

Alonsa School Newsletter

November 2017



Principal: Mr. Vern McMichael

Phone: 767-2168

Fax: 767-2279

[http://trsd32.mb.ca/schools/alonsa/Alonsa Webpage/index.htm](http://trsd32.mb.ca/schools/alonsa/Alonsa%20Webpage/index.htm)

Principal's Message

October Greetings from Alonsa School

It is sad to see the snow and minus temperatures this early in the year but on the bright side spring is just 5 months away.

Now that the weather is turning colder and wetter, we ask parents to ensure that their children are appropriately dressed for the weather. Students are to be adequately dressed for the weather as they are to go out during the recess and lunch breaks. Unless it is -25°C or raining, students in K to 6 will be outside for part of the break at recess and/or lunch. Between -20 and -25°C , students will be out for a short period of time but not necessarily for the entire break. At -25°C or colder then students remain indoors.

At this time, there have been two progress reports issued to students—one at the end of September and one at the end of October. These reports are communications

to inform parents about the performance of their children. Because some students forget, lose or misplace these reports, if your child does not have a report to show you near the end of each month be sure to ask for it. The progress reports are normally distributed the Wednesday of the last full week of each month. The exceptions happen during the months when full reports are distributed. Those month are November when all students receive formal reports, January when High school receives reports, March when K to 8 receive reports, April when High school receive reports and June when all students receive reports.

The student's council has been active this year. They work as volunteers in the canteen at lunch and they are preparing a special afternoon for Halloween spirit week and activity day.

Our students performed well at the division and zone soccer competitions this year. They put forth extra effort and determination to carry the name of our school to higher levels of competition and recognition. Congratulations to all our competitors for a well-played season. Currently there are students competing in volleyball and a new interdivision sport of hockey.

We will be having our Remembrance Day ceremony on Nov. 10 beginning at 10:30 a.m. Students from Grade K to 6 will be taking part as individual classes. The Grade 7 to 12 will have classroom representations. We welcome all who would like to attend our ceremony in memory of the veterans of past years.

We ask that all parents coming to the school to pick up or to drop off students to notify the office at the time of the visit.

Dates to Remember

Nov 5: The clocks turn back one hour at 2:00 am

Nov 10: The Remembrance Day program will begin at 10:30. Everyone is welcome to attend.

Nov 11: Remembrance Day which is a Saturday.

Nov 21: Formal report cards are issued to all students.

Nov 23: Parent teacher Evening—interviews are scheduled for the evening from 5 to 8

Nov 24: Parent teacher Day—interviews are scheduled for the morning from 9 to 12.

News from the K/1 Class

October has just flown by here in Kindergarten and Grade One. With the beautiful weather at the beginning of the month it has made the time so pleasant and we enjoyed many of our activities outside while we were able. We plan on carving and exploring our pumpkins on Friday October 27th. We have had many fire drills, and lock down drills in the past month and have also discussed fire safety and Halloween safety. We have worked hard on learning the Alphabet, and phonics, numbers and words. We have been discussing the changing of the seasons and how we need to dress as they change. A Happy Birthday to Blaine in October!

Name: Blaine Starr
Favorite food: Soup
Favorite colour : Blue

What do you want to be when you grow up?
A gamer.

What's your favorite thing about school?
Playing with Leaben and Melvi.

Name: Gia

Favorite food: Carrots

Favorite colour : Blue

What do you want to be when you grow up?
A vet.

What's your favorite thing about school?
Being with you! (Mrs. Gingras)

News from Grade Two

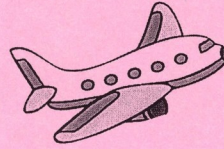
This month, the grade 2 class carved, and engaged in other pumpkin activities in math and science for Halloween; we will also be providing our pumpkin seeds to the school community garden for planting this spring. In social studies, we are finishing our unit on community and will focus on the upcoming Remembrance Day. In art we made pumpkins, skeletons and mummies to decorate our classroom. In music and French, we are learning about: numbers, days of the week, letters, colors and greetings. In math, we are enjoying our Halloween-theme math centre games, and doing our daily math calendar as well as other math activities. In our health unit, we are learning about the importance of our dental health.

In November, we are looking forward to learning more about growth and changes in animals for science; and continuing much of what we started last month.

Miss Langan

Alonsa School

Travel Club



Alonsa School Travel Club would like to thank all those who supported our recent fundraisers!

For the month of December, we will be selling Prize Calendars. Each day will be an opportunity to win a different prize! We are also looking into to holding a “Make-and-Take” fundraiser event. Stay tuned for more details!

We are in full swing of planning our trip for March 2018. Our flights and hotels are booked, and we are starting to book various attractions that Vancouver has to offer.

