



# ELWICK COMMUNITY SCHOOL NOVEMBER NEWSLETTER

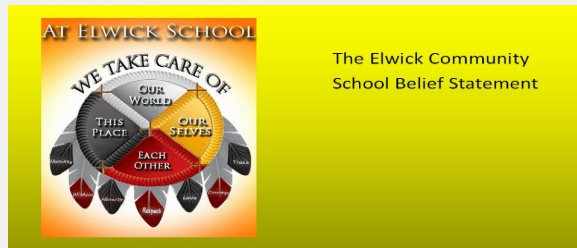
**Welcome Back to School!!**

**ELWICK ATTENDANCE CALL BACK SYSTEM**

***Absence Call If your child is going to be away  
please call the office: 204-633-5641***

## **November Dates to Remember...**

- |                    |   |
|--------------------|---|
| <b>November 10</b> | Picture Retakes<br>Virtual Remembrance Day Assembly       |
| <b>November 11</b> | Remembrance Day – NO SCHOOL                               |
| <b>November 19</b> | Virtual Parent/Teacher Conferences (4-8 pm)               |
| <b>November 20</b> | Virtual Parent/Teacher Conferences (9-3:30)<br>NO CLASSES |



Dear Elwick Families,

In the past weeks, our school community along with our city has experienced Covid in numbers we could not have even imagined in the summer.

Covid has affected our families and friends. The school faced its first Covid case on the Thanksgiving weekend without spread and the cohort has returned.

First, we want to thank you for working together to follow what Dr. Roussin calls 'the basics'. Our community understands the importance of keeping children home if they are symptomatic, getting tested and self-isolating if necessary.

Our children at school have been amazingly resilient. The children know how to physically distance, wear their mask without complaint (even our little children) and to regularly sanitize their hands.

Teachers and EA's work hard every day to keep children safe. They have worked to teach 'the basics' to children and to rearrange their classrooms to create better physical distancing.

Some families are fearful and have been keeping children at home. We understand the fear, but as a school, we support our province in the belief that school is a safe place for children to be. Children simply cannot be at home for months without a plan for schooling.

You may have seen Elwick staff visiting families in the neighbourhood to check on children who are not coming to school. We want to reassure families that school is safe for their children. We are learning to live with this virus not just for a few months but potentially for years. Children cannot afford to lose months or even a year of their education.

With the change to Code Orange in schools, remote learning is offered without a medical note. Families are choosing learning remotely with work packages and on-line instruction for their children. Just this week we have hired three additional remote learning teachers connected to Elwick children and families. These teachers, along with our learning support teachers, will come to visit homes, provide work, support children working on-line and check that work is completed. Parents/guardians make a commitment to help their children complete their work. If families begin remote learning and realize it is not for them, children are always welcome back to school.

We are here for your children and will continue to do everything we can to help them learn and grow in a safe and caring environment. Our Elwick community is resilient and takes care of each other. We will get through this!

Your Elwick staff

# Parent Teacher Conference

## **Virtual Family Conferences Thursday and Friday, Nov.19<sup>th</sup> & 20<sup>th</sup>**

It is recommended that November conferences will be done virtually rather than meeting in person. Families, children and the teacher can meet in a few ways. We are encouraging video conferencing through these platforms:

- FaceTime
- Google Meet
- Zoom
- Microsoft Teams
- WebEx.



Phone conferences are also possible.

In special circumstances, families will be invited to come in for their conference appointment with appropriate physical distancing.

You will be able to book your appointment through Parent Connect starting today, Monday November 9<sup>th</sup>.

Teachers will also be connecting with families to make arrangements for conference times and platforms where needed.

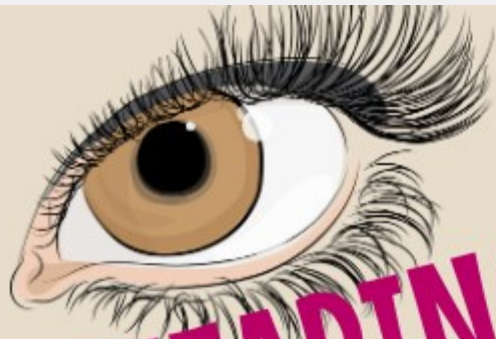
We really look forward to meeting VIRTUALLY with families and children to share and celebrate all the learning that has taken place this term!

