

75 Cottingham Street, Winnipeg, Manitoba, R2V 3B5 Phone: 204-338-7937 • Fax: 204-663-8481

Email: collicutt@7oaks.org PRINCIPAL: Jamil Mian





### October 2023 Newsletter



#### Hello Collicutt Families

We are excited to celebrate all the learning that your child has done this term during our Celebration of Learning days (Nov 23 & 24). These days were formally referred to as Parent/Teacher meetings but we felt that conversations between school and home happen consistently throughout the term and these days should be focused more on celebrating the success our students have had along with some next steps. We would also like to thank all of you for helping us raise \$524 towards The Terry Fox Foundation for Cancer Research. The generosity that exists in our community is truly inspirational.



It is important for school to know any changes on your child's information. Please contact the school office if your home address, phone numbers, email address, and/or emergency contacts have been changed recently.



Bring your best smile at school on Monday, October 30, 2023

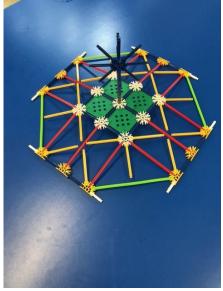
### Important Dates 2023 - 2024

October 30th - School Picture Day	March 15th - Celebration of Learning (Parent/Teacher Meetings - Term 2) - NO CLASSES
November 1st - Divisional PD Day - NO CLASSES	March 22nd - Last Day of Spring Break
November 24th - Celebration of Learning (Parent/Teacher Meetings - Term 1) - NO CLASSES	April 1st - Classes Resume after Spring Break
December 22nd - Last Day before Winter Break	April 12th - School PD Day - NO CLASSES
January 8th - Classes resume for the New Year	May 20th - Victoria Day - NO CLASSES
January 15th - School PD Day -NO CLASSES	June 7th - Division Wide PD - NO CLASSES
February 2nd - Divisional Wide PD - NO CLASSES	June 28th - Last of School
February 19th - Louis Riel Day - NO CLASSES	Please visit our school website for more updates.

# Room 8

Students have been busy working through the writing process to publish books about themselves. They are written from a different point of view and these books present a unique perspective on the people in Room 8.







With an eye on sustainable development, our class enjoys the fruits of gathering. We taste a lot of healthful foods. With the lettuce, we grow in class, we have salad parties!



Ideas for sustainable lunches that keep our planet healthy (litter-free lunch)

- ⇒ Use re-usable containers and cutleries
- ⇒ Buy bulk and use containers (ex.goldfish)
- ⇒ Use fabric napkins and throw them in the laundry
- ⇒ Re-use plastic bags
- ⇒ Slice fruit so kids can bring extra home

# Roots of Empathy



This year we have some exciting news in Ms. Slipec's Grade 4/5 class. We are participating in a program called Roots of Empathy! <a href="https://rootsofempathy.org/">https://rootsofempathy.org/</a>

Roots of Empathy supports children's positive mental health, wellbeing and learning, and in this unprecedented time, this type of emotional support is more important than ever.

Mrs. Rarog introduced us to Mom Ashley, and Baby Emma, our "Tiny Teacher", a baby from our school community. During the school year, we are watching baby Emma grow. The children predict and cheer when our baby reaches the 'developmental milestones' of the first year: "She can roll over!" "She can sit!" "Does she have any teeth yet?"

We coach the children in observing and reading the emotional cues of the baby. We then use this discussion to talk about their own emotions and to understand how our classmates feel. Roots of Empathy is founded on the loving relationship between a parent and baby which is where empathy starts.

Research on The Roots of Empathy Program from 3 continents has shown that children become better at talking about their feelings and understanding the feelings of others, while aggression and bullying behaviours are reduced.

We are excited to have Baby Emma as our Roots
of Empathy teacher!

Mrs. Rarog - Roots of Empathy Instructor/ Learning Support Teacher/School Counsellor

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The music room is full of musicmaking! The students have been singing, moving, and playing many



different instruments this month.

The Grade 4/5 students will be attending a concert by the Royal Canadian Air Force Band on November 7th at SOPAC.



Ms. Lees, Music Teacher

### Celebration of Learning (Parent-Teacher Meetings)



**November 23** - 3:45 p.m. to 7:30 p.m. **November 24** - 9:00 a.m. to 3:00 p.m.

Booking appointments will be opened on November 6th. Reports can be viewed on Parent Connect on November 21st.

**Cold Weather Reminder:** Dress your child(ren) for the weather - warm coat, scarf, tuques, ear muffs, mitts or gloves, jacket, boots, etc. We want them to enjoy the outdoors during breaks and get some fresh air. They only stay indoors if temperature drops to -27 deg C or colder.



## PHYS ED NEWS

MOVING & PLAYING WITH CONFIDENCE & COMPETENCE



### "We're All Stars"

To start the school year, our phys. ed. classes have participated in a variety of thowing / catching games and activities looking to build those foundational movement manipulation skills. Fitness wise we've discussed the "blue exercises" (muscles: endurance & strength), "red exercises" (heart: cardio) and now we've added the "green exercises" (balance & flexibility)











This year we're starting an organized intramural program for grades 3,4 & 5. The Stars League will take place during recess.

For more info, scan the QR code below.

### Sports Teams

Gr. 4/5 Cross Country was on Oct 11th and our runners did awesome!!

The goal is to find a pace and run the whole time.

Next Sports Season: Grade 4/5 Handball (Nov 7-10).

Practices have already started.











