



Allen Hanke  
Principal

# HAZEL M. KELLINGTON SCHOOL

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ROJ IHO

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[www.hazelmkellington.weebly.com](http://www.hazelmkellington.weebly.com)



Scott Freeman  
Vice-Principal

Dear Parents

## Newsletter #2

September 29<sup>th</sup>, 2023

It's hard to believe that the first month of school has already come and gone!! We would like to thank parents and students for setting routines, and making school a priority! As we get further into the school year, and everyone starts to get a little more tired, there may be times when your child wants to take a day off here and there. Although this may seem quite harmless, we would advise against it. Children need to know that they are expected to attend school every day that school is open for classes. Taking a day off because you are tired (or it's your birthday, there's a hockey game, etc) is not a great message to send to your child. This tells them that school isn't really that important, and we can pick and choose when we go. Taking a day off here and there quickly adds up, and although your child may get some of the homework they miss when they return to school, they have missed the learning that went on in the classroom that day. Of course, if your child is sick (e.g. fever, hacking cough, sinus congestion, etc), we ask that you keep them at home. The pandemic has taught us how important it is to not spread germs when we are sick – thank you for your diligence in getting kids to school every day they are well!! The province also recognizes how important attendance is, and has directed all school divisions to create policy for "Student Presence and Engagement". Here is the link to the BPSD policy:

[https://www.beautifulplainssd.ca/uploads/9/6/3/0/9630957/j.e.\\_student\\_presence\\_and\\_engagement\\_august\\_2023.pdf](https://www.beautifulplainssd.ca/uploads/9/6/3/0/9630957/j.e._student_presence_and_engagement_august_2023.pdf).

With school now a month in, there are some important safety notices we would like to share:

- If a school bus has its red lights flashing and the stop sign is out, DO NOT DRIVE PAST IT in either direction. This is a very dangerous thing to do, as children may need to cross the road, and are told that cars will stop when the red lights are flashing. If you do drive past a bus that has its red lights flashing, you may also be in for a very large fine – approximately \$700 (per bus).
- At the end of the day, please do not park in the staff parking lot on the south side of the playground (Mill St). If anyone is parking there, it means children will need to walk behind the other parked vehicles in order to get to their vehicle. We have staff leaving from that area starting at 3:30, and children are very hard to see if they are behind a vehicle. THIS IS EXTREMELY DANGEROUS. Please do not put your child's safety at risk in this way.
- If you are dropping your child off at the beginning of the day, please make sure it is not too early. There is no adult supervision on the playground until 8:35, and the weather is starting to cool down. Also, if you are dropping them off and waiting until they go in the school, please park **away** from the front of the school doors (both on 2<sup>nd</sup> Ave as well as Brydon St) and walk from there. We have many people needing to drop children off in the morning, and it is important the spots in front of the doors are accessible so people can pull in, drop off, and leave. Thank you for your help with this!

## IMPORTANT DATES

|   |  |
|---|--|
| September 30 <sup>th</sup>                  | National Day of Truth and Reconciliation                                   |
| Tuesday, Oct 3 <sup>rd</sup>                | NO CLASSES – Divisional Inservice for all BPSD Employees                   |
| Monday, Oct 9 <sup>th</sup>                 | NO SCHOOL – Thanksgiving   |
| Tuesday, Oct 10 <sup>th</sup>               | Earth Rangers Assembly   |
| Monday, Oct 16 <sup>th</sup>                | Parent Council Meeting at 6:30 pm in HMK staff room                        |
| Friday, Oct 20 <sup>th</sup>                | NO CLASSES – MTS PD Day  |
| October 23 <sup>rd</sup> – 27 <sup>th</sup> | HMK Scholastic Book Fair   |
| Friday, Oct 27 <sup>th</sup>                | Picture Retake Day   |
| Tuesday, Oct 31 <sup>st</sup>               | Halloween / Parade   |
| Monday, Nov 6 <sup>th</sup>                 | Parent Teacher sign-up sheets sent home                                    |
| Friday, Nov 10 <sup>th</sup>                | Parent Teacher sign-up sheets due back<br>Remembrance Day service at 11:00 |
| Saturday, Nov 11 <sup>th</sup>              | Remembrance Day  |
| Friday Nov 17 <sup>th</sup>                 | NO CLASSES – Professional Development / Administration                     |
| Nov 29 <sup>th</sup> and 30 <sup>th</sup>   | Parent teacher conferences 4:00 – 6:00                                     |
| Friday, Dec 1 <sup>st</sup>                 | NO CLASSES – Administration Day  |

