

# Munroe Junior High School Newsletter

Fall Newsletter 2015 Volume 1

Principal: Mr. K. Mackay

Vice-Principal: Ms. C. Nick-Johnson



## Principal's News

Dear Parents and Guardians:

I often compare school years to travelling on a plane. It takes a while to get down the runway before liftoff, then the smooth ride with the occasional turbulence and then the descent and landing before the plane comes to a full and complete stop on June 30<sup>th</sup>.

At Munroe we have got the year rolling and are already in the air flying!! Our new grade 7 students have adjusted to life in Middle Years and no longer struggle with their locker or new schedules and know where everything is. Old friendships rekindled and new friendships starting. Our grade 7 French Immersion students just finished celebrating their first six weeks and I am always amazed how quick they learn the basic vocabulary. The grade 8's and 9's have made the adjustment to the new schedules and routines without much difficulty. Our newly introduced Drop Everything and Read Program has been a great addition to our school day. In fact, we collectively as a school have read for over 150,000 minutes or 2500 hours of reading since the start of the year!! Well on our way to over a million minutes of reading for the year!

Another area showing early signs of great success is our first and second half intramurals. We are averaging over 25 students in each half daily and expect this number to rise as the weather begins to cool. This represents about 20% of our students participating on a daily basis.

I was really happy to see so many people at our open house and happy to see students show the school off with pride!

Now that we are in the air flying, our teachers will soon be preparing for our first set of report cards which will be distributed on December 3, 2015.

Lastly, I would like to acknowledge how wonderful both staff and students are handling the daily interruptions from our on-site construction workers as they work diligently to complete the Boiler Replacement project prior to winter.

Respectfully,

Mr. Kevin Mackay

Principal, Munroe Junior High

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## Divisional Announcement

As part of its ongoing work to create a safe and caring school and work environment, RETSD has created guidelines for supporting transgender students and employees. Details of these guidelines can be found on the Divisional Website.

## GENERAL SCHOOL NEWS

### Farm to School Fundraiser

Thank you to all families who participated in the Peak of the Market Farm-to-School fundraising campaign; the support is greatly appreciated and valued! A special thanks to the leadership students, as well, who helped sort all the vegetables! A total of **\$1230.00** was raised and the monies will assist in purchasing items and offsetting the cost of events/activities that will benefit all of our students. Participating students' names were entered into a draw for a lunch out to Pizza Hut. The lucky recipients were: Rayanne and Riel H. (7B), Kara M. (7D), Lily M (8A), Jayden F. (8D), and Jacob M. (9D).

Ms. Nick-Johnson

### Grade 9 Farewell

A heads-up to parents and students who may be shopping for an outfit for the Grade 9 Farewell at the end of June. As this is a farewell celebration of the students' experience at Munroe Junior High, please note that there is no need to buy or rent expensive formal clothing. Students may dress in semi-formal attire while still maintaining school dress code. Please keep in mind that if your child purchases an outfit that does not follow school dress code (ex. shoulder-less dress, spaghetti straps, muscle shirt), boleros, cardigans, scarves or shirts should accompany them during the formal ceremony.

### School E-Memos

In order to keep you informed regarding important upcoming events at Munroe, the school sends out an e-memo every Friday. If you are not currently receiving our e-memo and would like to, please contact our office at (204) 661-4451 or email to [mun@retsd.mb.ca](mailto:mun@retsd.mb.ca) and we will add your email address to our mailing list; all email addresses are kept confidential.

### School Website

Did you know that you can keep up-to-date on Munroe events, activities and forms on our online website? Check us out at [www.schools.retsd.mb.ca/mun](http://www.schools.retsd.mb.ca/mun)!

### Pizza Thursdays

Munroe's Leadership team hosts pizza lunch every Thursday in the foyer. Pepperoni and plain cheese pizza are available at \$1.50 per slice, first come, first served.

