



Manning Elementary School

LEARNING TOGETHER, SUCCEEDING TOGETHER...

March 24, 2021

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Lucky to Learn TOGETHER!



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

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Culture Boxes

By Khezley

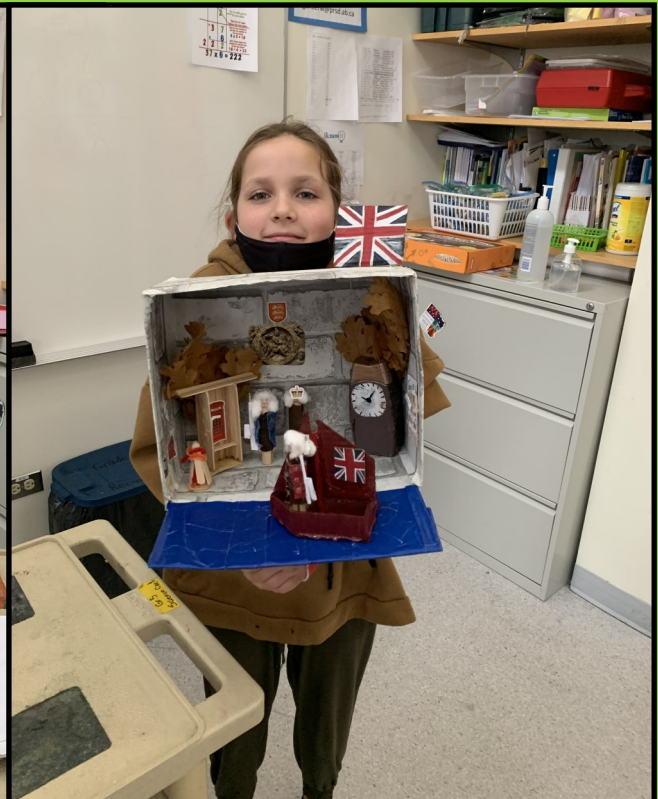
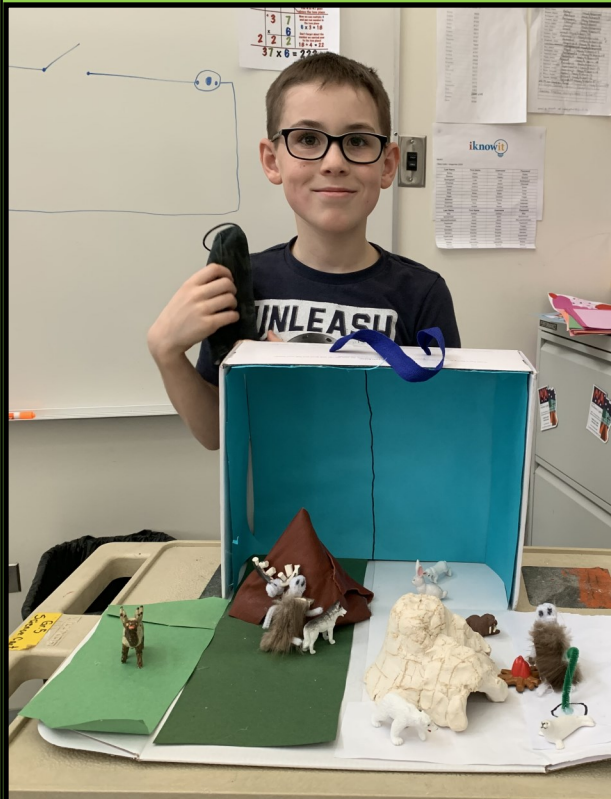
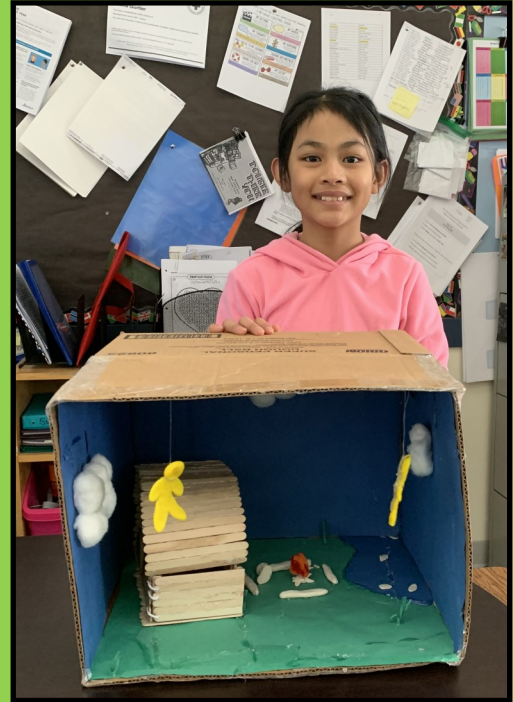
Did you know there are 3814 different cultures in the world? We learned a lot when we made culture boxes in grade 5. Culture boxes are pretty popular because they help others learn about different cultures. The first ever culture box was made in the 1900s. Our grade 5 class started doing culture boxes in January .