### HMK Crossing Guards

We are very pleased to have adult crossing guards on some of the busier corners. These adult crossing guards are there to help kids cross these busy streets in a safe way (see below for crossing guard locations and times). If your children are walking to and from school, please have them cross at the corners with crossing guards as much as possible. Kids are to wait at the corner until traffic stops and the crossing guard goes out into the intersection. At this point the crossing guard will tell children it is safe to proceed. Please continue to remind your kids that they need to wait for the crossing guard to tell them it is safe to cross before they leave the curb!

We would also like to remind all drivers that they must stop if the crossing guard is in the intersection. We know that this takes longer for all vehicles to get through the intersection, but the safety of children is our priority! If you are dropping off or picking up children at the school, please allow some extra time, as traffic can be quite congested both before and after school. We would also like to thank the RCMP for their ongoing support in watching our corners, and helping drivers understand that they need to come to a complete stop at the stop sign, and that they are not allowed to encroach into the intersection once the crossing guard has left the curb.

Thank you for your help with this – we want everyone to be as safe as possible!

| Crossing Guard Location               | Morning Time   | Afternoon Time |
|---------------------------------------|----------------|----------------|
| 2 <sup>nd</sup> and Brydon            | 8:30 – 8:45 am | 3:25 – 3:40 pm |
| 2 <sup>nd</sup> and Mill              | 8:30 – 8:45 am | 3:25 – 3:40 pm |
| 2 <sup>nd</sup> and Main (Highway 16) | 8:15 – 8:45 am | 3:30 – 4:00 pm |
| Hospital and Mountain                 | 8:30 – 8:45 am | 3:30 – 3:45 pm |
| Hospital and Brown                    | 8:30 – 8:45 am | 3:30 – 3:45 pm |

## Terry Fox Day at HMK

Terry Fox Day at HMK was a very exciting day! Kids learned about Terry in their classrooms leading up to our big day, and were ready to "Try Like Terry" on their walk/run! We had a Zoom assembly to start things off during which we watched a video and did a Terry Fox trivia quiz before going on our walk or run. When classes finished the walk/run, we had a big barbeque out on the playground, where many parents, grandparents, and friends joined us.

A day like this cannot happen without the help of many people. All of the teachers and EAs helped the children learn about Terry, took them on the walk, and ate lunch with them! The Neepawa Titans hockey team came and helped both in classrooms, as well as with the BBQ! Parents volunteered to help with the BBQ, and also came to eat lunch with their children.

And many local businesses donated to the BBQ (Neepawa CoOp (all the wieners as well as the big BBQ!); Neepawa Safeway (juice boxes), Neepawa Freshmart (juice boxes), and Giant Tiger (some of the condiments)). Thank you to everyone who helped out! A day like this also doesn't happen without a lot of organizing and preparing. A big thank you goes out to Mr. Freeman for organizing the entire day – he was in charge of donations, ordered the supplies, organized and ran the assembly, and oversaw all aspects of the day!! His passion for Terry's dream helps us all to "Try Like Terry" in all parts of our lives!



## Orange Shirt Day at HMK

This year we were pleased to be able to participate in a Powwow demonstration down at the flats! The day was organized by ArtsForward, and our grade 1-4 classes headed down to the flats for the afternoon where they listened to stories, watched dancers, listened to drummers, and had the opportunity to learn about an amazing culture! We are very thankful to be able to participate in this event, as there is so much to learn on our path towards reconciliation. Every event and every bit of learning gets us one step closer to a society where everyone feels like they truly belong!



