

Victor Mager School Family Centre

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A place for families to play, learn and grow together
Supported by Healthy Child Manitoba, putting children
and families first

On Facebook @ Victor Mager Family Centre

February 2026



Kindergarten Information Night

For parents and caregivers of children born in 2021

Victor Mager School is having a Kindergarten Information Evening.

Thursday, February 12, 6:00 p.m. at Victor Mager School, in the school Library.

This information night is intended for caregivers of children who are born in 2021 and therefore students do not need to attend this event.

*We will be sharing information about our Kindergarten programs (philosophy, overview typical day, etc.).

*Parents and caregivers will meet Staff.

*We will share more information on how to register for Kindergarten.

*You will have the opportunity to ask questions.

Kindergarten registration will take place from February 17 to March 27, 2026.

Kindergarten is a full day program at Victor Mager School and in Louis Riel School Division.



I am 3

I am not built to sit still, keep my hands to myself, take turns, be patient, stand in line, or keep quiet.

I need motion, I need novelty, I need adventure, and I need to engage the world with my whole body.

Let Me Play

(Trust me, I'm learning)



How Much Sleep Is "Enough?"



Sleep is one of the cornerstones of health. Sleeping too much or too little can have adverse effects on your health. Sleeping less than 5 hours per night can double your risk of heart disease, heart attack and stroke. There is also a persistent relationship between lack of sleep and weight gain, insulin resistance and diabetes.

AGE GROUP

RECOMMENDED NUMBER OF HOURS OF SLEEP

Newborns (0-3 months)

14-17 hours



Infants (4-11 months)

12-15 hours



Toddlers (1-2 years)

11-14 hours



Preschoolers (3-5)

10-13 hours



School-age children (6-13)

9-11 hours



Teenagers (14-17)

8-10 hours



Young adults (18-25)

7-9 hours



Adults (26-64)

7-9 hours



Seniors (65 and older)

7-8 hours



Valentines Day Breakfast

February is about love and family.

Come join us as we celebrate love and being together.

Please join us on February 13th for a Valentines day breakfast!!!

Hot Breakfast will be served from 9:15– 10:15.



[Mercola.com](https://www.mercola.com)



Victor Mager Family Centre

February 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2 PD Day School CLOSED	3 Stay and Play 9:00-11:15 Stay and Play 1:00-3:15	4 Stay and Play 9:00-11:15 Stay and Play 1:00-3:15 GYM -2:15	5 Stay and Play 9:00-11:15 Stay and Play 1:00-3:15	6 Stay and Play 9:00-11:15 Afternoon CLOSED
9 Stay and Play 9:00-11:15 Stay and Play 1:00-3:15 GYM -2:15	10 Stay and Play 9:00-11:15 Stay and Play 1:00-3:15	11 Stay and Play 9:00-11:15 Stay and Play 1:00-3:15	12 Stay and Play 9:00-11:15 Stay and Play 1:00-3:15 GYM -2:15	13 Stay and Play 9:00-11:15 Valentines day Breakfast Afternoon CLOSED
16 Louis Riel Day School CLOSED	17 Stay and Play 9:00-11:15 Stay and Play 1:00-3:15	18 Stay and Play 9:00-11:15 Stay and Play 1:00-3:15 GYM -2:15	19 Stay and Play 9:00-11:15 Stay and Play 1:00-3:15	20 Stay and Play 9:00-11:15 Afternoon CLOSED
23 Stay and Play 9:00-11:15 Stay and Play 1:00-3:15 GYM -2:15	24 Stay and Play 9:00-11:15 Stay and Play 1:00-2:15 Early Dismissal No snack	25 Stay and Play 9:00-11:15 Stay and Play 1:00-3:15	26 Stay and Play 9:00-11:15 Stay and Play 1:00-3:15 GYM -2:15	27 PD Day School CLOSED