



O. V. Jewitt Community School

Principal: Ms. T. Nishibata-Chan

Vice-Principal: Mr. C. Weekes

[Home - O.V. Jewitt Community School \(7oaks.org\)](http://7oaks.org)

Autumn 2024 Newsletter

Land Acknowledgement

We would like to acknowledge that we are on Treaty 1 land, home to the original lands of the Anishinaabe, Ininewak (I-nee-nee-wawk), Anishinin (Ah-nish-ih-noon), Dakota and Dene peoples, and on the national homeland of the Red River Métis. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.

*A Land Acknowledgment is a simple, powerful way of showing respect. It is one step among many that we need to take towards correcting the stories and practices that erased Indigenous people's history and culture and toward inviting and honoring the truth. We hear this land acknowledgment in our school every morning. When we listen, we must be paying attention to the words being said and the message they carry. As people who live here on Treaty 1 land, we have responsibilities to the Earth and to each other. We say this land acknowledgment to show respect – **Manajidiwin** – to those responsibilities.*

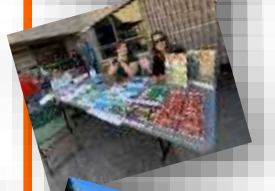
Letter from the Principals

It has been an eventful fall season at O.V. Jewitt and we are happy to welcome back both new and returning students! There are many highlights from this term, but one that stands out is our **Maa'mawii'yong** (Coming Together) evening at the end of September. It was so amazing to see so many of our families out to enjoy a beautiful evening. We have a full photo display for you to see in our main hallway. We hope to have additional family events this year and please feel free to reach out if you would like to volunteer or share any of your gifts with us. **You are always welcome here. Let's make this school year one of our best ever, full of growth, discovery and community.**

A shout-out to our brand new staff members at O.V. Jewitt! Mr. Weekes is our new Vice-Principal and Ms. Toor is teaching Grades 4/5.

We have attached a survey link to this newsletter and we ask that you take the time to fill it out. We would like to know how you prefer to receive information from the school. With this information, we can channel our energy in a way that best serves the community and reduce any unnecessary communications if they are not being used. Link: [Parent Council Survey](#)

With gratitude,
Tannis Nishibata-Chan & Clifford Weekes



Why follow @ovjewitt on Instagram?

Connection...Current information...Upcoming events...Classroom highlights



Follow us on Instagram



Dress your kids for the cold and rainy weather – outdoor play is valuable and fresh air is healthy! We believe in outdoor play and encourage students to enjoy their environment.

As the weather changes, please **dress** your child for the weather. Opening the doors to outdoor play in all kinds of weather allows children the opportunity to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season, it contributes to them having positive, rich outdoor play experiences that just can't happen indoors!

We love your children!
But please drop them off **NO EARLIER** than 8:30 a.m. when staff are on duty ~ Thank you!

O.V. JEWITT LIBRARY
Free book giveaway
NOVEMBER 21 - 22

BRING IN ANY GENTLY USED CHILDRENS TO YOUNG TEEN BOOKS

DONATIONS WILL BE ACCEPTED UNTIL **NOVEMBER 21**
DONATIONS CAN BE DROPPED OFF AT THE LIBRARY OR IN A BOX PLACED IN THE OFFICE

THE GIVEAWAY WILL BE SET UP DURING PARENT-TEACHER CONFERENCES

ALL LEFT OVER BOOKS WILL BE DONATED TO SHARE THE MAGIC
A NON-PROFIT PROVIDING BOOKS TO YOUTH IN NEED

Family Council 2024-25

Our first family council meeting of the year was held on October 9. At this time, families generated interest in writing letters to Councillor Devi Sharma and Mr. Diljeet Brar (Burrows MLA) to ask them to partner with us to help fund for a new play structure. Mr. Brar would like to come to a meeting, to see the interest and involvement of the community. We hope that you are able to attend as this would show tremendous support for this initiative for our students and our community. Our next meeting is December 10 @ 5:30 p.m. More information to follow.

Thank you very much to Samantha and Louise for organizing our first spooky Halloween lunch on October 31 which raised \$150! The students loved having a special hot lunch. Thanks also to all of the volunteers who were able to help on that day.

WE ARE COMMUNITY.

Sweet Impressions cookie fundraiser is currently underway!

SAVE THE DATE...
FOR OUR NEXT OVJ
FAMILY COUNCIL MEETING
TUESDAY, DECEMBER 10TH, 2024
5:30 p.m.



DO YOU HAVE USED BATTERIES AND DRIED UP PENS AND MARKERS AT HOME? DID YOU KNOW...WE COLLECT THEM AT SCHOOL FOR RECYCLING?

Bring them to school, so we can keep them out of the landfill and so much more...

Recycling batteries keeps toxic and hazardous substances from the environment, prevents lithium fires in the landfill, reduces the need to extract new resources, and saves energy. Dried up markers and pens are re-purposed to make a variety of items such as benches, waste bins, asphalt, shingles, and more!

