

Langruth Elementary School

Principal's Message

I wanted to express my appreciation for all the hard work that went into making our Christmas Concert a success. To all the students and staff, you did a fantastic job and should be proud of yourselves.

Thank you to everyone who volunteered their time to make our Christmas Dinner memorable. The food was delicious, and seeing everyone coming together to celebrate the festive season was wonderful.

I would like to thank all the families who supported our school at Bingo. Seeing so many people come together for a fun evening was truly amazing. Your support means a lot to us, and we appreciate it greatly.

As we move into the new year, I am excited about the upcoming events planned for January. We will participate in a curling clinic to allow our students to learn a new skill and have fun on the ice. We will also take a field trip to the Residential School Museum in Portage, which will be an educational and thought-provoking experience.

I look forward to seeing what the new year brings for our school.

Best regards,
Mr. Banyard

101 Helgason Ave. E.
Box 148
Langruth, Manitoba
R0H 0N0

Phone: 204-445-2001
Principal: Mr. Bill Banyard

Email: les@pcsdonline.ca
Administrative Assistant: Mrs. Candace Kennedy

Important Dates

January 8 -
Classes Resume

January 10 -
Curling Clinic for Grades 6-8

January 30 -
Residential School Field Trip
Grades 5-8

February 15 -
PCSD- Curling Bonspiel

February 22 -
Pink Shirt Day

February 23 -
Festival du Voyageur

January
2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1

2

3

4

5

6



= WMCI Day



=Hotdog Day (\$2 each)



=Curling Practice

7

8



9

10



11

12

13

Classes
Resume

Day 1

Day 2

Day 3

Day 4



Day 5

14

15

16



17

18



19

20

Day 6

Day 1

Day 2

Day 3

Taco in
a Bag Day
Day 4

21



22

23

24



25

26

27

Day 5

Day 6

Day 1



Day 2



Day 3



28



29

30

31

Residential
School Museum
Field Trip Gr. 5-8

Day 4

Day 5

Day 6



January

LANGRUTH ELEMENTARY SCHOOL

Get Ready for SKATING



The skating ice is almost ready at the Langruth Skating Rink. Students will be going over to the rink for skating as part of their Phys. Ed Class. Skating Days will be indicated on the school Calendar. All Students are required to have skates & a helmet. We do have some available at the school if needed. If your child requires either, please let your child's teacher know ASAP or return the bottom portion of this note indicating their needs as soon as possible. If you have any questions please call the school.

Student Name: _____

Needs a Helmet:

Needs Skates:

Has their own:

Healthy Living Community Update



5 Ways to Practice Winter Wellness

Adapted from Wilma Schroeder's blog post, 5 Ways to Practice Winter Wellness, Crisis and Trauma Institute

For many of us, winter can be a difficult time. Shorter days and colder temperatures can contribute to depression and social isolation as we hunker down at home.

Think about Winter Differently

How we think about things affects how we experience them. If we perceive winter as bad, this reinforces our unhappiness. A positive winter mindset is strongly correlated with well-being. Learn about the Danish concept of HYGGE!



Having routines and structure has been shown to have a strong benefit to mental health. "Winterize" routines you already have by skating instead of movies for family fun night, soup or stew get togethers instead of barbecues.

Establish Routines

Connect Socially

Bundle up and go for a walk with a friend in person or take them along virtually. Put away the screens and get out the cards and board games. Make relationships a priority.

IT'S OKAY
to not be
OKAY



If you are having a tough day, acknowledge it, and give yourself some comfort.

Validate your Feelings and Needs

Move your Body

If you are able, invest in some warm boots and clothes and get outdoors. If outdoor activities are fun for you, the cold will not be such a deterrent. Play outside in the snow.

[Read the full blog post here](#)



✉ Questions? Contact your Healthy Living Facilitator



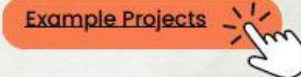
The National Centre for Truth and Reconciliation (NCTR) is inviting youth across the nation to Imagine a Canada through the lens of Reconciliation!

Youth from Kindergarten to Grade 12 and CÉGEP are invited to participate by submitting artwork, essays, videos, and music, as well as plans for community events, gatherings, workshops, permanent installations, and more... The sky is the limit!



Imagine Canada is encouraging dedicated teachers, mentors, parents, and guardians such as yourself to challenge youth to think outside of the box to Imagine a Canada reconciled:

- up to 12 pieces from the art and essay stream will be selected to be featured in a special artbook and
- up to 15 projects will receive grant funding (up to \$1500) to make their projects happen.



The application for the art and essay stream can be found [here](#), and the application for the project stream can be found [here](#).

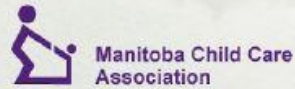
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Supporting Risky Play

Injury prevention plays an important role in keeping children safe. However, imposing too many restrictions on children's play can hinder their health, development, and well-being.

This evening, geared towards parents, will explore key concepts and build confidence in supporting outdoor risky play with your children!

