

St. Andrews School Newsletter for APRIL 2024



MESSAGE FROM THE PRINCIPAL

Dear parents and guardians of our St. Andrews School students,

We hope you are all enjoying spring break and time together! Before we head back to school on Monday, April 1, we want to share some information about the coming month.

We would like to thank Mr. Wishanski, LSSD social worker, for facilitating a great discussion after school on March 20 about how parents and guardians can help keep their kids safe when online. We hope to have future parent info sessions about Snap Chat and TikTok. Please watch your email in the coming weeks for information about possible sessions.

April is "Wellness Month" at St. Andrews School. Although wellness is an ongoing focus throughout the school year, we are spending some extra time this month sharing strategies and activities to support the mental health and wellness of our students and staff. In keeping with the theme of the month, we will also be acknowledging the International Day of Pink on Wednesday, April 10. This is a day to remind us that we should always encourage inclusivity, diversity, and kindness and to create welcoming and safe places.

Swimming class, as part of grade 4 and 5 physical education, will take place this month. Our students will participate in several sessions of swimming classes at the high school during April. More information about this will be sent home soon.

We would like to make families aware that the school will continue to sell milk for our students, however, there are periodic supply issues which prevent us from having milk available each day. We will continue to do our best to have milk available for students.

Our school will be holding a Mom's Pantry fundraiser this month. Please look for information coming home soon about this fundraiser.

As planning for the next school year gets underway, updates about staffing for next year at St. Andrews School will be shared in upcoming newsletters.

For our grade 6 families, a reminder there will be a grade 6 open house and orientation at Lockport School on Tuesday, April 2 at 7:00pm. Please contact Lockport School if you have any questions about this event.

We welcome communication from our St. Andrews families. Should you have any questions or concerns about your child at school, please do not hesitate to contact your child's classroom teacher or our school administrators.

Yours in education,

Mrs. Sowany and Ms. Korchinski

ST. ANDREWS SCHOOL KINDERGARTEN REGISTRATION

Parents and guardians are welcome to register their kindergarten age children for kindergarten classes for September. Children must be 5 years old on or before December 31, 2024 to register for classes beginning in September 2024.

A birth certificate and proof of residency must accompany all registrations. A non-Canadian birth certificate will also require proof of citizenship. Registration forms are available from the school office or on our website. You can download and print the forms from our school website by [clicking here](#).

Please note both REGISTRATION and TRANSPORTATION (if needed) forms must be printed and completed. CHILD IN CARE forms are only required if a child is in care of Child and Family Services.

If you are aware of any kindergarten age children in our catchment area, please encourage the families to register early.

Should you have any questions about registration, please contact our school office staff at 204-338-7510.

8 St. Andrews Road, St. Andrews, Manitoba R1A 2Y1

Ph: 204-338-7510

Fax: 204-334-3148

E-mail: st.andrews-sch@lssd.ca

Web: <https://sta.lssd.ca>

Twitter: @StAndrews_LSSD

REMINDER

- Please visit our website for current information about our school at: <https://sta.lssd.ca>
- Please remind your child that toys and personal items are not to be brought to school. Items can be lost or damaged and can be a distraction to learning.
- Please do not drop off students at school prior to 8:35a.m. Supervision is available at the front of the school beginning at 8:35a.m. for students being dropped off.
- A parental phone call to the school is required if your child will be absent from school. Please do not send a sick child to school.
- Any end of day changes to regular student pick-up or bussing plans need to be communicated to the school by the parent/guardian through the planner, email or phone call to the office (204-338-7510) by 3:00 p.m. Early pick-up of students also needs to occur prior to 3:00 p.m.

Thank you





Middle School Counsellor's Corner



DO YOU REALLY KNOW YOUR NERVOUS SYSTEM?

It's that time again to share some exciting insights into what our students have been learning, especially in the Grade 6 classrooms! Over the past weeks, both classes have been delving into a fascinating topic that impacts us all: the nervous system.

At the heart of our exploration is the concept of "neuroception." This is how our nervous system continuously evaluates cues from our environment to determine whether we are safe or under threat. Through this lens, we have been delving into the three essential components of our nervous system:

1. **Dorsal Vagus:** Aids in relaxation and digestion. However, in moments of severe danger, it can induce a freezing response, a protective mechanism where the body remains still, hoping the threat will pass.
2. **Sympathetic Nervous System:** Familiar to many as the "fight or flight" response, it prepares our bodies for action in perceived moments of danger or stress.
3. **Ventral Vagus:** This part of the system encourages social engagement, helping us connect with others and fostering feelings of safety and trust.

In our classroom discussions, we've not only been learning about these systems but also crafting personal plans for managing our well-being:

- **Recognizing Signs:** Students are learning to identify the physical and emotional signals that indicate their bodies are moving into states of stress or threat.
- **Grounding Techniques:** They are exploring various methods such as deep breathing exercises, mindful movements, and positive affirmations to return to a state of calm and safety.
- **Seeking Support:** We encourage students to reach out to trusted adults, whether it's a teacher, family member, or school counsellor, whenever they need guidance or support.

