

Alonsa School Newsletter

October 2018



Principal: Mr. Vern McMichael
Phone: 204-767-2168
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www.alonsaschool.ca

Principal's Message

September Greetings from Alonsa School

It's nice to see that the nicer weather still holding on this fall as the forecast is for an early winter. I can take the rain as long as the snow stays away for a few more months. The cooler temperatures hint that fall is definitely on its way.

The 6 period day is the similar to last year. Period 1 is an hour while periods 2, 3 and 4 are 40 to 45 minute classes. These go the entire year. Periods 5 and 6 are 72 minute classes. These will also run all year; however, they will alternate classes. The school has also switched from a weekly cycle to a 6-day cycle where only scheduled class days' count within the cycle. Day 1,3 and 5 will have one class while 2, 4 and 6 will have a different class. This will result in fewer exams written at the end of January (only the physics) and so fewer exam days will be needed for the exam schedule. The timetable was originally arranged based upon requests of staff for time increments, requests of students for options and requests from parents to reduce the impact of students missing classes due to illness, weather and presentations.

There has been a new bell schedule to reflect the new time allotments for classes. Students are becoming adjusted to the time changes for breaks and lunch. The lunch break for all students begins at 12:00 am and continues till 1:00. The morning break runs from 10:33 to 10:47 and the afternoon break

from 2:13 to 2:28 for K to 6 classes. For the high school students there is a 2-minute break between period 2 and 3 and between 5 and 6. It is hoped that these times will have positive benefits for student success in all areas—courses, athletics and community participation.

The Grade 7/8 students are under the high school time schedule of courses. They have a regular rotation of class schedule and teachers. Their courses run all year but they will not have final exams. Their marks will be based upon classwork performances.

On Sept. 17 there was a meet the staff night. Staff was joined by students and parents for cookies, coffee, chats and shopping for books at the book fair. We at the school say thank you to the parents, students and community members who came out.

For those who are not familiar with the school staff we have had some changes to staffing for this school year. Mrs. Asham is the Resource Teacher. Other teaching staff and assignments are: K/1 - Mrs. W. Zalluski with Mrs. D. Thompson who is working 4 days each week. Teaching Grade 2 is Ms. L. Grant, teaching Grades 3/4 is Mrs. A. Buchanan, Ms. K. Steiner is the homeroom teacher for Grades 5/6. Ms. S. Doran is teaching the Grades 7/8. For the high school staff, we have Ms. A. Spring as home room for Grade 9, Mr. B. Dupasquier for Grade 10, Ms. M. Sadler for Grade 11 and Mr. M. Reimer for Grade 12. We welcome Ms. J. Shore as a new bus driver, other drivers include Mr. B. Cabak, Mr. J. Cabak, Mr. D. Lee and Mrs. J. Sherman. Mrs. D. Cabak is our secretary, Mrs. A. Gurke is our Community Connector, Mrs. B. Anderson is our librarian and our EAs include Mrs. C. Dayholos, Ms. D. West, Mrs. B. Schultz, Mrs. M. Zalluski and we welcome back Mrs. M. Lee. Our two custodians are Mrs. R. Ross and Mrs. Y. Anderson.

Dates to Remember:

- Sept 26 – Division Soccer
- Sept 27 – Division Cross Country
 - Terry Fox Walk
 - Progress Reports for all students, K-12
- Oct 2 – Zone Cross Country
- Oct 8 – Thanksgiving - No Classes
- Oct 16 – Picture Day
- Oct 19 – SAGE/LIFT In-Services for Teachers (School Closed)
- Oct 30 – Progress Reports for all students
- Oct 31 – Halloween Day



New Teachers at Alonsa School



Dana Thompson
Kindergarten



Laura Grant
Grade 2



Katie Terrick-Steiner
Grades 5 & 6



Sarah Doran
Grades 7 & 8



Amy Spring
Grade 9 Homeroom
& HS subjects



News from the K & Grade 1 Room

Welcome to the school year! We have been enjoying the first couple weeks getting to know our new friends, our new teachers and our new routines. We have been working hard to remember our daily jobs and be responsible.

