

École Bannatyne



École Bannatyne School
363 Thompson Drive
Winnipeg, MB R3J 3E5
Phone (204) 889-1101
Fax (204) 832-9199

November 2017

Principal: Mme Roné Boyko
Vice-Principal: Mme Jennifer Rothwell

Dates to remember

Nov 7 & 21
Early dismissal
3:25 pm

Nov 10
INSERVICE
No School

Nov 23 & 24
Parent-teacher
Conferences

Nov 24
INSERVICE
No School

Dear Bannatyne Families,

Thank-you so much to our wonderful Parent Council and all the volunteers who coordinated the Spooky Movie night. Thank-you also to the fantastic staff who lead our annual, amazing Halloween festivities here at school.

School Website:

Our website has recently been undergoing upgrades. Please stay tuned for more details and some exciting changes as to how the newsletter along with other important information and reminders will be posted to the website. Our goal is to have the information traditionally shared in the school newsletter to be transitioned to being posted on the website by January.

Safety Reminders:

Please be reminded that we require your cooperation in following student entry and dismissal procedures. This is necessary to help ensure the safety of our students and to limit classroom interruptions. These procedures include:

- Morning entry. Supervision begins at 8:50 am and the entrance bell is at 9:00 am. If you arrive late, please come through the front doors and have your child(ren) report to the office.
- All visitors to the school throughout the day are to enter through the front doors only and report to the office.
- Parents of students who are picked for lunch, please wait in the front office area and your child (ren) will greet you there.
- At the end of day, bussed students are dismissed first, through the back doors. Students who are picked up are to be greeted on the playground outside at 3:55 pm. Entrance to the daycare is through the Bruce Street doors only and families should go directly to the daycare area when picking students up.
- Please see the Phys. Ed. section for procedures relating specifically to activities and Phys. Ed. related events.

Your help in following these routines, in the interest of learning and safety, is important and very much appreciated.

Weather:

Winter weather is already upon us. Please ensure you send your child to school dressed appropriately for the cooler weather outside. Please also be sure all their belongings are labeled so they can be returned to their rightful owner if misplaced.

When it is very cold and the wind chill hazard is between -25 and -28 degrees Celsius, students will have outdoor recess for a maximum of 10 minutes only. When the wind chill hazard is -29 degrees Celsius or colder, students will have indoor recess. Please note that we refer to the Environment Canada Weather, at the Forks, website to monitor the temperature, regularly throughout the day.

Report Cards:

Please note that Report Cards will be sent home on Wednesday, November 22 and Parent Conferences will be held on Thursday evening, November 23 and Friday morning, November 24. Details regarding booking appointments on-line has been uploaded to our school website. We look forward to seeing you during the conferences and appreciate all your support in helping us celebrate your children's progress and success at school.

Scholastic Book Fair:

The Scholastic Book Fair will once again take place during the Parent Conferences on Thursday evening, November 23 and Friday morning, November 24. Thank-you so much Nicole Bowering and Misty Rückl for your efforts in coordinating this event for our students and their families.

Sincerely,
Mme Boyko and Mme Rothwell

Chère Familles,

Pendant l'hiver, nous voulons aider les enfants qui n'ont pas de jouets. On collectionne les jouets nouveaux, pour tous les âges, et nous allons donner ces jouets à Toy Mountain. Notre but est de collectionner 100 jouets!

Aussi, nous aidons les enfants et ceux qui n'ont pas des vêtements d'hiver! Nous allons collectionner les vêtements d'hiver, comme des manteaux, des bottes et des mitaines qui sont propres et donner à Koats for Kids. Notre but est de collectionner au moins 50 manteaux!

S'il-vous-plaît, aider nous avec nos efforts! Il y aura des boîtes pour les vêtements et les jouets en avant du bureau lundi, le 13 novembre jusqu'au le vendredi le 22 décembre.

Dear Bannatyne Families,

This winter, we would like to help children who do not have a lot of toys. We are collecting new toys, for all ages, and we will be donating these toys to Toy Mountain. Our goal is to collect 100 toys!

Also, we are helping children and those who do not have warm winter clothes! We are collecting gently used winter clothes, such as jackets, boots and mittens to donate to Koats for Kids. Our goal is to collect at least 50 winter jackets.

Please help us in our efforts! There will be boxes set up in front of the office from Monday, November 13 until Friday, December 22.

Merci,

L'équipe voix d'élèves/Student Voice Team

Physical Education News

Physical Education Website:

For updated Physical Education news, check out the École Bannatyne Physical Education and Health website at <http://ecolebannatynephysicaleducation.blogspot.ca>

Cross-Country:

Congratulations to all of the students who participated in the Elementary Divisional Cross-Country Meet at Assiniboine Park on Thursday, October 5th, 2017! A big "merci" goes out to all the parents/guardians who volunteered throughout the season! We greatly appreciate your help and support!

