



Margaret Park School

Principal: Mr. R. Meacham Vice-Principal: Ms. T. Nishibata-Chan

February 2018 Newsletter



CLASSROOM TASTE TESTING

SASH is committed to giving our student population many opportunities to broaden their healthy food choices and help make informed choices about their snacking. We have introduced a new initiative to encourage our students to try new fruits and vegetables. It started in November and will continue until the end of the school year. Each month we are featuring a new fruit and vegetable combination for teachers to enjoy with their students. Each class can choose which day they share the fruit and vegetable, as well as how they introduce them. The food can be served raw, or the students can explore a variety of ways to eat them from baking and roasted to smoothies and alongside different dips. Below are the upcoming months and the featured fruits and vegetables.

- February: Red Peppers and Cranberries
- March: Avocado and Kiwi
- April: Bananas and Red Cabbage
- May: Blue Berries and Snap Peas
- June: Cantaloupe and Carrots



Breakfast is for champions! Our breakfast program started this week. Eating nutritious foods and having full tummies helps you to concentrate and grow!

Elder-in-Residence at Margaret Park School



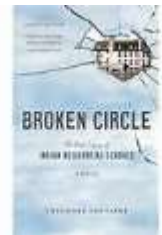
A significant moment of understanding occurred for a number of us, in a teepee, in Brokenhead, as we sat at the fire and listened to Theodore Fontaine, a residential school survivor, tell his story of family, darkness, emergence, reconciliation and forgiveness. That day, Theodore told us to teach Indigenous children about who they are, and the strengths of their people- to make them strong and proud.



We feel so grateful that Theodore and his partner, Morgan, are keen to come to our school one day a week to work with our children. The relationship is intended to build up relationships of support with our students and teachers. Theodore is a significant role model who helps all students encounter questions of personal and community identity in a safe and supportive environment.



During the winter season, Theodore and Morgan are spending time in Room 12 and Room 3. In these classes, they are choosing excerpts from Theodore's book, Broken Circle. Each piece of writing brings forth memories of family and freedom, from the perspective of a young child and the happiness that was felt in the small moments of life. The students are representing their thoughts as writers, storytellers and artists.



FAMILY LITERACY EVENING

Building Connections through LITERACY with your child

Thursday, February 8, 2018 6:00 - 7:30 p.m.

Family-School Partnership meeting at 5:30 p.m.



We hope you will join us for a fun evening of activities, games and mingling with other families! We are planning to have hands-on activities for you and your family to explore, show you literacy games that you can play at home and invite you to sit in front of the fireplace to snuggle up and read some good books together! Grandmas, grandpas and all family members are welcome! Celebrate I LOVE TO READ month with us at Margaret Park School!

Room 6's Measurement Madness Month!

The students in Room 6 have been bustling about estimating and measuring everything in sight. They have been using cubes, sticks, and even their hands to measure items! What will they find to measure next?



Pow Wow Group

On January 24th, Victory School Pow Wow Club welcomed our Pow Wow group to their school. Some of us decorated feathers while the rest of us learned pow wow steps. When **Victory comes to visit us, we'll switch the groups so that we all get a turn dancing and decorating.** We got to practice our dances with our new friends.



Reporting from Rm 13

Field trip to the Children's Museum

January 23, 2018



Going To The Best Museum

Cale Verschoore, School Reporter

January 23, 2018 MANITOBA CHILDREN'S MUSEUM - Room 13 visited the Manitoba Children's Museum. Their field trip was on January 16, 2018. Kids learned how to build a teepee.

First, the students learned about different houses people live in. **Then, they built a house and looked at other kids' houses they built.** Next, the class had snack-lunch at the museum. Then, the children played all around the museum for 2 hours. Finally, the class built a teepee and painted rocks.

Sophie said, "I learned something new and had fun."

Sophie said, "This program was created a long time ago, and I was not the person who designed it and put it together. But the Manitoba Children's Museum has a mission statement which means we have something that we are always trying to do and that thing is to **spark kids' creative learning. So everything that we do including this program is to help kids have an opportunity to be creative and learn something new. So I think that is why the staff at the museum wanted to start the program,**" explained the program facilitator.

All About The Children's Museum

Hailey Paige Mayo, school reporter

January 23rd, 2018

MANITOBA CHILDREN'S MUSEUM – Room 13 went to the Children's Museum to build houses and teepees. Kids from Margaret Park School visited the museum on January 16th 2018. The class explored the museum. They learned something new.

First, students from room 13 learned about different communities around the world. Then, they built four kid sized houses. Next, the **class explored the Manitoba Children's Museum. Finally, the children built teepees and painted rocks.**

"I always have fun at the Manitoba Children's Museum. I am happy to have this job", said the program facilitator. Aiyana said that she liked the teepee because she got to go in it.

The Manitoba Children's Museum

Madeline Myers, School Reporter

January 16th, 2018

MANITOBA - The class went to the Manitoba Children's Museum to build a teepee and a kid sized house. They visited the museum on January 16 2018. The class went to the Children's Museum to do the educational programs.

