



Wellington School

690 Beverley Street, Winnipeg, Manitoba R3E 2A5

Phone - 204-774-8085 | Fax - 204-772-2799

NEWSLETTER

SEPTEMBER 2024

Principal

Mr. E. Contreras

Vice-Principal

Ms. K. Bergmuller

Office Staff

Ms. C. Gray (Head Clerk)

Ms. M. Dela Rama (Clerk)

Teachers

Mrs. J. Larson (N/K/Reading Recovery)

Ms. C. Marin (N/K)

Ms. L. McLeod (Gr. 1)

Ms. N. Garcia (Gr. 2)

Ms. J. Gauthier (Gr. 1)

Ms. J. Hydrochuk (Gr. 1/2)

Ms. S. Lenhardt Mair (Gr. 2)

Ms. E. Dahlin (Gr. 3/4)

Mr. J. Paintin (Gr. 3/4)

Ms. T. Pritchard (Gr. 3/4)

Mr. S. Trachtenberg (Gr. 3)

Mr. J. Van Deventer (Gr. 5)

Mr. N. Kolton (Gr. 6)

Ms. S. Ghattahode (Gr. 5/6)

Ms. R. Turnbull (Gr. 5/6)

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. S. Janzen (Reading Clinician)

Ms. T. Perchaluk (Speech & Language)

Resource

Mrs. B. Faria (Resource Gr.N-2)

Mr. E. Sookram (SERT/Resource Gr.3-6)

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

Mrs. D. Lacuata

Ms. M. Connelly

Mr. J. Figueroa

Ms. L.M. Htoo

Ms. R. Lingal

Ms. L. Meissner

Ms. K. Murphy

Ms. A. Parker

Ms. K. Singh

Ms. C. Willner (Talk to Me)

Ms. J. Wilson

Custodians

Mr. L. Smith (Head Custodian)

Mr. R. Bolanos (Days)

Mr. A. Conception (Evenings)

Mr. R. Manglicmot (Evenings)

Nutrition

Mrs. S. Calanza (Food Co-Ordinator)

Dear Families,

The sights and sounds of learning are well underway as we completed our first few days of the 2024-25 school year. On behalf of the Wellington School staff, we are excited to welcome back our students and extend a special welcome to students and families who are new to our school community. It is wonderful to have seen everyone at school for the first days of classes. Excitement mixed in with a bit of nerves filled the air, but smiles all around once the day got rolling.

Wellington School is grounded by three pillars of Respect, Responsibility, and Safety. Students, staff and the community follow these pillars and use them to guide how we interact with others and conduct ourselves in classes, school, and the community. We are excited to be working alongside parents and guardians as go through another year of learning.

We would like to take this opportunity to thank our teaching staff and educational assistants for spending several days prior to school start preparing their classrooms, the school, and organizing student programming. Thank you to our custodial team for their hard work to ensure the students and staff have a safe place to work and learn each day. We would like to acknowledge our office staff Ms. Grey and Ms. Dela Rama for their efforts in ensuring the beginning of the year is successful!

We would like to welcome all returning staff. Joining our exceptional dedicated staff are:

Teachers:

Ms. McLeod – Grade 1 Teacher

Mr. Van Deventer – Grade 5 Teacher

Ms. Marin – Nursery/Kindergarten Teacher

Ms. Ghattahode – Grade 5/6 Teacher

Ms. Judianne Dhabba – Learning Support Teacher

We would also like to highlight a few upgrades and changes to our school and programming.

This past summer our school received some upgrades and improvements to our ventilation and windows. Each classroom received new windows that open to get in some fresh air.

During the last week of August, our wonderful playground received an upgrade. We now have a beautiful play structure for our students and community to enjoy!

Trees Winnipeg and the Winnipeg Division have partnered up to plant 6 new trees in our playground to help in beautifying the grounds and teach our students the importance of maintaining and celebrating nature.

Our lunch program this year waived the supervision fees so students can access the program at no cost. Please contact the school to fill out the registration form if you are interested in accessing the program.

Once again, we thank you for joining us on this educational journey for the 2024-2025 school year. We look forward in working together to ensure a positive and successful school year for all our students.

Respect, Responsibility and Safety!

