



GENERAL BYNG SCHOOL
1250 Beaumont Street
Winnipeg, MB R3T 0L8
Phone: 452-3040 Fax: 284-9287
General Byng Web Page—
<http://www.pembinatrails.ca/byng>

December
2009
Newsletter



Dear Families:

We held three assemblies in November - our Remembrance Day Assembly, a kick off to our Healthy Choices - Healthy Futures Conference and a United Way assembly. The Remembrance Day Assembly was student-centered and was well received; our grade 7-9 students left their conference with thought provoking information regarding making healthy choices; our students raised over \$700 through the "Tattoo Mr. Tamblyn" campaign - Thank you to all who organized and participated in the assemblies.

Congratulations to all volleyball players and coaches for their efforts during the volleyball season. We wish our basketball teams well as they begin their practices.

Tri-Conferences will be held on December 10th and 11th - check the school webpage and make every effort to register for your child(ren)'s conference(s). Please stay in contact with your child(ren)'s teachers, (email, wiki, phone) regarding your child(ren)'s academic progress as the mid-year report card will be sent home on Feb 5th.

Thank-you to those parents who use the back lane to drop off your child(ren). Respecting the one-way (East to West) flow, being patient with others, and starting the day with a positive attitude appropriately models and supports all students in learning to be responsible and respectful individuals.

We look forward to seeing you at the conferences, the K-6 Concert on Dec 17th, and other events prior to the winter break. On behalf of the entire General Byng staff, we thank you for your ongoing support and wish all of you the very best during the holiday season.

Sincerely,
Mr. Darren Juby
Principal

Mrs. G. Walker
Vice-Principal



Our United Way Campaign

We had an extremely successful United Way Campaign. In previous years, the campaign had been solely directed towards the staff. This year, we decided to include the students in the campaign. Mr. Tamblyn, a middle years educational assistant, played a huge role in getting many, many students to donate to the United Way. Mr. Tamblyn agreed that he would cover his body in temporary United Way tattoos. The more money raised would result in more tattoos being applied to his body. The staff and students were able to purchase a temporary tattoo for \$1. Our goal was to raise \$300 for "TATTOO TAMBLYN". Yes, that would result in 300 tattoos being applied all over Mr. Tamblyn's body! We raised well over \$300. On Monday, November 23rd, everyone gathered in the gym to see him and he was covered from head to toe in temporary tattoos! A big shout out to Mr. Tamblyn and to the generosity of the staff and students!



Enrichment News

The Grade 7-9 students were involved in our Healthy Choices... Healthy Futures conference here at the school on November 20. We kicked the morning off with a whole school assembly. Students were entertained by an inspirational speaker, Mrs. Allison Stefanyshyn, who is slated to be an Olympic torch bearer when it comes to Manitoba. Grade 7-9 students then had the opportunity to listen to over 20 speakers in breakout sessions. They presented on topics like gambling, smoking, drugs and alcohol, drinking and driving, body image, internet safety and the Grade 9 students listened to a presentation from a mother and daughter who shared their personal story about how drugs had affected their family. The students enjoyed a nutrition break of water and cookies (prepared by our Grade 9 foods classes) in the morning and yogurt in the afternoon. Based on the feedback we received from students, they enjoyed the presentations and took away a lot of information that would assist them in making healthy choices in the future.

Operation-Mitten Tree



We will be having another mitten tree this year in the front hall and are asking for your donations. All colours and sizes.... scarves, toques and of course our wonderful mittens (homemade or bought) are welcome. We will distribute them as needed and the remaining mittens will then be taken to a needy organization. Happy Holidays and thank you in advance for your help once again this year.

GUIDANCE NEWS

On Oct. 26, all grades received an anti-bullying presentation called the "POWER OF ONE". The presentation used skits showing different bullying scenarios. The main message was not to be a bystander, and that everyone has the Power of One, the power to stop bullying by reporting it when they see it. The presenters had the students take the Power of One oath:

- I will not bully others
- I will not stand by while others are bullied
- I will report bullying whenever I see it
- Because I have the Power of One.

Oath boards were left by the presenters so classroom teachers could have their students sign them. Following the presentation, each class had a follow up discussion, highlighting and expanding on the key points of the presentation.

On Nov. 26, 16 grade 8 student attended "Techno Trades" at the Winnipeg Technical College. This was an opportunity for students to spend time experiencing a specific trade of their choice, in preparation for career decision making.