National Jersey Day:

Ecole Bannatyne will be participating in the National Jersey Day and we encourage students to wear their favourite sport jersey to school on Friday, November 3rd. Vas-y les Geais Bleus de Bannatyne! Go Bannatyne Blue Jays!

Indoor Soccer:

Indoor Soccer for the Grade 4 and 5 teams has begun! Just a friendly reminder that there are two separate school teams so please ensure that you check your child's specific game schedule. Team #1 practices are Mondays at 12:20 -1:00 p.m. and Team #2 practices are Fridays at 12:20-1:00 p.m. The students will be playing district games against Heritage, Strathmillan and Athlone. **Please note that students must be picked up from the gymnasium at 4:45 p.m. from the appropriate game location.**

The end-of-season Friendship Tournament will be held the morning of Friday, December 1st, 2017, at Bannatyne and Heritage. As indicated on the permission forms, some students will be bussed to Heritage for the tournament. More information will be sent home soon. Bonne chance!

After School Team Sports

Transportation:

The after school drop-in games, for those who have returned a signed permission form, start at 4:15 p.m. and end at 4:45 p.m. **Parents/guardians are responsible for the transportation of their child to and from the games, the school will not be providing transportation to nor from the games.** For the safety of our students, rides must be pre-arranged before the game. Failure to do may result in the student not participating in the game. If the games are at Bannatyne, the participating students will meet in the gym at dismissal time. Please note that students will not be dismissed early from school on game days, they will be dismissed at the regular time of 3:55 p.m. For away games, students will be dismissed at 3:55 p.m. and will travel to the away game with their parent/guardian. On away game days, parents/guardians are asked to kindly wait for their children outside of the school in the dismissal area at 3:55 p.m. so that they do not interfere with the end of day dismissal procedures. Prior to the game, it is the responsibility of the daycare students/parents to inform the daycare that they are playing and whether or not they are returning to the daycare after the game. Please note that adults are not allowed in the change rooms so please wait in the gymnasium for your child. Thank you kindly for your cooperation with this and for helping to keep our students safe.

Student Emergency Medical Information:

Please note that at the beginning of every school year, parents/guardians must fill out and return the Student Emergency Medical Information sheet to the school. **Once the information is on file, parents must notify the school in writing of any changes to their child's medical information that is already on file.**

Athletes of the Month:

Congratulations to the following students who were chosen as the Athletes of the Month for their demonstration of leadership, safe and fair play and sportsmanship throughout the month of October.

Grade 2 – Konnor Frye
Grade 3 – Vince Navarro

Grade 4 – Sadie Mailloux
Grade 5 – Mike Clark

Intramurals & Leadership:

Lunchtime intramurals for Grade 3 to 5 are well under way! Thank you to the Grade 5 Intramural Team members for volunteering their time to help their peers. Students are to check the Physical Education Events board and listen to the daily announcements for further information.

Novembre

DIMANCHE	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
			1	2	3	4
5	6	7 Early Dismissal 3:25pm	8	9	10 Inservice NO SCHOOL	11
12	13	14	15	16	17	18
19	20	21 Early Dismissal 3:25pm	22	23 Parent-Teacher Conferences 5:00—7:00pm	24 Parent-Teacher Conferences 9:00am — 12:00pm Inservice NO SCHOOL	25
26	27	28	29	30		

December 2017 - Dates to Remember:

- | | |
|-------------------|--|
| December 5, 2017 | - Early Dismissal 3:25pm |
| December 19, 2017 | - Early Dismissal 3:25pm |
| December 19, 2017 | - Kindergarten Winter Concert at 6:00pm—School Gym |
| December 20, 2017 | - Grade 1—3 Winter Concerts at 2:00pm and 7:00pm-Sturgeon Creek United |
| December 22, 2017 | - Winter Break begins |
| January 8, 2018 | - School Reopens |

Mumps

Public Health - Factsheet

This document is to be used in conjunction with the mumps-containing vaccine factsheets (MMR or MMRV Vaccine Factsheets).

What is mumps?

Mumps is a contagious viral infection that occurs mostly in children but can happen in adults. The common symptoms are fever, headache, feeling tired, swollen and painful salivary glands, swollen cheeks, difficulty chewing, swallowing, or talking, and loss of appetite. The swelling can occur on one or both sides of the face and neck. Some individuals may have respiratory symptoms (i.e. runny nose, sneezing, coughing) or no symptoms at all.

Symptoms appear 12 to 25 days after exposure to the virus, and usually last for 7-10 days. The infection can be spread to others 7 days before the symptoms start and up to 5 days after the symptoms begin. Infection can lead to rare but serious illness and complications including swelling of the testicles and ovaries that could result in sterility (inability to have children), hearing loss, increased risk of miscarriage if contracted in the early stages of pregnancy, swelling of the brain, infection of the lining of the brain, and death.

