

HAZEL M. KELLINGTON SCHOOL

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Newsletter #3

Dear Parents

November 2nd, 2023

It certainly seems that our beautiful fall has come to a screeching halt! With the colder weather now upon us, it is extremely important that your child comes to school dressed to play outside, as we go outside for all recesses. The only exception to this is if the windchill temperature reaches -30 C or colder (we use a variety of websites to determine the temperature on these cold days). On all other days, we go outside to play three times per day, so being well dressed is extremely important. Having winter boots, ski pants, a parka, and warm toques and mitts (mini-gloves are not warm enough!) are a necessity to stay warm outdoors. It is also extremely important that children are able to get their winter clothing on and off independently. Please make sure that your child is able to manage the winter gear you provide for them – can they get their boots on and off by themselves; can they zip up their parka independently; are they able to get their mitts on if one falls off outside? If the answer to any of these questions is NO, please help them practice at home. If after practicing you find they do not have the ability to manage a particular item on their own, you may want to consider looking for a replacement that they are able to be independent with. Not only will this allow them to get outside for recess quicker, providing opportunities for children to be independent is extremely important in their overall growth and development!

Wait 17 seconds.

Today when your child is facing a difficulty and you're tempted to jump in and save them, wait.

Give them time to work through the frustration and build resiliency.

Allow them the possibility of their own victory.

With the temperatures dropping, it will soon be time for our noon skating program to begin! Noon skating is a voluntary program that happens for each grade once per week. On that day, kids who want to go skating can go to the Yellowhead Centre on a school bus during their lunch hour. Once at the Yellowhead, children eat their lunch, put on skates and a helmet, and spend the rest of their lunch hour skating! As their lunch hour draws to a close, they head off the ice, take their skates and helmets off, pack up their belongings, and ride the bus back to HMK for afternoon classes. This year skating will be on Wednesdays for K, grade 1 and grade 4, and on Thursdays for K, grade 2 and grade 3. We have some skates and helmets for kids to use, **but are looking for more!!** If you have skates or helmets at home that your family is no longer using, please consider donating them to the school!

We are also looking for used HMK Cub clothing that your family is no longer using. If your children have outgrown their HMK Cubs gear, we would happily accept it and repurpose it to someone else! Thank you for considering this!!

IMPORTANT DATES

Friday, Nov 3 rd	Picture retake day (pm) **
Friday, Nov 10 th	Remembrance Day service at 11:00 HMK Cubs Clothing orders due (online store)
Saturday, Nov 11 th	Remembrance Day
Monday, Nov 13 th	Parent Teacher sign-up sheets sent home
November 15 th and 16 th	Noon skating begins (Wednesdays and Thursdays until March)
Thursday, Nov 16 th	Parent Teacher sign-up sheets due back
Friday Nov 17 th	NO CLASSES - PD / Admin
Tuesday, Nov 28 th	Report cards sent home
Nov 29 th and 30 th	Parent teacher conferences 4:00 – 6:00
Friday, Dec 1 st	NO CLASSES – Administration Day
Monday, Dec 4 th	HMK Parent Council meeting at 6:30 in the HMK Staff Room
Dec 18 th and 19 th	HMK Christmas plays for all grade 2 and 4 students
Friday, Dec 22 nd	Last day before Christmas Holidays
Monday, Jan 8 th	School starts after Christmas Holidays (Day 3)
Friday, Jan 12 th	Hot dog days start (Fridays in Jan & Feb)

** If your child is having a picture retake, please be sure to send the original proof package with them on Friday. They will need this for their retake. If you have already sent the proof package to the school, we will make sure it is given to the photographer on Friday. If your child did not get their picture taken on our picture days in September, we will have them do a school photo on Friday as well. Please call the school if you have any questions about school photos!

Grade 1s Visit Gardenview Farm!

Our grade 1 classes visited Gardenview Farm in early October. They had a beautiful day to be out exploring nature, harvesting things from the

many gardens, and making crafts with items from nature! The following day each class used the vegetables they harvested to make stone soup – the school smelled amazing that day! We would like to give a big THANK YOU to Mrs. MacPhee for once again hosting our grade 1 classes! It was an amazing day, with many lessons being learned by all!!



HMK Book Fair

We recently wrapped up our annual Book Fair. It was another huge success, with many children getting new books! It is wonderful to see how excited they are to get a new book to read! We would like to thank everyone for supporting the Book Fair and making reading a priority for children! A big thank you goes out to Mrs. Ferguson for organizing and running all aspects of the Book Fair!!