## IMPORTANT DATES



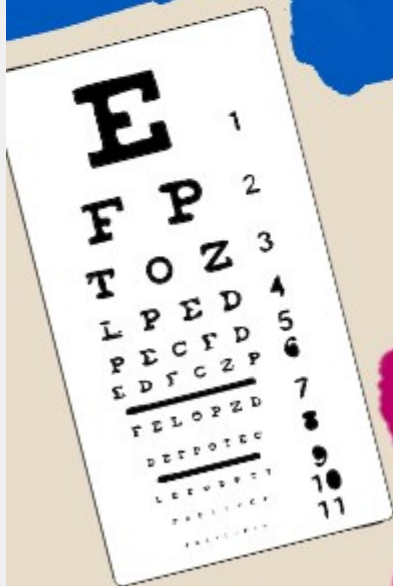
Please note additional school closure dates this year:

November 11	Remembrance Day – <b>NO SCHOOL</b>
November 19	Parent/Teacher Conferences (4-8 pm)
November 20	Parent/Teacher Conferences (9-3:30) - <b>NO CLASSES</b>
December 21-January 3	Winter Break – <b>SCHOOL CLOSED</b>
January 4	School Re-Opens
February 5	PD Day – <b>NO SCHOOL</b>
February 15	Louis Riel Day – <b>NO SCHOOL</b>
<b>Newly added:</b>	<b>**February 26<sup>th</sup>- PD Day- NO SCHOOL**</b>
March 18	Parent/Teacher Conferences-(4-8 pm)
March 19	Parent/Teacher Conferences (9-3:30) – <b>NO CLASSES</b>
March 29 -April 4	Spring Break – <b>SCHOOL CLOSED</b>
April 5	School Re-Opens
April 2	Good Friday – <b>NO SCHOOL</b>
April 16	PD Day – <b>NO SCHOOL</b>
May 24	Victoria Day – <b>NO SCHOOL</b>
<b>Newly added: **May 28<sup>th</sup></b>	<b>School PD day- NO SCHOOL**</b>
June 30	Last Day of School



# HEARING & VISION SCREENING

WILL NOT BE TAKING PLACE THIS YEAR DUE TO  
COVID RESTRICTIONS



Please contact your child's teacher if you are concerned about the hearing or vision of your child and would like support in getting them screened.



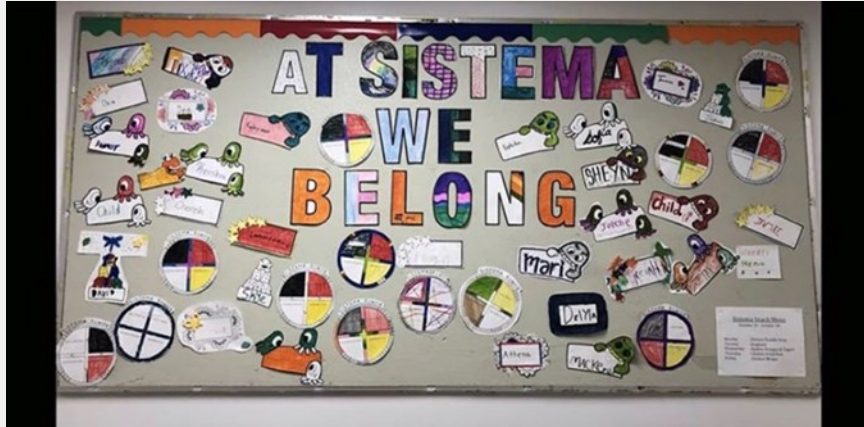
Did you know?



Vision tests at optometrists are free of charge for students under the age of 19.



# Sistema News



We have had another exciting and productive month at Sistema! Throughout the month, students recorded presentations and performances for our first ever Virtual Sistema Family Night! On Thursday, October 29th food from Jimel's Bakery was sent home with each student, and they were invited to log into our Sistema 2020-2021 Google Classroom to watch the family night video compilation. This was an important and innovative way to celebrate and showcase our accomplishments during this time of social distancing. The students' performances, instrument introductions, and welcome messages beautifully highlighted their learning and the beautiful Sistema community at Elwick school.

