St. Alphonsus School News Second Term - March 2022





Term Two...lots to do!

From The Principal

This may not come as much of a surprise considering the excessive amount of snow we had this year, but Manitoba is home to the World Record Snow maze. The pictures of the maze are quite amazing, if you will allow the pun – acres and acres of snow walls! I didn't get a chance to visit the maze but I imagine it was a fun, memorable experience for families, as has been the case for the corn mazes that are a feature of the fall. Still, as exciting and enjoyable as they are, navigating the twists and turns, the false starts and returns as well as the dead ends of these mazes takes patience.



In many ways the last two years have felt a bit like running a maze, albeit without the fun aspect. It felt as though we were constantly on the move, coming to decision points, taking a path then retracing our steps. One couldn't help but feel a bit lost as we attempted to make sense of the upheaval associated with the pandemic. In fact, some of the paths seemed to switch direction, much like the magical maze in the Harry Potter movies. For certain, patience and perseverance have been necessary elements for all of us. Although it is hard to be certain, we seem to be close to the exit of this particular maze. If not, at least this easing will allow us all a much-needed reprieve and some respite to recharge ourselves.

This year, we chose mazes as our Lenten theme. When we think about following God's path we may envision a lovely forest walk, maybe a little winding, but generally linear moving from start to finish. More often, though, our faith journey is like a maze, with many twists and turning points. As is the case with all mazes, we may become frustrated with our progress. Lent is the perfect time to reflect on our convoluted journey and ask for God's guidance. It will not al-

ways be easy, we may even have to restart a few times. This is to be expected, our lives rarely go in straight lines. As we make the choices that come our way, with prayer added to the aforementioned patience and perseverance, we will make our way through. It will be a memorable experience, and there will be fun along the way!

Have a great Spring Break!

Peace,

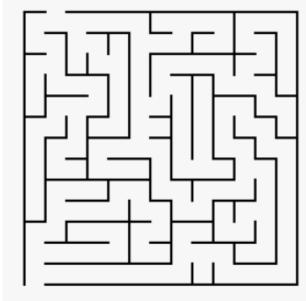
Christine McInnis

Lead me on the path of your commandments, for that is where my happiness is found.

-2Psalms 119:35

T o walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue.

-Buddha



Looking Back

December

Our Advent assemblies stayed online this year. They allowed us to spend some time in quiet reflection in all the hubbub of preparing for the concert and the great feast of Christmas.

We held our annual **Gift Drive** on December 9th. This event has been a long-standing tradition at our school, with good reason: wrapping gifts for kids in need gives us a warm feeling in our hearts. The gifts that were gathered for local missions were gratefully received.

With ongoing Public Health restrictions, our Christmas Concert took a different shape again this year, with the Grade 6 students heading up a Online Christmas Concert entitled Rooted And Growing: A Tale of Peace and Harmony. It told the story of why evergreen trees don't lose their leaves, remaining green all year. Mrs. Arkle worked hard to prepare the students for this quasi-concert, with creative, fun ways to include all of the classes safely. Even the failies got in on the fun, creating unique ornaments from slices of wood. Mr. Hart was a great help in videoing the scenes and in post-production editing. The students were proud to share the results with families, a great way to end off before break.



January

Our annual **Open House** took place via Zoom on Sunday, January 30th. It was well attended by prospective parents and students. We were all pleased with the event. Thank you to Dawn Gerbrandt and Kelly Melchor from our Board who helped coordinate the event, answered questions and made the new people feel welcome. Your commitment speaks volumes to people looking for a school community.

February

Catholic Schools Week took place from February 14-18th. The week was full of fun activities including bowling, bouncers, Harbourview, skating and swimming.



Our grade seven and eight students went to Falcon Ridge on Thursday, February 17th for a **Ski Trip**. It was a fabulous day, even though the weather was pretty cold. Everyone from the novice skiers to the experienced boarders



enjoyed the trip.