I asked some of the Grade 5 students what they think about culture boxes. Rachel said, "It was neat learning about cultures."

Emma said, "It was hard to make a house out of sugar cubes."

Sam said, "I think Iroquois were the best of all!"

We learned that Cree and Inuit people were nomadic. Throat singing is very important in Inuit culture. Iroquois live in longhouses and they use face masks to heal people. The British believed in God and Jesus. There are around 220 million French speakers worldwide and they are all very independent. If your interested in learning more about different cultures, you can ask a grade 5 student!



Learning about Indigenous Cultures

By Jaxon

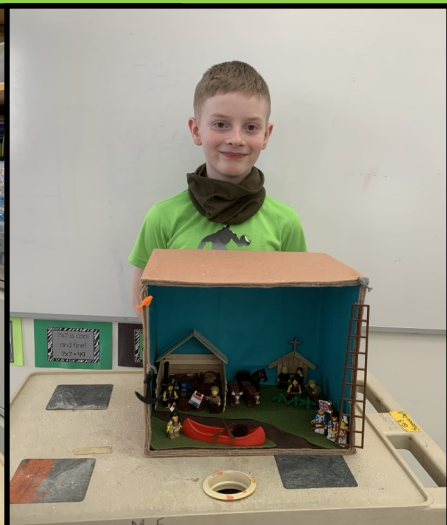
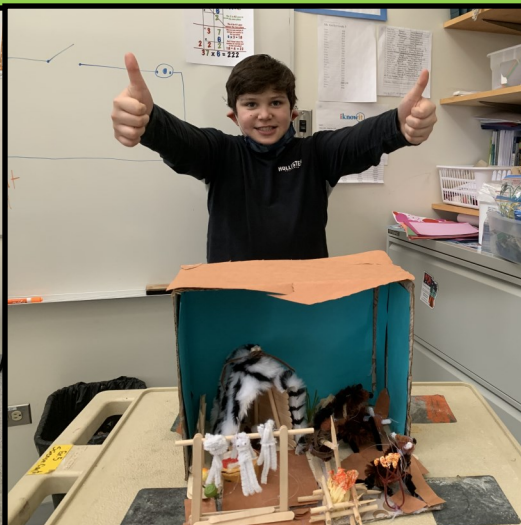
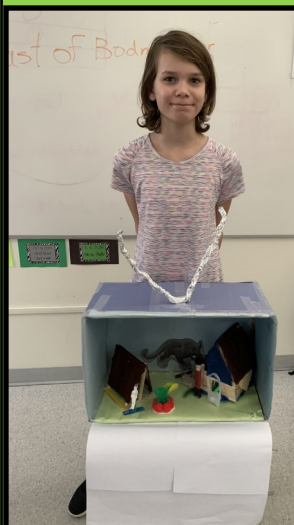
The First Peoples can be divided into six major cultural regions: the Arctic, Subarctic, Pacific North-west Coast, Plateau, Plains and Eastern Woodlands. I am going to be telling you about the Cree, Inuit and Iroquois.

The Iroquois had homes which were long and could fit multiple families. Did I mention there were a lot of these in one village? They farmed and took good care of their land. They usually went on one big hunting trip that would span about 3 months. They believed in the Creator also known as Kitchi Manitou.

The Cree people had teepees and wigwams. Teepees were logs with hide that would make the shelter. Wigwams were domes made entirely out of sticks and had no door. The Cree people hunt all the time and that's why they had teepees. They also chased the buffalo off a cliff and after that they would use the entire buffalo, even the bones!

The Inuit people had igloos in the winter and teepees in the summer. This culture ate meat strictly; they also use the blubber from seals for coats and did I mention they ate meat raw. They also have a day once a year where the men will catch huge fish and the woman will clean it and eat the eyeballs raw and they say it's delicious so I want to try some.

I found it very interesting learning about these cultures and I also found it fun. Writing this was super fun and I hope you learned something.



Grade 4 Assembly

By Ashtyn

Did you ever ask yourself why school assemblies were made? They were made in the 20th century. They were used to gather students together for special programs and occasions. It was a good way to communicate information on a weekly or monthly basis.



Around each month every class takes turns making a special assembly for the school. Most of the shows are filled with singing, musical instruments, plays and meaningful messages or information. Every class comes to our school gym and all our loved ones come to watch. This year was definitely a bit different because of the virus. We now do it all on a video in our classroom and have to usually wear masks. It's not quite the same but I think everyone still really enjoys doing it.

Jordan thinks, "It is still very cool," and is also getting to share it online for our other students in school, parents and other family members.

The grade 4 class, with the help of their teacher Miss Smith, did a fabulous assembly with all their TikTok dances. Clearly, their assembly was great! I liked watching everyone get up and show off their moves. The music was also great. Kindly, they had quotes which were very meaningful and nice. Kayton said, "It was very creative."

I found it very appealing to watch just like Hayley said. My favorite part was when they came in hordes towards the camera. Obviously it was very funny. Some of the students told funny jokes with a lot of expressions. I was chuffed with all the classmates. If you would like, you can go to MES page and watch their fabulous assembly video.



