

# Langruth Elementary School

101 Helgason Ave. E. - Box 148

Langruth, Manitoba

ROH 0N0

Phone: 204-445-2001

Email: les@pcsdonline.ca

## Upcoming Events

March 7

- Wellness Fair @ 4:00-6:00

March 13

-Basketball Divisionals-  
(MES & AES)

March 18

-Admin. Day- No School -

March 19

-Winter Field Trip-

March 20

-Free Paint Night at LES-

March 22

-Last Day of Classes-

March 25 - 29

-Spring Break-

April 1

-Classes Resume-

April 4

-Parent Teacher (Evening)-

April 5

-No School-

Parent Teacher (AM)

April 16 - 18

-Gladstone Speech Arts Festival-

April 19

-No School-

April 24-25

-Gladstone Music & Arts Band Festival-

April 26

-Divisional Badminton-

## Principal's Message

February was a month full of exciting events at our school. We celebrated "I Love to Read Month" and held our annual "Book Wars" competition, which the students participated in enthusiastically. I proudly announce that "The Giving Tree" by Shel Silverstein won the 2024 Book Wars. I also would like to take this opportunity to thank all of our guest readers, which included Sandra Meilleur, MLA Jodie Byram, Kathy Davidson, Terry Dumelie, Phyllis & Philip Thordarson, and for Manitoba Premier Wab Kinew for inviting us to watch a livestream read aloud. Also, thank you to the student council for organizing the fun spirit days and Valentine's Day Candy Grams.

Our grade 6-8 students enjoyed exploring French-Canadian culture at the Festival du Voyageur. Congratulations to Ty, Ben, Kelson, Rylee, Alex, Jared, Kylie, and Amy-Anna for representing our school at Divisional Curling and making us proud with their exceptional performance.

As we move into March, I wish our basketball teams the best of luck as they compete in the Divisional Basketball Tournament on March 13 in MacGregor and Austin.

I also invite our families to join us at the Wellness Fair on March 7 from 4 PM to 6 PM for a fun family outing at LES. Additionally, there will be a free paint night at LES on March 20. Please register by calling the school at 204-445-2001. Lastly, we are excited about our Winter Field Trip on March 19 and Spirit Week during the last week of March.

I hope everyone has a great month ahead!

Mr. Banyard



## Winter Field Trip

On Tuesday, March 19, 2024 students will be travelling by school bus to Winnipeg to attend a Manitoba Moose Game. After the game they will be visiting the Manitoba Museum where they will be doing some self guided tours and taking part in different workshops.

Thank you to the Langruth Elementary School Parent Advisory Council who have made a donation to the school that will cover the cost of the Manitoba Moose Game as well as lunch for all of the students. The Manitoba Museum cost will also be covered thanks to a grant that we received.

Permission slips with more information will be going home shortly with all students. The day should be a fun and educational experience for all students!

Langruth Elementary School would like to remind you about the importance of student attendance. Research shows that regular attendance leads to better academic achievement and success. When students miss school, they not only miss important lessons and activities but also fall behind their peers, which can affect their confidence and motivation to learn. We understand that sometimes students may need to miss school due to illness or other unavoidable circumstances, but we urge you to prioritize their attendance as much as possible. We appreciate your support in ensuring that our students have the best possible chance to succeed.



We need your HELP!

If you are looking for casual work, please visit the  
Pine Creek School Division Website at

<https://www.pinecreeksd.mb.ca/employment/employment>

Fill out the applicable application forms to be added to our list of  
substitutes.

If you need assistance or would like us to print the forms out for  
you, please contact the school and we would be happy to help!



INTERNAL/ EXTERNAL POSTING

December 15, 2023



## PINE CREEK SCHOOL DIVISION Employment Opportunity – Permanent Music Teacher

**Position:** Music Teacher (Permanent Position)

**School:** Langruth Elementary School, Plumas Elementary School, Gladstone Elementary School

**Assignment:** 1.00 FTE

**Start Date:** January 2024

**Candidates will be selected for interviews based on the following:**

- Valid Manitoba Teaching Certificate.
- A degree in music education is an asset.
- Post Baccalaureate Degree is an asset; or working towards a degree
- Previous experience working in an environment with students with learning and behavior needs.
- Demonstrated ability to work independently and as part of a team.

