



# Wellington School

690 Beverley Street, Winnipeg, Manitoba R3E 2A5

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

## 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 Deventer (Gr. 5)

## 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)

Ms. T. Perchaluk (Speech & Language)

## 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. K. Murphy

Ms. A. Parker

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)

## NEWSLETTER

## SEPTEMBER 2025

Dear Parent/Guardians and Families,

On behalf of the Wellington School staff, we are delighted to welcome back our former students and extend a special welcome to families and students who are new to our school community. We look forward to hearing and learning about your summer activities and adventures and embarking upon our educational journey together.

Many thanks to teaching staff for spending several days in August preparing their classrooms and organizing for the students' programming. Thank you to our custodial team for their hard work and many hours spent to prepare our school for the year. We would also like to acknowledge our office staff for their efforts in ensuring the beginning of the year is successful!

As we begin this new school year and journey together, we are committed to working with staff and families to support our students to develop knowledge, skills, attitudes and values to be productive global citizens. We strongly encourage parental involvement in all facets of school life, including participation in our Parent Teacher Association. Our first meeting is October 9 at 5:30 pm. The art of educating children is complex and challenging and requires a strong partnership where parents work collaboratively with the school to complement the wealth of professional skills held by our staff. As a team, we will be better equipped to provide children with positive and growing educational experiences that nurture in them the joy of learning.

Thank you for entrusting us with the education of your children. We look forward to meeting all of you and your children and making the year a productive and rewarding one for all. We welcome your suggestions, questions and input. Please do not hesitate to call us at the school.

Remember, together we are stronger!

Sincerely,

Emil Contreras

Kari Bergmuller

Principal

Vice Principal



## Important Dates to Remember

|     |                        |                                            |
|-----|------------------------|--------------------------------------------|
| TUE | Sept. 23 <sup>rd</sup> | Picture Day                                |
| FRI | Sept. 26 <sup>th</sup> | Terry Fox Run                              |
| MON | Sept. 29 <sup>th</sup> | Truth & Reconciliation Assembly<br>9:30 am |
| TUE | Sept. 30 <sup>th</sup> | Truth & Reconciliation Day                 |
| WED | Oct. 1 <sup>st</sup>   | Mobile Vision Care Clinic                  |
| WED | Oct. 1 <sup>st</sup>   | Special Poutine Snack                      |
| WED | Oct. 8 <sup>th</sup>   | Non Instructional Day                      |
| MON | Oct. 13 <sup>th</sup>  | Thanksgiving Day                           |
| THU | Oct. 16 <sup>th</sup>  | Grade 6 Immunization Clinic                |
| MON | Oct. 20 <sup>th</sup>  | Bus Ridership                              |
| FRI | Oct. 24 <sup>th</sup>  | Non Instructional Day                      |

## every CHILD MATTERS!

On **Monday, September 29<sup>th</sup>** at 9:30 AM , Wellington School will have an assembly at the Gym followed by a solemn community walk as we commemorate Truth and Reconciliation Day.

**Don't forget to wear orange!**



## Wellington Families

### Parent council

October 9th, 2025

Place: MPR 5:30 PM—6:30 PM

If you are interested you can sign - up by contacting  
Ms. Livia - [lbales@wsd1.org](mailto:lbales@wsd1.org)

# 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



### Daily Exercise

to burn energy & increase body temperature



### Small Snack

Before bed that is light & healthy- so no hungry



### Consistent Bedtime

that allows the needed amount of sleep-during weekend too



### Set the Scene

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



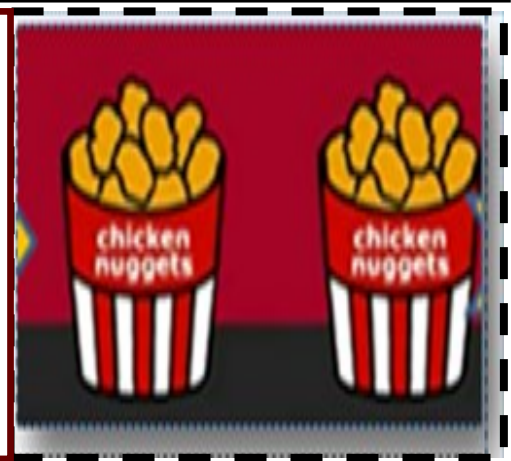
### TURN OFF DEVICES

at least an hour before bedtime



# LUNCH PROGRAM

(Dixie Halladay)



Dear Parents/Guardians:

Wellington School offers a lunch program for students who have parents/guardians who either work full time or are going to school full time. It runs from September to June on school days for children in grades 1 to 6. Only those students registered in the lunch program may stay at school for lunch. Electronic devices, including cell phones, are not permitted in the lunch program.

