

# École Regent Park

## December 2022 Newsletter

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*River East Transcona School Division is located on the original lands of the Anishinaabeg, Ininiwak, Anishiniwak, Dakota, and Dene peoples, and on the homeland of the Red River Métis. We recognize our part of the Treaty relationship and, as acknowledgement of the harms done, we commit to collaborating with Indigenous communities in the shared spirit of Truth and Reconciliation for the healing and inclusion of all who share this Land.*



# Principal's Message

Dear Families,

We are entering into the Holiday Season, with four months of school already completed in the blink of an eye. When we look at our school motto: Excellence, Responsibility, Participation and Service, we see these characteristic traits being demonstrated each and every day at Ecole Regent Park.

This has been the best school start up in a long time. Our students are engaged in group work, projects, inquiry-based learning, and field trips. We have extra-curricular activities back in full swing with sport teams, musical groups, clubs, activities, and leadership opportunities at every grade level. As you read the newsletter, you will find specific details on how our students are engaging in activities that support their academic and social growth at ERP. They are such amazing students, and we cannot wait for the celebration with our school wide EXPO on the evening of March 22<sup>nd</sup>.

This year and the upcoming one will bring many physical changes to our building as well. Four new classrooms, a large gymnasium, renovated band room and a brand-new home economics room are just a few of the new and exciting things in store for our students.

Our PAC committee have been hard at work securing funds for our Playground project. We hope to see some installments this Springtime. Thank you to each and every one of you who have sold chocolates, sold raffle tickets and have been supporting this initiative over the last year. It takes a village!

Thank you to our dedicated staff and amazing families. Students who feel supported, challenged, and cared for are more likely to succeed in all aspects of their lives. The wonderful adults who surround our students make a huge impact in their lives. We at ERP take this role very seriously. We want to ensure that every student feels a sense of belonging, mastery, independence, and generosity while at school. Thank you to the families that support, trust, and cheer us on every day!

We hope that all of you have a wonderful holiday season filled with love, laughter, and outdoor adventures. We wish you good health and all the best in the new year!

Sincerely,

Mme Lucia Grande  
Principal

M. Chris Coppinger  
Vice- Principal

## 4ieme & 5ieme Année — Grade 4 & 5

The elementary classrooms sure are busy places!

In 4B, students have recently engaged in the design process to design a tool using classroom materials to mine for precious minerals (extracting chocolate chips from cookies). It was a delicious learning experience that reinforced working through frustration and creative problem solving. In 4A, students applied the design process to their recent learning about regions of Canada – they are designing a hockey jersey that represents a geographic region of Canada.



