

Principal's Message

As we transition into December, I would like to extend warm greetings to each of you. I wish you all a wonderful month filled with learning, laughter, and cherished moments with loved ones.

This season brings a time to celebrate but also an opportunity to reflect on the achievements and growth within our school community. Our newly formed Student Advisory Council has met once a week to offer their guidance on our breakfast program, hot lunches, and our term awards. I would like to thank the students who are helping form our decisions and providing us with much needed feedback.

I would like to recognize the hard work and dedication of Mr. Trenchard who plans and organizes our Remembrance Day ceremony each year. He devotes his time to finding and preparing our student volunteers and this year brought in an impactful guest speaker to address our school community. This year was extra impactful as we were joined by the staff and students from Parc La Salle School.

Our staff and students celebrated the completion of term 1 with our first awards assembly and learning activity afternoon. On November 22nd we recognized students for their academic excellence and citizenship. We also gave out the first ever LBC Hawk awards to students who were nominated by their classmates, peers, and teachers. On November 29th students got the opportunity to choose an activity to participate in for part of the afternoon. Teachers offered many different choices from singing and dancing to crafting and outdoor games. Please see the pictures below for a glimpse of the students in action.

We will be partnering with Parc La Salle School for an evening of festivities on December 12th. We encourage you to stop by our school from 5 to 7 pm that evening to partake in some games, crafting and hot chocolate and cookies. Please watch your email for further details as we continue to plan activities for the event.

Our last day of school before the winter break is December 22nd and we reopen on January 8th. Wishing you all a restful break and looking forward to the exciting adventures that await us in the coming year. Thank you for making 2023 a year filled with shared accomplishments and celebrations.

- Mrs. C. Mason



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.



La Barriere Crossings School

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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.



Winter Family Fun Fest

Tuesday,
December 12
5:00—7:00 pm

Winter Break

December 25—
January 5

Classes Resume:

Monday,
January 8
(Day 1)



Now that the weather is turning colder, students are reminded to dress warm and not to arrive at school in the morning much before 8:40 a.m.

When windchill values reach -27°C , students will be allowed to come in and wait in the foyers.

Indoor recesses will be held during these temperatures as well.



The responsibility and authority not to open schools because of severe weather rests with the Superintendent in consultation with the Transportation Supervisor.

Announcements will normally be made before 7:00 am on many of the local radio & TV stations. Information will also be posted on the divisional website.

In the event of adverse conditions arising during the course of the school day, school will remain open. Students will not be transported home. If adverse conditions exist in the afternoon, a decision may be taken not to operate school buses. An announcement to this effect would be made to the media by 3:00 p.m.. Parents may pick up their children at the school.





LBC & PLS WINTER FAMILY FUN FEST

SAVE THE DATE
TUESDAY, DECEMBER 12TH
5-7PM

JOIN US AS WE SPEND TIME
TOGETHER WITH OUR SCHOOL
COMMUNITIES &
ENJOY A VARIETY OF ACTIVITIES
WITH STAFF AND FAMILIES.

Some activities will be:
crafting, cookie decorating, games, clothing
swap, singing and much more.

There will be hot food available for purchase.

Stay tuned for more details...





Thank you to our EAs,
Ms. Anureet & Ms. Satwinder
for treating the staff to
delicious snacks in
celebration of Diwali!



LBC Remembers

Like every school, around the nation, and around the globe, we take the time to think about the impacts of war. This past November LBC held a Remembrance Day Ceremony. It had Remembrance Day art, poppies, videos, and speakers, like any year.

One aspect that made this year different from other years, was the level of participation. For the first time, since the author of this piece has been at this school, LBC hosted the students of Parc La Salle in addition to our own. So as a group, from kindergarten to grade 8, we reflected. Another interesting aspect this year, was the fact that kids from grade 5 all the way to grade 8, students from LBC participated in the Remembrance Day project. They chose to create a work of art, a literary piece, or for the first time ever, a media piece. We had more students than ever participate this year and we look forward to finding out who will be selected as winners, by the Royal Canadian Legion.

Additionally, Mr. Trenchard would like to take the time to thank all of the students who volunteered to speak in our Remembrance Day Ceremony. Their willingness to give up their personal time to practice and show a commitment to Canadian veterans is what makes the ceremony special. Thank you: Rayne, Emma, Aliyah, Ese, Ian, Prabhleen, Ali, Marlene, Helen, Noah, Maggie, and even BJ. An additional thank you to Master Warrant Officer Nenad Mladjenovic who attended our service as a member of the Canadian Armed Forces.

