



Manning Elementary School

LEARNING TOGETHER, SUCCEEDING TOGETHER...

February 23, 2021

Features:

School News... 2—8

Messages ... 9-12

School Calendar... 13

At MES, we always

STAND UP

for each other!



This newsletter is brought to you by the first grade class. . .

. . . with a little help from their sixth grade buddies!

#603 – 3rd Street S.E. Box 779, Manning, Alberta T0H 2M0
Ph: 780-836-3532 Fax: 780-836-2925



100th Day!

By Ryleigh and Aubrey

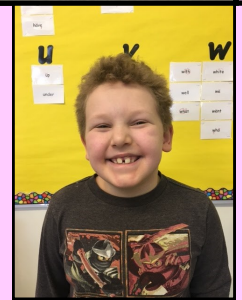


On February 22, Manning Elementary School celebrated the 100th day of school! The whole grade one class dressed up as 100 year olds! Everyone thought we were really funny. Grade One practiced numbers to count to 100, listened to cool songs and played fun games all week in celebration! This is a special day celebrated each year by grade one students. Aubrey hopes you liked reading about our fun day!

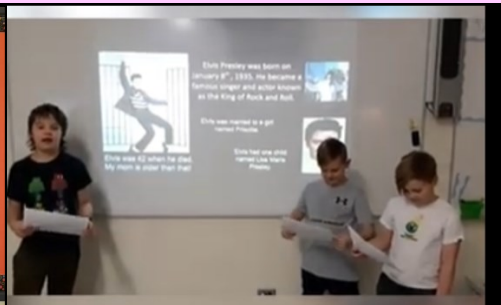


Grade 3 Assembly

By Charlotte and Colby



At the grade 3 assembly, they talked about special people in January, like Elvis Presley and Justin Timberlake. They told jokes and played a song on their instruments. Grade 1 student Colby said his favorite part was when they presented the grade one awards. The names of the grade one students flashed on and off the screen with the song

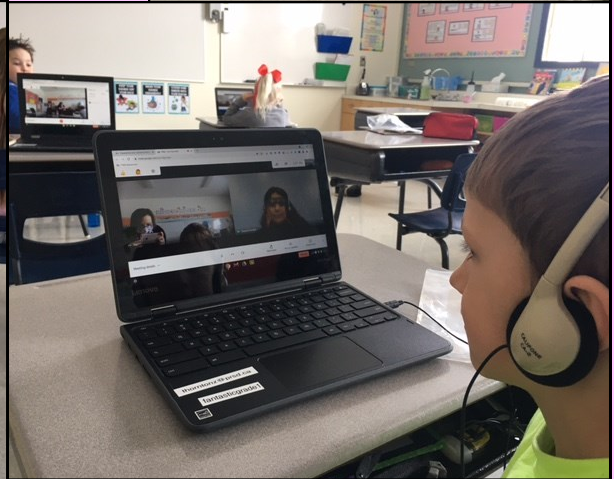
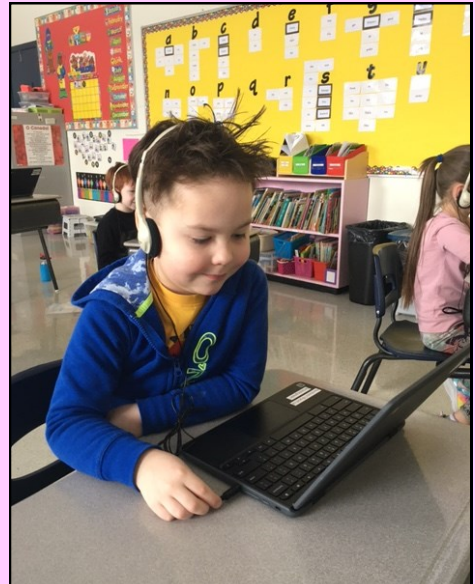


“Can’t Stop the Feeling” by Justin Timberlake after they presented the grade one awards.

Our Buddies

By the First Grade Class

Our grade 6 buddies are awesome! We have to meet in a different way than we did in the past because of COVID. Our class is getting really good at using Google Meets for all kinds of gatherings! Our favourite way to use them though is to see our buddies. We read stories together, play games and visit. They were a huge part of making our newsletter successful this month. Thank you grade 6 for being kind, patient and helpful!



