



École Varennes

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www.lrsd.net/schools/varennes

Administrators' Message

September 2018

Principal
Joanne DeCruyenaere

Vice-Principal
Michelle Bacon

Administrative Secretary
Clarisse Daudet

Secretary
Danielle Hince

Parent Committee
Megan MacDonald
President
evpc09@gmail.com

After School Program
YMCA-YWCA
204-255-6201

Family Centre
Shawna Crane
204-253-1375
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

Welcome to the 2018-2019 school year! Before our students arrived to school, many preparations took place behind the scenes. We would like to say merci to Mme Daudet and Mme Danielle who ensured a smooth, organized start for our school community. Thank you also to our custodial team of M. Laplume, M. Brereton and M. Delorme for our sparkling floors and bright, clean classrooms. And finally, to our teachers, Family Centre/Community Liaison staff, library staff, specialists and educational assistants who have prepared their classrooms, bulletin boards and learning activities to make this year the best one yet!

We had a fantastic start to the school year. Along with our returning students and staff, we have many new faces joining the École Varennes family. We have 55 new Kindergarten students, 16 new students in Grades 1 to 8, 8 new staff members, 1 returning staff member on a permanent contract and one student teacher:

- Mme Rebecca Routhier: Kindergarten am
- Mme Meghan Waters: Grade 5/6
- M. Alain Laurin: Grade 5/6
- M. David Boyes: Grade 7/8
- M. Terry French: Grade 5/6 student teacher with Mme Duncan
- Mme Claire Normandeau: Student Services
- Mme Elizabeth Mittelstadt: Student Services
- Mme Tammy Levasseur: Positive Behaviour Support Teacher
- Mme Denise Dewar, Mme Sylvia Champion: Educational assistants

A special welcome assembly will be held on September 14 at 9:15 am to officially welcome them to our school.

Administrators' Message (Continued...)

Thank you for attending our Opening Day Conferences on September 4 and 5. Open communication between the home and school is crucial and encouraged in supporting your child's learning. As students settle into classroom and school routines, we would appreciate your assistance in reminding your children to respect school procedures. You will find detailed information in the **Parent Information Handbook**. This document is available on our school website at <http://www.lrsd.net/schools/varennnes> under the *About Us* tab. The parent portal is also an excellent place to receive specific information from your child's class.

In this newsletter, you will find a complete staff listing, important dates to remember, office procedures, lunch program information, an overview of our student services team, Parent Committee news and much more.

We are looking forward to an amazing year together!

Joanne DeCruyenaere, Principal

Michelle Bacon, Vice-Principal

New Recess Times for Grades 1 - 8

We have made a significant change in our recess and lunch times for our Grades 1-8 students:

Morning recess: Grades 1-3 will have recess at 9:45 am -10:00 am while our Grades 4-6 will have recess at 10:00 am - 10:15 am.

Afternoon recess: Grades 1-3 will have recess at 1:30 pm - 1:45 pm while our Grades 4-6 will have recess at 1:45 pm - 2:00 pm.

Lunch hour: Students in Grade 1 - 4 will eat their lunch from 11:15 am -11:40 am and will be outside for recess from 11:45 am-12:10 pm. Students in Grade 5 - 8 will be outside for recess from 11:15 am - 11:40 am and will be eat their lunch from 11:45 am - 12:10 pm.

We have already seen and heard positive feedback to this change as it allows everyone to have more space to play and access all equipment during recess.



Student Lunch Monitors

Grade 5 and 6 students have been offered a new leadership role in our school as school lunch monitors for students in Grades 1 to 3. This important responsibility will be helpful in lending a hand to our adult lunch supervisors. The role of the lunch monitor includes assisting our younger students with opening containers, helping students get dressed for recess and encouraging students to follow the rules of the classroom. Adult supervisors will be circulating between classes.