**Skills and Abilities:**

- Ability to provide knowledge of the music program
- Excellent organizational and classroom management skills
- Knowledge in the use of technology in the classroom
- Ability to work independently and as part of a team
- Experience working with students with unique needs
- Team player committed to the certainty that all students can learn
- Engaging and energetic teaching style
- School and community involvement

First Aid, Child CPR and Non-Violent Crisis Intervention training are an asset.

Any questions should be directed to the Superintendent, Sandra Meilleur (204) 385-6110.

**Posting will remain open until filled.**

Interested candidates are to submit a cover letter and resume, along with three (3) references by email to:

Human Resources  
Pine Creek School Division  
Box 420 Gladstone, MB R0J 0T0  
Email: [hr@pcsdonline.ca](mailto:hr@pcsdonline.ca)

*Note: We thank all applicants for their interest. However, only those selected for an interview will be contacted. All persons hired by Pine Creek School Division are subject to the completion of satisfactory Child Abuse Registry and Criminal Records Checks conducted at the cost of the prospective employee. Respect in Schools Certification is also a requirement prior to starting employment.*



Mental health in children and youth can be impacted greatly by how a child sees themselves. There are many ways to help increase your child's self esteem and promote confidence. Some examples include:

1. Encouragement to try new things. Try and try again.
2. Practice gratitude - this can include helping out those in need, donating old toys or clothes, or a random act of kindness.
3. Praise efforts but do not over praise. This can lead to disappointment over time.
4. Allow your child to take risks, make choices and finish what they start. They may fail but this will help them navigate tough moments in life.
5. Limit social media and device time. Social media has been linked to mental health decline in children and youth.
6. Encourage positive self talk in your child. Change a negative thought to a positive eg: I can't do that YET. Embrace and validate your child's interests and goals.
7. Ask your child questions that are open ended and non judgemental. Allow them to be honest with you about how they are feeling.
8. Your child may have a hard time opening up to you in a face to face situation. Try going for a walk or a drive with your child so you are side by side in a less intimidating environment.
9. Encourage them to help around the home to build confidence in daily tasks that give them a sense of belonging.
10. Boast about your child so they hear you talking positively about them. Indirect praise for efforts or character traits such as kindness or sharing well with others can significantly boost confidence in your child.
11. Lastly, remind your child they are loved no matter what. There will be times they feel low self worth, but with love and support they will learn to manage and grow through these challenging moments in life.

LES Community Wellness Fair on March 7 from 4:00 – 6:00 PM at the school. The event is open to students and their families. We kindly request that families inform the school if they plan to attend so we can arrange the food required accordingly. We look forward to seeing everyone on March 7!



A poster for a 'Family Wellness Event at LES' on March 7th, 2024. The background is light blue with colorful balloons. The text is arranged in a grid-like format with decorative stars. The text includes: 'Family Wellness Event at LES', 'MARCH 7TH, 2024', 'FREE Event', 'ESCAPE ROOM GAMES CRAFTS', 'TIME: 4:00 - 6:00', 'Great Prizes for all ages LOTS OF FREE DRAWS', 'FREE SNACKS AND REFRESHMENTS', 'INTERNET SAFETY RECREATION PARENTING RESOURCES SLEEP HYGIENE HEALTH &amp; WELLNESS', 'HEART HEALTH CANCER CARE HEALTHY LIFESTYLE MANY MORE', 'DISPLAYS WITH MANY FREE RESOURCES, LEARN ABOUT RECREATION OPPORTUNITIES IN THE AREA', 'Everyone Welcome WE ENCOURAGE ALL FAMILIES TO ATTEND THIS FREE EVENT AT LANGRUTH ELEMENTARY'. A yellow star is at the bottom left.

# Langruth Elementary School



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>March</h1>					<u>1</u> Pancake Breakfast Day 3	<u>2</u>
					<u>3</u>	<u>4</u> Day 4
<u>10</u>	<u>11</u> Day 3	<u>12</u> Day 4	<u>13</u> Divisional Basketball Day 5	<u>14</u> Day 6	<u>15</u> Wear Green! Day 1	<u>16</u>
<u>17</u>  ST. PATRICK'S DAY	<u>18</u> No School	<u>19</u> Winter Field Trip Day 2	<u>20</u> Dress as your Favourite Cartoon Character Free Paint Night at 7PM Day 3	<u>21</u> Wear Black Day! Day 4	<u>22</u> PJ Day! Taco In A Bag Day Day 5	<u>23</u> 
<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>
<b>Spring Break - March 25 -29 (classes Resume April 1)</b>						