### Miles Macdonell Collegiate

is holding its annual Craft & Bake Sale on Saturday, December 5, 2015 from 10 am – 3 pm. There will be 100+ crafters, FREE ADMISSION, canteen and much, much more.

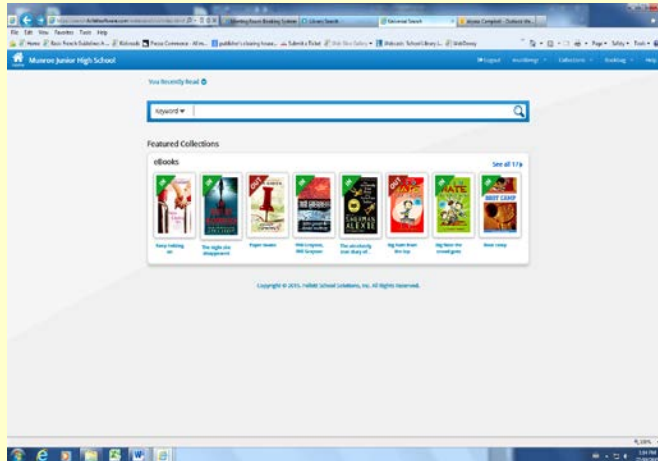
### M.A.R.S...It's Closer Than Mercury!

Munroe's Astronomical Restaurantish Store is now open at the beginning of lunch on **Mondays, Wednesdays, and Fridays**. We sell food items such as chocolate milk, yogurt drinks, burritos, cheese, yogurts, rice pudding, hummus and chips, granola bars and many other yummy items. Fresh popcorn will be sold on Fridays!

## In the Library

This year, the library has added **ebooks** to our collection! Students can access 17 novels online from home, on personal devices or on school computers. Books include some mysteries, a little bit of romance, comics, John Green, Big Nate, sports, The Maze Runner and more.

All they need to access these books is their **computer login information** and the **internet**! This is the same login that they use to log on to a school computer. From Munroe School's homepage, click on "Our Library," then "Search Our Library," then "Follett Shelf" (on the left side of the screen). From there you can login and read!



## La French Connection!

Je choisis le français dans ma vie parce que...



Say "Oui! to opportunity!"

## Célébration!

Congratulations to our grade 7 Late Immersion students who've recently finished their first 6 weeks of French language acquisition! We celebrated this occasion with an evening of snacks and juice October 21<sup>st</sup>. The students each presented some of their work to their families while speaking French! Bravo!



## FI Field Trip News

Grades 7-9 FI students participated in the French Film Festival at the Towne theatre on Monday, October 26<sup>th</sup>. This annual film festival called Cinémental gives our students a chance to view an authentic French film. The films, "Belle et Sébastien" and "Aurélien Laflamme" were viewed.

<http://cinemental.com/wp/fr/programme-scolaire-2015/>

*A few ways to say « Trick or Treat » en français!*

*Ruses ou régales! Friandises ou bêtises!*

*Trucs ou traites! Bonbons ou bâtons!*



## Winter! Célébration d'hiver!

All Munroe students will participate in an afternoon of winter themed craft activities on Thursday, December 17<sup>th</sup>. Our French Immersion students will be grouped into multi-grade groups, allowing them to mix and mingle with other FI students while engaging in authentic French conversation. Some of these activities will include making a gingerbread house, computer animation, making cookies, designing cards or scrapbooking.

## How to successfully learn a new language!

Our philosophy is that a student best learns an additional language by consistently communicating and studying in that language. We recognize that to become bilingual, we need to practice our French language skills at every available opportunity. For our students, learning a second language requires effort and commitment. For us, helping students to develop a sound working knowledge of the French language is priority.

As parents and teachers, we need to work in partnership in order to encourage our students to regularly use French at every available opportunity. In the end, it is the students who will benefit from our commitment to this goal. The expectation is that students communicate in French in class, in the hallways, during in-school and out-of-school activities and with all of their French Immersion teachers.

