

TYNDALL PARK



TITANS

**TYNDALL PARK COMMUNITY SCHOOL
2221 KING EDWARD STREET
WINNIPEG, MB R2R 1M5
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OCTOBER



THANK YOU TYNDALL PARK STUDENTS & FAMILIES

Once again our Terry Fox Run was a great success thanks to the generosity and kindness of our Tyndall Park students, families and staff!

Together we raised \$456.00 that will be donated to the Terry Fox Foundation!

We would like to thank Ms. Dow for organizing the run and the students for their participation. Good job!

DATES TO REMEMBER

NOVEMBER 17
NO CLASSES-INSERVICE

NOVEMBER 30
NO CLASSES IN PM

NOVEMBER 30
TRIAD MEETINGS IN PM

DECEMBER 7
WINTER CONCERT

DECEMBER 22
LAST DAY OF SCHOOL BEFORE WIN-
TER BREAK





BE THE INSPIRATION

Winnipeg School Division
is hiring:

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



JOIN US

winnipeg.sd.ca/careers

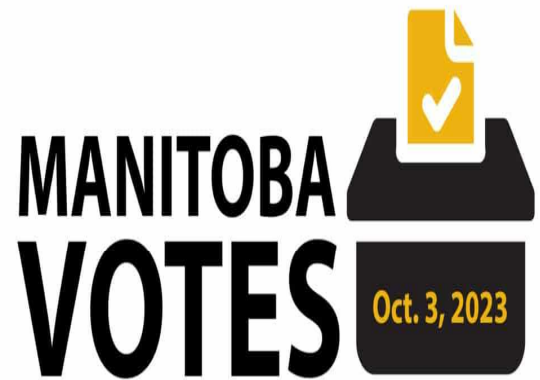


WINNIPEG SCHOOL DIVISION

MANITOBA ELECTION DAY

**SUPPORTING PUBLIC EDUCATION IS
AN INVESTMENT IN OUR FUTURE THAT
BENEFITS EVERYONE.**

This election is our opportunity to let candidates know that we value education, and to support those that share this value.



COMMON AREA TRAINING



In September, we discussed the 'Common Areas' around the school. Students were shown where each area is and what the expectation is at each area. The drop-off location for students is at the BFI bins outside the gym.

We have also started fire drills and have conducted an evacuation drill. Our evacuation site is at Garden Grove School. We run 10 fire drills per year, once a month. We try our best to not run the drills on extremely cold days or if necessary, students are not out for more than a minute or two. Please refer to the September newsletter for more information on lockdowns/hold & secures/fire drills.

If you have any question regarding these procedures, please call the school.

TYNDALL PARK SCHOOL CLUBS

The school year is in full swing now with the start of several clubs. Please note these days: Grades 4-6 Choir Club every Thursday; Grade 5 Drama Club every Tuesday; Grade 6 Drama Club every Wednesday; Grade 5 & 6 Dance Club every Monday; and Smudging Club every Thursday (weather permitting and/or until further notice).

Attendance for these clubs is very important. The Grade 4-6 Choir performs throughout the year for various school events. The Grade 6 Drama practices until April and ends with a performance that parents are able to attend. The Grade 5 & 6 Dance Club is choreographed dances as a team sport. The Smudging Club is to deepen students' understanding of the Indigenous culture. Participation in any of the clubs is always voluntary. Thanks to the teaching staff for volunteering their time for these clubs. As the weather grows colder, keep watch for more exciting clubs!



National Day of Truth and Reconciliation

Throughout the month of September, students at Tyndall Park School have been learning about the very important meaning of September 30th. Teachers have been reading or discussing the topic of residential schools and why September 30th is such an important day to reflect and understand the reasons why we acknowledge this date. Students and staff were encouraged to wear an orange shirt on September 29th, in remembrance of those who were exposed to the residential school system and to those who lost their lives while in the schools. Classes were given blank paper cut out t-shirts to create their own orange shirt using related words or images. The t-shirts are displayed on one of our bulletin boards near the office. An assembly was also held where students watched a video about Phyllis Webstad and learned about her story of the orange shirt. Students then participated in a community walk down Burrows Avenue with banners, posters, ribbons/streamers, to demonstrate their support.



