



Phoenix School  
111 Alboro Street  
Headingley, Manitoba R4J 1A3  
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[www.sjasd.ca/school/phoenix](http://www.sjasd.ca/school/phoenix)



September 9, 2025

## Notes from the Office—Welcome Back!

### Parent/Teacher/Student Conferences

We hope all families have enjoyed a fun and restful summer break! We are so excited to welcome back Phoenix families and share summer adventures.

Thank you to all families for attending this very important opportunity to meet your classroom teacher(s) and prepare for the year ahead. Please call the school office at 204-889-5053 if you have any questions.

### Staying Well Session – Understanding ADHD and Dyslexia in Girls and Women

Dear Phoenix Families,

You are invited to our upcoming virtual Staying Well Session – Understanding ADHD and Dyslexia in Girls and Women **Tuesday, October 28<sup>th</sup> at 6:15pm**. *If interested, please register for the virtual session at this link:*

<https://events.teams.microsoft.com/event/15c61c7a-2419-485f-b7ef-dc474fb6b678@57e2d773-4dcc-4850-8717-73b1db41984a>

More information about the session can be found at the above link.

### Flourishing for Families 2.0 (October 15, 2025, 6 to 7 pm CST/ 7 to 8 pm EST)

In today's complex world, simplicity feels rare. But what if simple skills could transform your parenting and help your family thrive? Join this practical workshop to learn how to nurture your child's resilience, autonomy, and self-regulation—the very strengths essential for lifelong well-being.

#### Learning Objectives:

- Develop a basic understanding of emotions and behaviour
- Learn how to positively influence emotions and, in turn, behaviour

If interested in joining this virtual opportunity please save this email with the link below, and rsvp to Debbie Neufeld at [Debbie.neufeld@sjasd.ca](mailto:Debbie.neufeld@sjasd.ca) if you plan to attend.

### Parent Organization AGM

The annual meeting to establish a parent organization at Phoenix School will take place on September 24, 2024, at 6:00 PM at Phoenix School.

### Student Safety

A school zone speed limit is now in effect on Alboro Street.

## Phoenix Timetable

Dear Phoenix Families,

Please be advised that there have been minor changes to the Phoenix timetable for the 2025-2026 school year. These changes do not affect the start and end time of the school day. Please see below for your reference.

Activity	Time
Staff Outside Supervision	8:10-8:20 AM
Student Entrance, Attendance, Announcements	8:20-8:25 AM
Period 1	8:25-9:02 AM
Period 2	9:02-9:40 AM
Recess	9:40-9:55 AM
Period 3	9:55-10:32 AM
Period 4	10:32-11:10 AM
Lunch Hour for Students	11:10 AM-12:10 PM
Student, Entrance, Attendance	12:10-12:15 PM
Period 5	12:15-12:53 PM
Period 6	12:53-1:30 PM
Recess	1:30-1:45 PM
Period 7	1:45-2:22 PM
Period 8	2:22-3:00 PM
Student Dismissal	3:00 PM

## Phoenix Staff Parking Lot

The Phoenix parking lot is not available for drop off or pick up of students at any time. All parking spots have been assigned to school division staff. Families are reminded that there is no parking on the West side of Alboro as per signage from the RM of Headingley. When dropping off students, parents are asked to walk their child across Alboro Street.

## Bus Loop

A reminder to all Phoenix families that the bus loop is for School Bus transportation only.

## Student Supplies

The School Cash system is now open to Phoenix families for payment of student supply fees. Families may access the School Cash system at the following link:

[School Cash Online - Phoenix School \(sjasd.ca\)](https://sjasd.ca)

## Lunch program

Thank you to our amazing lunch supervisors for their dedication and support of Phoenix students each day over the lunch hour.

**WE NEED YOUR HELP!**

Phoenix school *needs* additional lunch supervisors to support this valuable program. Please contact the school at 204-889-5053 or [phoenix@sjasd.ca](mailto:phoenix@sjasd.ca) for more information about this paid position