

HAZEL M. KELLINGTON SCHOOL

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Newsletter #4

Dear Parents

December 4th, 2023

We hope that your first parent teacher conferences were helpful. These conferences are set up to provide a chance to check in on the academic and social progress that your child is making. It is also an opportunity to talk about next steps in their learning journey. Please know that we are available to talk or meet as needed between the scheduled parent-teacher times. With the next scheduled parent-teacher conferences not until March, please be sure to contact the school if you have questions or concerns!

At the school we talk to the students about many things, but trying your best, looking for ways to be helpful, and being kind, are three things that we try to maintain at all times through the school year. We want to share this language with all parents, as this may be helpful to use at home as well. Another recurring theme that we have at HMK that may be helpful at home is that the adults are in charge. We let all of our Cubs know that if any adult working at the school is speaking to them, we expect them to listen respectfully, and do as the adult tells them. At home, this can sometimes be helpful to remember, as our children often have ways that they are able to bend things into something other than what we as parents originally intended! We all know that children are experts at this – not necessarily because they are wanting to manipulate us, but because often what we as adults need to tell them is not what they are wanting to hear! There are many things that we must implement at home with our children that are not popular – a few that come to mind include going to bed early enough to get a good night's sleep, getting up in time to go to school, brushing their teeth, eating nutritious food, and many, many safety items. Naturally, children will balk at some of these things, but as the adult in charge, we need to be able to stick to what is right – even if our child is upset by this! We were all young once (for some of us, that was a lot longer ago than for others!!) and can remember being told to do things that we did not want to do. We would get mad, have a tantrum, get angry, cry – or maybe all of these at once!! The point is, children will naturally want to do what is fun and what is easy, whether it is helpful or not. It is up to the adults to set the boundaries that are going to give our children the best chance to thrive and grow, so that they can meet their full potential. As parents, we know that this means that our children may get upset, they may tell us that they don't love us anymore, and they may cry. These things happen, but we still need to do what is right, even if it means they cry or have a tantrum. A well known psychologist – Gordon Neufeld – describes the moment that a child realizes that they are not going to get their own way as the "wall of frustration". He says that this is a normal – and necessary – step in a child's development. Children NEED to know that their parents are in charge, and that they are going to make decisions that will keep them safe and allow them to grow – even if they may not like it at the time. We know that this is one of the hardest parts of being a parent, and we thank you for taking on this challenge. Your kids will also thank you – but maybe not right away! As they grow up knowing that trusted adults are in charge, it allows them to concentrate on doing the best that they can in all other areas!

IMPORTANT DATES

Monday, Dec 4 th	HMK Parent Council meeting at 6:30 in the HMK Staff Room
Thursday, Dec 7 th	CPC healthy lifestyle presentations
Wednesday, Dec 13 th	HMK Gala Evening at ArtsForward from 6:00 – 8:00 pm
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)
Wednesday, Jan 24 th	Val Caldwell presentations for gr 4 classes
February	I Love to Read Month Kindergarten Registration for 2024–25 school year
Feb 12 th and 13 th	NO CLASSES – Professional Development
Tuesday, Feb 14 th	Valentine's Day
Monday, Feb 19 th	NO SCHOOL – Louis Riel Day
Wednesday, Feb 28 th	Pink Shirt Day (Wear Pink to Stop Bullying)
Friday, March 1 st	NO CLASSES – Professional Development/Admin Day
Friday, March 8 th	Last hot dog day
Tuesday, March 12 th	Report cards sent home
March 13 th and 14 th	Parent teacher conferences from 4:00 – 6:00
Friday, March 15 th	NO CLASSES – Administration Day
Friday, March 22 nd	Last day before Spring Break
Monday, April 1 st	School starts after Spring Break (Day 6)

** Christmas Play

We are looking forward to this year's Christmas Plays which will include all grade 2 and 4 classes! Mr. Pudlo's grade 4 class will be doing their own class play, while the rest of the grade 2 and 4 students will be split into two casts, with each cast taking a day in December for their play. Here is how the grade 2 and 4 classes will be divided into Cast 1 and Cast 2:

Cast 1: 4 Farquhar, 4 Smith 2 Guillas, 2 Vinnell

Cast 2: 4 Rainka, 4 Salmon, 2 Funk, 2 Murray, 2 Papegnies

Cast 1 will perform on Dec 18th, while Cast 2 will perform on Dec 19th – later this month we will send performance times out for Cast 1 and 2, as well as for Mr. Pudlo's play. For Cast 1 and 2 we typically have a daytime performance for the school to watch, and an evening performance for friends and family to come to. Mr. Pudlo's play typically has two school based performances during the day, as well as one daytime performance just for friends and family to come to. This year at the door we will have a silver collection as well as a Food Hamper donation box. We are planning to donate all of the food as well as the monetary proceeds to the local Salvation Army!



HMK Staffing Updates

We have a few staffing updates to share with you. The first is that we have added a part-time EA to our staff (a few weeks back). We are pleased to let you know that Alleah Skibinsky-Verano is filling this new role, and we are excited to have Mrs. Skibinsky join the HMK Team! We also have a change happening in grade 1. Ms. Taylor is coming back from her maternity leave starting today (Dec 4), which means Ms. Colley's term position in grade 1 has wrapped up. We are excited to welcome Ms. Taylor back, and would like to thank Ms. Colley for the excellent work that she has done with our grade 1 kids! In fact, Ms. Colley did such a great job in grade 1, we have hired her as a grade 4 teacher starting in January. This is when Mrs. Smith will be going on maternity leave. We would like to wish Mrs. Smith all the best as she prepares for the arrival of her new baby in the New Year, and know that the grade 4 class will be in great hands with Ms. Colley!



Remembrance Day

HMK once again marked Remembrance Day with a special service on November 10th. All of the students and staff gathered in the gym for a somber yet meaningful service. There were readings, poems, videos and music. We were also very pleased to welcome Corporal Zachary Reynolds, an active soldier with the Winnipeg Fort Gary Horse Regiment in the Canadian Armed Forces, who drove out from Winnipeg to speak to our Cubs about his armed forces service and what Remembrance Day means to him. It was extra special having Corporal Reynolds come to HMK, as he is a former HMK Cub himself!



We would like to thank Corporal Reynolds for driving out and sharing his story, as well as Mrs. Chapman for reading "Why Wear a Poppy". Special thanks goes out to Mr. Freeman for organizing the entire service, and for also being the MC, HMK will remember!



Noon Skating

Noon skating got off to a great start! In the first three weeks we have had anywhere from 110 up to 156 kids each time!! Noon skating takes place every Wednesday and Thursday according to the schedule below, and will end in mid-March (please note there will not be noon skating during Christmas Holidays).

Day	11:40-12:40	12:10-1:10
Wednesday	Grade 4	Kindergarten and Grade 1
Thursday	Grade 2	Kindergarten and Grade 3



Even though we have had a tremendous turnout thus far, there are still children wanting to skate who do not have skates and/or a helmet. If you happen to have some skates or helmets (hockey, bicycle, or ski helmets all work) that you are not using, please consider donating them to the school. We will definitely put them to good use – thank you!!

A big thank you also goes out to all of the staff members, parents and Neepawa Titans who come to help out with our noon skating program – your help is greatly appreciated!



Social Emotional Learning at HMK

We are pleased to once again welcome our divisional Mental Health Facilitator, Tess Lelond, as she continues to work with our grade 3 Cubs in the area of social emotional learning (SEL). SEL is an extremely important topic, and Ms. Lelond does a wonderful job of talking to the grade 3 children in a way that they can relate to. They talk about feelings and emotions, and learn how they can deal with their big emotions. This year we are excited that Ms. Lelond is also doing a follow up session with all of our grade 4 classes, as they went through the SEL program with her last year!