Reading Assemblies

By Joshua

Why are reading assemblies so important? “They encourage us to read,” Miss Smith said.

This is my news story about the reading assemblies. Back in 2019, we always sat in a line with our class in the gym. One of the teachers came to the front to talk and say, “Welcome to the reading assembly.” Then after that we got to watch one of those grades reading a book to us. Then, we went to our buddy to read a book together. We think it is appealing, which means interesting. We usually put articles about the reading assemblies in the school newspaper.

Parents, read with your kids because it encourages them to read!



Grade 3 Reading Assembly

By Averì

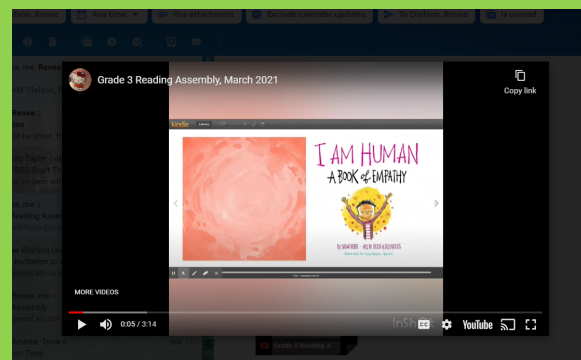
What do you call a sleepy boy moose? A bull dozer!

I will be telling you about the grade three reading assembly. I was talking to Miss Olafson about the reading assembly and asked some questions. Here is the answer when I asked what book they were reading. The answer was *I Am Human* by Susan Verde. Isn't that lovely? The grade three reading assembly was awesome and Rachel and Khesley both said the same thing.

Then they said, “Reading is good and it was great.” I think they really liked it.

The grade three students were amazing. Finally, it all happened at Manning Elementary School, which is pretty cool cause it's my school. I think it's really nice and cool that we get to do reading assemblies because we get to do better at reading and practise it.

Grade three had their assembly on March 19 on a Friday. If you would like to know even more about this you can go to the Manning Elementary School website to learn more and if you would like to watch their reading assembly you can also go to the Manning Elementary YouTube channel.



Covid Updates

By Owen

BOOOOOOOOOOOOOOOOOOO!!!!!!!!!!!!!!!!!!!! Aren't we all sick of Covid? What if there was no Covid? Wouldn't that be nice? But sadly, there is Covid. Teachers, students and parents have to follow all the same rules. When we go in and out of the room, we have to wear masks, hand sanitize and stay six feet apart. We have to follow the protocols to stay safe. Hopefully Covid will be over when all the adults get the vaccine. Hudson said, "I want Covid to be over because it's horrible and I'm tired of it!" Covid is doing colossal damage to the world. Please stop Covid -19 by following the protocols.



St. Patrick's Day

By Hayley

Did you know that Saint Patrick died on Saint Patrick's day by Irish marauders? He is credited with a holiday named for him because he brought Christianity to parts of Ireland. According to the encyclopedia of Britannica, Saint Patrick is the patron of Ireland. He was the 5th century missionary to Ireland and later served as bishop there. Saint Patrick's day is a cultural and religious celebration. As you probably already know, people celebrate it all over the world. The date that holds the celebration of Saint Patrick's day is March 17th, 2021 this year.



Kayton said, "My birthday is in March just like Saint Patrick's day!" Saint Patrick's Day at MES is celebrated by creating leprechaun traps and having leprechauns visit us and wear green and fun green decorations.

Tess said, "Leprechauns are mischievous." Another fun thing which is kind of painful during St. Patty's Day is, of course, if you don't wear green during the celebration, you're most likely to get pinched!

This will be easy for Emma and Ashtyn since they said, "My favourite color is green and I also like to wear green on Saint Patrick's day so I don't get pinched." You can visit <https://www.britannica.com/topic/Saint-Patricks-Day> for more information about Saint Patrick's Day.



Novel Study

By Blake

Our class has something called novel study. We read a book that we choose.

Zander said, "It's the best!"

Pacey said, "It's cool."

Ashtyn said, "The book I'm reading is really good."

Hayley said, "It's fun to read."

In our whole class there are 13 novel studies happening. I forgot to mention that our class is grade 5 in Manning Elementary School. We have it because our teacher told us and we need to read. We started on February 17 and we are going to finish on March 31.

You should probably read Magic Misfits. I'm reading it and it's a really good book. The first Magic Misfits book is 4 years old and for me I would call it ancient or old. There might be a movie based on it! I hope so.



Math & Science Report

By Zackary

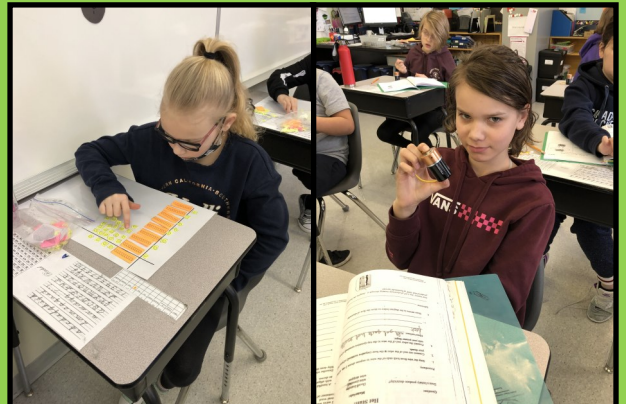
Did you know that on earth there is a north side and a south side and also that is how a compass or magnet works?