On a more personal note, if you have any concerns regarding your child's social/emotional well-being, please do not hesitate to call me. I would be happy to set up a time to meet with you in person, or to speak over the phone.

Mrs. L. Rappaport

From the Gym:

Congratulations to all the grade 5-9 volleyball team members! All teams were very successful this season. We would like to thank all the athletes and coaches for their hard work and dedication.

Basketball is just around the corner! Practices for the grades 7-9 basketball teams are starting soon. Please check the website for a December schedule. Please be reminded that it is subject to change. Athletes should always check the white board outside the office for the most current schedule.

The track team is in full swing and working hard in practice. The team is working toward a great season with highlights that include some indoor and outdoor competitions.

Mrs. Wolfe and Mrs. Pescitelli



Food for Thought



News from the Foods lab

Ms. B McCann

With the holidays around the corner, the grade nine cooks in the foods lab kitchen have been designing gourmet gingerbread houses. Once completed, they will be on display during the tri-conferences. The new grade seven students discovered how to work the ovens and set their tables. They enjoyed making the Banana Chocolate Chip Muffins. The grade eight students practiced accurate measuring skills when they baked Buttermilk scones with strawberry butter.

Christmas cooking is one of those great traditions that brings the family and close friends together. By cooking up a great feast, you're giving your loved ones a wonderful present that will be remembered for years to come.

If you cook together with your family, it can also create special bonds - parents and children, aunt, uncles and cousins, grandmas and grandchildren - don't underestimate Christmas cooking. Playing festive music while you cook with your children really sets the mood, and they'll always remember baking cookies when they hear holiday favourites each year.

Brown Sugar Cookies

500 ml sifted flour, less if possible

7 mls baking powder

1ml salt

125 ml butter

125 ml brown sugar, packed

1 egg

15 tablespoon cream

7 ml teaspoons vanilla

coloured sugar, for decorating

Sift together 250 ml flour, baking powder, and salt. Beat together butter and sugar until light and fluffy. Beat in egg, vanilla, and cream. Stir the flour mixture into the butter mixture, then add enough of the remaining 250 ml flour to make the dough stiff enough to roll. Wrap in plastic wrap and chill several hours. Preheat oven to 375 F. Place on a lightly floured cutting board and roll to 1/8" thickness. Use floured cookie cutter to cut into shapes. Place on an ungreased baking sheet, sprinkle with coloured sugar. Bake 8 minutes.

The Parent Advisory Council is collecting Campbell's soup labels for points again this year. Please drop off labels in the box in the elementary hallway or at the office.

Video Games - How Violent Is Violent?

Miles A. Kowall Ph.D. & Ang Broadfoot M.Sc.

With Christmas fast approaching, for many children “visions of sugar plums dancing” have been replaced with visions of new video games. The latest video games may be on their wish lists. How does a parent decide which video games are appropriate?

In the last article prepared for school newsletters, the authors wrote about the effects of violent video games on children’s ability to empathize (the ability to see, understand, and accept other people’s views especially if it doesn’t agree with our own) and the increased risk in carrying out future aggressive acts. This future aggression has been found in North American cultures and also Asian societies such as Japan. As a result of this increase in research on the effects of violent video games, the American Academy of Paediatrics is expected to issue a statement in the near future recognizing violence in media as a ‘significant health risk to children and adolescents.’ They recommend limiting screen time including television, computers, and video games to one to two hours per day. Parents have the responsibility of deciding whether this amount of time is even reasonable. Certainly no researcher would argue for an increased amount of time playing and/or watching violent and aggressive games and images.

It should be noted that the research does not say that watching images or playing games with violent content will lead a child to become a school shooter or bully, but that other factors must be considered. According to recent research (2007), “We now have conclusive evidence that playing violent video games has harmful effects on children and adolescents.” One of the effects is that the normal connection between violent actions and understanding what is right or wrong is missing.

So, how can parents be sure of the type of content in video games? In 1994 the United States established the Entertainment Software Rating Board (ESRB). The ESRB is a non-profit, self-regulatory organization which focuses on providing ratings for video games. It also provides specific information as to how the rating was given. Canada has partnered with the ESRB and uses the same rating system.