There is no treatment for a mumps infection. Prevention is the most important form of protection and management. Any treatment focuses on relieving the symptoms such as pain relief and reducing fever.

What do I do if I or a family member develops these symptoms?

Someone who develops these symptoms or has been in contact with someone who was diagnosed with mumps should phone their health care provider or phone Health Links – Info Santé. Before visiting a healthcare provider, it is best to call ahead and make an appointment so health care staff can take precautions to reduce exposure to other people.

It is important to stay home from school or work to prevent spreading the infection to others for at least 5 days after the symptoms started.

People who think they might have mumps or have been in close contact with someone who has been diagnosed with mumps should phone their health care provider or phone Health Links – Info Santé at 204-788-8200 or 1-888-315-9257 (toll-free) for more information.

How is mumps spread?

Mumps can be spread through respiratory droplets in the air formed when coughing or sneezing and through the sharing of food or drinks. You can also catch it by touching an item that was previously touched by an infected person and then touching your eyes or mouth.

A person with no symptoms can still spread the infection.

How can I prevent mumps?

Immunization is an effective way to decrease the risk of getting mumps. Ensure that you and your family members have all the required vaccines to protect against mumps. There are two mumps-containing vaccines: MMR, which also provides protection against measles and rubella; and MMRV, which provides protection against varicella (chicken pox) in addition to the coverage of mumps, measles and rubella. The vaccines contain live but weakened forms of the viruses that do not cause disease (see below for link to Factsheets). They are approved by Health Canada.

Precautions should be taken to avoid sharing food, drinks or any personal items such as water bottles, lip gloss and cigarettes. It is also important to cover your nose and mouth with your forearm or a tissue when you cough or sneeze, wash your hands often with soap and water or clean them with hand sanitizer if soap and water are not available, especially after coughing and sneezing.

Who should get the mumps vaccine?

The mumps-containing vaccines are provided free-of-charge as part of Manitoba's Immunization Program when [Manitoba's eligibility criteria](#) for publicly-funded vaccines are met (link below).

Children in Manitoba get immunized against mumps as part of Manitoba's routine infant immunization schedule at 12 months of age with a booster at 4-6 years of age using the MMRV vaccine. MMRV can be used in children 12 months to less than 13 years of age.

The following groups of people should talk to their health care provider about obtaining a mumps-containing vaccine (MMR or MMRV) as part of Manitoba's Immunization Program:

- Those born in 1970-1984 who have not received a vaccine containing measles or mumps and have not had natural measles or mumps infection are eligible for one dose.
- Those born during or after 1985 are eligible to receive 2 doses
- Non-immune health care workers, regardless of age should receive 2 doses
- Non-immune students born before 1970 should receive 1 dose; and those born in 1970 or later should receive 2 doses.

If you were born before 1970, it is thought that you would have been exposed to the virus and developed natural immunity; however you may still be at risk of getting mumps and therefore should consider having a discussion with your health care provider.

The immune response may be affected if a live vaccine is given at the same time or shortly before or after receiving blood products or immunoglobulins. Let your health care provider know if you have received blood products or immunoglobulin therapy in the last 12 months.

Please review the appropriate mumps-containing vaccine factsheets for more vaccine specific information on who should and shouldn't get the vaccine.

Are the mumps-containing vaccines safe?

Vaccines in general are considered to be very safe. It is much safer to get the vaccine than to get infected with mumps. Health Canada approves vaccines based on a review of quality and safety.

Some individuals may experience soreness, redness and swelling at the site of injection. A red rash may present within 5-12 days after receiving the vaccination. This will go away on its own and will not spread and make others sick. Other side effects are fever, headache, and tiredness.

Report any serious or unexpected side-effects to a health care provider.

To help manage any side effects of the vaccine, Acetaminophen (e.g. Tylenol®) or Ibuprofen (e.g. Advil®) may be taken.

Acetylsalicylic acid (ASA- e.g. Aspirin®) should NEVER be given to children because it can cause a severe liver and brain disease called Reye's Syndrome.

It is important to stay in the clinic for 15 minutes after getting any vaccine because there is a rare possibility of a severe allergic reaction. This can include hives, difficulty breathing or swelling of the throat, tongue or lips. Call 911 or go to the nearest emergency department/health centre for immediate attention if any reaction occurs after leaving the clinic.

