

La Verendrye School

October 2021

It is hard to believe that our first month of school has come and gone. We trust that your children have all settled in nicely to the routine at school and are making important connections with their learning. We would like to thank all of our students and staff for participating in the Strong Beginnings program which was a great success this year. We received much positive feedback about Strong Beginnings and it's importance and value in your child's education plan for the rest of the year.

Now that fall is here, so is cold and flu season. If your child will be absent please ensure that it is called into the office or you contact your child's home room teacher to inform us. Also, to help everyone get through the cold and flu season, please review with your child the importance of eating well, getting enough sleep (turn off those devices at least an hour before bed time), proper and frequent handwashing and sneezing/coughing into the crook of your arm (not into the hands).

Are you reading with your child at home? Here are some suggestions that you can use at home to help your child's reading comprehension/understanding on what they have just read:

Have them re-read what they just read (more information = more understanding)

Activate prior knowledge (ask questions to your child that they already know the answers to)

Use context clues (using the other words in a sentence to understand an unknown word)

Infer meaning (read between the lines)

Think aloud (talk through it)

Summarize what they just read (who were the characters, where did the story take place, was there a problem in the story, what was the solution)

Last month we worked hard and spent a lot of time school-wide learning about the importance of anti-racism and the residential school system through our Orange Shirt Day activities. We are proud at LVS to be learning and practicing inclusion and acceptance of everyone.

Updated provincial public health rules have been updated to allow us to resume extra-curricular activities. These activities may be modified according to public health rules to allow participation for everyone. Cross country running and volleyball are now in full practice mode—it is so great to see kids in the gym before and after school again.

Stay warm and dry, be kind, be gentle, be humble, look for the goodness in each other and have a great month!





Absences Add up!

#SCHOOLEVERYDAY

Missing just 2 days a month means a child misses 10% of the school year.



Library News

Please remember to bring back your over due library books to Ms. Boychuk as soon as possible. Bringing back your library books on

time prevents errors and losses. There is a \$5 charge for each lost book.

Just a reminder...



From the Gym...

All students are expected to have clean running shoes only to be worn in the school. Grade 2-8 students are expected to change for Phys.-Ed. class.

Please remind your child to bring back their PE clothes and to change out of their indoor shoes before heading outside so that we can keep our gym floors as clean as possible.

Get Moooving...



Dairy Farmers of Manitoba is once again welcoming La Verendrye School to the School Milk Program. Any student who drinks milk at school (\$1 for a small white or chocolate milk, \$1.50 for a large chocolate milk), or bring it from home can enter a ballot for a chance to win monthly prizes.




Save the Date!

- October 11th**– Happy Thanksgiving -No School
- October 12th**—Picture Day
- October 22nd**– PD Day No School
- October 25th**—PD day no School
- October Assembly**—TBA
- October 31st**– Happy Halloween
- November 11th** Remembrance Day—no school
- November 12th**—PD day no School
- November 25th**– Student led conferences 5:00-7:30
- November 26th**– Student led conferences—no classes
- November 29**—Admin day—no School
- December 16/17th**—Report Cards out
- December 23rd– January 5th**– Christmas Break
- January 6**—classes resume

www.plpsd.mb.ca/lvs

October 2021 Intramurals

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
Pleas use the out-side east gym door for open gym.	4	5 Gr. 8 Open Gym 8am Grade 3	6 Gr. 7 Open Gym 8am Grade 5	7	8 Grade 4	9
10	 Thanksgiving Day	12 Gr. 8 Open Gym 8am Grade 6	13 Gr. 7 Open Gym 8am Grade 2	14 Grade 7	15 Grade 8 vs Staff	16
17	18 Gr. 8 Open Gym 8am	19 Gr. 7 Open Gym 8am Grade 8	20 Grade 7 vs Staff	21	22 No School MTS PD Day	23
24	25 No School PLPSD PD	26 Gr. 8 Open Gym 8am	27 Gr. 7 Open Gym 8am Grade 2	28	29 Grade 3	30
31						

NUTRITION BITS AND BITES

Rethinking Rewards



Did you know?

The type of rewards we use impact a child's overall health and well-being.

Should Food be Used as a Reward?

While food is an important part of celebrations and is meant to be enjoyed, breaking the link between food and good behaviour can help promote a healthy relationship with food.

- If you use food as rewards, it can:
 - Increase a child's desire for the reward food which is often sweets.
 - Make it hard for children to listen to their natural hunger and fullness cues.
 - Teach kids to expect food when they've done something well.
 - Increase risk of dental cavities.
- Try to keep food as food, neither a prize nor a punishment.
- Non-food rewards are the best way to support a child's health, growth, and development!