Mr. Asmussen

By the First Grade Class

Mr. Asmussen does many funny and exciting things at school. We loved having a surprise snowball fight in our classroom at the Valentine's Party with him. Something else he did was locked us out of our classroom while we were skating and posted a sign saying our party was cancelled because of classroom repairs. He pranked us! Mr. Asmussen enjoys racing with us down the hallway but we always win! Our entire school gets treated with Freezies from Mr. Asmussen. He is full of surprises, laughter and jokes. Thank you, Mr. Asmussen for making school fun!

Skating

By the First Grade Class

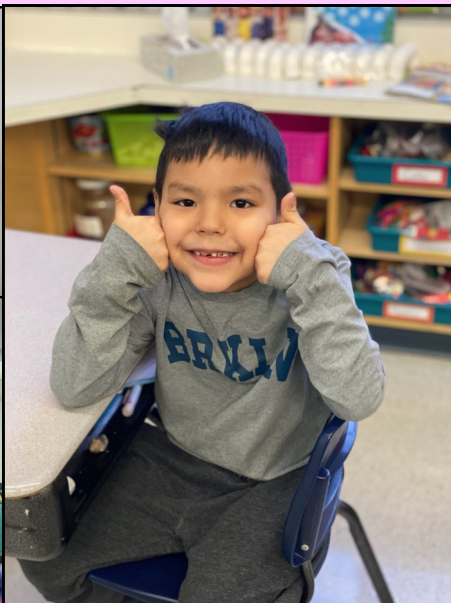
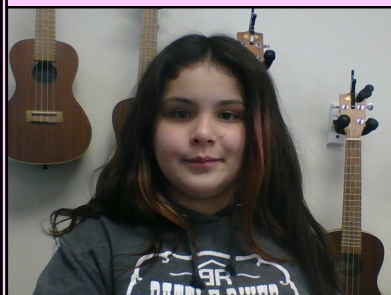
We have gone skating two times. Miss Carlson came skating with us on Friday, February 19. We played sponge tag for the whole time! We were sweaty! After all that skating we were very thirsty! Our class likes to go skating because it is good exercise and it is a fun sport. We hope to go again soon because we have more ideas of games to play like Freeze Tag, What Time is it Mr. Wolf?, Red Light, Green Light and Cops and Robbers. We had so much fun!!

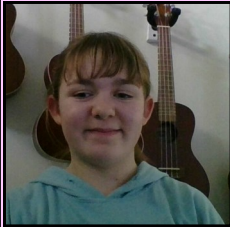


Show and Share

By Savanna, Keira, and Maddix

Grade one does show and share and I really like it! We take turns doing show and share and bring something special from home to show to the class. Last time I did a show and share I brought Shelly that is 5 years old. Shelly is my seashell she's kind of like a toddler. I really love show and share because we get to bring our favourite thing from home.





Art Display

By Addie and Marek

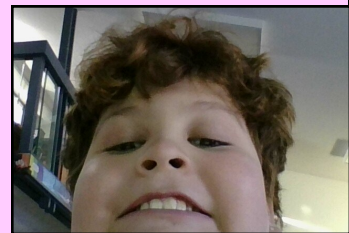


We had a travelling art exhibit at our school. Marek's favourite painting is called Fish Out of Water. He likes it because he has a fish game that he plays at his house. He likes fish games and he plays one at home with his family. He thinks that the picture is amazing! Marek found cubes, spheres and cones in the painting. He didn't see any pyramids in the picture. We are lucky to have an art exhibit at our school.

Valentine's Day Parties

By Wesley and Sawyer

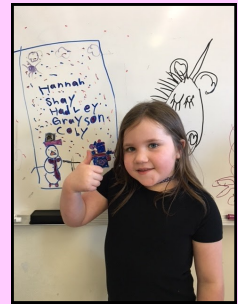
Sawyer's class had their Valentine's Party on February 12. She was excited to give treats to her class. In her brother's grade 4 class they had a dance off to see who had the best moves! Grade 1 decorated their classroom to get ready for their party. Their class had a chip buffet with party punch. Mr. A surprised them with a snowball fight in their classroom and attacked Mrs. Kelemen! Sawyer loves school and she thinks it's fun. She is sure everyone's class had a blast! She invited the whole school to celebrate Valentine's Day by wearing red, pink and purple with them. Did you see the signs on your classroom doors? We made those!!