For more information on mumps or mumps-containing vaccines:

- Talk to your health care provider;
- Call Health Links - Info Santé in Winnipeg at 204-788-8200; toll-free elsewhere in Manitoba 1-888-315-9257; or
- Visit:

Manitoba Public Health website

www.gov.mb.ca/health/publichealth/index.html

MHSAL Mumps disease website

<https://www.gov.mb.ca/health/publichealth/diseases/mumps.html>

MHSAL Eligibility Criteria for Publicly-Funded Vaccines website

<https://www.gov.mb.ca/health/publichealth/cdc/vaccineeligibility.html>

Vaccine Factsheets and Resources website

<https://www.gov.mb.ca/health/publichealth/cdc/div/vaccines.html>

Public Health Agency of Canada website

<http://www.phac-aspc.gc.ca/im/vpd-mev/mumps-oreillons/index-eng.php>

Feuille de renseignements sur les oreillons

Santé publique – Feuille de renseignements

Ce document doit être consulté avec les feuilles de renseignements sur les vaccins protégeant contre les oreillons (feuilles de renseignements sur le vaccin ROR ou le vaccin RORV).

Qu'est-ce que les oreillons?

Les oreillons sont une infection virale contagieuse qui touche le plus souvent les enfants, mais que les adultes peuvent attraper aussi. Les symptômes les plus courants sont la fièvre, les maux de tête, la fatigue, des glandes salivaires enflées et douloureuses, une enflure des joues, des difficultés à mastiquer, avaler ou parler et une perte de l'appétit. L'enflure peut être présente d'un côté ou des deux côtés du visage et du cou. Certaines personnes présentent des symptômes respiratoires (p. ex. nez qui coule, éternuements, toux), tandis que d'autres ne présentent aucun symptôme.

Les symptômes apparaissent entre 12 et 25 jours après l'exposition au virus et durent généralement de 7 à 10 jours. L'infection est contagieuse de 7 jours avant l'apparition des symptômes, jusqu'à 5 jours après. L'infection peut causer une maladie et des complications graves mais rares, y compris le gonflement des testicules ou des ovaires pouvant mener à la stérilité (incapacité d'avoir des enfants), une perte de l'ouïe, l'augmentation du risque de fausse couche si la maladie est contractée tôt pendant la grossesse, un gonflement du cerveau, l'infection de la membrane du cerveau et la mort.

Il n'existe aucun traitement contre les oreillons. La prévention est la forme de protection et de prise en charge la plus importante. Tous les traitements visent l'apaisement des symptômes, notamment le soulagement de la douleur et la réduction de la fièvre.

Que faut-il faire si je ressens ou si un membre de ma famille ressent ces symptômes?

Toute personne qui présente ces symptômes ou qui a été en contact avec quelqu'un qui a reçu un diagnostic des oreillons doit communiquer avec un professionnel de la santé ou téléphoner à Health Links - Info Santé. Avant de consulter un médecin ou un fournisseur de soins de santé, il est préférable d'appeler pour prendre

rendez-vous, afin que le personnel puisse prendre les mesures nécessaires pour réduire les risques d'exposition au virus des autres personnes présentes.

Il est important de ne pas aller à l'école ou au travail pour prévenir la propagation de l'infection à d'autres personnes pendant au moins 5 jours après l'apparition des symptômes.

Les personnes qui croient avoir les oreillons, ou qui ont eu des contacts étroits avec une autre personne chez qui on a diagnostiqué les oreillons, devraient téléphoner à leur fournisseur de soins de santé ou à Health Links — Info Santé, au 204 788-8200, ou sans frais au 1 888 315-9257 pour obtenir plus d'information.

Comment les oreillons se transmettent-ils?

Les oreillons se transmettent par des gouttelettes de salive présentes dans l'air lorsqu'une personne a toussé ou éternué, et par le partage de nourriture ou de boissons. Il est également possible d'attraper les oreillons en touchant à un objet auquel une personne infectée a touché, et en portant ensuite ses doigts à ses yeux ou sa bouche.

Une personne qui n'a aucun symptôme peut transmettre la maladie.

Comment prévenir les oreillons?

La vaccination est un moyen efficace de réduire le risque d'attraper les oreillons. Assurez-vous que vous et les membres de votre famille avez reçu tous les vaccins nécessaires pour vous protéger contre les oreillons. Il existe deux vaccins qui protègent contre les oreillons : le vaccin ROR, qui offre également une protection contre la rougeole et la rubéole et le vaccin RORV, qui en plus de la rougeole, des oreillons et de la rubéole, protège aussi contre la varicelle. Ces vaccins contiennent des formes vivantes affaiblies du virus qui ne provoquent pas la maladie (voir le lien vers les feuilles de renseignements ci-dessous). Ils sont approuvés par Santé Canada.

Feuille de renseignements sur les oreillons

Des précautions doivent être prises pour éviter de partager la nourriture, les boissons et les articles personnels tels que les bouteilles d'eau, le brillant à lèvres et les cigarettes. Il est important de vous couvrir le nez et la bouche avec votre manche ou un mouchoir en papier quand vous toussiez ou que vous éternuez, de vous laver les mains souvent avec de l'eau et du savon ou d'utiliser un désinfectant pour les mains si vous n'avez pas accès à de l'eau et du savon, surtout après avoir toussé ou éternué.