The Earth Rangers

Our school was lucky enough to have The Earth Rangers visit our school. The Earth Rangers School Assembly was an inspiring, interactive presentation featuring live animals, games and trivia, captivating video content. It taught the importance of conservation and the affect it has on animals' ecosystems. This assembly was made possible by HMK's successful participation in the Call2Recycle Battery Blitz. Thanks to schools across Canada, over **15,345 KG** of used batteries were collected for recycling, keeping them out of landfills. Our school's remarkable efforts and collaboration with the community resulted in the collection of an impressive **408 KG** of used batteries. This accomplishment earned HMK third place in Manitoba, and a \$1000 prize.



HMK Cubs Clothing

Our Cub Gear Store opened last week. If anyone would like a Cub t-shirt or other gear, please go to <https://www.promotime.ca/sr/2168302> (the link is also on our Facebook page as well as our website). The store will close next Friday, Nov. 10th, which will allow enough time for orders to be in before school closes for Christmas Break. All orders will come to the school and be distributed from there.

Home-School Communication

Something that has been brought to our attention is that at times, parents are messaging teachers through the school day with timely information such as a change in their child's end-of-day plans. If you have important information that is time-sensitive, please be sure to **call the school office**. Teachers are very busy throughout the school day teaching children, and often do not have time to check messages. It is very easy for a message to be missed, and we do not want a situation in which a child ends up in the wrong spot after school! Messaging apps like SeeSaw, Class Dojo, and Remind are excellent tools for back and forth communication, but should not be relied on during the school day for getting important messages to teachers. Please be sure to call the office (204-476-2323) so we can make sure any messages get to your child before they are dismissed!

Upcoming Parent Teacher Conferences

Parent-teacher conferences are quickly approaching, so we wanted to share some information about these important meetings. Parent-teacher conferences happen in November and March, and are important opportunities for parents and teachers to meet together and discuss the progress and next steps for each child. Although each teacher will schedule and organize their conferences slightly differently, there are some common features for all classrooms. Each teacher will send out a form in the next couple of weeks with their available times for meeting listed. Typically parents will be asked to choose two or three times that would work for them to come to the school and meet with the teacher. Once these times are received by the teacher, they will organize a schedule, and let you know when your time will be. It is important that you arrive on time, and also leave on time. As you can well imagine, conferences running late will have consequences for other families, so teachers may have to end a conference before all things get discussed. If this happens, another time is generally organized on a different day so that the conversation can be completed – we appreciate your understanding with this!

Playing Together at HMK

At HMK, we try to make everyone – students, parents, and staff – feel that they are part of the school community! One does not have to spend much time on our playground before seeing kids of various ages, cultures, and countries of origin all playing together. We continue to encourage kids to be kind and helpful citizens, and to focus on the things we have in common, rather than our differences. One thing that we have in common, is the need for friendship. No one wants to be the person who is being left out, or is told they cannot join the group. For this reason, we teach our kids that when they are playing on the playground, there will always be room for another student to join the game. We encourage kids to ask others to play, especially those who look like they may be too shy to ask, or who find making friends harder. This is a message that, as a school, we feel quite strongly about. If you hear your child talking about another child who may not have many friends, encourage them to be kind, and try to include that child in their play. The other child may decline the offer, but even being asked to play may be the highlight of a recess for some children!

On a similar theme, HMK has “Buddy Benches” on both sides of the playground. The idea behind the Buddy Bench is that if a student is feeling lonely, or has no one to play with, they can go sit on the Buddy Bench. When children see someone sitting on the Buddy Bench, it is a signal to ask them to play. For kids who might be too shy to ask, it is a great way for them to get asked to join a group who are playing. If you have any other ideas to help get kids involved, please do not hesitate to contact us. We would love to hear from you!



The Count's Corner

We recently had a school wide TADDA assembly, to talk about how to problem solve. It really works like magic!! The assembly will soon be able to be viewed on our Facebook page. We have seen lots of cubs becoming problem solvers and we encourage them to continue to use our **HMK TADDA** method!



Kids can solve problems. And solving problems is as easy as TADDA!

T – **Talk** about it. Use a calm voice and look the person in the eye. Try an “I statement”.

A – **Ask** questions. Are you almost finished with that skipping rope? How much longer will you be? Did you know I was here waiting for you? Have I done something to upset you?

D- Don't call names. It makes the problem worse and makes you the mean one!

D- Try **Different** things. Take turns. Share. Think win-win. Take a break. Write down the rules.