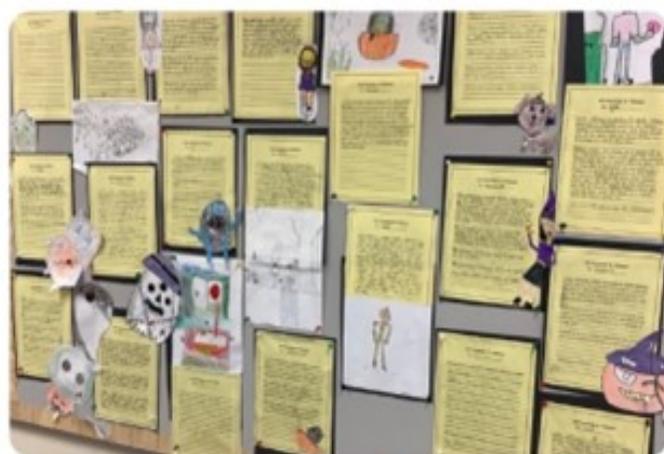
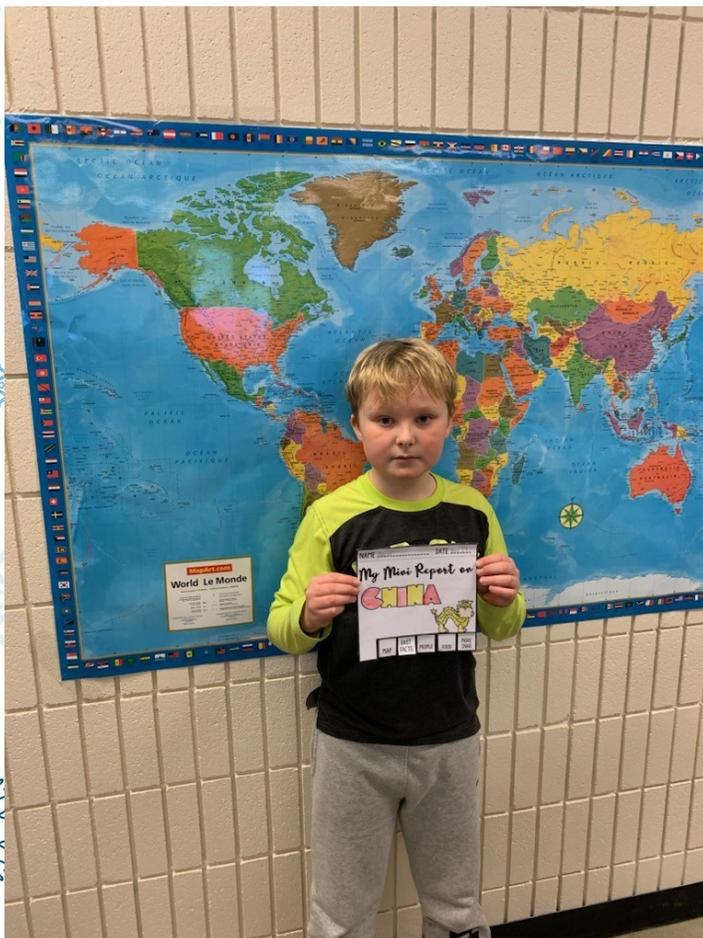
Grade 4 students also have been practicing descriptive writing in class. 4A used the theme of monsters and 4B used the theme of a meaningful toy to showcase their developing writing skills.

Grade 5's also showcased their creativity and innovation when learning about body systems. Students made interactive posters and games that lit up and played audio.



## 4ieme Année — Grade 4

We have been busy in the afternoons in 4B. In math we have been working on three-digit addition and subtraction. We have also been trying to have more open ended questions to improve our problem-solving skills. In ELA we have picked countries to study and have research projects that are ongoing.



## 5ieme Année —Grade 5

5C is ramping up Social Studies and Science projects. The students will be constructing Indigenous villages using shoeboxes and 3D models of a body system.

In ELA, along with our daily journal writing and Language Arts skills, the students are finishing off their Famous Canadians projects. They are also continuing their monthly TUSC presentations.

In Math, students will finish their school supplies project where they get to think about where the school could dispense extra funds.

From 5C, we hope everyone has a safe, relaxing, fulfilling, and recharging holiday!



### Grammar Can Be Fun

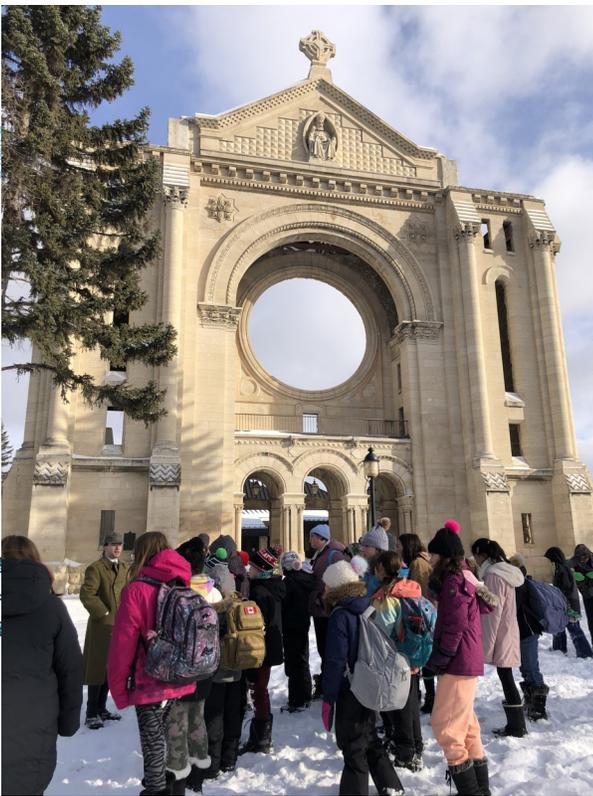
Conjugating verbs is rarely fun for students. It can be difficult for some because they need to understand that the verb changes depending on the tense and the person.