We would like to welcome our WSO Sistema Manager, Brent Johnson, and WSO Sistema Coordinator, Jeffrey Acosta, who are new to the Sistema team this fall. Former Sistema Manager Chelsey Hiebert is now the Executive Director of Manitoba Band Association. Congratulations Chelsey!

We are now preparing ourselves for our Remembrance Day Sistema performances. For this event, we will be recording performances for a virtual school assembly. Preparing Remembrance Day music reminds us that music is an important gift that can help bring students together on a solemn occasion of reflection and respect.

## Important Dates:

November 11 - NO Sistema – Remembrance Day  
 November 19 - NO Sistema – Parent Teacher Conferences  
 November 20 – NO Sistema – Parent Teacher Conferences



# Notes from the Music Room

The month of October was filled with music at Elwick School! We are now on Instagram and you can follow us @elwickmusic.

## **K-5 Music**

As we continue music education through Code Orange parameters, students are now situated two meters apart (on assigned sit spots) in the music room. Students continue to sanitize their hands when entering music class, and all instruments used in music class are sanitized.

This month, Grade K - 5 students have had many opportunities to play barred instruments (xylophones, metallophones, and glockenspiels) both as a class ensemble and independently. Since the arrival of our brand new mallets, this endeavor has been particularly exciting!

Friday Explorations is now a part of the music room experience: when students come to music class on Fridays (usually twice a month), they have the opportunity to explore different instruments or music activities independently (and with a little support from Ms. Anna). Instrument stations include electric keyboards, barred instruments and ukuleles.

Due to the change to Code Orange in schools during the month of October, Grade 4/5 choir has been suspended and we are now bringing composition workshops into individual classes with the use of Chrome books. We are excited for students to express their musical creativity in a new way! Grade 1-3 choir has also been suspended until it is deemed safe to bring classes together again in the gym.

## **Grade 4/5 Fiddle**

Grade 4/5 fiddle students began the month of October learning about fiddle music, the parts of the fiddle, proper care of the fiddle, and practicing fundamental skills with practice bows. At the end of the month they are now playing on their fiddles and practicing their first tunes! Grade 5 students who were in fiddle last year are showing leadership by demonstrating proper handling of the fiddle, play position and bow hold, and playing along to familiar tunes.

## **Musical Theatre TAA**

Musical Theatre TAA continued this month with acting coaching from Mr. Henry, dance instruction from Ms. Anna, and socially distanced singing with Ms. Kari at the beginning of the month. With the move to Code Orange singing has been suspended. In the coming months we plan to visit the Seven Oaks Performing Arts Centre to learn from theatre professionals and experience working in a real theatre. We are excited for our students to experience this incredible professional venue right here in our division!



***The newest addition to our Elwick music program: Tubano drums! Thanks to SOSD for generously providing these drums.***

## An inspirational article from one of our band students

Keisha Giesbrecht



Hello, my name is Keisha and I am a member of our school band.