A – **Ask** an adult for help. (But always ask if there is danger or injury!)



On the playground and in class, students will be expected to play a greater role in solving their smaller conflicts. You can also help with this at home! Make sure to ask what they have tried before intervening. “Have you talked to her? What questions did you ask? What different things have you tried?” We hope that, over time, this will make HMK students more resilient and better problem solvers for life.



Halloween

Here are a few photos from Halloween at HMK!



HMK Parent Council

Hello everyone. HMK Parent Council held our first meeting for the year on October 16. We will be doing a new cookbook fundraiser this year! Parents and children are invited to submit recipes by November 3 and the cookbooks will be available to order for Christmas.

The Executive Board members this year are

Sarah McKinnon - President
Trisha Sawadsky - Vice-President
Leslie Pearson - Secretary
Heather Saquet- Treasurer

Our next meeting will be December 4 at 6:30 in the HMK staff room with coffee and childcare provided. Parents are always welcome to join.

REMINDER:

1. Please continue to drive with caution at all times, but especially when near the school. Traffic can be very busy, and we need everyone driving to have patience and be careful. With multiple people picking up or dropping off, including school busses, extreme caution is in order. Thank you for your ongoing attention to safe driving!
2. Please be mindful when posting pictures to social media. We know that parents sometimes take pictures of their children playing with their friends. As a parent you have the right to choose whether or not you post a picture of your child on your social media account such as Facebook or Instagram. Before posting, please make sure that no other children are in the picture, unless you have permission from that child's parent to post it. Thank you.
3. Please remember to check all labels before sending anything to school. It is important to check all labels for nuts and peanuts (school wide), as well as any specific allergens that may be in your child's class (eggs, sesame, legumes, green peas, sunflower seeds, fish, seafood, etc). With several life-threatening allergies in the school - and no way for kids to know who is allergic and who is not - it is important that we all do our part in keeping everyone safe!
4. If your child ever needs to miss school, please be sure to either message their teacher, or call the school office. It is extremely important that all children are accounted for each day, so letting us know is extremely helpful in doing this!



Storm Days and Weather Related Transportation Policy

In the case of hazardous weather, the transportation department may cancel bus transportation. This could happen overnight, in the morning before school starts, or during the day when kids are at school. Listen to CJ 97(Neepawa), 101 The Farm (Brandon), CKLQ 880 AM (Brandon), Star 94 (Brandon), Bob FM (96.1 Brandon), CBC 990/Radio 1, or CFRY (Portage) for notices regarding weather advisories, bus cancellations, and/or school closings. You can also check the divisional website for updated information at:

<http://www.beautifulplainssd.ca/>.

When busses are cancelled through the night, or before they have started their morning run, things are very straight forward – drivers notify parents and the busses do not run that day.

If, however, the weather worsens during the school day, to the point that conditions will not allow busses to run at 3:30, the school will go into “Storm Billet” mode and we will attempt to contact all bus parents to see what their wishes are for dismissal time. If we cannot get in touch with a parent, we will expect the child to go to the home of the designated storm billet on file. NOTE: if anyone other than a parent or storm billet is picking up a child, the school must be notified **by a parent** before the student will be released.

The day following a “Storm Billet” day also has some procedures to note. When busses get cancelled during the school day, they will not run the very next morning (e.g. if busses get cancelled during the day Tuesday, they would not run Wednesday morning). In this instance, even though busses did not run Wednesday morning, they would still make the trip home Wednesday afternoon (providing the storm has stopped, roads have been cleared, etc). The reason for this is that when busses get cancelled during the day, kids have “in town” storm billets, and thus would not need to take the bus the next morning. They would however still need to get home at the end of the next school day. Another benefit to not running the busses the next morning is that it provides additional time for the roads to get cleared before sending busses out on them again.

Please note that every year there are also concerns about students not being adequately dressed for winter travel. The Beautiful Plains policy manual states that students are expected to be “adequately clothed to cope safely with severe seasonal weather conditions”. In the event that a student persists in not being adequately dressed, transportation privileges may be denied (you can check the entire policy (E.E.B.) at <http://www.bpsd.mb.ca/PDF/EEB-Dress.pdf>). Students need to be prepared for the weather in the event of a stalled or stuck school bus in the middle of winter. We thank you for your ongoing cooperation.

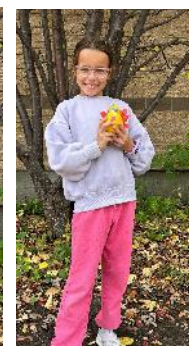
THANKS TO:

Classroom and library volunteers:

Francis McCarthy of FJ Building for donating mini Blizzard coupons for us to use for newsletter draws!!