ÉCOLE VARENNES 2018-2019 STAFF

Principal		Joanne DeCruyenaere
Vice-Principal		Michelle Bacon
Kindergarten (am and pm)	#10	Susan Benning
Kindergarten (am)	#9	Rebecca Routhier
Grade 1	#11	Julie Desrochers
Grade 1	#8	Tracy Frédérick/Claire Poliquin
Grade 1	#7	Djahida Tir
Grade 2	#6	Sylvie Leochko
Grade 2	#15	Charla Ramsey
Grade 3	#23	Aimée Vandale
Grade 3	#32	Denise Muller Bulger
Grade 4	#22	Laurie Tyndall
Grade 4	#21	Lynne Macri
Grade 5/6	#31	Debbie Duncan
Grade 5/6	#35	Alain Laurin
Grade 5/6	#30	Meghan Waters
Grade 7/8	#33	Fiona Cook
Grade 7/8	#34	David Boyes
Music		Allison Boettcher
Physical Education		Monique Ditter and Jean Hardman
Student Services		Michelle Bacon, Elizabeth Mittelstadt, Claire Normandeau
Positive Behaviour Support Teacher		Tammy Levasseur
Intervention Précoce en Lecture (IPL)		Claudette Philippot
Library / Media Services		Derek Acorn
Library Technician		Amy-Leigh Gray
Family Centre Coordinator		Shawna Crane
Family Centre Assistant		Kristine Bettencourt
Community Liaison Worker		Paulette Côté
Secretaries		Clarisse Daudet and Danielle Hince
Custodians		Gilles Laplume, Dianne Pauwells and Thomas Brereton
Educational Assistants		Sylvia Champion, Denise Dewar, Melissa Feniuk, Rachelle Huberdeau, Christy Mager, Jessica Schettler, Chantale Thieux-Asselin

Upcoming Events

Friday, September 14 - Welcome Assembly: 9:15 am
 Monday, September 17 - Professional Learning Day:
 No school for students
 Wednesday, September 19 - Cross Country Run, St.
 Vital Park, 4:30 pm
 Friday, September 21 - Terry Fox Assembly and Walk:
 12:45-1:30 pm
 Monday, September 24 - Parent Committee AGM:
 6:30 pm in the library
 Tuesday, September 25 - Staff Meeting – 2:00 pm
 early dismissal
 Wednesday, September 26 - Cross Country Run, St.
 Vital Park, 4:30 pm
 Friday, September 28 - Orange Shirt Day
 Wednesday, October 3 - Cross Country Run, St. Vital
 Park, 4:30 pm
 Monday, October 8 - Thanksgiving Day: No school for
 students
 Tuesday, October 9 - Robb Nash Concert for Grades
 7/8, 9:30 am to 1:30 pm at Burton Cummings Theatre

School Attendance

If your child is to be absent from school, you are asked to phone our office at 204-253-1375 before 8:30 am. If not, you will be contacted to verify the reason for your child's absence. Your cooperation in informing the school of your child's absence is greatly appreciated. This callback system is in place to ensure your child's safety. We ask that you send a note to your child's teacher when your child is to be absent for appointments.

When you are picking up your child at school during the school day, please come to the office and he/she will be called to come and meet you there.



Professional Development Days 2018-2019

Monday, September 17
 Friday, October 19
 Friday, November 2
 Friday, November 23
 Friday, February 1
 Friday, March 15
 Friday, April 26
 Friday, May 10
 Friday, June 14

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

Tuesday, September 25
 Tuesday, October 23
 Tuesday, November 27
 Friday, December 21
 Tuesday, January 22
 Tuesday, February 26
 Tuesday, March 19
 Tuesday, April 23
 Tuesday, May 28
 Friday, June 28

Lunch Fees

All parents have the option of enrolling their child in the lunch program. The cost for this service is **\$80.00 per year** per student or \$320.00 maximum per family. Payment is due October 15, 2018 or in two payments (October 15, 2018 and February 1, 2019). Please make cheque payable to École Varennes. Tax receipts will be issued at a later date.

Lunch fees apply to all students staying for lunch, including bussed students. Occasional users will be charged \$1.00 per child per day - payable daily.