March

We had our **Ash Wednesday** prayer service on the 2nd. For the first time in a very long time, we gathered in the church with the entire school community. The students and staff listened, prayed and sang together. It was a beautiful way to



mark the beginning of Lent.

Festival du Voyageur Week was held from March 7th-11th. The week was filled with in-class crafts, games and Bannock, including some baked over the fire outside. We enjoyed soupe aux pois provided by Michelle Davison, yummy! Merci



Beaucoup to Madame Curwain for coordinating all of the activities through the week.

Looking Forward

April

Gala 32 will take place on Saturday, April 30th at the Delta Hotel and Conference Center. Orders are now being taken for Gala tickets, which will be available for pickup after the break. Be sure to get your tickets early for this great event. Further information on Gala is included in this newsletter.

May

We are hosting **Whole Group Kindergarten Orientation** on Tuesday, May 17th from 4-5 PM. The event will provide parents and students with an opportunity to meet the kindergarten teacher, hear about the program and explore the classroom. Parents will be provided with information on readiness activities that will assist them as they help their children prepare for September.

June

June will arrive very quickly, bringing another school year to a close.

Our grade seven and eight students and staff will be heading off to Camp Arnes from **June 1-3** to enjoy the fresh air, to try some new activities and to enjoy the bonding that comes from spending time in the great outdoors.

We are hosting **Nursery Orientation Evening** on **Tuesday, June 7th**. Similar to the Kindergarten session, The evening will provide parents and students with an opportunity to meet the nursery staff, hear about the program and explore the classroom. Parents will be provided with information on readiness activities that will assist them as they help their children prepare for September.

Be sure to mark your calendars for our **Family BBQ** on **Wednesday, June 16th.** After two years away, we are stoked to be able to gather as a community. Our PALS crew is busy planning all of the fun and games we remember from the past. How sweet is that?

Our planning committee is busy planning for this year's **Fun Day.** We will be returning to Kildonan Park Outdoor Pool for a day of swimming and sunshine. We wanted to give parents the head's up to book the date **Friday, June 24th** if you are interested in joining us this year. We hope many adults are available. Please watch for more information coming home as our plans firm up.

From the Gym

It has been a very active term here at the school. The students are enjoying being physically active through their gym classes, intramurals, extra curricular sports and special events.

The primary classes have continued to work on moving safely in the gym. We have been playing lead-up games for a variety of different sports and are developing a sense of fair play. We are learning to use a variety of equipment. Our elementary friends have been playing basketball lead-up games, participating in fitness challenges and enjoying a variety of low organized games that emphasize movement in sport. As well, they are developing the concept of team play. Our older students have been playing basketball and playing both singles and doubles badminton. With any luck, spring will stay sprung and we can head outside to enjoy some of our physical education classes.

Catholic Schools Week was a great success from an active lifestyle perspective. Students had the opportunity to participate in a variety of activities that they can continue to enjoy through out their lives, including skating, bowling and swimming.

Our usual schedules were reversed this ear with Badminton season taking place in March. Our teams played well and represented our school with pride and sportspersonship. Both the girls' and boys' team finished third overall out of sixteen schools, which was very good. Congratulations to all who participated and an extra shout out to those who won medals in their events.

Basketball season has just begun, with teams practicing and looking forward to inter school competition coming up after Spring Break. Thank you to Mrs. Ireland for stepping up to coach our girls' squad. I am sure they appreciate it.

Running club will be starting up after Spring Break. Runners from grade 3 and up are welcome to meet on Tuesday and Thursday mornings and head out onto the sidewalks for a run.

If the weather is unsuitable we will meet in the gym and enjoy a combination of running and active games to maintain our cardiovascular endurance. Permission forms will be going home just after Spring Break. Students below grade three are welcome to join if a parent is available to run with them.

That's all for now. If you have any questions or concerns about the Physical Education program, please come by the gym or call me at the school. Take care and stay active!

