



# École Varennes

22 Varennes Avenue  
Wpg., Manitoba R2M 0N1

Tel: 204-253-1375

Fax: 204-253-7202

[www.lrsd.net/schools/varennes](http://www.lrsd.net/schools/varennes)

## Administrators' Message

**April 2018**

We trust that Spring Break was a time for families to recharge their batteries, and we hope that everyone had a restful break from routines. The year is flying by and the month of April is already here.

We are in the beginning stages of planning for the next school year. We sincerely hope that your child/children will be returning to École Varennes in September. However, circumstances may compel you to make alternate plans and to register your child/children in another school setting. To better enable us to plan for next year's classes and staffing, it is helpful for us to know as soon as possible if your child/children will not be returning to École Varennes in September 2018.

It was great to see so many parents and guardians attend the Student Portfolio Evening on March 22. If you were unable to attend, please contact your child's teacher(s) to make arrangements to meet at another time this spring. Open communication between the home and school are crucial and encouraged in supporting your child's learning.

As always, please do not hesitate to contact your child's teacher or the school administration if you have any questions, concerns or accolades about your child's progress or their experience at school.

### **Principal**

Joanne DeCruyenaere

### **Vice-Principal**

Michelle Bacon

### **Administrative Secretary**

Clarisse Daudet

### **Secretary**

Danielle Hince

### **Parent Committee**

Megan MacDonald

President

[evpc09@gmail.com](mailto:evpc09@gmail.com)

### **After School Program**

YMCA-YWCA

204-255-6201

### **Family Centre**

Shawna Crane

204-253-1375

[shawna.crane@lrsd.net](mailto:shawna.crane@lrsd.net)

### **Louis Riel School Division**

#### **Board Office**

900 St. Mary's Road

Winnipeg, MB R2M 3R3

204-257-7827

### **Transportation**

(Regular Inquiry)

204-253-2681 ext. 58337

Joanne DeCruyenaere

Principal

Michelle Bacon

Vice-Principal

## Upcoming Events

Wednesday, April 18 – Mad Science Programming Presentations

Thursday, April 19 – Family Fun Night: 5:30 pm-7:45 pm

Friday, April 20 – Professional Learning Day: No school for students

Monday, April 23 to Friday, April 27 – Sources of Strength Spirit Week

Monday, April 23 - Family Movie Night: 6:30 pm

Tuesday, April 24 – Early Dismissal: 2 pm

Wednesday, April 25 – Seniors' Day

Friday, April 27 – Hot Lunch

Tuesday, May 1 – Our School Survey: Grade 4-8

Wednesday, May 2 – Our School Survey: Grade 4-8

Friday, May 4 – Grade 1 outing to Fort Whyte: 9:30 am to 2:15 pm

Monday, May 7 – French Play Bouche à l'oreille: Grade 3-6 in library

Monday, May 7 to Wednesday, May 9 – Grade 7 and 8 Drama Group: Festival Théâtre Jeunesse

Tuesday, May 8 – Student Council visit to Riverside Lions: 10 am-11:15 am

Thursday, May 10 – MADD Presentation: Grade 7 and 8 at 1:30 pm

Friday, May 11 – Professional Learning Day: No school for students

Wednesday, May 16 to Friday, May 18: Grade 5/6 Camp Red Rock

Wednesday, May 16 – Parent Committee Meeting: 6:30 pm in library

## Hot Lunch Dates

Friday, April 27

Friday, May 25

Friday, June 22

Please check your child's backpack for forms.

## Staffing News

**Mme LeeAnn Bisson**, an Educational Assistant, will continue to be on a medical leave for the unforeseeable future. Her position has been posted and will close at the end of this week. We certainly hope to have someone in place as soon as possible.

We would like to welcome **Mme Christy Mager** to the École Varennes family. Mme Christy will be working full-time as an Educational Assistant until the end of June. Bienvenue!

## Parent Committee News

The Parent Committee is currently seeking a treasurer to fill this position for the remainder of this school year. If you are interested in becoming the treasurer, please email the president, Megan McDonald, at [evpc09@gmail.com](mailto:evpc09@gmail.com) as soon as possible. An election will be held at the May meeting.

