

133 Centennial Drive
 BOX 8
 ONANOLE MB R0J 1N0
 204-848-2402 204-848-2095



Principal – Pam Ryznar /Email- pryznar@rrsd.mb.ca

Secretary – Tanya Robinson / Email – trobinson@rrsd.mb.ca

To inspire and support learning while practicing global citizenship in a respectful environment.”

K – Lisele Lindsay 1/2 – Zoe Ushey ¾ – Micayal Krahn 5/6 – Scott Stephenson 7/8 – Nicole Wruth/Pam Ryznar

Secretary/Librarian –Tanya Robinson

Educational Assistants: Valerie Shellborn, Brenda Wood, Glenda Rac, and Sherri Carter

Guidance Councillor: Lisele Lindsay Resource Teacher/Principal/7/8/Music: Pam Ryznar

Junior High Phys Ed and Health

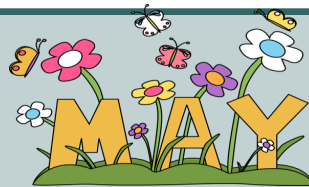
Hello all, It has been great connecting with the 7/8 students via email, TEAMS and one note over the past weeks. I created a Phys Ed challenge last week, sent out a wellness package with the last pick up and sent out a handout on the Medicine wheel, which centered some of our conversations on creating balance. I look forward to hearing about how all this is going this week. If you are not able to make our scheduled TEAMS meeting, send me an email about how things are going in the four areas.

Take care and watch for the TEAM mtg invites this week.

MUSIC

I have really enjoyed some of the dance videos that I have received from students. I will be adding some optional music activities to the website this week for anyone who is looking to add something a little different to their learning schedules. If you have been making music or practicing your listening skills , send me an email or video and let me know. I love to hear and see what you have been up to.

Mrs. Ryznar



Principals Message

The warm weather is sure wonderful this week. Thank- you very much to all staff, parents and students for their continued support through this remote learning time. We know that you are all doing your very best to support students and each other during this time and it makes me feel so very proud of our community. Our final package pick- ups will be on June 1st/ 2nd. We have allotted the last week of May as a catch up week. Teachers will be preparing report cards in June and doing planning for student transitions to the next grade levels. I loved popping in on the class teams meetings last week. It makes my day to see some of the faces and hear voices of our students. I have received some messages via email and I have even seen a few students in person on my evening walks. We will keep you all informed of any plans going forward via email, school face book and the webpage. In the meantime , stay safe and healthy and continue to stay connected to one another.

Have a great week everyone,
 Mrs. Ryznar



A very big Happy Birthday goes out to Jemma who celebrated her 6th Birthday on May 15th.

Please continue to do the best you can to provide your child about one hour of schoolwork on our Kindergarten days. Learning happens every moment of their day. Learning does not necessarily mean sitting and working on paper and pencil tasks. Play is learning! Continue to play, sing, dance, run around, climb, skip, laugh and giggle.

Now that we can enjoy the outdoors, bring your learning outdoors. Go out with a spray bottle and have your child spray things that start with the letter t, or J or any other letter of the alphabet. Gather items and count them, group them, make a pattern out of them. Use your senses. What do you see, smell, hear, feel, and taste? (Be careful with the tasting one!) Create a scavenger hunt together. Plant the garden, bake something yummy, learn a new nursery rhyme, dig deep into your childhood memories, and teach them old skipping songs.

June is around the corner and I will be preparing report cards. The areas of assessment I will be looking at will be their ability to know the letters of the alphabet, recognize them, write them and the sound the letters make. They also need to know numbers to 30 and to represent numbers to 20. This is easy peasy lemon squeezy for this group. I will be contacting you all soon by phone to set up a time to review this with your child.

Take care, stay safe and healthy and enjoy the lovely weather we have all been waiting for.



Hello everyone!

I hope that you all had an enjoyable weekend!

I am so happy to see all of the creative pictures that are being submitted for our "Flat Miss Krahn" (she is sort of like Flat Stanley) project. It certainly seems that Flat Miss Krahn is very adventurous. So far Flat Miss Krahn has gone ziplining, swam in popcorn, played cards, supervised school work and had some other adventures. I can't wait to see what she does next! Please keep submitting your photos to the *real* Miss Krahn via email. 😊

Our current focus in numeracy is Time. I will continue to post extra time tutorial videos on the website to help students who may find elapsed time word problems tricky. Please check the website often (and refresh the page) for updates. If you have a tutorial that you would like to see posted, please email me and I will do my best to create a teaching video or schedule a video tutorial to meet your needs.

Our current literacy focus has been on journal writing and letter writing. I am so excited to read all of the letters that I have received. Great work boys and girls! For more detailed writing lessons, make sure to check out the Reading and Writing page on our class website: <https://mnkrahn.wixsite.com/website>.

Just a reminder that May 25- 29 is "Ketchup & Pickles" week. Please use this time to catch-up on outstanding assignments or pick enrichment activities to complete which will be posted on our class website. Stay safe and healthy!

Yours in distance learning,
Micayla Krahn
Grade 3/4 Teacher





&



Miss Ushey

I hope everyone had a wonderful long weekend and got outside and enjoyed the sun!

The grade 1/2 class has done a few group video chats over Microsoft Teams. I have really enjoyed seeing the student's faces and listening to their show and tell. I plan to continue to have weekly video chats for everyone to stay connected.

As June approaches, the workload will begin to slow down. I encourage students to get outside and enjoy the fresh air. During the week of May 25th – May 29th, no new homework or lesson plans will be assigned. I am using that week as a catchup for students who may not have had time to get through all the work. There will be activities on Seesaw during that week for student's who would like a little bit of work, but it is not required.

If you have any questions or need anything, please don't hesitate to contact me.