We do math and science in the morning except for Fridays. We don't have science on Friday but we still do math. We start math and science around 9:30 to 10:00 am. Ms. Gurtler, my teacher, teaches me and my classmates all about math and science and we all have a fun time doing it.

I interviewed my teacher and she said, "You have to divide big numbers and multiply big numbers in math. We use wires, magnet, battery, lights in science."

If you are helping your child at home with math or science, here are some tips from the "Helping Children Learn Math at Home website:

1. Get your child to do some math and science questions he already knows.
2. Cook together!
3. Notice times you can talk about math and science.

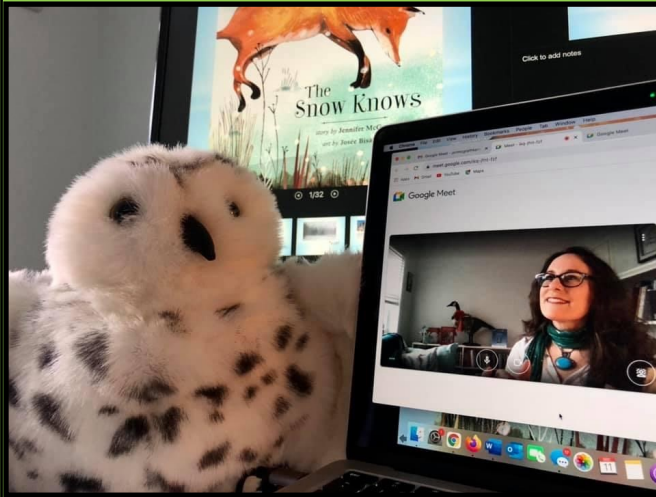


Author Visit

By Hudson



Did You know that *The Snow Knows* by Jennifer McGrath won the Marilyn Baillie Picture Book award in 2017? On Thursday, March, 11 we had a google meet with Jennifer to talk to her about her books. Amazingly, she is the fantastic author who wrote the following: *The Snow Knows*, *Chocolate River Rescue*, and my favorite, *White Cave Escape*. My favorite quote from *Chocolate River Rescue* is when Shaun is in the hospital and Tony butts through the line with the dog Hobart, who just saved Shaun's life, shouting "VID (very important dog) coming through!" When Mrs. Taylor told us that we were going to google meet with her sister, our class was chuffed. The visit went GREAT. We asked her lots of questions and we had a fantastic time!!!



I asked her if she would write any more after the 3rd book in the series with the four friends, Petra, Shaun, Craig and Tony (my favorite) and she said "I really enjoy writing these books so I hope to write more." Jennifer said "I am inspired to write these books because I loved stories and adventures growing up as a kid."

I think that you should definitely read one of her books, if not all of them.

Trickster Writing Workshops

By Samantha

Did you know that Trickster started in the early 80s? This year we had to do Trickster in a video meet. It was different because instead of doing a performance we just wrote stories.

Kayton said, "I like writing stories for Trickster!" Jenny was our teacher in that class and we did different stories.

Hayley said, "It was very fascinating." On the day, February 26 we did the story about butterflies being used as sails. I was awestruck when one butterfly made all the butterflies fall into the water.

Emma says, "I got tricked on Trickster." We do it to have fun and learn how to write really good stories. I challenge you to write your own story!



Brainwaves

By Tess



Did you know your brain is 73% water? I have written about the brainwaves presentation, which was on March 17, 2021. The Brain Waves program is a neuroscience presentation for students in grades 4 to 6 in Canada. This year the program was done in a 1-hour virtual presentation. We learned about the importance of protecting our brains, how our brains work and ways to keep our brains and bodies safe. The presentation was made to help kids “think first, stay active, be healthy and stay safe” in a fun and interactive way. We did the Brainwaves presentation because we want everyone to be safe and know more about how to prevent injuries and concussions. The presentation was given to us by a volunteer from the U of A. Brain awareness month is March. The healthcare workers and university volunteers are very optimistic about this year’s presentation. If you ask me, lots of people will have to be compatible with this year’s presentation because we may have technical difficulties on the Google Meet! The brainwaves program started in 2005 in a few classrooms in the Toronto area. It was founded by Dr. Charles Tator, a neurosurgeon and co-founder of parachute (a Canadian injury prevention organization) and Professor Pat Stewart from the University of Toronto’s Department of Anatomy.