## Professional Development Days 2017-2018

Friday, April 20

Friday, May 11

Friday, June 15

## Early Dismissal Days (Classes dismissed at 2:00 pm)

Tuesday, April 24

Tuesday, May 22

Friday, June 29

## Notes from the office

### Kindergarten Registration

Although the formal registration week has passed, it is not too late to register. If you know someone who has a child starting Kindergarten in September, we would appreciate if you would spread the word, related to the advantages of French Immersion and encourage them to drop in for a school tour. We know that adding a second language to our children's skills and abilities gives them a huge advantage in today's society. The sooner the registrations are in, the better. Thanks in advance for being advocates of our French Immersion program.

### Bicycle Safety

With the arrival of warmer weather, children will be using their bicycles and scooters to come to school. We urge you to review the rules of bicycle and scooter safety with your child. Please remind your child of the importance of wearing a helmet and locking their bicycle to the bicycle rack.

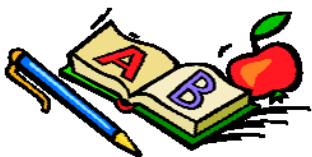


### Moving?

If you are planning to change schools for the upcoming school year due to a move or another reason, kindly advise the office as soon as possible in order to assist with our planning for the upcoming school year.

### Seniors' Day

Along with other schools in the division, École Varennes will welcome seniors to school on Wednesday, April 25. Please ask a grandparent, neighbour, friend or relative to join your child at school for the morning of April 25. An invitation with complete details was sent home last week. We would ask you to advise the office of any special needs, such as a mobility difficulty, that we may need to accommodate in order to ensure a positive experience. We look forward to your visit at École Varennes!



### Family Fun Night

Our school, in conjunction with the Family Centre and our Community Liaison Worker, will be hosting a Family Fun Night on April 19, 2018, from 5:30 pm-7:45 pm. This is an opportunity for our parents and our K-8 students to participate in fun activities and learn new skills as a family! Students will be able to sign up for two 45 minute sessions. Best of all, workshops are free to all participants! Please see the information letter that was sent home last week. We are looking forward to a very fun evening!

## Student Services News -Sensory Tools and Movement Room

The way the human brain interprets information from the senses can affect how people interact with their environment. Many children have sensory integration needs and struggle in the classroom with issues such as a need for movement and tactile input, lights that are too bright, or sounds that are too loud. At École Varennes, we use a variety of strategies to help children regulate the degree to which they are distracted by sensory input. We have recently transformed a storage space into a movement room which includes stationary bikes, mats, gym equipment and calming activities. Many of the following strategies are implemented through consultation with our divisional Occupational Therapist and Physical Education Specialists to ensure that the movement room and tools provided are used effectively and safely.

- Visual

Visually affected children are those who either shy away from visual stimuli or seek it out. One of the strategies we can try is an enclosed work station (like a study carrel) or clear, uncluttered desks/walls. Most classrooms also have a daily visual schedule posted for students to follow. Most students feel more comfortable when they understand and can see what's going to happen next.

- Auditory

Music can help auditory sensory children during non-instructional classroom time. Playing soothing classical music to calm sensitive kids, or vibrant, up-tempo sounds to help focus the sensory-craving children is an effective tool. Most classrooms at École Varennes have hearing protectors available for children who can become bothered or distracted by a noisy environment or to block sounds while they are doing their in-class desk work.

- Tactile

There are many tactile tools available to keep a child's hands busy. Squishy/stress balls, plasticine, and fidget toys help keep a tactile-seeking child settled and busy hands focused.



- Gustatory/Oral

Gustatory refers to the need for oral input. Having something such as a drinking straw, stir stick, gum or crunchy snack (raw veggies, fruit) enables the student to put something in his/her mouth that is non-toxic and meant to be chewed on, rather than pencils, crayons, shirt sleeves or other potentially dangerous items.