## Safety Drills

Every year at school we are required to practice various safety drills in case there is an emergency. Typically each classroom will practice these drills as a class before we practice them as an entire school. This past week we had our first school wide fire drills. For these, we start slowly, by only announcing the fire drill, without ringing the fire bell. Next week we will have drills that will be announced first, then we will ring the bell. After that, we will have drills only with the fire alarm, so that students can gradually get used to the drill, and hopefully be able to feel more comfortable if we ever need to use it. Other drills that we will work on as a school include tornado drills and lockdown drills. If you have any questions about any of our drills, or if your child is upset by them, please do not hesitate to contact us at the school so we can work together to help provide support for them!

## The Count's Corner



It was so great to see our Cub's Family all out again for the Terry Fox Run/Walk/ Barbeque. It was a great way to pay tribute to a true Canadian hero - Terry Fox. Terry Fox was an average kid. He wasn't the smartest, fastest, strongest or best athlete - but he was a hard worker. When he found out he had cancer and it would force him to lose his right leg, he did not give up hope. Instead he was inspired by other children who were battling cancer and decided he must do something to help. That's when he got the idea to run across Canada to raise money for Cancer research. This was a huge challenge but Terry's courage and determination helped him through his Journey. There was no limit to Terry's TRY. Terry's efforts are inspiring for all and we can honour his legacy by digging deep when things get tough, and **TRY LIKE TERRY.**

## Opening Week Assembly

Our opening week assembly was a big hit with our Cubs this year. During the assembly, we reviewed some of the expectations for everyone in school: always try your best, look for ways to help, and be kind! We also reminded the students that the adults are there to help them whenever they need help, and that it is extremely important that they listen to the adults in the school and do as the adults say! We also had a special guest make an appearance – the kids loved seeing the big tiger, and had fun doing the HMK cheer!!



## Birthdays Reminder

We would like to remind all parents **NOT** to bring in special treats for your child's birthday. Although we very much appreciate the gesture, there are a few reasons why treats are not allowed to be brought to school:

- We have a number of allergies in the school, some of which are life threatening, and want parents to know that their children are only eating the food that they send to school
- We do not want other parents feeling obligated to bring treats in for the class. Money is often tight for families, and no one should feel pressured to provide something for the entire class.
- We would like to keep birthday acknowledgements small. Birthdays are announced each day for the entire school to hear, and each classroom has its own small way of recognizing birthdays. Having a big celebration often disrupts the learning, as kids find it very hard to concentrate when there has been a big celebration.

**Thank you for your cooperation with this!**





## Bus Safety Training

Every year our students receive training on bus safety two separate times. Our first bus safety training was this past month. Our transportation supervisor and another bus driver come to the school for a day and a half and make sure that each class has a turn going onto a bus, and learning about safe riding, as well as how to properly evacuate a bus. We would like to thank Warren Rainka (transportation supervisor) and Angela Enns for coming to HMK this month to review safe bus riding with our children!!



## Bus Passes for Occasional Bus Riding

In past years, students who are not normally on the bus have been able to get a bus pass to go to a friend's house, but the last couple of years bus passes were not allowed due to COVID. We are happy to report that bus passes will once again be available, but are subject to space being available on the bus. If you are wanting a bus pass for your child to go to a friend's house, please contact the school well in advance so we can confirm whether there is room on the bus.

## Parent Council

### Welcome back everyone!

Our first Parent Council meeting is just around the corner!

Join us October 16<sup>th</sup> at 6:30 pm in the HMK staff room if you'd like to attend.

Parent Council helps support various school needs and is a great way to stay connected with other parents and school administrators.

We strive to create a positive and caring atmosphere for our HMK students and staff.

Coffee and babysitting are provided!

### REMINDERS:

1. School fees are due and can be paid by sending cash or cheque with your child. Please try to get these cleared up as soon as possible. We understand that money is tight for everyone - if you would like the opportunity to pay your family's school fees in installments, please contact the office.
2. If you are picking up your child at the end of the day, town students are dismissed at 3:25 (for K, gr 1, gr 3) and 3:30 (gr 2, gr 4). If you are not going to be able to make it to the school when your child is dismissed, please call and have a message passed on to your child so they do not become worried or upset while waiting. Please note that teachers may have to leave at 3:30, so they may not be able to stay with your child if you are running late. While

waiting for parents, children will be outside near the fence closest to their assigned entry door, or may be sent over to wait by the 2<sup>nd</sup> Ave doors after a few minutes.

