

La Barriere Crossings School

April

2024

Principal's Message

Greetings everyone!

We hope you enjoyed a restful Spring Break and are ready to transition into the final term of the school year. Term 3 will bring a chance for our students to engage in transition activities as they prepare to move on to the next grade. Our grade 8 students will visit CSNC this month to attend the musical production of Matilda. While they are out of the building, we will be visited by our incoming grade 5 students from Parc La Salle School who will spend some time getting to know LBC by pairing up with our grade 7 students who will lead them through some fun getting-to-know-the-school activities.

March was a whirlwind of activities as we wrapped up term 2 with an awards assembly, visited PLS School for Festival Day, and enjoyed our spring band concert. Congratulations to all our students on successfully completing Term 2 and congratulations to our award winners for a job well done. Many thanks to the committee that organized the festival events and thank you to PLS for hosting. It was a great way to bring our two schools together to celebrate and have fun. Thank you to Mr. Severin for putting together a very entertaining and enjoyable spring concert. It was lovely to hear the musical talents our students were able to share and witness the progress they have made with their instruments.

As the weather can be unpredictable at this time of year, please remember to ensure your child(ren) is prepared to be outside during the school day. The schoolyard can be wet and messy from melting snow and rain, so please consider sending extra clothes to school in case your child(ren) gets muddy or wet. As always, please contact the school if you have any questions or concerns.

Thank you for your support,

Cindy Mason
Principal

Nancy Estabrooks
Vice-Principal

Land Acknowledgement

The Seine River School Division is located on Treaty 1 Territory, the traditional lands of the Anishinaabe, Cree, Oji-Cree, Dakota and Dene Peoples and the homeland of the Metis Nation. The Seine River School Division respects the Treaties that were made on this territory and are dedicated to working together in the spirit of reconciliation for as long as the sun shines, the grass grows and the rivers flow.



Grade 5 Registration

Wednesday,
April 3
6:00 pm
LBC Gym

Day of Pink

Wednesday,
April 10



No School

Friday,
April 12
(PD Day)

Spring & Gr. 8 Grad Photo Day

Monday,
April 22



La Barriere Crossings School

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Winnipeg, MB. R3V 1M2
Phone: 204-275-5048
Fax: 204-275-6299
Email: lbc@srsd.ca
www.lbc.srsd.mb.ca

LBC Mission Statement

To provide an inclusive learning environment for our culturally diverse school community; while contributing to the development of all students in achieving their fullest potential.



Life-threatening Allergies

Please do not send food/snacks to school that contain nuts/peanuts.

Thank you.



No Microwaves

We do not have any microwaves available for students to heat up lunches.

Please do not send lunches that require heating.

Thank you for your cooperation.



Reporting Student Absences

Parents/Guardians are asked to call or email the school if your child will be absent or late.

Phone: 204-275-5048

Email: lbc@srsd.ca

Absences may also be entered through the Parent Portal.



Bus Loop

Parents/Guardians are reminded not to use the bus loop for dropping off or picking up students.

The bus loop is reserved for the school buses.

Thank you for your consideration for the safety of our students.

La Barriere Crossings School



School Year: September, 2024

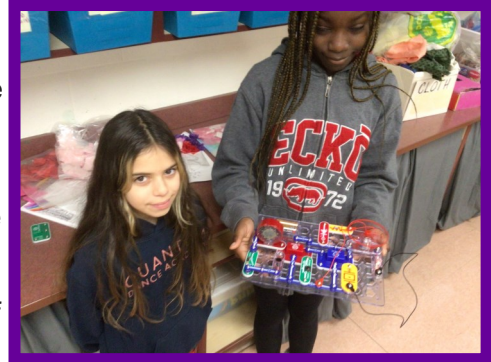
Parents/Guardians are invited to LBC School along with your child for an information/registration evening.