It is also essential that they know the list of personal pronouns. You know the famous "Je, tu, il, elle, on, nous, vous, ils, elles".

To do this, the students of 5C and 5D are creating characters that will allow them to focus their learning on the 2 most used verbs in French, the verbs **Avoir** (To have) and **Être** (To be).

## 6ieme—Grade 6

November was packed with multiple interactive experiences for our grade 6 students! They had the opportunity to participate in two outings outside of the school, and both were a big success. They at first attended No Stone Left Alone, an annual Remembrance Day ceremony at the Transcona Cemetery for grade 6 students from the Transcona area. It was the first time the event took place since 2019 and the weather cooperated! Students from our school read *In Flanders Field* and sang *O Canada*. The following week, each class spent the day exploring the St Boniface Museum and Cathedral Cemetery, with a walk to The Forks for lunch. A fun day filled with learning, culture appreciation, fresh air and exercise - all done *en français!* The enriching experiences will surely continue until the break with many projects and at-school experiences already in the works. Here's to a great end to 2022!



# 7ieme—Grade 7

## Fort Whyte!

Our grade 7 students went to Fort Whyte in late November to support their learning in our ecosystem unit. Students spent time exploring the paths, observing birds, taking part in a scavenger style hunt for animal track sightings and various types of birds. The remainder of the day was spent playing predator and prey!



## PBL projects/Steam activities!

Our grade 7's have been hard at work doing various STEAM challenges and Project Based Learning activities this term. These fun and engaging activities involved:

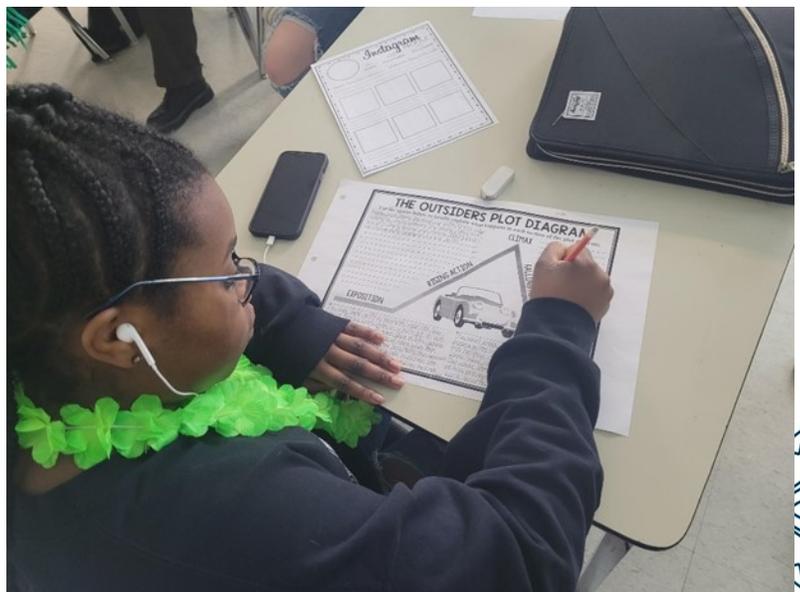
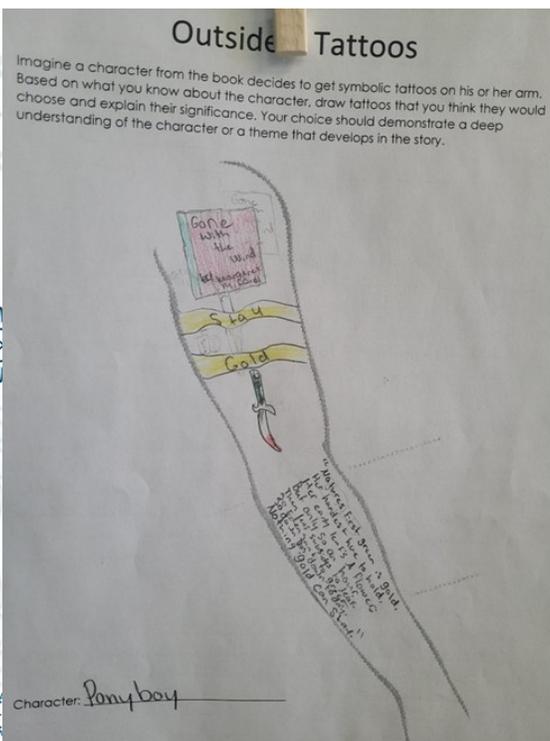
- Learning about Multiple Intelligences and applying it to designing/building classrooms
- Researching/planning and building food trucks
- Designing gingerbread houses
- Learning about statistics/ percent's with Smarties