Students in Grades 1-6 who are registered in the lunch program are not allowed to leave the school grounds at lunch, unless accompanied by their parent or guardian. Students in Grades 7 & 8 who are 12 years old or older **and** in Grade 7, may go out for lunch on their own with written permission from their parent/guardian.

Please send a note to your child's teacher if you are planning to take your child/ren for lunch.



Lunch Program

Six paid adult lunch supervisors are on duty over the lunch hour. **Merissa Frechette, Audrey Wasylyshen, Cindy Mazur, Nicole Huberdeau, Yvonne Riezebos and Pamela Peters** make up our lunch supervision team. In addition, a secretary is available in the office and a teacher is on call in the event of an emergency.

Students from Grades 5 and 6 serve as lunch monitors in our Grades 1 to 3 classrooms. As monitors, students learn responsibility and develop leadership skills while giving back to their community. We appreciate their efforts!

Please remember to pack personal cutlery with your child's lunch.



Expectations During Lunch Hour

With the goal of ensuring safety and order, students are required to adhere to the following expectations for behaviour. These expectations reflect two important values of our school mission statement: *Respect and Responsibility*. Students who are unable to abide by these expectations may lose the privilege of staying at school for lunch.

- I will remain seated and eat my own lunch at my own place.
- I will use a **speaking** voice when talking to others in the eating area.
- If I need help, I will raise my hand and a lunch supervisor will come and help me.
- When the lunch supervisor gives the signal for our attention, I will stop talking and listen.
- After eating, I will clean my area and I will put my garbage in the garbage container, in the recycling bin or in the compost pail before leaving the lunchroom.
- I will take home what belongs to me after lunch to reuse or to recycle.
- I will listen to, and cooperate with the lunch supervisors, both indoors and outdoors.



Milk Program

Vouchers may be purchased for white or chocolate milk. Vouchers are sold in sheets of 20 at a cost of \$19.00 for 2% white milk or chocolate milk. Please send cheque payable to École Varennes or stop by the office. Please understand that we cannot accept responsibility for lost vouchers. When we are out of either white or chocolate milk, the other product is offered as a substitute.

Peanut/Nut Safe School

There are several children and staff members attending École Varennes who suffer a **LIFE-THREATENING** allergy to peanut butter, peanuts, and nuts (almonds, peanuts, cashews, hazelnuts, walnuts, and pecans). Even exposure to a tiny amount of these items could be potentially serious and life-threatening.

We, the staff and parent community, strive to provide a safe environment for all of our students. We can all play a role in preventing such a dangerous and frightening situation at school. We can also help to make the school environment safer.

We therefore ask your cooperation. Please:

- avoid sending all snacks or items containing peanuts/nuts with your child to school including food, snacks, or chips cooked in peanut oil.
- avoid products that “may contain traces” of peanuts or nuts, or that have been prepared in a “facility that also manufactures peanut or nut products”.
- always ask the classroom teacher before sending a special snack for other students in the class.

Thank you for your cooperation and your support!



Parent Committee News

École Varennes Scholarship

Each June, the École Varennes Parent Committee awards a scholarship to a former École Varennes student who is graduating from Collège Jeanne-Sauvé. This year's recipient of the award was Faith Mukanik. We congratulate Faith on her graduation!

Annual General Meeting

The Annual General Meeting will take place on September 24 at 6:30 pm in the school library. Free child care is provided for parents attending the meeting. We look forward to seeing you!

Fundraising

The Parent Committee will be planning for this year's fundraising and needs your input for ideas. Please attend our meetings to have the most up-to-date news on what is happening in our school. A list of Parent Committee meetings for the school year will be announced after the Annual General Meeting in next month's newsletter.

No Child Without—Medic Alert

Our school is involved in the Canadian MedicAlert Foundation's **No Child Without** program. There is no cost for students who attend our school and are between the ages of 4 up to their 14th birthday to join MedicAlert through this program.

If your child has a medical condition, allergy or is required to take medication on a regular basis, then you should consider this program. A child's MedicAlert identification can alert school staff, friends, coaches and others about your child's medical condition should an emergency occur.