Yours in education,

Emil Contreras, Principal
Kari Bergmuller, Vice-Principal



Important Dates to Remember

September 20	Picture Day
September 25	Grade 6 Immunization
September 27	Orange Shirt Day
September 30	National Day of Truth and Reconciliation ****No School***
October 1	Mobile Vision Care

BAKE SALE

Wednesday, Sept 25th

All of the money collected will be donated to the Terry Fox Foundation

<https://terryfox.org>



Every CHILD MATTERS!

On **Friday, September 27th**, Wellington School will have an assembly with a community walk at 1:30 PM as we commemorate Truth and Reconciliation Day .

Don't forget to wear orange!





All students will be served a special
"Welcome to Wellington"
 breakfast during the morning of
Friday, September 27th.

DON'T MISS IT!



**REGISTRATION
OPENS
SEPTEMBER 9th**

**AGES 6-12 & GRADE 1-6
TUESDAYS & THURSDAYS
3:30PM-5:00PM
GYM GAMES & SPORTS
ARTS & CRAFTS
BOARD GAMES
SNACK
AND MUCH MORE**

**USE THE QR CODE ->
OR FOLLOW THE LINK ON OUR
WEBSITE: evermoreggl.com**



**FOR A PAPER COPY SEE THE OFFICE
OR CONTACT US - 204-772-9315**

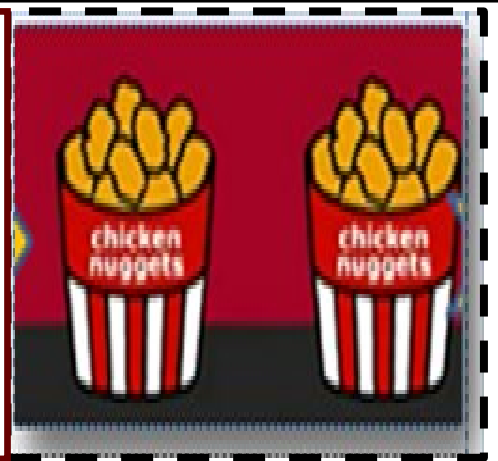


**PROGRAM DATES:
AFTER SCHOOL PROGRAM
Starting the first week of October**



LUNCH PROGRAM

(Dixie Halladay)



We ask parents to please go over the lunchroom rules with your children on a regular basis: Our policy follows School Division guidelines. When a child misbehaves the first time, a verbal warning will be given. The second time, a written letter will be sent home. Within this letter it will state that your child will be removed from the Lunch Program. Then you will need to make alternate arrangements for your child. In the event of a serious incident - your child WILL BE REMOVED immediately without warning.

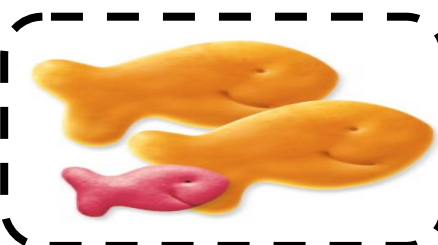


We would like to encourage you not to send soda pop or noodles. Nut and seafood allergies among children are becoming increasingly common; therefore we have a NO NUTS & SEAFOOD policy. We have many other allergies as well, children are not allowed to share or exchange their snacks or lunches.



We are in need of volunteer supervisors for the Lunch Program. If you are able to volunteer, please reach out to Ms. Dixie or Ms. Livia for more information.

As of right now, microwave service is unavailable. Please send a lunch that doesn't need to be reheated.



Snacks are available through the Lunch Program! Proceeds will go towards hot lunches, equipment.
Cost is approximately \$1.00 each.