- Vestibular

Vestibular sensory input is related to movement and balance. Some children excessively seek movement and have trouble sitting still, while others have difficulty maintaining their sense of balance on places such as stairs and escalators. We can allow a vestibular-seeking child to wiggle without disrupting the rest of the class by providing him/her with a rocking chair, an inflatable seat cushion or an exercise ball instead of a regular chair. We also teach students quiet, non-disruptive exercises such as chair push-ups (hands on either side of the chair and push to lift the body). Taking frequent stretch/movement breaks or using yoga especially designed for children are also effective strategies that can benefit the entire class.

- Proprioceptive

Proprioceptive input refers to awareness of body position. Children who appear clumsy and have fine or gross motor difficulties may have a proprioceptive issue. To help to increase fine motor input and make printing and writing easier, we provide tools such as pencil grips and exercises to strengthen pencil grasp. We can also provide deep muscle input (or heavy movement work) such as carrying stacks of books, wiping off the whiteboard or wall push-ups to give needed sensory input. Other tools may include the use of weighted vests, or weighted balls as calming tools.

### At home

Children and adults with sensory processing difficulties often have difficulty settling down for sleep and regulating sleep/wake cycles. Products and activities to try include nature sound machines, white noise machines, aromatherapy machines, bubble tubes, rope lights, lava lamps, heavy work activities prior to bed.

### Sources:

[www.ehow.com/list\\_7630171\\_sensory-strategies-classroom.html#ixzz1C4AJVvwI](http://www.ehow.com/list_7630171_sensory-strategies-classroom.html#ixzz1C4AJVvwI)

[www.sensory-processing-disorder.com/sensory-integration-activities.html](http://www.sensory-processing-disorder.com/sensory-integration-activities.html) and [www.yogakids.com](http://www.yogakids.com)

## School and Community News

### Arts in Action - Sharing Stories

Louis Riel School Division is proud to display the artistic talents of our students at our annual Arts in Action at the Forks, April 19-22. Creating art allows students to share their stories in a unique way and all of our 41 schools have chosen artwork samples to display. As part of Arts in Action please visit our #LRSDprojectgenerosity table and take home a unique postcard designed by an LRSD student. Details and viewing times are on our Divisional website. Our students are very excited to have their art on display. All are welcome!



### LRSD Homestay Program



DIVISION SCOLAIRE  
**LOUIS RIEL**  
SCHOOL DIVISION

**Experience another country's  
culture without leaving home!**

**Louis Riel School Division** is currently looking for Homestay families to host international students attending our high schools.

Homestay families must provide the student:

- a private, furnished bedroom
- three meals per day
- access to bathroom and laundry facilities
- telephone and Internet access
- daily opportunities for learning and practicing English language skills

Homestay families will receive a monthly allowance and the satisfaction of having supported an international student in our community.

**For more information** please call 257-7827 or visit <http://isp.lrsd.net/>  
You can also send an email directly to [evelyn.sieben@lrsd.net](mailto:evelyn.sieben@lrsd.net)

**INSPIRING POTENTIAL AND LEARNING TOGETHER**  
**INITIER LES POSSIBILITÉS ET APPRENDRE ENSEMBLE**

## Community Liaison Worker at École Varennes

### Community Liaison at École Varennes can...

- Support through home visits
  - Provide support to families with transportation
  - Assist families in accessing community resources
- ⇒ Dental care, Vision care, Medical care, Mental Health
- ⇒ KidSport, Volunteer Opportunities,
- ⇒ Training and Employment Services, Parenting Information, Language Classes
- ⇒ Winnipeg Harvest, Household items, Clothing

Come in and visit or call our Community Liaison Worker, Paulette Côté in the Family Centre and learn more about programs and supports we can offer your family here at École Varennes!