Learning our Alphabet and the sound each letter makes is something we have been working on. We have a new song that we enjoy that helps us remember. Our names are very important to us; we work on printing our names everyday so get your child to show you how they are doing.

There are times we get to play with Playdough! With playdough we practice sorting, classifying, counting and even making our own silly faces.

We have been learning the calendar, days of the week and what is going on in the world around us by doing some observations and predictions. We even helped harvest the gardens and picked the beets!

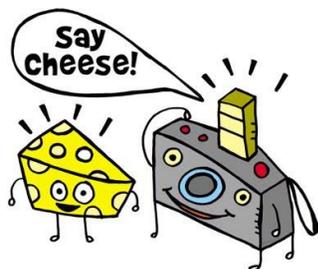
We are doing Show and Share this year, please watch for a note in your child's bag to know when it is their turn. They also become the Star Student that day and get to do fun jobs and be the line leader. Please continue to use the home folders for communication and watch for projects being sent home so your child can be proud and talk about their work.

We look forward the year ahead, we will learn many things and make great memories with your child!

- Mrs. Wendy Zalluski & Mrs. Dana Thompson

Alonsa School Yearbook

Calling for all photos from the school year 2017-18 and 2018-19! Email them to: alonsaschoolyearbook@trsd.ca . Please have captions and names for submitted photos. Thank you for your help!



News from the Grade 2 Room

During the month of September, the Grade 2 students have started to review repeating and growing patterns. Expanding to three and four elements in a repeating pattern as well as, different orientations for growing patterns.

They have been working hard reading to themselves and to someone else. Whether it's reading all the words, sounding them out, or reading the pictures, the students are building on skills they learned last year.

The Grade 2 class is beginning to explore music from different eras, starting with the 1960's.

Lastly, the class is thinking about their personal community and what kind of buildings are present there.

-Miss Laura Grant

LIBRARY NEWS

Thank you to everyone who supported our Scholastic Book Fair! It was held in the Alonsa School Library from September 17 -20.

Our winner of the Parent Event Draw was Aloyse in Grade 3. She won \$25 in books for herself from the book fair and \$25 for the Grades 3/4 classroom!

Once again we held several classroom contests for all students from Pre-school – Grade 12.

Our winners were:

Pre-School – All received a participation prize

K – Blake M. Gr. 1 – Sophia Gr. 2 – Sarah

Gr. 3 – Joseph Gr. 4 – Steven Gr. 5 – Chassidy

Gr. 6 – Tyson Gr. 7 – Alexis Gr. 8 – Nezz

Each winner picked a poster from the book fair, all participants picked a pencil or book mark from the book fair. The High School winner was Shannon and she won \$10 to spend at the book fair.

Your support of this event is key to our obtaining new resources for our library and school! We sold over \$1600 in product at this book fair and we earned back 50% of our sales (minus the GST). I have selected many titles from the book fair for all ages to put in our library. Most of all, thank you for believing in books and the importance reading has for your child's future!

Follow the monthly calendar attached to the newsletter to watch for library days, they are more scattered now that we are following the six-day cycle. Enjoy the Fall everyone, have a great month!

- Mrs. Barbara Anderson ☺

News from the Grades 3 & 4 Room

All 21 Grades 3/4 students, along with Mrs. Buchanan, Mrs. Zalluski, and Mrs. Gurke travelled to Portia Marsh on Wednesday, September 19th. We were greeted by 3 members of the Alonsa Conservation District, Mrs. Anderson, Ms. Grant, and Mr. Gurke. They toured us around the marsh boardwalk as well as the nature trails in the forest and told us about the plants and animals that make their homes in the area. The trip directly related to our current science unit on habitats. The students drew pictures, asked questions, and wrote down their observations throughout the day. It was a great hands-on learning experience for all of the students and the expertise of the Conservation District staff was much appreciated. The students and staff also wish to thank the Alonsa Conservation District for providing them with barbecued hot dogs at the marsh. It was a beautiful, sunny, fall day, to eat and learn outdoors.