For further information come to the office for a brochure or go to www.nochildwithout.ca. To register your child you will need a **No Child Without** brochure from the office.

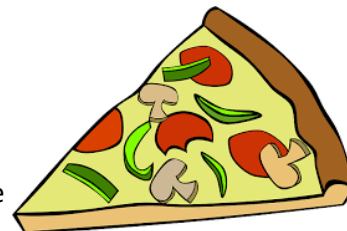
If your child is already part of the **No Child Without** program and there have been changes to their medical condition, medications or emergency contact information, call MedicAlert at 1-800-668-1507 to update your child's file.



Hot Lunch Procedures

Please ensure that you follow the points below:

- Please send in orders by the due date. We are unable to accept any late orders.
- Please send cash only. We are unable to accept cheques.
- Enclose the order in a sealed envelope labeled with your child's first and last name and the classroom teacher's name.
- We will no longer be reimbursing the cost of the meal if your child is absent. The lunch can be picked up or returned home by a sibling.



We are always in search of volunteers. If you are able to volunteer, please fill in the information on the lunch order form.

If you have any questions or concerns, you can contact our Hot Lunch Coordinator, Natalie Oliver by leaving her a message at 204-253-1375.

École Varennes Spirit



We invite all students to wear their École Varennes Wear (t-shirt, sweatshirt, sweat pants) every Friday to promote school pride and spirit. If you do not own Varennes Wear, we invite you to wear a blue t-shirt. Should there be an inservice day on a Friday, your child is invited to wear his/her blue t-shirt/wear on the Thursday. This is not meant to be a competition but rather a way to encourage a sense of belonging, community, and pride!

École Varennes School Patrols

We maintain supervised crossings for the students at École Varennes every morning from 8:00 am to 8:30 am and every afternoon from 3:00 pm to 3:15 pm at the crosswalks on St. Anne's Road and St. Mary's Road. Students work under the supervision of crossing guards Dena Nelson and Pamela Peters from 8:00 am to 8:15 am and 3:00 pm to 3:15 pm. The patrol program is coordinated by Mme Bacon. Constable Boileau will also be training our student patrols on September 14.

The safety of our students is of utmost importance. Therefore, we ask all motorists to drive with caution. Obey patrollers' flags and establish eye contact with them.



Please take time review safe crossing procedures with your child and remember to model these techniques at all times. Insist that your child cross at the crosswalk as opposed to jaywalking mid-block.

Physical Education News

Cross Country

Good luck to the Grades 4-8 students who will be participating in the Divisional Cross-Country Runs on September 19, 26 and October 3.

Intramurals

Intramurals are an extension of physical education classes and they offer students additional opportunities to develop skills, fitness and the principles of fair play.

Intramurals have already begun with Flag Football for our Grades 5/6 students, led by Mme Duncan and M. Laurin. More information to follow soon about other activities happening during the lunch hour.



Volleyball

We will have Grade 7/8 girls' and boys' team this year. Practices will begin soon with games to follow at school and at other locations. Thanks to Mme Waters and M. Laurin for coaching these teams!

TRAFFIC CIRCULATION AROUND THE SCHOOL PROPERTY

As our student population has grown, traffic in our parking lot and along Varennes Avenue has gotten out of hand. Unsafe situations have been observed on numerous occasions as parents pick up and drop off their children. Families are reminded of our current pick-up and drop-off procedures:

- Varennes Avenue is the preferred location for picking up or dropping off. Use the drop-off zone at the end of the loop and keep stopping time as short as possible. Alternatively, you may park along Varennes Avenue or near the corner of Regal Avenue and St. Thomas Road.
- Our parking lot is a very busy place every morning, lunch hour and after school. Staff need to have access to their paid parking spot at these busy times. To help identify these paid spots, signage is posted with a stall number along with the word Reserved. These parking spots cannot be used at any time until after the end of the school day. **The only spots in our parking lot that are available to the public are in the middle of the north lot or in the visitor parking spots that are clearly marked beside the school near the main entrance.** There are no spaces available along any of the fences or the school for visitor parking or for dropping off students. For the safety of our students, please refrain from using the parking lot for dropping off your child(ren). Take care when entering the parking lot. Slow down and be mindful of pedestrians. Check twice before backing up. Model safe walking practices in our school parking lot by using the sidewalk rather than cutting across diagonally.
- Consider walking or cycling as a family, or set up a walking arrangement with older students or other families.
- Prior to 8:17 am, students and their families are requested to wait in the schoolyard where adult supervision is provided beginning at 8:02 am. Please follow the sidewalk around the north end of the building as opposed to cutting through the school. Alternatively, you may choose to wait in your vehicle.
- A free, healthy, light breakfast is served daily from 8:02-8:17 am in the school library to students who choose to attend. The program is funded through a grant from the school division.
- Be a good neighbour. Do not park in the back lanes near the school. Do not turn around in our neighbours' driveways. The back lane is very narrow and as such is not well-suited for dropping off or picking up. Courteous driving practices enhance safety.
- Respect signage. Do not park in the loading zone on Varennes Avenue. Larger vehicles need a wide berth to be able to turn safely.



Your cooperation and support to implement these guidelines is imperative for the safety of your children.

A traffic bylaw of 30 km/hr is in effect on Varennes Avenue
between 7 am to 5:30 pm, Monday to Friday, from September to June.

Please remember...safety over convenience

Student Services at École Varennes

Our Student Services team (Mme Bacon, Mme Mittelstadt, Mme Normandeau) and our Positive Behaviour Support Teacher (Mme Levasseur) consult and collaborate with classroom teachers to identify and implement learning strategies for all students. Individualized Educational Plans (IEPs), programming, and learning materials are developed for students with special needs. Please contact your child's teacher or anyone on our Student Services team should you have any concerns or questions regarding your child's progress.

The team also works cooperatively with school personnel and parents, to respond to the developmental needs of our students. Some programming objectives for students include learning how to problem-solve, making good decisions, taking responsibility for one's behaviour and communicating appropriately with others in a respectful manner. Classroom work, small discussions and groups, and individual counselling are offered during the year. Parents wishing to consult a Student Services teacher to discuss their child's needs can do by calling the school and making an appointment directly with them.

Intervention précoce en lecture (IPL)

The purpose of the IPL program is to provide extra French reading support for our Grade 2 students who show the greatest need. This is based on observations and informal testing in September. IPL students receive a daily, thirty-minute reading session with our literacy teacher, Mme Philippot. Since the student is initially a struggling reader, the teacher assists by providing a structured, individual program based on the present knowledge and needs of the student. The program continues until the student gains the skills, confidence, and independence as a developing reader.



Student Support Services

Our school benefits from a talented team of specialists from the Student Services Support Team (SSST). They are:

- ⇒ Psychologist : Alex Peniuta
- ⇒ Social worker: Juanita Clayton
- ⇒ Speech and Language Pathologist: Elissa Hart
- ⇒ Occupational Therapy: Megan Appleton
- ⇒ Physiotherapy: Anita Walker

Referrals to the SSST clinicians are made through your child's teacher in collaboration with the Student Services Team at École Varennes.

Student Services News

Greetings Parents/ & Guardians of École Varennes Students:

Madame Claire, the Student Services Teacher will be working with the Kindergarten to Grade 2 classrooms this year. Madame Liz, will be working with the Grades 3 to 6 classes and Mme Bacon will be working with our Grade 7/8 students. Our roles as Student Services Teachers are to support students who may need more individualized academic or social/emotional support to feel successful at school. Please feel free to contact us or talk to your child's classroom teacher, if any concerns arise that you would like to discuss.

claire.normandeau@lrsd.net , elizabeth.mittelstadt@lrsd.net, michelle.bacon@lrsd.net

We'd like to share a simple breathing exercise that may help reduce "the beginning of the school year jitters."