September 2024

Family Room

Mon	Tue	Wed	Thu	Fri
2 	3 Day 1 Non-Instructional day 	4 Day 2 Welcome back Family Room open	5 Day 3 <i>Drop-in</i>	6 Day 4 Lending Library open
9 Day 5 Coats for kids Now open 9:30 am to 11:30 am	10 Day 6 Drop in Coffee and tea talks	11 Day 1 Drop in Coffee and tea talks	12 Day 2 Drop in Coffee and tea talks Family Room Closed am only	13 Day 3 Drop in Coffee and tea talks
16 Day 4 Hands on Sewing Homemade Hand Bags 9:30 am to 11:30 am 1:05 pm to 3:15 pm	17 Day 5 Coats for kids Now open Hands on Sewing Homemade Hand Bags 9:30 am to 11:30 am 1:05 pm to 3:15 pm	18 Day 6 Hands on Sewing Homemade Hand Bags 9:30 am to 11:30 am Food security Family room closed 1:00pm -2:00pm	19 Day 1 Hands on Sewing Homemade Hand Bags 9:30 am to 11:30 am 1:05 pm to 3:15 pm	20 Day 2 Drop in Coffee and tea talks
23 Day 3 Literacy Alphabet Board Game 9:30 am - 11:00 am 1:05 pm - 3:00pm	24 Day 4 Literacy Alphabet Board Game 9:30 am - 11:45 am 1:05 pm - 3:00 pm	25 Day 5 Literacy Alphabet Board Game 9:30 am - 11:45 am Food security Family room closed 1:00pm -2:00pm	26 Day 6 Hands on Cooking Turkey and vegetable pita 9:30 am Drop in	27 Day 1 Drop in Coffee and tea talks
30 Day 2 National day for Truth and Reconciliation 				

Does your child get a good night's sleep?

Do you know that most elementary school-aged children need to be in bed by **7:30 p.m. to 8 p.m.** to get the sleep they need each night.

In order to ensure your child is ready to learn, children 5-11 years need 9-11 hours sleep a night. For example, if your child wakes for school at 7 am and needs approximately 10 hours sleep per night.

Good habits start early in life!

Surprising Benefits when Kids Get Enough Sleep

- Sleep reduces stress
- Improves your Memory
- Improves attention & focus
- Increases Creativity
- Improves your immune system
- Improved mood and social skills
- Better Problem Solving Skills



Irregular Bedtime lead to...

- Worse behavior
- Slow development
- Lower test scores
- Health problems

CHILDREN Sleep Tips!



Bedtime Routine

with activities & habits the same every night



Consistent Bedtime

that allows the needed amount of sleep-during weekend too



Daily Exercise

to burn energy & increase body temperature



Set the Scene

with a calm atmosphere in a room that's cool & dark



Small Snack

Before bed that is light & healthy-so no hungry



TURN OFF DEVICES

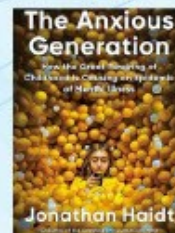
at least an hour before bedtime

CELL PHONE TIPS FOR FAMILIES

- Turn off screens and remove them from bedrooms 30 to 60 minutes before bedtime
- Learn about parental controls
- Provide clear limits
- Designate some times and places as no-device zones
- Maximize in-person activity and sleep, rather than focusing on total screen hours
- Provide experiences outside with other children
- Provide clear structure to the day and week
- Look for signs of addiction and problematic use
- Delay the opening of social media accounts until 16
- Coordinate with other families to create community expectations
- Talk with your child about the risks, and listen to their thoughts
- Talk to your child's teacher and principal and support the new provincial direction on mobile devices



Based on
The Anxious Generation
by Jonathan Haidt



2024-2025 School Closures

WELLINGTON SCHOOL

September 2	Monday	Labour Day	No School
September 3	Tuesday, Day 1	Non-Instructional	No Classes
September 30	Monday	National Day Truth & Reconciliation	No School
October 9	Wednesday, Day 2	Non-Instructional	No Classes
October 14	Monday	Thanksgiving	No School
October 25	Friday, Day 1	Non-Instructional	No Classes
November 1	Friday, Day 6	Non-Instructional	No Classes
November 11	Monday	Remembrance Day	No School
November 22	Friday, Day 2	Non-Instructional	No Classes
December 13	Friday, Day 5	Non-Instructional Wellington Only (PM) <i>Dismissal at 12:00 PM</i>	No Classes
December 21 - January 5		Winter Break	No School
January 31	Friday, Day 6	Non-Instructional	No Classes
February 17	Monday	Louis Riel Day	No School
March 14	Friday, Day 5	Non-Instructional	No Classes
March 29 - April 6		Spring Break	No School
April 11	Friday, Day 2	Non-Instructional	No Classes
April 18	Friday	Good Friday	No School
May 9	Friday, Day 3	Non-Instructional	No Classes
May 19	Monday	Victoria Day	No School
June 3	Tuesday, Day 1	Non-Instructional Wellington Only (PM) <i>Dismissal at 12:00 PM</i>	No Classes
June 23	Monday, Day 3	Non-Instructional Wellington Only	No Classes