



Dear Parents/Guardians:

February was another month that brought many memorable highlights:

- ✓ The Aboriginal Storytelling, Black History, Inclusive Education, Staff Appreciation and I Love to Read activities were a tremendous success featuring in person visits from several guest readers, and an activity classroom checklist in the hallway that saw lots of participation throughout the month
- ✓ Student Leadership Team continued to assist with the Meals 2 Go Program and ESD Initiatives
- ✓ Numerous creative learning moments facilitated by Mulvey Teachers and Mulvey Art Specialist Ms. Brenna
- ✓ Wonderful indoor and outdoor physical education classrooms by our Physical Education Specialist, Mr Ambaye.
- ✓ Homemade cards and messages of good wishes were delivered to Misericordia Place and also to other Winnipeg Personal Care Homes.
- ✓ Generous treats from the parents, students and friends during the month of February.
- ✓ MP Gazan, MLA Naylor, Mr. Tai Pu reading to the Mulvey School Community and Trustee Chambers.
- ✓ An amazing performance by Winnipeg Contemporary Dancers to the appreciative Mulvey staff and students

As we move into the month of March, we move into focusing on the theme of Nutrition.

The month of March is when the Dieticians of Canada proclaim the month to be The National Nutrition Month® The 2024 Campaign's theme *We are Dietitians*
<https://www.dietitians.ca/>



At Mulvey, we will continue with the nutrition education at the school and all the active healthy events happening for the students, staff and parents.

- ✓ School wide nutritious snack and public announcements.
- ✓ Healthy food classroom celebrations.
- ✓ Nutritious breakfast and snack offered daily to nursery to Grade 6 students.
- ✓ Active Healthy Living Page in the Mulvey newsletter.
- ✓ Meals 2 Go Program
- ✓ Mulvey School Wednesday and occasional Friday Food Items available for pick up

Please take note as well that:

- ✓ The Term 2 Report Cards will be sent home on March 12th. There will be Parent Guardia Teacher Student Conferences on March 14 and 15

These are but some of the activities scheduled for the month of March.

Mr. P. Correia,
Principal



Features

Nutrition Month News



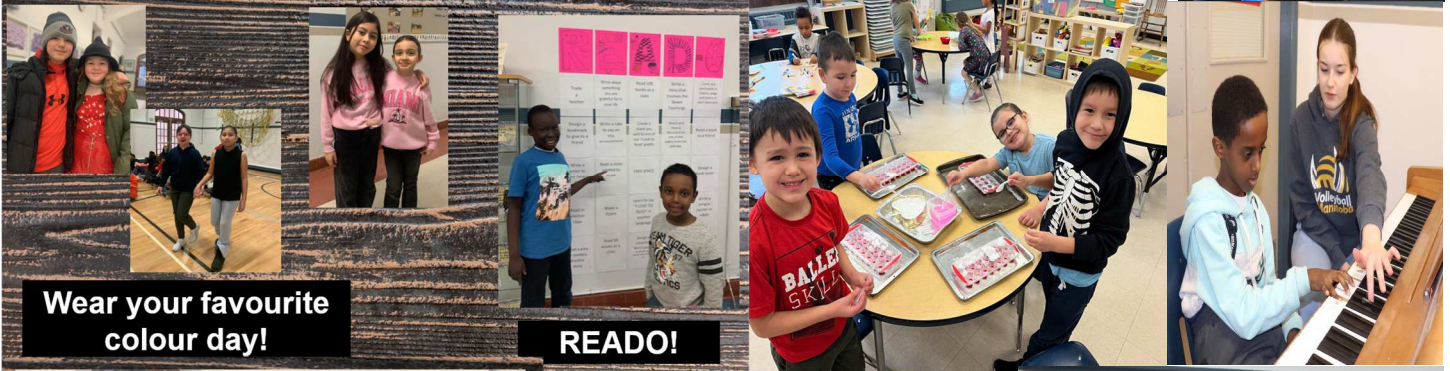
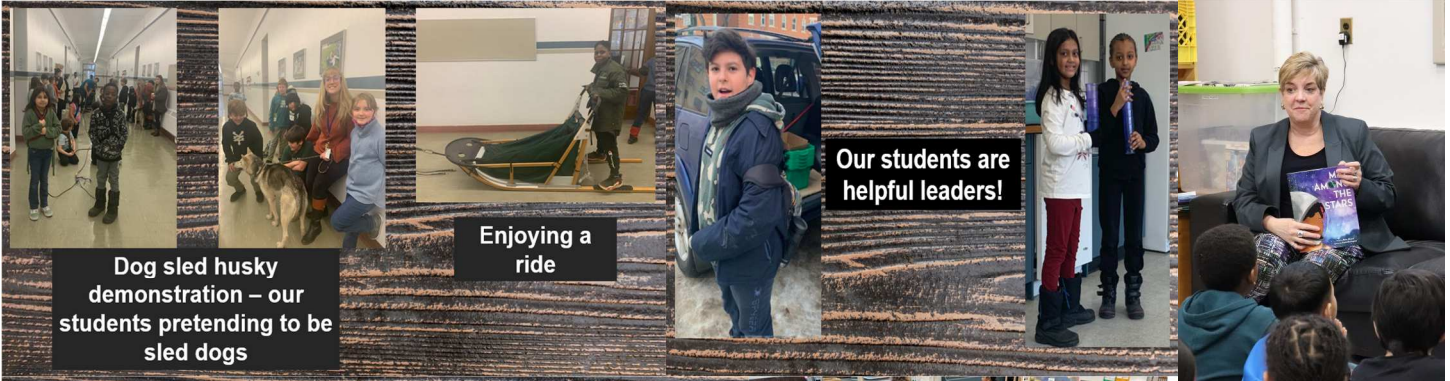
In this issue ...

- Page 2 & 3 *Mulvey Moments*
- Page 4 *Acts of Recognition*
- Page 9 *Patrol of the Month*
- Page 12 *March Intramurals Calendar*
- Page 20 *Nutritious Lunch Box Ideas*
- Page 24 *Calendar & Upcoming Events*

Mulvey Moments



Mulvey Moments










Acts of Recognition (AoRs)

Acts of Recognition are given to students for achieving personal, academic, or social goals. We use the Seven Teachings to help students name their goals. This may be when a student goes beyond regular expectations or continually demonstrates skills and/or behaviours that contribute to making Mulvey School S.A.F.E.

The following **96** (our **greatest** number of nominations this year!) students received Acts of Recognition stickers in the month of February. Some students were nominated for more than one act, but have been counted once. We are happy to accept Acts of Recognition from home and the community. If you would like to nominate your child, or any student parent, community member, please email Mr. Correia pcorreia@wsd1.org or Mrs. Ginsburg (nginsburg@wsd1.org).

Abdi	Connor L.	Hellen	Lado	Ms. Hildebrand	Sarah
Ale	Damlynn	Hiyab	Levi	Ms. Mary	Sarita
Alexis	Darieus	Hoorain	Lexi	Mukhlis	Selena
Aliviah	Darrylenn	Igo	Liannie	Muntaha	Sky
Ameliya	Denys	Isabella	Lillian	Muqbil	Sofia P.
Andres	Diana	Isley	Lily F.	Musab	Sophia H.
Angela	Dominic	Ivy	Lucy	Noah	Sydney
Ariest	Dut	James R.	Luna	Paolina	Tegan K.
Asmat	Eden	Jericho	Lydia	Pascal	Tiara
Ava-Marie	Ellaine	Jordan F.	Makar M.	Perwitto	Tymofii
Avery	Elyas	Jurron	Maksym R.	Precious	Uche
Beniel	Florian	Karrma	Maria	Princess	Valentina
Biki	Greyson G.T.	Karsyn	Matilda	Rayyan	Violet
Bohdan	Greyson S.	Khalid	Meniyah	Ridwan	Vlad
Carson	Hana	Kimmy	Mihraz	Rogue	Windsor
Cataleya	Hannah	Kyron	Mohammed	Rose	

February Acts of Recognition						
						
Courage	Honesty	Humility	Wisdom	Respect	Truth	Love
15	8	7	22	17	6	21

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)



WINNIPEG SCHOOL DIVISION

NEWS FROM THE CLASSROOM

Nursery AM Kindergarten AM/PM Ms. N. Schneider

This term the students will be introduced to a new theme on friendship. We will be focusing on how to show kindness to one another in class. We worked hard at investigating what a good friend is in class. The students' set personal goals in the area of being respectful and mindful to one another. I am looking forward to sharing all of our goals with each other. In writing, we will practice representing ideas through drawing pictures and experimenting writing words. In social studies, the students' will continue to explore our study on our community. We will be exploring our community, as well as learning the helpers within their community and roles that they play. I am looking forward to meeting with all of you at the Parent/Guardian/Teacher/Student conference. I thank all of the students' and parents for your continued support. I am excited to continue the learning journey in the next term. Thank you for allowing me to have this opportunity to go through this exciting adventure with your child.