***If you are unable to attend on this evening,
please drop by the school office at your convenience
to register your child for Grade 5.***

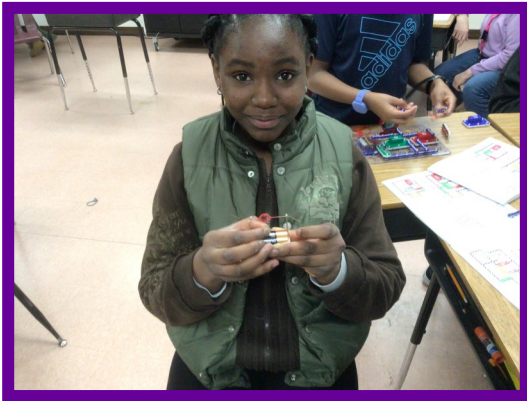
Kid-Netics Comes To 5/6A

On March 14, we had a guest come to our class!

We got to use software and hardware, it was fun using the hardware and we were able to get a fan running, turning on a light and getting a music box to play music! It was fun trying to make our own things with the hardware! It was fun switching the music boxes, and some people got to make a pencil alarm! We learned that when programming something you have to be specific or your computer will be confused, or a bug will happen, and we learned the reason why a bug is called a bug is because, if I remember correctly, a girl's computer didn't work and when she decided to see what the problem was, she found a roach in her computer! After that we got to do software, we got to code robots that were called dash robots and the names they made up for the dash robots, were Harry Potter characters, or characters from different shows! It was fun to have our dash move around and look around the place, blink, and do little a dance with block coding! Block coding is an easy but also hard way of coding and a fun one too! It was easy for me to understand how block coding worked since I use Scratch, it was cool that our dash was able to play recordings of our voices! I'm just grateful that we got to experience using software and hardware thanks to Amy!



• By Harper



School Spring Picture Day

Monday, April 22
(am)



Grade 8 Grad Photos

Monday, April 22
(am)

Details to come home soon!



Registration Forms 2024-25

Registration Verification forms will be coming home this week with your child (Gr. 5-7).

Please review the form, make any changes and sign in the appropriate space.

Please remember to check off for:

- Media Permission
- Off-School Site Trips Permission
- Emergency Procedures



Academic Awards

<i>Adedamola D.</i>	<i>Mackenzie H.</i>	<i>Sophia T.</i>	<i>Ose E.</i>
<i>Neel D.</i>	<i>Jan K.</i>	<i>Mark A.</i>	<i>Aishetu J.</i>
<i>Hanna M.</i>	<i>Leilani S.</i>	<i>Loai E.</i>	<i>Paul O.</i>
<i>Rutvi P.</i>	<i>Gregory E.</i>	<i>Noah F.</i>	<i>Uditi S.</i>
<i>Viel V.</i>	<i>Mark E.</i>	<i>Ella U.</i>	<i>Roscoe K.</i>
<i>Ahmad A.</i>	<i>Willow B.</i>	<i>Ayo A.</i>	
<i>Prabhleen B.</i>	<i>Olivia H.</i>	<i>Marlene O.</i>	
<i>Amelia K.</i>	<i>Borys S.</i>	<i>Moussa A.</i>	
<i>Harmony S.</i>	<i>Kelvin E.</i>	<i>Owen F.</i>	
<i>Brianna D.</i>	<i>B.J.M.</i>	<i>Stok P.</i>	
<i>Michelle E.</i>	<i>Yinka R.</i>	<i>Mimi T.</i>	
<i>Tammy D.</i>	<i>Zak A.</i>	<i>Hanjia L.</i>	
<i>Ese E.</i>	<i>Corin S.</i>	<i>Emmanuel D.</i>	