The following is a list of the ratings provided by the ESRB which can be found on the **front** of the game box:

- EC** Early Childhood, for ages 3 and older
- E** Everyone, for ages 6 and older
- E+10** Everyone 10+ for ages 10 and older
- T** Teen for ages 13 and older
- M** Mature for ages 17 and older
- AO** Adults Only for ages 18 and older
- RP** Rating Pending (submitted to ESRB and is awaiting rating)

It is important to recognize that these ratings are somewhat unclear and vague. The ESRB also provides content descriptors on the **back** of the game box which attempts to provide more detail to the type of game described by the overall rating system.

The following is a list of content descriptors which needs to be read and may help to decide if the particular video game is suitable for a particular age group.

-
- **Alcohol Reference** - Reference to and/or images of alcoholic beverages
 - **Animated Blood** - Cartoon or pixilated depictions of blood
 - **Blood** - Depictions of blood
 - **Blood and Gore** - Depictions of blood or the mutilation of body parts
 - **Cartoon Violence** - Violent actions involving cartoon-like characters. May include violence where a character is u the action has been inflicted
 - **Comic Mischief** - Scenes depicting slapstick or gross vulgar humour
 - **Crude Humour** - Moderately vulgar antics, including bathroom humour
 - **Drug Reference** - Reference to and/or images of illegal drugs
 - **Edutainment** - Content of product provides user with specific skills development or reinforcement learning within ment setting. Skill development is an integral part of product
 - **Fantasy Violence**- Violent actions of a fantasy nature, involving human or non-human characters in situations ea able from real life
 - **Real Gambling**- Betting like behaviour
 - **Informational** - Overall content of product contains data, facts, resource information, reference materials or inst
 - **Intense Violence** - Graphic and realistic-looking depictions of physical conflict. May involve extreme and/or reali weapons, and depictions of human injury and death
 - **Mature Humour** - Vulgar and/or crude jokes and antics including "bathroom" humour
 - **Mature Sexual Themes** - Provocative material, possibly including partial nudity
 - **Language** - Mild references to profanity, sexuality, violence, alcohol, or drug use
 - **Lyrics** - Mild references to profanity, sexuality, violence, alcohol, or drug use in music
 - **Mild Violence** - Mild scenes depicting characters in unsafe and/or violent situations
 - **Nudity** - Graphic or prolonged depictions of nudity
 - **Partial Nudity**- Brief and mild depictions of nudity
 - **Sexual Violence** - Depictions of rape or other sexual acts
 - **Some Adult Assistance May Be Needed** - Early Childhood Descriptor only
 - **Strong Language**- Profanity and explicit references to sexuality, violence, alcohol, or drug use
 - **Strong Lyrics** - Profanity and explicit references to sex, violence, alcohol, or drug use in music
 - **Strong Sexual Content**- Graphic depiction of sexual behaviour, possibly including nudity
 - **Suggestive Themes** - Mild provocative references or materials
 - **Tobacco Reference** - Reference to and/or images of tobacco products
 - **Use of Drugs** - The consumption or use of illegal drugs
 - **Use of Alcohol** - The consumption of alcoholic beverages
 - **Use of Tobacco** - The consumption of tobacco products
 - **Violence** - Scenes involving aggressive conflict

As parents, it is important to note that the ESRB ratings can vary widely, making it necessary to read the game details before allowing a child or young adolescent to rent or purchase a particular video game.

In Manitoba, a law was passed in 2005 which states that any retailer who sells or rents a video game marked Adults Only to anyone under the age of 18 can be subject to a fine of \$5,000.00. While the retailer is obligated to check personal identification if they are unsure if an individual meets the age requirement for games rated M (mature) and AO (adults only), it is still the parents' responsibility to monitor regularly what the child/adolescent is watching or playing. Parents must make the effort to check to see what games their child plays, what computer sites he frequents and what television programs he watches.

We recognize that some parents are under a lot of pressure from their child, as well as the media, to buy some of these violent games. We feel that it is not in the child's best interest to be completely in control of his entertainment choices as these are usually made based on what is popular, peer pressure, and media advertising. As parents, the following suggestions may be helpful:

- Remind your child you are the parent, not his friend or buddy. The final decision of what to rent/buy/play is **yours**.
- Talk about your family values and why you do not want your child exposed to the content presented in some games.
- Talk to your child about the inappropriateness of using violence to solve problems.
- Talk to other parents about the content of games which may be unfamiliar to you, especially if your child is playing games at a friend's house
- Learn what ESRB ratings and content descriptors mean
- Talk to store clerks about the appropriateness of the game based on your child's age
- View YouTube videos to preview games your child is interested in
- Regularly monitor what your child is playing and watching
- Limit the amount of time your child spends playing video games
- Do not be afraid to turn the game off or remove the privilege of playing games as a consequence for unacceptable behaviour (e.g. unfinished homework, non-compliance)