Kindergarten AM/PM Ms. H. Dumond

February was I love to Read, Black History and Indigenous Storytelling month and we had a lot to celebrate. We welcomed many guest readers to our classroom, the library, as well as virtually and at school-wide assemblies. Our class participated in daily literacy activities such as writing to express ideas, learning concepts about print, and participating in alphabet centres. We also used cards and valentines to practice literacy skills by writing messages and names of our classmates. Each day as part of our routine, students use their fingers to show different ways to make numbers. We are learning simple addition skills by recognizing different ways to represent numbers. This activity also helps us learn to subitize (when we recognize familiar number patterns without counting). I look forward to sharing your child's progress this month at our upcoming conferences.



Grades 2 & 3 Mr. J. Truss

One of the highlights of this past month for the students has been all the activities associated with I Love to Read, Black History and Indigenous Storytelling month. The students enjoyed all the guest readers that furthered are classroom learning.

In Science the students have concluded their study of "states of matter" and will begin a unit that will have us learning about "Position and Motion". This unit will allow us to do plenty of hands-on activities that I know the class will enjoy.

In Mathematics we will focus on creating a variety of graphs and learning about how graphs allow us to better organize and interpret information.

In Language Arts we continue to follow the "Read To Me" initiative with daily small group focus on spelling and reading comprehension. The coming months will have the students spend additional time on "readers theatre" activities in order to strengthen their fluency and ability to read with greater expression. These groups have the students working with classmates who are of similar reading levels.

This month had the class create a presentation for the school-wide assembly. We thoroughly enjoyed creating and sharing with our school what we learned about Diversity during Social Studies lessons.

I look forward to meeting with all the families of our students during the upcoming Parent/Guardian/Teacher/Student conferences. If the time that you have been assigned creates a scheduling conflict for you please contact me and I will reschedule you for a time that is more convenient.



NEWS FROM THE CLASSROOM

Grades 1 & 2 Mrs. A. Cruzada

We believe that field trips are one of the best tools that we can use to provide every student with real-world experiences. We went for a field Trip on February 13th and visited the Royal Aviation Museum of Western Canada. During the tour, students were taught about the various materials used to build airplanes. They learned how airplanes fly and land with great understanding of the concept of *Motion*. Students were provided with a hands-on activity, wherein they created a vehicle with wheels and axles using lego toys, their own imagination and creativity. For ELA, we are continuously working in small group instruction during our Read To Me Framework and Guided Reading sessions. We are focused on developing our reading fluency and comprehension through daily practice of reading basic sight words, word families, sentences, and stories. We keep on practicing editing sentences, making inferences, spelling, CVC words, blends, digraphs and rhyming words. In Math, students are learning various skills like skip counting, place value, making tens using different manipulatives, and identifying our Canadian coins and paper bills. Students learned about math vocabulary words such as greater than and less than, equals, not equal or the same and its mathematical symbols. For Social Studies, we learned more about our community helpers, our neighborhood, how to help our community, leadership and responsibilities, map directions and symbols. We continued our lessons about the Seven Sacred Teachings and discussed how we can practically apply these teachings to our everyday life. In Science, we learned about how to stay healthy and safe in everyday life, we also had an active discussion about what things are made of and different types of energies. Lastly, students were so enthusiastic when we did a simple Skittles rainbow activity and learned the science behind it. They can't wait for another experiment!



Grade 1 & 2 Ms. S. Gomes

February was a busy month! We had a jam-packed month filled with I Love to Read fun! We participated in so many activities. A few of them were visits by guest readers, mystery readers, a virtual visit from a Cartoonist by the name of Dave McDonald and trying to get a win in a school wide game similar to Bingo called 'READO'. What a wonderful month of literacy! We were also able to go on a very interesting and educational Field Trip to the Aviation Museum. The students had so much fun learning about aviation and participating in a few hands-on workshops. We continue to build numeracy skills in our classroom. We recently learned and extended our learning on Doubles, Doubles + and - 1, and Making 10 and Making 20 facts. We are consistently reviewing previously learned math concepts and skills. We continue using the Read to Me Framework to further develop our reading and writing skills. The students are becoming more confident readers, writers, and mathematicians. I am so proud of them!



Grades 1 & 2 Mrs. C. Kamara

We had a fantastic February. The class had so much fun on Valentine's Day getting to decorate Valentine's bags and hand out their Valentine's! They also had a lot of fun eating all the treats that were brought in!

The class had a great time on our field trip to the Royal Aviation Museum of Western Canada. They got to take a tour and see all of the old planes, as well as got to actually go inside one of them! The students had fun partaking in two different programs, where they learned about 'Stopping and Going' and 'Hoops and Gliders'. What a wonderful place for the class to visit!

In March we will be finishing our Science unit on five Senses and moving on to a new unit. In Social Studies we will continue to work on our unit on Our Community. In Math we will be continuing our unit on 2D Shapes and 3D Objects, as well as continuing to practice our math strategies that we have learned!



NEWS FROM THE CLASSROOM

Grades 5 & 6 Ms. C. Vande Graaf

We can't believe it is March already! This year is flying by. We have begun learning about Simple Machines and are having a lot of fun with it. We have checked out some Rube Goldberg machines, they are quite the thing. We are talking about designing our own Rube Goldberg inspired machines. We will see what happens!

In Social studies we are continuing to study history. We have been reading an incredible book titled Hidden on the High Wire. We are loving it. It takes place in Germany during WW2 and so this has inspired a lot of conversation about the events at that time. So we decided to look at the role Canada played during this time and the contributions of some very important Canadians.

We had a great time for I love to Read month doing all sorts of literacy activities. We wrote letters to our future selves, read books to each other, created book marks for our friends, learned all about creating comics and even traded a teacher. Thanks Ms. Klassen! It was a lot of fun.

In math we are continuing to work on our multiplication facts and our related division facts. We are trying our best to know all our facts up to 9×9 and have been playing games to practice our facts. We are also learning to multiply 2 digit and 3 digit numbers.



Grades 5 & 6 Ms. C. Fraser

Spring is on its way. We are looking forward to the nicer weather and having the cold winter months over with. We are continuing to learn about multiplication and moving further into division and fractions in mathematics. We are also continuing to work on our reading and editing our writing. When editing our writing we are looking at proper sentence structure, meaning, conventions, and paragraph writing. We are also discussing types of writing such as, persuasive, narrative, and Informational. Please remember that room 16 students have a spelling test every Friday and that their spelling words go home every Monday for studying during the week.

In Science, we will be deepening our understanding of the human body and tying it to our Social Studies projects regarding infectious diseases throughout history. We will be looking into the extensive impacts that historical diseases have had on people that endured life during these times and possible impacts that have continued to this day.

I look forward to speaking with all the Room 16 families at the up and coming Parent/Guardian/Teacher/Student conferences.

I have attached a few pictures of some of our hard working Room 16 students that continue to help with our "Meals 2 Go" program every Friday.



Grades 2 & 3 Ms. K. Rosenberg

Happy March everyone! I hope all of you had a fabulous February enjoying literacy. We had fun participating in many reading and writing activities for I Love to Read Month and watching a live play at Manitoba Theatre for Young People (MTYP) that fantastic! We also enjoyed having "student readers" from our classroom, and listening to all of the guest readers and authors which was exciting!

During the month of March, we will continue with our Read to Me Framework and letter writing in English Language Arts, understanding the parts of a friendly letter. In Math, we will continue learning about different graphs, practicing our addition and corresponding subtraction facts as well as our "Word Problem Wednesdays." Our DreamBox math learning program is another way we practice a variety of concepts using technology. We will be continuing our mapping and provinces/territories unit in Social Studies. In Science, we will be completing our position and motion unit, and students will continue to design their own moving object.

Just a friendly reminder that our Parent/Guardian/Teacher/Student Conferences are coming up this month on March 14th and March 15th; I look forward to meeting with all of you to talk about your child's accomplishments and next steps. Congratulations again to everyone who participated in our classrooms READO BINGO card. Even though I Love to Read month has come to an end, it is important to continue reading every night for at least 15 – 20 minutes! Have a safe, fun, and wonderful spring break!