Recipe for Change: Using Non-Food Rewards



Reward Ideas:

At Home:



- Dance party
- Dress up day
- Pajama day
- Stickers
- Face painting or temporary tattoos
- Bookmarks
- Books
- Family game night
- Painting a mural for their bedroom or playroom
- Invite a few of your child's friends over for a sleepover
- Camp out in the backyard
- Go to a sports game
- Create a box of special toys or art supplies that are only used for rewards or special occasions

At Schools or Community Centers:



- Early Years:
 - Stickers
 - Bookmarks
 - Extra art time
 - Fun coloured pens or pencils
 - Get to sit by friends
 - Eat lunch outdoors
 - Dance to favourite music in class
 - Extra recess time

Older Years:

- Get to listen to music while working
- Extra talk time at the end class
- Extra credit
- Have class/programs outside
- No homework pass
- Books

Tips to Implement Ideas:

- Get input from your child. Ask how would they like to be rewarded and make a list together ☺
- Use words of encouragement! Kids love to hear "I'm so proud of you" or "I appreciate your help!".
- Choose prizes, toys, and games that promote physical activity!

Check Out Appetite to Play for More Ideas to Support Healthy Eating and Activity for Kids:
<https://www.appetiteplay.com/healthy-eating/tips-ideas/10-easy-non-food-rewards>

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>
To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dia-Lo-Oleition 1-877-830-2892 Health Links 1-888-315-9257

Created by Registered Dietitians from Southern Health-Santé Sud

May be photocopied in its entirety provided source is acknowledged.

Using non-food rewards also protects children with food allergies. Read more about non-food rewards here:

<https://foodallergy.canada.ca/non-food-treats-10-food-free-ideas-kids-ages/>

PROGRAMS DESCRIPTIONS:

Babies & Babble - Interactive baby and parent activities, including music and movement for sensory development. Join the group appropriate to your baby's motor skills: Newborn - to sitting unsupported (approx. 0-6 months.); or Babies - sitting to taking first steps (approx. 6 months. +).

Book Buddies - A language development program for parents and their children (age 18 months - 6 years) focusing on speech, movement, songs, and attention span. Facilitated by a Program Coordinator with direction from a Speech & Language Pathologist in partnership with Portage la Prairie School Division.

Breastfeeding Group - A way to receive emotional support and discuss practical insights on breastfeeding.

Family Fun Day - A family outing with fun activities for the whole family!

Family Game Night - Meet up at the FRC for fun and laughter!

Getting Ready for School - This program is offered throughout the year and is designed for ages 4-6. The program's focus will vary from week to week but aims to ensure children are exposed to key learning fundamentals to ensure they are ready to start school.

Healthy Baby - A program for pregnant and new moms to come together and chat. (Pregnant-1 year)

Healthy Cooking - Come join others and prepare your own healthy family meal, with step by step instructions. Please bring your own container for this recipe, so you can enjoy your creation at home!

Homeschool Co-op - A chance for homeschooling families to come together to achieve common goals and enrich the home education experience with creativity, companionship, and adventure. Themes rotate through art, social, nature, and STEM.

Just Me & My Dad - We will provide fun activities for Dad to do with the kids for some Saturday fun! (Ages 1-6 years)

Little Passports - come prepared to "explore the world" through a variety of languages and cultures! (Ages 2 - 6 years).

Kids in the Kitchen - Introduce your kids to the fun preparation of healthy nutritious meals, with step by step instruction. Please bring your own container for this recipe, so you can enjoy your creation at home!

Mindful Munchkins - This program is designed to help toddlers (ages 2-5) identify and learn to manage their emotions with puppets Peter & Shelley.

My Tween & Me - A parenting program designed to be taken by a parent or caregiver and their tween (7-12 years of age). This program is intended to strengthen the confidence and ability of parents to positively influence the lives of their school-aged children.

Mom's Night Out - Chat with other moms and enjoy self-care time!

Toddler Shenanigans - This program provides children the opportunity to explore and experience the world through tactile and messy play. The program is designed to allow children to use and develop their five senses and further develop their natural inquiry skills.

Wiggle, Giggle & Munch - A physical activity and nutrition program that encourages parents and children (ages 18 months - 6) to have fun through active play, games, and songs.



October TOPICS:

Healthy Cooking - October 8

Recipe: Stuffed Pepper Soup with Hamburger.

Mom's Night Out - October 13

Theme: Come enjoy an evening of socialization and tea tasting with suggestions for common ailments and sleep. Includes a guided meditation and light yoga. Deadline to sign up is October 6 @ 4 pm.

Kids in the Kitchen - October 15

Recipe: No Dud Spud Cakes (Potato Pancakes)

Healthy Cooking - October 22

Recipe: Delightful Skillet Broccoli & Potato Frittata.

