



Manning Elementary School

LEARNING TOGETHER, SUCCEEDING TOGETHER...

April 27, 2021

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Focus on Wellness!



This newsletter is brought to you by the sixth grade class!

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Skating

By: Charlie

For the months of February and March the grade six class went skating for gym class every Friday. We booked the arena for an hour skated with tennis balls, bean bags and pucks. It was optional to skate with the bars. With bars you could drift, hit pucks or learn how to skate. Some of the games we played were What time is it Mr. Wolf?, Red Light, Green Light and TIKTOK Dance Off. The grade 6 class went skating for fun and exercise.



Spring

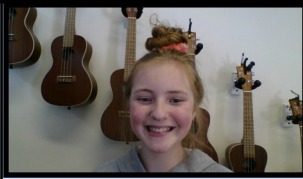
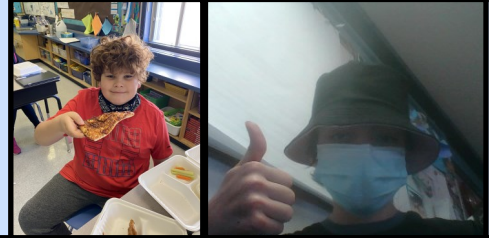
By: Ky

This month the entire school got a Spring Break starting on April 1 and ending on April 11. Excitingly I did lots of stuff during Spring Break. I had my birthday and I also celebrated Easter with my family. Most of the stuff I did was at my house. I probably could have gone somewhere else more exciting if it wasn't for Covid. This happened because the school, students and teachers needed a break from all the learning. It also happened because everyone was celebrating Easter. Easter wouldn't be fun if school was on the same day. I had lots of fun opening my gifts and building my lego. I enjoyed spring break while it lasted.

Free Hot Lunch

By: Ethan

Yummy in my tummy! Students and staff at MES are so lucky to be getting two free hot lunches this month. Peace River School Division was given a nutrition grant from the province. The money was allocated to each school within the division. Manning Elementary has chosen to provide free lunch for students and staff! This month we are getting warm yummy pizza from Mugs and Dough and chicken alfredo from Andy & Sharmon Peterson. Thank you for filling our tummies!



Top 10 List

By: Ryleigh

These are the Grade Sixes' top ten websites to use while listening to an audio book.
10. <https://www.koalastothemax.com/> This fun colouring game is super cool!

9. <https://thisissand.com/> SAND!! This is sand is such a satisfying and fun game to play. You can make wallpapers and pictures!

8. <https://classic.minecraft.net/> MINECRAFT!! This is a free version of minecraft! The controls are a bit different, but you do get used to it!

7. <http://ihasabucket.com/> I HAS A BUCKET!! This funny website is one of the best things I have ever seen!

6. <https://www.coolmathgames.com/0-run-3> RUN 3!! This game can get on your nerves, but, it is still really fun and challenging.

5. <https://www.bouncingdvdlogo.com/> DVD LOGOS!! This is quite a useless website, but it is actually really fun and cool to watch!

4. <https://kizi.com/games/motorbike-simulator> MOTORBIKES!! This is a great game for all the motorcycle lovers out there!

3. <http://weavesilk.com/> WEAVE SILK!! This is the most calming and colorful game I have ever played!

2. <https://paper-io.com/> PAPER.IO!! This game is a great way to play a game when you are listening to your book!

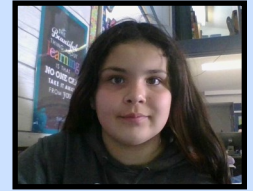
AND FINALLY.....

<https://shellshock.io/> SHELL SHOCKERS! This is the best game ever! Every morning before the first bell, the Grade Six class plays it, and it is so much fun!

Grade One Assembly

By: Savanna

On March 31 there was the grade one virtual assembly and they were adorable! We were so surprised that they could do O Canada in sign language so well. During the assembly they told us what they want to be when they grow up. The grade ones recorded their assembly all over the school, even by the office and the grade six door! Good job grade ones! The grade ones also gave the grade fives awards because they are awesome!



How-to Dominate Dodgeball in Grade 6

By: Wesley

- Don't stay at the back unless you are grabbing a ball, trying to catch it or running away from Charlie!
- If you stay at the back then you aren't dominating!
- You want be at the green or black line in order to catch people by surprise.
- Now when you are trying to catch a ball you don't want to be overly confident and go for balls you can't catch.
- Avoid catching balls that are too fast because it will bounce off your body ... unless you get lucky with a firm grip!
- Now on to shooting: whip the ball at someone at the right time to get them! Aim for the legs unless you can't, then aim for their body. You want to aim for legs because it is easier and they can't dodge the ball as well.
- And that, friends, is how to dominate dodgeball in grade six!