NEWS FROM THE CLASSROOM

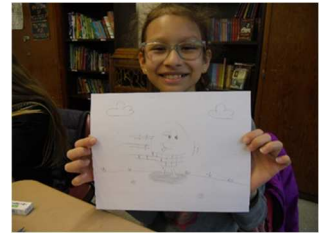
Grades 3 & 4 Ms. E. Black

Wow February sure flew by! Must've been due to our class SURPASSING the reading goal for I Love To Read month. Way to go! In ELA this month we will continue learning about how using figurative language adds depth and detail to our writing. We have been practicing reading fluency by reading out loud in Readers Theatre which is a perfect time to enhance students' reading skills and confidence by having them practice reading with a purpose! In Mathematics we are starting to explore the modes of measurement we use in our everyday! Would you use a ruler to measure the length of a football field? No way! What about using a kitchen scale to weigh ourselves? No can do! In Social Studies students chose a country based on interest or personal connection to research for our inquiry project. Grab your passport! By the end of the unit we will visit 15+ different countries together. Ever wondered what type of habitat your favourite animal lives in? In Science we are getting one step closer to starting the design process of creating our own animal habitats using recycled material. Your nightly reading doesn't end just because February did...please continue to read 15-20 minutes every night!



Grades 5 & 6 Mr. B. Kussin

March is here and we all know what that means; spring is in the air! I am sure that we are all hoping that the warmer weather will be here soon so that we can spend even more time outside! During this month we will continue working on improving our writing skills by expanding our writing to more than one paragraph on a topic and make our way to persuasive writing through the Read to me framework. In Social Studies, we will continue looking at the First World War including what was happening on the home front, in the trenches and the internment of "enemy aliens". In Math, we will continue improving our multiplication and division skills and reinforce what we have learned about factors, multiples, prime and composite numbers. In Science we will continue to learn about the diversity of living organisms and have a closer look at the animal kingdom, especially vertebrates and invertebrates and their subgroups. As always, talk to your children about what they are learning and doing in class. The more involved the parents and guardians, the more successful the student.



Grades 3, 4 & 5 Ms. W. Mackenzie

The students are wrapping another successful term of learning! I look forward to seeing you all at Parent/Guardian/Teacher/Student conferences this month to celebrate your child's successes and discuss their next steps. In February, we had the pleasure of having several special I Love to Read presentations. The students particularly enjoyed the visit from Marc and his furry friend from Harness Adventures. We all learned about dog sledding and huskies. The students also worked hard on filling up the READO board during the month of February by doing all kinds of exciting literacy challenges. What a fun activity! The students have been learning about having a growth mindset this year and we are proud to present a little song that we modified at the March 4th assembly. We are looking forward to celebrating the joy of working hard and persevering! In the month of March, we will be continuing our mapping and continents/oceans study in social studies. In science, we will continue to learn about materials and structures. We have been working on time as well as continuing other numeracy learning activities throughout the month. Thank you to all who have been working with your children to read each evening, work on math facts, and participating regularly in online activities like Prodigy or Epic! All of that extra work and support is really paying off!



NEWS FROM THE CLASSROOM

Coach Program - Mr. M. Jenkins

Last month the students really benefitted from I Love to Read, Black History and Indigenous Storytelling Month with a great bunch of guest readers, including some former staff members. They were highly motivated with our I Love to Read BINGO challenge which gave them all the opportunity to win fun prizes. We learned about our brains with two hands-on lessons from our resource team members, Katherine, and Kim, who showed us how to make our own brains out of modelling clay. Recently we started taking advantage of opportunities to go to Mulvey and use the jungle gym as one of our physical education options. The students love it with all the various activities they can explore. In Ms. Brenna's art class, we have made wonderful clay plates. The process has been long, challenging, and so worth it! They turned out beautiful after being glazed and fired in the school kiln. We have begun learning about the fur trade and are now digging into our own research projects about Canadian animals with each student picking a species and researching things like, appearance, diet, habitat, predators, prey, and facts. Of course, our Valentine's Day was a celebration with the sharing of cards and yummy treats.



Coach Program Ms. P. Solmundson

Thank you to all of our readers for I Love to Read, Black History and Indigenous Storytelling Month! We enjoyed getting to listen to so many different readers and so many great stories. Our Roots of Empathy baby, Leo came to the visit on the 8th. It is fun to see the changes from the last visit and the new things she can do. She and her Mom Karyn shared one of their favourite stories. We also finished our plates with Miss Brenna in Art. This month we're excited to be attending Freeze Frame on the 13th and we are going to be viewing the film "Butterfly Tale". We are starting our second dance session with Miss Kathleen on Tuesday afternoons for another 10 weeks. March is CALM, Canadian Agriculture Literacy Month, and we will be having a presentation on the 11th with his year's presenter Jennifer. We hope everyone has a nice and relaxing Spring Break!

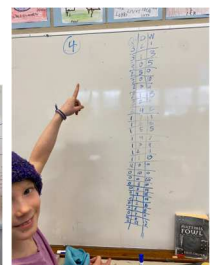


Grades 4 & 5 Mr. B. Papineau

February was another busy month for everyone in the classroom.

- I Love to Read Month, Indigenous Storytelling Month, Black History Month lessons were included in our learning;
- Sharing the book Beatrice and Croc Harry, written by Canadian author Lawrence Hill;
- In math we continue to use problem solving with sudoku, word problems, and 'skyscrapers,' we revisited addition drills to solidify basic arithmetic skills, and learned about fractions and decimals;
- For language arts we engaged in Read to Me activities at the end of most days;
- In Social Studies we have been learning about the first inhabitants of Canada, their traditional ways of life (and how geographic regions affected them), early colonization, and treaties.
- And a whole lot of our classroom students – and their teacher – went to Camp Cedarwood.

Coming up soon: Family Life, a favourite spring-time tradition!



**Now Accepting
Nursery/ Kindergarten
applications for
2024-2025 school year.
If your child is born in
2019 or 2020**

Please have the following documents.

- Birth Certificate
- Proof of address
(lease or tax bill)
- Manitoba health card
- Immigration papers
(if applicable)



...a fun place to
play and learn!

Welcome to Ms. Brenna's Artists Alley

Greetings, and welcome back once again to Ms. Brenna's Artists Alley.

This has been a very exciting month for me as I've watched a whole lot of your art in progress reach towards completion. At least a few students from each grade group have completely finished their projects and so many others are getting really close! It is very rewarding for me to see your hard work paying off in such a beautiful manner. As such I've included a few photos of completed work. Shown in Artists Alley this month are some of our Unity Vases as well as a few of the Habitat plates that are finished.

The Grade 1/2's are nearly finished their Piet Mondrian style sun-catchers. I will be hanging them up in the art room windows shortly. The grade 2/3's have made their little bowls and are working on glazing them before we learn how to pour candles and turn them into gorgeous gifts. The grade 3/4's and COACH students. They have been busy glazing their habitat plates. The ones that have come out of the kiln already are absolutely stunning. Their hard work has certainly paid off as you can see from the pictures. Great work everyone. The grade 4/5's are making the clay book covers after cutting and making their pages for the memory books. Once that is done the tricky task of book binding begins! Hopefully we don't get too tangled into knots in the process!

Finally the grade 5/6's are making good progress on their famous artist artwork studies. The replications are looking great as they begin the painstaking process of colour matching and painting their images on the stools/round canvases. These gorgeous pieces will grace our art room for years to come. Even in

progress they look stunning. I can't wait for the final pieces to be done!

Everyone has been so focused and I am really pleased with the continued effort you all put into your work. I think next month will be equally exciting for me as even more of you finish your projects! Keep up the hard work.



Grades 1 - 6 AP - Ms. L. Costello

The students really enjoyed participating in the I love to read month activities and having the guest readers read to them.

The students have been enjoying the new sensory items we were able to purchase due to a grant through the division. We have new spinning chairs, sensory tiles for the floor, swings and treadmills.

The students continue to work hard on their individual academic goals and are showing improvement and engagement daily. We continue to play games together as a group to learn turn taking, following rules and how to win and lose gracefully.

The students have been enjoying the nice weather and love having extra outside time in both the morning and afternoon. Some days are messier and wetter than others, but that is what the dryer is for.



Congratulations to our Patrol of the Month

This student has shown great responsibility and dedication to ensuring all Mulvey Students are safe coming to and from school each and everyday
Thank you for all you do!



