

HAZEL M. KELLINGTON SCHOOL

Allen Hanke
Principal

BOX 696
NEEPAWA, MB
R0J 1H0

Scott Freeman
Vice-Principal

www.hazelmkellington.weebly.com

(204) 476-2323

Dear Parents

Newsletter #7

February 29th, 2024

As February draws to a close, HMK is focused on the upcoming report cards and parent teacher conferences. Teachers have been busy assessing students and are writing report cards that will go home on March 12th. Parent-teacher conferences are scheduled for March 13th and 14th, although some teachers will open conference times on other days in order to fit everyone in. You may be wondering why you have not yet received a sheet allowing you to indicate your preferred conference times? These sheets are not being sent out this term, as we are moving to an online scheduling program called "School Interviews". Tomorrow (Friday, March 1st) starting at 12:00 noon, you will be able to click this link which will take you to the HMK March "School Interviews" website: <https://schoolinterviews.ca/code/5hsar>. (Alternately, you can go to the "School Interviews" main website and input the HMK event code for our March conferences which is 5hsar). You will need to input the information required on the screen and click "Go". You then choose your child's teacher and click "Go", which takes you to the screen showing the available conference times that are left. Choose the time that best suits you, and that is it! You should get a confirmation email right away letting you know that your booking was successful (this also shows the time you chose in case you forget!). Bookings will be open until March 7th. After March 7th you will need to communicate with either the classroom teacher or the office to book a time that is available.

We hope that this new booking system will make booking your appointments simpler! There will be less paper involved, and hopefully you will be able to coordinate appointment times easier if you have more than one child in school. As always, we look forward to hearing your feedback on this new system. If you have comments, concerns, or suggestions, please contact the school office and ask to speak to either Mr. Hanke or Mr. Freeman. Your feedback is very much appreciated!!

Please note that it is very important to arrive a few minutes before your scheduled conference time, as well as to wrap up at the scheduled end time. Everyone's time is important, and we need to respect the fact that other families are waiting for their scheduled time as well! Thank you for your help in making parent teacher conference days run smoothly. We hope that you find these conversations with teachers meaningful as your child continues to grow and develop throughout the year!

IMPORTANT DATES

Friday, March 1 st	NO CLASSES - PD/Administration day
Friday, March 8 th	Last hot dog day of the year
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)
April 1 st – 3 rd	Pre-kindergarten screening for incoming Kindergarten students (DIAL)
Thursday, April 11 th	Incoming Kindergarten Parent Meeting at 6:30 pm (tentative)
Monday, April 15 th	Parent Council Meeting at 6:30 pm in HMK staff room
Wednesday, April 24 th	Secretary's Day
Wednesday, May 8 th	MTYP presentation of Snow White for gr 2 - 4
May 13 th and 14 th	Spring Play for Kindergarten, Grade 1 and Grade 3
Monday, May 20 th	NO SCHOOL – Victoria Day

Oak Hammock Marsh Mobile Presentations

This month each of our grade 3 and 4 classes participated in virtual sessions provided by Oak Hammock Marsh. The sessions included learning about what bats eat, pollinators, and creatures of the night! The sessions were well done and the children got to learn some interesting things! We would like to thank the Whitemud Watershed Conservation District for sponsoring these sessions – they were greatly appreciated!!



Special Grade 4 Performance!

This month we were thrilled to have Gracie and Bentley perform for our grade 4 classes!! They performed two songs – drumming and singing – and talked about each of the songs. The grade 4 students had lots of great questions for the girls, which led to lots of learning! Thank you Gracie and Bentley!!



