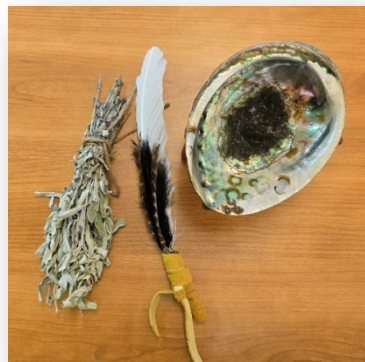


Message from the Office

We're so pleased to have the 2025 – 2026 school year fully underway. Classes are up and running, school patrols have been trained, cross country runners have been competing, and primary and intermediate choirs have begun rehearsing. What a busy school!

I would like to say thank you to **Darlene Jorundson**. She has served in the Strathmillan School community for many years as an education assistant. On Monday, Darlene retired quietly. She wanted no fanfare upon her departure, but will miss her dearly!

Students and staff at Strathmillan took part in the recognition of National Day for Truth and Reconciliation, a day on which we remembered the profound impacts that residential schools had on Indigenous people and their families. September 30th was established as a day to reflect and to do better. Teachers led discussions in classrooms, many making use of materials vetted by our Indigenous Education Support Team. Students wore orange shirts supporting the idea that all children matter. As part of a ceremony and reflection, Mrs. Straub led an optional smudge in the courtyard of the school.



A huge thank you to Mike McKenzie and the Terry Fox Leadership Team. We were able to raise over \$600 for the Terry Fox Foundation!

The last school day of October is Halloween (Friday, October 31st). We invite students to wear costumes to school on that day. Safe costumes are best, without masks that obstruct the face or any unsafe accessories, such as weapons or sharp objects. Costumes should be respectful and avoid cultural stereotypes. Make sure costumes are *too* scary.

You may notice that we're switching from a weekly newsletter to a monthly one. The format contains a monthly calendar on the last page for all of October, along with a preview of important dates for November. With this format, parents/guardians will be able to plan around events and school closures with more lead time. Let us know what you think of the new format.

- Kellie Straub, Vice Principal, and Warren Nickerson, Principal

Adventures from the Vending Machine

We were thrilled to host Recycle Everywhere / Green Kids for our Grades 4 and 5 students. Actors Maggie Koreen and Aileen Audette presented the story of a plastic bottle and an aluminum can and their journey from the vending machine through the recycling process.

Did you know that aluminum is almost infinitely recyclable? Or that you can't recycle coffee cups / lids, greasy pizza boxes, or Styrofoam in Manitoba?

After the play, Maggie and Aileen led classrooms in theatre workshops.



Music News – Ms. Dawson

Welcome back to another exciting year of music at Strathmillan! Our school has a proud tradition of excellence in the arts, and we're thrilled to continue nurturing the musical growth of every Strathmillan Star.

In music class, students will explore, create, and connect through music. We'll be singing, playing a variety of instruments—including percussion, recorders, and xylophones—and learning how music helps us express ourselves and connect with others.

Our choirs are off to a fantastic start! Both the Primary Choir (Grades 1–2) and Intermediate Choir (Grades 3–5) have had an amazing turnout. It's wonderful to see so many enthusiastic voices coming together!



Looking ahead to October, selected students will have the opportunity to attend **Choir Camp at Camp Assiniboia**. This special event is a highlight of the year, offering a fun and enriching experience for students who are passionate about developing their musical talents.

Let's make this a joyful and musical year!

Physical Education – Mr. McKenzie and Ms. Orsulak

We're kicking off the year Phys Ed by getting students moving, learning routines, and building teamwork!

What a fabulous month of running weather we had in September! We capped it all off with the divisional cross country running meet at Assiniboine Park on October 1. Congratulations to the large Strathmillan Stars contingent who dedicated themselves to active, healthy lifestyles.



At the end of every month, the jungle gym is set up in the big gym for some free play, including climbing, rope swinging, mini-sticks, and indoor soccer.

Indoor soccer teams are being formed and after-school competitions will begin soon. In the meantime, we'll have Yoshi, dodgeball and jungle gym for intramurals.

- Mr. McKenzie and Ms. Orsulak, Phys Ed Teachers,

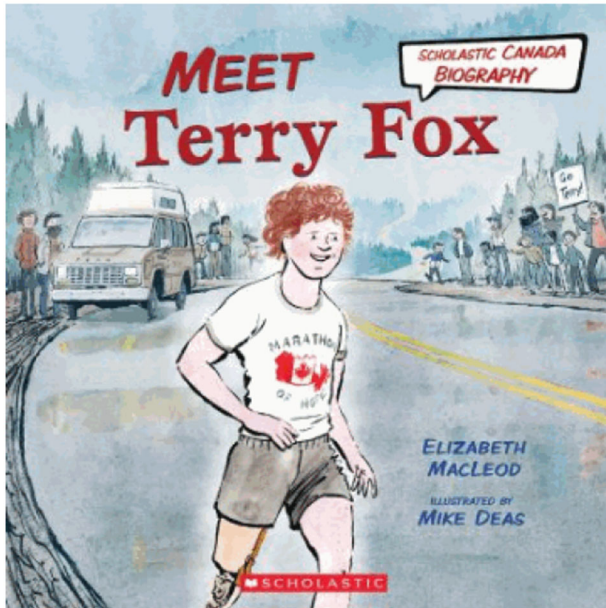
We've outfitted every classroom with a new bin of recess equipment – soccer, four square, wall ball, skipping ropes.