Our goal with this exploration is to equip our students with tools for resilience. By understanding how their nervous systems function, they can better manage stress, navigate challenges, and nurture their overall well-being.

As partners in your child's education, I invite you to continue these conversations at home. Perhaps you can ask your child about what they've learned, practice calming techniques together, or simply explore the topic further.

Thank you for your ongoing support and collaboration. Should you have any questions or wish to discuss these topics further, please feel free to reach out!

-Mrs. Bouchard



CHECK IT OUT ON *Instagram!*

@counselling_with_mrs.b



Phys.Ed Corner



Congratulations to the grade 5 and 6 students who participated in the Basketball 3 on 3 tournament at our school on March 12! The students demonstrated some great dribbling, shooting and passing skills during the tournament. Our students were great hosts to the other schools participating. Way to go Dragons!



We will be starting a grade 5 and 6 Handball Club after spring break. The Handball tournament will be held on May 1st at Ecole Selkirk Junior High. The grade 5's will play in the morning and the grade 6's will play in the afternoon.

The grade 3/4 Ultimate intramural league ended prior to Spring Break. There were some big upsets in both the boys and girls finals. A big congrats to girls champions Team Neptune and the boys champions Team Kiwi who came from behind to capture 1st place. The students showed a lot of enthusiasm for the game while improving their throwing and catching skills!

Grade 2's had an opportunity to join the grade 2 cheer club! The Cheer team kicked off our Spirit Week Gym Blast with a Dragons Cheer! The cheer group will continue to meet after Spring Break to create and practice some more small and large group cheers!



Ms. Loepky and Mr. Penner

EASY ONLINE ORDERING!



Please watch for information coming home soon about our school fundraiser for this month!



PAC NEWS

April 2024

Volunteer

DID YOU KNOW...

- PAC is **YOUR** Parent Advisory Council, run by **volunteers!**
- **YOU** can volunteer to help with PAC activities even if you're not able to attend monthly PAC meetings
- PAC has volunteer opportunities **both** during the day and after school hours
- PAC **NEEDS** volunteers to be able to do what we do, and **welcomes** new volunteers anytime during the school year
- Volunteering with PAC is a **great** way to contribute to your children's school while also meeting other parents!

Please join us – even just a little!
Email PAC at standrewspaclssd@gmail.com

NEXT PAC MEETING

Monday, April 15
7 – 8pm
in the school Library

Free childcare

All families are welcome!

Remaining 2024 meetings

May 27 June 17

Thank you!

Thanks to everyone who ordered from PAC's spring fundraiser with **Purdy's Chocolatier!**



We raised over \$1,500 to contribute towards supplies for the school, including additional Digi-Blocks math tools for classrooms.

Special thanks as always goes out to our dedicated PAC Executive members and volunteers who put many hours into planning and running the fundraiser, sorting orders and handing them out to families!

We appreciate your support!

Enjoy your chocolates!



Mark your calendar!

Upcoming hot lunches:

Thursday, April 11: Hot Dogs & Chips
(Day 3) **Order by March 22**

Wednesday, April 24: Perogies
(Day 6) **Order by April 12**

Thursday, May 9: Pizza
(Day 5) **Order by April 26**

Thursday, May 23: Pita Pit
(Day 2) **Order by May 10**

Order at: www.munchalunch.com

For more dates & deadlines visit
www.tinvurl.com/standrewspa



Follow PAC on **Facebook**
for updates on hot lunches,
fundraising and more!

www.facebook.com/stapac

PAC Web page:

Visit sta.lssd.ca/our_school
and click "Parent Advisory
Council (PAC)"

Questions?

Email us at
standrewspaclssd@gmail.com



Planning to ride your bike to school?

- Follow the rules of the road.
- Students must wear a bike helmet.
It is the law in Manitoba.
- Walk your bike at all crosswalks.



It's April and our playground will still be icy, wet and muddy as the snow and ice melts. Please be sure your child is dressed appropriately for the weather (**check The Weather Network for Selkirk, MB for the forecast**) and to help keep them warm and dry while outside. If possible, please also send a change of clothes to have at school in the event your child gets wet or muddy while playing outside at recess.

PAC

PARENT
ADVISORY
COUNCIL

All parents and guardians are welcome to join the monthly meetings which are held the third Monday of each month at 7:00 p.m. in the school library. The next PAC meeting will be Monday, April 15.

[Follow PAC on Facebook for updates!](#)

[Contact us: standrewspaclssd@gmail.com](mailto:standrewspaclssd@gmail.com)

UPcoming EVENTS

April is "Wellness Month"!

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|----------|---------------------------|
| April 1 | Back to school (Day 1) |
| April 10 | International Day of Pink |
| April 15 | PAC meeting |
| April 19 | NO SCHOOL, inservice day |
| April 22 | Earth Day |