PJ Day

By Kenna and Hadley



The grade one class had PJ day on Thursday, January 22 and Friday, January 28. Hadley said she loved wearing her comfy onesie to school. Her fav part of PJ day was that everyone, and even Mrs. Kelemen, wore them. Hadley wished that they could have three more PJ Days before school ends for the year. They even had gym wearing PJ's! Grade one went to the gym in their PJs! Just the lower end did PJ day on Friday, January 22. The whole lower end had breakfast while wearing their PJs on Friday.



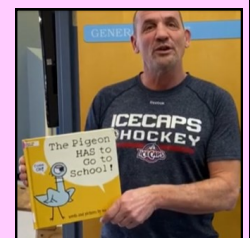
Reading Assembly

By Ky and Connor



The monthly reading assembly was on January 15. The whole school got to watch the staff read the book, The Pigeon Goes to School. The grade one class thought that the teachers did an amazing job! Grade one student Connor's favourite part was when the Pigeon realized he had to go to school, he thought it was awesome. The entire school enjoyed this story and play. Connor thought it was magical when they passed the book to each other. Reading assemblies are AWESOME! To watch the video of the reading assembly, click the link:

<https://www.youtube.com/watch?app=desktop&v=bVacX4rNXAE&fe>





Crocheting for a Cause

By Abby and Sophie



The grade 5 class is crocheting for a cause. They have crocheted 100 items for the women's shelter in Peace River!

Some of the items that they made are mittens, scarves and bags. "My brother, Marshall, a grade five student, said that we did it to help the community!" He also said he likes learning to crochet! Way to go, grade 5!



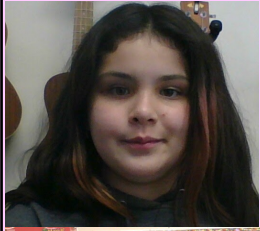
Pizza Lunch!

By Ryleigh and Shay

On January 29, our school had pizza for our monthly food sale. I got really yummy cheese pizza! Sometimes I like to get pepperoni too.

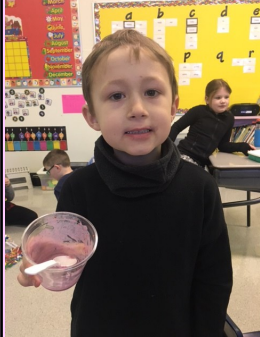
Altogether, our school ordered 115 pieces of pizza, with 44 pieces of cheese and 42 slices of pepperoni. I love Hot Lunch because it is sooo delicious. Thank you for making us super, duper, yummy and awesome food volunteers! I am also excited to have my bun and chicken noodle soup in February.





Food for Thought

By Savanna and Zachary



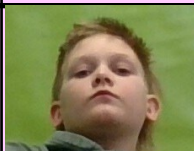
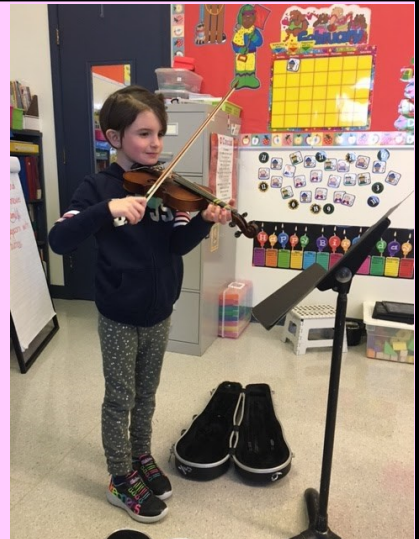
My favorite Food for Thought breakfast is smoothies and my second favorite is meat, cheese and crackers. We have had muffins, yogurt, cereal and pancakes. I feel energized and happy after a delicious breakfast. Thank you for delicious breakfasts Food for Thought Volunteers! We have Food for Thought on Wednesday and Friday mornings. I asked Sophie what her favourite breakfast is. She answered with, "Smoothies!" We should have grilled cheese, bagels and waffles. I think we should have Food for Thought more often because the volunteers do such a good job making tasty foods!