3. If children are arriving after 8:55 in the morning, please instruct them to go to the main doors on second avenue and ring the doorbell. Someone in the office will come and let them in.
4. Our busses unload in the morning on Third Avenue between 8:30 and 8:50, and then load in the afternoon between 3:15 and 3:30. Please avoid dropping students off or picking them up on Third Avenue during these times.
5. Please be sure to send cutlery with your child if they need it to eat their lunch. Children often ask to borrow a spoon or fork in order to eat their lunch. Sending one in their lunch kit will ensure they have the cutlery they prefer to eat their lunch with!
6. As you know, we have students in our school with severe life threatening allergies to nuts and foods containing nuts, which is why we are a nut free school. We also have students with life threatening allergies to eggs, fish/seafood, legumes, soy, peas, and sunflower seeds (students in those classes have received letters about this). It is important that everyone remain vigilant in checking labels and talking to their kids about how dangerous these allergies are. We would like to stress the importance of checking labels on all foods that are coming to school with kids.

## **STUDENT ACCIDENT INSURANCE COVERAGE 24hrs - 7 days a week**

Further information is available at:

<https://manitobastudentinsurance.ca/>

### **THANKS TO:**

Library and Classroom Volunteers: **Sheena Taylor and Claire Brister.**

**Francis McCarthy of FJ's Building** for donating DQ Blizzard coupons for our newsletter draws!



## PUBLIC SERVICE

**Kids Zone** is back! Parents and students, we are kicking off our Kids Zone for 2023 beginning on Friday, October 6th from 7-8:30pm here in the HMK Gymnasium. You're invited to join us for sports, friendship, crafts, and games every week. This free event is open to everyone and anyone, so please invite your friends, tell your neighbours and we look forward to seeing you there! Any inquiries, please contact James at (204) 476-3245

## NEEPAWA NEWCOMERS COAT ROOM

Is this your FIRST WINTER in Canada?

*Welcome!*

Do you need a winter coat?

*We want to help!*

If this is your FIRST WINTER in Canada, the Newcomers Coat Room wants to provide you with a FREE winter coat!

Visit our Facebook page to find out more OR email us at [neepawancr@gmail.com](mailto:neepawancr@gmail.com)

*We want you to feel our warm welcome!*



Ito ba ang iyong UNANG TAGLAMIG sa Canada?

*Maligayang pagdating!*

Kailangan mo bang winter coat?

*Gusto naming tumulong!*

Kung ito ang iyong UNANG TAGLAMIG sa Canada, ang Newcomers Coat Room ay nais na magbigay ng LIBRENG winter coat!

Bisitahin and aming Facebook page para sa karagdagang impormasyon o mag-email sa [neepawancr@gmail.com](mailto:neepawancr@gmail.com)

*Nais naming ipaabot and aming mainit na pagtanggap!*



Neepawa Figure Skating Club is inviting you to a **FREE “Try” CanSkate (learn-to-skate) session!**

**When: Friday, October 6<sup>th</sup> at 6:00-6:45 pm**

**Where: Yellowhead Centre**

**What to Bring: skates, warm clothes, a helmet and a great attitude!**

**Ages: for ages 3 and up**

**\*\*No parents allowed on the ice with their children. We have volunteers to help your child on the ice.**

**BECOME  
A LICENSED  
PRACTICAL  
NURSE IN**  
*Neepawa*

**Training starts right  
here at home this January!**


Assiniboine is bringing its two-year Practical Nursing diploma program to your front door! Make a difference in the lives of others with a rewarding career in healthcare.

We strongly encourage all interested applicants to visit us during our information evening:

**Wednesday, October 11, 2023**  
6 to 8 p.m. | Come & go event  
Neepawa Library | Meeting Room | 280 Davidson St, Neepawa, MB

Our friendly recruitment and admissions team will be available to provide you with details and address any questions you may have. If you're unable to attend, email to [recruit@assiniboine.net](mailto:recruit@assiniboine.net) to connect with our recruitment team.