Qui devrait recevoir le vaccin contre les oreillons?

Les vaccins qui protègent contre les oreillons sont offerts gratuitement aux personnes qui répondent aux [critères d'admissibilité aux vaccins du programme public de vaccination du Manitoba](#) (lien ci-dessous).

Au Manitoba, les enfants sont immunisés contre les oreillons dans le cadre du calendrier de vaccination systématique des enfants. La première dose du vaccin RORV est administrée quand l'enfant a 12 mois et la dose de rappel, quand il a entre quatre et six ans. Le vaccin RORV peut être administré aux enfants âgés de 12 mois à moins de 13 ans.

Les personnes appartenant aux groupes suivants devraient discuter avec leur fournisseur de soins de santé de l'obtention d'un vaccin protégeant contre les oreillons (ROR ou RORV) dans le cadre du programme d'immunisation du Manitoba :

- les personnes nées entre 1970 et 1984 qui n'ont pas reçu de vaccin contre la rougeole ou les oreillons et qui n'ont pas contracté ces maladies ont le droit de recevoir une dose du vaccin;
- les personnes nées en 1985 ou après reçoivent deux doses.
- les travailleurs de la santé qui ne sont pas immunisés devraient recevoir deux doses du vaccin, quel que soit leur âge;
- les élèves nés avant 1970 qui ne sont pas immunisés reçoivent une dose et ceux qui sont nés en 1970 ou après reçoivent deux doses.

On considère que les personnes qui sont nées avant 1970 ont été exposées au virus et ont une immunité naturelle. Toutefois, ces personnes devraient discuter de la question avec leur fournisseur de soins de santé, puisqu'il est possible qu'elles présentent malgré tout un risque de contracter les oreillons.

L'administration d'un vaccin à virus vivants en même temps ou peu de temps avant ou après avoir reçu des produits sanguins ou des immunoglobulines peut avoir une incidence sur la réponse immunitaire. Informez votre fournisseur de soins de santé si vous avez reçu des produits sanguins ou des immunoglobulines au cours des douze derniers mois.

Pour en savoir plus sur les facteurs qui justifient d'administrer ou de ne pas administrer le vaccin, veuillez prendre connaissance de la feuille de renseignements sur le vaccin approprié contre les oreillons.

Les vaccins contenant le virus des oreillons sont-ils sûrs?

Les vaccins en général sont réputés être très sûrs. Il est bien plus sûr de se faire vacciner que de contracter les oreillons. Santé Canada approuve les vaccins après un examen de leur qualité et de leur sécurité.

Certaines personnes peuvent ressentir une douleur au site de l'injection, qui peut devenir rouge et gonflé. Une éruption cutanée (rash) rouge peut apparaître de 5 à 12 jours après l'administration du vaccin. Cette réaction disparaîtra, ne se propagera pas et ne rendra pas les autres malades. Certaines personnes peuvent aussi présenter de la fièvre, un mal de tête ou de la fatigue.

Signalez tout effet secondaire grave ou inattendu à un fournisseur de soins de santé.

Pour réduire des effets secondaires du vaccin, de l'acétaminophène (p. ex. Tylenol^{MD}) ou de l'ibuprofène (p. ex. Advil^{MD}) peut être administré.

Ne JAMAIS donner d'acide acétylsalicylique (AAS - Aspirine^{MD}) à un enfant, car ce produit peut causer le syndrome de Reye, une grave maladie du foie et du cerveau.

Il est important de rester 15 minutes à la clinique après avoir reçu un vaccin, car il y a un faible risque de réaction allergique grave. Cette réaction peut comprendre de l'urticaire, des difficultés respiratoires ou une enflure de la gorge, de la langue ou des lèvres. Composez le 911 ou présentez-vous au service d'urgence ou au centre de santé le plus proche pour obtenir une aide immédiate si une réaction se produit après votre départ de la clinique.

Feuille de renseignements sur les oreillons

Pour obtenir plus de renseignements sur les oreillons ou les vaccins qui protègent contre les oreillons :

- Parlez à votre fournisseur de soins de santé.
- Téléphonnez à Health Links – Info Santé au 204 788-8200 à Winnipeg ou au 1 888 315-9257 sans frais ailleurs au Manitoba.
- Visitez les sites suivants :

Santé publique Manitoba

www.gov.mb.ca/health/publichealth/index.fr.html

Critères d'admissibilité aux vaccins financés publiquement de Santé, Aînés et Vie active Manitoba

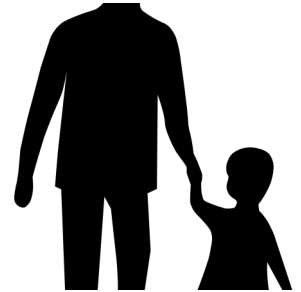
<https://www.gov.mb.ca/health/publichealth/cdc/vaccineeligibility.fr.html>

