

# HAZEL M. KELLINGTON SCHOOL

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Dear Parents

## Newsletter #5

February 1<sup>st</sup>, 2024

With the end of January upon us, it marks the midway point of the school year. We hope that the first half of the year has gone well for you and your child, as this first part of the school year is very important in setting the stage for the bigger learning that is ahead! We all want to do our best to support our children as they continue on their learning journey! As parents, some of the more straightforward ways we can do this is to set and keep routines and schedules that will help our children to do their best. Some examples of this include setting an early, regular bedtime, ensuring that your child is getting proper nutrition, and keeping them physically active. These kinds of routines will ensure that your child's physical needs are being met so they can grow and learn. In addition to these physical needs, it is also critically important that parents make time to talk with children - and listen to them - so that they feel safe, heard, and loved!

As we continue to support our children in positive ways that encourage their ongoing growth and development, we also want to make sure that they are getting the chance to play and interact with other children. This will help with their social development. Playing outside is something that we continue to encourage for all children. Having three recesses per day outside allows us to see how much children benefit from this kind of play, as it gives them the chance to be physically active, creative, and social. We hear many children talking about their devices, video games or gadgets, and we encourage all parents to think about the purpose that these serve, as well as how much you want your child to be using them. Although devices and games are extremely sought after by children, it is up to us as the trusted adults in their life to set boundaries that are in their best interests based on their age and social development. Many studies are being done on screen time and the effect that screen time has on brain development. We understand that devices can quiet children who are upset or overwhelmed, but it is important that these do not become a replacement for interaction with the people around them. For the most part, devices are nothing more than entertainment **which needs to be monitored by adults**. More and more children are telling us stories about their life online - things like YouTube, Tik Tok and video games. We know that children this young are not always aware of the potential dangers that the online world can pose. Although we may not like to think about the possibility of dangers online, the fact is that predators are out there, and they are actively looking for children who are vulnerable and unsupervised. Please make sure you are talking to your children about things they are seeing or experiencing online, and that you are monitoring your child's online activity. Children need to know what to do if something shows up online that they do not want to see, and they also need to know that it is not their fault when these things show up. Our recent presenter, Val Caldwell, gave many frightening examples of children's online activity, and how vulnerable children are if they are not given guidelines and limits by the trusted adults in their lives. Get to know the websites, apps and games that your children are using. Learn about the privacy settings for each, and communicate with your child about what is OK and what is not. And the biggest message that Ms. Caldwell had for parents was to keep all gadgets out of children's bedrooms. There is no need for children to have a device in their bedroom through the night. We know that this may take some adjusting for some families, but it is an adjustment that is clearly in your child's best interest. If you have questions about any of this, please be sure to let us know!

## IMPORTANT DATES

February	I Love to Read Month
Monday, Feb 5 <sup>th</sup>	Parent Council Meeting at 6:30 pm in HMK staff room
February 5 <sup>th</sup> – 9 <sup>th</sup>	Kindergarten Registration for 2024-25 school year
Friday, Feb 9 <sup>th</sup>	Cozy Cub Day (Wear Cubs clothing or colours!)
February 12 <sup>th</sup> and 13 <sup>th</sup>	NO CLASSES – Treaty Relations training
Wednesday, Feb 14 <sup>th</sup>	Valentine's Day Dress for Love Day (Wear pink or red!)
Thursday, Feb 15 <sup>th</sup>	100 <sup>th</sup> Day of School
Monday, Feb 19 <sup>th</sup>	NO SCHOOL – Louis Riel Day
Friday, Feb 23 <sup>rd</sup>	Cuddle Up and Read Day (PJ Day!)
Monday, Feb 26 <sup>th</sup>	MTYP presentation of Snow White for gr 2 - 4
Wednesday, Feb 28 <sup>th</sup>	Pink Shirt Day (Wear Pink to Stop Bullying)
Thursday, Feb 29 <sup>th</sup>	Wrap-up assembly for I Love to Read Month
Friday, March 1 <sup>st</sup>	NO CLASSES – PD/admin day
Monday, Mar 4 <sup>th</sup>	Block 6 Reading Groups Start
Friday, March 8 <sup>th</sup>	Last hot dog day (BBQ hotdogs!)
Tuesday, March 12 <sup>th</sup>	Report cards sent home
March 13 <sup>th</sup> and 14 <sup>th</sup>	Parent teacher conferences from 4:00 – 6:00
Friday, March 15 <sup>th</sup>	NO CLASSES – Administration Day
Friday, March 22 <sup>nd</sup>	Last day before Spring Break
Monday, April 1 <sup>st</sup>	School starts after Spring Break (Day 6)
Wednesday, April 24 <sup>th</sup>	Secretary's Day

### Internet Safety and Social Media Awareness

As mentioned on page 1 of the newsletter, we were fortunate to have Val Caldwell give a parent presentation on Monday evening, and then work with our grade 4 students all day Tuesday!! The topics were internet safety and social media awareness, which are very applicable for both parents and students! Ms. Caldwell spoke to parents about several things, and gave many examples and anecdotes – some off which were heartbreaking – to emphasize the importance of doing what we can to help our kids be safe online. Her two biggest hopes for parents, are that parents set boundaries WITH their children such as keeping phones out of kids bedrooms, and that parents keep talking with children about what they are experiencing online, knowing that we all see things online that we are not expecting. On Tuesday Ms. Caldwell did presentations in each of our grade 4 classrooms. The children were very engaged with these presentations, and came away with a lot of valuable information and strategies to help keep them safe when online. We would like to thank Ms. Caldwell for coming to Neepawa to help us all learn a little more about how to more safely navigate the online world, and look forward to bringing her back next year!!