To help your child improve their French language skills you can:

- Talk to them about why your family chose late entry French Immersion
- Express your interest in the French language and French culture
- Take them to French cultural activities like the French-Canadian pavilion at Folklorama or the Festival du Voyageur in February
- Visit the French section of the public library
- Watch a French TV show, listen to a French radio station such as Envol 91.1 FM or tune into the French track of a DVD
- Listen to them speak and read in French and comment on their progress
- Encourage their participation in class and to be engaged learners
- Set aside regular homework time so your child can review the vocabulary by practicing their pronunciation in addition to completing any assigned work
- **Encourage them to take risks when they speak and to always speak French with their teachers...**

Nothing is gained when no effort is made.....

## FI Report Card

In the "Learning and Behaving" section of the FI report card, there is a category entitled "French Engagement". This helps students reflect on their French skills and informs parents of how well students are communicating orally and in written form. The focus is also on how they participate in the Francophonie outside of school. This year, grade 9s will participate in the "Passeport Franco-Fun" and record 3 separate activities of choice to help their personal and academic growth with the French language and culture! At the end of each term, a student from each class will be entered in a draw to enjoy a lunch at a restaurant with French inspired cuisine in St. Boniface with Mme Léveillé.

## Un Chic Flick! A cool movie!

Stay tuned for details about an upcoming after school French movie date! All French Immersion students will be invited to view a French film in November. Information and permission forms will be sent out via students. Participation will count towards one activity for the grade 9 "Passeport Franco-Fun".

**French Immersion Team Leader**

**Chef d'équipe pour l'immersion**

Lise Léveillé

## NEWS FROM THE MUSIC ROOM

Things are off to a great start in the band room this year! Our students have already been working hard to prepare for our first concert, and I'm very pleased with the progress they've made!

### First Note Night

Our grade 7 students had the opportunity to participate in Munroe's fourth annual First Note Night on September 23rd. The students worked with local specialists Eric Hemmerling, Corah Enns, Graham Dion, Jeni Taylor, and Hubert Grenier to learn basic skills on their instruments. Students enjoyed the experience and learned a lot from their instructors.

### Grade 7 First Concert

The Grade 7 Band will make its debut performance on Thursday, November 19th at 7:00 pm in the Munroe Gym. Students will demonstrate their skills as an ensemble and will also perform as soloist or as part of a small group. Refreshments will be served at the end of the concert. We look forward to seeing you there!

### RETSD/WSO Concert

On November 4, the River East Transcona School Division will continue its annual tradition of performing a joint concert with the Winnipeg Symphony Orchestra. The concert will feature choir students from across the division working with symphony musicians to perform some very exciting music. Tickets for this event are \$15, and can be purchased through the WSO box office at 204-949-3999.

### Guitar Club

The Munroe Jr. High Guitar Club meets every Monday from 3:30-4:15 in the band room. No experience is necessary, and guitars are provided for all students. New members are always welcome!



### Upcoming Events\*

- November 19, 7:00 pm – Grade 7 First Concert (Grade 7)
- January 28 7:00 pm - Winter Concert (Grade 7, 8, 9, and Jazz Band)
- February 23-26 - Optimist Clubs of Winnipeg Band Festival (Grade 9) \*\*
- March 2-4 – Optimist Jazz Festival (Jazz Band)\*\*
- April 12-15 - Level 1 Band Festival (Grade 7 and 8) \*\*

\*Other Important Dates TBA. Please visit Munroe's website for additional information throughout the year.

\*\* Exact performance dates and times to be confirmed.

**Attendance at our concerts is mandatory, so please clear your calendars well in advance!**



## Munroe PE Program

Along with the regular sports and activities offered to the students in the gym, this year we are committing an increased portion of time to building our students' fitness and physical literacy. What is physical literacy? Similar to reading where you need ABC's, word recognition and comprehension to be successful, you also need basic physical skills to be physically active and to maintain healthy lifestyles. For example: We teach students how to perform a squat, not just for the purpose of building muscle, but for proper lifting of heavy objects – thus preventing back injuries later on in life. Students become literate on the basic movement skills so they know how to move their bodies safely and can participate in a variety of activities.