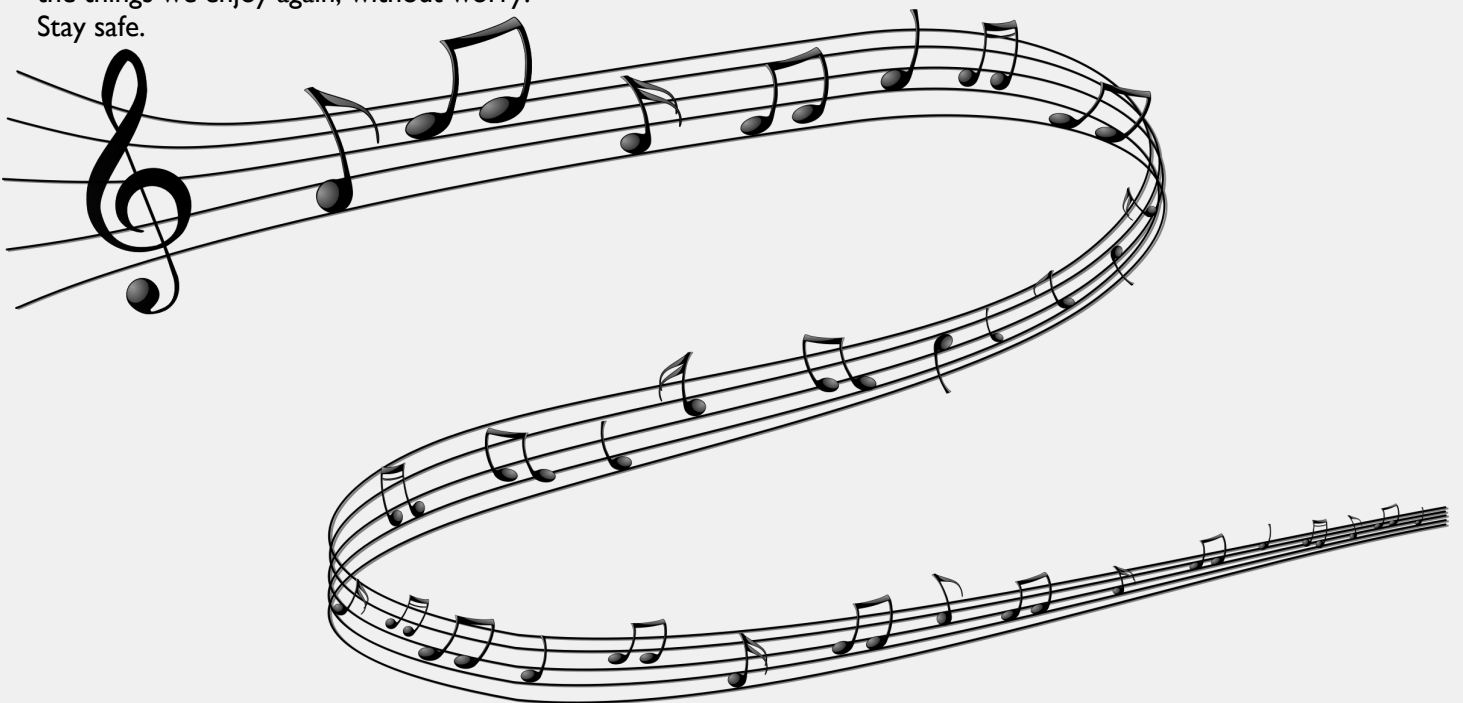
As you know, this year has been a little crazy and not normal for any of us. We have to wear masks, stay at home and keep our distance from our loved ones and friends. All these things have affected us all deeply but today I am here to talk to you about how it affected us as players in a band class.

At the start of the year, when we had our band classes we were put into a mini gym rather than the band hut, so we can keep our distance, and that was a change for us all. We had to be far away from each other which is a hard thing to do when you are a group of students making music together, but we still managed. As the cases of COVID-19 got higher in our city, at school we had to change some things once again. All of our instruments had covers or shields which honestly wasn't easy for anyone. After a few days passed we got the terrible news that we aren't allowed to play our instruments anymore in band class. When we got the news, it was like something we enjoyed, was taken away from us.

Earlier this year I watched my 7 role models speak at the U.N. General Assembly. During that speech one of them said "I looked up but couldn't see the stars at night." And that was the moment I knew that I wasn't the only one feeling this way. During that speech he also said:

***"Let's reimagine our world. We're huddled together tired, but let's dream again.  
Let's dream about a future when our worlds can break out of our small rooms again.  
It might feel like it's always night and we'll always be alone,  
But the night is always darkest before the first light of dawn."***

So please remember those words. Trust each other, understand that things will go back to normal one day. None of this has been easy for anyone but we just have to believe in each other and keep going. So we can do the things we enjoy again, without worry.  
Stay safe.







# NOVEMBER



## Elwick Community School Pre School Calendar

Our parent/caregiver and child (Birth-6 years old) program will take place on Wednesdays, from 12:15am-1:15am and 1:30am-2:30am and Fridays from 9:15am-10:15am and 10:30am-11:30am. We will play, do different crafts, and story time. Please bring a water bottle for your child.