“Head and brain injuries are very serious. In 2019, there were 39,535 visits to the emergency room in Alberta due to a head injury and 19,411 of them were kids under the age of 19. We need our brains to do everything so it is very important we keep them safe!” said Janine Gray, AHS Public Health Promotion Facilitator. I think that everyone should wear properly fitting, sport-appropriate headgear and safety equipment when playing contact sports or biking, rollerblading, skateboarding, snowboarding, or skiing. You can’t prevent every concussion, but helmets, mouthguards, and other safety gear can reduce the risk of a brain injury.

Report Cards

By Rachel



Teacher: You know, you can’t sleep in my class.

Student: I know. But maybe if you were just a little quieter, I could.

- Juicyquotes.com

The report cards came out on Friday, March 19. The reason why the school has report cards is so the parents can see how their kids are doing in school. I think the students of MES are feeling optimistic about their report cards.

“Report cards are great because you can see how you are doing in school,” said Emma. Also to see how you are doing, you can look at what 4,3,2,1, and E S and I mean. I means inconsistent, S means satisfactory, E means excellence, 4 means meeting mastery, 3 means meeting, 2 means approaching, 1 means not yet. Do you get money for every 4 you get?

For more information, please call MES @ (780)-836-3532

Lodge Buddies

By Pacey

Did you know Lodge Buddies started 7 years ago? I will tell you about our buddies at the Del Air Lodge seniors' home. We write letters to them and they write to us. On Valentine's Day we made gifts for them and they made gifts for us. Sometimes we learn from them. My buddy lived on a farm. I didn't know that! The seniors at the Lodge are benevolent.

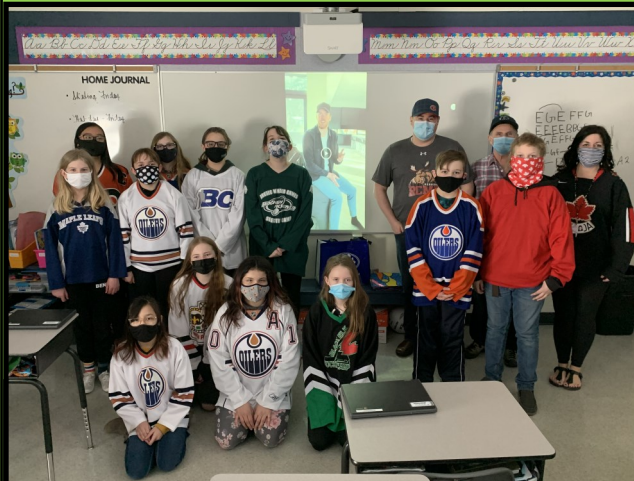


On our last visit on February 17, we had a window visit. We do this to raise the seniors' spirits.

In my interview with Kayton Reinders in grade 5 he said, "Lodge Buddies are awesome!" I think you should always be kind to seniors. Since we can't visit them in person, I think it's nice to send them letters.

Community Connections!

We were so excited to virtually welcome Connor McDavid and Evan Bouchard to our school in march! Thank you for the wonderful video messages! Thank you to the Community Actions for Health & Well-Being (CAHWB) for making this happen for us!



Pink Shirt Day

By Amber

Why did they start wearing pink shirts? One day, a new student wore a pink shirt to school, and some students started bullying the student for wearing a pink shirt. Did you know David Shepherd and Travis Price bought lots of pink shirts to stop the bully? The pink shirts are to show that you are benevolent, kind, and loving.



David Shepherd and Travis Price decided to buy a whole bunch of pink shirts and they sent everybody, even their classmates, the pink shirts. The next day everybody wore pink shirts to support the student who was being bullied.

Mrs. Matheson said, "Everyone has a choice. Choose kindness!"

Everybody who wears pink shirts on Pink Shirt Day supports stopping bullies. Pink Shirt Day started in February, 2007. You can go to the pink shirt day website to buy your own pink shirt.



Pet Poetry Month

By Kayton

The grade 5's at Manning Elementary School (aka MES) are writing pet poetry! You probably are thinking, "I have never heard of these before."

That's because this is the first time that the grade 5 class has ever done this. We are a pretty lucky class! Because this is the first time, I'm going to be telling you how it works. We are pretty excited for this event.



Pacey Paulovitch said, "It's great!" That's how optimistic everybody is!

Tess Kelemen said, "I think it is going to be great."

Pet poetry is when you video yourself at home, doing activities with your pet and send it to your teacher. Bravely the class watches your video, then it's your classmates' turn to do the same thing. First you video, then everyone watches it and writes a poem about your pet with some pictures of you doing fun activities.

Hudson Graw said, "It was fun videoing my pets. It is very lovely that Mrs. Taylor is letting us show the class videos of us doing activities with our animals."

On March 15, 2021, Mrs. Taylor's golden retriever dog named Luna came to the class for the day. All of the kids in grade 5 were amazed. We got to pet her, scratch her, and give her belly rubs. Mrs. Taylor even let other grades pet her too. At recess, Mrs. Taylor brought her outside to play with us.



Take good care of your pet! If you have any questions or feel like your pet is askew, call the Manning Vet Clinic at 780 836-3770.



Music Alive!