Term 2



Citizenship Award

<i>Neel</i>	<i>Teddy</i>	<i>Zak</i>	<i>Gabby</i>
<i>Emrie</i>	<i>Grace</i>	<i>Stok</i>	<i>Paul</i>
<i>Hanna</i>	<i>Chloe T.</i>	<i>Owen</i>	<i>Chloe</i>
<i>Ahmad</i>	<i>Fredrick</i>	<i>Moussa</i>	<i>Sage</i>
<i>Rutvi</i>	<i>Cameron</i>	<i>Mimi</i>	
<i>Viel</i>	<i>Joey</i>	<i>Chike</i>	
<i>Koritah</i>	<i>Jan C.</i>	<i>Marlene</i>	
<i>Prabhleen</i>	<i>Mark</i>	<i>Charley</i>	
<i>Rowan</i>	<i>Loai</i>	<i>Gavin</i>	
<i>Aeris</i>	<i>Emma</i>	<i>Rayne</i>	
<i>Harmony</i>	<i>Sophia</i>	<i>Nduta</i>	
<i>Brianna</i>	<i>Kylie</i>	<i>Hanjai</i>	
<i>Michelle</i>	<i>Noah</i>	<i>Emmanuel</i>	
<i>Callie</i>	<i>Mun</i>	<i>Uditi</i>	
<i>Jan K.</i>	<i>Alec</i>	<i>Aishetu</i>	
<i>Tammy</i>	<i>Ella</i>	<i>Ose</i>	

Term 2



Way to Go!



Great Job!



LBC
Hawk Award



Rutvi

Sophia

Madison

Stok

Term 2



April Calendar

La Barriere Crossings School Gym Schedule

April

Monday	Tuesday	Wednesday	Thursday	Friday
1 (Day 1)	2 (Day 2)	3 (Day 3)	4 (Day 4)	5 (Day 5)
8 Boys Badminton	8 Girls Badminton	7 Boys Badminton Staff Meeting	7 Girls Badminton	Sport Leadership
8 (Day 6)	9 (Day 1)	10 (Day 2)	11 (Day 3)	12 (Day 4)
5/6 Intramurals	7/8 Boys Badminton	5/6 Intramurals	7/8 Girls Badminton SRAA Meeting Mr. Moore Away	Badminton Team Selections PD Day
15 (Day 5)	16 (Day 6)	17 (Day 1)	18 (Day 2)	19 (Day 3)
7/8 Badminton Singles	7/8 Badminton Doubles	5/6 Intramurals	7/8 Badminton Mixed Doubles	Sport Leadership
22 (Day 4)	23 (Day 5)	24 (Day 6)	25 (Day 1)	26 (Day 2)
5/6 Intramurals	7/8 Intramurals 7/8 Badminton 3:30 – 5:00	5/6 Intramurals	7/8 Intramurals 7/8 Badminton 3:30 – 5:00	SRAA Badminton Tournament
29 (Day 3)	30 (Day 4)			
5/6 Intramurals	7/8 Intramurals			

Intramurals: Gr. 5/6 12:05 – 12:35
Dodgeball


Gr. 7/8 11:35 – 12:05

LA BARRIERE CROSSINGS SCHOOL

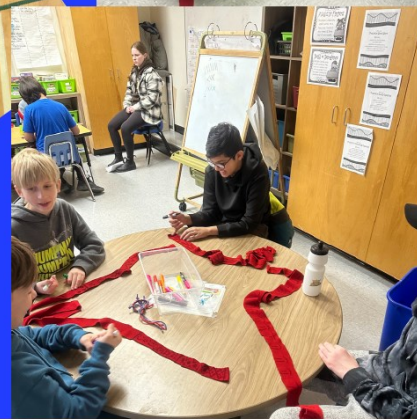
April

2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>Day 1</u> Classes Resume	2 <u>Day 2</u> Adventures in Music Rehearsal (Choir Students)	3 <u>Day 3</u> Gr. 5 Registration Evening 6:00 pm	4 <u>Day 4</u> Adventures in Music Performance 10:30 am (Choir Students)	5 <u>Day 5</u> 2024-2025 Registration/ Verification forms due back	6
7	8 <u>Day 6</u>	9 <u>Day 1</u> Emergency Drills 9:15	10 <u>Day 2</u> 	11 <u>Day 3</u> Bus Evacuation Drill 9:15	12 <u>Day 4</u> PD Day No School	13
14	15 <u>Day 5</u>	16 <u>Day 6</u>	17 <u>Day 1</u>	18 <u>Day 2</u>	19 <u>Day 3</u> CSNC Musical "Matilda" (Gr. 8 Students)	20
21	22 <u>Day 4</u> Gr. 8 Grad & Spring Photo Day	23 <u>Day 5</u>	24 <u>Day 6</u>	25 <u>Day 1</u>	26 <u>Day 2</u> Badminton Tournament	27
28	29 <u>Day 3</u>	30 <u>Day 4</u>				