We look forward to incorporating more STEAM activities in the new year!



## 8ieme Année — Grade 8

Our Grade 8 students have been doing a novel study on the beloved classic, “The Outsiders” by S.E. Hinton. I am certain that many of our ERP parents are familiar with the tale of Ponyboy, the greasers, and their rivalry with the infamous socs. Students just finished the book, and to no one’s surprise, they ate up every last page of it! We are currently wrapping up our novel study by working on the final assignment. Students have a few options to choose from to demonstrate their comprehension of the story. One option is to create a one-page representation of the novel that includes significant scenes, quotes, symbols, vocabulary, and imagery from the story. They also have the option of creating either an Instagram profile page or designing a tattoo sleeve for a character of their choice. To cap everything off, we will be watching the 1983 film starring a young Rob Lowe, Matt Dillon, Tom Cruise, Patrick Swayze, and Emilio Estevez. Looking for something to chat about at the dinner table tonight? Ask your students about “The Outsiders” and some of the themes highlighted throughout the novel!



## Design & Industrial Arts News

This year in the Mac Lab and Industrial Arts program, our students have begun utilizing design software to construct a multitude of different arrangements of products.

Our Grade 6 students have begun 3D modeling and using the 3D printer to print their designs into reality (pictured on the right).

We have recently purchased a Cricut Maker 3 for our Mac Lab, which allows our students another avenue to craft and create tangible, real life products while designing everything on the computer themselves.



*Grade 6 Industrial Arts Students*

Our Grade 7 students have just begun their time in the Mac Lab, with the commencement of term two. They will be working on Graphic Arts, utilizing industry-standard software such as Adobe Photoshop and Adobe Illustrator. While we have just begun to scratch the surface of the possibilities of graphics arts, there are already some wonderful pieces being constructed by students. The examples on the bottom of the page [is](#) our first assignment "digital colouring". With a little bit of hard work and practice, students will soon be designing and colouring their own images and graphics from scratch.

Finally, our Grade 8 students have started learning the beginnings of video game design and computer science. We are currently using the software Scratch to begin to code and design our own video games. This week we just finished making custom music for our games in the software GarageBand. If your Grade 8 student is currently enrolled in Industrial Arts in the Mac Lab, their songs are available to listen to on our Microsoft TEAMS page.

Have a wonderful Christmas & Holiday season!

M. Hyra



Jack D.



Tavian D.



Branson W.



## Art News

Students have been working hard in the art program making, creating, connecting, and responding to visual arts. Thank you, art students, for all your work with the décor for our Winter concert.

Walking the halls of our school, we notice the talent and effort our artists have put into paintings, sketches, watercolor, and techniques that they are learning and mastering. Students are developing skills in representing, proportion, light and shadows, color, lines, watercolor techniques and various ways to express themselves artistically. We look forward to future works of art that we know will be both inspiring and aesthetically pleasing to our halls!!