**Paulette Côté, Community Liaison Worker**

École Varennes

22 Varennes Avenue

204-253-1375

[paulette.cote@lrsd.net](mailto:paulette.cote@lrsd.net)





# May 2018

Mon

Tue

Wed

Thu

Fri

	1 Baby N Me 9:00-11:00am Closed PM	2 Ready for School 8:45-11:00am Closed PM	3 Ready for School 8:45-11:00am Closed PM	4 Ready for School 8:45-11:00am Closed PM
7 Ready for School 8:45-11:00am Closed PM	8 Baby N Me 9:00-11:00am Closed PM	9 Ready for School 8:45-11:00am Closed PM	10 Ready for School 8:45-11:00am Closed PM	11 Closed Inservice
14 Ready for School 8:45-11:00am Closed PM	15 Baby N Me 9:00-11:00am Closed PM	16 Ready for School 8:45-11:00am Closed PM	17 Ready for School 8:45-11:00am Closed PM	18 Ready for School 8:45-11:00am Closed PM
21 Closed Victoria Day	22 Baby N Me 9:00-11:00am Closed PM	23 Ready for School 8:45-11:00am Coffee Time 1:00-2:30pm	24 Ready for School 8:45-11:00am Coffee Time 1:00-2:30pm	25 Ready for School 8:45-11:00am Coffee Time 1:00-2:30pm
28 Stay N Play 8:45-11:00am Closed PM	29 Baby N Me 9:00-11:00am Coffee Time 1:00-2:30pm	30 Stay N Play 8:45-11:00am Coffee Time 1:00-2:30pm	31 Picnic at St. Vital Park 10:00am-2:00pm	





# Family Centre Newsletter

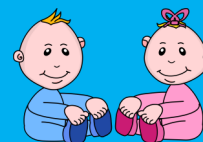
## May 2018

### Centre Familial

Ready for School will be wrapping up at the end of this month. Our afternoons will once again be open for Coffee time from 1:00-2:30pm starting on May 23rd.



Baby N Me runs every Tuesday from 9:00-11:00am. If you have an infant and would like to get out and chat with other moms, get some great resources for your baby and have a hot cup of coffee, this is a great place to do so. Siblings are welcome.



On May 31st, join us at St. Vital Park for a free picnic from 10:00am-2:00pm. We will have food, fun and some great summer resources for your family. We will be set up near the playground. Looking forward to spending a lovely afternoon in the outdoors (weather depending!) Bring your blankets or lawn chairs if you wish.

Shawna Crane-Family Centre Coordinator

shawna.crane@lrsd.net

Kristine Bettencourt-Family Centre Assistant

kristine.bettencourt@lrsd.net

204-253-1375

École Varennes Family Centre is funded by Healthy Child Manitoba "Putting children and Families First", the Louis Riel School Division and St. Vital Parent Child Coalition. <http://www.stvitalpcc.ca/>



# MAY 3, 2018 THINK DIFFERENTLY: A NEW APPROACH TO PARENTING CHILDREN

**Free Parent Session – Free Childcare Available**

## **Learn About:**

- ✓ A new understanding of children's behaviour.
- ✓ An evidence based Collaborative Problem Solving (CPS) approach to supporting children's behaviour used in LRSD.
- ✓ Opportunities for further parent training.

**To Register email [Margret.Borodenko@lrzd.net](mailto:Margret.Borodenko@lrzd.net) by April 30**

## **The CPS Approach**

The Collaborative Problem Solving™ approach is an evidence-based method to managing challenging behaviour that promotes the understanding that **challenging kids lack the skill - not the will - to behave**; specifically, skills related to problem-solving, flexibility and frustration tolerance.

Unlike traditional models of discipline, the CPS approach avoids the use of power, control and motivational procedures and instead focuses on collaborating with the child/ youth/ young adult to solve the problems leading to challenging behaviour and building the skills they need to succeed.

Facilitated by:

Cindy Ediger &  
Tricia Bailey Sauve,  
M. Ed.

Think: Kids  
CPS Certified



Time:  
6:30 pm – 8:00pm

Location:  
Rene Deleurme  
Centre  
511 St. Anne's Rd

**Disclaimer:** This facilitator is Think: Kids CPS Certified and receives ongoing supervision from Think: Kids. This group is independent of, and has no direct affiliation with Think: Kids or Massachusetts General Hospital (MGH). Information shared by the facilitator reflects their best understanding of the CPS approach.