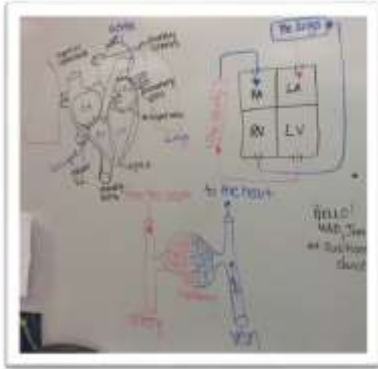
First, students visited the museum to learn about different communities all around the world. Then, they built four different kid sized houses. Next, Margaret Park students explored the museum. Finally, the boys and girls built a teepee and painted rocks. There was a lot of space to learn and play.

"I liked the train and the programs", said Sydnee, a grade three student. "The **staff at the museum wanted to do something that is hands on and interactive**", said the program facilitator.



News from Rm. 3

So many events are happening in our space! The intermediate grades have been learning about the human body. On January 23rd, Rooms 3, 4 and 12 had a very unique opportunity! Sarah Wise from the WISE Kid-Netic Energy program at the University of Manitoba came to our classroom and brought cow hearts that we examined in small groups. It was an unforgettable experience!



Everyone participates in TUSC (Totally Unbelievable Speaker's Club). Once a month in Room 3, everyone has an opportunity to practice their research, organization and public speaking skills. There are a wide variety of topics to choose from and everyone chooses a different topic each month. The speaker needs to be prepared to present the topic as well as answer questions from the audience. The audience gets to listen to the speaker and give helpful feedback. Students learn project management skills, listening and speaking skills and they learn how to share opinions and ideas in a helpful way.



Physical Education News



Happy New Year and Welcome back! 2018 is going to be a very busy year starting soon with the BADMINTON and BASKETBALL CLUBS.



BADMINTON CLUB will be on days 2 and 6 from 1:30-2:00 pm starting in **February. The Grade 4's will practice on Day 2 and the Grade 5's will practice on Day 6.** More information will follow.

BASKETBALL CLUB will run from 1:30 to 2:00 pm on Day1. This club will be open to Grade **5's only and will start on Monday, February 9, 2018.**



Yours in Sports, M. Leskiw
Physical Education

Notes FROM THE MUSIC ROOM

Ms. Lagace Update



This month in the music room we are starting work on our older grades musical, Willy Wonka and the Chocolate Factory! This will be for all 3/4 and 4/5 classes. Auditions will be held later on in the month, so if there are any students out there interested in auditioning, there will be a sign up sheet on the music room door next week. There are lots of different roles to play so come out and try! Its always a lot of fun! Our performance will be held on Thursday, April 19th at 6:00pm in the gym. Mark your calendars!

<http://helenlagace.doodlekit.com/>

UPCOMING EVENTS



February 2/18 - PD Day NO SCHOOL
February 8/18 - Family School Partnership / Family Literacy Evening
February 14/18 - **Valentine's Day**-Wear Pink/, Red or White
February 19/18 - Louis Riel Day - NO SCHOOL
February 26/18 - Kindergarten Registration for 2018-19 school year begins
February 28/18 - I Love to read Assembly - 2 PM - wear your pajamas

March 15 & 16/18 - Child/Family/Teacher Conferences
No School March 16th
March 21/18 - Celebrating Indigenous Cultures Evening
March 23/18 - Last Day of School before Spring Break
March 26-30/18 - SPRING BREAK - NO SCHOOL

April 2/18 - School Re-Opens
April 19/18 - Spring Concert
April 20/18 - PD Day-NO SCHOOL
April 25 - Pow Wow Family Night
May 17/18 - Kindergarten Open House 6:30 pm –7:30 pm

Kindergartners need your help!



The Kindergarten students are embarking on a special project that involves building with ice. We are collecting milk cartons of all sizes, empty 1L juice containers (juice boxes, margarine containers, and square and rectangle plastic containers). Please bring them to room 8 if you're able to bring them in.

Kind Regards,
Jolene and Amy



Balanced School Day: Nutrition Made Easy!

1, 2, 3, 4 – Aim for Four!

When packing food for a balanced school day think 2 mini meals! To create a meal there is one simple phrase to remember "Aim for Four!" These "four" make up the categories known as the four food groups according to *Eating Well with Canada's Food Guide*.