Thank-you again to all those who help make this trip possible for our students! We are very excited to experience Vancouver!

Community Schools

ALONSA COMMUNITY SCHOOL



Another school year is upon us and we have many exciting things planned for this school year. Some new things are in the works as well as many returning favorites!

Once again a weekly Peek At The Week will be sent home with students highlighting what can be expected from the community school programming for that week.

Our students will once again be participating in an Empathy Program (similar to the Roots of Empathy Program). The K/I students will be receiving the program from October-June.

We are excited to offer our Preschool students (all 12 of them) our Seeds of Empathy Program once again. Our littlest students will be learning about empathy through stories each week.

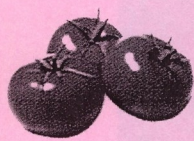
Congratulations to Laney, Shannon, Gavin and Hannah. These four students participated in the 2017 Manitoba Student Leadership Conference in Virden, MB on October 11&12. Thank you to Mrs. Dayholos for once again traveling with the students to the conference.

Please keep an eye out on our awesome school website for updates.

agurke@trsd.ca (204) 767-2168

Nutrition Programs

Our **School Gardens** produced a large crop of tomatoes which students have made into homemade salsa to be served as one of our afternoon snacks. A HUGE thank you to Mrs. Mindy Zalluski for working with our students K-6 on this project.



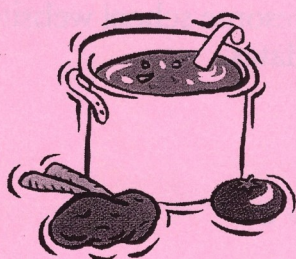
Daily Free Breakfast

is once once again offered

to all students Preschool-Grade 12. Thanks to the generous support in the form of grants from President's Choice Children's Charity as well as the Child Nutrition Council of Manitoba.



Our **Free Hot Lunch** program is offered to students K-Grade 12. K-6 students will find the order form on their Peek At The Week. Grade 7-12 students can find their order forms on the bulletin board next to the office. Order forms will also be posted on our school website.



Some of what we have planned for our 2017-2018 School Year



for Young People

Of Mice and Morro and Jasp

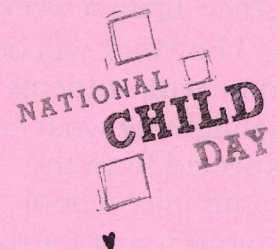
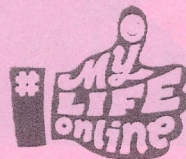
The Lion, The Witch and the Wardrobe



Manitoba Public Insurance

DRIVER-X

Back Off Tobacco





**ENROLL
YOUR CHILD
NOW!**

The Imagination Library Program is continuing for all children. Alonsa Community School uses a portion of its budget to purchase a book each month for each child aged newborn-5 years. If you have a child in this age group that is not receiving the free monthly books, please contact Amanda Gurke at the school and we will have your child added to the list.

This free program is an excellent opportunity to get books in the hands of the children of our communities.

HATS-MITTS-BOOTS?

With the cold winter months upon us we ask those that have extra gently used jackets, snow pants, hats (toques), mitts or winter boots, to consider donating to our school. Youth sizes are the greatest need.

In addition regular clothing (T-shirts, pants etc.) are also in need in t youth sizes.

Please drop off at the Community Room. THANK YOU!



MANITOBA HUNTERS EDUCATION COURSE

(HUNTERS SAFETY CERTIFICATION)

Instructed by Shawn Gurke

Those wishing to participate in the Hunters Education Course must be within 3 months of their 12th birthday or older; however, the Hunters Safety card will not be issued until he/she turns 12 years old. Participants are responsible for transportation to and from class. Course fee is due prior to class.

TOPICS COVERED INCLUDE:

Ethics and Responsibility
Hunting Laws and Regulations
Ecology and Wildlife Management
Hunter Survival Skills
Field Techniques
Firearms Safety

WHEN: Saturday November 25, 2017 8:00am-4:00pm

WHERE: RM of Alonsa Board Room

COST: \$60.00 per student

To register please contact:

Amanda Gurke: call (204)767-2168 or call/text (204)870-0726 or agurke@trsd.ca

Healthy Snacks and Lunch will be provided free of charge by
Alonsa Community School

APPRENTICE HUNTER EDUCATION CARD FOR 10&11 YEAR OLDS

PRAIRIE MOUNTAIN HEALTH SANTÉ PRAIRIE MOUNTAIN



CANDY AND HOLIDAYS

Fall is here and this means holidays such as Halloween and Christmas are just around the corner. These holidays have special traditions; sugary treats often become a “star” attraction for kids during this time.

