

Lincoln Middle School - Notes from the Office

Week of December 22nd, 2023

Winter Holiday Break:

We wish all of our Lincoln families and community members a safe and happy holiday season. All schools will re-open on Monday, January 8th. We look forward to seeing everyone in the new year!

Upcoming Early Dismissal Dates:

- Tuesday, January 9th: Early dismissal day.
- Tuesday, January 23rd: Early dismissal day

School Supplies:

As the year school continues, students often need a refill on some of their basic school supplies, mainly pencils, pens, and markers. Please discuss the status of your child's school supplies with them and replenish as needed.

Parent Council News:

- Our Next Pizza Day happens on **Friday, January 12th**. Students can purchase slices for \$2.50 a slice in support of our Lincoln Parent Council. No preordering is required.
- Our next parent council meeting is scheduled for Tuesday, January 9th at 6:00 pm in the Lincoln library. All are welcome to attend.

News from the Phys. Ed. Department

Stay informed of all Lincoln athletic team schedules and practices using the following link to our December Athletic calendar.

[Gym Calendar - January 2024](#)

Big Sand Winter Volleyball Camp

Beginning Monday, January 8th and running until the end of March.

Available to all girls 15 and under

3 practices a week: (All in the St. James area)

Monday. 7:00-8:30. Lincoln Middle School

Wednesday 7:00-8:30. Lincoln Middle School

Thursday 7:00-8:30. Lincoln Middle School

Looking at organizing some exhibition games.

Clothing package from Big Sand Clothing is included in the price.

Cost: \$600.00

(A little more cost friendly than club plus you get more practice time)

If interested, please contact Peter Roadley

proadley60@gmail.com

WINNIPEG WEST WINTER GIRLS VOLLEYBALL 2024

WHO: 2011 and 2012 girls looking to improve their volleyball skills with the intention of competing for spots on their respective school volleyball teams and future club volleyball teams.

WHAT: Club volleyball can be a large time commitment for a multisport athlete, as well as costing \$1000 - \$2000 and well beyond in many cases. We are a non-

sanctioned club offering an inexpensive alternative for athletes to improve their volleyball skills in a competitive environment. There will be a minimum of 20 hrs of on-court instruction and in-house play.

WHEN: Wednesday's beginning in early January from 6 - 8 pm. The tentative** dates would be:

Jan: 10, 17, 31 Feb: 14, 21, 28 March: TBD - hockey/basketball playoffs. Will run when it works. Will not run Wednesday of Spring Break April: 10, 17, 24, May: 1, 8* (may be out due to badminton Divisionals), 15 **tentative as often permits can be cancelled due to other events at the host school. WHERE: Bruce Middle School

WHY: Interest in competitive volleyball continues to grow. We want to offer an opportunity for athletes to develop their foundational volleyball skills in a fun but competitive environment, while also maintaining the flexibility to play other sports and be involved in other activities. We will run one night a week (most Wednesdays) to allow for more flexibility for younger athletes to stay "multisport" and be involved in other activities.

ABOUT ME: My name is John Kostiuk, and I am a Physical Education teacher at Bruce Middle School. I have been teaching and coaching volleyball (and numerous other sports) for 27 years and have coached athletes from 11-18 years of age. Most of my coaching experience has been between 10-14 years of age. I have two children of my own (ages 11 and 14) and both are multisport athletes. I want to provide an opportunity for them to be involved in as many activities as possible, as well as others in a similar situation.

COST: \$75.00

Community News:

Mood Disorders Youth Programs

Kennedy Huckerby is the new Youth Program Coordinator at Mood Disorders Association of Manitoba. He would like to reach out to schools and let them know of upcoming programming that he will be running in the New Year!

One program to share is M.A.D Mondays (formerly known as M.A.D Wednesdays). This program runs every Monday with the first session starting on February 5th, 2024. Students ages 12-17 will engage in music, art, dance, and drama, while having access to peer support workers and mental health resources and strategies. Link to flyer is [here](#).

He is also running a Young Adult Peer Support Group every Thursday night for youth ages 18-24 online via Zoom. Anyone can access this through our Mood Disorders website and can also find an abundance of other Peer Support Groups (both online and in person) that may be suitable for their needs.

If anyone has any further questions, they can feel free to contact Kennedy either by phone 204-890-4316 or via email at youthprogram@moodmb.ca

New NHL Street Hockey Program for 6-12 year olds.

The West Portage Branch of the YMCA-YWCA in Winnipeg, situated at 3550 Portage Avenue, presents an exciting program tailored for children aged 6 to 12: NHL Street Hockey.

NHL Street offers an engaging avenue for youngsters, focusing on the essence of youth sports—fun, activity, and friendship. Embrace the invitation from the YMCA to participate in our street hockey, where kids of any proficiency level can both learn and play. Anticipate a high-energy game, sans ice, with minimal regulations but boundless enjoyment. Plus, each participant will receive a reversible NHL Street jersey for both play and keepsake!

Sessions are available for different age groups: 6-8 years on Tuesdays or Thursdays from 6 to 7 pm, and 9-12 years on Tuesdays or Thursdays from 7 to 8 pm. The cost is \$45 for members and \$90 for non-members. The program

commences on January 9, 2024. Join us for an unforgettable street hockey experience.