## Cultural Wheel Presentations

This month we were pleased to be able to host Ian Porteous for four days of the Cultural Wheel program. Ian worked with all of our grade 1-4 classes over the four days he was here, and had a wind-up celebration assembly at the end of each two day segment. Ian had his fiddle out and incorporated music, singing, and dance along with storytelling and teachings. The kids enjoyed their time with Ian, as was evident by the smiles on their faces as they performed at the assemblies! We would like to thank Ian for working with our Cubs, and for teaching them these wonderful dances and stories!! Special thanks also goes out to Ms. Reeves for helping during all of the sessions, and for dancing with the kids!!



## Noon Skating

Our noon skating program continues to run on Wednesdays and Thursdays until February 28<sup>th</sup> and 29<sup>th</sup> (note that this is earlier than previously announced). We appreciate the ongoing support of parents, staff and the Neepawa Titans hockey club! There are a couple of tips about skates and skating that we would like to pass along:

- People should NOT wear their skates on concrete or cement without skate guards. Things like concrete, cement, and rocks are very hard on skate blades, and will cause them to dull quickly. When skates get dull, the edges do not allow a person the same ability to push, turn, or stop.
- Skates should occasionally be taken to be sharpened. In Neepawa, this is most often done at the Yellowhead Centre (Ed's skate sharpening) for \$5.00 per pair.
- If your child needs your help on the ice, please make sure that your boots are wiped off very well. As mentioned above, gravel and stones are very hard on skate blades, but the biggest problem with outside shoes being on the ice is when road salt gets onto the ice. This causes the ice to melt in places, and can be very hard to repair.



## I Love to Read Month

February is I Love to Read Month! HMK students will be celebrating all month long by doing different literacy activities. Our school will be having D.E.A.R (Drop Everything and Read!) times throughout the month, as well as other special events and activities. Some of the special days for I Love to Read Month include:

- February 7<sup>th</sup> – World Read Aloud Day
- February 9<sup>th</sup> – Cozy Cub Day (wear Cub clothing or Cub colours)
- February 14<sup>th</sup> – Dress for love (wear something pink or red)
- February 23<sup>rd</sup> – Cuddle Up and Read (wear PJs)
- February 28<sup>th</sup> – Wear Pink to Stop Bullying
- February 29<sup>th</sup> – Special Zoom assembly to wrap up I Love to Read month!



## Reminders

When dropping kids off in the morning, or picking them up after school, please be extremely careful as this is a very busy time of day. If children need to cross the street getting to and from a vehicle, we recommend that an adult **WALK THEM** across the street. Children sometimes are impulsive and will rush out without properly looking. Please help us to keep all of the children safe around vehicles – thank you!

If your child happens to be arriving after 8:55 am, please make sure they know to come to the main office doors on 2<sup>nd</sup> Ave, where they can ring the doorbell and be let in. If you are dropping them off, please make sure you watch to see that they get into the school before driving away. Outside doors will normally be locked at 8:55 am.

## SPECIAL THANKS TO:

Classroom and library volunteers: **Sheena Johnson**

Everyone who has recently donated things to the school: **Lisa Mitch** (mitts/neck warmer); **Joanne Nelson** (mitts); **Glenda Swiscoski** (mitts); **Karla Hackewich** (mitts/ski pants); **Brenda Nelson** (lunch supplies); **Salvation Army** (lunch supplies); **Heather Saquet** (winter clothes); **Maureen Sneddon** (homemade jam); **NACI Tigers hockey team** (free game tickets); **Marsha Pollock** (shoes)

**Parents, Staff and the Neepawa Titans** who come out each week to help tie skates and supervise the noon skating program! We couldn't run this program without you!!

## PUBLIC SERVICE



**Community Volunteer Income Tax Program (CVITP)**  
Need a hand with your taxes?  
See if you qualify for this **FREE** program

**Can I get my income tax done through this FREE program?**  
Yes... if you are one of the following listed below:

- ▶ One person with income under \$35,000
- ▶ Two persons with income under \$45,000
- ▶ Three persons with income under \$47,500 plus add \$2,500 for each additional dependent

**When should this program NOT be used?**  
When there is income from:  
A business | farming | rental property | capital gains or if someone is bankrupt or deceased.