Music Class

By Caidance and Hannah

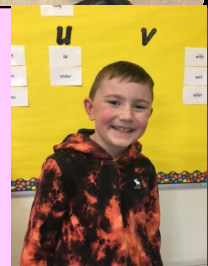
Hannah likes to play instruments. Hannah and her class play fiddles, bells and chimes. Mrs. Taylor is a great music teacher. Sadly, we can't sing but we can talk the words and hum songs. Hannah loves to learn and play new instruments. She loves grade one. Hannah likes the song Jingle Bells.



Grade One Gym

By Charlie and Grayson

Floor hockey is Grayson's favorite game because he can have fun and play with others. The Great Wall of China is a game they play when one person is it and if you get tagged you become part of the wall. That's how you play The Great Wall of China. They also do stretches and exercises in gym to stay healthy. When interviewed, Maddix reported his favorite game to be Flashlight Tag.



Superintendent's Message

Celebrating Pink Shirt Day 2021 and Safe and Caring Learning Environments



At Peace River School Division (PRSD) we pride ourselves in our ability to create and foster safe and caring learning environments. There are many people who play a role in this process and I would like to take this opportunity to celebrate their efforts and thank all the students, staff, parents, local partners, and community members who contribute to creating a culture of kindness and respect in our schools. We share in the success of our work in this regard with our school communities as our latest survey results show that 90.8% of our students, staff, and parents feel that PRSD schools provide safe and caring learning environments for students, and our result exceeds the provincial average.

Pink Shirt Day is one day per year where we wear pink in a united stand to support healthy relationships, wellness and diversity. However, the work we do in this regard is on-going through various programs, initiatives and presentations focused on healthy relationships and personal well-being. Examples of such programs and initiatives include the work of our school based Youth Education Support Workers, Success Coaches, student leadership groups, mentorship programs, behaviour support programs, wellness programs, the focus on citizenship division-wide, daily learning incorporated into the curriculum and the important support that comes from community involvement and various agencies.

Providing safe and caring learning environments for students is very important to us. We understand that in order for students to learn, flourish and reach their full potential, they need to feel safe, happy and cared for in a positive learning environment.

Thank you so much for your involvement and support and we invite you to join us on February 24, 2021 for Pink Shirt Day when PRSD students and staff will wear pink in support of healthy relationships, wellness, and diversity.

Paul Bennett
Superintendent of Schools
Peace River School Division No. 10

We **RISE** by lifting others



PINK SHIRT DAY

February 24, 2021

Spotlight on Health & Safety



Safety Message – Ice Safety

March is a time to look forward to warmer temperatures, melting snow, and longer days. The transition from winter to spring begins the transformation of frozen rivers, ponds, creeks and dug outs to bodies of open water. Many of our PRSD schools are located close to water sources and during this time ice can become unstable and extremely dangerous.

Please take a few minutes and talk to your children about ice safety and the dangers associated with being on rivers, ponds, creeks and dug outs during this time of the year.

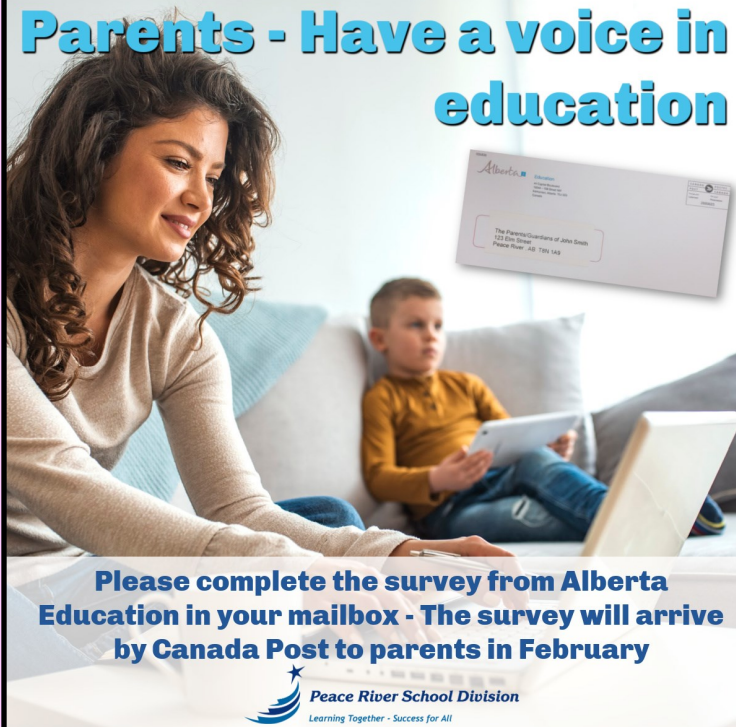
If you do fall through the ice your first danger is drowning, not the cold. You will have time to save yourself so don't panic or thrash about. Tread water or grab the ice to keep your head above water. Keep your hands and arms on the ice and kick your feet until you are in a horizontal position. Once you are horizontal keep kicking your feet and pull with your hands and arms and pull yourself out of the water. Once clear of the water continue to pull yourself away from the hole in the ice. You need to keep your weight spread so don't stand to move away from the hole. You can slide pull or roll away. Once clear of any danger you need to get to a place to warm up and remove any wet clothing.