By Jordan



Have you ever done Music Alive at your school before? Well I'm going to be talking about the Music Alive program! On the website, I learned that the Music Alive program started in 2006. Usually, they travel to plenty of different schools all around the country to entertain and teach the children with the instruments that they have. Most of the students are very satisfied with the Music Alive program.

The instruments that they have are very delicate and dazzling, like the piano! I have searched up on the internet that "Choirs Alive became Music Alive. One of them was Bob Richardson, who was a choir director and educator, and he conceived of an idea to bring elementary school choirs together for an innovative learning opportunity. That's the reason why they started the program Music Alive!"

I also found out that "some new adjudicators and guest artists, and new opportunities for the students to participate in a dynamic virtual learning session. I find the golden trumpet that Samantha usually plays is very appealing!"

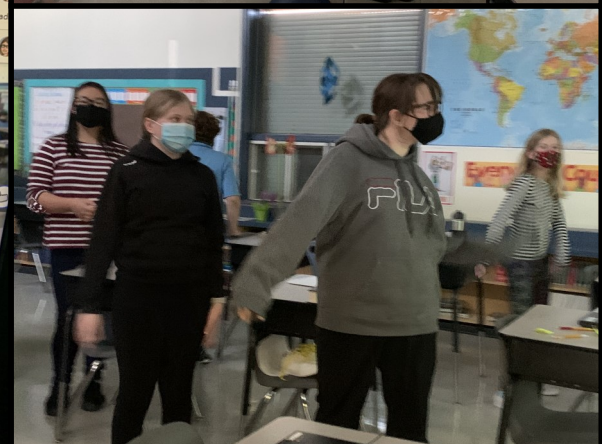
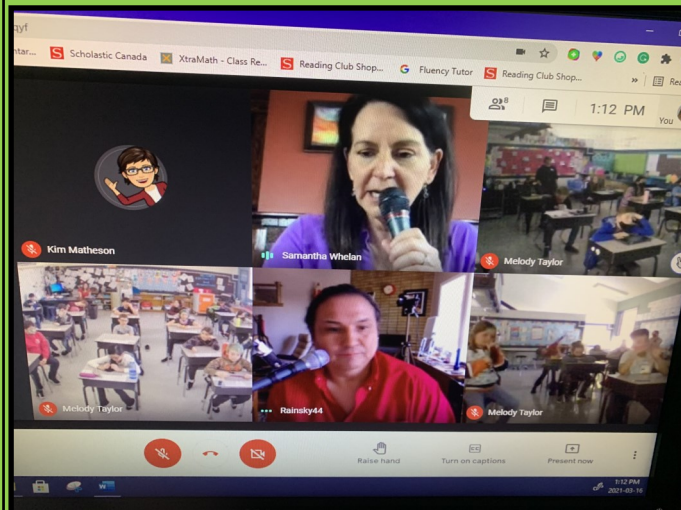
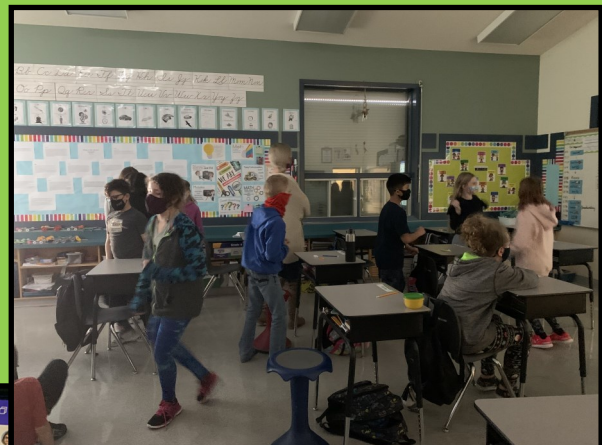
Tess Kelemen said, "I love to play piano in Music Alive at school!"

Kayton Rienders also said he likes playing instruments in Music Alive!

Khezley Serrano has told me that music helps her study!

Hayley Blanton told me, "Listening to music is fun!"

If your interested in the music alive program go to this website <https://nac-cna.ca/en/musicalive> to learn more about the Music Alive program!



Staying Active at School

By Alexander



Did you know kids that kids need to exercise to be healthy? In the article, Five Recommendations For Kids To Be More Active At School, it states, “Kids should be encouraged to be involved in intramural and extracurricular activities at school.” Also important is to play games and other activities at recess. You might be very chuffed about this and I know Covid is a colossal problem, however, it doesn't mean you can't be active. You will be rained on with pride after. Everyone needs to stay active at and out of school so you don't get muscle shrinkage. You can also get diseases from being inactive. First you need to work towards more challenging workouts to make your activities part of your daily routine.

“Don't be a couch potato,” said Rachel. I agree!

Grade 4 & 5 Gym Class

By Marshall



Whoosh! Went the basketball in my gym class. I will talk about grade 4 and grade 5 gym class. We set up mats from the gym wall in the middle of the gym. One side is for grade 4 and the other is for grade 5. We take our masks off when we run around. We have gym at 2:30. We play lots of sports in haste to have fun and make your muscles brawny. We do this for fun.