Intro to Pre-Natal Workshop - October 20

Theme: A chance to come together with others and explore pre-natal care, things to expect and helpful strategies during this transition.

Please sign up for **one** of your preferred cooking classes for the month. You can also request to be placed on a wait list for additional ones!

In-Person Programming

We are excited to offer many of our programs in person and outside, for the month of October! Please note, we will be observing all COVID-19 safety protocols. Along with pre-packaged snacks, hand sanitizer will be available!

NEED BASIC CRAFT SUPPLIES?

If you need basic supplies: scissors, glue, paint please let us know and we will include that in your next pick up. All other supplies will be provided for program crafts & activities.

Find us on Facebook & Instagram: Family Resource Centre Portage



To register for programs or find out more:

Website: frcportage.ca

[Call or Text: \(204\) 595-5005](tel:(204)595-5005)

[E-mail: info@frcportage.ca](mailto:info@frcportage.ca)

234 Princess Ave, Portage la Prairie

October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Pick-up your program package FRIDAYS, between 1-4</p> <p>→</p>	<p>Need transportation to program? Contact FRC & we can arrange a shuttle!</p>				<p>1 CLOSED to OBSERVE National Day for Truth & Reconciliation</p>	2
3	<p>4 Mindful Munchkins 10 am or 2 pm (FRC)</p>	<p>5 Healthy Baby 10 am (Island Park) OR 2 pm (ZOOM)</p>	<p>6 Homeschool Co-op 2 pm (Island Park)</p>	<p>7 Book Buddies 10 am (FRC) My Tween & Me 6 pm (FRC)</p>	<p>8 Healthy Cooking Pick Up Package ** See Pg 2</p>	9
10	<p>11 Thanksgiving CLOSED</p>	<p>12 Babies & Babble - Babies - 11 am (FRC) ** See Page 2 Babies & Babble - Newborn - 2 pm (FRC) ** See Page 2</p>	<p>13 Breastfeeding Group 10 am (Island Park) Homeschool Co-op 2 pm (FRC) Mom's Night Out 7:30 pm (FRC)</p>	<p>14 Wiggle, Giggle & Munch 10 am or 2 pm (FRC) My Tween & Me 6 pm (FRC)</p>	<p>15 Kids in the Kitchen 10 am or 1 pm (FRC) ** See Pg 2 Family Game Night 6-8 pm (FRC)</p>	<p>16 Just Me & My Dad 10 am (FRC)</p>
17	<p>18 Mindful Munchkins 10 am or 2 pm (FRC)</p>	<p>19 Healthy Baby 10 am (Island Park) OR 2 pm (ZOOM)</p>	<p>20 Homeschool Co-op 2 pm (Island Park) Intro to Pre-Natal Workshop 7:30 pm (FRC)</p>	<p>21 Book Buddies 10 am or 2 pm (FRC) My Tween & Me 6 pm (FRC)</p>	<p>22 Healthy Cooking 10 am or 1 pm (FRC) ** See Pg 2 Little Passports 10 am (Zoom)</p>	23
24	<p>25 Toddler Shenanigans 10 am or 2 pm (FRC)</p>	<p>26 Babies & Babble - Babies (See Pg.2) 11 am (FRC) Babies & Babble - Newborn (See Pg.2) 2 pm (FRC)</p>	<p>27 Breastfeeding Group 10 am (FRC) Homeschool Co-op 2 pm (Island Park)</p>	<p>28 Wiggle, Giggle & Munch 10 am or 2 pm (FRC) My Tween & Me 6 pm (FRC)</p>	<p>29 Staff PD Day CLOSED</p>	<p>30 Family Fun Day - Trunk or Treat! 1 pm (FRC)</p>

STEP 1: Register for Programs STEP 2: Pick up your weekly package (if virtual) STEP 3: Join us!

Find us on Facebook & Instagram: Family Resource Centre Portage



COVID-19 PROTOCOLS - NEW REQUIREMENTS AS OF OCTOBER 13, 2021

FULLY VACCINATED STUDENT

- If a student is asymptomatic and fully **VACCINATED** they can still attend school when someone in their household has been identified as a close contact, is waiting for COVID test results or is not feeling well. The student does not need to self-isolate.
- If a student is fully **VACCINATED** and is not feeling well the student should complete the COVID Self-Screener, contact health links and follow their direction.

UNVACCINATED STUDENT

- If a student is **UNVACCINATED** and the student or someone in their household has been identified as a close contact, is waiting for COVID test results or is not feeling well, the student must remain home until a negative COVID test result is produced.
- If an **UNVACCINATED** student or household member chooses not to take a COVID test the entire household must isolate for ten days and be asymptomatic upon return.