

Winfield School News

November 2024

School Updates

Assembly

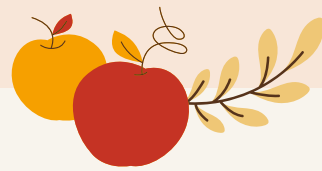
This month we will continue our focus on having a Growth Mindset, with an emphasis on 'The Power of Yet'. This is the idea that if students haven't achieved something or learned a specific skill, it does not mean they can't or won't in the future. The power of yet is showing perseverance when faced with challenges so that one day we can achieve success.

October Award Winners

In October, we had the following award winners: Conner McLean, Bodhi Chappell, Alicia, Ilyana, Hunter Stamp, Lexi Drebert, Sierra, Natalie, Ella Graham, and Graycen Merrill-Lathe

Progress Communication

Teachers are often updating PowerSchool gradebooks to inform you of your child's progress in school. Please make sure you are checking their PowerSchool often so you are informed about their learning. **We are having Parent Teacher Interviews on November 19th. Please call Mrs. Rylance at the office to schedule an appointment with your child's teacher.**



After School Program

This month we have another local artist coming to help us create 'Grinch Trees' on November 25th at the lodge. A sign up sheet will be sent home the first week of November. It is a first come first serve basis, so please sign and return the form ASAP. The form will also have more details about time, location, etc.

Upcoming Events

- 8 Remembrance Day Ceremony at 10:20
- 11-15 No School (Fall Break)
- 19 Quest Theatre at 10:25.
- 19 **Parent Teacher Interviews 4-7.**
- 25 Grinch Tree Making at the Lodge
- 27 Smashball Tournament 9:45-2:00 at Winfield School
- 29 Pajama Day



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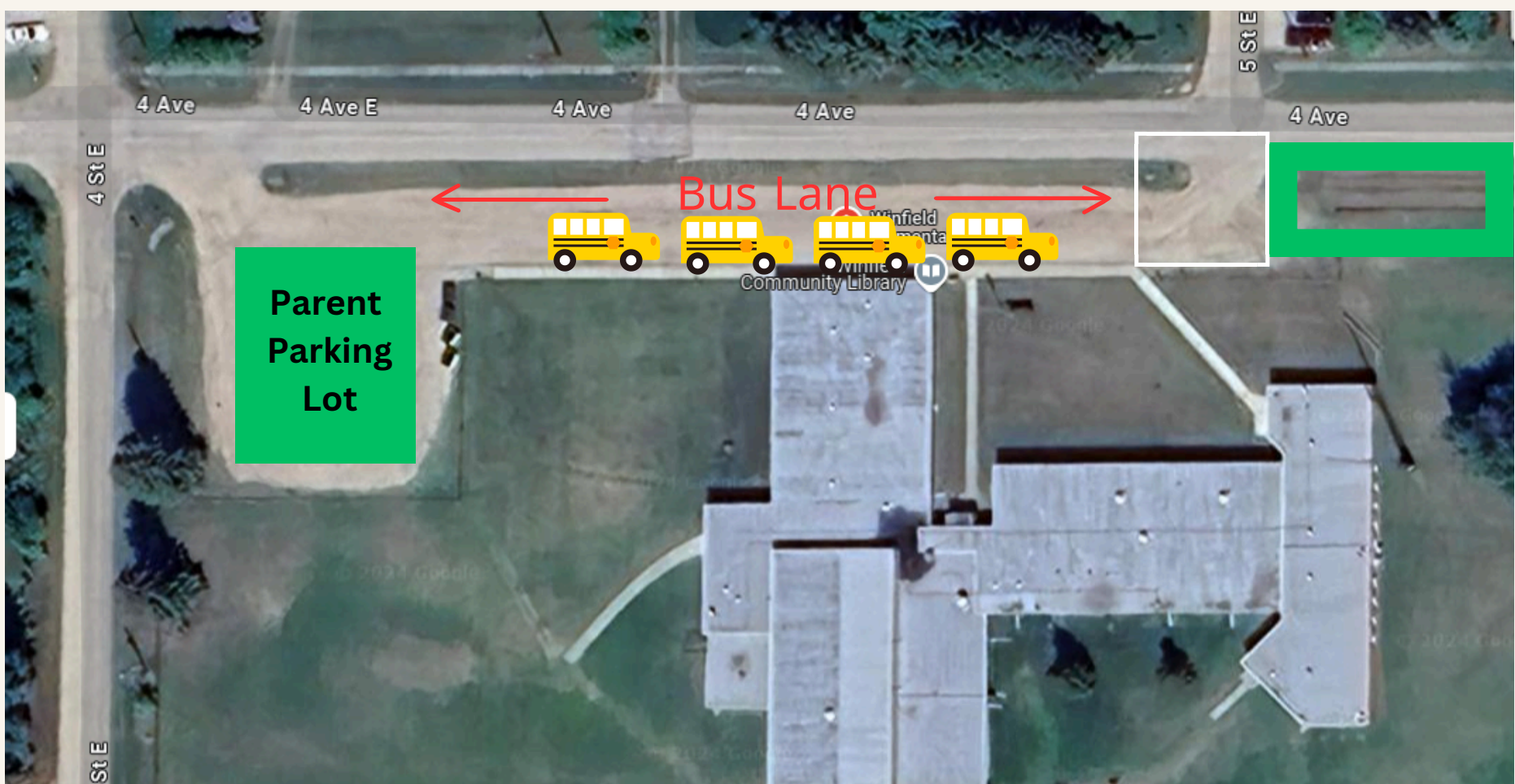
School Updates Continued...