Owen said, “We have fun!”

Zander said, “You play sports. Different kinds of sports.”

Make sure to get exercise and play with gym equipment!



Easter

By Emma



Did you know that the Easter Bunny is in between 400 and 500 years old? The Easter Bunny is known by many names around the world. Some are Peter Cottontail, Peter Rabbit, Chief Easter Bunny. Which one is your favourite? Can you guess where the Easter Bunny lives? Would you have ever guessed Easter Island? Here are some reasons other students like Easter:

“I like Easter because I get sweets!” said Marshall

“At Easter we get to have an Easter egg hunt at our Grandma Jo’s house,” said Tess.

“I like Easter because I get to find chocolate and eat it all day!” said Samantha.

“I like it when the Easter Bunny brings me toys,” said Rachel.

“Don’t eat bunnies on Easter, they won’t come.” said Owen.

Easter is the most important Christian festival of the year. It's when Christians celebrate the rising of Jesus Christ. The Bible says that Christ died on the cross on a day called Good Friday. According to the Bible, Jesus was then resurrected and came back to life on Easter Sunday. Don't forget that Easter is on Sunday, April 4. I hope that everyone gets visited by the Easter Bunny, and also receives some chocolate eggs!



Superintendent's Message



Indigenous Education in Peace River School Division

It is essential that First Nations, Métis and Inuit students see themselves and their cultures in the curriculum and school community, and that non-Indigenous students are taught the true history of Canada, including at times, the painful relationship between Canada and the First Nations, Métis and Inuit.

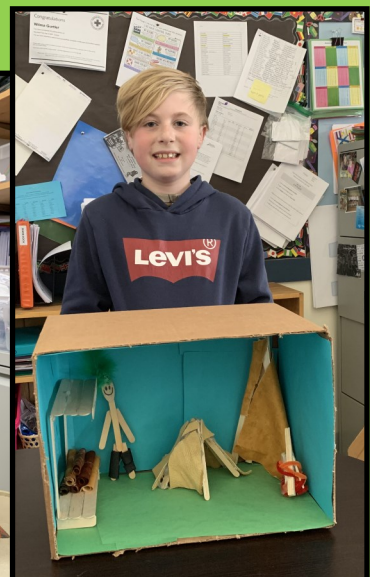
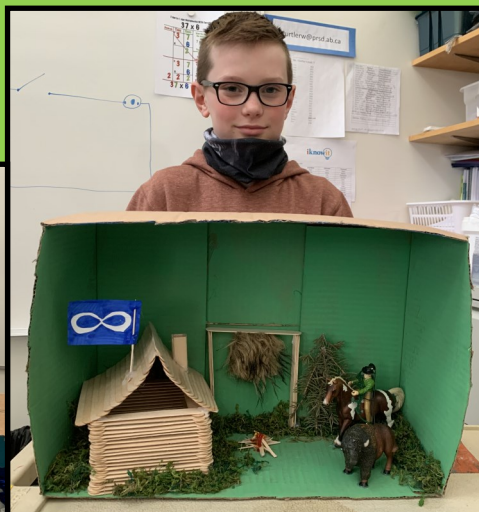
During the pandemic, schools have found creative ways to acknowledge residential school history on Orange Shirt Day, teach about the Métis during Métis week, and honour our local Indigenous veterans as a part of Remembrance Day activities. Grade one students have been learning some Cree, and plans are underway for a virtual Aboriginal Youth Career Workshop this spring, and a pandemic friendly way to acknowledge our Indigenous graduates with an Eagle Feather and the important teachings that accompany this high honor.

We have ensured professional development (PD) is available for staff on topics such as the legacy of residential schools history and how to incorporate Indigenous perspectives in the classroom. Our First Nations, Métis and Inuit Program Coordinator regularly meets with school staff to discuss how our Indigenous students are progressing academically and to explore further supports.

First Nations Métis and Inuit programs are supported by way of special funding from the Government of Alberta which is determined by self-declaration. For each student who declares to have Indigenous ancestry, schools receive an additional \$1178.00. Parents can declare their child's status on the school registration form that is completed every year.

Indigenous history is Canadian history and it is very important to us that all students learn about the important traditions, culture, and history of the first peoples of Canada. Thank you to our students, staff, families, Elders, community members and organizations for your important contributions and support.