To plan a nutritious mini meal, consider smaller portion sizes (or about half the size of your child's regular meal portion) and include a food item from each of the four food groups. Including foods from each group ensures the presence of a variety of nutrients required for good health. Mix and match the examples of foods from the four food groups below to create 2 mini meals for a balanced school day:

| Choose - 1 | Choose - 1 | Choose - 1 | Choose - 1 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Vegetables and Fruit | Grain Products | Milk & Alternatives | Meat & Alternatives |
| <ul style="list-style-type: none"> • cut carrots, celery • snap peas • bell pepper slices • cherry tomatoes • cucumber slices • mushrooms • cauliflower • broccoli • lettuce, spinach • salsa • vegetable soup • fruit salad • canned fruit (in juice) • apple sauce cup (unsweetened) • grapes • cut melon • apple, orange, pear, banana • peach, nectarine, plum • berries • pineapple, kiwi, mango | <ul style="list-style-type: none"> • whole grain bread, bun, bagel, wrap, flatbread, pita • bannock • quinoa, barley • rice • pasta, couscous • oatmeal • granola • cereal • homemade oatmeal muffin • homemade banana bread • raisin bran muffin • homemade oatmeal cookie • plain granola bars (no topping) • whole grain crackers • baked, whole grain tortilla chips | <ul style="list-style-type: none"> • MILK (white or chocolate) • cheese string • sliced hard cheese • cottage cheese • yogurt • yogurt tubes • yogurt drinks • fortified soy beverage • homemade pudding | <ul style="list-style-type: none"> • roast beef, pork, chicken or turkey • lean deli meat • hamburger patty • meat loaf • tuna, salmon, or other fish • hard boiled egg • egg salad • legumes-chickpeas, beans, lentils • veggie burger (made with legumes) • hummus • nut/seed butter • unsalted seeds • tofu |
| <p>Many great lunch foods combine 2 or more food groups: Yogurt parfait, pizza, salad, sandwich/wrap/pita, spaghetti, kabobs, chili, stew, soup, etc.</p>  | | | |

Adapted from Healthy Schools, Healthy Food in Schools: School Lunch Ideas, 2014.
http://www.gov.mb.ca/healthyschools/foodinschools/documents/30_lunch_ideas.pdf

For an electronic copy of this resource please visit:
<https://www.milk.mb.ca/schoolmilk/coordinators-corner/for-parents/>



REMINDER:

If you are going to change end of day plans for your child, please make sure you contact the office before 3:00 pm so that we have time to notify teachers. Please call the office at 204-338-9384.



Was your child born in 2013?

Kindergarten Registration for the 2018-2019 school year begins:



Monday, February 26, 2018

Please bring a copy of your child's birth certificate, Manitoba Health # and proof of address.

If you have any questions, please phone Margaret Park School at 204-338-9384.

Please tell your neighbours and friends!



Margaret Park School needs your help



We are collecting donations of gently used board games, puzzles and craft supplies for 2 schools in Norway House and Cross Lake.

If you can help us out, please drop off donations to the school before February 15th. The items will be transported out on February 17th.



Bhangra Classes

Tyndall Park Community Centre 2255 King Edward St, Winnipeg

204-632-4916, Gagandeep 204-891-7812


Tyndallparkcc.com

<https://registration2.pointstreak.com/rfs2/pslogin.do?leagueNo=3951&season=420b>

Bhangra Classes For \$70 plus \$10 admin fee per family (For Kids and Adult)



February 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|------------------------------------------------------|-----|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------|-----|
| | | | | 1 <i>Gr. 1-5 Field Trip to Annie Production</i> <i>Assembly 9:15 am</i> | 2 <i>PD Day-NO SCHOOL</i> | 3 |
| 4 | 5 | 6 | 7 | 8 <i>Learn to Skate- Rm 6</i> <i>Family/School/Partnership Meeting 5:30 pm</i> <i>Family Literacy Evening 6-7:30 pm</i> | 9 <i>Learn to Swim- Rm 2</i> | 10 |
| 11 | 12 | 13 | 14 <i>Valentine's Day</i>  <i>Wear Pink/Red/White</i> | 15 <i>Learn to Skate- Rm 6</i> | 16 | 17 |
| 18 | 19 <i>Louis Riel Day (Family Day) - NO SCHOOL</i> | 20 | 21 | 22 <i>Learn to Skate- Rm 6</i> | 23 | 24 |
| 25 | 26 | 27 | 28 <i>Family Assembly- 2 pm</i> <i>Wear your pajamas</i> | | | |



February 2018

"I Love to Read Month"



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------------------------------------------------------------------|-----------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|-------------------------------|-------------------------------------------------------------------------------------|
| | | | | 1 Annie Musical | 2 PD Day Ground Hog Day | 3 |
| 4 Poetry Readings: <i>during announcements</i> by Rose and Yannis | 5 | 6 | 7 Wear it Wednesday Wear Words | 8 Family Literacy Night | 9 Stop, Drop and Read | 10 |
| 11 Poetry Readings: <i>during announcements</i> by Leadership Students | 12 | 13 | 14  VALENTINE'S DAY! Wear it Wednesday Pink/Red/White | 15 | 16 Stop, Drop and Read | 17 |
| 18 Poetry Readings: <i>during announcements</i> by Leadership Students | 19 NO SCHOOL | 20 | 21 Wear it Wednesday Wear Math Family Groups: Share a story | 22 | 23 Stop, Drop and Read | 24 |
| 25 Poetry Readings: <i>during announcements</i> by Leadership Students (Pearl G.) | 26 | 27 | 28 Wear it Wednesday Slumber Party Family Assembly 2:00 | | |  |