Parent Drop Off/Pick Up

We would like to remind everyone about our morning drop-off procedures to ensure the **safety of all our students:**

- **Parent Parking Lot:** We strongly encourage all parents to drop off students in the parent parking lot, especially when buses are present in the bus lane.
- **Bus Lane Safety:** If buses are in the bus lane, vehicles are not permitted to drive past them. Additionally, students are not allowed to walk in between buses at any time.
- **Buses Out of the Lane:** If the buses are out of the bus lane, you may drop off your child in the bus lane or along 4th Ave.
- **Dropping Off Near 3-6 Doors:** If you are dropping your child off near the 3-6 doors, please ensure you pull up past the intersection when buses are still in the lane. The green rectangle on the top right of the map shows the safe zone to park if buses are still in the lane. The white box below is an area that no student should be walking through if the buses are in the bus lane.

Thank you for your cooperation in keeping our students safe during drop-off and pick-up times. If you have any questions about this please contact Mrs. Zawartka at the office.



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Family School Liason Update

It's cold and dark outside, the sun hasn't shined in days, and you are feeling sad, uncomfortable, and downright irritated. You can see these same frustrations in your child and after weeks of sluggish behaviors and grumpy conversations, you begin to ask yourself "Is this the winter blues or something bigger?" In children, just as in adults, it is very common to feel a change in mood and energy levels during the winter months. Shorter days mean less sunlight, causing internal clocks to get off. This can affect sleeping habits and energy levels. In addition, chilly temperatures often mean staying inside and swaying from regular schedules. And, if done frequently, can negatively affect mental health.

Six Tips to Combat Winter Blues:

1. Exercise: Keeping active is very important. If you can brave the outdoors to get your daily 60 minutes of movement that is even better!
2. Eat healthy: A balanced diet is key in keeping a healthy body, and that effects the mind! Be sure to stay away from sweets, and choose fruits or vegetables.
3. Use lights to mimic sun: Turn on lights when getting up in the morning and keep a brightly lit home throughout the day. You can also purchase specialized lamps that provide a glow to give you/your child a daily dose of sunshine.
4. Stay social: Attending school, work, and social obligations can seem like a pain on frigid winter days, but getting out of the house, conversing with peers, and staying active can help to combat depression.
5. Open up: Talk to your children about how you are handling the winter and feelings you are having. They may be feeling the same way and you can help each other work through it.
6. Fun at home: Getting snowed in is a perfect excuse for family time. Plan a movie night or work on a home project. Don't feel trapped inside, instead find ways to have fun together!

Information taken from: <https://www.familymeans.org/articles/2022/01/07/six-tips-to-combat-the-winter-blues/>

If you would like support for your child please contact Ms. Kandice, FSL at kandice.wynia@wrps11.ca



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7 Hot Lunch: Bacon Corn Chowder	8 Remembrance Day Ceremony at 10:20 
11 Fall Break No School	12 Fall Break No School	13 Fall Break No School	14 Fall Break No School	15 Fall Break No School
18 Parent Council Meeting @ 4	19 Parent Teacher Interviews 4-7	20	21 Hot Lunch: Pizza	22
25 Assembly Grinch Tree Making @ the Lodge 	26	27  Smashball Tournament	28 Hot Lunch: Chicken Caesar Wrap	29 Pajama Day! 

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WINFIELD SCHOOL FUNDRAISING COMMITTEE

Join Us in Spreading Holiday Cheer! 🎄

The Winfield School Fundraising Committee is excited to announce our Annual Christmas Concert Bake Sale! We are seeking donations of delicious platters and holiday-themed dishes to make this event a sweet success.

If you are able to donate these items, either drop them off in the hot lunch kitchen at school or email us at winfieldparentcouncil@gmail.com to arrange pick-up/drop-off.

Your generous contributions will help support our school community. Thank you for your kindness and holiday spirit!