Blake McInnis Physical Education Teacher





Physical Education Second Term 2022-23

Kindergarten Grade 1 and 2

During the second term, early years students were involved in a variety of activities to practice and develop some of the fourteen basic movement skills. In particular, we worked on manipulation skills including catching, throwing and striking. We played different lead up games that incorporated all of the basic movement skills. We continued to use a variety of equipment and played an assortment of cooperative and low organized games. Safety and fair play have continued to be a focus.

Grades 3-5

In the second term students have participated in a range of different activities including: striking games, basket-ball and badminton lead-up games and low organized games. The skills we have focused on developing this term include striking skills (kicking a ball, using a racquet, hitting a ball etc.) and movement skills (moving with a bouncing ball, dribbling a soccer ball etc.). An emphasis on fair and safe play is incorporated in all of our activities.

Grades 6-8

During the second term the older students were engaged in an assortment of activities to develop their skills including basketball and badminton. We have focused on developing manipulation skills such as dribbling, passing, shooting and striking a badminton shuttle. Students have continued to work on their personal fitness goals. The concept of team play was developed through basketball and large group team games, while badminton offers students the opportunity to participate in an individual sport.

Festival du Voyageur

Our school is proud to celebrate the French Métis culture by participating in Festival du Voyageur. Every year students take part in numerous activities to celebrate its' rich culture including diversity, cuisine, traditions, art, music, and much more. Once again, Festival was a weeklong event the week of March 7th. It was an exciting week filled with lots of different activities, and games (such as arm/leg wrestling, balance beam pull, scooter races, and more). Throughout the week the school was buzzing with excitement. Each grade participated in a variety of different crafts, from Soap Carving, Suncatchers, Tinfoil Canoes, to Creating an Indigenous Structure. Students in grades 5 to 8 were filled with joy to have firsthand experience baking Bannock over an open fire, while my grades K to 4 were given an opportunity to try some great tasting French & Metis cuisine (Soup aux Pois and Bannock) within their classrooms. Yum! A huge thank you to Mrs. Davison for the delicious soup aux pois. It was thoroughly enjoyed by all staff & students.

Hé ho Voyageurs!



Français

Joyeux Printemps! Another fabulous term in French has come and gone, take a look at what we've been up to...

Grade 1-This second term, the grade 1 class continues to show a keen interest towards learning the French language. Every class, students demonstrate active listening and viewing skills that help to improve their comprehension. The class really enjoyed taking part in a variety of chants and poems associated with our units on *L'hiver*, *les vêtements* and *les formes*. In our exploration of "les forms", the class took part in a variety of learning activities such as lotto, classroom scavenger hunts & memory. The class was able to demonstrate their knowledge of various shapes by naming, identifying, and labeling the different shapes in French including les cercles, les rectangles, les carrés, les ovals, les étoiles and les triangles. Great work this term!

Grade 2- The grade 2 class is a vibrant group that shows an interest towards learning French. Students continue to work at paying close attention to explanations and using visual cues to help with comprehension. During class time, students partake in chants and language-based activities to help reinforce their learning. Presently, the grade 2 class is learning vocabulary and phrasing associated with our unit on "Les moyens du transport". Students are demonstrating their knowledge of transportation by naming, identifying, and labeling the different modes of transportation found ... dans l'air, sur la terre, sur l'eau. In term three, students will continue to build on vocabulary, oral skills, and strengthen their understanding through games and written activities. Bon effort!

Grade 3-In the second term, the grade 3 class has shown an excitement and a willingness to want to learn French. During our calendar routine, students have demonstrated their ability to identify and name the days of the week, months of the year, weather, and temperature. The class continues to listen carefully and can generally make sense of what is said in class with little prompting. With assistance, students were able to utilize the taught vocabulary on *Body Parts*, as well as the proper form of avoir "I have..." to describe various physical features of their Name Monsters. The class is currently studying different Indigenous structures; le wigwam, le tipi, and la maison-longue. Students are working at being able to properly label each structure and identify the purpose of each in French. Fabulous term!