For many children and adolescents, video games may be a primary source of entertainment. Many children own videogame systems or have been exposed to them through friends. It is almost impossible and generally unrealistic for parents to prevent their child from being exposed to video games. As such, it is critical parents have an understanding of what their child wants to play and is currently playing at home and with friends. Parents need to make informed decisions regarding the appropriateness of a particular game based on knowledge of its potential effects, understanding of game ratings and the content of the game, as well as their own family values. The following websites may be helpful in making some of those decisions and increasing one's own understanding of video game ratings/content.

Websites:

<http://www.apple.com/ca/games/gettingstarted/esrb.html>

<http://www.canada.com> "Ideas on how to shop for family friendly video games"

<http://esrb.org>

<http://youtube.com>

Patrol News

The patrols continue to do a great job and the unseasonably warm weather has certainly helped the teams. We have awarded our Patrols of the Week for the month of November. Congratulations to James Lane, Danica Lepine, Leslie Fiske and Katrina D'Amico. Thank you to all parents/guardians of patrols who assist them with on being on time and dressing appropriately for their time on post.

Milk Program

The milk program is running smoothly and Mrs. Zdriluk would like to thank Alyssa Mario and Leslie Fiske for contributing to this by delivering the milk to the students promptly and conscientiously at lunchtime.

Elementary Music



Our **Christmas Season Concert** will be held this year on **Thursday, Dec. 17, 7:00pm** in the gym. There will be a dress rehearsal in the morning of the 17th at 9:00 a.m. for parents/guardians or relatives who are not able to attend the evening performance. Students have been working very hard in preparation for this event and we are excited to share this experience with as many families as possible.

Ms. O. Panchyshyn

From the Band Room:

Several Grade 8 band students will be going to the Millenium Library on Thursday, December 17th. These students are currently preparing for this during Day 5 lunch breaks.

On behalf of all the band students at General Byng, we would like to invite you to our first concert of the year, which will take place in the gym on **Tuesday, February 9th, 2010 at 7:00 p.m.** Come and enjoy all the band performances from grade 7, 8 and 9 Concert Bands and the Jazz Bands. A silver collection will be taken at the door, with proceeds going towards band scholarships and other band related activities.

We are taking orders for the band shirts right now. An order form has been sent home with grade 7 students and those students in grades 8 and 9 that haven't purchased a shirt in previous years. These shirts, which feature a General Byng band logo designed by a former student, are worn for all band concerts and performances. The price of the shirts is \$16.00 (please make cheques out to General Byng School). We hope as many students as possible will support this endeavour, with proceeds going towards band scholarships and activities. Students and parents should note that they will not be able to acquire a band shirt after the December 4th deadline.

A cartoon illustration of a person in a white shirt and black pants playing a large drum.



A Page from the Library

601....602....603....new books processed! The library continues to process at an alarming rate the new books purchased last year.....only a thousandish to go..... New on the shelves are *Minerva the Monster*, *Woolbur*, *The Recess Queen*, *For the Love of Autumn*, *Give a Goat and Let's Take Care of Our New Rabbit* to name but a few for the younger crowd.... *Knights and Castles*, *Snowboarding in Action*, *Ninja*, *Pirate Treasure*, *Always Looking Up* (Michael J. Fox) *Hotel for Dogs*, *Heaven Looks a lot like the Mall*, *M is for Magic* and *Nobody's Princess* to name but a few.

Lemony Snicket has a Christmas book out titled, *The Lump of Coal*..... wherein "miracles can happen, even to those who are small, flammable, and dressed all in black." On a warmer note, we've also added the endearing sequel to *Stargirl*.... *Love*. Also in the warm your heart (or toes as may be necessary) section, we have added *Cures for Heartbreak*, *Cookies : Bite-Size Life Lessons*, *Hug Time* and *Henry and Mudge and the Great Grandpas*.