4 – 7 - 8 Breath (Breathing Exercise for Anxiety)

This activity can help relax the body and relieve anxiety, tension and stress. When you are anxious, nervous or upset, your breathing quickens and may even become erratic. When you are relaxed and composed, your breathing is slow, calm and rhythmical.

Activity:

- Sit forward in your chair, with back straight and hands resting comfortably in your lap.
- Close your eyes.
- Inhale through your nose slowly and deeply to a count of 4. Hold your breath for a count of 7. Slowly and smoothly exhale for a count of 8. Repeat 10 times, or as many as you need to feel calm and relaxed.
- *You may want to dim the lights and play soothing music.



School agenda – Why is it useful?

Our school offers agendas to our students from Grade 1 to Grade 8. The agenda is a communication tool between home and school as well as a reference tool that students can access during the day to assist learning. The school agenda is:

- A communication tool that allows you to follow your child's progress. Feel free to communicate any questions, concerns, and/or comments in your child's agenda.
- An information tool for parents to find important school information.
- A reference tool for your child for French sounds, Math and reading strategies.
- An organizational tool that helps your child to remember what he/she needs to bring to school (i.e. library books) ; school activities (i.e. field trips and school spirit days); school work that needs to be done or completed (i.e. homework and projects) as well as any extra-curricular activities.
- A time management tool that helps your child learn the importance of this ability.
- A journal to establish their personal goals and to keep track of their learning.
- A tool to help support and share your child's success in school.

****Please verify your child's agenda daily.****

September 2018

Mon	Tue	Wed	Thu	Fri
3 Closed Labor Day	4 CLOSED	5 CLOSED	6 CLOSED	7 CLOSED
10 Welcome Back Drop In 8:45-11:00 Closed PM	11 Baby N Me 9:00-11:00am Coffee Time 1:00-2:30pm	12 Stay N Play 8:45-11:00am Coffee Time 1:00-2:30pm	13 Stay N Play 8:45-11:00am Coffee Time 1:00-2:30pm	14 Stay N Play 8:45-11:00am Closed PM
17 Closed Inservice	18 Baby N Me 9:00-11:00am Coffee Time 1:00-2:30pm	19 Stay N Play 8:45-11:00am Coffee Time 1:00-2:30pm	20 Stay N Play 8:45-11:00am Coffee Time 1:00-2:30pm	21 Stay N Play 8:45-11:00am Closed PM
24 Stay N Play 8:45-11:00am Closed PM	25 Baby N Me 9:00-11:00am Coffee Time 1:00-2:30pm	26 Nature Hunt St Vital Park 10:00-1:00 pm	27 Stay N Play 8:45-11:00am Coffee Time 1:00-2:30pm	28 Family Breakfast 8:45-11:00am Closed PM

Ecole Varennes Family Centre Newsletter

Centre Familial

September 2018

Welcome back!! We hope everyone had a great summer! We are looking forward to seeing everyone again and we hope you are all as excited as we are to begin again!



On Sept 26th, we will be at St. Vital Park for a Nature Hunt from 10:00-1:00pm. Snacks will be provided. We will meet at the childrens playground area.

Family Centre Staff

Shawna Crane-Family Centre Coordinator-
shawna.crane@lrsd.net

Kristine Bettencourt-Family Centre Assistant
kristine.bettencourt@lrsd.net

204-253-1375

Stay N Play-8:45-11am-this program is a drop in program where we have activities, circle time, possible outdoor time, and a healthy snack.

Baby N Me-this program is run every Tuesday morning from 9-11am and is drop in as well. Recommended for 0-12 months. Siblings are welcome. It's a place to chat with other moms, and get some resources.

Gym N Play-this program is the same as Stay N Play, however we get some gym time to run around and play games.

Family Breakfast-once a month we host a family breakfast. Come enjoy a breakfast meal and chat with other families.

Coffee Time-afternoons are designated coffee time. Coffee is always on and you can bring your child for some unstructured play and activities.

Each month we will send out a new calendar of events as well as post it to the Ecole Varennes school website!