Students must bring their own lunch and eating utensils. Please ensure lunches are **nut- and seafood-free** due to allergy concerns. **Microwaves are not available**, so lunches should not require heating. Students must eat during the designated lunch period, and **food sharing is not allowed**. It is the responsibility of parents/guardians to provide an appropriate lunch each day

Lunch program supervisors will monitor the assigned spaces while the children eat lunch, as well as the playground during the lunch recess. Please ensure your child has weather appropriate clothing. During inclement weather, students will remain indoors.

All children attending must have completed and signed a registration form (one per family) for the lunch program coordinator to retain for emergency use. Fill out and complete one Child's Contract-Code of Behaviour form per family.

Lunch program participants are committing to the full school year and at this time there will be no part time or drop in options.

If you have any questions or concerns, please contact the school at 204-774-8085.

Thank you,  
Emil Contreras





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\*\*\**



September



## Greetings from the Family Room



Welcome back guardians, parents, and students. My name is Ms. Livia Bales, I'm the Community Support Worker for Wellington school. The family room is available for parents from 9:15 am to 12:00 pm and 1:10 pm to 3:30 pm.

Ms. Livia will be working on new ways to support you and your family by hosting in house programs, such as Educational programs, housing applications (landlord disputes), Employment opportunity and many different hands on activities.

If you have any questions you can reach me by calling the school or through my email - [lbales@wsd1.org](mailto:lbales@wsd1.org)

### Up coming events

Ojibway language classes: September 12th, 19th & 26, 2025

Picture Day: September 23rd, 2025

Tipi setup in the Library: September 29th, 2025 @ 1:15 pm

### Hands on crafts

Beading (expert to beginners): September 9th, 11th, 16th, 18th, 23rd, 2025

### Hands on sewing

Ribbon skirts : September 23rd & 25th, 2025




If your are interested in Volunteering, contact the family room.

Lost and founds items will be removed at the end of each month.

pageborders.org





September

# Family room

## 2025

| Mon                                                                   | Tue                                                                                                | Wed                                                                       | Thu                                                                                                | Fri                                                                   |
|-----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| 1<br><br>No School                                                    | 2<br><br>NO CLASSES                                                                                | 3<br>Welcome back<br>parents and<br>Students!<br><br>First day of classes | 4<br><br>Drop in<br>Coffee time                                                                    | 5<br><br>Drop in<br>Coffee                                            |
| 8<br>Drop in<br>Coffee time                                           | 9<br><u>Intro to Beading</u><br>Beginners and<br>advance<br>9:05 am - 11: 55<br>1:05 pm - 3:25 pm  | 10<br><br>Meet the staff<br>5:00 pm - 6:00 pm                             | 11<br><u>Intro to Beading</u><br>Beginners and<br>advance<br>9:05 am - 11: 55<br>1:05 pm - 3:25 pm | 12<br><br>Ojibway language<br>classes                                 |
| 15<br>Coffee time<br>Sharing circle<br><br>Picture day                | 16<br><u>Intro to Beading</u><br>Beginners and<br>advance<br>9:05 am - 11: 55<br>1:05 pm - 3:25 pm | 17<br><br>Drop in                                                         | 18<br><u>Intro to Beading</u><br>Beginners and<br>advance<br>9:05 am - 11: 55<br>1:05 pm - 3:25 pm | 19<br>Ojibway language<br>classes<br><br>Moon teaching<br>assembly pm |
| 22<br>Coffee time<br>Sharing circle                                   | 23<br><u>Hands n sewing</u><br>Ribbon skirt<br>9:05 am - 11: 55<br>1:05 pm - 3:25 pm               | 24<br><u>Hands on cooking</u><br>Turkey and<br>vegetable pita             | 25<br><u>Hands n sewing</u><br>Ribbon skirt<br>9:05 am - 11: 55<br>1:05 pm - 3:25 pm               | 26<br>Ojibway language<br>classes                                     |
| 29<br>Truth and<br>Reconciliation<br>assembly am<br><br>Tipi setup pm | 30<br><b>No school</b><br><br>National day of<br>Truth and Reconcilia-<br>tion                     |                                                                           |                                                                                                    |                                                                       |