Welcome to Physical Education Mr. Ambaye

Acquisition of movement skills is key for students choosing to lead physically active and healthy lifestyle. The Physical Education program at Mulvey School covers a variety of physical activities such as low-organised co-operative games, individual/group activities, sport skills, free play and activities/games for fitness. In February, our students were busy working on a diverse range of movement skills, with a primary focus on throwing, catching, bouncing and striking as applied to Basketball (Grades 4 to 6), floor hockey, as well as low organised and co-operative games. In March, students will continue to develop the competency needed to participate in a range of physical activities across grades (moving from basic movement skills in early years to selected and/or activity-specific skills in the intermediate grades). Throughout the school year, we offer our students ample opportunity to engage in various intramural and club activities based on their interest. These activities afford students the opportunity to explore and refine movement skills, enhance personal fitness, and develop social skills.

Intramural and Club Activities: In March, students are participating in **Inner City Soccer League, A Basketball Tournament, Football Club, Dodgeball intramurals** and **Before School Open Gym**.

Thirty-two students are representing Mulvey School in the Annual Inner-City Indoor Soccer League. The games have been played during lunch hours at the University of Winnipeg, Axworthy Health and Recplex Centre. Please review the Intramural Calendar for details.



March 2024

Intramural Activities

Before School: 8:30—8:55 am

Mon	Tue	Wed	Thu	Fri
				1 Day 3
4 Day 4	5 Day 5	6 Day 6	7 Day 1	8 Day 2
	- Before school Rm 13, 16, 17, 18, 19, 20	- Before school Rm 5, 6, 7, 21, 22, 23 - Dodgeball Intramural	- Before school Rm 13, 16, 17, 18, 19, 20 - Dodgeball Intramural - Winnipeg youth football club @ UW(after school)	- Before school Rm5, 6, 7, 21, 22, 23 - Basketball Tournament @ Greenway School (PM)
11 Day 3	12 Day 4	13 Day 5	14 Day 6	15 Day 1
	- Before school Rm 13, 16, 17, 18, 19, 20	- Before school Rm 5, 6, 7, 21, 22, 23 - Dodgeball Intramural	- Before school Rm 13, 16, 17, 18, 19, 20 - Dodgeball Intramural - Winnipeg youth football club @ UW(after school)	Non-Instructional Parent teacher conferences
18 Day 2	19 Day 3	20 Day 4	21 Day 5	22 Day 6
Louis Riel Day	- Before school Rm 13, 16, 17, 18, 19, 20	- Before school Rm 5, 6, 7, 21, 22, 23	- Before school Rm 13, 16, 17, 18, 19, 20 - Winnipeg youth football club @ UW(after school)	- Before school Rm5, 6, 7, 21, 22, 23 - Dodgeball Intramural (staff Vs Students)
25 <i>Spring Break Begins</i>				

Message from Mulvey Community Support Worker Justine Kiwanuka

Email: jkiwanuka@wsd1.org Phone: 204-786-3469



Justine Kiwanuka Work
Schedule at Mulvey School

Tuesday 8:30AM-2:00PM
Wednesday 8:30AM-11:00AM
Thursday 11:30AM-4:45PM
Friday 8:30AM-3:00PM

Activities and Programs

It's time to celebrate the cold weather in anticipation for the warmer time to come. Try to go out and take in the fresh air and celebrate the season. We have few weeks of winter left, so let's dress the kids for it and celebrate what is remaining of winter.

Food Donations

Just to remind you about the WSD Food Rescue Program on Wednesdays starting at 8:40 AM: watch for the information on Tuesday afternoons through the School Messenger email announcing what we will be receiving for Wednesday morning pick-up. Please bring your own reusable bags. Please note that that we provide to our Mulvey School families what we receive and we are very happy that everyone is able to share whatever we have on that day. I would like to thank the volunteers, who give their time help out to every Tuesday and Wednesday so that the program can run very smoothly. Your time is highly appreciated. Please Note, there will be no food distribution on the Wednesday during the spring break week.



English Conversation Classes.

The EAL English conversation class program continues to run on Thursdays from 2:00 – 3:30 pm in room 9. If you are interested, please feel free to join these classes and meet other families. Simply email me at my email listed below and your name will be added to the list. Please note we will have no class on Thursday March 28, of spring break.

Book Club: Little Readers Club

Readers please don't forget to come to my office library to pick up a few books for your spring read and relax. Come in and see me. Wishing you a relaxing Spring Break.



Cooking and/or Baking

Remember to register if you want to take part in the cooking sessions. The March Family Cooking will be on March 22 at 4:30 pm. Please continue to watch for communication on the details and the recipe which will be made available to you through the School Messenger and your email. **Please contact me if you want to be part of the cooking/baking sessions at 204-786-3469 or jkiwanuka@wsd1.org.** so I can buy all the supplies for our/your family to cook together.

Mulvey Clothing Line

Once the weather clears up our give away Mulvey Clothing line (new and used) will take place in front of the school. Watch for more information and details on School Messenger.

Sewing club

Adult sewing session is on now. It is once a week every Friday from 2:00 – 3:30 PM. This is for parents/guardians who want to learn and explore the art of sewing/mending and creative through sewing. Are you interested? Contact Justine at the above email.

Volunteers

Volunteers are a very important part of our Mulvey community and the growth of all the programs we run. I take this opportunity to thank all those who are giving their time to volunteer in all capacities in the school, thank you for being part of the Mulvey School fabric. Please contact me by email or on phone, if you have questions, would like to know more, or register for any of the listed programs.



Prosocial Skills of the Month

Even though February is a short month, it was packed with events at Mulvey School that celebrated literacy, Black History and Indigenous Storytelling. From mystery and guest readers to virtual drawing demonstrations to an African Drumming storyteller and our Parent Council's Chair, we were busy learning and having fun while developing our school's spirit.

Mr. Truss and the students from Room 23 presented on: Diversity



Our students and their teachers continued to take the lead on presenting about Pro-Social themes by sharing their knowledge and insight. This month, Mr. Truss and his students shared a video presentation with our staff and students at an assembly about Diversity.



The students in the video explained how each of their backgrounds maybe different, their clothes may be different and how their favourite and cultural foods vary from student to student. Following the video, the students quickly exited the gym to prepare bannock and jam that was served breakfast to the entire school community in addition to our guest reader, MP Leah Gazan.



**Upcoming Pro-Social Presentations
by students in Ms. Dumond
Ms. Mackenzie and Ms. Black
in March, 2024!**

AFTER SCHOOL DISMISSAL

After dismissal, students are reminded that they must go straight home, to daycare or to any after school arrangement that the parent/guardians have made. Students in Nursery and Kindergarten need to be picked up by an adult or sibling over the age of 12 at dismissal times, from their classroom in the school building.

Students may call parents only regarding emergencies. Teacher/Guardian will be informed of school activities and clubs with sufficient notice. Daycare students will line up on the West side of the staircase front doors on Wolseley Ave

Dates and times will also appear in the monthly Mulvey newsletter and on the school website.