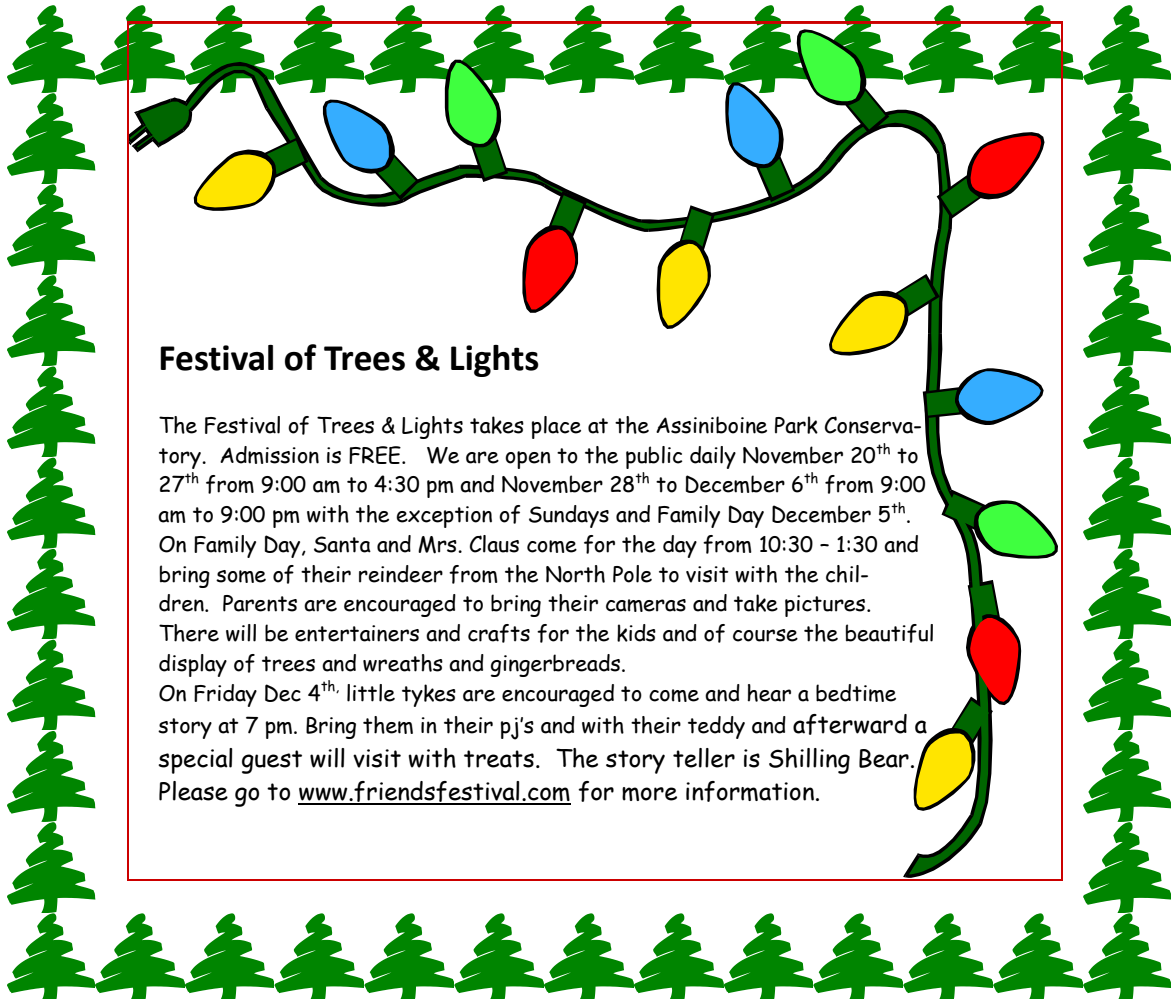
A reminder that books may be signed out over the Christmas break by the grade 3 - 9's. Because it is a rather long period of time with much going on, we will be collecting the books from K - gr. 2.

Got a book? Talk to Santa.

Ms. J. Davies - Teacher Librarian
Miss M. Rondeau - Library Technician



Community News



Festival of Trees & Lights

The Festival of Trees & Lights takes place at the Assiniboine Park Conservatory. Admission is FREE. We are open to the public daily November 20th to 27th from 9:00 am to 4:30 pm and November 28th to December 6th from 9:00 am to 9:00 pm with the exception of Sundays and Family Day December 5th.

On Family Day, Santa and Mrs. Claus come for the day from 10:30 - 1:30 and bring some of their reindeer from the North Pole to visit with the children. Parents are encouraged to bring their cameras and take pictures.

There will be entertainers and crafts for the kids and of course the beautiful display of trees and wreaths and gingerbreads.