Earth Day Spirit Day

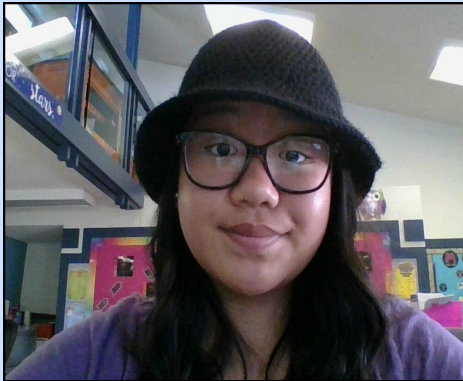
By: Caidance

Why do we have Earth Day? We have Earth Day because it serves as a reminder about how sensitive our Earth is. On April 22nd we had a Earth Day Spirit Day! We came to school looking earthy by wearing, blue, brown and green. Earth Day is a special day because we are helping our Earth. We need our Earth so try not to litter! We should have Earth Day every day. We need to appreciate our Earth more. Stay safe! Have a lovely day!



April Fool's History

By: Abby



What is April Fool's Day? April Fool's day happens every year on April 1st. It is a day consisting of practical jokes and hoaxes. Jokesters usually reveal their jokes by yelling "April fools!" What is the history of April fools? The first "practical" April Fools joke was way back in 1582 when France switched from the Julian calendar to the Gregorian calendar. People who didn't or were slow to recognize that the start of the year had moved to January 1st continued to celebrate it during the last week of March through April 1. From that day on, April 1st has become a national holiday.

Online Learning

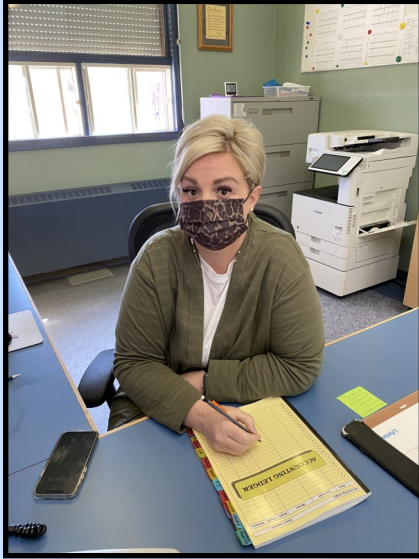
By: Kali

Thanks to our teachers we can now learn from home and still be a part of projects. If we do ever need help on something we are free to ask for some help. We come to the school to pick up our packages once every week with all our homework. Online learning, I would say, is a good experience.

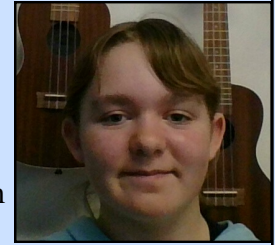


Administrative Professional Day!

By: Addie

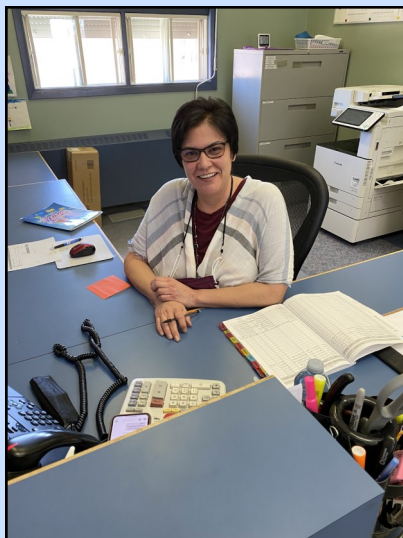


Did you know that April 21 is Administrative Professionals' Day? Mrs. Stone has been working at Manning Elementary School for 3 years now and her favorite part is getting to spend her days with all the wonderful staff and students. "Covid has changed a lot! I understand why we have all the important rules but I miss seeing everybody getting together. We're a school family and haven't been able to do that this year," explained Mrs. Stone. Mrs. Stone misses the office pet fish. When I asked Mrs. Stone why she wanted to work here, she said "Easy! I love seeing all the happy faces and brilliant minds that are going to build and shape our future!" Thanks for being you, Mrs. Stone!



Administrative Professional Day!