Noon Skating

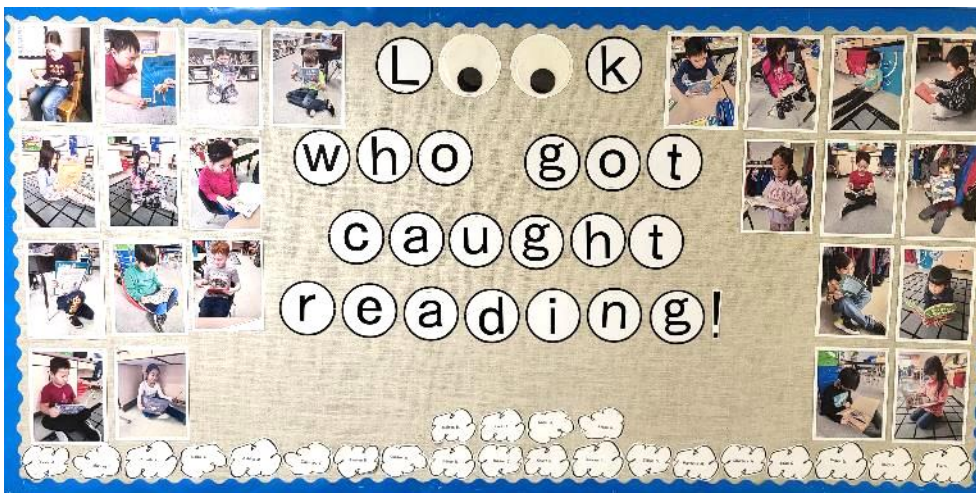
Our noon skating program wrapped up this past week – there will be no more noon skating for the rest of the school year. We would like to thank everyone who helped make the noon skating program such a huge success again this year! There are teachers who volunteer their lunch hours to help supervise and tie skates, the Neepawa Titans hockey team who help with tying skates as their schedule allows, parents who make sure kids have skates and helmets and who come to tie skates and help children on the ice, Beautiful Plains School Division for providing a bus to take us back and forth and allowing our noon skating program to take place, and the Yellowhead Staff who welcome us into the facility each time and clean up after we leave! Our noon skating program would not be as successful without all of these people helping out – THANK YOU!!

With noon skating now over, we wanted to remind parents to return any borrowed skates or helmets as soon as you are finished using them. There may still be some opportunities to skate – either at the Yellowhead or down at the flats, so please continue using the equipment until the skating season is over. Once the ice is gone, please remember to return skates and helmets that were borrowed so we can store them and have them ready for someone else to use next year!



I Love to Read Month

February has been I Love to Read month, and there were many reading-based special activities throughout the month! There were weekly DEAR times (Drop Everything And Read), special guest readers, creating a school wide puzzle, and special dress up days. We would like to thank our I Love to Read Committee for setting up all of these great activities throughout the month!



Treaty Relations Education

This past month our school division had Treaty Relations training for all Beautiful Plains employees. Our EAs, secretaries, bus drivers, custodians and support staff attended one day of training, while teachers were there for two days of training. There was much learning during the training sessions, learning that as staff, many of us did not receive when we went to school. Learning about Treaties and Treaty Relations is important work; work that we intend to continue with at HMK as we move forward. There are many dark moments in Canada's history, and we hope that by teaching about the treaties, we can help children better understand these important agreements as we all continue to work towards creating a society that values every single person, regardless of their background, race, skin colour, level of prosperity, gender, religion, or sexual orientation.

100 Day

Every year students and teachers celebrate the 100th day of school! The day is marked by having several activities utilizing 100 objects. It is a fun way to celebrate a big number, and the children absolutely love it! 100 day also is a reminder that we are over half way through the school year!!

Wear Pink to Stop Bullying

February 28th was national "Wear Pink to Stop Bullying" Day. Each year in February there is a day set aside where people are encouraged to wear pink to show their support for putting an end to bullying type behaviour. At HMK we encourage kindness every single day. Unfortunately, we do know that there are times when mean or unkind things happen. When these things do happen, we work with children, talking about the choice that they made, and encouraging them to think about what a better choice would be in that situation next time. We also ask children what they can do to try to make things a little better for the person they were unkind to.



If you feel that your child is being targeted by another student and they need some help dealing with it, please be sure to let the school know. We will work with you on a plan to help your child so that they feel better about coming to school, knowing that they will be safe. We take this very seriously, and will do our best to help as needed.