Mrs. Buchanan would like to invite all Grade 3/4 Alonsa students' parents to join the Remind App for our classroom. It is a way for parents and the teacher to communicate as I will add pictures, assignments, announcements, and permission slips as well as any other important classroom, school, or community news. The messages can go straight to your smartphone via text message or email.

Please see below for how to connect with the Alonsa grades 3/4 class using the Remind App. If you have any questions regarding the Remind App, please contact me at the school any time.

-Mrs. Amy Buchannan



Sign up for important updates from Mrs. Amy Buchanan.

Get information for Alonsa 3/4 right on your phone—not on handouts.

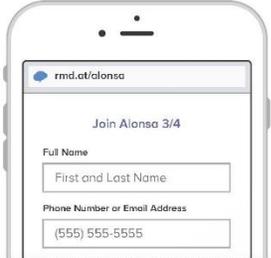
Pick a way to receive messages for Alonsa 3/4:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/alonsa

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message @alonsa to the number (778) 654-5560.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/alonsa on a desktop computer to sign up for email notifications.

LIFETOUCH

PICTURE DAY

will be held on Tuesday, October 16
beginning at 9 AM and will be finished
by 12 PM. Please be on time!



News from Ms. Sadler

Soccer

The 2018-2019 soccer season is underway! The senior teams are being coached by the combined efforts of Ms. Sadler and senior Jordyn Anderson. This year's team captains are Dylan Dayholos and Braden Henderson for the senior boys' team, and Shelby Anderson and Beth Sherman for the senior girls' team.

Junior soccer players will be starting their season, playing as a mixed team and coached by seniors Nicolle Oleschak and Lucas Zalluzki.

Please see the bulletin board outside Ms. Sadler's for practice and game schedules.

Volleyball

The senior girls' volleyball team is gearing up for their season, and the lineup is full of heavy hitters and strong servers! The season is being coached by Mrs. Steiner and Ms. Sadler this year.

Junior volleyball players are being guided this year by seniors Shelby Anderson and Beth Sherman. Please see the bulletin board outside Ms. Sadler's for practice and game schedules.

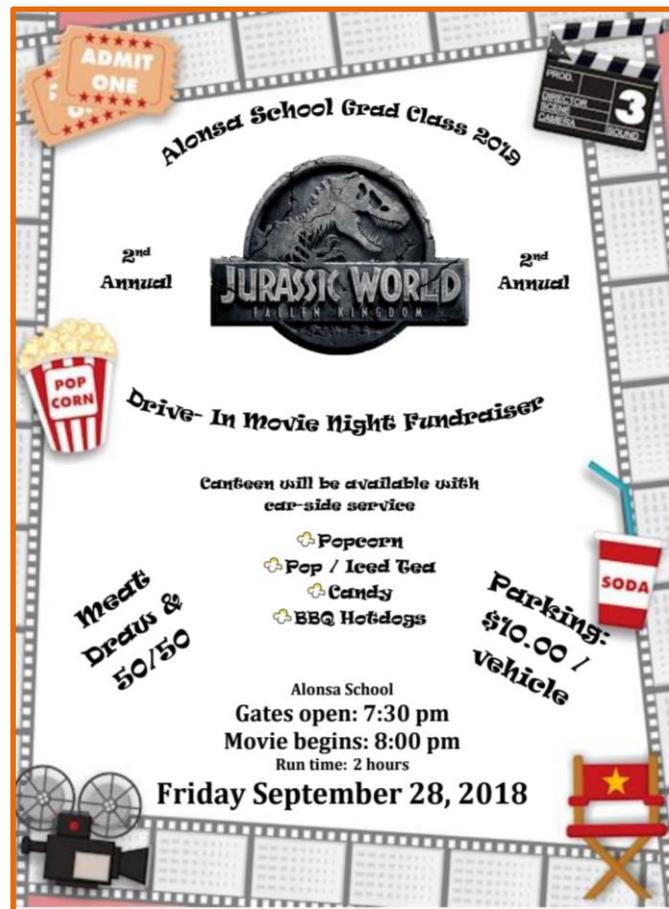
Grad 2019

Although it's only September, the Grad Class of 2019 is kicking off their fundraising with the 2nd Annual Alonsa Drive-in Movie Night! The class will be showing *Jurassic World: Fallen Kingdom*. Please see poster for information.