Gracie Gamblin’s family for donating many pumpkins for carving in Mr. Pudlo’s class!

Lexi and Michelle Kostenchuk for donating mini pumpkins and gourds to Mrs. Hackewich's grade 3 classroom!



Meriam Virtudazo for the awesome Halloween display at the front of the school!!



Public Service

Neepawa Santa Parade of Lights Day events: Nov 25, 2023

- 2:00 – 4:00 pm: Roxy Theatre **free** movie matinee sponsored by Kinley Thomson Accountants
 - Santa hands out candy bags after movie
- 6:00 pm: Santa Parade of Lights starts at the Yellowhead Centre Neepawa - hosted by the Neepawa & District Chamber of Commerce



PARENT NIGHT

Let's talk about anxiety.

NOV 14TH



- ✓ signs of anxiety in your child
- ✓ concrete and usable strategies to manage anxiety
- ✓ How to work with your child's teacher

RSVP BY NOV. 13TH

Call 204-704-3000 or fill out the form on our website to reserve your spot

<http://neepawamiddleschool.weebly.com/>

Don't Yuck Someone Else's Yum!

When it comes to food and eating sometimes the most well meaning comments can have impact on how kids view themselves, their body image and how they feel about the foods they eat.

For kids, taste rules their food preferences. According to Sara Remmer , Registered Dietitian, "Many parents may feel like teaching nutrition needs to happen at mealtime and telling kids broccoli is good for you and that milk helps your bones grow will entice them to eat these foods, but studies show otherwise! In fact, kids have more negative views about foods that get labelled "healthy" or "good for you" (this food is "healthy" yuck!)." It's important to allow kids to explore foods on their own, without placing a value to them, or labelling them. Keep the conversation at mealtime about food as neutral as possible, instead chat about your day and enjoy the food you have prepared, focus on satisfaction of connecting and eating together.

Avoid commenting on what other people eat or don't eat. Sometimes food gets judged solely on its nutritional value. Instead, explore food with interest, example – “That smells good, what is it?” Encourage a balanced approach to eating by incorporating a variety of foods with many different tastes and textures.

Encourage kids to try different foods before they say they do not like it . Be patient, it can take up to 15 - 20 different introductions of a new food before developing a taste preference for them. Do not pressure kids to eat new foods – bribing or cheering them on, can have the opposite effect.

Find ways to involve kids in meal planning, shopping and cooking. Preparing your child's favourite meal may not be your favourite, but *don't yuck someone else's yum*, finding ways to practice these tips can help contribute to positive eating experiences and help your child develop a healthy relationship with all foods. Enjoy!

Source: [5 Common Nutrition and Feeding Myths \(sarahremmer.com\)](http://sarahremmer.com)

Written by

Sherrill-Lee Hyra

Health Promotion Coordinator

Prairie Mountain Health

Emily's Zippy Dip

Emily of Mississauga shares with us her favourite after school snack, which she loves because it's flavourful, creamy and smooth.

Here's a dip that can be in the fridge for snack time or used as a spread on sandwiches. Choose a spicy salsa for more zip or try other flavours of hummus like roasted garlic for a bigger kick of flavour.

Kids Recipe Challenge winning recipe – 1st place!

Category: After school snacks, grades 4-6

Preparation Time: 5 minutes

Makes: 1 cup (250 mL)

Serving size: 2 Tbsp (30 mL)

Ingredients

Hummus 1/2 cup (125 mL)

Salsa 1/2 cup (125 mL)

Low fat yogurt or low fat sour cream 2 Tbsp (30 mL)

Directions

1. In a bowl, stir together hummus, salsa and yogurt or sour cream until blended well.
2. Serve with raw vegetables, whole grain crackers, baked tortilla chips or baked pita chips.

TIPS

1. Cover and store dip in refrigerator for up to 2 days.

Nutrition Information per 2 Tbsp (30 mL):

Calories: 33 kcal

Carbohydrate: 4 g

Protein: 2 g

Sodium: 132 mg

Fat: 2 g

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NEEPAWA

FLU & COVID Vaccine Clinic

Add
Another
Layer of
Protection!



Friday, November 3 | 11:30 am - 6 pm

Appointment Required | No Walk-ins

Friday, November 17 | 11:30 am - 6 pm

Appointment Preferred | Walk-ins start at 1 pm

Yellowhead Centre | 175 Mountain Ave

Wednesday, November 8 | 9:30 am - 4 pm

Appointment Preferred | Walk-ins start at 11 am

Legion Hall | 425 Brown Ave.