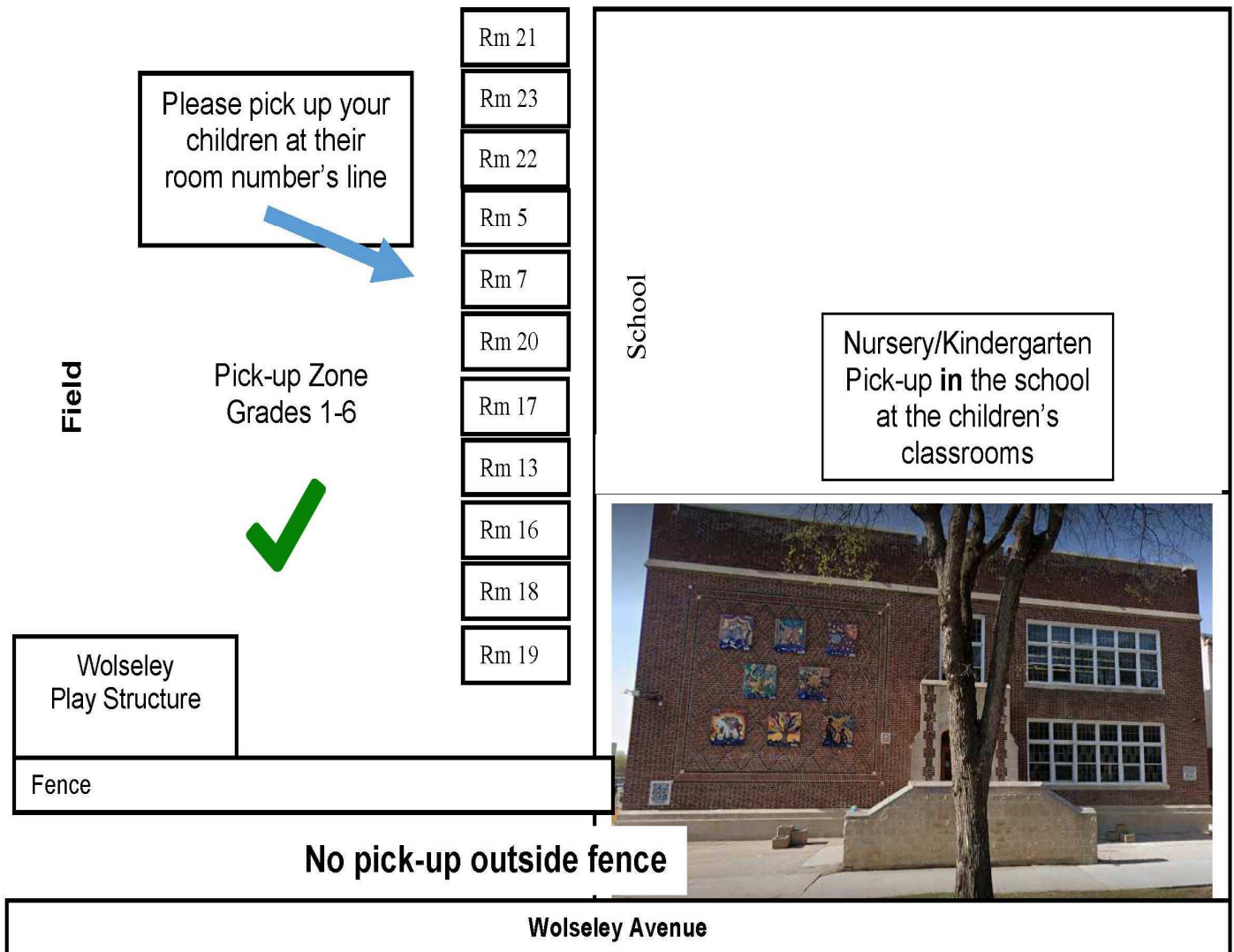
<https://www.winnipeg.ca/mulvey/page/14255/newsletters>

Morning Drop Off and Afternoon 3:30 PM Dismissal

We would like to remind our families that there is supervision for students beginning at 8:45AM in the morning on the Mulvey playground. Our marvelous students have been excellent at lining up at their classrooms' numbers painted on the hardtop next to the side of the school on the hardtop. Students will be able to begin coming into the school at 8:45 AM.

During 3:30 PM dismissal, we are respectfully asking that you greet your children at 3:30 PM in the fencing on the hardtop next to their classroom number so that our students are safely dismissed to a parent/guardian/family member/caregiver.

Please keep the front area of the school and the staircase entrance way to the school playground and field clear for easy access to and from the hardtop.





School Attendance Information for Parents

Why Is It Important to Encourage Attendance Everyday?

Regular school attendance helps children to maximise the educational opportunities available to them, and prepares them to reach their full potential ensuring they acquire the skills to prepare them for their individual path beyond graduation.

Building good habits as early as pre-school, parents must take all measures to ensure their child/ren attend(s) school regularly.

Parents, caregivers, and students are all responsible for making sure students are on time and ready to learn.

Types of Absences

- **Excused Absence:** refers to any time both the parent/caregiver and the school approves an absence. In some cases, documentation from the parent/caregiver may be required so that the school can excuse an absence. Examples include a note from a parent/caregiver or health care provider.
- **Unexcused Absence:** refers to any time a student is not in class or participating in a school activity without approval by the parent/caregiver.

Chronically Absent or Chronic Absenteeism: refers to excessive absences of a student for any reason, whether excused or unexcused. Chronic absent in 10% of school year 19 days missed. Server chronic is 20% of school year, 38 days missed

What Parents Can Do to Support Presence and Engagement at School

- Talk to your child about the importance of going to school everyday.
- Set an example of what good attendance looks like.
- Help your child get organized for school the night before; encourage your child to keep a daily to-do list.
- Have regular bed time and morning routines.
- Follow personal health practices that reduce the risk of your child becoming ill and promote healthy lifestyle practices such as regular exercise.
- Connect with your child's school early in the school year; establish a collaborative relationship with your child's teacher(s).
- Get involved; join your child's school council and participate in school community events during and after school.
- Be interested in your child's learning; ask questions, celebrate accomplishments.
- Ensure the school has current contact information.
Avoid scheduling medical appointments and vacation when school is in session.

For more information please visit

https://www.edu.gov.mb.ca/k12/attendance/parents_info.html

What is SafeArrival?

SafeArrival is an absence management system that improves student safety and makes it easy for you to let the school know about your child's absence. Please take note if you have not put your child's absence in the system before the school sends out the calls, you will get a call from the system.

Transportation clerks also inform families when busses are cancelled through School Messenger so it is very important for families to provide their child's school with an updated email address and/or cell phone number.

Please make sure you are keeping your home phone number, email and contact information up to date with the school. You can call the office at 204-786-3469.

For further information on how to access:

<https://www.winnipegssd.ca/Parents/safe-arrival/Pages/Default.aspx>



Frequently Asked Questions

SafeArrival for Families FAQ

What is SafeArrival?

SafeArrival is an absence management system that improves student safety and makes it easy for you to let the school know about your child's absence.

You are asked to report your child's absence in advance whenever possible using one of these convenient methods:

SchoolMessenger app (free)

1. Provide your email address to the school.
2. Get the app from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.ca>).
3. Tap **Sign Up** to create your account.
4. Select **Attendance** from the menu, and then select **Report an Absence**.

Web and Mobile Web: go.schoolmessenger.ca

1. Provide your email address to the school.
2. Go to the website.
3. Click **Sign Up** to create your account.
4. Select **Attendance** from the menu, then select **Report an Absence**.

Interactive Toll-free Phone 1-855-278-4513

1. Call the toll-free, interactive telephone system.
2. Follow the instructions to report an absence.
3. Record the confirmation number at the end of the call.

If you hang up before this is given the absence will be cancelled and will not be reported to the school.

Whenever an absence is reported or updated, you will receive a confirmation notice by email (assuming you have provided your contact information to the school).

If you don't report your child's absence in advance, the automated notification system will try to contact you (using the communication preferences if you have set them up in the SchoolMessenger app). This may include push notifications to the app, email, phone calls. You will be asked to provide the reason for your child's absence immediately. You may do so using the phone line, website or mobile app.

If an absence is not explained within approximately 20 minutes of the time that the school starts the notification process, school staff will follow-up to make sure that your child is safe. If you try to explain an absence using SafeArrival, but are then told that it is past the cut-off time, please contact the school directly.

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

If you do receive notifications of your child's absence, be sure to provide the reason as quickly as possible, using one of the 3 methods listed above or during the phone call notification itself.

Absences can be reported in advance:

- 24 hours/day
- 7 days a week
- For any school day in the school term
- Up to the cut-off time on the day of the absence.

Mulvey School will be participating in the Battery Blitz again this year. If you wish to recycle household batteries, please place your old batteries in a clear plastic bag and return to the school.

Campaign ends on March 22, 2024

Recycle your used batteries in the Call2Recycle Collection Boxes to help your school win the \$3,000 cash prize!

Generously supported by:
* No purchase necessary. In order to receive this prize, there must be a battery submission on record. The "Battery Blitz School Mission Contest" (the "Contest") closes on Tuesday, November 7, 2023 at 5:00pm CST. Open only to elementary schools in Manitoba that have been registered for the Contest. For more information and full rules and regulations, visit www.earthrangers.com/batteryblitzschoolcontest

Did you know when you recycle your used batteries in the Call2Recycle Collection Boxes at your school you are helping protect animals?

Batteries that go out with the trash end up in landfills, adding to solid waste that can be harmful to the environment.

Bring in your used batteries and help protect the animals you love!

Generously supported by:
* No purchase necessary. In order to receive this prize, there must be a battery submission on record. The "Battery Blitz School Mission Contest" (the "Contest") closes on Tuesday, November 7, 2023 at 5:00pm CST. Open only to elementary schools in Manitoba that have been registered for the Contest. For more information and full rules and regulations, visit www.earthrangers.com/batteryblitzschoolcontest

Parent Council Kernels Popcorn Fundraiser

Thank you everyone for supporting Mulvey School Parent Council fundraiser. The profit from the January Kernels popcorn was \$213.45 this year.

Thank you so very much, truly appreciated! We look forward to your future support.



