

The Stingray Statement:

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OCTOBER 19, 2021

General Vanier School
Allie Hassin: Principal
Cindy Ediger : Acting Vice-Principal



What to Do If Your Child Is Sick?

We still need to take all symptoms seriously.

With many changes being made to public health protocols, there have been many questions around what to do if your children become ill. In former days, the answer was easy, stay at home, but COVID continues to complicate things.

The Louis Riel School Division has created (and recently updated) two infographics that help explain and navigate our current advice from Public Health: [What Should I do if My Child is Sick?](#) and [When Does My House Need to Self-Isolate?](#) More information can be found by following the link below.

COVID-19 Parent/Guardian Resources

If you have questions about any of the above, don't hesitate to call the school for clarification.

Roots of Empathy

Are you a proud parent with a new baby?
Will your baby be 2-5 months old in November?
You and your baby could be a Roots of Empathy Family!



Children learn to care for and respect each other, and there is less bullying and aggression.

To Be a Roots of Empathy Family.

- Due to public health restrictions and everyone's health and safety, you and your baby will participate virtually from home in our Roots of Empathy Recovery Program through photos and videos.
- Ten times over the school year, you and your baby will "virtually" visit a classroom with the Roots of Empathy Instructor. You will help the children learn all about your baby and in turn they will learn about themselves, their feelings, their temperament traits and their relationships with family and others.
- Babies must be between 2 and 5 months in November.

"Roots of Empathy is about changing the world, child by child."

- Mary Gordon, Founder/President

For more information contact our student services teacher Marsha Leary at 204-255-1400.

Mobile Vision Care Clinics (K to 8)

October 19

As part of our commitment to provide the best opportunities for students to achieve success, General Vanier School has partnered with Mobile Vision Care Clinic (MVCC) to provide complete vision care for all students at General Vanier.

An optometrist, licensed optician, optometric assistants, and eyeglass specialist(s) will attend our school to provide comprehensive eye exams for students whose guardians request them and provide them with glasses, if required. All members of the Mobile Vision Care Clinic team are fully vaccinated against Covid-19. Parents will receive a letter from the MVCC after the eye exam to share any pertinent information.

Manitoba Health covers the cost of children's eye exams and direct billing will be done by the Mobile Vision Care Clinic staff. For some students, eyeglasses may be covered through 3rd party insurance such as Employment Income Assistance (EIA), Non-Insured Health Benefits (Status) or a 3rd party insurance company. Funds are also being

donated and raised for families who have no 3rd party coverage and are not in a position to afford the cost of prescription eyeglasses.

If your child requires glasses, they will be delivered to your child's school. Eyeglass delivery and fitting will take place approximately 3 weeks after MVCC has been at the school. Additionally, if your child is identified as having a visual impairment, he or she will be referred to the appropriate specialist.

PAC Meeting

October 19, 2021

Are you interested in being a part of your school community? Come to our Parent Action Council (PAC). Meetings are usually one hour long and happen on the third Tuesday of each month with a few exceptions. Have a look at their web page and see the fantastic work that they have done in the past.

[GV PAC Homepage](#)

Our hard working PAC is always open to new volunteers and understand the demands that parents face in putting up their hand to help out.

Time: Oct 19, 2021 07:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/98607776233?pwd=Y2I1NUd1U1BXamNZZEtKN1VBREpJdz09>

Voluntary Disclosure of Vaccination Status for Students

Beginning October 18th, 2021

Beginning Monday, the Louis Riel School Division (LRSD) will be collecting information about student's vaccination status for the purposes of managing its COVID 19 pandemic response and determining its risk profile.

Parents/guardians of students in grade 7 to 12 will receive an email from the division notifying them to complete the voluntary self-disclosure through Tyler SIS by Thursday, Oct. 21.

PAC Hot Lunches

November 3rd, 2021

PAC will be hosting this year's first fun lunch on Wednesday, November 3rd through [Healthy Hunger](#). Subway is the first restaurant this year. All orders must be completed

online (please see the instructions sheet below). If you have any questions about this, please feel free to contact Christina Koblun at koblun.christina@gmail.com .

Christina could also use a few volunteers to help deliver the lunches. Please let her know if you are able to volunteer on the day.



FUN LUNCHES ON-LINE

You've been asked to order your Fun Lunches On-Line... Now what? Go to www.HealthyHunger.ca and click "No Obligation Sign Up". After your account is created, you will be able to view all up-coming Fun Lunches, place orders, and then pay for your orders Online with Visa, MasterCard, or Interac Debit.

HOW IT WORKS

STEP 1.

Click "No Obligation Sign up" and create your account.

STEP 2.

Login, and add your children to the account.

STEP 3.

View all of the Up-Coming Fun Lunch dates.

STEP 4.

Place your orders and make payment Online.