We also catered a luncheon and coffee break snacks for Turtle River Staff in attendance at Alonsa School for Professional Development on September 21. Thank you to everyone who ordered and purchased the lunch supplied by the Grads! Your support is appreciated!

Other fundraising will include:

- Meat draw - Tickets are \$ 2 each and are available from the grads, the draw date is October 31. License#563
- Epicure seasoning and meal (Orders are available from the grads and are due November 9)
- Grad Community Calendars
- And more!



BEGINNER KETTLEBELL CLASSES

This beginner kettlebell class is perfect for those with no kettlebell experience. You will be introduced to the two-arm swing, clean, front squat, press and turkish get-up! These full body movements help build strength, endurance and mobility by challenging both the muscular and cardiovascular systems.

CAUTION: We like to have fun during this class- there will be laughing, smiling and some focus on natural movements such as crawling, jumping and balancing! ;)

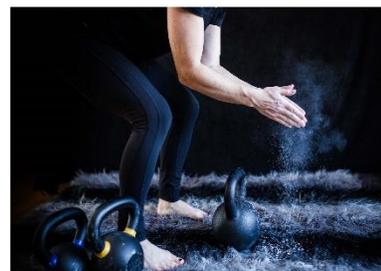
\$15/per class; pre-registration is required (\$75 for 5 weeks)

Alonsa Community School Gym 6pm-7pm

Oct 3, Oct 10, Oct 17, Oct 24, Nov 7

Call or Email [Amanda Gurke](mailto:agurke@trsd.ca) to sign up at (204)767-2168 or agurke@trsd.ca
Call or Email [Amy Spring](mailto:aspring@trsd.ca) for more information or to sign up at (204)767-2168 or aspring@trsd.ca

ALL EQUIPMENT WILL BE PROVIDED!



Community Schools

ALONSA COMMUNITY SCHOOL



Welcome back everyone!!!! We are so excited about what this new school year will bring. We are planning to continue many of our popular programs, but are also planning new and exciting things. Please watch our school website as well as your child's backpack for weekly newsletters.

Each year we put a call out to local members of our communities to come forward with any hidden talents they may have that can be shared with the rest of our school community. Do you have something you would like to share with our students and community members? Please feel free to contact Amanda Gurke at the school with any ideas you have!

Plans are in the works to begin offering *FREE* Hot Lunch weekly. Please be sure to sign your child up. K-6 students will bring order forms home, high school students can find order forms on the bulletin board next to the office. Order forms can also be found on the school website.

Remember, *free* breakfast is served each day to every student!!

We are extremely excited to be offering the Roots Of Empathy (ROE) in two classrooms this school year. The following information is taken directly from the ROE website:

The focus of Roots of Empathy in the long term is to build capacity of the next generation for responsible citizenship and responsive parenting. In the short term, Roots of Empathy focuses on raising levels of empathy, resulting in more respectful

and caring relationships and reduced levels of bullying and aggression. Part of our success is the universal nature of the program; all students are positively engaged instead of targeting bullies or aggressive children. The following are the goals of the ROE program:

-to foster the development of empathy

-to develop emotional literacy

-to reduce levels of bullying, aggression and violence, and promote children's pro-social behaviours

-to increase knowledge of human development, learning, and infant safety

-to prepare students for responsible citizenship and responsive parenting

Watch for monthly updates on our two programs!