**When and where can I drop off my information?**


NEEPAWA HAND Office/Service for Seniors	NEEPAWA Public Library
430 Brown Ave.   Neepawa, MB	280 Davidson St   Neepawa, MB
Mon - Fri: 8:30 am to Noon	Mon - Fri: 10 am to 5:30 pm
Drop Off: March 6 to April 30	Drop Off: March 6 to April 30

(ONLY for Seniors or Person with Disabilities)

**What do I bring?**  
T3, T4, T4a, T5, T5007 forms  
**Receipts for:** daycare expenses, charitable donations, rent, tuition, medical expenses (not paid by insurance company.)  
If you can not reach/access the site(s) please contact 204-578-4800 or email BTurner2@pmh-mb.ca to discuss other options.

This program is approved by Canada Revenue Agency (CRA), Coordinated by Prairie Mountain Health and ran by CRA trained community volunteers.



**Kindergarten Registration**  
**for the 2024 Fall Term**

will be held during the *regular school hours* at the following schools:

Hazel M. Kellington (Neepawa)	February 5, 6, 7, 8 & 9 All Day
J. M. Young (Eden)	Feb 6 & 7 (Tues & Wed) Mornings only
Brookdale	Feb 8 (Thurs) Afternoon only
R. J. Waugh (Carberry)	Feb 8 & 9 (Thurs & Fri) 9:00 a.m. to 3:00 p.m.

**Please register at your school**

- To be eligible for Kindergarten, a child must be five years of age on or before December 31, 2024.
- A copy of your child's birth certificate is required for their school file.
- For Newcomer Families, copies of your child's passport and residency documentation are also required. If further assistance is needed you may contact Neepawa Settlement Services 204-476-2055.



**Pagpaparehistro ng Kindergarten**  
**para sa 2024 Fall Term**

Gaganapin sa mga regular na oras sa mga sumusunod na paaralan:

Hazel M. Kellington (Neepawa)	February 5, 6, 7, 8 & 9 All Day
J. M. Young (Eden)	Feb 6 & 7 (Tues & Wed) Mornings only
Brookdale	Feb 8 (Thurs) Afternoon only
R. J. Waugh (Carberry)	Feb 8 & 9 (Thurs & Fri) 9:00 a.m. to 3:00 p.m.

***Mangyaring magpaparehistro sa inyong malapit na paaralan***

- Upang matanggap sa Kindergarten, ang bata ay dapat limang taong gulang na sa ika-31 ng Disyembre o bago mag Disyembre.
- Ang kopya ng birth certificate ng bata ay kailangan para sa file ng paaralan.
- Sa mga Bagong Dating na Pamilya, ang kopya ng passport at residency documentation ay kailangan. Para sa karagdagang gabay, tumawag lamang sa Neepawa Settlement Services, sa 204-476-2055.



## Dish Time Dilemma? We Have Got You Covered!

I noticed you hate doing dishes. I hate doing dishes too...



your eCards  
someecards.com

Why not make a meal that requires only one dish? With only one dish to wash, you might even get the kids to stop fighting over whose turn it is next to wash the dishes! 😊

“One dish to make a delicious meal, how can that be?” you ask. You probably already have this in your cupboard, it’s a sheet pan also known as a cookie sheet.

There are so many recipes that can be made with this one pan. This month try the quick and easy **Meal in 30 Recipe** that the Neepawa Eats Healthy committee has selected as their February **Recipe of the Month - Sheet Pan Gnocchi!**

This recipe can also be easily modified with ingredients that you and your family love.

Substitute brussel sprouts for the tomatoes! Don’t like peppers? Try mushrooms, carrots, green beans or corn! If you try the recipe at home, be sure to scan the recipe’s QR code to tell us how you liked it and you will be entered for the \$25 gift card draw. If you jazzed it up with your own special touches don’t forget to share your ideas and photos. Happy cooking!

To learn more about this community healthy eating initiative in Neepawa, Don’t forget to follow us on Facebook and Instagram @neepwa.eats.healthy

## Sheet Pan Gnocchi with Sausage

Total time: 35 minutes  
Prep time: 10 minutes  
Cook time: 25 minutes  
Serves: 6



### INGREDIENTS

- 1 - 700g package of classic potato gnocchi
- 1 purple onion, chopped
- 1 clove garlic, minced
- 2 cups bell peppers, chopped
- 1 1/2 cups grape tomatoes, cut in half
- 2 Tbsp oil
- 1/4 tsp seasoning salt
- 1/4 tsp pepper
- 4 large sausages, casing removed
- 2 Tbsp fresh basil (2 tsp dried)



Let us know how you liked the recipe to be entered to win a grocery prize pack.

### DIRECTIONS



1 Preheat oven to 425 F. Chop onions, peppers, tomatoes and garlic.



2 Spread the uncooked gnocchi out on baking sheet. Add the onions, peppers, tomatoes and garlic.



3 Drizzle with oil. Season with salt and pepper and mix all together.



4 Add the sausage in small pieces all around the pan.



5 Bake for 25 minutes. Remove from oven.



6 Sprinkle with fresh basil and parmesan cheese and enjoy!