## ERP Street Patrols

The crew of street patrols have been braving all types of weather since September to help our students cross the street safely. To celebrate their hard work, they took a field trip to Chateau Lanes in mid December to try their hand at 10 pin bowling. The students were model citizens at the lanes, having a great time and acting responsibly. This brought many smiles to the senior's league players who loved watching the youngsters having so much fun. Well done Patrols! Keep up the great work!



## Student Kindness

This was the month of demonstrating generosity towards others. Our grade 8 students were busy shoveling sidewalks and walkways for our neighborhood. Giving service to others makes us feel great. Transcona proud!



A huge shout out to our ERP family for their acts of generosity this month! We have made the holiday season a bit brighter for 5 families in our local community! Milles Merci!





## Outdoor Education

Our grade 7 and 8 Outdoor Education students engaged in stop motion iMovies on Ecosystems, as well as learning archery!

**Why are obtuse angles  
so depressed?**



Because they're never *right*.

## What's in store for the world of math at ERP in 2022-2023?

Our numeracy committee has been hard at work redefining and clarifying what it means to be a problem solver in today's world. To support and motivate students our committee has been

posting monthly math challenges on our hallway display board. Each challenge is provided to encourage math talk- share strategies and ways of thinking. Problem solving involves questioning, taking risks, perseverance, and communication. All things our math classes are incorporating in our class routines this year.



## Staff News

We would like to say **MERCI** and **AU REVOIR** to Mme Poiron, our Music-Band teacher, as she is leaving ERP. She will continue to inspire and educate our young French Immersion students at École Centrale, as she will assume a position there starting in January. We would like to wish her best of luck and thank you for her time and dedication at ERP over the last year and a half. Bonne Chance Mme Poiron!



## News from the Library

The library has been a central hub for learning, reading, and connecting this fall. MYRCA (Manitoba Young Readers' Choice Award) books are checked out and being read regularly. Students will begin a MYRCA club after break in preparation for the divisional Battle of the Books.

Our library has acquired many new additions after purchasing over 300 books in French and English. Canadian authors were spotlighted during the month of November as we participated in "I LOVE TO READ CANADA". Different authors have been featured and we have learned about their biography and the collections they have written. This month we learned interesting facts about Kenneth Oppel. We have introduced a book recommendation section where students and staff recommend their favourite Books Picks and students can sign these out.

Inquiry Based Learning (IBL) has been an integral part of the Grade 4 and 5 library programs. Students have learned all about the Dewey Decimal System, how to find specific books in any library, researched a topic of interest, took notes and presented their learning in Canva or Flipgrid. IBL students have just completed a fun STEM activity where students read *How to Catch an Elf* by Adam Wallace and had opportunity to work in groups building and testing their very own Elf Traps!!

We look forward to continuing with all the exciting learning, reading and activities in the New Year.

Mme Krylov and Mme Brakel



## ERP Lunch Program

The lunch program has participated in the Winter Blitz that the school was doing, to work on the winter "code de vie" which included making sure everyone is properly dressed in all our winter gear, sharing snow tools and cleaning up all the snow tools when recesses is over! We celebrated all the students hard work by watching a movie during the lunch hour and enjoying candy canes!

Our students have been working hard and enjoying the outdoors by making snow creations such as igloos, forts, snowmen and snow-women!

Mme Taylor Franks

ERPLP Lunch Coordinator



# Counsellor's Corner –Mme. LaFleur

December 2022

It is important to celebrate every day the small wins that happen at ERP. I have seen a lot of kindness between students everyday which really helps us all. As we approach the holiday time there may be increased need for taking care of our thoughts and actions. Here is recap of the Social Emotional learning we have been working on lately.



**Zones of Regulation-** all Gr.4 and Gr.5 classes have been trained in using the Zones as a way to help them understand their own emotions and to help students pick healthy strategies for self-regulation.

**Peer Tutors** in action at ERP. Mme Hyra and I have been so pleased with the work of our Gr. 8 Leaders who have been paired up with Gr.4 and Gr.5 students.

**Music Therapy** is a weekly program where students are able to learn and grow

together a new way to help reduce anxiety.

**Friendship Room-** Recess opportunity for students to help build new friendships in a supportive environment. Mme. Ambrose and I have seen so many new friendships develop in the last 2 months.