### Come Join Us!

- *Wednesday November 4<sup>th</sup>*                      *Poppy Craft and Story Time*
- *Friday November 6<sup>th</sup>*                        *Poppy Craft and Story Time*
- *Wednesday November 11<sup>th</sup>*                *No Pre-School Program Remembrance Day*
- *Friday November 13<sup>th</sup>*                        *Winter Windsocks Craft and Story Time*
- *Wednesday November 18<sup>th</sup>*                *Handprint Tree and Story Time*
- *Friday November 20<sup>th</sup>*                        *Handprint Tree and Story Time*
- *Wednesday November 25<sup>th</sup>*                *Bottle Cap Alphabets and Story Time*
- *Friday November 27<sup>th</sup>*                        *Bottle Cap Alphabets and Story Time*

Sonia Cordeiro, Community Coordinator  
(204) 633-5641  
Email: [sonia.cordeiro@7oaks.org](mailto:sonia.cordeiro@7oaks.org)

# Need some help getting your grades 1-3 children to school? Maybe you have pre-school aged kids at home?

ELWICK SCHOOLS' WALKING SCHOOL BUS CAN HELP...

Beginning, November 9th, 2020

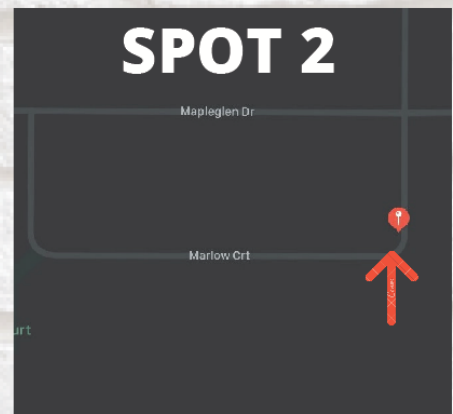
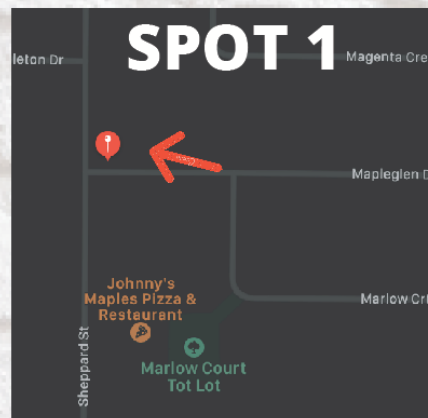
Elwick will have two groups of staff that will meet students at the meeting spot that is closest to your home and walk with students to the school. After school the same groups will walk back to the meeting spot to meet caregivers.

If there is an older sibling, we encourage them to walk together, instead of using the walking school bus, to try and not make the group too large.

Please remember to socially distance

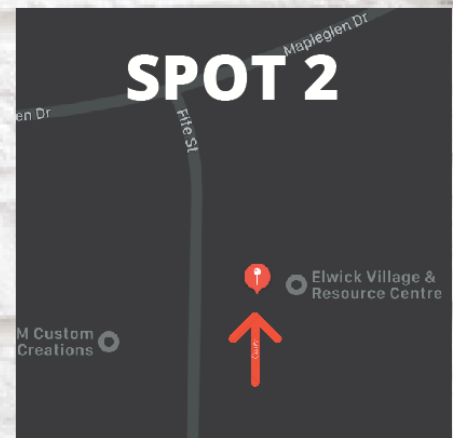
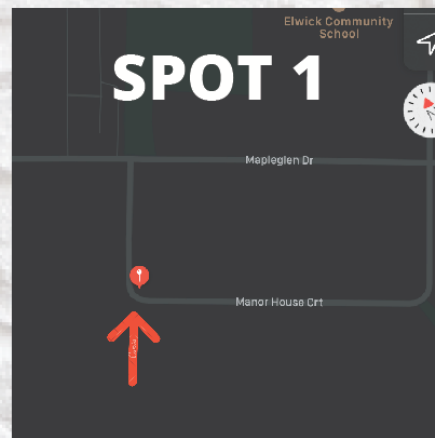
## Sheppard / Marlow Court

Spot 1 - 8:30am Sheppard @ Mapleglen at the bus stop  
Spot 2 - 8:40am Marlow court in front of the new units



## Manor House / Fife

Spot 1 - 8:35am Manor House in front of the new units  
Spot 2 - 8:45am Village Centre parking lot





# First Teacher Program

About the program:

The First Teachers Program welcomes families with pre-school aged children. Families will engage with a family visitor on an ongoing basis. Visits can include: bi-weekly BAG · Learning packages · check-ins · games · books ·



**Watch for more details  
and how to register!**





# THEME OF THE MONTH

## Mindfulness

For the month of November, Elwick Community School is going to be learning about **MINDFULNESS!** Now that we have had practice learning about emotions, we are going to learn how to be present in the moment and learn to be aware of ourselves and our surroundings.