LBC & PLS Festival Day



We had a fantastic time at PLS on March 20th. We spent the day with PLS students rotating through a variety of stations. We listened to elders, made sashes, played voyageur games, ate bannock, and enjoyed spending time together.



Building Social Emotional Skills at Home

BY SRSD SCHOOL SOCIAL WORK CLINICIANS



Social Emotional Skills are an important part childhood development. Research shows that social-emotional skills—such as problem-solving, self-regulation, impulse control, and empathy—help improve academics, reduce negative social behaviors like bullying, and create positive classroom climates. Social-emotional skills also help kids successfully manage everyday life.

In this article we wanted to share with you 3 ways you can build social emotional skills at home no matter the age of your child.

SIDE NOTE:

Sometimes us adults are feeling to emotionally overwhelmed or are having difficulty validating what is going on for our child. This is a time when it is most helpful to gently remove yourself. Take a break. This is a way to reduce anger or difficult emotions that may be coming up. It is not avoiding or 'giving in', it is giving ourselves space so we can return to the situation with validation and gentleness.

Step 1: Understanding:



Our mind has 3 distinct areas; the *Rational Mind*- where our thoughts and behaviours are being driven by logic and facts, the *Emotional Mind*- where our thoughts and behaviours are driven by our emotions and the *Wise Mind*- where we can make our best decisions, see other peoples points of view and where we are the most regulated. Understanding what part of our mind we might be in when facing a difficult situation, helps us approach that situation with understanding. If we are in our emotion mind- our emotions are in control and it is difficult to think about situation logically. We need to get back to our wise mind where we can think clearly and manage our emotions. How do we get back to wise mind? With Validation.

Step 2: Validate:



The best way to get back into our wise mind is to use validation. Validation communicates that we see and hear someone and are doing our best to understand their position. Validation does not mean you have to agree with the other person, for example: 'I understand you are angry about turning off your game, it can be hard to stop things we enjoy', this communicates that we understand their frustration AND we need them to follow through with our request. Continuing to escalate happens when the person feels they are not being heard or are being invalidated. Validate what you can- the emotion may fit what is happening but the thought may not, for example: frustration about turning of the game fits, throwing the controller and name calling does not.

Step 3: Decrease Vulnerability to Dysregulation

Social emotional regulation is easier to support when we practice ways to be less vulnerable to emotion dysregulation. To decrease vulnerability you can use the acronym **PLEASE**

- P**- Take care of your Physical Health- rest when you are tired and sick, go to the doctor when needed.
- L**-Limit Screen time -although screen time can be good way to distract ourselves, too much can do more harm than good
- E**-Eat a balanced diet. This does not mean just avoiding junk food, this means making sure we eat regular meals and drink water.
- A**- Avoid overconsumption. Limit sugary beverages, caffeine and avoid mood altering drugs such as marijuana and alcohol
- S**- Sleep. Having a set bedtime is just as important for teens and adults as it is for younger children. If you aren't sleeping well or staying up too late, what is getting in your way.
- E**- Exercise- Regular physical activity is important to our overall well being. It not only helps us to feel good physically but has been shown to have significant improvements in our mental well being too.



SOLAR ECLIPSE

Safety Measures and Viewing Guidance



What are the hazards of viewing a solar eclipse?

Looking at the sun, including during a solar eclipse, can cause **solar retinopathy**, which can permanently damage the retina's light-sensitive cells at the back of the eye. Even a brief look at the sun during an eclipse can cause **permanent harm** to the eyes. A person may not experience any pain or discomfort while watching the event and still suffer **severe damage** as a result.