Grade 4-In French, the grade 4 class continues to make a good effort during class time, as well as be active participants in all written and oral activities. Students began the term, finishing their study on "Les Animaux". The class was able to use taught vocabulary and phrasing to describe their type of animal, its' habitat, and diet. Presently, the grade 4 class has been working on recognizing, reading, and deciphering simple sentences related to *Les Voyageurs*. Students are demonstrating a good understanding of vocabulary related to *Les vêtements/ Les partis du corps* and using the sentence structure "Il porte..." through the completion of their Wanted Posters. Magnifique!

Grade 5-The grade 5 class continues to be an attentive group, eager to learn French. Students continue to work at independently recognizing, reading, and deciphering common French phrases related to our classroom calendar. During our unit on "Ma Famille", students were able to use taught words and sentence structures to describe physical characteristics of an individual. Their written work describing the members of their family, showcased their understanding and ability to use taught vocabulary, as well as the proper form of "avoir & être" (Il a..., Elle a..., Il est..., & Elle est...). Bon travail!

Grade 6-Throughout the second term, the grade 6 class has shown a good interest in all activities during French class. Students' knowledge and understanding of the language continue to grow through our Journal entries and study of thematic units, such as French Speaking Countries and Les Voyageurs. During our unit on Festival, the class focused on a piece of text that they had read independently and demonstrated comprehension through matching the text to the proper correlating images. Students were then able to independently reference the French text to assist in writing their paragraph on "Les Voyageurs". Keep up the good work!

Grade 7- In French, the grade 7 class has made good effort in partaking in all classroom language-based activities. In writing, the class was able to showcase their knowledge and ability to properly conjugate ER, RE & IR verbs, as well as use them correctly in simple sentences in their cahier entries and in-class assignments. In turn, students have been able to recognize and decode words when reading simple sentences. Students are currently working on rough drafting a game board that uses the proper conjugation forms for er, re & ir verbs in the present tense. Can't wait to see the final products!

Grade 8-This term, the grade eight class has made a good effort in applying themselves during class time. Students continue to work at developing their reading and writing skills using taught conjugated forms in their cahier entries. As their understanding of the Past Tense increases, their ability to correctly identify the auxiliary verb correlating with a particular pronoun and the proper use of the past participle continues to improve. Currently, the grade 8 class is working on showcasing their knowledge and ability to properly form the Passé Composé through the completion of their Stop Motion Movies storyboards. Bien fait, ce terme!

From the Music Room

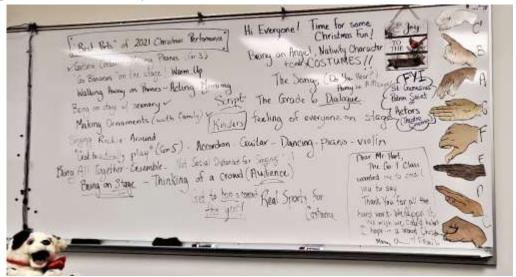
Passaggio

March 2022 is a time of transition. A new school term, the weather is changing, we are looking forward to Spring, and we are at a turning point in responding to the Covid Pandemic. These are welcome changes, yet fraught with their own challenges and uncertainty. I'm considering the concept of *passaggio* as an apt analogy to use for describing Term Two in the Music Program. Passaggio is an Italian word which translates to "passage" in English. In the musical sense, the passage is to be navigated carefully, with well-informed adjustments to attain a beneficial outcome. Exactly what these times call for! St. Alphonsus Community has been using the idea of a maze to think about our Lenten journey, reinforcing the idea of passaggio, in relation to these particular times.

In the Classical study of singing, the term *passaggio* refers to passing between two vocal ranges. Unique to each individual, certain areas of notes are identified, and techniques adjusted, so when a singer changes the method of producing sound necessary for higher or lower pitches, the transition is smooth and imperceptible to the listener. It's an ongoing process of detecting and deciphering; adjusting and manipulating to achieve the goal of (seemingly) effortless transitions.