Honorary First Premier
of Manitoba

Louis Riel

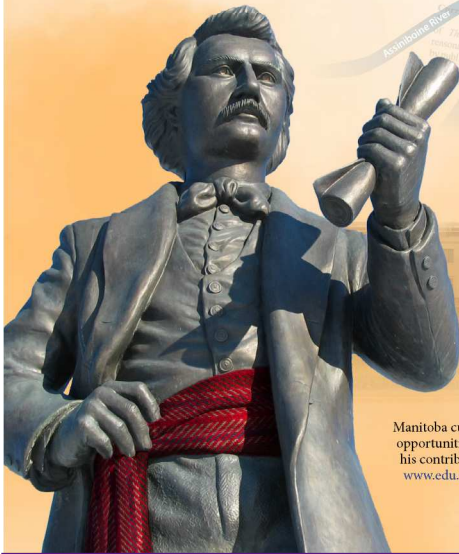
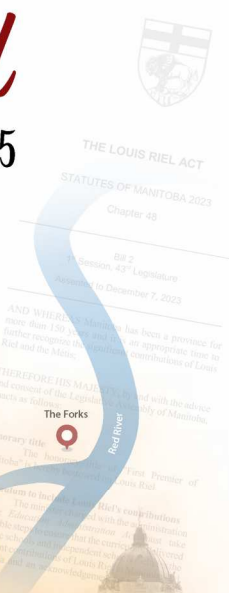
1844-1885

On December 7, 2023, *The Louis Riel Act* received Royal Assent, bestowing the honorary title of First Premier of Manitoba on Louis Riel.

As Manitoba's honorary First Premier, *Louis Riel* advocated for the citizens of the Red River Settlement and was the driving force behind Manitoba joining Confederation and becoming Canada's fifth province.

After more than 150 years, the Act recognizes the significant contributions of Louis Riel and the Métis people. Louis Riel's vision of a multicultural, bilingual and inclusive province, that respects the rights of Indigenous peoples and minority rights, is shared by Manitobans today.

<https://web2.gov.mb.ca/laws/statutes/2023/pdf/c04823.pdf>



Manitoba curricula that offer many opportunities to focus on Louis Riel and his contributions can be found at www.edu.gov.mb.ca/k12/cur/socestud/riell/.



BE THE INSPIRATION

Winnipeg School Division is hiring:

- School clerks
- Educational Assistants
- 5th Class Power Engineers
- Bus Drivers



JOIN US

winnipeg.sd.ca/careers



WINNIPEG SCHOOL DIVISION

HARVEST

Need Emergency Food Support? YOU'RE NOT ALONE.



We can Help. Contact us today:

In Winnipeg: 204-982-3660
Rural MB: 1-800-970-5559
Online: HarvestManitoba.ca

International Women's Day

<https://www.internationalwomensday.com/>

International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women.



March is



National Nutrition Month

Science Matters

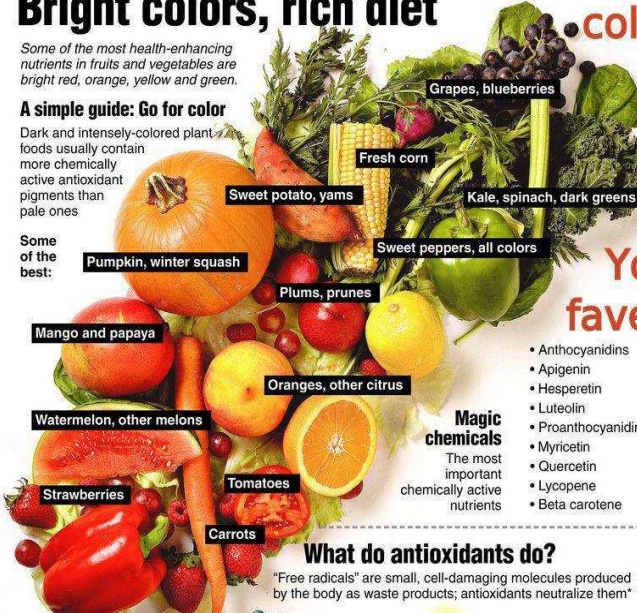
Bright colors, rich diet

Some of the most health-enhancing nutrients in fruits and vegetables are bright red, orange, yellow and green.

A simple guide: Go for color

Dark and intensely-colored plant foods usually contain more chemically active antioxidant pigments than pale ones

Some of the best:



Pumpkin, winter squash

Fresh corn

Grapes, blueberries

Kale, spinach, dark greens

Sweet peppers, all colors

Plums, prunes

Mango and papaya

Oranges, other citrus

Watermelon, other melons

Strawberries

Tomatoes

Carrots

Magic chemicals

The most important chemically active nutrients

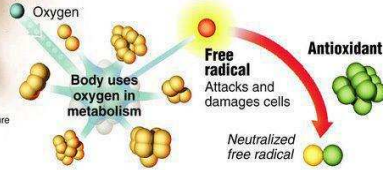
- Anthocyanidins
- Apigenin
- Hesperetin
- Luteolin
- Proanthocyanidin
- Myricetin
- Quercetin
- Lycopene
- Beta carotene

Eat more colors

Your fave ?

What do antioxidants do?

"Free radicals" are small, cell-damaging molecules produced by the body as waste products; antioxidants neutralize them"



*Environmental factors like pollution, sunlight, X-rays and smoking also create free radicals
© 2007 MCT
Source: Produce for Better Health Foundation, Dole Food Company, Florida Department of Agriculture and Consumer Services, Oregon State University, "Understanding Free Radicals and Antioxidants"
Graphic: Cindy Jones-Hullachor, Sun Sentinel

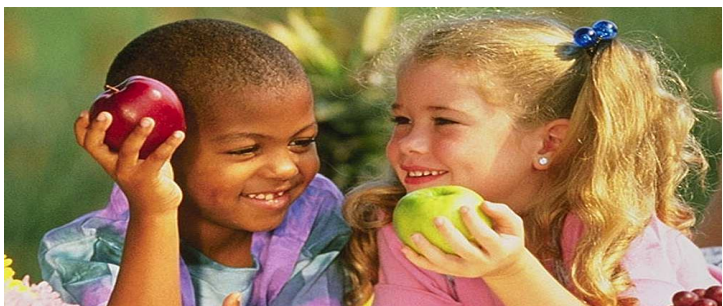
Love Your Heart



Just 150 minutes a week of moderate activity improves heart health

150 minutes is 30 minutes a day - five days a week

Try these:
Biking, walking, swimming, jogging or other aerobic activity



Importance of Breakfast

It's the most important meal of the day – but many children skip breakfast. At school, a hungry child can lose concentration in class, have no energy for playtime and snack on unhealthy foods, such as chips or biscuits. A calm and healthy breakfast every day is the best defence against this happening. It also helps children to get into good habits that they can carry through life.

Breakfast ideas

Breakfast can include all sorts of options: cereals, bread, fruit, dairy products (such as eggs, milk, yoghurt and cheese) and meats. A number of factors influence what people like to eat at breakfast, such as their food preferences, cultural background, religious beliefs and the time available before they have to head out the door.

Quick and easy ideas

- Cereal with milk*, yoghurt and/or fruit
- Wholegrain toast, raisin bread or muffins with a little polyunsaturated or monounsaturated margarine (not butter), fruit spreads, healthy breakfast spread, or sliced banana
- Fresh fruit with yoghurt
- Fruit smoothies made with fresh or canned fruit
- Porridge with warm milk and stewed fruit

If you have a little more time

- Omelette with lean ham and tomatoes
- Boiled egg with bread fingers (cut slices of bread into dipping sized portions)
- Pancakes with fresh fruit filling
- Wholegrain toast or fresh bread with eggs (not fried), baked beans, cooked mushrooms or tomatoes
- Plain wholegrain muffin with lean bacon and cooked tomatoes

It is also important to have healthy drinks with breakfast. Water or low fat milk (for children over 2 years) is best. Try to limit fruit juice to 1/2 a glass a day as fruit juice contains lots of sugar. Instead give a piece of fruit to your child to get fibre into their diet.