Strathmillan Library – Ms. Branco

Here are two recommended reads in the Strathmillan Library that commemorate Terry Fox.

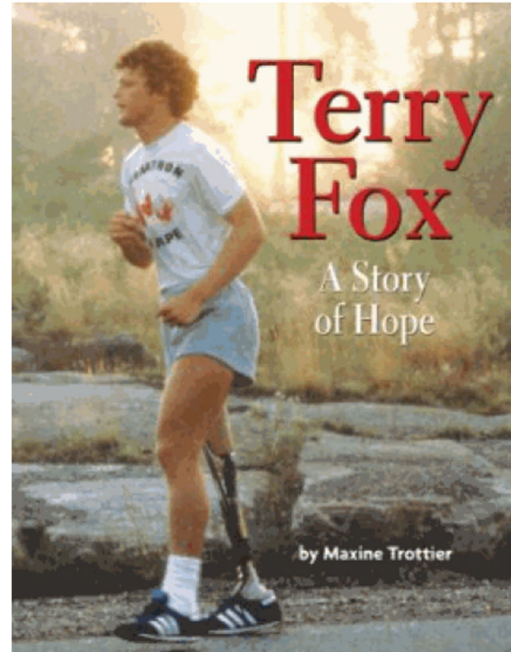
Meet Terry Fox
MacLeod, Elizabeth,
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"Even if I don't finish, we need others to continue. It's got to keep going." —Terry Fox

Dozens of photographs and simple, evocative text combine to tell the story of Terry's life and legacy—how he grew up loving sports and competition, always determined to finish what he started; how he developed cancer and lost his leg; how he trained day after day, on one strong leg and a prosthetic limb, with the idea that he might try to run across Canada; how he managed to make it two-thirds of the way before cancer returned; and how by so doing, he inspired millions of people around the world and raised millions of dollars for cancer research. The book was created in cooperation with the Terry Fox Foundation and Terry's family was the first authorized biography of Terry Fox ever written specifically for children.

Terry Fox: A Story of Hope.
Trottier, Maxine
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"Terry was only 18 years old when he was diagnosed with bone cancer) had to have his right leg amputated above the knee. During his hospital stay he was profoundly affected by the experiences of other young cancer patients. So he decided to do something about it. He decided to run across Canada to raise money and awareness for cancer research. He trained hard for his "Marathon of Hope" and on April 12, 1980 he began, dipping his artificial leg in the waters off St. John's Newfoundland. Terry's plan was to run all the way across the country. As Terry pounded the miles, more and more people took note, cheering the young hero on -- and donating to his cause."--Publisher.

Ms. Branco, Library Tech, Strathmillan School

Counsellor's Corner – Mrs. Straub

Breathing Exercises: A Simple Tool for Calm Bodies

Deep breathing is often one of the first techniques adults turn to when we need to manage stress or tension. Just a few slow, deep breaths can help us feel more grounded and in control.

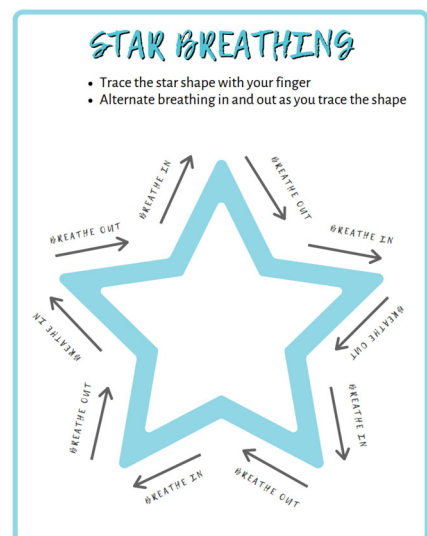
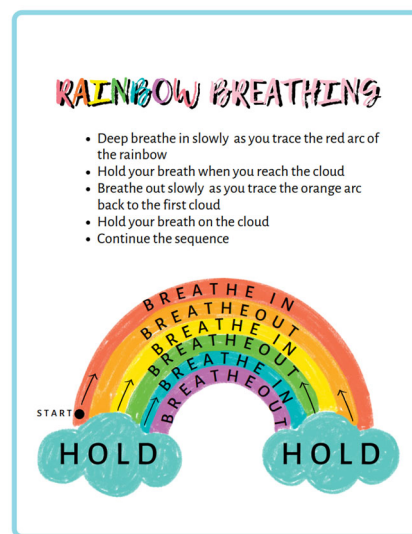
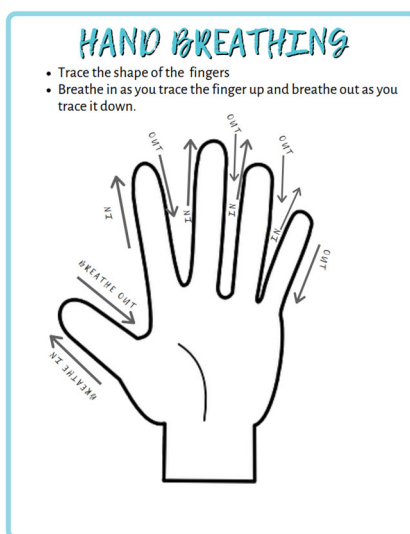
But while we know how powerful this tool can be, we often forget to teach it to our children—or we try once and give up when it doesn't seem to work.