REMINDERS:

1. Please contact your child's teacher (or the school office) by 9:00 am if your child will be away for any reason. Your ongoing cooperation with this is greatly appreciated!
2. Please call the school office before 3:00 pm if there is a change in your child's end-of-day plan. **DO NOT** message the teacher during the day and expect that they will see your change in plans!!
3. As the cold weather sets in, it will be extremely important that kids are dressed properly to play outside at recess times. Please note that we will be having our recesses outside unless the wind-chill temperature reaches -30°C or colder. Please be sure that your children are warmly dressed – snow boots, ski pants, toque, mitts, parka, and neck warmer are all encouraged. Please also be sure that your child is able to put on and take off their winter clothing independently! With multiple recesses in a day, confidently being able to manage one's own winter clothing is extremely important! We also from time to time have parents

asking if their child can stay inside at recess – often because they are not feeling well. This is not generally something that we allow, unless there are some kind of extenuating circumstances that have been approved by the principal or vice-principal. Our general feeling is that if a child is well enough to be in school, they are well enough to go out for recess. If you have any questions about this, please be sure to call the office!

4. We are asking parents to talk to children about the ice on rivers and lakes. We have not had enough cold weather to freeze the ice thick enough for people to confidently be on it. Please make sure you teach your children how dangerous it would be to go out on the ice at this time, as it could lead to serious injury, or even loss of life. Please talk with them about staying off the ice, and set clear boundaries for them regarding where they are allowed to go when playing outside.
5. We would like to continue to remind everyone to drive safely, especially around the school at drop-off and pickup times. These continue to be very busy times, and it is crucial that all drivers be patient, and place safety ahead of getting somewhere quickly. The places that most need attention are at the corners where our adult crossing guards are crossing kids, as well as the actual drop-off/pickup area on 2nd Ave in front of the school. As much as possible we would like to see cars heading south on 2nd Ave, so that children are not expected to cross an extremely busy street. If you are heading north on 2nd, please pull your vehicle over, put it in park, and help your children get across the street. Thank you for your ongoing help in keeping everyone safe!
6. Please remember to check all labels before sending any food item 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!



HMK Gallery Opening

Wednesday, December 13

6:00 - 8:00pm

ArtsForward



ArtsForward has gathered artwork from HMK to hang in our main gallery in December!

We are hosting a gala evening for parents and the public to come and see their masterpieces!

Live music by Selke School of Music



THANKS TO:

Classroom and library volunteers: Sheena Johnson

Public Service



NEEPAWA
FLU & COVID Vaccine Clinic


Add Another Layer of Protection!


Friday, December 15 | 10 am - 4 pm

Appointment Preferred | Walk-ins accepted

Neepawa United Church - 475 Mountain 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





Food, Family and Traditions

Written by: Sherrill-Lee Hyra, Prairie Mountain Health, Health Promotion Coordinator

Food is part of celebrations across the globe. Regardless of culture or religion food is part of our cultural identity and has a way to strengthen bonds within our own families and our community, helping us to connect with one another.

To celebrate the diversity of our community, bring awareness to the importance of food celebrations and family traditions in our lives, the Neepawa Eats Healthy Committee encourages you to take time this holiday season to enjoy a family meal together, involve family member's in the preparation of a family meal this holiday season and discuss why eating with others is important.

Here are some discussion questions you may want to explore over the winter holiday break with your child:

- *What are our family favourite foods?*
- *What family mealtime or food traditions do we have to help celebrate special occasions? (Christmas? Birthdays? Weddings?)*
- *What is the role of food in families and their traditions?*
- *Is there a new meal time tradition that we could create in our family? If so what would it be?*

The best part of any holiday is enjoying the opportunity to connect with family and friends. If you feel some of the holiday traditions need a refresh, reimagine the holiday with a new tradition and enjoy!!

Here is a tasty recipe to try this holiday season!

Texas Caviar

Brine:

1/2c sugar
½ tsp garlic powder
½ tsp cayenne pepper
1/2c oil
3/4c vinegar

Vegetables- 1 yellow pepper, 1 red pepper, 1 orange pepper, 1c celery, 1/4 of a 4oz jar of jalapenos (chopped)
1 can corn
1 can black beans
1 can chickpeas

Directions:

- 1) Make brine- add sugar, garlic powder, cayenne pepper, oil & vinegar in sauce pot; bring to a boil & cool
 - 2) Finely chop vegetables & add these to the brine along with the 1 can corn, 1 can black beans & 1 can chick peas.
 - 3) Stir all together & refrigerate overnight.
- Serve with taco chips, over rice or place filling into a lettuce leaf and enjoy!