Christmas Concert

When we completed the filming of "Rooted and Growing: A Tale of Kindness" students offered their impressions of the experience, sharing what they considered the highlights of performing in the 2021 version of a St. Al's Christmas Concert. Their statements reflected the thrill of donning costumes on a stage, using props and "actually" playing instruments. One student summed up the prevailing sentiment by saying the best part was simply getting to have a concert this year!



The whiteboard showing students' responses to the prompt, "Best Parts of 2021 Christmas Performance".

Note the rough copy of an email the Grade One Class dictated for me to thank Mr. Hart for his work in filming.

At this point, he was in the midst of the arduous task of editing. "We wish we could help," they said.

The absence of a live audience made the experience unusual. Capturing the excitement by having families contributing handmade ornaments, and releasing the concert as a scheduled event, helped motivate the students. The enduring elements of community collaboration, sharing talents and engaging the collective imagination remained in this altered virtual format. Hopefully this Christmas Concert generated special memories for all involved.

Music (cont'd)

Kindergarten

The Kindergarten Class is continuing to explore basic musical concepts. Playing singing-based and instrumental games, which require purposeful listening, develops individual voices and promotes ensemble skills. Students have been joyfully demonstrating their musicianship this term. Maintaining a steady beat and using musical vocabulary will continue to be emphasized.

Grades 1-4

This term students have been developing their musical skills in a variety of formats. Performing and composing as individuals, and in small groups, demonstrates creative and collaborative skills. Singing and playing instruments as a whole class requires purposeful listening and close attention to the conductor's cues. Incorporating

technology, such as using specific websites to engage in music-making individually, participating in playing along to recorded arrangements as a class, and viewing music concept videos, has been enthusiastically embraced by this group. Next term musical forms and the fundamentals of harmony will be highlighted.

Grades 5 and 6

These classes performed their roles in the Christmas concert admirably. The Grade Fives' whole-hearted depiction of their characters modelled courage for the younger classes. At St. Al's it is a rite of passage for the Grade Six Class to carry the Christmas performance. The concept of passaggio was evident as these students adapted to the realities of performing amid Covid constraints. Though disrupted from the usual way to present the play, the Grade Six Class remained undaunted, and made the most of their time to shine! In class this term, purposeful listening has been emphasized. When provided with specific music-related ideas or elements of focus, students apply their understanding by adjusting their playing/singing and discussing their ideas. The chance to independently pursuit musical interests beyond the classroom as "extra-curriculars", is once again open to this group.



Grades 7 and 8

Junior High students contend with a myriad of circumstances to which the concept of passaggio may apply. In the music room, students are using available instruments to connect with music theory concepts. Each group demonstrates autonomy by choosing songs to learn and selecting appropriate arrangements. During the next term, this group has the opportunity to perform for the community. We are beginning the process of imagining the possibilities. At this juncture, we have a "green light" to mount a traditional performance, but may choose to use what we have learned during times of restriction to create a new form.

Health, Happiness and Harmony to All!

Mary Arkle Music Teacher

Holy Week at St. Alphonsus Parish

Palm Sunday Masses April 9 & 10

Regular weekend masses Saturday at 5pm Sunday at 9am and 11am

Holy Thursday April 14

- No Morning Mass
- Mass of the Lord's Supper at 7pm
 Adoration until Midnight in the Chapel of Repose

Good Friday April 15

- No Morning Mass
- Morning Prayer at 9am
 Celebration of the Lord's passion at 3pm

Holy Saturday April 16

- No Morning Mass
- Morning Prayer at 9am
- Blessing of the Food at 2pm in the Church Easter Vigil at 9pm