- Submitted by Mr. Trenchard



Phys. Ed. Calendar December

La Barriere Crossings School Gym Schedule

December

Monday	Tuesday	Wednesday	Thursday	Friday
				1 (Day 3)
				7/8 Sport Leadership
4 (Day 4)	5 (Day 5)	6 (Day 6)	7 (Day 1)	8 (Day 2)
5/6 Intramurals	7/8 Intramurals	5/6 Intramurals Staff Meeting	7/8 Intramurals	
11 (Day 3)	12 (Day 4)	13 (Day 5)	14 (Day 6)	15 (Day 1)
5/6 Intramurals 7/8 Girls Basketball 3:30 – 5:00	7/8 Intramurals Winter Family Fun Night	5/6 Intramurals 7/8 Girls Basketball 3:30 – 5:00	7/8 Intramurals 7/8 Boys Basketball 3:30 – 5:00	7/8 Sport Leadership 7/8 Boys Basketball 3:30 – 5:00
18 (Day 2)	19 (Day 3)	20 (Day 4)	21 (Day 5)	22 (Day 6)
5/6 Intramurals 7/8 Girls Basketball 3:30 – 5:00	7/8 Intramurals 7/8 Boys Basketball 3:30 – 5:00	5/6 Intramurals 7/8 Girls Basketball 3:30 – 5:00	7/8 Intramurals 7/8 Boys Basketball 3:30 – 5:00	



HAPPY HOLIDAYS

Intramurals: Gr. 5/6 12:05 – 12:35

Gr. 7/8 11:35 – 12:05
3 on 3 Basketball





Congratulations to all of our volleyball teams on an excellent season. This year we had three teams, Gr. 7/8 Boys, Gr. 8 Girls and Gr. 7 Girls.

All teams demonstrated excellent dedication, sportsmanship and perseverance which was on display as we recently closed out our league playoffs.

Special thanks goes out to our wonderful volunteer coaches who supported our program: Margaret H., Munirat I., Jaylin S., Ms. Thorimbert and Ms. Paterson.



Student Leadership December 2023

House Teams are Back!!

LBC Student Leadership is bringing back House Teams!

Students from grade 5 -8 have been placed on mixed-grade “teams” (called Houses). These house teams will give students a chance to work with their peers across the grades in various activities throughout the year and to earn points for their house team.

Our Christmas activities will see students work to earn points by participating in “theme days” and donating to our food drive.

“Parc’s Pantry” Food Drive

As the Christmas season approaches, LBC student leadership will be collecting food items to donate to “Parc’s Pantry” at Parc La Salle School. A table will be set up near the office and students can drop off items in the mornings the week of December 11 – 15. For every item a student brings in, they will receive a House point and a ticket for our Christmas prize draw.

We’ve come up with theme days for the food collection to keep it fun, but ANY and ALL items are accepted at any time during the week.

Some much needed item suggestions: canned goods, pasta, sauces, cake mixes, stuffing mix, gravy packages, cookies, rice, peanut butter, cereal

Macaroni Monday	Example: pasta, mac ‘n cheese, rice, pasta sauces
Tin Tuesday	Example: any canned item – soup, beans, canned meat
Wipe Up Wednesday	Example: paper towel, toilet paper, Kleenex
Thirsty Thursday	Example: juice, drink powders, hot chocolate mix, powdered milk
Fun Friday	Example: cookies, candies, treats of any sort

Cane-Deer Express

LBC Leadership students will be selling Candy-Cane Reindeer! Buy for yourself or have them delivered to your friends!

Leadership students will be selling the candy-canes from class to class during the lunch hours on December 12th, 14th and 19th – the candy-canes will be delivered to classrooms at 3:00 on each day following.

Cane-deer will cost 50 cents each.

Class Bulletin Board Contest

LBC Student Leadership will be challenging all classes to do a holiday-themed bulletin board. Bulletin boards will be judged on their creativity and originality, and the winning class will receive a delivery of Hot Chocolate and Popcorn!

Board will be judged on Wednesday, December 20th

Holiday Gym Riot

Leadership will be hosting a Holiday-themed Gym Riot on Wednesday, December 20 from 1:30-3:00. Students will have the opportunity to participate in a variety of events to win points for their House Teams.