Power struggles over candy are common between adults and kids. The trick is to teach kids how to manage their candy intake without being over-restricting or judgmental.

Kids need to learn to balance “treats” with healthy foods. When adults forbid or tightly control treats, it tends to have the opposite effect.

Tips

- Follow the Division of Responsibility. Caregivers decide what, when, and where to eat and the child decides if and how much to eat.
- Offer a small amount of candy with a meal.
- Occasionally, during a sit-down snack time, offer candy without a limit so children can learn to listen to their own appetite cues.
- Stick to the rules – when children are nagging, a simple “It’s not time for candy right now” works.

Raise a Healthy Eater

October 2017 – Edition #5

THE GOAL IS TO HAVE CHILDREN ENJOY AND PARTICIPATE IN HOLIDAYS. Candy should be a part of it, but it doesn’t need to be the “star” of the show. We can help our kids develop a healthy relationship with food by keeping these tips in mind. We can also celebrate holidays with some non-food treats!

FUN NON-FOOD TREAT IDEAS

- playdough
- tattoos
- stickers
- glow sticks
- crayons
- pencils/erasers

Chantal Morais, RD, MPH, CDE
Registered Dietitian, Community Health,
Health Promotion

For more information on healthy eating for young children:

- Dial-a-Dietitian 1-877-830-2892
- <http://www.ellynsatterinstitute.org/>
- <http://www.caringforkids.cps.ca/>
- <http://www.gov.mb.ca/healthyliving/html/nutrition/children.html>

PARENT'S DAY - Form for Scheduling of Interviews

Parent's/Guardians Name: _____

Teachers are as follows:

Mrs. Amanda Asham -Resource and Curling 21G

Kindergarten & Grade 1 – Mrs.Wendy Zalluski

Gr.2 Homeroom – Ms Selista Langan

Gr. 3&4 Homeroom – Mrs. Amy Buchanan –Gr.3&4 subjects, K to 2 PE,

Gr.5&6 Homeroom– Ms Catherine Stebeleski – Gr.5&6 subjects,

Ms Angela Caruk Grade 7 Homeroom – Grade 7&8 Science, Social Studies, Visual Arts and Hm.Ec., Gr.7 Math, Gr.5 to 8 French, Geography 20F,

Mr. Kelly Wright Grade 8 Homeroom – Exercise Sc. 40S, Math 10F, Science 20F, Gr.3&4 Social Studies & Science, Gr.8 Math, Gr.5/6 Health,

Mr. Brad Dupasquier Grade 9&10 Homeroom– Grade 6 to Grade 12 PE, Band 9 to 12, Music Gr. 3 to 8, Hockey 21G,

Ms Miranda Sadler Grade 11 Homeroom- ELA 10F,30S and 40S, History 30F, ELA Gr.7&8, Visual Arts 20S,

Mr. Matthew Reimer Grade 12 Homeroom – Math (Essential) 20S, 30S,40S, Math (PreCal) 20S, Math 40M, Psychology 40S, Chemistry 30S, Biology 40S

Mr.Vern McMichael (Principal) – Math 30S (Applied & PreCal), Math 40S (PreCal), Economic Principles 40S,

Do You Prefer a Group Meeting? _____ or Individual Meeting? _____

What Day Do You Prefer? THURS. November 23rd, (5-8 P.M.) _____

FRIDAY, November 24th (9A.M. to Noon) _____

WHICH TEACHER(S) WILL YOU BE VISITING?

_____ Amanda Asham

_____ Wendy Zalluski

_____ Selista Langan

_____ Amy Buchanan

_____ Catherine Stebeleski

_____ Angela Caruk

_____ Kelly Wright

_____ Brad Dupasquier

_____ Miranda Sadler

_____ Matthew Reimer

_____ Vern McMichael

Generally, appointments will be made on the basis of the date these forms are completed. Earlier return of forms gives us a better chance of you getting your desired date and time. Forms due back **Friday, Nov.17th, 2017.** Only one form per family.

School Use

Date Received

Time



November 2017



Alonsa School

204-767-2168

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 -Picture Day (AM) -Sr. Volleyball Boys at McCreary Girls at Glenella	3	4
5	6 Jr. Volleyball at Glenella (4 PM)	7	8	9	10 Remembrance Day Service (10:30 AM)	11  Remembrance Day
12	13	14 Jr. Volleyball at Alonsa (4 PM)	15	16 Jr. Volleyball at Ste. Rose (4 PM)	17	18
19	20	21 K-12 Report Cards sent home	22	23 Parent-Teacher Interviews (5-8 PM)	24 -Parent-Teacher Interviews (AM) -Admin. (PM) NO CLASSES	25
26	27	28	29	30		

"Making a Difference Through Empowerment"