Check out this link for what you can and cannot put in your blue recycling bin at home:
[2019aptrcycyposter_en_fr\(winnipeg.ca\)](https://2019aptrcycyposter_en_fr(winnipeg.ca))

Go to www.winnipeg.ca/4Rdepot for a list of items you can drop off at the 4R recycling depots located in Winnipeg.



~ Your OVJ ESD Committee

Our Gardens

Students from across the grades have been contributing their hands and their help to harvest our gardens this fall.

The Seven Oaks Aki Centre (Blue Thunderbird Land-Based Teachings Learning Centre) gifted plants for us to take care of and to learn from. We learn what it takes to grow and to keep plants healthy. We learn about harvesting and cleaning out our boxes. We learn about the insects who thrive on our plants and help keep our food chain going. Room 11 helped to harvest kale and Swiss chard. We made kale chips which many students had never tried before! Even though they looked like dried up leaves, the students loved them. We've included this recipe below. Additionally, we froze chard and kale to make soup during the winter months!

We know we have lots of grandparents and families who may love to garden. If so, WE WANT YOU! Please let the office know if this is something that you might like to help us with in the spring or if you would like to help us to start growing seedlings in the spring. Taking care of a garden is a whole community effort!



No Fail Sea Salt and Garlic Kale Chips

Enjoy crispy kale chips every time with these No Fail Sea Salt and Garlic Kale Chips

- Course** Appetizer, Snack
- Cuisine** Healthy, Vegan, Vegetarian
- Keyword** Easy Kale Chips, No Fail Kale Chips, No Fail Sea Salt and Garlic Kale Chips



★★★★★
4.89 from 36 votes

- Servings** 4
- Calories** 25kcal
- Author** Chrissie Baker (thebusybaker.ca)

Ingredients

- 1 medium-sized bunch of kale washed and dried very well
- 2 tsp olive oil
- a pinch or two of salt
- a pinch of garlic powder

Instructions

1. Preheat your oven to 300 degrees Fahrenheit.
2. Wash and dry one bunch of kale, making sure the leaves are completely dry. If there's any moisture left on the leaves you'll end up with soggy kale chips.
3. Rip the leaves off the stems and away from the chewy veins of the kale and into chip-sized pieces.
4. Arrange the pieces of kale on an unlined baking sheet.
5. Drizzle the olive oil as evenly over the kale as possible. Using your hands, gently massage the oil into the kale leaves, making sure to massage the oil well into all the folds and onto the entire surface of each of the kale leaves. At first it may not seem that 2 teaspoons of oil will be enough but adding more oil will only add too much moisture. If you find you need a tiny bit more oil, add it one drop at a time.
6. Once you've finished massaging the kale, sprinkle a pinch or two of sea salt and a pinch of garlic powder over the kale and add the pan to your preheated oven.
7. Bake for 10 minutes. Rotate the pan, flipping any pieces that are starting to look crispy and bake for another 10-15 minutes, watching the pan closely for the last 7-8 minutes to prevent over browning.
8. Remove the pan from the oven and leave the kale chips on the pan for 3-5 minutes before serving to they can crisp up even more!

Notes

Store them in a breathable paper bag.

Nutrition

Serving: 1serving | Calories: 25kcal | Carbohydrates: 1g | Protein: 1g | Fat: 2g | Saturated Fat: 1g | Sodium: 5mg | Potassium: 70mg | Vitamin A: 1424IU | Vitamin C: 17mg | Calcium: 21mg | Iron: 1mg

We are always looking for ways to invite members of our community into our outdoor spaces. These benches were made by our Middle Years students last year in their TAA class at Amber Trails. They have high backs and are the perfect size for any age! We love that our grandparents, uncles and aunties are using them after hours while looking after their grandchildren, nieces or nephews. We are grateful that our elders look after our youngsters and our elders in the community. We hope that they will be used in the winter as well!



If your child will be late or absent from school, please call the school office at **204-633-1714**

(If you call before or after business hours, please leave a voicemail message any time)



Our Gardens Continued...

Students from Rooms 16 and 18 harvested basil from our garden boxes to help make a spinach basil pesto (nut-free). It was quite a process as we picked, washed and dried the fragrant basil, combining it into a paste to toss with pasta! Here is the recipe for you to try!



Spinach Basil Pesto (Nut-Free) ★★★★★
4.75 from 113 votes

Recipe from **Two Peas and Their Pod**

This nut-free spinach basil pesto is bright green and full of flavor! It is great with pasta, veggies, chicken, fish, or as a spread on sandwiches.