Paul Bennett,
Superintendent of Schools
Peace River School Division



Spotlight on Health & Safety



Safety Message – Wildlife Safety

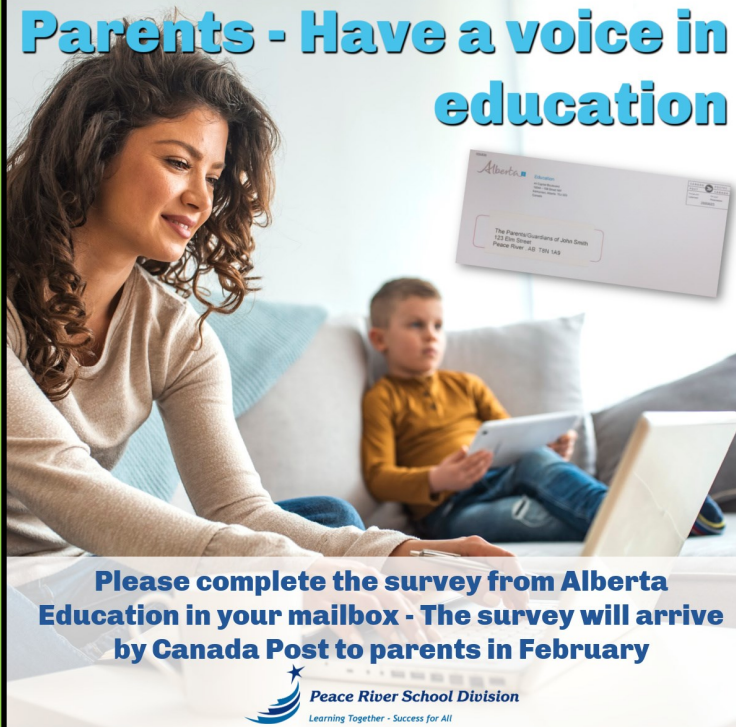
Spring time is rapidly approaching and everyone will be getting out into the sunshine! Wildlife activity will also be on the increase as they search for food after a long winter. Scented items including food containers, trash, cookware, toiletries and lotions can all be attractants for wild animals. Often adult wildlife will have their offspring with them. This can create an even greater hazard as they will look to protect their young from all perceived threats. It is important to be aware of your surroundings and be making noise to announce your presence. If there is wildlife in the area, space and time should be given to leave the area and avoid any possible conflicts with them.

The Peace River School Division, recognises that many of our schools have encounters with wildlife. When an encounter occurs the schools go into a hold and secure situation where all students and staff are called into the school. The children go on with their day but remain indoors until the principal gives the all clear and students are again allowed outside for their activities.

For more information on wildlife please follow the attached link provided by Alberta Fish and Wildlife: <https://www.alberta.ca/human-wildlife-conflict.aspx>

David Smith
Safety & 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



Thank you!

**North Town
Esso**
for donating
part of the cost
of our staff
lunch!



Healthy Eating in Stressful Times: How to Bring Family Together in the Kitchen

Stress can disrupt our eating habits. With uncertainty brought on by the COVID-19 pandemic, it's not surprising that unhealthy habits are sneaking in. If your family has turned to increased snacking or meals in front of the TV, you're not alone!

There are many reasons to eat well. It can improve your mood, help balance energy levels, and help to prevent chronic disease. Keep in mind that there's no single nutrient, vitamin, mineral, or natural health product to fight against COVID-19. An overall healthy diet supports your immune system.

Here are some tips to help the whole family make healthy eating a priority during the COVID-19 pandemic:

Stick with a schedule. Having regular meal and snack times adds a sense of rhythm to your child's day. This goes along with a regular sleep and wake schedule. Your body likes routine and so does your child's. Eating regularly fuels your body and helps to keep you from reaching for extra snacks out of boredom or stress. As a family, set a schedule that works for you.

Healthy Children

March 2021 Parent Newsletter

Eat together. Meals can be a shared experience and a great time to get together, catch up, and communicate. Even if your family has a busy schedule, try to eat meals together a few times a week. There's no need to be fancy—a sandwich and a fruit can be a quick and healthy meal.

When eating as a family, try to limit technology at the table, like phones, tablets, and TV. Instead, try [conversation cards](#) or listen to music.

Keep it simple. Try recipes with only a few ingredients or steps to make meals easy, quick, and low-cost. Simple meals can also allow kids to help in the kitchen. This helps boost their confidence and interest in food.

- For simple and fun family recipes, check out [UnlockFood.ca/recipes](https://www.unlockfood.ca/recipes).
- Kids can do a lot in the kitchen:
 - At age 5 they can help set the table, stir ingredients, and slice some softer foods.
 - At age 6, children are able to make an easy breakfast.
 - Children aged 8 to 11 can even make and pack their own lunch!
 - [Check out these tips](#) for more information on age appropriate meal planning and tasks.

Model healthy behaviors. Lead by example! Your child will carry these healthy habits with them for life. Kids can share ideas for your family meal plan, create a [grocery list](#), and help in the kitchen.

Talk about your values. Your family's eating habits may reflect the values you share. Talk with your kids about what's important to them, and help them explore how values influence their food and drink choices. For example, if active living is a priority, you might focus on eating well to fuel your physically active way of life.

Connect culture. Find a family or cultural recipe and help your kids make it! Explain the history and meaning behind the recipe. This can help build cultural connections and a sense of belonging.

All families are different! Focus on what works best for you and your family.

Try the following fun, family recipes to help get you and your child cooking:

- [Cinnamon Morning Oatmeal](#)
- [Pita Pizza](#)
- [Tomato Macaroni & Cheese](#)
- [Chocolate Chip Banana Muffins](#)

For more ideas, visit [HealthyEatingStartsHere.ca](https://www.HealthyEatingStartsHere.ca)