No obligation sign up



Add a student



Order now



Pay now

BENEFITS

1. Receive an email reminder if you have not ordered for an up-coming lunch.
2. Receive automatic email notification when your School posts a new Fun Lunch.
3. Order for multiple children attending the same or different Schools.
4. Flexibility & Control. Order for 1 lunch, 2 lunches, or the entire year.
5. Cancel orders at any time before the 5 day Cut-Off.
6. Quickly review your orders at any time.
7. Free and Unlimited Tech Support from Healthy Hunger.

**WWW.HEALTHYHUNGER.CA
1-800-818-6260**

Western Office:
1935 27 Ave NE, Suite 107, Calgary, AB, T2E 7E4
Eastern Office:
7111 Syntex Drive, 3rd Floor, Mississauga, ON, L5N 8C3

**Healthy
Hunger**

Aulneau Renewal Centre

From our school Social Worker:



[Aulneau Renewal Centre](#) is pleased to announce its new program- Parent Cafés. Parent Cafés is an international program through Be Strong Families and Aulneau Renewal Centre is excited to bring this program to Manitoba! This has been made possible through a grant from the Réseau Compassion Network.

Parent Cafés are physically and emotionally safe spaces where parents and caregivers talk about the challenges and victories of raising a family. Through individual deep self-reflection and peer-to-peer learning, participants explore their strengths, learn about the Protective Factors, and create strategies from their own wisdom and experiences to help strengthen their families.

Cafés are structured discussions that use the principles of adult learning and family support. They are highly sustainable with training reinforcement, institutional support, and a commitment to an approach that engages and affirms parents as leaders. Participants leave Parent Cafés feeling inspired, energized, and excited to put into practice what they've learned.

These virtual cafés will bring parents together to focus on protective factors in a fun and engaging way. All cafés are free but sign up is required as there are limited seats available.

Halloween at GV

October 29th, 2021

One of the most important elements of public schooling is that everyone feels like they belong. In an effort to be sure that traditions are celebrated, it is a responsibility of schools and society that we acknowledge events that are important to our students and community, but not just those events that are traditionally appropriate for the majority of students. This recognition of tradition cannot be promoted in a fashion that would exclude other students from activities in any way.

All students are allowed to wear costumes on Friday, October 29th, if it is a tradition that is observed by their family, or if it is the wish of the family that their children partake in this tradition. However, I ask that students are respectful of the school day and only wear costumes in the afternoon (Kindergarten students may dress up in the morning). It is the responsibility of our school community to see that any of our students who may wish to participate but do not have the means, be allowed. If you have any gently used costumes that could be passed along to those who may have none, please contact the office as to the donation so proper sanitation procedures can occur.

If families wish to send children in costumes; a distinction must be made between what can be worn at home versus what is to be worn at school. What is appropriate during



the school day for an inclusive school is based on respect for the various needs and ages of the school population.

When considering costumes that will be worn at school, please think of this:

- All schools should be free from violence and/or the depiction of violence (Costumes that are gory, bloody, or exceptionally scary are not appropriate for school. Students cannot bring any toy weapons.)
- All schools should be free from ridicule, racism, and intolerance and individuals or groups of people should not be targeted. (Costumes that are culturally, ethnically, or gender insensitive are not appropriate for school.)

Also, of note:

October 29th is a school day. Teachers will not be cancelling classes to have a party. Some teachers will plan themed learning activities, but primarily it is a learning day.

Due to our Safe School protocols, the school cannot allow outside food to be shared between students. As a result, students may bring their own treat, but are not allowed to bring snacks for their peers.

Individual teachers will determine when costumes will be put on in the afternoon and will communicate this to families. It is important that students can put on their own costumes. We prefer that costume masks stay at home, please prepare students that they will need to wear their medical masks.

If you have any questions as to the appropriateness of a costume for school, it is the responsibility of caregivers to please speak with administration in advance. Having a conversation about the appropriateness of a costume on October 29th, could lead to an upset child which certainly can be avoided.

I thank the staff and Parent Action Committee for their input into this letter in the past.

Winter is Coming!

After a beautiful fall, let's be ready for anything.

Louis Riel School Division has received best outerwear practice information from Dr. Gord Giesbrecht (aka Dr Popsicle). We are sharing this information with you so you can prepare your child for the winter weather.

Please label all student clothing. Here is a list of recommended, but not mandatory outerwear and suggestions when purchasing items:

- Mitts preferred to gloves- Waterproof is best, gloves are not as warm.
- Boots preferred to runners- Try them on with a couple of layers of socks. Toes need to wiggle in them while standing.
- Wools socks are warmer than cotton.
- Toques are better than hoods.
- Neck warmers are better than scarves. They allow the person to turn them if they get frosted over.
- Layered clothing is a must- synthetic under clothing to wick away moisture. Cotton does not do this and the wearer will feel colder.

The key to staying warm is not sweating. If one gets warm, open the neckline. Most heat loss occurs through the head, neck, armpits, and groin areas. There is nothing worse than the feeling of being damp or cold.

Please keep in mind how easy children can get into and out of their winter clothing while shopping for winter gear.