Arianna, Greta, Max, Jemma,
Zachary, Tallica, Elizabeth, and Freya!!

Happy Birthday!!



I hope everyone is well and enjoying the warm weather. I want to thank you, students and parents, for the hard work you continue to put in, and the perseverance and patience you have shown. I appreciate all your help and support.

I will continue to send out assignments and answer keys daily, and we will continue our meetings on Teams. The meetings are the highlight of my day. Please contact me with any questions you may have, or if you just want to touch base.

Here is what we are currently up to:

Literacy Choices: Spelling Units, Poetry, and Short Stories

Math: Division and then Time

Science: Weather

Social Studies: Metis and Red River Settlement

Phys. Ed: Fitness Activities, Circuits and Games

Here are some of the assignments I will be asking to be returned on the next pick-up / drop-off day:

Book Cover & Questions from Novel Study

Multiplication Review

Division Review

Weather Review

Take care.

S. Stephenson

Watercolor portraits and turning garbage into fashion and wood paintings inspired by Norval Morrisseau.

Hello Everyone! Online work and daily emails continue. Here are some updates on some of the bigger things we are doing. Grade 7/8's finished their Book Club Books! A big thank-you again to Minnedosa Library for ordering in all those books for me. Students have started working on their final book club projects which is due June 2. Student projects include: quote posters, sequels, timeline, Jeopardy, 5 years later interviews and more! Passion Projects, math checklists, SS, Quill and Science continue! Check out below some student projects!

Enjoy the day,
Ms.Wruth



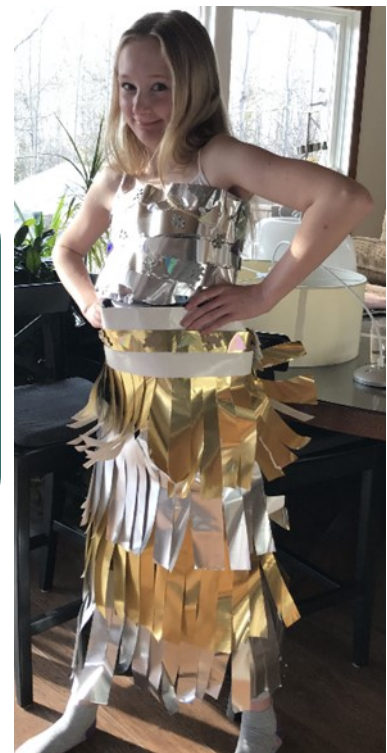
Passion Project!

Dylan baked Stolinchy Cake, Russian Recipe.
Addison created a new breakfast recipe



Other grade 7/8
Passion Projects
include:

- learning sign language,
- renovations, outdoor
- photography, animal
- research, art technique.



Mikayla and Max have started indoor gardens!





The Need for Personal Space in a time of Social Distancing....By Mrs. Lindsay

During this unprecedented time, many families are spending all their time together with little opportunity for outside distractions and interactions with others. Attending school for children, work for parents and extra-curricular activities was our norm, which allowed us to be separate from one another and spend time apart. This distance we were accustomed to, then created a desire to be close again.

Suddenly, siblings are together 24/7 and naturally this can result in sibling squabbles, frustration, and anxiety. The natural closeness-distance cycle has been disrupted. We have an increased need for space and distance between one another, that is difficult to create with quarantine and social distancing requirements. If you are having a difficult time with sibling rivalry, it is important to address the needs and feelings that are driving the behaviors. Everyone understanding that it is easy to get on each other's nerves when being cooped up together is a start.

Here are some suggestions to help you meet needs, help with emotions, and create a more peaceful environment for all.

1. Address Social Isolation

Many students are missing the social interactions they are accustomed to by attending school. They miss their friends and being part of a group. Explain to your child that we are all in this together. Their friends, classmates and teachers miss them too.

If you can stay connected through regular "video" interactions with friends and classmates, structure your day around being able to join in the session. Most classes in RRSD have team meetings set up to address this and have been very successful.

2. Ensure personal space.

Every child needs downtime to just be with themselves. When children get over-stimulated it eventually leads to tantrums, crying or arguing. Teach your child the language they need to understand what personal space is and how to ask for it. For those with children who perhaps need additional supports for teaching personal space strategies and self-regulation please contact me at llindsay@rrds.mb.ca

Providing words to help your children disengage from one another when they have had enough time together can create a more peaceful environment. For example. "I really like playing with you, but right now I'm feeling grumpy and need time to myself".

Gently divert situations before they escalate by being a backup for your child. For example. "Your sister/brother really enjoys playing with you but is going to go read on their own now. What would you like to do?"

Although this can be difficult for some, try to designate one room of your home to be the "Quiet Room".

This way everyone in the family has a way to withdraw to a space when they need to. You could even create a family schedule that includes quiet time for everyone.

3. Address Individual Needs

Individual needs will vary greatly within every home. The number of children, their ages, whether you are trying to work from home as well, getting everyone fed, taken care of...wow the list is long. In addition, you must try to manage and juggle the different grade levels, learning expectations and daily assignments coming in. First and foremost, all of us agree that maintaining positive relationships with one another is top priority. Relationships between siblings thrive when they are having fun together. It is understandable that during these times older siblings may suddenly have much more responsibility over the younger children so that parents can work from home, prepare meals, and take care of other children. But be clear with guidelines so they know how to guide the younger child's behavior appropriately and to know when to ask for your assistance. Thanking them and perhaps providing the older sibling with additional privileges can show your appreciation and avoid resentment for their additional responsibilities. For some, time away from their younger siblings to connect on-line with their friends fills their connection need. During these unusual times, mental health is something we must be sure we are thinking about. Good mental health happens when each child feels connected, seen, valued and safe.