Ressources et feuilles de renseignements sur les vaccins

<https://www.gov.mb.ca/health/publichealth/cdc/div/vaccines.fr.html>

Site Web de l'Agence de la santé publique du Canada

<http://www.phac-aspc.gc.ca/im/vpd-mev/mumps-oreillons/index-fra.php>



The Parenting Centre

Schedule for upcoming parent groups

WINTER 2018

Circle Of Security Parenting Program

- ◆ 8 weeks, beginning January 9, 2018
- ◆ Tuesdays, 3:30-5:30 p.m.
- ◆ Individual first meetings will occur in December
- ◆ Child care provided for children 5 and under

(Triple P) Pathways parenting group

- ◆ 8 weeks
- ◆ Day and time to be determined
- ◆ Pre-requisite: Triple P parenting group

* Please note - groups are offered according to level of interest, and are therefore subject to change

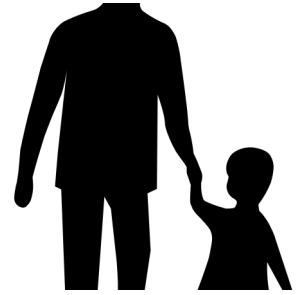


For more information or to register contact the Parenting Centre
Intake Worker, Janelle Hebb at

204-786-7051 EXT 5212

*We can be found on the 3rd Floor of 717 Portage Avenue

500-717 Portage Avenue, Winnipeg, MB, Canada R3G 0M8 T: 204.786.7051 F: 204.774.6468 TTY: 204.774.8541



The Parenting Centre

Family therapy and parenting groups for families who have children (under 12) around family stress and parenting issues.

Reaching Out

Parenting support for families of children who experience emotional or behavioral difficulties in Child Care settings.

Providing consultation and training to Child Care center staff.

Individual and Family Counselling

We provide relational therapy for families who are experiencing significant difficulties in a variety of issues that might have a negative effect on family life such as: couple conflict, trauma, parenting difficulties, children's school and/or social problems.

Theraplay

Theraplay is an attachment therapy based on five essential qualities: structure, challenge, engagement, nurture, and playfulness. These qualities mirror early parent-child relationships and are adapted to suit a child of any age. The goal of Theraplay is to enhance the child's attachment, self-esteem, trust in others, and joyful engagement.



For more information or to register contact the Parenting Centre
Intake Worker, Janelle Hebb, at

204-786-7051 EXT 5212

*We can be found on the 3rd Floor of 717 Portage Avenue

500-717 Portage Avenue, Winnipeg, MB, Canada R3G 0M8 T: 204.786.7051 F: 204.774.6468 TTY: 204. 774.8541

Parent Groups:

The Parenting Centre offers a variety of groups to support families in various stages of their journey as parents.

Circle of Security Group

A course for parents interested in understanding their child's behaviours & needs and in understanding their response to those behaviours.

Connect Group

A 10 week attachment-based program to support parents and foster parents of pre-teens (ages 8-12) and teens (ages 13-17). Parents meet in groups of 10-16 with two trained group leaders for 2 hours each week.

Triple P Group

Triple P is a positive parenting program that provides parents with a toolbox of ideas and strategies to help make family life much more enjoyable.

Soup and Group

A drop in gathering hosted by the Parenting Centre for parents interested in being reconnected and refreshed by learnings from group.



Health, Seniors and Active Living

Active Living, Population and Public Health Branch
Communicable Disease Control
4th Floor – 300 Carlton, Winnipeg MB R3B 3M9
T 204-788-6737 F 204-948-2190
Website: www.gov.mb.ca/health/

19 October 2017

Attention: Parents and Guardians

RE: Mumps Disease Prevention

As a new school year begins, illnesses, including mumps, can be spread easily between children and their families. Manitoba continues to see mumps disease circulating, with 1057 confirmed cases as of October 6, 2017. Mumps has been seen in all populations, including pre-school and school-aged children.

Manitoba Health, Seniors and Active Living (MHSAL) would like to ensure all parents and guardians are aware that the mumps outbreak continues, how to recognize its symptoms, how to prevent its spread and what to do if they suspect they or their child(ren) may be infected with mumps.

The mumps virus can be spread to others two to three days before the appearance of symptoms until four to five days after symptoms appear. Some people infected with mumps may not have any symptoms at all, but can still spread the virus to other people.

What are the signs and symptoms of mumps?

Mumps often starts with cold-like symptoms, including:

- swollen and tender glands at the jaw line on one or both sides of the face;
- fever; and,
- headache and muscle aches.

Although there can be rare complications from mumps, such as hearing loss and sterility, the vast majority of cases are mild, with full recovery in one to two weeks.