**Book your
appointment**



Online: prairiemountainhealth.ca



Call: 1-844-626-8222

Eligibility:

- 6 months of age and up.
- Recommended to wait 6 months from last Covid-19 vaccine or Covid-19 infection.

Online Booking
&
Consent Form



Bring your Manitoba Health Card



Families New to Neepawa - Your Immunization Record Matters

This is to inform the families new to Neepawa that out of province or out of country immunizations are not automatically added to your record here in Manitoba. To do so, please submit a copy of your immunization records to Manitoba Health so they can be added to your immunization record. The province now has a central website for families to submit all their past vaccines given out of Manitoba or outside Canada by following this link. <https://forms.gov.mb.ca/immunization-update-request/>

To add or update an immunization record, you must provide:

- Your Manitoba Personal Health Information Number (PHIN).
 - If you don't have a PHIN, call Registration and Client Services at 204-786-7101 or Toll-free 1-800-392-1207

- An image of your official immunization record (for example, an immunization card or record from a physician's office) showing the details of the dose(s) you received.
- Your personal contact information
- Your personal health information, including your immunization record, is confidential and protected by law under The Personal Health Information Act.

In Manitoba, vaccines are publicly funded. This means vaccines are given free-of-charge to all Manitobans based on Manitoba's routine immunization schedules, immunization schedules for those not previously immunized, and Manitoba's eligibility criteria.

For questions, concerns, catch up vaccination appointments please contact Neepawa Public Health Office at 204-476-2341 ext. 409.

Mga Pamilyang Bago sa Neepawa - Mahalaga ang Iyong Talaan ng Pagbabakuna

Ito ay upang ipaalam sa mga pamilyang bago sa Neepawa na ang mga pagbabakuna sa labas ng probinsya o sa labas ng bansa ay hindi awtomatikong idinaragdag sa iyong talaan dito sa Manitoba. Upang magawa ito, mangyaring magsumite ng kopya ng iyong mga talaan ng pagbabakuna sa Manitoba Health upang ito'y maidagdag iyong talaan ng pagbabakuna.

Ang lalawigan ay mayroon na ngayong isang sentral na website para sa mga pamilya upang isumite ang lahat ng kanilang mga nakaraang bakuna na ibinigay sa labas ng Manitoba o sa labas ng Canada sa pamamagitan ng pagsunod sa link na ito. <https://forms.gov.mb.ca/immunization-update-request/>

Para magdagdag, magbago o magpa-update ng talaan ng pagbabakuna, dapat kang magbigay ng:

- Iyong Manitoba Personal Health Information Number (PHIN).
 - Kung wala kang PHIN, mangyaring tumawag sa Registration and Client Services sa 204-786-7101 o sa Toll-free 1-800-392-1207.
- Isang larawan ng iyong opisyal na talaan ng pagbabakuna (halimbawa, isang kard ng bakuna o talaan mula sa opisina ng isang manggagamot) na nagpapakita ng mga detalye ng (mga) dosis na iyong natanggap.
- Ang iyong personal na impormasyon sa pakikipag-ugnayan
- Ang iyong personal na impormasyon sa kalusugan, kabilang ang iyong talaan ng pagbabakuna, ay kumpidensyal at pinoprotektahan ng batas sa ilalim ng The Personal Health Information Act.

Sa Manitoba, ang mga bakuna ay pinondohan ng publiko. Ito ay nangangahulugan na ang mga bakuna ay binibigay ng libre sa lahat ng Manitobans batay sa routine immunization schedule ng Manitoba, mga iskedyul ng pagbabakuna para sa mga hindi pa nabakunahan, at mga pamantayan sa pagiging karapat-dapat ng Manitoba.

Para sa mga katanungan, alalahanin, catch up vaccination appointments, mangyaring makipag-ugnayan sa Neepawa Public Health Office sa 204-476-2341 ext. 409.

Canada Dental Benefit

Smile!
It is here.



For kids **under
12 years old**



For families
with an adjusted
net income
**under \$90,000
per year**



For those who
**don't have
access to
private dental
care insurance**

Find out more at Canada.ca/dental
or 1-800-715-8836



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November 7 to 25, 2023

Tuesdays and Thursdays | 6 to 9 p.m.

Saturdays | 9 a.m. to 3:30 p.m.

Neepawa and Area Immigrant Settlement Service

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For more information, visit assiniboine.net/ccs