Alonsa School Travel Club Pizza Kit Fundraiser

Name: _____ Phone Number: _____

Seller: _____

Orders due November 22nd, 2018

Cheques can be made payable to Alonsa School

Pep. Garlic (\$30)	Deep Dish (\$30)	Pepperoni (\$29)	Cheese (\$27)	Pers. Pep. (\$29)	Ch. Bread (\$27)	Crazy Bread (\$22)	Combo Kit (\$29)	Chocolate Chunk Cookie Dough (\$22)	Oatmeal Raisin Cookie Dough (\$22)	Snickerdoodle Cookie Dough (\$22)	TOTAL \$



3 varieties of Cookie Dough

2 – 24 count packages
Makes 40 cookies



Deep! Deep! Dish® Pizza Kit

Makes 4 – 9.5x6” pizzas



Cheese Pizza Kit

Makes 3 – 12” pizzas



Pepperoni Pizza Kit

Makes 3 – 12” pizzas



Ultimate Combo Kit

Makes 1 – 12x18” pizza
1 – 18 pc. Crazy Bread
15 – Chocolate Chunk Cookies



NEW! Pepperoni Garlic Pizza Kit

Makes 3 – 12” square pizzas



Personal Pepperoni Pizza Kit

Makes 9 – 6” pizzas



Italian Cheese Bread Kit

Makes 3 – 10” cheese breads



Crazy Bread® Kit with Crazy Sauce®

3 – 10” square crusts
Makes 54 bread sticks

Dear Parents/Guardians and Families,

As you may be aware the Federal government has passed the Cannabis Act, which will come into force on **October 17, 2018**. In Manitoba, possession and use of non-medicinal cannabis will be legal for adults **19** years of age and older.

There are a number of key cannabis facts that young people and parents should understand. It is generally accepted by the medical community that young people are more likely to experience harm from regular use of cannabis before the age of 25. Cannabis can also affect important aspects of a young person's learning and memory. In addition, cannabis use may also lead to addiction, which can have a negative effect on mental health, relationships with others, academics, extra-curricular activities, and everyday life.

Manitoba Education and Training wants to ensure that parents have the tools to talk to their children about cannabis use and its potential consequences. This past April, the Department of Health, Seniors and Active Living and Department of Education and Training helped distribute Addictions Foundation of Manitoba's cannabis awareness package to all school divisions in the province. This package contains numerous fact sheets and infographics on cannabis and a Cannabis Talk Kit for teachers and parents. It can be accessed at the online Health and Physical Education Learning Resources page at the following address www.edu.gov.mb.ca/k12/cur/physhlth/.

Please take the time to read this information and to share it with others.

I wish each of you a successful school year.

Kelvin Goertzen
Minister
Education and Training

Alonsa School

October 2018

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Day 6 <i>Sr. Volleyball - Alonsa at Glenella (4 PM)</i>	2 Day 1 <i>Zone Cross Country at Vermillion Park (All Day)</i>	3 Day 2 <i>Jr. Soccer - Ste. Rose at Alonsa (4 PM)</i>	4 Day 3	5 Day 4	6
7	8  School Closed	9 Day 5 <i>Sr. Volleyball - Alonsa at McCreary (4 PM)</i>	10 Day 6 <i>Jr. Divisional Soccer (All Day)</i>	11 Day 1	12 Day 2	13
14	15 Day 3	16 Day 4 Picture day <i>Sr. Volleyball - Ste. Rose at Alonsa (4 PM)</i>	17 Day 5	18 Day 6	19 PD - No Classes SAGE/LIFT	20
21	22 Day 1	23 Day 2 <i>Sr. Volleyball - Glenella at Alonsa (4 PM)</i>	24 Day 3	25 Day 4	26 Day 5	27
28	29 Day 6	30 Day 1 <i>Sr. Volleyball - McCreary at Alonsa (4 PM)</i>	31 Day 2 	<div data-bbox="950 1717 1445 1890" style="border: 1px solid black; padding: 5px;"> <p>LIBRARY SCHEDULE: Pre-School - Thursdays K/1 - Days 1 & 3 Gr 2 - Days 2 & 4 Gr 3/4 - Days 2 & 6 Gr 5/6 - Days 2, 4 & 6 Gr 7/8 - Day 5</p> </div>		

“Making a Difference Through Empowerment”