



**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 (Gr. 2)  
Ms. J. Gauthier (Gr. 1)  
Ms. S. Lenhardt Mair (Gr. 2)  
Ms. C. Treger (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. Kolton (Gr. 6)  
Ms. T. Perreault (Gr. 5/6)  
Ms. R. Turnbull (Gr. 5/6)  
Mr. J. Van Deenter (Gr. 5)  
Ms. M. Mercado (Supply)

**Specialists**  
Ms. R. Reimer (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. Myhre  
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. Maligaya (Days)  
Mr. A. Concepcion (Evenings)  
Mr. R. Manglicmot (Evenings)

**Nutrition**  
Mrs. S. Calanza (Food Coordinator)  
Ms. N. Jubinville (Asst. Food Coordinator)

# Wellington School

690 Beverley Street, Winnipeg, Manitoba R3E 2A5  
Phone - 204-774-8085 | Fax - 204-772-2799

## NEWSLETTER

## JANUARY 2026

To Our Wellington Families,

Happy New Year! May your new year be filled with peace, joy and prosperity! We hope you were all able to enjoy the time off connecting with loved ones and friends.

December was a busy month with several events and initiatives being held which showcased the generosity, kindness and empathy of our students and staff for those that are struggling during the holidays and harsh winter months.

A huge thank you goes out to staff and members of the community who took time collecting items for our "Holiday Shopping" held in the family room. Our students were able to experience the idea of gift shopping and gift giving to their loved ones at home.

Family holiday portraits were a success. Families once again participated in holiday photos organized by Ms. Livia Bales in the family room. A huge thank to Lorinda Clarke for taking the photos and for capturing the holiday spirit for our families.

Evermore will be starting up again as soon as we get back. They have included Monday after school as well to their schedule. We are excited that Evermore programming will now be available Monday, Tuesday and Thursday.

A reminder that a Parent Council meeting is scheduled for January 8, 2026 at 5:00 in the MPR.

Just a reminder that as we get back into routines that January brings harsh cold temperatures. Please make sure that your child remembers to bring and wear appropriate winter clothing and if there are any concerns, to please contact the school.

We look forward to a great start to 2026, with our students eager to engage in learning and continue to be actively involved in the multitude of activity opportunities offered by our dedicated staff.

Sincerely,

Emil Contreras  
Principal

Kari Bergmuller  
Vice Principal

## Important Dates to Remember

JAN 5	MON	School Re-opens after Winter Break
JAN 13	TUE	<b>Inner City Soccer</b> Wellington vs. Victoria-Albert @ U of W
JAN 14	WED	<b>Nursery/Kindergarten Field Trip</b> Children's Museum
JAN 20	TUE	<b>Inner City Soccer</b> Wellington vs. Fort Rouge @ U of W
JAN 23	FRI	<b>Non-Instructional Day</b> *** NO SCHOOL ***
FEB 2	MON	<b>Non-Instructional Day</b> *** NO SCHOOL ***
FEB 16	MON	<b>Louis Riel Day</b> *** NO SCHOOL ***

# WELCOME BACK!

We hope you  
had a wonderful  
Winter Break!



Please note that the  
**Parent Council Meeting**  
has been moved from January 8 to  
**Thursday, February 12 at 5:00 p.m.**



## Cold Weather Reminder



As the chilly weather sets in, we'd like to remind our families that students will go outside for recess each day, except during extreme weather conditions. Please ensure your child comes to school dressed appropriately for the cold, as they will be expected to stay outdoors for recess whenever the temperature and windchill are colder than -28°C.

[\(See also WSD Cold Weather Guidelines for more information\)](#)

**GLOVES or  
MITTENS are  
a MUST!**



Please always remind your child to wear/bring them, as they're essential for keeping hands warm and protected during outdoor activities.



## Our MAFTI After Class is now open for registration!

Classes will start on **January 12, 2026**  
and will occur every Mondays &  
Fridays at 3:30PM-5:00PM.

