



Principal's Message

April 2021 Newsletter

On March 15th, the provincial government released the K-12 education review and an accompanying vision for moving forward entitled "**Better Education Starts Today**" (**BEST**). BEST is tied closely with accompanying legislation—**Bill 64** which is also referred to as the "Education Modernization Act". In a year of unprecedented change and uncertainty, the report was yet another thing school staff were forced to come to understand fully in a short period of time in the middle of the school year. Some of the key proposed changes include:

- The elimination of local school boards & trustees.
- Establishment of a Provincial Education Authority that will administer education within 15 regions as opposed to 36 school boards.
- New School Community Councils that will replace existing parent councils. These parent councils will have a significant role in providing advice to the school Principal on many key issues.
- Removing Principals and Vice-Principals from the teacher's union.

The changes are ambitious and extensive. To some extent, the report and legislation imply that we are doing something wrong when it comes to the education system in Manitoba. We undoubtedly have to improve in some areas, as any system does. We are constantly trying to do what is best for our students and families and always will. I have seen the quality work done by teachers for 20 years and I am always impressed by how well our system currently works for the vast majority of our children. However, measuring the effectiveness of our system based on some standardized test scores and overall cost is not accurate especially when socio-economic factors (ie. Poverty) are not taken into account. Many people that work daily in the education system have concerns over this bill, and BEST framework moving forward. For more information please checkout the BEST website at: <https://bettereducationmb.ca/>

What does it mean to you as a parent? What does it mean for our small, rural school community? Mostly importantly, what will it mean for our students? It is important to note that in the immediate future, nothing will change for our students. We will still be providing high quality education for your children in a caring and supportive environment. The proposed changes in governance and administration will come into effect during the 2022-2023 school year at the earliest. I encourage everyone to learn more about these changes, ask questions, and let your local representative know what you think as well.

Towards the back of the newsletter you will find a **Mental Health Continuum Self- Check**. This is a tool that we can also use easily to gauge our current mental health. Our mental health changes from day to day, week to week, and year to year. It is important that we are aware of when we feel "off" so we can use some strategies and tools to make use feel better. When our bodies needs fluids, our brain tells our body to drink fluids. Once we get more water, our body becomes hydrated and we are no longer are thirsty. Our body then functions better and we continue on our way. Mental health is not so clear. Sometimes the signs and symptoms of mental illness are subtle. Sometimes they are obvious. Sometimes the path to feeling better is clear, and sometimes it is not. We need to watch for our own cues that we may becoming "injured" or "ill" and figure out what things in our toolkit (exercise, diet, sleep, talking, therapy, medication, music, etc.) we can use to stay at our best.

Please take the time to take care of yourself this spring. Be active, eat well, laugh, and take time to do the things you enjoy. Hopefully this great spring weather stays with us—although some rain would be nice!

Yours in education,

Tim Lee

Fundraising:

Thank you to all who have taken part in our fundraisers!

Your support allows us to assist the school in a variety of ways as well as to continue the development of the playground.

If you have any fundraising ideas that you think will do well for our group, please do not hesitate to contact one of the board members.



News from the PAC

Thank you to those who attended our virtual meeting last month!

Our next meeting will be held on:

Tuesday, April 13th @ 8:30

(via zoom)

If you are interested in being part of our next meeting, please contact Lynnette Lindell by email to add your name!



We are looking for energetic individuals who are willing to join our PAC group. We work together to raise funds for the continued development of our playground and assist the school in various events. For more information, how to join or volunteer, please contact Lynnette Lindell @204-782-9372 or you can email her at lynnette@lansard.ca. Thank you!



Woodlands Parent Advisory Council Minutes
February 2021 Meeting Minutes

Present: Lynnette Lindell, Tara-Lee Koss, Billie Jean Oliver, Casey Tully, Brette Park, Jeanine Campbell and Alison Marttila

Called to Order: The meeting was called to order at 8:35 pm

Minutes: December 2020 Minutes were read. Tara-Lee Koss moved to have Minutes passed; Jeanine Campbell 2nd the motion.

Treasurer's Report:

Regular PAC Chequeing:	\$6,012.77
Playground Chequeing:	\$11,057.37
Playground Savings:	\$9,365.94

Fundraising:

The only outstanding item is to determine final sales on the Show & Save as it was extended to December 31, 2020. Billie Jean and/or Lynnette will contact to find out final totals.