Think: Kids is a program in the Department of Psychiatry at MGH.  
**Additional resources can be found at:**

[www.thinkkids.org](http://www.thinkkids.org)





# South Winnipeg Family Information Centre

## 2018 SPRING PROGRAM SCHEDULE

**REGISTER BY PHONE 204-284-9311 or ONLINE at [www.swfic.org](http://www.swfic.org)**  
**All programs are held at 800 Point Road, Fort Garry United Church (lower level)**  
Call us for more info - Mon to Fri: 9am - 4pm  
**Or contact us by email at: [registrar@swfic.org](mailto:registrar@swfic.org)**

### Workshops for Students

#### **BABYSITTERS TRAINING For Students age 12 and up**

Learn how to care for babies and children safely and responsibly. Includes: accident prevention, fire safety, emergencies, kids at different ages, and employer/employee responsibilities. Successful participants receive a certificate. Students must be 12 years of age within two months of the workshop. Nut free, bagged lunch required.

**Choose one day only:**

**Dates:** Friday, April 20  
Saturday, May 5  
Monday, May 7  
Friday, May 11  
Friday, June 15  
Saturday, June 16

**City Wide In-Service Day**

**WSD1 In-Service Day**

**LRSD In-Service Day**

**PTSD In-Service Day**

**Time:** 9:00 am - 3:30 pm

**Fee:** \$35.00 per student

#### **READY, SET, SOLO! For Students age 11 and up, WITH a Parent**

Together you and your child create a plan for your child to stay home alone safely and confidently. You and your child will discuss concerns as they relate to your family. Includes: home safety, family rules, emergencies, and strangers.

**Please note: In Manitoba, children must not be left home alone until they reach age 12.**

**Choose one day only:**

**Dates:** Thursday, May 10  
Tuesday, May 29  
Sunday, June 10

**Time:** 5:30 pm - 8:30 pm

**Fee:** \$35.00 per family

#### **BASIC STUDY SKILLS FOR STUDENTS in Grades 6 to 9**

Students learn how to be more organized and better prepared for tests and school work. Students identify their preferred learning style (visual, auditory, tactile) and learn about strategies for each style.

**Not for students that require support in a learning environment.**

**Dates:** Wednesday, May 2 for Grades 6 to 9

**Time:** 6:00 pm - 8:00 pm

**Fee:** \$25.00 per student

#### **FIRST AID AND CPR FOR BABYSITTERS presented by DTermined Training**

Learn to save a life! First Aid is the first step in the process of addressing the needs of someone in a medical emergency. Learn techniques to determine the course of treatment required until advanced medical help arrives. Students also learn CPR, which is an emergency procedure that is used to restore blood flow to someone who is having cardiac arrest.

**Children must be 12 years of age within 2 months of the workshop start date.**

**Dates:** Saturday, June 2

**Time:** 1:00 pm - 4:00 pm

**Fee:** \$45.00 per student (includes a manual)

#### **WOMEN'S SPRING CLOTHING SALE:**

#### **FUNDRAISER FOR THE CLOTHES CLOSET PROGRAM**

Featuring a large selection of gently used clothing and accessories. All items of clothing are \$5 each. Buy 3 get 1 FREE!

**Saturday, April 28, 2018 9:00 am to 11:30 am**

# Workshops for Parents

*These workshops are for adults only. Childminding is not available unless otherwise noted.*

## **TRIPLE P SELECT: Positive Parenting Program for Parents of Children ages 0 to 12**

Learn simple strategies to help confidently manage your children's behaviour, prevent problems, and build strong, healthy relationships. Triple P is a research-based program with evidence to show it works.

**Date:** Mondays, for 3 weeks, April 30, May 7 and May 14

**Time:** 7:00 pm - 9:00 pm

**Fee:** \$35.00 per person or \$50.00 per couple

## **PARENTING STRATEGIES AND ADHD: For Parents of Children ages 5 to 12 with ADHD**

Explore parenting strategies such as effective communication, and positive approaches to discipline to strengthen your relationship with your child. Topics include: teaching new skills, defining rules, responding to challenging behaviour consistently, planning for potentially difficult situations, encouraging positive behaviour, and being an advocate for your child's needs. *\*No proof of diagnosis is required. The program is not for families undergoing an assessment process.*