This is open to Filipinos and Non Filipinos  
so please feel free to come and register.

Discover the vibrant culture and rich history of the Philippines  
through its beautiful language!

In this **Filipino Heritage Language Class**, we'll explore fun stories,  
tasty foods, festivals, dances and traditions. You'll learn to speak,  
read, and write in Filipino, connect with your roots, and make new  
friends who love the culture too! 



## SAVE THE DATE!! FAMILY FUN NIGHT

Join us for a fun evening featuring  
**CRAFTS, FOOD & COMMUNITY**

### **WELLINGTON SCHOOL**

• THURS, FEBRUARY 12, 2026 •  
5:30PM - 7:00PM





**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.**

# January

## 2026

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
		Winter Break Ends		
5 <b>Welcome Back!</b>  School reopens Drop -in	6 <b>Coffee &amp; chat</b> Drop in	7 <b>Day 1</b> Traditional teaching and pow wow classes 3:40 pm	8 <b>Day 2</b> Drop in	9 <b>Day 3</b> Drop in
12 <b>Day 4</b> Family room closed All day	13 <b>Day 5</b> <u>Sewing Group</u> 9:30 am - 12:00pm	14 <b>Day 6</b> <u>Regalia</u> 9:05 am to 11:45 am 1:05pm to 3:15 pm  Traditional teaching and pow wow classes 3:40 pm	15 <b>Day 1</b> <u>Regalia</u> 9:05 am to 11:45 am 1:05pm to 3:15 pm  13 Moon teaching 1:05 pm	16 <b>Day 2</b> <u>Regalia</u> 9:05 am to 11:45 am 1:05pm to 3:15 pm
19 <b>Day 3</b> <u>Hands on craft</u> Canvas Painting 9:05 am to 11:45 am 1:05pm to 3:15 pm	20 <b>Day 4</b> <u>Sewing Group</u> 9:30 pm - 12:00 pm	21 <b>Day 5</b> <u>Regalia</u> 9:05 am to 11:45 am 1:05pm to 3:15 pm  Traditional teaching and pow wow classes - 3:40 pm	22 <b>Day 6</b> <u>Hands on baking</u> Chocolate chip banana bread 1:10 pm  Family Karaoke night 5:30 pm	23 <b>Day 1</b> 
26 <b>Day 4</b> <u>Tree of life wire art</u> <u>wall sculpture</u> 9:05 am to 11:45 am 1:05pm to 3:15 pm	27 <b>Day 5</b> <u>Tree of life wire art</u> <u>wall sculpture</u> 9:05 am to 11:45 am 1:05pm to 3:15 pm	28 <b>Day 6</b> <u>Regalia</u> 9:05 am to 11:45 am 1:05pm to 3:15 pm  Traditional teaching and pow wow classes 3:40 pm	29 <b>Day 1</b> <u>Regalia</u> 9:05 am to 11:45 am 1:05 pm to 3:15 pm	30 <b>Day 2</b> <u>Regalia</u> 9:05 am to 11:45 am 1:05pm to 3:15 pm

# News from the Family Room

Welcome back everyone. We are so excited to see that this holiday break was much needed for us. This month the family room we be starting new activities and programs for the whole family. We are here for every parent and student, so please feel free to stop by with any concerns or any new ideas that can help and make your time here helpful. You can reach me by email; lbales@wsd1.org or contact the school.

## Hands on crafts

Tree of Life Wire Art Wall Sculpture—  
January 26th & 27th, 2026 @ 9:05 am to 11:45 am & 1:05pm to 3:15 pm

## Hands on baking

Chocolate chip banana bread— January 22nd, 2026 @ 1:10 pm

## Canvas Painting

Canvas Painting - January 19th, 2026  
9:05 am to 11:45 am & 1:05pm to 3:15 pm

## Sewing Group

Every Tuesday @ 9:30 am to 11:45am & 1:05pm to 3:15 pm

## Regalia

Every Wednesday and Thursday 9:05 am to 11:45 am & 1:05pm to 3:15 pm

## Karaoke night -January 22nd , 2026

Registration forms for this evening event will be sent out.  
If you are interested please submit your form to Ms. Livia.