Here's the secret: breathing exercises *do* work for kids, but only if we introduce them the right way.

Practice when calm: Teach your child breathing techniques when they're relaxed and happy—not in the middle of a meltdown. This helps them build the skill so they can use it when they really need it.

Make it fun: Turn breathing into a game! Try blowing bubbles, pretending to blow up a balloon, or using a “breathing buddy” (a stuffed animal that rises and falls on their belly). When it's playful, kids are more likely to engage.

Breathing exercises are quick, free, and effective—and with a little practice, they can become a go-to tool for your child to manage big feelings. Below are some fun ways to practice.





Wii Chiiwaakanak Learning Centre and the University of Winnipeg present:

POWWOW CLUB FALL 2025

Hosted by: Wii Chiiwaakanak Learning Centre
Rhonda James and Coco Stevenson

A weekly drop in program for everyone to learn and practice various styles of Powwow

Tuesdays
October 7 - December 2 2025
**will continue in January 2026
6:00 - 7:30 PM

Location:
RecPlex (350 Spence St)
2nd Floor in the
Community Gym



FOR MORE INFORMATION AND TO REGISTER SCAN QR CODE OR VISIT:
WWW.UWINNIPEG.CA/WIICHII/PROGRAMMING/POW-WOW-CLUB

 **wiichii@uwinnipeg.ca**

 **204-258-2951**

**THE WINNIPEG FOUNDATION**
For Good. Forever.

**Kingfisher Foundation**

OCTOBER 2025

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1 Day 3 Divisional Cross-Country Run @ Assiniboine Park Yom Kippur	2 Day 4 Green Kids Performance (Gr. 4-5) Intermediate Choir (12:25)	3 Day 5 Lego Club – Rm 25-27 Grade 3 Girls Jungle Gym	4
5 PATROL TEAM 4	6 Day 6 Grade 3 Boys Dodgeball Lego Club Rm. 38 & 41	7 Day 1 Early Dismissal Primary Choir (12:25) Lego Club Rm. 38 & 41	8 Day 2 Div Children's Choir Camp (Gr. 4-5) @Camp Assiniboia Grade 3 Girls Yoshi	9 Day 3 Divisional Children's Choir Camp (Gr. 4-5) @Camp Assiniboia Lego Club Rm. 38 & 41	10 Day 4 Inservice – No School for Students	11
12 PATROL TEAM 1	13 Thanksgiving	14 Day 5 Lego Club Rm. 25 & 27 Primary Choir (12:25)	15 Day 6 Grade 4 + 5 Dodgeball Lego Club Rm. 25 & 27	16 Day 1 Lego Club Rm. 25 & 27 Intermediate Choir (12:25)	17 Day 2 Mobile Vision Eye Clinic Grade 3 Boys Yoshi Lego Club 25 & 27	18
19 PATROL TEAM 2	20 Day 3 Diwali Lego Club Rm. 30, 38, 41 Grade 4 and 5 Dodgeball	21 Day 4 Primary Choir (12:25) Lego Club Rm. 30, 38, 41 Early Dismissal	22 Day 5 Lego Club Rm. 30, 38, 41 Grade 4 and 5 Dodgeball	23 Day 6 Fall Photo Day Lego Club Rm. 30, 38, 41 Intermediate Choir (12:25) Indoor soccer (4 PM)	24 Day 1 MTS PD Day – No School for Students	25
26 PATROL TEAM 3	27 Day 2 Lego Club Rm. 23, 29, 30 Grade 4 and 5 Dodgeball	28 Day 3 Lego Club Rm. 30, 38, 41 Primary Choir (12:25)	29 Day 4 Grade 4 and 5 Dodgeball	30 Day 5 Lego Club Rm. 30, 38, 41 Intermediate Choir (12:25) Indoor soccer (4 PM)	31 Day 6 Halloween	

Upcoming Dates

- Nov. 10 Remembrance Day Ceremony @ 11:00 am
- Nov. 11 Remembrance Day (No School)
- Nov. 14 Admin Day (No School)
- Nov. 17, 24 Grade 3 Swimming at Centennial Pool (644 Parkdale)
- Nov. 26 Photo Retake Day, Report Cards Sent Home to Parents (electronically)
- Nov. 27 Student-led Conferences (4:00-7:00)