**Small counselling groups** for strategies to support 1) Anxiety, 2) Problem-solving and 3) Mindfulness. These weekly groups will continue until January 20, 2022.

**Thrival Kits-** all Gr 5 students have been working on creating their own kit to help them with tools for self-regulation.

Here are just a few coping strategies over the holidays:

1. Do (only) your best- don't aim for perfection: aim for what you can manage
2. Take deep breaths- breathe slowly so your tummy goes up and down
3. Simplify- focus only on what needs to be done today.
4. Exercise- go for a short walk outside
5. Express gratitude- thinking and sharing with another person why you are grateful for them can help a person (and yourself) feel more joy...even when times are challenging.

There is no perfect way. You are doing just fine...keep moving forward Happy holidays.

Mme. LaFleur

If your child needs extra support please contact me at [plafleur@retsd.mb.ca](mailto:plafleur@retsd.mb.ca).





# Spirit Week December 2022

&

# Gym Riots





## News from the gym

Volleyball (grades 4-8). The beginning of December marked the end of the volleyball season for all grades. Grades 7 +8 celebrated with a windup, playing the teachers and eating pizza. Grades 4-6 each had a tournament with other schools in the division. Congratulations to all athletes on a great season! Thanks to our coaches: Mme Fuhro, M Duma, M Trudeau, M Kilpatrick, Mme Pierce and Mme Hyra.

Basketball season has begun for grades 7 + 8. Students participated in an ID camp, where they were sorted into either Tier 1 or Tier 2, depending on criteria including: skills, knowledge, commitment, and attitude. Practices have begun for all teams; games will begin mid-January. Thanks to coaches: Coach Arnold, M Trudeau, M Kilpatrick, Mme Taylor and Mme Pierce. Please check the 'athletics' section of the school website frequently for schedule updates.

Tuesday December 20, students of all grades will play a floor hockey game against a team made up of school staff. We wish students the best of luck (they'll need it). We are happy to return to this ERP winter tradition for the first time in several years.

Don't forget that being physically active improves focus, mental wellness and overall quality of life for people of all ages. We encourage families to enjoy the snow and make memories while moving their bodies during the school break. Check out the Winter Activity Challenge for ideas!



## Winter Break Activity Challenge

How many of these activities can you complete during the winter school break?

Make a snow fort



Shovel the sidewalk in front of your house (bonus: shovel for a neighbour as well)



Hike the trails at the Bioreserve, Tall Grass Prairie Reserve, or Birds Hill Park



Go tobogganing



Do something you wouldn't normally do in the snow outside (soccer? Gymnastics?)



Go skiing or snowboarding



Play on the structure at a park



Go skating



Go for a walk with the family to see how many of your neighbours decorated for the season



## 8 Motivational Thoughts

Thinking these positive thoughts can increase your everyday motivation.

1. Be Thankful You Woke Up
2. Don't Do Things For Others That Make You Unhappy
3. Take The Chance
4. Focus On The Good Things In Life, No Matter How Small
5. Remember There Are Things Out Of Your Control And They Are What They Are
6. Don't Compare Yourself To Others
7. Stop Judging Other People
8. Don't Go To Sleep Without Finding One Thing To Make You Laugh Out Loud

Feeling gratitude rather than focusing on what stands in our way allows us to measure ourselves by our self worth rather than our deficits.

### SPIRITUAL WELLNESS Activities

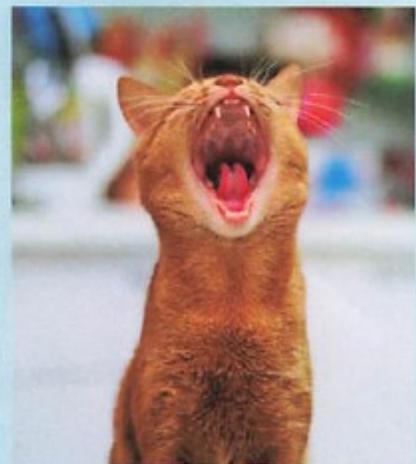
1. Think positively
2. Travel
3. Volunteer
4. Keep a gratitude journal
5. Practice being silent and listening
6. Meditate
7. Color a mandala
8. Spend time in nature
9. Write affirmations
10. Do acts of compassion—show generosity

## wellness tip of the week

### Feeling stressed? Unclench!

Did you know that one of the fastest ways to reduce a tension headache is to simply unclench your jaw? The number one thing we can do to live a more positive and stress-free day-to-day existence is to, well, unclench.