[REGISTER HERE](#)



THURSDAY
FEBRUARY 8, 2024

7:00 PM - 8:30 PM
DOORS OPEN 6:30PM

\$20.00 PER PERSON

VICTORIA INN HOTEL
1808 WELLINGTON AVE

Healthy Child Coalition

The Healthy Child Coalition is planning to offer 2 facilitator trainings in the new year:



1/2 Days February 5-7, 2024
Via MS Teams 12:30-3:30pm

Thursday, February 22, 2024
via Zoom 1:00-3:00pm



Please contact jwaite@southernhealth.ca for details and to register.

Women's Health Clinic Workshops

Women's Health Clinic offers a variety of in-person and virtual workshops for both community members and professionals. Sample topics include body image, perfectionism, men+eating disorders, and more. Check out their winter line up ->

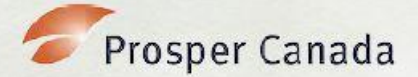
[CLICK HERE](#)



Questions? Contact your Healthy Living Facilitator

Bridge to Benefits: A new tool for social service organizations

This new online tool, developed in both English and French, provides social service organizations with information and resources on how to provide access to benefits services to people living on low incomes.



Organizations play a vital role in providing community members with access to benefits. Tax clinics, homeless shelters, food banks, health centres and others can all do their part to provide these services.

Helping community members access the benefits they are eligible for can increase their income, improve their financial well-being and quality of life, and improve other life stabilization outcomes such as food security, housing security, and mental health.

This tool aligns well with our other access to benefits tools, the Benefits Wayfinder and the Disability Benefits Compass. These two tools provide information for both frontline service providers as well as community members seeking support in accessing benefits.

The Bridge to Benefits tool differs as its intended audience is managers and organizations seeking to offer or expand their access to benefits services. As a suite, these tools can all play a part in helping people living on low-incomes to access benefits, which can increase household income and help people and families to achieve a better quality of life.

[MORE INFO](#)

Manitoba Community Event-Based STBBI Testing Toolkit



The Collective Impact Network has released the Second Edition of the Manitoba Community Event-Based STBBI Testing Toolkit!

This Toolkit is a free resource for community-based organizations, peer groups, and event organizers who are not healthcare professionals but want to increase access to STBBI testing in their communities. If you're a healthcare provider who wants to partner with the community this Toolkit has lots to offer you, too!

[LEARN MORE](#)

Questions? Contact your Healthy Living Facilitator

New Canada Dental Care Plan

Government of Canada announced the implementation of the new Canadian Dental Care Plan, as of December 18, 2023.

The Canadian Dental Care Plan (CDCP) aims at reducing the costs of dental care for Canadian residents who have a family net income of less than \$90,000 per year. The implementation will follow a phased-in approach. Applications have opened for seniors first in December 2023. Persons with disabilities and children under 18 will be invited to apply in Spring 2024. The program will then expand to all eligible Canadian residents as of 2025.



To be eligible for the CDCP, people need to:

- Be a Canadian resident for tax purposes;
 - Have filed their taxes;
- Have an adjusted family net income of less than \$90,000 per year; and,
- Not have access to private or employer/pension sponsored dental coverage.



Service Canada, through their Community Outreach and Liaison Service (COLS) can provide the following to you & your clients:

Information sessions (virtual or in person):

- o Customized presentations for your organization's staff/volunteers to provide them with information on the CDCP, including eligibility criteria, and on Service Canada programs and benefits, and how to access them.
- o Tailored presentations for your clients, to provide them with information on the CDCP and on Government of Canada programs, services, and benefits that they may be eligible for, and how to access them.

Application intake clinics (virtual or in person):

- o Transactional clinics to assist clients with completing the steps required to access the CDCP.

If you have any questions, would like more information please reach out to Vicky Williams with Service Canada at vicky.williams@servicecanada.gc.ca or 431-338-1533



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Grant Opportunities

TD Friends of the Environment Foundation Grant

TD Foundation supports a wide range of environmental initiatives, with a primary focus on environmental education and green space programs.

Organizations eligible to receive funding:

- Registered Canadian Charities
- Educational Institutions
- Municipalities
- Indigenous Groups/Communities

Eligible projects include:

- Community Gardens
- Environmental Education Projects
- Outdoor Classrooms and Nature Play
- Tree Planting and Urban Greening Projects

All grant applications must be submitted online.
Submission deadline: January 15th

[MORE INFO](#)



Indigenous Leadership Fund

Recognizing the unique rights, interests, and circumstances of First Nations, Inuit, and Métis governments, communities, and organizations, the Indigenous Leadership Fund will support projects that:

- are Indigenous-owned and led
- advance Indigenous climate leadership
- support the self-determined climate, social, and economic priorities of Indigenous peoples

There is no deadline to apply.

Applications will be reviewed on an ongoing basis until available funding is allocated.

Call for proposals for the First Nations funding stream will be open
October 30, 2023 to March 31, 2027.

[MORE INFO](#)

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