Upcoming Dates

October 20 and 21	Mobile Vision Clinic
*Friday, October 22	MTS Professional Learning Day – No School
Tuesday, October 26	Staff Meeting Early Dismissal at 2:15 PM
NOVEMBER	
Monday, November 1	School Based Professional Learning – No School
Tuesday, November 2	Picture Retakes
Wednesday, November 10	Remembrance Day Service
Thursday, November 11	Remembrance Day – No School
Thursday, November 18	1 st Term Report Cards available online
Monday, November 22	Conference Manager Opens for Conference Requests
Tuesday, November 23	Staff Meeting Early Dismissal at 2:15 PM
Thursday, November 25	Student-Led Conferences (3:30 - 8:30)
*Friday, November 26	Professional Learning – No School
DECEMBER	
Wednesday, December 22	Last Day of School - Early Dismissal– 2:15 PM dismissal
Thurs. Dec. 23 to Wed. Jan. 5	Winter Break – No School
JANUARY	
Thursday, January 6	Classes resume in all schools
Tuesday, January 25	Staff Meeting Early Dismissal at 2:15 PM
FEBRUARY	
*Friday, February 4	Professional Learning – No School
Monday, February 21	Louis Riel Day – No School
Tuesday, February 22	Staff Meeting Early Dismissal at 2:15 PM
MARCH	
Thursday, March 17	2 nd Term Report Cards available online
*Friday, March 18	Professional Learning – No School
Monday, March 21	Conference Manager Opens for Conference Requests - pending
Tuesday, March 22	Staff Meeting Early Dismissal at 2:15 PM
Thursday, March 24	Student-Led Conferences (3:30 - 8:30) - pending
March 28-April 1	Spring Break – No School
APRIL	
Monday, April 4	Classes resume in all schools
Friday, April 15	Good Friday – No classes
Friday, April 22	Professional Learning – No classes
Tuesday, April 26	Staff Meeting Early Dismissal at 2:15 PM
MAY	
Friday, May 6	Professional Learning – No School
Monday, May 23	Victoria Day – No school
Tuesday, May 24	Staff Meeting Early Dismissal at 2:15 PM

JUNE	
Friday, June 10	School Based Professional Learning – No School
Wednesday, June 29	Report Cards avail. On-line
Thursday, June 30	Final Assembly, Last day of classes – 2:15 PM dismissal

Please note that dates are subject to change.

Gym Intramural Schedule

October

2021

Gym Schedule

Volleyball (Laferriere), Basketball (Bowie), Floor Hockey (Tait), Female Fitness/Basketball (Laferriere, Leary), 3/4 (Laferriere, Burke, Wakeman)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 7/8 Volleyball 11:30-12:30	4 7/8 Boys Basketball 11:30-12:30	5 7/8 Female Fitness/Basketball 11:30-12:30	6 7/8 Badminton & Table Tennis 11:30-12:30	7	8	9
10 Thanksgiving No School	11 7/8 Boys Basketball 11:30-12:30	12 7/8 Female Fitness/Basketball 11:30-12:30	13 7/8 Floor Hockey 11:30-12:30	14	15	16
17 7/8 Volleyball 11:30-12:30	18 7/8 Boys Basketball 11:30-12:30	19 7/8 Female Fitness/Basketball 11:30-12:30	20 7/8 Floor Hockey 11:30-12:30	21 MTS PD Day - No School	22	23
24 7/8 Volleyball 11:30-12:30	25 7/8 Boys Basketball 11:30-12:30	26 7/8 Female Fitness/Basketball 11:30-12:30	27 7/8 Badminton & Table Tennis 7/8 Squad Wars 2-3:15	28	29	30

November

2021

Gym Schedule

Volleyball (Laferriere), Basketball (Bowie), Floor Hockey (Tait), Female Fitness/Basketball (Laferriere, Leary), 3/4 (Laferriere, Burke, Wakeman)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 PD Day - No School	2 7/8 Boys Basketball 11:30-12:30	3 7/8 Female Fitness/Basketball 11:30-12:30	4 7/8 Floor Hockey 11:30-12:30	5 3/4 Intramurals 11:30-12:30	6
7 7/8 Volleyball 11:30-12:30	8 7/8 Boys Basketball 11:30-12:30	9 7/8 Female Fitness/Basketball 11:30-12:30	10 Rememberance Day - No School	11 3/4 Intramurals 11:30-12:30	12	13
14 7/8 Volleyball 11:30-12:30	15 7/8 Boys Basketball 11:30-12:30	16 7/8 Female Fitness/Basketball 11:30-12:30	17 7/8 Floor Hockey 11:30-12:30	18 3/4 Intramurals 11:30-12:30	19	20
21 7/8 Volleyball 11:30-12:30	22 7/8 Boys Basketball 11:30-12:30	23 7/8 Female Fitness/Basketball 11:30-12:30	24 7/8 Badminton and Table Tennis	25 PD Day - No School	26	27
28 7/8 Volleyball 11:30-12:30	29 7/8 Boys Basketball 11:30-12:30	30 Squad Wars 2-3:15				