In terms of fitness, we have increased the number of fitness focus days so our students can increase their strength and cardiovascular endurance. Fitness days include activities like circuit training, yoga, long distance runs, boot camp workouts, Pilates, Barre, Tae-bo, etc.

### Intramurals:

In keeping with our commitment to help our students increase their fitness levels, this year we are offering full lunch hour intramurals. This doubles the time that students have access to the gym at lunch – all students can attend intramurals four times per cycle. We encourage the students to get involved in intramurals as much as possible; it is a great way to increase physical activity without the element of competition.

### Interschool Athletics:

The volleyball season will be winding up at the end of November. Our teams are having a great year – a few wins and a lot of fun! Basketball teams will start practicing in December. In grade 7 and 8, all students are welcome to join the team – there are no cuts. However, students that wish to be part of these teams must attend all meetings and practices! In grade 9, all students are encouraged to try-out for the teams, however as the competition level increases in grade 9, there may be some cuts.

### Take Your Kids to Work Day

On Wednesday, November 4<sup>th</sup>, 2015, the grade 9 Munroe students will be participating in *Take Our Kids to Work Day*, a Canada-wide program designed to provide students with career experiences. Our students will have the pleasure of helping out and experiencing careers in textiles, health care, education (from elementary to college), construction, confectionaries, hospitality, restaurants, and a variety of large and small businesses. Throughout the day, our grade 9 teachers will be driving around the city and visiting the students at their workplaces and meeting and greeting parents and family friends in their work environment. This is a day that both the students and the teachers greatly enjoy, and after speaking with our Grade 9 students from last year, many of them were very appreciative of what their parents, family and friends experience on a daily basis and were happy to return to school the next day.

If you have any questions or concerns regarding Take Your Kids to Work Day and possible placements for your child, please contact Mr. Copping or Ms. Plunkett at the school.

### United Way Koats for Kids

The United Way's Koats for Kids is now up and running for the winter months. This is a program offered to all families in Winnipeg, and the cost is absolutely free. If you know of any adults or children in need of winter coats, mitts, hats, scarves or boots (somewhat limited), please contact the school's guidance counsellor, Ms. Plunkett, at (204) 661-4451 to make arrangements or to place an order. Once the order is submitted, the coats and winter gear will be delivered to the school.

Koats for Kids will also be accepting donations of gently used outer wear that can be dropped off at any Winnipeg Fire Paramedic Station or Perth's location.

## Bullying Awareness Week and Hateless Anti-Bullying Assembly

Munroe Junior High will be participating in Bullying Awareness Week from November 23 – 27<sup>th</sup>. Activities, information and class discussions will occur during this week to bring a spotlight on the issue and how students and adults alike can make a positive difference in the lives of others. As we strive to become a community of kindness, Munroe will also be host to the “Hateless” organization who will be putting on a very interactive, musical, educational, and empowering assembly for our students the afternoon of Friday, November 27<sup>th</sup>. Students will be encouraged to wear “pink” that day to show their support at ending bullying everywhere.

**It is important that families of our students have access to community resources throughout the entire year both for themselves and their children. Here is a brief list of community resources / social service agencies providing low or no cost professional counselling / services for families:**