September

KOATS for Kids



We are excited to announce that **Koats for Kids** is now open for the 2025-2026 school year. The family room will be taking orders starting September

Start date for orders:  
September 15th, 2025

If you are requesting weather items for your family, please contact Ms. Livia at 204-774 -8085 or email [lbales@wsd1.org](mailto:lbales@wsd1.org) for more information.



The family room will be setting up our school Tipi in the library. If you are interested in taking part, please see Livia in the family room.

Date: September 29th, 2025

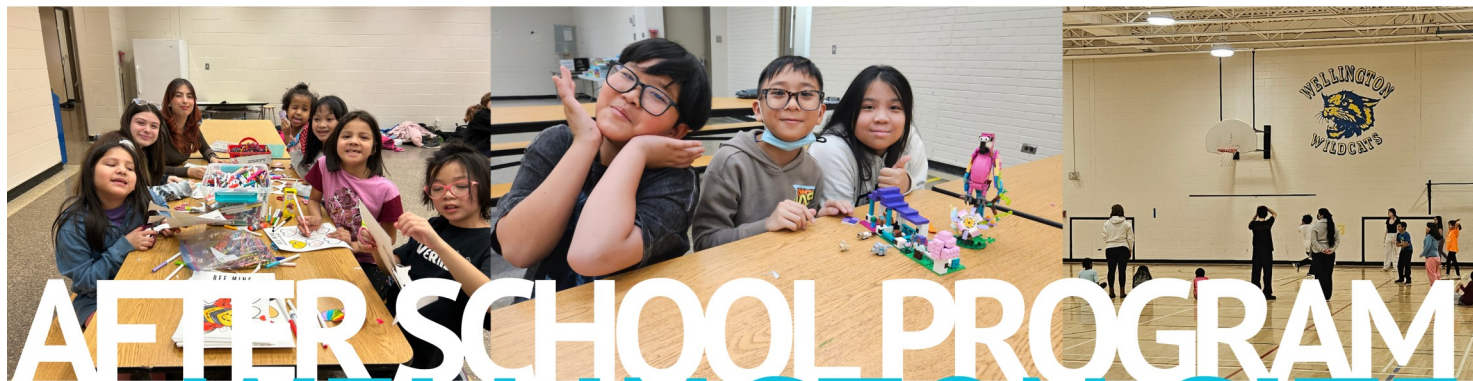
Time: 1:00 pm

Location: Library

**Orange Shirt Day**  
National Day for  
Truth & Reconciliation  
September 30<sup>th</sup>







# AFTER SCHOOL PROGRAM WELLINGTON SITE

**REGISTRATION  
OPENS  
SEPTEMBER 10th**

**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](http://evermoreggl.com)**



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



**AFTER SCHOOL PROGRAM  
STARTS  
OCTOBER 7th**

## ACCIDENT INSURANCE

FOR COSTS NOT COVERED BY  
GOVERNMENT OR WORK BENEFITS



**CRACKED  
TOOTH**  
**\$1,958**



**FRACTURE**  
**\$4,554**

OR HAVE THOSE COSTS COVERED WITH:



### SILVER PLAN

- 10 Years Unlimited Dental
- \$6k Tutoring
- \$500 Paramedical
- \$750 Fracture/Dislocation
- \$15k Accidental Death
- + more

**\$17**



### PLATINUM PLAN

- 10 Years Unlimited Dental
- \$200k Out of Province Medical
- \$6k Tutoring
- \$800 Paramedical
- \$1k Fracture/Dislocation
- \$30k Accidental Death
- + more

**\$42**

TO LEARN MORE OR BUY:

[MANITOBASTUDENTINSURANCE.CA](http://MANITOBASTUDENTINSURANCE.CA)

**1.800.463.5437**

Underwritten by Old Republic Insurance Company of Canada. Please visit [insuremykids.com](http://insuremykids.com) for detailed information on coverages, conditions, limitations and exclusions.