CORNISH LIBRARY NEWS

For the month of March, we have the following fun, free programs happening at the Cornish Library.
Baby Rhyme Time (Newborn to 18 months), 8 week session, Tuesdays at 1:30PM-2:00PM, ending March 12, 2024 ([Registration required](#))

- **Family Storytime (For children up to 5)**, 8 week session, Fridays at 10:30AM-11:00AM, ending March 15th 2024 (Registration required)
- **Spring Session for Early Literacy Programs is April 8- May 18, 2024 (6 weeks) Registration begins March 11, 2024**
- **Teen Sharpie Squiggle (Grades 7-12)**, Saturday March 23 from 2:00PM-3:00PM. Explore your creativity and discover your artistic style by creating colourful squiggly art with Sharpies and other materials. All supplies provided. Grades 7-12. 60 minutes. (Registration Required)
- **Super Structures (Ages 9-12)** Monday, March 24 from 2:00PM-3:00PM. Learn about different types of traditional Indigenous Structures, as well as about forces, stability and strength. Then design your own structure. Presented by WISE Kid-Netic (Registration Required)

We also have a couple programs for adults who want to expand their computer skills:

- **PowerPoint Level 1** Monday, March 18 from 5:45PM - 7:45PM (Registration required) Learn the basics of creating slides, formatting text, adding images, and running a slide show. *Basic computer skills are required.*
- **PowerPoint Level 2** Thursday, March 21 from 5:45PM - 7:45PM (Registration required) Learn to insert charts, audio clips, and video clips, as well as how to modify slide transitions and customize presentation options. *Prerequisite: PowerPoint 1 or equivalent knowledge.*

We look forward to seeing you soon for a program or a visit to the Cornish Library on 20 Westgate. Phone: **204-986-4680**, visit or go online at Winnipeg.ca/library to register.



MARCH 2024

**FREE
ALL AGES
DROP IN
ART
PROGRAMS**

616 BROADWAY
WINNIPEG, MB
TREATY 1 TERRITORY

MONDAY to SATURDAY
3:30 pm - 7:30 pm

closed on Sunday

artcityinc.com
info@artcityinc.com
 204-775-9856



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 <i>Let's Paint</i>	5 <i>Portraits of Important</i>	6 WOMEN	7 <i>Painting a portrait</i>	8 <i>Portrait of a woman</i>	9 INDIGENOUS ART PROGRAM
& FILM PHOTOGRAPHY	& CERAMICS	& DIGITAL ART	& DRAWING CLUB	& CERAMICS	
11 THE MOST AWARDS FOR FREEZE FRAME	12 SHADOW	13 <i>Shadow puppet</i>	14 PUPPETS	15 <i>Puppet show</i>	16 INDIGENOUS ART PROGRAM
& FILM PHOTOGRAPHY	& CERAMICS	& DIGITAL ART	& DRAWING CLUB	& CERAMICS	
18 <i>Cardboard skate park</i>	19 mini skate park	20 <i>Remote control car</i>	21 REMOTE CONTROL	22 <i>Lunar landing</i>	23 INDIGENOUS ART PROGRAM
& FILM PHOTOGRAPHY	& CERAMICS	& DIGITAL ART	& DRAWING CLUB	& CERAMICS	
25 <i>Painting a pysanky</i>	26 PYSANKY (UKRANIAN EASTER EGGS)	27 <i>Painting a pysanky</i>	28 WITH ANASTASIA FYK	29 <i>Painting a pysanky</i>	30 INDIGENOUS ART PROGRAM
& FILM PHOTOGRAPHY	& CERAMICS	& DIGITAL ART	& DRAWING CLUB	& CERAMICS	



West Broadway Youth Outreach



March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
Lawyers For Literacy Read-A-Thon 10:00 am - 4:00 pm Saturday, Mar 16, 2024 Mulvey School Gym (750 Wolseley Ave) Everyone Welcome!				
3:00 pm - 4:25 pm Snack Time / Bookworms 3:00 pm - 6:25 pm Homework Club / Free Play 6:30 pm - 8:25 pm Reading Good Time / Board Game Battle 6:30 pm - 8:25 pm Family Movie Monday (With Door Prizes)	3:00 pm - 3:55 pm Snack Time / Bookworms 4:00 pm - 5:25 pm Super Swim Party (Meet At Mulvey School Front Door By 3:35 pm) or (Meet at WBYO By 4:00 pm) 5:30 pm - 6:25 pm Family Yoga Party 5:30 pm - 7:55 pm Kids Laundry Night 6:30 pm - 8:25 pm Dreams / Family Mega Bingo Night	3:00 pm - 4:25 pm Snack Time / Bookworms 3:30 pm - 5:25 pm After School Gym Time (Drop-off/Pick-up At Mulvey School Gym) 3:00 pm - 5:55 pm Wacky Wednesday Homework Club 6:00 pm - 7:55 pm Videogame Pizza Party (Participants Must Bring 5+ Pages Of Homework) / Yum Yum Club 8:00 pm - 8:25 pm Grocery Giveaway	3:00 pm - 4:25 pm Snack Time / Bookworms 3:00 pm - 5:25 pm Arts & Crafts / Nails & Ponytails / Comic Club 5:30 pm - 8:25 pm Team Sports Night (Drop-off/Pick-up At Mulvey School Gym) Or (Drop-off At WBYO By 5:00 pm) 8:30 pm - 9:45 pm B-Ball Training (For Homework Club Kids Only) (Pick-up At Mulvey School Gym)	3:00 pm - 4:25 pm Snack Time / Bookworms 3:00 pm - 6:25 pm Homework Club / Free Play 6:30 pm - 8:25 pm BookJam/Kids World 5:30 pm - 9:25 pm Movie Book Club Night Super Surprise! 5:00 pm - 6:25 pm Snack Time / Bookworms 3:00 pm - 6:25 pm Homework Club / Free Play 6:30 pm - 8:25 pm BookJam/Kids World 3:00 pm - 12:25 pm Movie Book Club Night Kung Fu Panda 4/7/10 3:00 pm - 6:25 pm Snack Time / Bookworms 3:00 pm - 6:25 pm Homework Club / Free Play 6:30 pm - 8:25 pm BookJam/Kids World 5:30 pm - 9:25 pm Movie Book Club Night Dune 2 3:00 pm - 4:25 pm Snack Time / Bookworms 3:00 pm - 6:25 pm Homework Club / Free Play 6:30 pm - 8:25 pm Snack Time / Bookworms 3:00 pm - 6:25 pm Homework Club / Free Play 5:30 pm - 9:25 pm Movie Book Club Night Snow White
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

Notes

WBYO's Monthly Scrub Club

Do you have a love for the clean, orderly, and sparkly? Then we have the club for you!

You are invited to join WBYO's Scrub Club!

Who?: You!

What?: Cleaning!

When?: The first Saturday of every month at 11:00 am - 2:00 pm (Doors close at 11:15 am)

Where?: 646 Portage Ave!

Why?: To take ownership and respect of our dream site!

We provide the cleaning supplies and mosey fun, you supply the energy!

West Broadway Youth Outreach
646 Portage Ave, Winnipeg MB R3C 0G6
wbyokidz@gmail.com | (204) 774-0451
www.westbroadwayyouthoutreach.com

Info

646 Portage Avenue
(204) 774-0451
wbyokidz@gmail.com
westbroadwayyouthoutreach.com

March Family Challenge: The family that reads the most books this month wins a \$50 gift card to McNally Robinson Bookstore!

Mr. Peter Correia
Mulvey School Principal
and
WBYO Super Supporter

West Broadway Youth Outreach

+

The Law Society Of Manitoba's

2018
Order of Manitoba
Recipient

The Law Society of Manitoba
INCORPORATED 1877 | INCORPORÉ EN 1877

14th Annual READ A THON

Who: Everyone Welcome!!!

What: Annual Lawyers For Literacy Read-A-Thon

When: March 16, 2024, 10:00 am - 4:00 pm

Where: Mulvey School Gym (750 Wolseley Ave)

Why: Because Reading & Munching Is AWESOME!!!

KIDS:
Earn Prizes For Books
Read With Our
Super Volunteers!

EMAIL US AT WBYOKIDZ@GMAIL.COM OR PHONE US AT (204) 774-0451 TO LET US KNOW YOU'RE COMING SO WE CAN HAVE ENOUGH PIZZA FOR EVERYONE!

West Broadway Youth Outreach 2018 Order of Manitoba Recipient
646 Portage Ave. Winnipeg MB R3C 0G6 | (204) 774-0451 | wbyokidz@gmail.com | westbroadwayyouthoutreach.com
Treaty 1 Territory, the original lands of the Anishinaabeg, Cree, Oji-Cree, Dakota and Dene peoples, and homeland of the Métis Nation

Plus:
Door Prizes For The First
100 Kids To Arrive!!!



GENERAL NUTRITION GUIDELINES

Breakfast Club of Canada's General Nutrition Guidelines have been developed to help you provide the most nutritious breakfast for your programs. They emphasize breakfast choices that include a balance and variety of nutrient-dense items from the three Canada's Food Guide categories: vegetables and fruits, whole grain foods and protein foods. Water should always be the preferred beverage.