Prep Time	Total Time
5 mins	5 mins

Course: Main Course Cuisine: Italian Servings: 8 Calories: 138kcal

Ingredients

- 1/2 cup olive oil
- 4 cups packed spinach leaves
- 2 cups packed basil leaves
- 2 cloves garlic
- 2 tablespoons lemon juice
- 1/4 cup shredded Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

1. Place the olive oil, spinach, basil, garlic, lemon juice, parmesan cheese, salt, and pepper in a food processor or blender. Turn on the machine and blend for 30 seconds. Stop and scrape with a spatula and blend again until smooth. Taste and add more salt and pepper, if necessary.
2. Serve with pasta, veggies, chicken, fish, as a spread, etc. Store the pesto in a jar or container in the fridge for up to 2 weeks. This pesto also freezes well. Enjoy!

Notes

If you like a thinner pesto you can add a little more olive oil. The pesto will keep in the fridge for up to one week and in the freezer for up to 6 months.

Nutrition

Calories: 138kcal | Carbohydrates: 1g | Protein: 1g | Fat: 14g | Saturated Fat: 2g | Cholesterol: 2mg | Sodium: 207mg | Potassium: 101mg | Vitamin A: 1750u | Vitamin C: 7mg | Calcium: 64mg | Iron: 0.7mg

Food Rescuing

Did you know that 46.5% of food is wasted in Canada every year? Did you know that 8.83 million metric tonnes of edible food goes to waste? **NO WASTE. NO HUNGER.** That is the vision of Second Harvest, and they make it a reality through **food rescuing**. We've been educating our students to understand that when we bring food to our school, that this food is edible food that businesses can't use. Through their food recovery network, we get it to the people in our communities who need it. We've been learning about "best before" and "expiry dates" and the difference between the two. We love a good giveaway but also know that it helps us save food from going into the landfill. Win-win!



SOCKTOBER...

Thanks so much for your generosity in helping us exceed our goal of 500 socks collected for Main Street Project's campaign! Our Grade 4/5 team and their students led this initiative. Students shared this on our daily announcements, they created a short film/video for viewing on the school Instagram account and they went around each day to collect the socks donated. Mr. Jamil Mahmood, Executive Director from Main Street Project, came to thank these students in person and to share where these socks go. We grow good citizens here at OVJ!



From our Music Room... OVJ Music classes have been filled with instruments, movement, and singing this fall. **Grade 1/2** students have been exploring music with songs, rhymes, and percussion instruments: tambourines, rhythm sticks, and hand drums. **Grade 3** students have been singing and learning beginner note reading skills with boomwhackers. **Grade 4/5** students have been playing recorder, percussion instruments, and singing.

Follow *ovj.music* on Instagram!



Upcoming Grades 1-8 Music & Band Performances

- 🎵 **December 3** - Gr. 1/2/3 Garden City Mall performance, 10:30 - 11:15 am
- 🎵 **December 18** - Gr. 4/5 Choir & Gr. 6 Band Concert at OVJ, 6:30 pm
- 🎵 **January 10** - Gr. 6/7/8 Choir & Gr. 7/8 Band Concert at SOPAC, 6:30 pm
- 🎵 **March 17** - Gr. 4/5 Musical at SOPAC, 6:30 pm
- 🎵 **March 19** - Gr. 1/2/3 Musical at SOPAC, 6:30 pm



The OVJ BAND ROOM has been buzzing. Grade 6 students have been practicing their new instruments in preparation for a debut public performance in December.

Our more experienced band students have also been busy working in Grade 7/8 Band classes, Jazz Band, as well as a student-led group of Grade 8 students called Baba Band.

Grade 7 and 8 students played an excellent performance at the assembly for Indigenous Veteran's Day and Remembrance Day, and the Jazz Band is excited to play for the school at our next assembly in December. The January concert at the Seven Oaks Performing Arts Centre (SOPAC) will include an eclectic mix of musical styles, from Greensleeves to the Beatles. We hope to see you at one, or more, of our upcoming performances!

Early Years Physical Education

Our Grade 4 and 5 students had the opportunity to represent our school at the Early Years Handball 7oaks Tournament. The Grade 4s participated on Wednesday, November 6th and the Grade 5s on Thursday, November 7th. Both teams used great sportsmanship and we are very proud of each student who participated!



Middle Years Physical Education and Athletics



It has been a whirlwind of a start to the year. Congratulations to our Cross Country athletes who did a great job representing OV Jewitt. We had many personal bests and have had some amazing improvements in athlete times.



Our Volleyball teams are in full swing. Come out to the gym after school as our teams are wrapping up their seasons this week. Come cheer on all the teams as there is some great volleyball to watch! *Special thank you* to the coaches who make these athletic opportunities happen!

For our Physical Education classes, it is very important for all students to have clean indoor shoes for use in our classes. The debris bringing brought in from the outdoors causes an unsafe surface in the gym, and outdoor shoes often do not have enough grip to be properly used in the variety of activities done in our classes. Students in Grades 4-8 need to also bring a change of clothing. This is an important step in students keeping up with their personal hygiene, and helps to ensure students are comfortable in motion throughout our classes.