## Parent council meeting is cancelled and will be reschedule for February 2026

### Traditional Teaching and Powwow Classes

Each student will be learning traditional drumming and songs. Parents are encouraged to come out and join us. Our Main goal for this Project is all about: Creativity, Diversity, Empathy, Respect and Understanding.

Parents can work together, by sharing and teaching others on how to make the Regalia for the children.

If you or you child are interested, we are still accepting students from Grades 3 to 6.  
We are encouraging parents /guardians to attend with their child.

# Highlights from 2025



# NEWS FROM THE GYM

by: Mr. C. Thomson

Throughout the month of December, we took part in a wide variety of activities in the gym. Firstly, we finished up our rollerblading unit. Students had lots of fun learning how to rollerblade on their own and how to perform a T-Stop and how to rollerblade backwards. Now that our students have a solid set, we will revisit rollerblading regularly throughout the remainder of the school year. We then transitioned into our holiday themed activities as well as continued to practice our circus skills. Our next unit activities coming up in January are gymnastics and racquet sports. This will include activities such as badminton, pickleball, and tennis.



Volleyball intramurals finished up in December for our grade 5 and 6 students with our Tripleball tournaments at Sargent Park School. We had 4 full teams attend and they all did a great job representing Wellington School! Our next intramurals activity beginning in January will be basketball. Keep an eye out for permission forms that will be sent home on the first week back to school in January. Indoor Running Club will also be making its long awaited return. Indoor Running Club is open to all students in grades 4-6 that are interested. Practices will be on Tuesdays and Thursdays at 8:15 am in the gym. We will be preparing for our track meet at the University of Manitoba in February. Permission forms will also be sent home the first week in January. Finally, our JaysCare intramural baseball program for grade 3 and 4 students will be starting on Tuesdays.

Below are some pictures from our Grade 5 and 6 Tripleball tournament at Sargent Park School in December.





# The Effects of Screen Time on Health and Well Being

Screens are everywhere!! Whether we are spending time on our cell phones, gaming systems, computers, iPads, or simply watching TV, screens are holding our attention and distracting us from other activities on a daily basis.

When we are using a device, we are disengaged from someone or something else.... a child, significant other, our job, school work, chores or hobbies. Have you noticed your child(ren) acting out or being disruptive when you have been focused on a screen? This is likely an attempt to get your attention, especially when the mind is not present and your focus is elsewhere. In addition, more and more research findings suggest that too much screen time can have negative effects on our physical and emotional health, as well as on our relationships with others.

Since January is the start of a new year, it is naturally the perfect time to consider what is nourishing or depleting us. The New Year can inspire us to reflect on past habits and to set goals for new routines that can lead to positive health and well-being for ourselves and our families. And maybe screen time is one of those habits that you might find has been depleting you and your family rather than building you up.

The Canadian Paediatric Society (CPS) suggests the following guidelines when it comes to screen time:

Children under 2 years of age - should have NO screen time.

Ages 2 – 5 years - should have less than 1 hour per day of screen time.

Ages 5 years + - should have less than 2 hours of screen time per day.

The CPS further states that excessive screen time can have negative effects on the health and well-being of children and adults, such as: Anxiety, depression, increased stress, decreased life satisfaction, decreased happiness and lower self-esteem; Eye strain, neck and back pain, and poor posture. Excessive screen time also promotes a sedentary lifestyle, poor fitness and poor

physical health; Fatigue and disrupted sleep patterns due to blue light exposure from screens, especially if we have used or watched a screen close to bedtime; and decreased cognitive performance and fewer social connections, which can lead to poor social skills and loneliness.

While some screen time can be entertaining, taking control and decreasing the daily amount of time spent on a screen can free up time for exercise, hobbies, family relationships and better sleep for everyone... children and adults alike!