OLD REPUBLIC INSURANCE COMPANY OF CANADA

ENDORSED BY:

MANITOBA

**School Boards**  
ASSOCIATION

PROGRAM ARRANGED BY:  
HUB INTERNATIONAL & MILNCO INSURANCE



## ACCIDENT INSURANCE

PEACE OF MIND STARTING  
AT **\$17** PER YEAR



AT SCHOOL

AT HOME

AT PLAY

Information regarding Voluntary Student Accident Insurance from Old Republic Insurance Company of Canada are now available.

Those parents/guardians with an active email address will receive the information via School Messenger. Printed copies of the brochure are available through the school office.



## Universal Student Accident Insurance

This program provides coverage for all full-time students registered in participating Manitoba School Divisions while:

- (a) in or on school buildings or premises by reason of attending classes on any regular school day;
- (b) in attendance at or participating in any school activity approved and supervised by proper school authority;
- (c) travelling directly to or from any regularly scheduled and approved school activity under the direction or supervision of a proper school authority;
- (d) travelling directly to or from the Insured Person's residence and school for the purpose of attending classes or participating in any school sponsored activity;
- (e) participating in physical activities taking place as part of the grades 9 to 12 Physical Education Curriculum as approved by a proper school authority;
- (f) engaged in the performance of the duties assigned to the Insured Person while participating in a school approved work experience program.

| Program Highlights                                                                                                                           |                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| Benefit                                                                                                                                      | Coverage Detail                                                                                                       |
| Loss of Life – Accident Only                                                                                                                 | \$50,000 per student                                                                                                  |
| Dismemberment or Total and Permanent Loss of Use - Accident Only                                                                             | Various up to \$50,000 per student                                                                                    |
| Medical Reimbursement Benefit – Accident Only<br>- including registered nurse, hospital charges, wheelchair rental, prescription drugs, etc. | Aggregate maximum of \$15,000 for expenses incurred within Canada and \$2,000 for expenses incurred outside of Canada |
| Ambulance – Accident or Sickness                                                                                                             | Up to \$2,000 per student per incident                                                                                |
| Emergency Transportation other than Ambulance – Accident or Sickness                                                                         | Up to \$50 per student per incident                                                                                   |
| Dental Expenses – Accident Only                                                                                                              | Up to \$2,500 per student per incident                                                                                |
| Eyeglasses and Contact Lenses – necessary due to injury from Accident                                                                        | Per student New \$300/Replacement \$200                                                                               |

Underwritten by: Industrial Alliance Insurance and Financial Services Inc.

Term of Coverage: September 1, 2025 to September 1, 2026

**Students must have Manitoba Health or provincial healthcare replacement coverage to be eligible under this plan.**

Coverage is provided, subject to the Terms and Conditions of Master Policy 100005613 on file with The Manitoba School Boards Association.

Claim Forms are available at [www.hubinternational.com/MSBAParent](http://www.hubinternational.com/MSBAParent) or by emailing [SpecialMarkets-Claims@ia.ca](mailto:SpecialMarkets-Claims@ia.ca) or call toll-free 1-800-266-5667.

*This coverage compliments but does not replace the Voluntary Student Accident Insurance coverage. This program provides coverage in addition to benefits available through Manitoba Health and any other group benefits program.*

DISCLAIMER: The material in this document is for informational purposes only and is neither an offer of coverage or medical or legal advice. It contains only a partial description of plan or program benefits and does not constitute a contract. Please refer to the policy for complete details. In case of a conflict between your policy and this information, the policy documents will always govern.







## Do you need a family doctor?

**Well Health's MB Clinic network is accepting Patients:**

**790 Sherbrook Street Wpg, MB R3A 1M3:**

**Physician- Dr. Oluwamayowa Adewole**

General Practitioner – Family Medicine

**P: 204-788-5798 F: 431-307-2447**

**Physician- Dr. Chukwudi Orjichukwu**

General Practitioner – Family Medicine

**P: 204-788-5710 F: 431-307-3929**

Call now to book an appointment or scan the QR  
code to fill out an e-form

## Why is having and seeing a family doctor regularly important?

Seeing your physician regularly is a cornerstone of preventive medicine as it allows for early detection of potential health issues, personalized health advice, and the implementation of preventative measures, including vaccines