In our busy world, we are often trying to get many things done at once. Mindfulness teaches us to slow down, focus on the here and now and take things one step at a time. Mindfulness takes practice and the more you work on it, the better you will become.

### Mindfulness can help with:

- self-awareness
- patience
- increased focus
- positive thinking
- being better able to self-regulate
- sleep
- staying calm when under stress
- improving social skills
- self-esteem
- being present in the moment

### Mindfulness can help with:

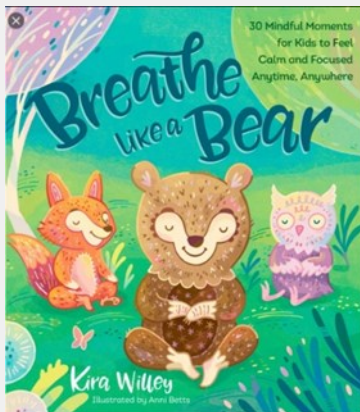
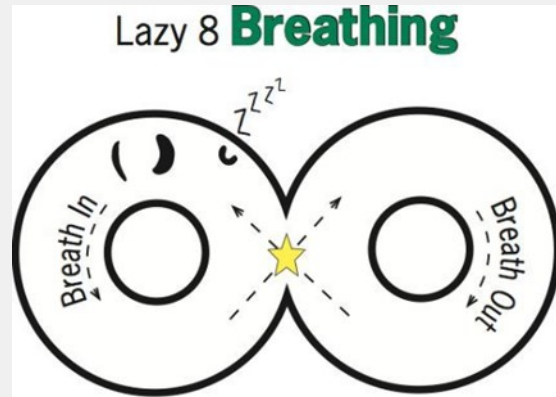
- deep breathing
- yoga
- spending time in nature
- using your five senses
- meditation
- exercise
- being present in the moment





## When children are feeling upset and are having trouble regulating, what are mindful practices that adults can do with their child?

- **Teddy Bear Breathing:** have your child lay on their back and place a stuffed animal on their stomach. Have them slowly take a deep breath in and have your child focus on the bear moving slowly up and down.
- **Lazy 8 Breathing:** use a picture, like the one here, or draw one yourself. Have the child trace their finger and breath in deeply while they trace one half of the eight and breath out slowly while they trace the other.
- **Go for a walk outdoors** and Have them notice nature using their senses: what do you see, hear, smell and feel?



### Want additional resources?

#### Picture Books that help children learn about Mindfulness:

Breathe like a Bear by Kira Willey

My Magic Breath by Nick Ortner

I am Yoga by Susan Verde

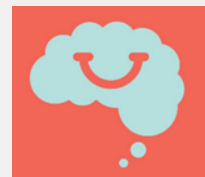
A Handful of Quiet by Thich Nhat Hanh

What Does It Mean to Be Present by Rana DiOrio

#### Online resources:

**Cosmic Kids:** <https://www.cosmickids.com/> This website has videos for kids about yoga and mindfulness. A great free resource for movement at home!

**Smiling Mind App:** This app is a free resource with hundreds of mindfulness activities for all ages!



## PHYSICAL EDUCATION NEWS



### ELWICK PHYS.ED

*Reminder: Dress for the Weather* Please try to send your children to school dressed for the outdoors. As the weather gets colder you may need to include a toque and some mitts. Students are also encouraged to wear clothes and runners to school on days that they have phys.ed which will allow them to take part in physical activities.

If you have any questions please feel free to contact the physical education department.  
Eric Lister & Kim Schettler



### Contact Information

***It is very important that we have updated contact information for your child.***

***If you have moved or had a change of phone number, please let the school know at 204-633-5641***



**For the latest information, check out our website!**

**[www.7oaks.org/schools/elwick](http://www.7oaks.org/schools/elwick)**