By: Saige



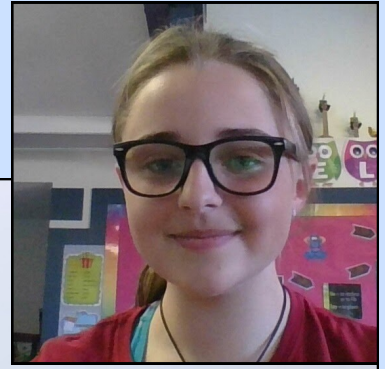
Let's get to know more about the friendly face of Mrs. Greschner. She has been working at Manning Elementary School for 16 years. Her favorite part about working at the school is seeing the staff and students' smiling faces. Things can change, but right now Mrs. Greschner dislikes fixing the photocopier. If you've been in the office, you can notice that the fish are no longer there and she strongly misses them! A question that has been on a few of our minds were why did she want to work here in the first place? The answer is her kids were in the school and she wanted to be part of their education. And now they are grown up and she is still here! Mrs. Greschner still thinks that MES is such a great place to work at. Happy Administrative Professional Day Mrs. Greschner!



Spring Break

By: Kenna

During Spring Break my Grandma Jackie took my cousins and I to go skiing in Jasper and we had a blast! My Grandma took us from April 6th to the 9th. Our Spring Break was from April 1st to the 11th. The way I made the most of my time off was being with my family for the break. While I was in Jasper I learned how to carve. Eventually I even did the Knob! That is how I spent my Spring Break.



Virtual Grade One Buddy Visits

By: Ava

This year the grade ones and the sixth graders have been doing their buddy time through a Google Meet. The grade ones love to see us and we love to see them. It is a bit difficult for the grade ones to log on but it's worth the wait to get to see them. We do a Google Meet on Tuesdays from 10:46-11:18. We play games, read books and talk with our buddies. Kenna said, "Playing games is my favourite thing to do with my buddy." Some of the things we do with our buddies is play games, read and do madlibs. I would also like to thank Mrs. Kelemen and Mrs. Gardecki for making it possible for us to have virtual grade one buddies this year despite Covid.



Superintendent's Message

Wellness in Peace River School Division

In order for us to learn and be our best, we must feel and be well. Educational research supports this connection and we take this very seriously. We feel we have a great opportunity to not only academically educate our students, but to support, guide, and teach them to honour their overall health and well-being.



To support wellness on a school level in the division, every PRSD school has a designated Youth Education Support Worker, Success Coach or a Family Liaison Worker. The role of PRSD's Youth Education Support Workers, Success Coaches and our Family Liaison Worker is to promote positive mental health in children, youth and families while working closely with school staff. This ranges from presentations, activities and programming that supports problem solving, emotional management, targeted topics, skills for learning, adolescent empowerment, healthy relationships, mindfulness, teamwork and leadership. PRSD also has three divisional Social Workers that provide one-on-one support to students in need.

We also encourage and support our students to be leaders, involved in the community and work together as a team - attributes that serve and inspire our students, communities and society as a whole. Students are also provided with opportunities to represent their school through various committees such as PRSD's Student Engagement Teams and PRSD's Anti-racism Committee.

Healthy eating and active living are important components to health and wellness and we support this through ongoing education, encouraging healthy canteen and vending machine choices, and by providing a broad range of physical education activities in the division.

In closing, I would like to thank all our students, families and staff who completed the Student Mental Health and Wellness Survey sent to students in grades 7-12, parents and staff in early February. The data is currently being reviewed and will be presented to the board of trustees on March 25, 2021 and will be shared with the public shortly after. The data collected from the survey will be used to leverage the board's advocacy efforts to impact positive change to support students and families in having access to the supports and services they need.

Paul Bennett,
PRSD Superintendent of Schools

Mental Health Week

May 3 - 9, 2021

HAPPY

AFRAID

SAD

ANGRY

#GetReal

about how you feel.

Name it, don't numb it.

Spotlight on Health & Safety



Safety Message – Disaster Preparedness

If your family is caught in an emergency or disaster situation, are you prepared? Without any warning a disaster can occur and it may take some time for emergency workers to get to you. It is recommended that you should always be ready to take care of yourselves for a minimum of 72 hours. Your best defence in any emergency is to have a plan and be familiar with what to do.

There are three keys to disaster preparedness.

Know the risks – analyze what hazards you face? In Alberta we face a number of hazards, such as natural emergencies like forest fire and floods, service disruptions like a power failure, or even environmental disasters like a chemical spill.