How is mumps spread?

Mumps is spread by direct contact with the saliva of an infected person, such as through coughing, sneezing, sharing drinks (such as water bottles, straws) or kissing.

A person with no symptoms can transmit infection. Individuals with mumps will be asked to restrict their contact with others to reduce the possible spread of mumps.

Mumps prevention

Immunization against mumps is the best way to protect yourself and others from contracting mumps and its potential complications. Mumps-containing vaccine (MMRV or MMR) is available free-of-charge to Manitobans as part of Manitoba's Routine Immunization Schedule with the following eligibility criteria:

- All children 12 months of age or older are eligible to receive two (2) doses of MMRV vaccine. Doses are offered at 12 months and 4 to 6 years of age.
- Those born during or after 1985 are eligible for two (2) doses of MMR vaccine;
- Non-immune Manitobans born between 1970 and 1984 are eligible for one (1) dose of MMR vaccine;
- Non-immune health care workers, regardless of age, are eligible for two (2) doses of MMR vaccine; and,

- Non-immune students born before 1970 are eligible for one (1) dose; students born in 1970 or later are eligible for 2 doses of MMR vaccine.

Contact your health care provider to determine if you need to be immunized against mumps.

To reduce the spread of mumps, people should:

- wash their hands often with soap and water or use hand sanitizer if soap and water are not available;
- avoid sharing drinking glasses or eating utensils;
- cover coughs and sneezes with the forearm or a tissue; and,
- **STAY HOME** when sick.

What to do if you think you or your child(ren) have mumps

People who think they might have mumps, or have been in close contact with someone who has been diagnosed with mumps, should phone their health care provider or Health Links - Info Santé at 204-788-8200 or 1-888-315-9257 (toll-free) for more information.

If visiting a physician or health care provider, it is best to call ahead and make an appointment so health care staff can take steps to reduce the exposure of other people to the virus.

For more information about mumps, visit the MHSAL mumps disease webpage at:
www.gov.mb.ca/health/publichealth/diseases/mumps.html.

Sincerely,

“Original Signed By”

Richard Baydack, PhD
Director, Communicable Disease Control

“Original Signed By”

Richard Rusk, DVM, MD, CCFP, MPH
Medical Officer of Health, CDC



Santé, Aînés et Vie active

Direction de la vie active, de la population et de la santé publique

Lutte contre les maladies transmissibles

300, rue Carlton, 4^e étage, Winnipeg (Manitoba) R3B 3M9

Tél. : 204 788-6737 Téléc. : 204 948-2190

Site Web : www.gov.mb.ca/health/index.fr.html

Le 18 octobre 2017

À l'attention des parents et tuteurs

OBJET : Prévention des oreillons

Avec le début de la nouvelle année scolaire, les maladies, notamment les oreillons, peuvent se propager facilement chez les enfants et dans leur famille. Le Manitoba continue de voir les oreillons se manifester, 1 057 cas étant confirmés en date du 6 octobre 2017. Les oreillons touchent toutes les populations, y compris les enfants d'âge préscolaire et les enfants scolarisés.

Santé, Aînés et Vie active Manitoba (le ministère) souhaite s'assurer que tous les parents et tuteurs sont au courant de la situation, connaissent les symptômes des oreillons et peuvent les reconnaître, comprennent comment prévenir la propagation de cette maladie et savent quoi faire s'ils soupçonnent qu'un de leurs enfants, ou plusieurs d'entre eux, ont attrapé le virus des oreillons.

Une personne qui a le virus des oreillons peut le transmettre à d'autres personnes de deux à trois jours avant l'apparition des symptômes, et jusqu'à quatre à cinq jours après. Certaines personnes infectées par le virus des oreillons ne manifestent aucun symptôme de la maladie, mais elles peuvent quand même transmettre le virus aux autres.

Quels sont les signes et les symptômes des oreillons?

Les oreillons commencent souvent avec des symptômes ressemblant à ceux d'une grippe, y compris :

- des ganglions enflés et douloureux le long de la mâchoire, sur un côté du visage ou les deux;
- de la fièvre;
- des maux de tête et des douleurs musculaires.

Bien qu'il arrive parfois que les oreillons entraînent des complications rares, comme des pertes auditives et la stérilité, la plupart des cas sont bénins, avec un rétablissement complet au bout d'une à deux semaines.

Comment les oreillons se transmettent-ils?

Les oreillons se transmettent par contact direct avec la salive d'une personne infectée, notamment par la toux, les éternuements, le partage de boissons (par ex., de bouteilles d'eau, de pailles) et les baisers.

Une personne qui n'a aucun symptôme peut transmettre la maladie. On demandera aux personnes qui ont les oreillons de limiter leur contact avec d'autres personnes afin de réduire la possibilité de propager le virus.