Healthy Food In Schools

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES

Tips for Packing Peanut Free Snacks

Are you looking for peanut-free snacks to pack for school? The information below will help.

- Read**
- Read the labels on packaged foods to ensure they do not contain peanuts or peanut products EVERY time you shop. Ingredient lists can change.
 - Look for the CONTAINS/MAY CONTAIN statement on the label, especially when there are ingredients that may contain peanut.
- Avoid**
- Bulk foods as there is no list of ingredients.
 - Processed foods that do not have an ingredient list or a list that is unclear (e.g.: some imported foods, bakery items or baking mixes).
- Wash**
- Hands
 - Counter Tops or Cutting Boards
 - Utensils
 - Containers
 - Dish Cloths



If you have peanuts or peanut products in your home, they may have touched your hands or kitchen equipment. Wash before preparing a peanut safe snack.

See other side for some tasty snack ideas. Include a small frozen cold pack to keep perishable foods cold (remind child to bring it home!).

Note, the information in this fact sheet does not replace any advice given by a doctor and does not provide all of the necessary information to manage food allergies. The food suggestions do not exclude all potential allergens.

- For more information on Allergy Awareness when Packing School Lunches from Health Canada go to http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/school-lunch_repas-ecole-eng.php

Call toll free for assistance from the School Nutrition Support Team—1-888-547-0535
Visit our website: www.gov.mb.ca/healthyschools/foodinschools

Manitoba 

Healthy Food In Schools

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The list below includes lots of “packable” snack options for different appetites and food preferences. (Note, ALWAYS check the ingredient list. When baking or cooking check the ingredient list of all products you are using).

- Celery Sticks Stuffed with Soft Cheese
- Mini Tuna Bun
- Whole Grain Crackers and Cheese
- Greek Yogurt
- Cookie and Milk
- Whole Grain Cereal with Milk
- Homemade Muffin with Apple
- Whole Wheat Turkey Pita
- English Muffin with Cheese Stick
- Parmesan Popcorn
- Crackers with Sliced Hard-boiled Egg
- Popsicle Stick Kabob (can be made with fruit, meat, cheese, cherry tomatoes, and/or chunks of bread)
- Fruit Cup
- Apple or Fruit Sauce
- Hummus and Pita Wedges
- Yogurt Tube
- Mini Bagel with Soft Cheese

Need Variety? Try out these vegetables— serve plain or with a dip.

- Carrot Sticks
- Celery
- Snap Pea
- Cherry Tomatoes
- Pepper Strips
- Radish
- Cauliflower
- Mushroom
- Turnip Sticks
- Broccoli
- Cucumber
- Zucchini



Need Variety? Try out these fruits— serve plain or with a dip.

- | | | |
|-------------------|----------------|----------------|
| • Sliced Apple | • Cherries | • Blackberries |
| • Small Banana | • Green Grapes | • Blueberries |
| • Mandarin Orange | • Pears | • Strawberries |
| • Melon Chunks | • Pineapple | • Plum |
| | • Tangerine | • Red Gapes |
| | • Peach | • Grapefruit |
| | • Nectarine | • Mango |
| | • Kiwifruit | • Papaya |

ROOTS OF EMPATHY



Roots of Empathy is back at Tyndall Park School!!!

Yes, you read it right! Post-pandemic, Rm. 21 welcomed their Little Teacher, Baby Nova, and her mom, Mommy Huma on September 26th. Throughout the school year, students will get to observe the baby's development and emotions within the nine (9) family visits. The Roots of Empathy program is an evidence-based classroom program that helps increase sharing, caring, and inclusion among the participants.

Are you interested in finding out more about the program? Watch these videos: [Roots of Empathy](#), [BBC On Roots of Empathy](#) and [Empathy, more important than ever!](#)



NEED WINTER GEAR?

Koats for Kids has been helping kids stay warm throughout the winter. If your children require winter jackets and boots, please reach out to their teacher or call (204) 633-0065 and ask for Marni.

We will place the order on your behalf and let you know once the items have arrived.

