if they can be cared for elsewhere.

We expect that patient volumes will continue to remain high in the weeks ahead and almost certainly increase. This will further stretch our ability to take care of sick children, so it’s imperative that parents and caregivers understand their options for care and when symptoms warrant a visit to the emergency department.

We know having a sick or injured child can be scary and overwhelming, so knowing where to go **before** your child becomes sick or injured can help you make the right decision when they need care.

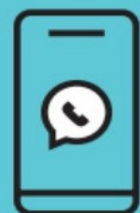
It’s important to remember that not all respiratory symptoms require a visit to the emergency department. Many common cold and flu symptoms, including fevers, can be safely treated at home or with a visit to your doctor, a walk-in clinic, or urgent care centre.

I want to reassure parents and caregivers that if you come to the emergency department, you will get the care that you need. But if your child’s needs are not urgent, you can expect a longer wait as we continue to see the sickest patients first.

I encourage you to review the attached pamphlet and visit KidCareMB.ca, which includes helpful information on care options as well as symptoms to watch out for when caring for a sick child.

Not Sure Where to Go?

Talk to a nurse from home and get help assessing your child’s symptoms.
Call Health Links – Info Santé at **204-788-8200** or **1-888-315-9257**
In an emergency, call **9-1-1**.



Dear families of Robertson School, the Winnipeg School Division has created the attached poster using Public Health guidelines regarding 'How Sick is too Sick for School?'. Please also see the following link for more information:

<https://www.gov.mb.ca/safety/winter/health.html>

HOW SICK IS TOO SICK FOR SCHOOL?

Cold and flu season is here.
See our tips for parents and caregivers:



KEEP ME HOME:

- Fever**
(higher than 38°C or 100° F)
- Sore Throat**
- Persistent Cough**
- Strep Throat**
- Vomiting or Diarrhea**
- Abdominal Pain**
(severe or long-lasting)
- Illness**
(prevents from participating comfortably in activities)

SEND ME TO SCHOOL:

- No Fever**
(without fever-reducing medicine for 24 hours)
- Occasional Cough**
(but no other symptoms)
- Strep Throat**
(after 24 hours of treatment)
- No Vomiting or Diarrhea**
(for 48 hours)





Monday	Tuesday	Wednesday	Thursday	Friday
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Day 1 8 School Reopens	Day 2 9	Day 3 10	Day 4 11	Day 5 12 Litterless Lunch
Day 6 15	Day 1 16	Day 2 17	Day 3 18	Day 4 19 NO SCHOOL Teacher Inservice
Day 5 22	Day 6 23	Day 1 24 RWB Shared Dance -am	Day 2 25	Day 3 26
Day 4 29	Day 5 30	Day 6 31		