Symptoms may not surface until 12 to 48 hours after the event and could involve retinal burns, temporary or permanent vision loss and blurred vision. Once symptoms start, it is usually too late to reverse any resulting damage. If someone experiences any changes in their vision from watching the solar eclipse, they should immediately have someone else drive them to a hospital or to their optometrist to be assessed.



Additional resources

Additional resources are available through the [Royal Astronomical Society of Canada](#), the [American Astronomical Society](#) and the [Canadian Association of Optometrists](#).

What is a solar eclipse?

During a solar eclipse, the moon moves between the sun and the Earth, partially or completely blocking the sun's rays. This means that the sun will appear less bright, and people will be able to look at it directly without turning away.



Schools and child care facilities are encouraged to have a basic plan to ensure that children, students and staff will be safe.

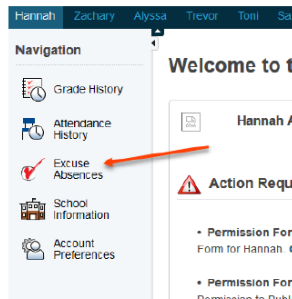
Keep a close eye on children during a solar eclipse. Their eyes are still developing and let in more light to the retina than adult eyes, so they are at higher risk of harm if they look at the sun without proper eye protection.

How can I safely observe a solar eclipse?

Indirect observation through a recording (for example, watching on television or streaming online) is the safest way to view an eclipse. **Direct observation** requires appropriate safety measures, including internationally-certified eclipse glasses. Sunglasses, camera lenses (including smart phone cameras), binoculars, telescopes or anything else that is not specifically made for viewing an eclipse are not safe.

Parent Portal Absence Reporting

In the Parent Portal (this does not work in the PowerSchool app only the web portal), a new left navigation icon will appear under the ATTENDANCE HISTORY icon.



Clicking the EXCUSE ABSENCES icon will open up an attendance summary screen

The summary screen has either 1 or 2 buttons, a box showing any outstanding parent portal attendance requests not yet cleared by the school in the Admin Portal, and all historical attendance data, separated by year tabs showing the date, period, course and attendance type is shown.

If the parent portal account is tied to only 1 student at that school, they will only have the single button on the left. If the parent has more than 1 student **in the same school** tied to their parent portal account, they will see 2 buttons and can excuse all absences for those students with 1 entry by using the button on the right.

Attendance Information for Hannah

Excuse Absences for Hannah Only
Excuse Absences for Alyssa, Hannah Together

Current parent portal attendance requests not officially entered into student's record:
08/28/2019 to 08/30/2019 | All day | Away on a trip. | Requested By Maintenance, PowerSchool

18-19
17-18
16-17
15-16
14-15
13-14

2018-2019 Attendance Entries

Date	Period - Course	Type
11/02/2018	7 - Biology 30S	Absent

Single Student Excuse Absence Entry Screen

Parents enter the date of the absence, if it is more than 1 day then can select that option (will record the start and end dates) and they can either select ALL DAY or enter the time or periods of the absence.

They then select the type of absence and can enter an optional comment.

Excuse Absences for Hannah

Date of Absence

More than 1 day in a row

All Day or Enter Time or Periods of Absence

Type of Absence

Optional Comment

Multiple Student Excuse Absence Entry Screen

This option is available if the parent has more than 1 student **IN THE SAME SCHOOL** tied to their parent portal account. The parent has the same entry options as the single student entry page but note that when using the multi-student option, they will submit the data to a confirmation page first and then save the data on the following screen.

Confirmation page lists the records that will be created. Parent can either submit the data or cancel.

Excuse Absences for Alyssa, Hannah

Date of Absence

More than 1 day in a row

All Day or Enter Time or Periods of Absence

Type of Absence

Optional Comment

Excuse Absences

The following information will be sent to excuse absences:

Start Date: 8/30/2019

End Date: 9/6/2019

Time/Periods Absent: All day

Absence Type: Vacation

Comment: Away on a trip.

The excused absence(s) will apply to:

Alyssa

Hannah