



School District of Mystery Lake

# WESTWOOD ELEMENTARY

## Westwood Word

September 2019

Attendance - 95.6%

### Contact Information:

46 Mallard Crescent  
Thompson, Manitoba  
R8N 0X9

Phone: 204-677-6190  
Fax: 204-677-3660

E-mail: [westsec@mysterynet.mb.ca](mailto:westsec@mysterynet.mb.ca)

Parent Connect:

<https://webserver.mysterynet.mb.ca/schoolconnect/ParentSignone.aspx>

### Upcoming Events:

- Oct. 2 – Farm 2 School pick-up (3:30-4pm)
- Oct. 16 – Gr. 6 & 8 Immunizations
- Oct. 22 – Gr. 1-5 Sock-Hop (3:30-4:30) & Gr. 6-8 Dance (6:30-8)
- Oct. 24 & 25 – NO SCHOOL (MTS PD Days)
- Oct. 31 – HAPPY HALLOWEEN



### In and Around Westwood School:

- Welcome back Zoe Bettess (Gr. ¾) and to our new staff: Misty MacDonald (K-4 Resource), Kevin Mason (K-6 P.E.), Natalie Pegus (K-3 Music), Katrina Barclay (Gr. 8), Nikki Mepham (Gr. 1), Nora Agustin (E.A.)
- Thank you to all who came out for our Meet the Teacher Evening.
- Gr. 1 & 3 Celebrated Dot Day
- Thank you to all for making sure Strong Beginnings Assessments were a success.
- Both Gr. 5 classes attended Fall Camp for Indigenous Learning at Mile 20.
- Junior High Volleyball is underway.
- Another successful Farm 2 School Fundraiser, raising \$1985 for our school. All proceeds go toward supporting student activities within and around the school.
- We collected \$440 for the Terry Fox Foundation.
- Staff and students enjoyed milk and pancakes during our 3<sup>rd</sup> annual Pancake Party. A big thank you to Mrs. Henderson, SDML Superintendent of Educational Services and Programming, Const. Rob Cleveland, RCMP School Liaison and our WW team of specialists for cooking and kitchen support.
- Observed Orange Shirt Day with numerous activities throughout the school.

### Back to School Snacks!

Snacks are an important part of children's lives. They have small stomachs and need extra energy to grow and be active.

Here are some snack ideas:

**VEGETABLES AND FRUIT:**

Fresh or frozen fruit, applesauce, dried fruit, veggies and dip

**WHOLE GRAINS:**

Triscuits, whole-wheat pita, Cheerios, Mini-Wheats, plain popcorn

**PROTEIN:**

Yogurt, cheese strings, hard-boiled egg, Wowbutter

For more information on healthy snacks, please visit Health Canada's website at

<https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-snacks/>

*To catch a glimpse of what has been happening in and around WW, check out our School Blog at:*

<http://bit.ly/WWSchool>

Westwood School would welcome the involvement of a parent council, as we did not have representation this past school year. If interested, please feel free to relay your interest via the contact information above. Your involvement and support will be greatly appreciated.

**Have plenty of  
vegetables and fruits**

**Eat protein foods**

**Make water  
your drink  
of choice**



**Choose  
whole grain  
foods**