12 Days of Christmas Dress-up Days

LBC Spirit Week – Christmas style! Student Leadership will be hosting a 12-day long Spirit Week this year. Dress up for one day, or dress up for all!

- | | |
|------------------------|--------------------------------------|
| Wednesday, December 6 | → Christmas Hat/Santa Hat Day |
| Thursday, December 7 | → Christmas Tie Day |
| Friday, December 8 | → Hanukkah/Blue and White Day |
| Monday, December 11 | → Any Holiday Traditions Day |
| Tuesday, December 12 | → Red/Green/Black/White Jamhuri Day |
| Wednesday, December 13 | → Christmas Tree/Ornament Day |
| Thursday, December 14 | → White/Snow Day |
| Friday, December 15 | → Bundle-Up Day |
| Monday, December 18 | → Present Day |
| Tuesday, December 19 | → Christmas morning/PJ Day |
| Wednesday, December 20 | → Christmas Character Day |
| Thursday, December 21 | → Christmas Sweater/Ugly Sweater Day |

Holiday Photo Booth

Classes will be invited to visit the Holiday Photobooth on Friday, December 15 and pose for some festive fun!



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.



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



December

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Day 3	2
3	4 Day 4	5 Day 5	6 Day 6 Xmas/Santa Hat Day	7 Day 1 Xmas Tie Day Chess Club 3:30—5:00	8 Day 2 Hanukkah Blue & White Day	9
10	11 Day 3 Any Holiday Traditions Day	12 Day 4 Red/Green/Black/White Jamhuri Day Winter Fun Festival 5:00—7:00 pm	13 Day 5 Xmas Tree/Ornament Day	14 Day 6 White/Snow Day Chess Club 3:30—5:00	15 Day 1 Bundle Up Day	16
17	18 Day 2 Present Day	19 Day 3 Xmas Morning/PJ Day	20 Day 4 Xmas Character Day	21 Day 5 Xmas/Ugly Sweater Day Chess Club 3:30—5:00	22 Day 6 Last Day of Classes	23
24/31	25	26	27	28	29	30

Winter Break:

December 25—January 5

Classes Resume:

Monday, January 8 (Day 1)



LBC School Term Awards Criteria 2023—2024

Academic Awards: Unlimited based on classroom performance

Criteria

Grade 5 & 6

- Level 4 in the core subjects: Math, ELA, Social Studies and Science

Grade 7 & 8

- 85% or higher in the core subjects: Math, ELA, Social Studies

Citizenship Awards: Unlimited, Decided by school staff

Criteria

- Kind to everyone
- Honest and gives honest feedback
- Follows school expectations
- Empathetic
- Respectful
- Participates in classroom and extra curricular activities
- Works well with other people
- Demonstrates leadership
- Happens in all areas of the school

LBC Hawk Award: One student per grade, Principal and VP decide based on nominations from school community

Criteria

- Is a good role model/sets a good example
- Demonstrates school pride/school spirit
- Has a positive attitude
- Respects others and school property
- Contributes to the school community
- Supportive, encouraging, and helpful to students and staff



Academic Awards

<i>Neel D.</i>	<i>Yinka R.</i>	<i>Hanjia L.</i>
<i>Hanna M.</i>	<i>Corin S.</i>	<i>Emmanuel D.</i>
<i>Ahmad A.</i>	<i>Sophia T.</i>	<i>Ose E.</i>
<i>Prabhleen B.</i>	<i>Shalom A.</i>	<i>Fishezu J.</i>
<i>Madison B.</i>	<i>Mark A.</i>	<i>Paul O.</i>
<i>Amelia K.</i>	<i>Loai E.</i>	<i>Uditi S.</i>
<i>Brianna D.</i>	<i>Noah F.</i>	<i>Gregory E.</i>
<i>Michelle E.</i>	<i>Ella U.</i>	<i>Mark E.</i>
<i>Ese E.</i>	<i>Tavez J.</i>	<i>Willow B.</i>
<i>Mackenzie H.</i>	<i>Marlene O.</i>	<i>Borys S.</i>
<i>Leilani S.</i>	<i>Moussa A.</i>	
<i>Kelvin E.</i>	<i>Owen F.</i>	
<i>Grace S.</i>	<i>Stok P.</i>	
<i>B. J. M.</i>		