VEGETABLES AND FRUITS

Vegetables and fruits are a vital part of a balanced diet. They offer essential nutrients such as vitamins, minerals and fibre that contribute to overall health. Schools are encouraged to source locally, when possible, while paying special attention to what is in season. Frozen vegetables and fruits are also great choices and can be used in many ways (e.g., smoothies, yogurt parfaits, compotes and baking/cooking).

CONSIDER OPTIONS SUCH AS:

- Apples
- Bananas
- Berries
- Broccoli
- Carrots
- Cherries
- Leafy greens
- Oranges
- Peaches
- Pears
- Peppers
- Plums
- Potatoes
- Snap peas
- Tomatoes
- Zucchini

WHOLE-GRAIN FOODS

Whole grains are important sources of many nutrients, including carbohydrates, which give children the energy they need to learn. Whole grain foods include all parts of the grain, which offer more fibre and are more filling.

CONSIDER OPTIONS SUCH AS:

- Brown or wild rice
- Oatmeal/oats
- Quinoa
- Whole-grain cereal
- Whole-grain toast and English muffins
- Whole-wheat flatbreads (tortilla, pita, roti, naan, etc.)

PROTEIN FOODS

Foods high in protein, including plant-based protein, are essential for building, maintaining and repairing tissues in the body. Schools are encouraged to include plant-based protein foods more often to promote sustainability and offer more variety in their breakfast programs.

CONSIDER OPTIONS SUCH AS:

- Beans
- Eggs
- Fish (salmon, trout, halibut, etc.)
- Lean meats
- Lentils
- Lower-fat yogurt and cheese
- Milk and fortified soy beverages
- Nuts
- Seeds
- Tofu

ADDITIONAL RECOMMENDATIONS

Food is more than nutrients. It represents our heritage and ancestry. It connects us with friends and family, and our cultures. It allows us to create positive eating environments and memories that influence our dietary habits in a healthy way. For additional nutrition recommendations, do not hesitate to consult our School's Corner.

WE WANT TO ENCOURAGE PRODUCTS THAT CONTRIBUTE TO A SUSTAINABLE FOOD SYSTEM

- Minimally or not processed
- Unpackaged or minimally packaged
- Organic and local when possible

WATER

Make water your breakfast program's drink of choice. Water is important for children's overall health and a great way to quench their thirst and help them stay hydrated.

acorn Family Place Programming Schedule

MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast for Caregivers* 9:30-11 am
4 Creativity for Caregivers 9:30-11:30 am WCBO Tenant Support 10-11:30 am WrapAround: 1:30-3:30 pm	5 Muffins and Tots 9:30 am-11 am Music Circle 11:30 am-12 pm Raising the Village 1-3 pm	6 CENTRE CLOSED 9AM-1 PM Caring Dads 1:30-3:30 pm	7 SmilePlus 1:30 pm	8 Breakfast for Caregivers* 9:30-11 am Nurse Julia 1:30-3:30 pm
11 Creativity for Caregivers 9:30-11:30 am WCBO Tenant Support 10-11:30 am WrapAround: Medicine Bags 1:30-3:30 pm	12 Muffins and Tots 9:30 am-11 am Music Circle 11:30 am-12 pm Raising the Village 1-3 pm	13 CENTRE CLOSED 9AM-1 PM Caring Dads 1:30-3:30 pm	14 Cooking Class 1-3 pm	15 Breakfast for Caregivers* 9:30-11 am Build-A-Book Workshop 9:30-11 am
18 Creativity for Caregivers 9:30-11:30 am WCBO Tenant Support 10-11:30 am WrapAround: 1:30-3:30 pm	19 Muffins and Tots 9:30 am-11 am Music Circle 11:30 am-12 pm Raising the Village 1-3 pm	20 CENTRE CLOSED 9AM-1 PM Caring Dads 1:30-3:30 pm	21 Food Bank 1-4 pm	22 Breakfast for Caregivers* 9:30-11 am Nurse Julia 1:30-3:30 pm
25 Creativity for Caregivers 9:30-11:30 am WCBO Tenant Support 10-11:30 am WrapAround: Painting 1:30-3:30 pm Community Council 1-3 pm	26 Muffins and Tots 9:30 am-11 am Music Circle 11:30 am-12 pm Raising the Village 1-3 pm	27 CENTRE CLOSED 9AM-1 PM Caring Dads 1:30-3:30 pm	28 Cooking Class 1-3 pm Wellness group: 5 steps to grocery shopping and reading labels 1:30-3pm	29 CENTRE CLOSED 9AM-4PM FOR STAT

!!!!!! SPRING BREAK !!!!!!

- WrapAround programming connects parents & caregivers who are involved with CFS. Please contact Margot for info: 204-560-3153 or wraparound@acornfamilyplace.ca
- The sign-up sheet for Breakfast Club & Cooking Class will be in the Drop-in a half hour before the program starts
- Please call Joanne for info & to place your name on our Food Bank waiting list at: 204-560-3146

ACORN FAMILY PLACE
Crossways in Common Building
202-222 Furby Street, Winnipeg MB R3C 2A7
Phone: 204-560-3141 Fax: 204-560-3154
Email: admin@acornfamilyplace.ca
www.acornfamilyplace.ca

River Safety Reminder

Here is a message from The Winnipeg Police Service River Patrol Unit:

They would like to remind the public that with the colder weather rivers and retention ponds will develop thin ice and are not be safe to be around. All public is advised to stay away from all waterways as ice thickness can be very unpredictable.

Parents, guardians and teachers are asked to remind children of the dangers involving cold water and thin ice. This is an extremely dangerous time as open water on the rivers is swift and very cold.

Members of the public are asked to refrain from venturing near any bodies of water as rivers banks can be slippery.

PLEASE BE SAFE!

CAUTION!

Robert A Steen Community Centre Spring 2024 Programs

Youth Programs

- Art
- Babysitting Course
- Badminton
- Introduction to Chess
- Advanced Chess
- Children's Dance Movement Programs
- Dance & Baton
- Dungeons & Dragons
- Floor Hockey
- Home Alone Course
- Mini Soccer
- Community Movie Night
- Nourishing Young Minds
- Introduction to Olympic Fencing
- Open Gym
- PickleBall
- Fundamentals of table Tennis
- Table Top Board Games
- Volleyball
- Yoga Kids

Adult Programs

- Basketball
- Badminton
- Bridge
- Introduction to Chess
- Advanced Chess
- French
- Men's Shed
- Memoir Writing
- Community Movie Night
- Parent and Tot
- PickleBall
- Spanish (Beginner, Intermediate, & Advanced)
- Tai Chi
- Yoga Flow
- Zumba


For More Information
Check out our website
www.robertasteencc.ca

or
Email: rasteenpm@shaw.ca



March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Day 3
4 Day 4 MYRCA club @noon	5 Day 5 Pow Wow @ noon Pottery Club @ noon	6 Day 6 Piano lessons @ 4:00-5:00 PM	7 Day 1 Grade 4 Swimming Counts Inner city Soccer Team 1 @ noon Flag Football @3:45-6:00	8 Day 2 Basketball Tournament @ Greenway PM 
11 Day 3 MYRCA club @noon	12 Day 4 Pow Wow @ noon Report Cards Go Home	13 Day 5 Piano lessons @ 4:00-5:00 PM	14 Day 6 Parent Teacher Student Interviews 4:30-8:30pm Grade 4 Swimming Counts Inner city Soccer Team 2 @ noon Flag Football @3:45-6:00	15 Day 1 Non-Instructional Day <u>No Classes</u> Parent Teacher Student Interviews 9:00 am - 3:30 pm
18 Day 2 MYRCA club @noon Pizza Orders Due Google Meet Parent Council @ 5:30pm	19 Day 3 Pow Wow @ noon Pottery Club @ noon	20 Day 4 Piano lessons @ 4:00-5:00 PM	21 Day 5 Parent Council Fundraiser Bothwell Cheese Orders arrive at the School	23 Day 6 Pizza Lunch @ 12:00pm Last day of School Spring Break to April 1

S how Respect and Responsibility
A lways come Prepared and On Time
F eet and Hands to Yourself
E veryone Learns Together

BE YOUR BEST

B elieve
E xcel
S ucced
T ogether



DATES TO REMEMBER
Please mark the following important dates on your calendar (watch for changes in future newsletters)

Date	Event	Cycle Day
Apr. 1	School Resumes	6
Apr. 19	Wellness PD ~ No Classes	1
May 6	Vision Day PD ~ No Classes	1
May 20	Victoria Day - No Classes	
June 29	Last Day of Classes for N/K PM Students	6
June 30	Last Day of Classes for N-6 Student	1