Prévention des oreillons

La vaccination contre les oreillons est la meilleure façon de se protéger et de protéger les autres contre les oreillons et les complications qu'ils peuvent entraîner. Il est possible de se faire immuniser gratuitement contre les oreillons à l'aide d'un vaccin contenant le virus des oreillons (RROV ou RRO) dans le cadre du programme de vaccination systématique du Manitoba, selon les critères d'admissibilité suivants :

- Tous les enfants de 12 mois et plus peuvent recevoir 2 doses du vaccin RROV. Les doses sont administrées à 12 mois, puis entre 4 et 6 ans.

- Les personnes qui sont nées en 1985 ou après ont le droit de recevoir 2 doses du vaccin RRO.
- Les Manitobains nés entre 1970 et 1984 qui ne sont pas immunisés ont le droit de recevoir 1 dose du vaccin RRO.
- Les travailleurs de la santé qui ne sont pas immunisés ont le droit de recevoir 2 doses du vaccin RRO, quel que soit leur âge.
- Les étudiants nés avant 1970 qui ne sont pas immunisés ont le droit de recevoir 1 dose du vaccin RRO, et ceux qui sont nés en 1970 ou après, 2 doses.

Communiquez avec votre fournisseur de soins de santé pour savoir si vous devriez vous faire immuniser contre les oreillons.

Pour réduire les risques de propagation des oreillons, veuillez suivre les conseils suivants :

- lavez-vous les mains souvent avec de l'eau et du savon, ou avec un désinfectant pour les mains si vous n'avez pas accès à de l'eau et à du savon;
- n'utilisez pas le verre ou les ustensiles de cuisine d'une autre personne;
- couvrez votre bouche avec un mouchoir ou votre avant-bras lorsque vous toussiez ou éternuez;
- **RESTEZ À LA MAISON** si vous êtes malade.

Que devez-vous faire si vous pensez que l'un de vos enfants, ou plusieurs d'entre eux ont les oreillons?

Les personnes qui croient avoir les oreillons, ou qui ont eu des contacts étroits avec une autre personne chez qui on a diagnostiqué les oreillons, devraient téléphoner à leur fournisseur de soins de santé ou à Health Links — Info Santé, au 204 788-8200, ou sans frais au 1 888 315-9257 pour obtenir plus d'information.

Si vous consultez un médecin ou un fournisseur de soins de santé, il est préférable que vous appeliez à l'avance pour prendre rendez-vous afin que le personnel des soins de santé puisse prendre les mesures nécessaires pour réduire les risques d'exposition au virus des autres personnes présentes.

Pour plus de renseignements sur les oreillons, consultez la page Web du ministère sur les oreillons à : www.gov.mb.ca/health/publichealth/diseases/mumps.html.

Sincères salutations,

« *original signé par* »

Richard Baydack
Directeur, Lutte contre les maladies transmissibles

« *original signé par* »

Richard Rusk
Médecin hygiéniste, Lutte contre les maladies transmissibles



A Division of CHILD CARE AND EARLY EDUCATION

IN-SERVICE DAYS

Swimming, movie, indoor activities and a trip



**FRIDAY
NOV 24
SPRINGERS
GYMNASTICS**

**FRIDAY
NOV 10
ACADEMY
LANES**



Drop-off 0730-0900 hrs

Pick-up 1600-1715 hrs

With membership \$26.25 per day/per child

Without membership \$31.50 per day/per child



WFO31983.D07

2017 *Free!* Family **MOVIE NIGHTS**

BLDG 90 THEATRE

SUNDAY 19 NOVEMBER

Doors Open - 1500 hrs • Show Time - 1530 hrs



More **FREE** family movies to come!

POPCORN & SLUSHIES AVAILABLE FOR PURCHASE • \$1 EA.

Dr. John Walker will be joining us for an instalment of our Parenting Today series on Tuesday, November 21 at Jameswood School. Dr. Walker will share ideas about how best to support anxious children in a 90 minute, interactive session.

A supper of pizza and salad will be served starting at 6:00 PM; Dr. Walker's presentation begins at 6:30. Childcare is available during the event.

To register, parents can contact Debbie Neufeld at 204-885-1334.

Dr. John Walker is a Professor in the Department of Clinical Health Psychology at the University of Manitoba. Dr. Walker has a special interest in self-help approaches to treatment of anxiety disorders and has worked for many years supporting children and families affected by anxiety disorders. He was a founding board member of the Anxiety Disorders Association of Manitoba and has worked with them to develop self-help programs that provide assistance to individuals with anxiety disorders in a large region around Winnipeg.

Jeffrey Kerr
School Social Worker
Educational Support Services
St. James Assiniboia School Division
1 Braintree Crescent, Winnipeg, MB R3J 1C7
Telephone (204) 885-1334, ext. 2334
Fax (204) 885-7594
E-mail jkerr@sjsd.net