Make a plan – each household needs an emergency plan. It will assist you and your family to know what to do in case of an emergency. Discuss what you would do in different situations as well as how to meet or contact each other if you're not together when an emergency occurs. Consider what to do if you need to stay put or if you need to leave your home. Include a list of emergency management agencies in your area.

Create an emergency kit – in an emergency basic supplies will be needed. You may be without power or tap water. Always have items ready such as non-perishable food, water, flashlight, first aid kit and seasonally appropriate clothing. Also consider any special needs supplies such as requirements for any infants or elderly family members, remember any medications, and necessities for pets. Make sure the kit is organized and easy to find and that everyone knows where it is.

You may find the following links helpful in preparing your family for emergency situations.

Government of Alberta

<https://www.alberta.ca/emergency-preparedness.aspx>

Alberta Emergency Alert App

<https://emergencyalert.alberta.ca/content/about/signup.html>

Government of Canada Disaster Preparedness Site (emergency kit contents, preparing a family plan)

<https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprrdnssgd/index-en.aspx>

David Smith,
PRSD Safety & Wellness Coordinator



School trustees
advocate for
children.

They help make schools and
communities a better place.

RUN
for the School
Board Elections

Nominations are being accepted
until noon on September 20, 2021

LEARN MORE:
prsd.ab.ca/Trustees.php

LEARNING IS A JOURNEY

May 3 - 7, 2021



Thank you!

Paul & Anna Lee Bjornson for the donation of money for food!

Chelsie & Hailey for the yummy cupcakes!



Walk and roll with your kids during COVID-19

Spring is in the air, and kids and adults alike are eager to get outside. There's never been a better time to dust off the bike or lace up the running shoes! This May, get your family moving with **active travel**. It's about using human-powered ways to go from one place to another—walking or running, or using gear like bikes, scooters, skateboards, rollerblades, strollers, and wheel chairs.

Active travel with kids can seem daunting, but it doesn't have to be! Here are some family-friendly tips to help you walk or wheel with confidence. As you head out, be sure to follow [current public health guidance](#).

Plan Ahead

Brainstorm with your kids about places you can

walk or wheel instead of drive. For example:

- Bike or scooter to school or childcare, or to a nearby park or playground.
- Walk to get groceries or take-out.
- Drive or take transit part of the way to work, and walk the rest.
- Try out a new bike pathway, hiking trail, or skate park in your local area.
- Think about your route and points of interest along the way, like landmarks, murals and art, parks, benches, and picnic spots.
- [Dress and pack for the weather](#) and activity. Active travel is possible in all seasons—even in Alberta! Consider

Healthy Children

items such as locks, water and snacks that you may want to bring.

Travel Safely

- Consider lighting, sidewalks and pathways on your route. Avoid busy high-speed roads and use marked crossings.
- Wear the right gear for your activity such as helmets, pads, and proper footwear. Check to make sure your equipment is in good working order before you head out.
- Put your phone and headphones or ear buds away while travelling so that you can be aware of your surroundings.
- Review the rules of the road and pathways.

Give it a Try

- Get out and see where you can go within a few kilometers of your house. Start small and work up to bigger trips. [Explore Your 2.4](#) has great ideas to help families get moving using mapping technology.
- If you're planning an active trip to school, do a trial run on a weekend to get to know the route and how long it takes.
- Tap into kids' creativity to turn active travel into a fun adventure or game. Ask for their ideas, like puddle jumping, scavenger hunts or a friendly race. [My Active Family Bucket List](#) may help to inspire them!
- Set goals as a family. Starting with short, simple trips can build your confidence to take longer trips later! You could aim for active travel a few times per week. Or try walking a few kilometers every evening, until you've reached the total distance

May 2021 Parent Newsletter

between Banff and Lake Louise (58 km), or between Calgary and Edmonton (300 km).

- Be realistic about what works for your family. Active travel doesn't have to be for every day or for all trips.

Build Community

- Active travel with friends and family can help us stay connected and can be a safe and healthy way to physically distance. Be sure that all active travelers follow [current public health guidance](#)!
- Help spruce up your local area for active travel. Clean up garbage and graffiti, or add flowers, plants, and outdoor art. Ask about getting bike, skateboard and scooter racks installed at community locations.
- Get involved with active travel planning at your school, workplace, or community.

Active travel as a family is a great way to keep active, reduce the stress of commuting, and experience the benefits of being outside. With a little planning, your family can walk or wheel into an active spring!

Visit My Health Alberta for more tips:

- [Bike and small wheeled recreation safety for youth](#)
- [In-line skating, skateboarding, and scooter riding](#)