



O. V. Jewitt Community School

Principal: Ms. T. Nishibata-Chan

Vice-Principal: Ms. K. Dalton

[Home - O.V. Jewitt Community School \(7oaks.org\)](http://Home - O.V. Jewitt Community School (7oaks.org))

October 2021 Newsletter

Land Acknowledgement

We would like to acknowledge that O.V. Jewitt Community School is located on Treaty 1 land, the original lands of the Anishinaabe, Ininewak, Aniishinin, Dakota, and Dene peoples, and on the homeland of the Métis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.



**Upcoming
Pink Shirt Days:
November 24
December 17**

Letter from the Principals

Our staff is working hard to make school an engaging place to learn for your children! We value the connection we have with our larger school community and want to share how we are establishing relationships within and beyond the walls of our school. It is no secret that when we work together and support one another, we all have a sense of well being across the building.

This month's newsletter highlights some of the work we are doing that connects with the larger community to build success with our students. We share with you opportunities where students have the feeling of giving back to their community and that allows them to feel a larger sense of importance and impact.

We would like to invite you to our first Family-School Partnership Meeting (formerly – Parent Council) on

Wednesday, November 3 @ 6:00

Light snacks will be served. Everyone is welcome and we look forward to seeing you there.



A friendly reminder...

The weather is getting colder. Students are outside for two movement breaks during the day (30 minutes each). Please be sure your child is dressed appropriately for the weather, including boots, hats, mitts, ski pants, and a warm coat.

Due to Covid restrictions, we will remain outside in the morning before school starts, unless the conditions are extreme. Please send your child to school closer to 8:50 a.m.

New faces to O.V. Jewitt Community School this year:

Kim Crass (LST)
Krystin Cullum (LST)
Theresa Lopez (Library Tech)
Kim Dalton (Vice-Principal)

Why follow @ovjewitt on Instagram?
Connection...Current information...Upcoming events...Classroom highlights



Same, Same But Different—Room 7...

Grades 1 & 2 students from Mrs. Grewal's class read the book **Same, Same But Different** written by Jenny Sue KostECKI-Shaw. As a classroom community they discussed differences and similarities in Indian and Canadian cultures. During discussions, students were curious about peacocks because they saw peacock drawings in the book. The class, as a team, did some research and learned that the peacock is the national bird of India and has a special significance in Indian culture. Peacocks frequently appear in many forms of art in India like the Diwali Rangoli design, Diwali Diya(candles), Diwali cards, jewelry and paintings. The class created a beautiful art piece in the form of a peacock by using hand prints, shiny sequins and construction paper. **Their art project is a part of an art exhibition hosted by CBC Manitoba at Garden City Mall from October 8th-November 6th.** Make sure to take a look!



Many thanks to the Home Depot on Leila Avenue for donating plants to our Early Years co-teaching space that we're trying to create.



OLLEYBALL IS IN FULL "SWING"!!

Our Middle Years students have been practicing to develop their skills and focus on the basics of bump, set and spike to get into position and control their hits on the court. While we may not be able to have fans, it is evident that they are working as a team, encouraging one another and have demonstrated great sportsmanship. Thanks to Mrs. Pereira and Mr. S, Mr. Clendenan and Mrs. Erickson and Mr. Lopes and Mr. Mantolino for stepping into the coaching roles for these teams. Great to have our volleyball teams back!



Portable 3 Plants Trees for Sustainability

On Thursday, October 14, our class planted six trees. Two Birch trees, two Linden Bass Wood, and two are Flowering Cherry Blossom trees. The trees have been donated by TREES Winnipeg, www.treeswinnipeg.org

We planted the trees on a rainy day so the ground would be soft and easy to work with. To plant the trees, we started to get the mulch, dirt, a shovel, and the trees. After we had assembled all the tree planting supplies outside, we decided to plant the trees at the back of portables 7, 6, and 5, along the fence on Margate. We started to dig holes about two times bigger than the pot in width. In depth, we roughly dug the hole as deep as the pot. As we were digging the holes, we found clay and insects like worms. By the time all the holes were dug, we started to put the trees into the holes, then we filled in the holes with earth. To top it all off we added some wood mulch on the dirt, so the mulch can suck up any extra water and keep the soil cool in the summer.

We planted the trees to provide shade for the school yard in the future, more oxygen for the air, and to make our yard more beautiful. Now we can take care of our trees and water them weekly.

By: Alexis, Jasleen, Samantha, and Eunice



OVJ Gives



As part of our ongoing commitment to students and community to make this world a **better place, we took part in OVJ's first annual Socktober campaign.** Our donations will be sent to Main Street Project. In anticipation of the coming winter months, Main Street Project was looking for help in collecting 20,000 pairs of new socks so that they can keep lots of feet warm, dry and healthy this winter.

We set the goal of collecting 500 pairs of new socks and **we far surpassed our goal!** This was truly a community effort. *Big thanks* go out to you: our OVJ family for making this such a success. Special thanks to Andre, Dorian and Mr. Eric for collecting the donations and keeping track of donation numbers.

Thank you to Ms. Badhan for the idea and to the Community Schools Committee for making it happen. Great work everyone!

SAFETY FIRST!!

Please do not stop in the school bus loading zone or park directly in front of the main doors. This is a **NO STOPPING ZONE.**

Please do not park, drop off or pick up children in the parking lot. Our parking lot is reserved for staff **ONLY.**

The City of Winnipeg and our community police officers check our school area regularly and we do not want anyone to receive a costly ticket.

Thanks for your help and support!



ARE CANADIAN CHILDREN GETTING ENOUGH SLEEP?

To be as **healthy** as possible¹, children need adequate **night time sleep**:



But... **1 in 4** children are **NOT** getting enough sleep.



5-13 year olds
9-11 HOURS
of sleep/night



14-17 year olds
8-10 HOURS
of sleep/night



Let's talk about **sleep quality**, shall we?

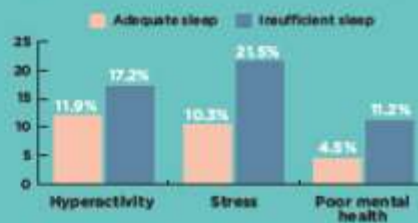
1 in 3 children have trouble going to sleep or staying asleep.

1 in 5 children have difficulty staying awake during waking hours.

1 in 10 children do not find their sleep refreshing.



Over time, **insufficient sleep** impacts how a child feels, behaves and interacts². Children who get less than adequate sleep report*:



Catching more **Zzz's** can help with children's:

- **Physical health,**
- **Emotional well-being, and**
- **Quality of life!**



* Completed with children getting the recommended amount of night time sleep.

¹ Tremblay, R.S. et al. Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. *Applied Physiology, Nutrition, and Metabolism*, 2016, 43(6 (Suppl. 3)), S319-S322. <https://doi.org/10.1139/apnm-2016-0151>

² Carson, V. et al. Associations between sleep duration, sedentary time, physical activity, and health indicators among Canadian children and youth using compositional analyses. *Applied Physiology, Nutrition, and Metabolism*, 2016, 43(6 (Suppl. 3)), S394-S397. <https://doi.org/10.1139/apnm-2016-0026>

GOOD SLEEP. PART OF A HEALTHY LIFESTYLE.

LEARN MORE ABOUT SLEEP HEALTH AT CANADA.CA

- > **SEARCH** Physical activity, sedentary behaviour and sleep
- > **GET DATA** PASS Indicator Framework
- > **OR VISIT** 24-Hr Movement Guidelines



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