For more information about knowing the dangers of ice please follow the attached link provided by the Canadian Red Cross.

<https://www.redcross.ca/training-and-certification/swimming-and-water-safety-tips-and-resources/swimming-boating-and-water-safety-tips/ice-safety>

David Smith, PRSD Safety and Wellness Coordinator

Parents - Have a voice in education



Please complete the survey from Alberta Education in your mailbox - The survey will arrive by Canada Post to parents in February



Peace River School Division
Learning Together - Success for All

Thank you!

Esther Lay for the donation of mitts & toques for our students!

Joyce Vos for the donation of toques!

An anonymous donor for the cases of apples!



Bullying: How to Help Your Child

Bullying is aggressive behaviour meant to cause harm, fear, or distress. It's often about social power, where one person has real or perceived power over another. It can take many forms, including *cyberbullying* – using technology to bully, like by spreading rumours or sharing hurtful messages or pictures.

Kids who are seen as different—in any way—are at higher risk of being bullied. Bullying can have negative mental health impacts for both children who bully and those who are targets of bullying. During the COVID-19 pandemic, it's especially important that we work together to prevent and address bullying among people exposed to the virus, those who must stay home, and those experiencing heightened

discrimination.

Bullying is never okay. It's not a normal part of growing up. As a parent or caregiver, here are some important ways to prevent and address bullying.

Talk about it:

- Ask your child about bullying at school, including on the bus, playground, and other common areas. If you think your child might be a target of bullying, ask them – “are you ever bullied?”
- Check in with your child often and try to keep lines of communication open. Encourage them to share their thoughts,

Healthy Children

February 2021 Parent Newsletter

feelings, and experiences. Tell your child you're here to support and help them.

Show them you care:

- Set guidelines, limits and consequences for unacceptable behaviour.
- Encourage [positive behaviour and empathy](#).
- Role model healthy relationships. Reflect on how you treat others, and how they treat you.
- When your child has problems, help them come up with solutions—try not to step in and solve things for them.
- Take reports of bullying seriously and recognize the courage that it takes for kids to report or talk about bullying.

Watch for warning signs:

Signs your child may be a target of bullying:

- Fear of going to school, skipping or making excuses to avoid school
- Changes in school performance
- Unexplained injuries
- Lost or damaged personal belongings
- Nightmares or trouble sleeping
- Becoming withdrawn, unhappy or irritable
- Making negative comments
- Talking about suicide

Signs your child may be bullying others:

- Having extra money or new things
- Talking about taunting or teasing others
- Laughing or not caring if others are hurt
- Aggression with others
- Leaving others out

Offer help:

- Teach your child not to fight back if they experience bullying. Instead, practice communicating in assertive ways without anger.
- Help your child identify safe and trusted adults at school that they can go to.
- Document concerns you have about bullying and save evidence. Report issues to social media sites and block users who bully.

Connect with others for support:

- Work with your child's school. Let them know right away about bullying situations. Ask your child who they trust at the school and get those adults involved in addressing concerns.
- Ask your school about their policies and plans to prevent and address bullying, and get involved where you can.
- Build connections with the parents and guardians of your child's friends so that you can watch for healthy interactions.

As a parent, you aren't expected to always have the answer! Here are some places to reach out for support:

- Bullying Helpline: 1-888-456-2323
- Mental Health Helpline: 1-877-303-2642
- Kids Help Phone Text: text CONNECT to 686868
- <https://www.alberta.ca/bullying-find-supports.aspx>

For more information about bullying:

- <https://www.preynet.ca/bullying/parents>
- [TeachingSexualHealth.ca](https://www.teachingsexualhealth.ca) (Bullying)