Patrol Squad Schedule 2023-2024

October							
Squad on Post	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2	3 No School	4	5	6	7	8
	9 Thanksgiving	10	11	12	13	14	15
1	16	17	18	19	20 No School	21	22
2	23	24	25	26	27	28	29
3	30	31					

November							
Squad on Post	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3			1	2	3	4	5
1	6	7	8	9	10	11	12
2	13	14	15	16	17 No school	18	19
3	20	21	22	23	24	25	26
1	27	28	29	30 No school pm			

December							
Squad on Post	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1					1	2	3
2	4	5	6	7	8	9	10
3	11	12	13	14	15	16	17
1	18	19	20	21	22		

If your child is away during a day that they are supposed to be on post, please make sure to call the office as early as 8am and alert them that your child is a patrol and will be away. You can also email Ms. Bembenek at abembenek@wsd1.org so that I can make sure their post is covered.

On-post times:

8:45 am – 8:55 am
 11:55 am – 12:05 pm
 12:45 pm – 12:55 pm
 3:30 pm - 3:40 pm

Legend:

Squad 1	Squad 2	Squad 3	No School
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Patrol Squad Schedule 2023-2024

January							
Squad on Post	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	8	9	10	11	12	13	14
3	15	16	17	18	19	20	21
1	22	23	24	25	26	27	28
2	29	30	31				

February							
Squad on Post	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2				1	2 No School	3	4
3	5	6	7	8	9	10	11
1	12	13	14	15	16	17	18
2	19 Louis Riel Day	20	21	22	23	24	25
3	26	27	28	29			

March							
Squad on Post	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3					1	2	3
1	4	5	6	7	8	9	10
2	11	12	13	14	15 No School	16	17
3	18	19	20	21	22		

April							
Squad on Post	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1	2	3	4	5	6	7
2	8	9	10	11	12	13	14
3	15	16	17	18	19 No school	20	21
1	22	23	24	25	26	27	28
2	29	30					

On-post times:

845 am – 855 am
11:55 am – 1205 pm

1245 pm – 1255 pm
330 pm - 340 pm

Legend:

Squad 1	Squad 2	Squad 3	No School
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Patrol Squad Schedule 2023-2024

May							
Squad on Post	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2			1	2	3	4	5
3	6 No school	7	8	9	10	11	12
1	13	14	15	16	17	18	19
2	20 Victoria Day	21	22	23	24	25	26
3	27	28	29	30	31		

June							
Squad on Post	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 No school	4	5	6	7	8	9
2	10	11	12	13	14	15	16
3	17	18	19	20	21	22	23
1	24	25	26	27 No School am	28 Last Day of School		

On-post times:

8:45 am – 8:55 am
11:55 am – 12:05 pm

12:45 pm – 12:55 pm
3:30 pm - 3:40 pm



Legend:

Squad 1	Squad 2	Squad 3	No School
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October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 PLEASE NOTE: TIMES AND DATES MAY CHANGE OR BE CANCELLED FOR THE DAY	2 DAY 2 GRADE 5/6 DANCE CLUB	3 DAY 3 NO CLASSES- INSERVICE ELECTION DAY	4 DAY 4 GR 5/6 SOCCER GRADE 6 DRAMA CLUB	5 DAY 5 GRADE 46 CHOIR SMUDGING CLUB	6 DAY 6	7
8	9 NO SCHOOL THANKSGIVING 	10 DAY 1 GRADE 5 DRAMA CLUB	11 DAY 2 PAC MTG 5-6PM GRADE 6 DRAMA CLUB	12 DAY 3 GRADE 46 CHOIR SMUDGING CLUB	13 DAY 4	14
15	16 DAY 5 GRADE 5/6 DANCE CLUB	17 DAY 6 BUS RIDERSHIP GRADE 5 DRAMA CLUB	18 DAY 1 GRADE 6 IMMUNIZATION AM GRADE 6 DRAMA CLUB	19 DAY 2 GRADE 46 CHOIR SMUDGING CLUB	20 DAY 3 NO CLASSES- INSERVICE MTS PD DAY	21
22	23 DAY 4 GRADE 5/6 DANCE CLUB	24 DAY 5 GRADE 5 DRAMA CLUB	25 DAY 6 GRADE 6 DRAMA CLUB	26 DAY 1 GRADE 46 CHOIR SMUDGING CLUB	27 DAY 2	28
29	30 DAY 3 GRADE 5/6 DANCE CLUB	31 DAY 4  HEARING SCREENING OC 31-NOV				