Term 1

Academic Awards



Term 1

Citizenship Award

<i>Ignacio A.</i>	<i>Richard O.</i>	<i>Mun M.</i>	<i>Aidyn M.</i>
<i>Neel D.</i>	<i>Ese E.</i>	<i>Shalom A.</i>	<i>Tavez J.</i>
<i>Ryan A.</i>	<i>Jan K.</i>	<i>Helen F.</i>	<i>Hanjia L.</i>
<i>Emrie J.</i>	<i>Khloe A.</i>	<i>Emma H.</i>	<i>Chloe M.</i>
<i>Ahmad A.</i>	<i>Mark E.</i>	<i>Kylie B.</i>	<i>Emmanuel D.</i>
<i>Prabhleen B.</i>	<i>Chloe T.</i>	<i>Kendra D.</i>	<i>Ose E.</i>
<i>Madison B.</i>	<i>Grace S.</i>	<i>Tavez J.</i>	<i>Aishetu J.</i>
<i>Amelia K.</i>	<i>Yinka R.</i>	<i>Marlene O.</i>	<i>Uditi S.</i>
<i>Sanan M.</i>	<i>Cameron H.</i>	<i>Owen F.</i>	
<i>Dora O.</i>	<i>Sophia T.</i>	<i>Stok P.</i>	
<i>Viel V.</i>	<i>Mark A.</i>	<i>Charley T.</i>	
<i>Rutvi P.</i>	<i>Noah F.</i>	<i>Moussa A.</i>	
<i>Brianna D.</i>	<i>Ella U.</i>	<i>Nduta K.</i>	

Term 1



Citizenship Award

Term 1





LBC

Hawk Award



Viel V.

Chloe T.

Mark A.



Term 1

SUPPORTING YOUR STUDENTS SOCIAL MEDIA USE

BY SRSD SCHOOL SOCIAL WORK CLINICIANS

SOCIAL MEDIA HAS BECOME AN INTRICAL PART OF SOCIETY. IT COMES WITH MANY POSITIVES BUT ALSO CAN AFFECT OUR STUDENTS (AND OUR OWN) WELLBEING WHEN OVERUSED.

Given how accessible technology and social media, is it can be difficult for caregivers to know how to support the use of these in students lives. Social media and technology have brought many benefits to us including: connection, learning, creativity and awareness of what is going on around us. With these benefits also come issues like: isolation, decreased social skills, misinformation and cyberbullying.

Schools across the division have noted an increase in concerns around issues that begin over social media having a direct impact on student functioning at school. A large percentage of the threat and risk assessments conducted within our division started over social media platforms.

In an effort to help support our students and school communities navigate the use of social media, we wanted to offer a brief guideline to help support conversations around social media usage.

4 STEPS TO GUIDE STUDENTS SOCIAL MEDIA USE

EDUCATE-YOURSELF AND YOUR KIDS

Understanding how social media and use of technology effects our brains is important. Did you know that extended screen time over-activates the limbic system (the part of the brain that processes and controls emotions) which makes it harder to control our emotions?

What social media platforms are your kids using? (Instagram, TikTok, Snapchat, VISCO, etc) If they have an account so should you so you can understand how it works.

Do you regularly talk about when something goes out onto the internet it is difficult to take back? Checking in with your students about what they are reading or seeing can help combat misinformation.

COLLABORATE ON LIMIT SETTING

Can you come up with a plan for social media use that works for everyone? Brainstorm options, evaluate those options and pick one that seems to be the best fit.

Does your child want to manage this plan on their own or do they need your help with following it? If so, what would they find helpful?

Can you set guidelines for the whole family around technology and social media use? (ex. no technology after 9pm, no social media before 8 am etc).

VALIDATE- THE PROS AND CONS

Social media is a great way to connect with others and can give us loads of entertainment. It can be really hard to reduce the time we spend on social media or technology, it's equally true that we need to limit our time online to support our overall wellbeing. Two things that seem like opposites can both be true- social media is interesting and fun AND we need to limit our time.

We don't always have control of what information comes to us through social media or what information is shared about us. Discuss safety and how to ask for support if something upsetting happens online.

EVALUATE- AM I IN CONTROL OR IS THE SOCIAL MEDIA IN CONTROL?

Most apps and social media are designed to grab and keep our attention. They are constantly changing to keep us interested and invested. This has caused us to have more issues with memory, impulse control and reduced focus. Intentionally doing activities offline help our brain to build capacity to focus and us expand our interests beyond what is on the screen.