Access River East	975 Henderson Hwy	938-5000
Access Transcona	845 Regent West	938-5555
Addictions Foundation of Manitoba	1031 Portage Avenue	944-6200
Aulneau Renewal Centre	601 Aulneau Street	987-7090
Aurora Family Therapy Centre	U of W – 515 Portage Ave	786-9251
Centre Miriam Center	483 Main Street	204-878-3736
Child and Family Services All Nations Coordinated Response Network	835 Portage Ave	204-944-4200
Child and Adolescent Mental Health Service	165 St. Mary’s Road	204-958-9660
Cornerstone Counselling Service	302 – 1200 Portage Avenue	663-0050
Evolve (specializing in domestic abuse issues)	870 Portage Ave	784-4070
Fort Garry Women’s Resource Centre	1150-A Waverly Street	477-1123
Hope Centre Health Care	240 Powers Street	589-8354
Indian Family Centre	470 Selkirk Ave.	586-8393
Jewish Child & Family Services	C200-123 Doncaster	477-7430
Klinic Community Health	870 Portage Ave	784-4090
Laurel Center Men’s Resource Centre	200-321 McDermot Ave	956-6562
Ma Mawi Wi Chi Itata Centre	94 McGregor Street	925-0300
Mount Carmel Clinic	886 Main Street	582-2311
New Directions	400-491 Portage Ave.	786-7051
Nor’West Co-op Community Health Centre	103 – 61 Tyndall Ave	940-2020
North End Women’s Resource Centre	394 Selkirk Ave	589-7347
Osborne House Crisis Line and Shelter for Abused Women		942-3052
Pluri-elles	570 Des Meurons	233-1735
Psychological Services Center	U of M – 1475 Pembina Hwy	474-9222



Recovery of Hope	300-309 Hargrave Street	477-4673
Centre Renaissance Centre	844 Autumnwood	256-6750
The Family Centre of Winnipeg	4 <sup>th</sup> Floor, Portage Place	947-1401
The Laurel Centre	104 Roslyn Road	783-5460
WRHA – Mobile Crisis Services		940-1781
Women's Health Clinic	3 <sup>rd</sup> Floor, 419 Graham	947-1517
Youville Centre	33 Marion or 6-845 Dakota	233-0262

## Board of Trustees 2015 – 2016

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John Toews	2	<a href="mailto:jtoews@retsd.mb.ca">jtoews@retsd.mb.ca</a>	204-663-0475
Rod Giesbrecht	2	<a href="mailto:rgiesbrecht@retsd.mb.ca">rgiesbrecht@retsd.mb.ca</a>	204-661-5984
Eva Prysizney	3	<a href="mailto:eprysizney@retsd.mb.ca">eprysizney@retsd.mb.ca</a>	204-668-3501
Brian Olynick (Vice-chair)	4	<a href="mailto:bolynick@retsd.mb.ca">bolynick@retsd.mb.ca</a>	204-661-6440
Peter Kotyk (Chair)	4	<a href="mailto:pkoty@retsd.mb.ca">pkoty@retsd.mb.ca</a>	204-668-4181
Michael West	5	<a href="mailto:mwest@retsd.mb.ca">mwest@retsd.mb.ca</a>	204-990-3228

## Upcoming Events

November 4	Take our Kids to Work (Gr. 9s)
November 4	RETSD/WSO Divisional Concert
November 10	Coordinated Day No School
November 11	Remembrance Day – No School
November 18	Early Dismissal – 2:30
November 16-20	Bullying Awareness Week
November 19	Gr. 9 Mid-Term Report sent home
November 19	Gr. 7 Band Concert – 7:00 p.m.
November 26	Student Led Conferences – 4:00 – 8:00 p.m.
December 3	Report Cards sent home
December 17	Winter Activity Afternoon
December 18	Early Dismissal – Last day of classes before winter break
Dec 19–Jan 3	Winter Break
January 4	School re-opens, Day 1
January 13	Early Dismissal – 2:30
January 28	Winter Band Concert – 7:00 p.m.
February 5	Co-ordinated Day – No School
February 10	Grade 6 Parent Information Evening
February 15	Louis Riel Day – No School
February 24	Early Dismissal – 2:30
March 11	Report Cards sent home
March 17	Student Progress Conferences 4:00 – 8:00 pm.
March 18	Co-ordinated Day – No School
March 26-April 3	Spring Break