Easter Sunday April 17 Masses at 9am and 11am

Easter Monday April 18 Parish Office Closed



St. Als Social Justice Super Leaders

St. Als Social Justice Super Leaders would like you to know a little about palm oil. Palm oil is an edible vegetable oil that comes from the fruit of oil palm trees. Palm oil can be found in close to 50% of the packaged products we find in consume/use, such as pizza, doughnuts and chocolate, to deodorant, shampoo, toothpaste and lipstick. Palm oil is an extremely versatile oil. It has many uses and can be produced and processed efficiently and inexpensively. Palm oil, however, has its problems. Using so much palm oil leads to deforestation, loss of natural habitats for many animals and forced displacement of people. Production also results in the release of harmful greenhouse gases that impact our environment, and many of the "farms" use child labour. Be a wise consumer... look for products that do not use palm oil (watch out, it is a hidden ingredient as it has many, many forms!), or use products that are made with sustainable palm oil. These products are marked RSPO certified. Thank you for your consideration.

Nursery News

We have come a long way in what seems to be such a short time. It is hard to believe we are coming into the month of April already.

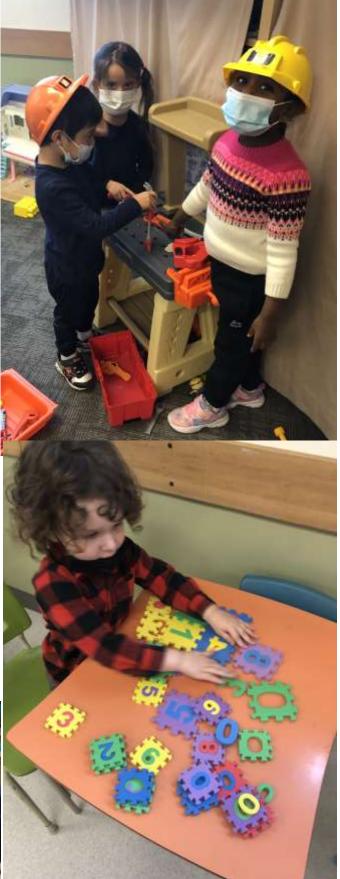
Our kiddos have been very busy working on their fine motor skills with lots of creative activities that keep those fingers busy and helping them to build strength. They have been learning the names and sounds of all the letters of the alphabet in preparation for learning how to read. They have all exceeded in their scissor skills and have been cutting on their own by remembering the correct finger placement. We are so proud of the way they have been able to show responsibility for their own belongings, dress themselves with very little help and follow all of our classroom procedures.

They have become artists, crafters, singers, musicians and dancers, scientists, architects and mathematicians. They have become responsible citizens in our little school community and have become kind and caring friends. When our talking stick is passed around at our morning meetings, they have become very respectful listeners as each take a turn at sharing their news.

We are so proud of how much they have grown since September and we can't wait to see how many more changes we will see in our little ones over the next few months left of school.

Ms Dona and Ms Catherine





Yearbook Committee

Being on the yearbook committee, we are involved in many facets that make the yearbook come together. We take pictures, pick a theme, edit the yearbook and design the layout. We need to proofread the yearbook closely not to misspell words or names. There is a fun page and sports section highlighting the different sports offered in the school. There is a special section for the grade 8 and personal quotes for their final year at St. Alphonsus School. Being on the yearbook committee is very time consuming for the committee involved, but fun!

When anyone first starts a project, it's easy to get lost in all the details. But being able to look back at the finished product and see the creation is a great feeling that gives students a strong sense of pride. The year-book committee consists of students and staff advisors.

To date we are finalizing the details of the yearbook. We have Nursery to Grade 8 featured plus much more. **Do not miss out. Purchase your yearbook today before they are sold out.** There is a limited amount available. You don't want to be disappointed.

Thank You!

Yearbook Committee

Ukraine Relief

Thank you to everyone who contributed to our collection for Ukraine. Our community raised \$2260 for this worthwhile cause. Our school community will continue to look for ways to support the people of Ukraine and those seeking refuge here in Canada. After Spring Break, we will be welcoming two students to our Grade 8 class who are coming to Canada after fleeing the conflict.