So, here are some strategies that can help us to reflect and to take control over excessive screen use: Begin by taking stock of the amount of time you and your children spend on different screens. This can be done by writing down daily screen time use for each family member for at least one week, to identify everyone's patterns of use. This will help to promote self-awareness about how much time you and your family members actually use various electronic devices, so you can take control of that usage.

After identifying any habits or patterns that you wish to change, sit down as a family to talk about the impacts of excessive screen time, especially if you feel depleted or low after using a device.

Decide on how many hours you wish to allow screen time daily for everyone in the home and set boundaries as to when screen time will be allowed. For instance, you might decide not to allow screens during meals, when homework is being done and for at least one hour before bed. Write out the boundaries that you have decided on as a family, so that everyone is aware of the expectations. Also post the boundaries list in a visible location in the home, so that everyone can refer to the list as needed.

Prioritize alternative activities for screen time. For instance, encourage outdoor play, reading, crafts, and family time when not on screens. This is a good opportunity to brainstorm with your children about what activities they would like try. Have you been to a community library lately? What about one of the City pools, especially on a day when they have free swim or low-cost days for swimming? Winter is also a great time to check out a park, toboggan hill or an out-door skating rink. These activities are affordable and will promote everyone's physical and emotional well-being.

Evaluate your progress as a family in 2 – 3 weeks. Discuss what is working, what has been beneficial and what else you might wish to change, add or modify.

Screens are a normal part of life in the 21st century and are here to stay! Balanced and moderate use of screens can be beneficial, especially when parents participate in co-viewing with their children. The key is finding a way to balance screen time with physical activity, creative play and social connections, by being mindful of usage and finding alternative routines. So why not give it a try!

Wishing you all a Happy and Healthy 2026!! Anne Sikora, Public Health Nurse

Information presented in this article was obtained from:

The Canadian Paediatric Society, "Screen Time and Preschool Children"

Mayo Clinic Health System "5 ways slimming screen time is good for your health", May 29, 2024

gather grow lead

# EVERMORE JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AFTER SCHOOL PROGRAM</b> 3:30PM - 5:00PM  <b>EVENING DROP-IN</b> 6:00PM - 8:00PM EVERMORE HQ 532 ELICE	<b>AFTER SCHOOL PROGRAM</b> 3:30PM - 5:00PM   <b>GYM DAY</b>		<b>AFTER SCHOOL PROGRAM</b> 3:30PM - 5:00PM  <b>PONY BEADS</b>  <b>EVENING DROP-IN</b> 6:00PM - 8:00PM AT EVERMORE HQ	
<b>AFTER SCHOOL PROGRAM</b> 3:30PM - 5:00PM  <b>EVENING DROP-IN</b> 6:00PM - 8:00PM EVERMORE HQ 532 ELICE	<b>AFTER SCHOOL PROGRAM</b> 3:30PM - 5:00PM   <b>GYM DAY</b>		<b>AFTER SCHOOL PROGRAM</b> 3:30PM - 5:00PM  <b>PONY BEADS</b>  <b>EVENING DROP-IN</b> 6:00PM - 8:00PM AT EVERMORE HQ	
<b>AFTER SCHOOL PROGRAM</b> 3:30PM - 5:00PM  <b>EVENING DROP-IN</b> 6:00PM - 8:00PM EVERMORE HQ 532 ELICE	<b>AFTER SCHOOL PROGRAM</b> 3:30PM - 5:00PM   <b>GYM DAY</b>		<b>AFTER SCHOOL PROGRAM</b> 3:30PM - 5:00PM  <b>GYM ONLY</b>  <b>EVENING DROP-IN</b> 6:00PM - 8:00PM AT EVERMORE HQ	
<b>AFTER SCHOOL PROGRAM</b> 3:30PM - 5:00PM  <b>EVENING DROP-IN</b> 6:00PM - 8:00PM EVERMORE HQ 532 ELICE	<b>AFTER SCHOOL PROGRAM</b> 3:30PM - 5:00PM   <b>GYM DAY</b>		<b>AFTER SCHOOL PROGRAM</b> 3:30PM - 5:00PM  <b>SPECIAL SNACK</b>  <b>EVENING DROP-IN</b> 6:00PM - 8:00PM AT EVERMORE HQ	