**Date:** Thursdays, for 5 weeks, May 17, May 24, May 31, June 7 and June 14

**Time:** 7:00 pm - 9:00 pm

**Fee:** \$55.00 per person or \$75.00 per couple

## **HOW TO CONNECT WITH YOUR PRE-TEEN: 10 Things Your Teenager Wants You To Know For Parents of Children ages 9 to 13**

*presented by Laurie McPherson of the Attachment Network of Manitoba*

There are some big changes ahead for you and your tween; find out how maintaining a strong and healthy relationship can support their developing independence and reduce family stress! Learn about adolescent social and emotional brain development, find out what's behind their thinking and behavior, and understand why a parent's relationship with their teen is so critical during these important years.

**Date:** Wednesday, May 23

**Time:** 7:00 pm - 9:00 pm

**Fee:** \$15.00 per person

## **SEXUAL HEALTH EDUCATION SERIES:**

### **Sex and Gender Diversity Workshop (For Parents of Children of all ages)**

LGBTQ...What do all the letters mean? How do I talk to my kids? What is an ally? Increase your understanding about the spectrums of gender diversity and sexual orientation.

**Date:** Wednesday, May 9

**Time:** 7:00 pm - 9:00 pm

**Fee:** \$15.00 a person or \$25.00 for both workshops

### **Consent Workshop (Recommended for Parents of Pre-Teens+)**

In the era of #MeToo and increased awareness of sexual assault, let's create a culture of consent. What is consent? What does it look like and what are the challenges regarding consent? Register for this workshop to learn skills of self-awareness, communicating and respecting boundaries, and reducing negative sexual encounters by creating a space for consent.

**Date:** Wednesday, May 16

**Time:** 7:00 pm - 9:00 pm

**Fee:** \$15.00 a person or \$25.00 for both workshops

## **NOBODY'S PERFECT: For Parents of Children ages 0 to 6 (childminding provided)**

Meet with other parents, share questions, concerns and ideas about being a parent. Learn about child development, safety, behaviour, discuss real-life parenting solutions, and discover positive ways of parenting.

**Date:** Wednesdays, for 6 weeks from May 2 to June 13 **\*NO CLASS May 23**

**Time:** 9:15 am - 11:15 am

**Fee:** FREE Courtesy of the Fort Garry/St. Norbert Healthy Child Coalition

**\*To Register, PLEASE CALL THE OFFICE at 204-284-9311, Mon-Fri from 9:00 am-4:00 pm\***

## **PARENT EDUCATOR 1 on 1 APPOINTMENTS for Parents and Caregivers**

This individualized one-on-one service will provide you, in your role of parent, with an opportunity to focus on challenges you are experiencing with your child.

**Fee:** \$45.00 per hour, pre-payment is necessary

**\*Appointments are required. For more information, please contact us at 204-284-9311\***

## **DROP IN AT SWFIC**

all groups are held South Winnipeg Family Information Centre, **Lower Level - 800 Point Road**

**Drop by Monday / Wednesday / Friday 9:00 am – 12:00 pm, 1:00 pm – 4:00 pm** for help and support finding resources and to learn more about what's happening in your community. Age appropriate activities, friendly conversation, and free wifi, coffee & snacks provided.

**Baby & Me:** Mondays, 1:00 pm – 3:30 pm

**Seniors Connecting:** Wednesdays, 9:30 am – 12:00 pm

**Stay & Play (Parent/Child):** Thursdays, 9:30 am – 12:00 pm

**FREE!**



# **2018 SPRING CLOTHING DRIVE**

**FREE CLOTHING FOR  
INFANTS, CHILDREN,  
YOUTH AND ADULTS**

**505 ST. ANNE'S ROAD  
LAVALLEE SCHOOL  
GYMNASIUM**

We are collecting gently-used infant, children, teen and adult clothing. Clothing donations can be brought to your local school or drop off at Lavallee School between April 2-18, 2018.

saturday  
**APRIL 21**  
**9AM-5PM**

sunday  
**APRIL 22**  
**12-4 PM**

Sponsored by:  
**RIEL-EVATE – A School Community Foundation**  
**Pembina Value Village Outreach Program**