Tech Tips for Parents from Val Caldwell

The online world can be a complicated place to navigate for kids and adults with so many sites, apps, and games available. It is important to know all the apps and games younger kids are accessing and familiarize yourself with how they work. I always say, if your child is on a social media site or app, you should be on there too. Adults should be aware of the playground their child is playing in, both virtual and real-world spaces

I want to make parents/caregivers aware of a feature on Snapchat called Family Center. Family Center helps parents have a view of who their kids are friends with on Snapchat, and who they have been communicating with, while still respecting their privacy and autonomy as you are not able to open and view snaps. To set this up open Snapchat, click on the search found on the top left corner and type in Family Center. You will find step by step instructions to set it up. Have a conversation with your children about the importance of keeping them safe and explain to them that using this feature allows you to monitor the environment to ensure it is safe. It is not about power and control, it is about safety.

Also, Snapchat is now on the web! Kids do not need to download the app to use Snapchat.

You just need a Chrome browser (slight differences in other browsers)

- 1) go to web.snapchat.com
- 2) click 3 dots in upper right corner
- 3) select desktop site
- 4) log in to Snapchat

Please remember that the legal age to have accounts on Snapchat, Instagram, Facebook, Discord, TikTok and X is 13. I know that kids younger and younger are accessing sites and apps and they can feel “left out” if they are not using what their friends are. However, parenting is value based and it is up to each parent to decide what they are comfortable with. The key is to have open dialogue with kids and explain the why or why not behind decisions rather than simply saying “because I said so.”

(Val Caldwell specializes in Internet and Social Media Awareness for students and parents, and recently visited HMK sharing information with parents and students!)



SPECIAL THANKS TO:

Classroom and library volunteers: **Sheena Johnson**,

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!!

Brenda Nelson for donating warm winter clothing!

The Neepawa Titans for coming in to read to our Cubs!



Neepawa Minor Baseball Softball: Registration Now OPEN

Baseball	Softball
Register @	Register @
https://www.rampregistrations.com/baseballmanitoba/	https://www.rampregistrations.com/softballmanitoba/

Rally Caps ages 4-7 (Coed) Mondays U9-Grand Slam Monday & Wednesday U11 Tuesday & Thursday U13 Monday & Wednesday U15 Tuesday & Thursday U18 TBD	U9 (ages 7-9) Tuesday & Thursday U11 Tuesday & Thursday U13 Monday & Wednesday U15 Tuesday & Thursday U17 Tuesday & Thursday
---	--



***Games are not limited to the days above**

Questions? Email: neepawaminorball@gmail.com
Website: <https://neepawaminorball.wixsite.com/home>
Facebook: Neepawa Minor Baseball Softball

Two Kinds of Kidneys

What do you think of when you hear the word “kidney”???

Most people think of either the beans we eat or the kidneys in our bodies- both are very interesting and important.

Today, let's talk about your kidneys. Most people have two kidneys. You can live with only one, but two are better! Each kidney is about 13 cm long and eight cm wide, or about the same size as a computer mouse.

COOL FACT: your kidneys filter your blood up to 25 times a day. This is about 140 liters, the same as 35 four-litre jugs of milk.



The kidneys not only take waste out of your blood but they also balance the fluids/minerals in your body and make hormones that tell your body to make red blood cells. Without your kidneys you would not be able to get rid of fluid. You need your kidney's help to stay healthy

which means that YOU need to help your kidneys stay functioning at their best. Here are some tips for good kidney health:

Here are Some Tips for Good Kidney Health:

- Drink enough water every day (6-8 cups per day)
- Fill your water bottle instead of drinking pop or sugary drinks
- Participate in daily activities (walking, bike ride, skating)
- Reduce the amount of sugar and salt in your food

Want to learn more about your kidneys? Visit <https://kidshealth.org/en/kids/kidneys.html>

Are you looking to cook some tasty kidney beans? Check out these recipes or create your own recipe.

<https://www.lovecanadianbeans.ca/recipes>

<https://www.eatingwell.com/gallery/8034130/recipes-with-a-can-of-kidney-beans/>