[assiniboine.net/nursing](http://assiniboine.net/nursing)

 **ASSINIBOINE**  
COMMUNITY COLLEGE

# Neepawa Eats Healthy – Nutrition Bite

## Packing School Lunches

The one chore many parents/caregivers hate about back to school is packing lunches. It's so easy to get into the habit of the same old same old. If you have sent the same apple to school multiple times this week with your child and now find yourself eating the same apple in your lunch, you are not alone.

Try these quick and healthy ideas:

- Cold cereal, milk or soy drink and berries
- Freeze leftover burritos in single servings all ready to pack. Try different fillings such as scrambled egg, veggie, beef or chicken.
- Make a power bowl. All you need is a grain, protein, veggies and sauce/flavour (try - rice, beans, and peppers with salsa, or leftover chicken, pasta, tomatoes and pesto)
- Boiled egg, snap peas and carrots, crackers, yogurt.
- Muffin, cheese stick, cucumber and a fruit cup.
- Leftovers in a thermos (curries, soups, adobo with rice, etc.), apple sauce
- Salsa or hummus with veggies and whole grain crackers
- Trail mix (popcorn or cereal, dried fruit, sunflower or pumpkin seeds, choc chips)
- Use an apple slicer to pre-slice/core the apple. Hold it together with an elastic

## **Pumpkin Muffins**

Ingredients

- 1 2/3 cups (400 mL) flour (whole wheat, all-purpose or a mixture)
- 1 ½ teaspoons (7 mL) baking soda
- 1 teaspoon (5 mL) baking powder
- ½ teaspoon (2 mL) salt
- ½ teaspoon (2 mL) cinnamon
- 1 ½ cups pure pumpkin puree (canned pumpkin)
- 2/3 cup (150 mL) brown sugar
- 2/3 cup buttermilk (2 teaspoons of vinegar or lemon juice mixed with milk)
- 1 egg
- 3 tablespoons (45 mL) vegetable oil
- Optional – ¼ cup (60 mL) raisins, dried cranberries, or chocolate chips

Instructions

1. Preheat oven to 375°F and grease muffin tins or line with baking cups
2. In a large bowl, mix together flour, baking soda, baking powder, salt, and cinnamon.
3. In separate bowl, whisk pumpkin, brown sugar, buttermilk, egg, and vegetable oil.
4. Stir in broccoli and fold in dry ingredients.
5. Scoop into muffin tin and bake for 30 minutes until an inserted toothpick comes out clean.

These muffins can be stored in an airtight container for 3 days or frozen.



ARE PROUD TO OFFER

# BOYS FIT CLUB

INSTRUCTORS- TARA MCCARTY AND  
THE NEEPAWA TITANS

Mondays 6:30-7:30pm  
\$130 for 11 Weeks  
For Ages 8+  
Yellowhead Centre in Neepawa  
Starts- September 25th

Want to try something NEW out in the community?  
Build strength and endurance for another sport?

Register @ [www.neepawanovas.ca/registration](http://www.neepawanovas.ca/registration)



Minnedosa's

## PARENTING TEENS

Rural Prevention Program

Are you a parent of a teenager? Do you need a safe place to explore the teenager/Parent relationship?

Join us for 7 weeks of support, information sharing and relationship building tips. This is open to all parents of children ages 12 and older.

In-person classes  
**MINNEDOSA CFS WESTERN OFFICE**  
39 Main St. South

Oct 18 -  
Nov 29  
6:30 - 8:30PM

204-726-6030  
Call Child & Family Services of  
Western Manitoba to register



MILES FOR MENTAL HEALTH  
PRESENTS

## Trauma and Grief

WITH GUEST SPEAKER SUSAN RABICHUK  
RSW, BA, MSW, PHD (C)



We are all impacted by trauma and grief.  
Let's come together to connect and learn how to  
take care of ourselves and others through  
challenging times.

Neepawa Legion - 425 Brown Avenue  
October 26th, 2023  
7:00 PM  
Free Event  
All Ages Welcome

\*Content includes sensitive subject matter, child attendance at  
discretion of parent/guardian\*



Any questions reach out to:  
(204) 841-0932 or  
[milesformentalhhealth1@gmail.com](mailto:milesformentalhhealth1@gmail.com)