Just drop your lower teeth from the uppers, keeping a slight space in between. By doing this you'll be able to relax, take a breath, and set the reset button.



# Take it Slow in Ice & Snow

A Message from Curtis Basso, Director of Transportation



Winter driving conditions are here, and roads are not always clear!

The snow looks like it's here to stay. Remember roads may be slippery with ice hidden under the new snow. These conditions can make stopping or turning difficult at stops, intersections, and corners, so please be cautious when you see our school buses.

We may be stopping at any moment for children!

Remember—we are carrying precious cargo.

So, please adjust your driving to suit the conditions, especially when you see one of our many buses on your commute—keep your eyes peeled for their stop signs and our students. The piles of snow that line streets can make for tempting hills to climb, so parents, please talk to your children about the danger of slipping into traffic and advise them to stay on the sidewalk.

And drivers, be especially alert when driving near schools. Student safety is all our responsibility. Take it slow, and we will all get to where we need to be, safely.



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SCHOOL DIVISION  
creating student success





# TIME TO BUNDLE UP!

## RETSD Cold Weather Guidelines

Sometimes, severe weather requires us to make changes to busing, outdoor recess, and safety patrolling to keep your children safe.

### School Closures

Schools very rarely close due to winter weather.

### Winter Clothing

Please ensure that your child comes dressed appropriately for the weather each day. When the temperature or wind chill is between  $-27^{\circ}\text{C}$  and  $-34^{\circ}\text{C}$ , warm winter clothing is essential, and facial protection is recommended.

When it is below  $-34^{\circ}\text{C}$ , facial protection is essential, and it's recommended that children avoid going outdoors unaccompanied—skin will freeze in less than 10 minutes.

### Busing

When the temperature is  $-35^{\circ}\text{C}$  and/or wind chill is  $-45^{\circ}\text{C}$  or colder at The Forks, metro Winnipeg school divisions (RETSD included) cancel buses for the entire day—but schools usually remain open.

We will post a cancellation alert on the RETSD website home page if buses are cancelled, and alert the media. If we have not posted a cancellation alert by 6:45 a.m., buses are running.

### School Patrols

When the temperature or wind chill is between  $-27^{\circ}\text{C}$  and  $-34^{\circ}\text{C}$ , patrols will remain on post for 10 minutes. When it is  $-35^{\circ}\text{C}$  to  $-39^{\circ}\text{C}$ , patrols will remain on post for five minutes. When it is  $-40^{\circ}\text{C}$  and below, no patrols will be on duty.

### Recess

When the temperature or wind chill is between  $-25^{\circ}\text{C}$  and  $-27^{\circ}\text{C}$ , a shortened recess period may be warranted. When it is below  $-27^{\circ}\text{C}$ , recess is usually moved indoors. This is at the discretion of the principal. *\*with the exception of Polar Bear Club students*

### Polar Bear Club Recess

For schools participating in Polar Bear Club Recess:

- Participation is voluntary.
- Parental consent is required.
- Students who have consent can participate in all or none of the recess breaks.
- Students must be dressed appropriately, including a warm toque/hat; snow pants; face covering; warm, insulated jacket; mittens; and snow boots.
- Students can go back inside at any time.
- Staff supervision will be provided.

 **All students will remain inside when the temperature/ windchill is  $-40^{\circ}\text{C}$  or below. If you have any questions not addressed by these guidelines, please contact your child's school.**



Wishing you a wonderful holiday season and all the best  
in the new year!

On vous souhaite de merveilleuses fêtes et les meilleurs  
vœux pour la nouvelle année !

Sincerely,  
École Regent Park