### TO REGISTER

#### <-USE THE QR CODE

OR FOLLOW THE LINK ON OUR  
WEBSITE: [evermoreggl.com](http://evermoreggl.com)

FOR A PAPER COPY  
SEE THE OFFICE OR CONTACT US  
[INFO@EVERMOREGGL.COM](mailto:INFO@EVERMOREGGL.COM)  
204-772-9315  
[WWW.EVERMOREGGL.COM](http://WWW.EVERMOREGGL.COM)

### WEEKLY PROGRAM SCHEDULE

**GREENWAY SCHOOL**  
TUESDAY & WEDNESDAY  
3:30PM-5:00PM

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

**WELLINGTON SCHOOL**  
TUESDAY & THURSDAY  
3:30PM-5:00PM

**EVENING DROP-IN (EVERMORE HQ)**  
MONDAYS & THURSDAYS  
6:00PM-8:00PM

# Canada Revenue Agency (CRA) Clinic

This CRA clinic offers one-on-one help. Register to reserve a spot. You can register by phone, online or at any Winnipeg Public Library.

**This clinic helps with the following services only:**

- Applying for benefits (CCB, GST, DTC)
- Answering personal tax questions (no trusts, business or farming)
- Updating information (address, direct deposit, contact information)
- Printing letters or Proof of Income Statements (Option C)

**Registration opens 2 weeks prior to event date at 10 a.m.** You can register for one CRA clinic only at a time. On the day of the CRA Clinic, the order of when you are seen will depend on when you check in at the branch. Check in starts 30 minutes prior to the clinic start time. Limited walk-ins will be taken if time allows, or if spots are not yet filled.

**St. Boniface Library** 204-986-4331  
Thursday, Jan. 15 from 1-4 p.m.

**Charleswood Library** 204-986-3072  
Friday, Jan. 23 from 1-4 p.m.

**Henderson Library** 204-986-4314  
Friday, Jan. 30 from 1-4 p.m.  
Tuesday, Feb. 24 from 1-4 p.m.

**Louis Riel Library** 204-986-4573  
Wednesday, Jan. 21 from 1-4 p.m.

**Millennium Library** 204-986-6489  
Wednesday, Jan. 7 from 11 a.m.-2 p.m.  
Wednesday, Feb. 4 from 11 a.m.-2 p.m.  
\*Drop-in only. No registration.

**Osborne Library** 204-986-4775  
Monday, Feb. 2 from 1-4 p.m.

**Pembina Trail Library** 204-986-4369  
Tuesday, Jan. 20 from 1-4 p.m.  
Wednesday, Feb. 25 from 1-4 p.m.

**St. James-Assiniboia Library** 204-986-3424  
Friday, Jan. 9 from 1-4 p.m.  
Friday, Feb. 13 from 1-4 p.m.

**St. John's Library** 204-986-4689  
Wednesday, Jan. 7 from 1-4 p.m.  
Wednesday, Feb. 4 from 1-4 p.m.

**Sir William Stephenson Library** 204-986-7070  
Monday, Feb. 9 from 1-4 p.m.

**Transcona Library** 204-986-3950  
Thursday, Jan. 8 from 1-4 p.m.  
Friday, Feb. 20 from 1-4 p.m.

**Unable to register or have an urgent need? CRA offers services by phone.**

- General Enquiries: 1-800-959-8281 (for general questions)
- Benefits Enquiries: 1-800-387-1193 (for questions related to GST and CCB)
- Business Enquiries: 1-800-959-5525 (for questions related to businesses)
- [canada.ca/taxes-help](http://canada.ca/taxes-help) (to find someone to get your taxes done for free)



Scan to  
register.



Canada Revenue  
Agency

Agence du revenu  
du Canada