Cooking Club

@cooking_club_cookalong

If covid has taught me anything, it has been to learn to be more open minded and flexible. Those of you who know me, know that I have a deep love for being in the kitchen, cooking, baking and sharing food with others. In fact, it's what truly brings me happiness. During my time here at St. Alphonsus school, I have enjoyed teaching an after-school cooking club. This was a club, where we would gather together and cook, learn about kitchen tools, kitchen safety, clean up after cooking routines and enjoy or creations together. During the pandemic, so many of these fun things, such as after school clubs had to hit the pause button. Though I wish I had thought of it sooner, it came to me one day..... I could use Instagram as a platform to keep teaching cooking club! And so, cooking club cook along was born, a new way to have fun together, not in personbut still connected. I invite you to join in on the fun, come and cook along with me. Typically, it will take place on Friday nights, though if you are not available, the classes are recorded for you to follow along at your convenience. The recipe is posted a week in advance, allowing you some time to gather all of the ingredients needed for the cook along. During the livestream, you have an opportunity to ask questions and I can answer them. Please join me by following my Instagram account: @cooking_club_cookalong share with your family, share with your friends, the more, the merrier! We have viewers from all across Canada!

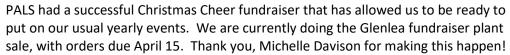
Come cook along with me! Happy cooking!

Lucia Whitney Cooking club



PALS

Hello, Is it almost April already!!?? Wow how time has moved fast over this school year.





We are hard at work planning our year end BBQ scheduled for Wednesday June 16th from 4pm-6pm. There will be food, music and fun activities for all ages. As well, we are starting the planning for the Wine Tasting Event September 24th, 2022 along with the Halloween social on October 22, 2022.

We are looking for volunteers to help run the Wine Tasting and Halloween social events, so if you interested in helping out, please contact me. stunnerj@hotmail.com or call at 204-229-0326.

If you find yourself with a Tuesday evening off and feel like chatting with other parents from the school, come to a PALS meeting. Our meetings are in person and currently in the school gym to allow for safe distancing. If you would like to join, please email the school and we will add your name to the list. Our next meetings are scheduled for: April 12, 2022, May 10, 2022 and June 7, 2022. Meetings start at 7 pm and generally run about an hour.

In closing, PALS would like to wish you and your family a very blessed, safe Easter. See you at the next meeting!

Ciao! Joseph DiMartino Chair



Celebration of Catholic Education

All parents are welcome to join us for the Annual Celebration of Catholic Education on Tuesday, April 26th at 7 PM. This year the event is being hosted by our school in St. Alphonsus Parish Hall.. The evening kicks off with a wine and cheese followed by an opportunity to talk about Catholic Schools in our Archdiocese.





Our annual St. Alphonsus Gala Dinner and Dance Fundraiser is back and better than ever!

Saturday, April 30th, 2022 Delta Hotel Winnipeg

- Champagne reception
- Delectable 4 course dinner & complimentary bar service
- Incredible array of silent auction prizes & our annual \$1000.00 lottery draw
- Live entertainment & dancing all night long
- Numerous surprises in store

Tickets: \$160.00/person (tax receipt for a portion of the ticket price)

Sponsorship information available through the office & school website.

Monthly payment plan available for ticket and/or sponsorship purchases.

ORDER YOUR TICKETS TODAY!

No chocolate bars, cheese, Grey Cup tickets, or cookie dough sales required! JUST ONE "GALA EVENT" TO SUPPORT AND ENJOY!

Sponsors to Date:

Parkway Nursing Management
Perfect Landscaping
Christine & Blake McInnis
Ian & Jill Myers
Neil & Lucia Whitney
Winnipeg Denture &
Implant Centre
Busy Bee Sanitary Supplies
Melanie Bilenky
Dawn & Mark Popovich
Melanie & Jim Norbury

Please consider joining these sponsors in supporting this important event!



