Phoenix Family Notes from the Office

Friday, October 9, 2026

Instagram

Important Dates

Monday, October 12
Thanksgiving, No School

Tuesday, October 13, Day 6
11:30 am Grade 4/5 Boy's Team Handball Practice

Wednesday, October 14, Day 1
Grade 3 Swim Program 2nd lesson
11:30 am Grade 4/5 Girl's Team Handball Practice

Thursday, October 15, Day 2
11:30 am Grade 4/5 Girl's Team Handball Practice

Friday, October 16, Day 3
11:30 am Grade 4/5 Boy's Team Handball Practice



🍿 **Introducing the Golden Popcorn Bucket!** 🍿

We are excited to launch a new monthly school award: The Golden Popcorn Bucket! Each month, one classroom will be recognized as our Kind & Clean Classroom Champions. This award celebrates classes that consistently show kindness, teamwork, respect, responsibility, and pride in keeping their learning space clean and welcoming.

🌟 Why a popcorn bucket?

Because these classrooms are truly POPPIN' with pride!

🏆 The winning class will:

- Display the Golden Popcorn Bucket in their classroom for the month
- Earn a special popcorn party celebration

As we work together to create a positive, caring, and respectful school community, we can't wait to see which classroom will be popping with pride each month. Good luck, everyone!
Keep showing kindness, take care of your classroom, and let your school spirit shine!
🍿✨

Smudging



Phoenix School offers **daily smudging in the Outdoor Classroom at 12:10 pm** and all students are welcome to participate. Smudging is an Indigenous tradition that involves burning sacred medicines such as sage, sweetgrass, cedar, or tobacco for reflection, mindfulness, and connection. Participation is always voluntary, and families may choose whether or not their child takes part. The St. James-Assiniboia School Division recognizes smudging as an important cultural practice that promotes respect, understanding, and inclusivity.

Wellness Wednesday



This past **Wellness Wednesday**, students learned about the **Zones of Regulation**, a program that helps them recognize and manage their emotions. The four zones use colours to describe different feelings and energy levels, helping children identify how they are feeling and choose strategies to be successful at school and at home. We encourage families to use this language at home by asking, *"What zone are you in?"* and discussing ways to manage emotions together. Thank you for partnering with us to support your child's social-emotional growth!

Socktober is here!



Did you know socks are one of the most requested items at homeless shelters, but one of the least donated? Help us make a difference! Donate **new socks** throughout October and support individuals and families in our community with a simple act of kindness. Drop off donations will be accepted at the **school office**. Every pair helps 💙

AAC Awareness



Did you know this month is AAC Awareness Month? AAC stands for Augmentative and Alternative Communication! AAC helps people communicate using tools like picture boards, communication books, signs, or speech-generating devices like an Ipad. Everyone communicates in different ways, and every way of communicating is important!

Munch a Lunch



Hot Lunches are back for Grades 1-5! Parent Council's biggest fundraiser supports student and teacher enrichment opportunities. Our first hot lunch is **October 9, 2026**, with no price increases and the same popular menu, including gluten-wise options.

Hot Lunch Dates: Oct. 9 & 22, Nov. 6 & 20, Dec. 4 & 18

Order online through **MunchaLunch**: Phoenix School Orders

Please note: Orders close the Monday before each hot lunch and must be paid at the time of ordering. Thank you for supporting Parent Council!

Roots of Empathy



We were excited to welcome **Baby Olive and her family** for their first **Roots of Empathy** visit on Thursday! Roots of Empathy helps students develop empathy, kindness, and understanding by observing a baby's growth and learning about feelings, relationships, and caring for others. Through Olive's visits, students will explore perspectives, build emotional awareness, and strengthen the caring connections that help make our school community such a special place.

Tabs and Bottles



We are collecting pop tabs to support wheelchair initiatives and empty medication bottles for Agape Table. If you would like to contribute, donations can be dropped off at the school office.

What's happening in the Community









Macdonald-Headingley Recreation District In-Service Day Camp at Headingley Community Centre

No school? We've got you covered! 🎉
NEW to Headingley this Fall.
Join us for In-Service Day Camp packed with games and crafts for children
ages 5 - 12.

Give your child a fun-filled day while school is out.
Register today!
https://tinyurl.com/reekhrvs



Howl-a-ween

St. John Ambulance MB/NT/NU invites you, your kiddos and all dog lovers alike to join many of our incredible Therapy Dog Teams at our 2nd annual Howl-a-ween @ SJA on **Thursday, October 29th from 6:00–8:00 PM** @ One St. John Ambulance Way, Winnipeg, MB. R3G 3H5

RSVP: Please confirm attendance by registering here (we would love to know how many to prepare candy for): Howl-A-Ween At SJA: October 29th 6:00-8:00 pm – Fill out form

Happy Thanksgiving everyone!