It's important to understand that "doom scrolling" can be a sign of trying to numb or disconnect from our emotions, although distracting from painful emotions can be helpful, the need to chronically distract could be a sign of poor wellbeing.

FOR MORE INFORMATION ON SOCIAL MEDIA AND TECHNOLOGY CHECK OUT THE FOLLOWING RESOURCES:

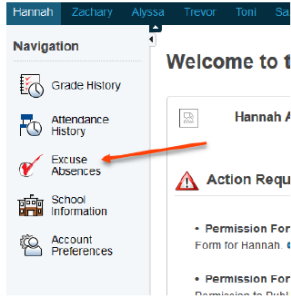
CENTER FOR CHILD PROTECTION
SCREENAGERS

1PARENT101.COM- PARENTING IN THE DIGITAL AGE



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 Select

Optional Comment

[Submit](#)

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 Select

Optional Comment

[Submit to Confirmation Page](#)

Excuse Absences

The following information will be sent to excuse absences:

Start Date: 8/30/2019

End Date: 9/5/2019

Time/Periods Absent: All day

Absence Type: Vacation

Comment: Away on a trip

The excused absence(s) will apply to:

Alyssa

Hannah

[Submit](#) [Cancel and Go Back](#)

NUTRITION BITS AND BITES

Change Up Food Rewards



To encourage trying new foods try this



My TRY NEW FOODS Chart		
Date	Food	Rating
_____	_____	👍👎👏
_____	_____	👍👎👏
_____	_____	👍👎👏
_____	_____	👍👎👏
★ Reward!		
_____	_____	👍👎👏
_____	_____	👍👎👏
_____	_____	👍👎👏
_____	_____	👍👎👏
★ Reward!		
_____	_____	👍👎👏
_____	_____	👍👎👏
_____	_____	👍👎👏
_____	_____	👍👎👏
★ Reward!		

COURTESY OF SALLY KUZEMCHAK

Should Food be Used as a Reward?

We all enjoy food and it is important for celebrations and culture. Breaking the link between food and good behaviour or punishment can help promote a positive relationship with food.

- Using food as a reward may:
 - Increase a child's desire for the reward food which is often sweets.
 - Interfere with children's innate hunger and fullness cues.
 - Kids expect food when they have been good or achieved an accomplishment
 - Increased risk of dental cavities.
- Try to keep food as food, neither a prize nor a punishment.
- Having fun with food is a good thing! Try non-food rewards to support a child's health, growth, development and relationship to food!

Using non-food rewards also protects children with food allergies. Read more about non-food rewards here:

<https://foodallergyCanada.ca/non-food-treats-10-food-free-ideas-kids-ages/>

Fun with Food: Non-Food Reward Ideas

<p>AT HOME AGES 4-10</p> <ul style="list-style-type: none">• DANCE PARTY• STICKERS• FAMILY GAME NIGHT• PAJAMA DAY• CREATE A BOX OF SPECIAL TOYS OR ART SUPPLIES ONLY USE FOR REWARDS		<p>AT HOME AGES 11-16</p> <ul style="list-style-type: none">• GO TO A SPORTS GAME• GIVE A NEW BOOK• GIVE A NEW PIECE OF CLOTHING/JEWELRY• PLAY A NEW GAME• PAINT THEIR ROOM
<p>AT SCHOOL AGES 4-10</p> <ul style="list-style-type: none">• STICKERS• BOOKMARKS• EXTRA PLAY/ART TIME• CLASS DANCE PARTY• GET TO SIT BY FRIENDS	<p>NON-FOOD REWARD IDEAS</p> 	<p>AT SCHOOL AGES 11-16</p> <ul style="list-style-type: none">• LISTEN TO MUSIC WHILE WORKING• NO HOMEWORK PASS• EXTRA TIME TO TALK IN CLASS• HAVE CLASS OUTSIDE• GIVE A NEW BOOK FOR FUN

How to Implement Ideas:

- Make a list together! Asking your child for input can help motivate them to change.
- Provide words of encouragement! Kids love hearing “I’m so proud of you” or “Thank you for your help!”
- Let them choose the game, sticker, book or activity they want in the moment!

Check Out **Appetite to Play** for More Ideas to Support Healthy Eating and Activity for Kids:
<https://www.appetitetoplay.com/healthy-eating/tips-ideas/10-easy-non-food-rewards>

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health-Santé Sud

May be photocopied in its entirety provided source is acknowledged.