

MAY 2023



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|---------------|--------------------------------------|--------------|----------|
| | 1 Day 4 K Hot Lunch Hot Dogs Gr. 8 Shops | 2 Day 5 Badminton Divisionals | 3 Day 6 K | 4 Day 1 | 5 Day 2 K | 6 |
| 7 | 8 Day 3 Hot Lunch Pepperoni Pizza | 9 Day 4 K Gr. 8 Shops | 10 Day 5 | 11 Day 6 K | 12 Day 1 | 13 |
| 14 | 15 Admin Day No Classes | 16 Day 2 K | 17 Day 3 | 18 Day 4 K Gr. 8 Shops | 19 Day 5 | 20 |
| 21 | 22 Victoria Day No Classes | 23 Day 6 K | 24 Day 1 | 25 Day 2 K Gr. 6 Field Trip | 26 Day 3 | 27 |
| 28 | 29 Day 4 K Camp Manitou Field trip K-8 Gr. 8 Shops | 30 Day 5 | 31 Day 6 K | | | |

Please note the full newsletter can be found on the school website at

we.interlakesd.ca

Hello Everyone,

Spring has sprung and our students are enjoying soccer games and playing in the sunshine. Our Middle years students are off to represent our school this week in Badminton and we wish them the best of luck in representing our school. Special Thanks to Mr. Martin and Mr. McMurtry for coaching Badminton this season.

This month we had MTYP join us to present “Frozen River” a story about two children who meet from different cultural backgrounds with the theme of treaty relations and acceptance of others. Our students really enjoyed the show and learned a lot!

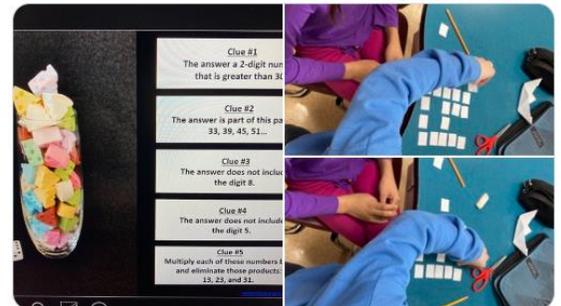
Last week we celebrated Earth day through a variety of school spirit days. We had also planned a community cleanup day which was postponed until the weather was a bit warmer.

Our grades 5-7 students have enjoyed their swimming lessons this month and are looking forward to Camp Manitou on May 29th. Our whole school will be going to Camp Manitou this year where we will engage in many outdoor activities such as, Fishing, Cycling, Climbing and Archery. We are very excited to return to this annual event!



During our last professional development day our staff started their work on our school goals for next year. We have decided to continue our efforts in numeracy and added a new goal for literacy and wellbeing. In literacy we will be building on the Science of Reading that have been implemented in K-2 this year and extending them to grades 3 and 4. We have also decided to include a wellness goal where we will be discussing wellness topics thematically throughout the year.

Our grade 6 class began their math period with an Estimystery and then worked on matching improper and mixed fractions in a memory game.



The Woodlands Childcare Kindergarten Preschool program is looking for registrations for next year. Call Rachelle at 204-383-7503 for more information about their before and after school and Kindergarten Preschool program. More information about the Woodlands childcare offerings at WES can be found here <https://we.interlakesd.ca/starting-blocks/>

We will be looking for new members for our Parent Advisory council in the fall. Our WEPAC has worked hard throughout the years to provide our school with a new play structure, a hot lunch program and sponsored many enrichment activities for our students. Stay tuned for an invitation to our Fall WEPAC meeting!

Post Pandemic Mental Health

Mental health refers to positive social, emotional, and physiological well-being. Since kids can struggle with mental health in the best of times, it comes as no surprise that these struggles only compound in the wake of the pandemic. All of a sudden, life was flipped upside down for those in the younger generation. Their routines were completely changed overnight. They couldn't go to school, they couldn't see their friends, and they couldn't leave their houses. Not every child was able to seamlessly transition into the new normal, in fact many youngsters reported having a hard time coping with attending class over zoom and being separated from other students. Kids were also scared about the virus itself. For these reasons, it comes as no surprise the prevalence of anxiety and depression is high among kids post pandemic. The good news is that by giving children's mental health the attention and respect it deserves and taking a proactive stance with treatment, it's possible to help kids navigate through their issues and end up with a much healthier state of mind. When parents prioritize their kids' mental health and give them the support they need to get past the issues they are facing, great things happen. When kids are in a solid place, they are able to think clearly, learn new things, and improve their social skills. At the same time, parents' mental health improves, too, since they benefit from a stronger relationship and can find joy in seeing their kids thrive.

Here are some ways to do that:

1) Maintain an open dialogue: One of the easiest ways to help kids deal with mental health problems is by talking to them to understand the issues they are working through. By engaging in conversation with your kids every day and knowing more about the issues they are facing, you can begin to have healthy dialogues that can help kids overcome challenges they face.

WITH YOUR CHILD... Ask them questions about the things they enjoy. Listen to their thoughts and feelings. Describe what works for you or how you approach mental health in your own life. Use a neutral tone - do not assume they are feeling a certain way. Have this conversation in a quiet place with little distraction. Share something about your day first - be open about your thoughts and feelings.

2) Recognize the Warning Signs: It's one thing for a child to have a bad day. It's quite another to have several bad days in a row, with no signs of anything improving anytime soon. Familiarize yourself with the warning signs that may indicate your child might be suffering from issues like depression and anxiety. Here are some of the indicators to be aware of and if you notice a change in any of these things – react.

- Lack of appetite
- Low motivation
- Withdrawal from activities or change in behaviour
- Fatigue- or changes in sleep patterns
- Worsened school performance
- Low self-esteem

3) Seek Help When Needed:

Once you familiarize yourself with the warning signs to look out for, you will know when it's time to enlist the services of a mental health counsellor to help your child or student live a happier, more fulfilling life.

A great first step is reaching out to your child's School Counsellor. As Guidance Counsellor's we cannot diagnose students, but we can teach skills, offer accommodations and provide support or resources to families. If you would like support for your child please contact Jaime Timmerman Fall (Grade 5-8) jtimmermann@isd21.mb.ca or Steffani MacMillan (K-4) smacmillan@isd21.mb.ca. You can also reach us by phone at (204) 322-5576.

Family Mindfulness Schedule

Directions: Below is a family mindfulness schedule, intended to schedule time to be mindful of spending quality time with family. Each day of the week has a different activity. Take 1-2 hours each day to turn off your smartphones, tablets and computers and spend time connecting with each other.

| | |
|-----------|---|
| Monday | Family Homework Night Everyone complete homework together! (Parents, if you have nothing to do, how about reading the paper?) |
| Tuesday | Family Breakfast Everyone set your alarms 15 minutes early so you can eat breakfast together. |
| Wednesday | Family Cleanup Night Everyone pitch in to clean up the kitchen after dinner. |
| Thursday | Family Leftover Night Time to clean out the fridge! Pull out all of the leftovers and enjoy a fun family dinner together. |
| Friday | Family Game Night Join together for a family game night! Try a different game every week. |
| Saturday | Family Outing Pick a fun family activity to try out with the family. |
| Sunday | Family Dinner To wind down from the weekend and rest up for the week ahead, sit down for a nice quiet dinner together. |

Family mindfulness is an important part of building a strong and supportive family unit and placing an important emphasis on mental health within the family.

It can be easy for everyone to get wrapped up in their own lives, but a great way to stay connected is to follow a family mindfulness schedule.