On Friday Dec 4th, little tykes are encouraged to come and hear a bedtime story at 7 pm. Bring them in their pj's and with their teddy and afterward a special guest will visit with treats. The story teller is Shilling Bear.

Please go to www.friendsfestival.com for more information.

Victoria Community Centre
80 Derek St.

Upcoming Events:

Our **Visit with Santa** party will be on Sunday December 6, 2009 this year. It will run from 2:00 until 4:30. Children attending will be able to make a Christmas craft, have a hot meal and receive a gift from Santa. If you are interested in reserving a spot, please call Jodie @ 475-5670. Tickets are \$5.00.

The Little Years School is still accepting applications for the 2009-2010 school year (we currently have spaces available in the 3-year old a.m. and p.m. programs). We are located at 20 Donnelly Street, close to Pembina, McGillivray, and Waverley. We are an early education program for children ages 3 and 4 that runs from September to June. Our 4-year old program is offered 3 days/week on Monday, Wednesday, and Friday for a monthly fee of \$112. Our 3-year old program is offered 2 days/week on Tuesday and Thursday for a monthly fee of \$75. Subsidies are available. For more information please contact Olga at 489-0303 or visit www.littleyearsschool.com

BREAKFAST WITH SANTA

Waverley Heights Community Centre is hosting a Breakfast with Santa on Saturday, December 12th from 9:00 - 11:30 AM.



Fun for the whole family!
Entertainment
Colouring tables
Goodie bags
Special visit from Santa (picture included)

Admission \$5.00
1885 Chancellor Dr.

Whcc1@mts.net

The Fort Garry Community Club will be having **movie nights** for students in grades 3–6. They will also be having a Winter Carnival this year, with indoor games and outdoor activities. Mark your calendars for January 30th. For more details, go to their website: www.fortgarrycc.ca



FORT GARRY WOMEN'S
RESOURCE CENTRE

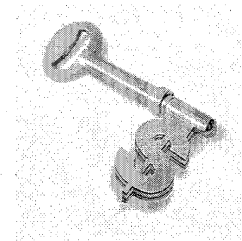


Saving Circle

Are you interested in gaining control over your money?

Here's how it works: We will match your savings 3-1.

**For every \$1 you save, you will earn \$3! Your \$250
will equal \$1000**



You must be able to attend 10 Money Management training sessions and be willing to save \$5-\$65 per month for 4-6 months.

If your household income is at or below the cut-offs you **may** qualify:

Household Size	Project Cut-Off
1 person	\$13,300
2 person	\$16,560
3 person	\$20,360
4 person	\$24,720
5 person	\$28,040
6 person	\$31,620
7 or more persons	\$35,200



**To learn more about this program phone 477-1123 and register
for an information session. November 25th OR December 15th**



Koats for Kids is a seasonal program that runs from October to February. On average, we receive approximately 10,000 requests for winter outerwear per year.

Donations of good quality winter clothing can be dropped off at any Winnipeg Fire Paramedic Station or Perth's location.

Parents can submit orders to Koats for Kids directly by phone at 586-KOAT (5628) or email at koats@UnitedWayWinnipeg.mb.ca

The following information is required for all Koats for Kids orders:

- First and last name of parent or legal guardian
- Telephone number where parent/guardian can be reached
- Child's gender
- Child's size (not age)
- Name and address of school, daycare or agency partner where coats will be picked up by parent/guardian

Koats for Kids will contact parent/guardians to let them know when they can pick up their winter outerwear from the location specified in the order. **We ask that the parent/guardian of the child personally pick up their order from the selected school, daycare or agency partner to protect the child's privacy and dignity.**



General Byng School December 2009

1250 Beaumont St.
Winnipeg, MB R3T 0L8

Phone: 204-452-3040
Fax: 204 284-9287
<http://www.generalbyng.pbwiki.com>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		Day 5	Day 6	Day 1	Day 2	
6	7	8	9	10	11	12
	Day 3	Day 4	Day 5	Tri-conferences (eve) Day 6	Tri-conferences (a.m.) P.D. p.m. No school Day 1	
13	14	15	16	17	18	19
	Day 2	Day 3	Day 4	K-6 Christmas Concert 7:00 p.m. Day 5	Day 6	
20	21	22	23	24	25	26
	Christmas Break	Christmas Break	Christmas Break	Christmas Break		
27	28	29	30	31	Classes resume on January 4 (Day 1)	
	Christmas Break	Christmas Break	Christmas Break			