Old Business: Applications to for the RM grants have been submitted; Lynnette is looking at a sustainable community grant. Will get further information and if eligibility requirements are met an application will be made.

New Business: Staff appreciation is next week; Lynnette will work with the non-school employee members of the committee to make plans; New fundraiser suggestion was made for Cisco. More information will be obtained and presented at the next meeting.

Principal's Report: As Mr. Lee is currently on leave, Mrs. Alison Marttila (Acting Principal) joined us. Mrs. Marttila provided a brief introduction of herself and her background. Old school has a fence around it as it will be coming down of the course of this year – work has already started. Mrs. Marttila was asked about the foundation at the old school and about soil samples being done. She will look into it and provide answers, if possible. Waiting on funding announcements for next school year from the Province; Still waiting on the release of the Education Review. Shout out to Lisa and John for all their hard work at keeping our school clean and safe for all staff and students! It was asked when Mr. Lee will be returning and the reason for roles of teachers being switched.

Events:

February 5th – PD No School
February 14th – Valentine's Day
February 15th – Louis Riel Day – no school
February 17th – Early Dismissal
February 18th – Progress Conversations (Virtually)

NEXT PAC MEETING: March 9th, 2021 @ 8:30. If you would like to take part in the meeting please contact Lynnette Lindell.

Adjourned: Meeting adjourned at 8:59 pm

SETTING UP A DEVICE SAFELY FOR KIDS

YOUTUBE

SETTINGS →
TICK SAFE SEARCH FILTERING
→ TICK STRICT

TURN OFF IN APP PURCHASES

SETTINGS → GENERAL → RESTRICTIONS
TURN OFF IN APP PURCHASES (NOT GREEN)

DISABLE SAFARI BROWSER (IF YOU DON'T WANT THEM SEARCHING ANYTHING)

SETTINGS → GENERAL → RESTRICTIONS
ALLOWED CONTENT

MAKE ITUNES SAFE

(TO KEEP DEVICES SEPARATE WHERE YOUR ITUNES
ACCOUNT HAS BEEN CONNECTED TO)

ITUNES ON YOUR COMPUTER → EDIT → PREFERENCES
DECIDE WHICH SHOWS AND RATINGS ARE ← PARENTAL
APPROPRIATE FOR THIS DEVICE
AND OTHER DEVICES.

SAFARI

SETTINGS → GENERAL → RESTRICTIONS
SET IT UP THE WAY YOU WANT IT AND APPROPRIATE
FOR YOUR CHILDREN.

DISALLOW UPLOADING OR DELETING OF APPS

SETTINGS → GENERAL → RESTRICTIONS
INSTALLING APPS OR DELETING APPS

GUIDED ACCESS

(FOR KIDS TO STAY WITHIN AN APP, TO AVOID GOING TO OTHER APPS AND WEBSITES)

SETTINGS → GENERAL → RESTRICTIONS
→ SCROLL DOWN TO LEARNING ← ACCESSIBILITY
→ GUIDED ACCESS → TOGGLE ON



Hey Parents of the 5/6 and 7/8 Class!

Our school social worker, Larissa Friesen, joined Miss Brad during the Grade 5/6 guidance class to talk about safety, especially online safety and safety in relationships. We wanted to follow up with some resources for you as parents.

Some great websites to visit are:

- Smartstrongsafe.ca
- Cybertip.ca
- Protectkids.ca

Some conversation starters with your kids could be:

- Tell me about the apps on your phone?
- Who are the other people you play _____ game with? How do you know them?
- What are your privacy settings on your games and apps?
- Can you show me how to use snapchat?

With the continued discussion of app and internet safety, the Grade 5/6 and 7/8 students have been introduced to safety settings in specific apps, researched apps and how to be safe, and have learned about cyber bullying and the affects it has on students. Cyber bullying will be the focus for the next month where we talk about who is involved and will look at various scenarios. We encourage parents/guardians to have a discussion with your child about their devices and how to be safe online using various apps!

If you have any questions, feel free to contact me at the school!

Miss T. Brad

Mental Health Continuum Self-Check

Check the signs and indicators that really speak to how you experience stress and write any additional changes you might notice in the "my personal changes" section.

	Healthy	Reacting	Injured	Ill
Changes in Mood	<input type="checkbox"/> Normal mood fluctuations <input type="checkbox"/> Calm <input type="checkbox"/> Confident	<input type="checkbox"/> Irritable <input type="checkbox"/> Impatient <input type="checkbox"/> Nervous <input type="checkbox"/> Sadness	<input type="checkbox"/> Angry <input type="checkbox"/> Anxious <input type="checkbox"/> Pervasive sadness	<input type="checkbox"/> Easily enraged <input type="checkbox"/> Excessive anxiety/panic <input type="checkbox"/> Depressed mood, numb
Changes in Thinking and Attitude	<input type="checkbox"/> Good sense of humour <input type="checkbox"/> Takes things in stride <input type="checkbox"/> Ability to concentrate and focus on tasks	<input type="checkbox"/> Displaced sarcasm <input type="checkbox"/> Intrusive thoughts <input type="checkbox"/> Sometimes distracted or loss of focus on tasks	<input type="checkbox"/> Negative attitude <input type="checkbox"/> Recurrent intrusive thoughts/Images <input type="checkbox"/> Constantly distracted or cannot focus on tasks	<input type="checkbox"/> Noncompliant <input type="checkbox"/> Suicidal thoughts/intent <input type="checkbox"/> Inability to concentrate, loss of memory or cognitive abilities
Changes in Behaviour and Performance	<input type="checkbox"/> Physically and socially active <input type="checkbox"/> Performing well	<input type="checkbox"/> Decreased activity/socializing <input type="checkbox"/> Procrastination	<input type="checkbox"/> Avoidance <input type="checkbox"/> Decreased performance <input type="checkbox"/> Tardiness <input type="checkbox"/> Begins to pull away from family	<input type="checkbox"/> Withdrawal <input type="checkbox"/> Can't perform duties/tasks <input type="checkbox"/> Absenteeism <input type="checkbox"/> Is not mentally present at home
Physical Changes	<input type="checkbox"/> Normal sleep patterns <input type="checkbox"/> Good appetite <input type="checkbox"/> Feeling energetic <input type="checkbox"/> Maintaining a stable weight	<input type="checkbox"/> Trouble sleeping <input type="checkbox"/> Changes in eating patterns <input type="checkbox"/> Some lack of energy <input type="checkbox"/> Some weight gain	<input type="checkbox"/> Restless sleep <input type="checkbox"/> Loss of appetite <input type="checkbox"/> Some tiredness or fatigue <input type="checkbox"/> Fluctuations or changes in weight	<input type="checkbox"/> Cannot fall/stay asleep <input type="checkbox"/> No appetite <input type="checkbox"/> Constant lasting fatigue/exhaustion <input type="checkbox"/> Extreme weight gain or loss
Changes in Substance Use and Addictive Behaviours	<input type="checkbox"/> Limited alcohol consumption, no binge drinking <input type="checkbox"/> Limited/no addictive behaviours <input type="checkbox"/> No trouble/Impact (social, economic, legal, financial) due to substance use	<input type="checkbox"/> Regular to frequent alcohol consumption, limited binge drinking <input type="checkbox"/> Some regular to addictive behaviours <input type="checkbox"/> Limited to some trouble/Impact due to substance use	<input type="checkbox"/> Frequent alcohol consumption, binge drinking <input type="checkbox"/> Struggles to control addictive behaviours <input type="checkbox"/> Struggle to control addictive behaviours	<input type="checkbox"/> Regular to frequent binge drinking <input type="checkbox"/> Addiction <input type="checkbox"/> Significant trouble/Impact due to substance use
My Personal Changes	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>



April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid black; padding: 10px; display: flex; align-items: center;"> <div style="flex: 1;"> <p style="font-size: 1.2em; font-weight: bold;">Please do not forget to bring your waterbottles to school!</p> </div> <div style="flex: 0.5; text-align: center;">  </div> </div>				1	2	3
4  Easter Sunday	5  Inservice No School	6 Day 2 K 	7 Day 3	8 Day 4 K	9 Day 5	10
11	12 Day 6 K	13 Day 1	14 Day 2 K <div style="background-color: #ff69b4; padding: 5px; text-align: center; border: 1px dashed black;"> International Day of Pink </div> Wear pink!!	15 Day 3	16 Day 4 K	17
18	19 Day 5	20 Day 6 K	21 Day 1  Early Dismissal	22 Day 2 K 	23 Day 3	24
25	26 Day 4 K	27 Day 5	28 Day 6 K	29 Day 1	30 Day 2 K	