



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>

**January
2010
Newsletter**

Dear Families:

Welcome to 2010 – the start of a new decade! We wish all of you a healthy and happy year filled with peace and prosperity.

December ended with a wonderful K-6 evening of music and dance; thanks to Ms Panchyshyn and the K-6 students for all of their efforts. The K-6 concert also brought to a close Ms Panchyshyn's time at General Byng. We thank Ms Panchyshyn for her expertise, care and commitment.

January will be busy as students and teachers complete assignments and assessments in preparation for report cards, which will be sent home on Friday, February 5th. To prepare for the report cards, classes will be cancelled on Monday, January 25. Classes are also cancelled on Friday, January 29 for a school in-service. If you require any information on the progress of your child (ren), please contact the appropriate teacher and/or check the school website.

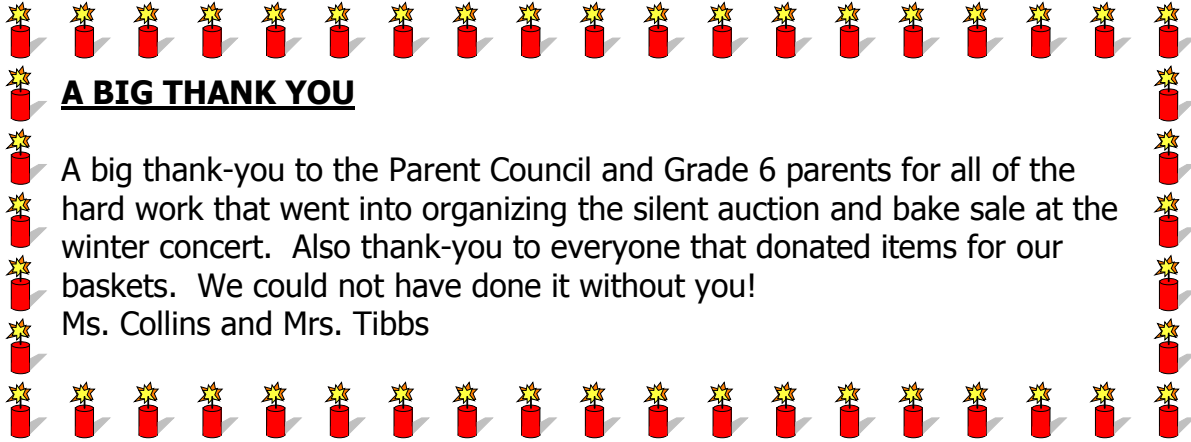
General Byng will host the **Artists in the School** program during January 18-22, during which time our K-6 students will be working with a local Winnipeg artist. We look forward to seeing what the creative minds of our students will produce!

We appreciate your ongoing support of your child(ren)'s education. Your feedback is always welcome – please contact us either by phone or email at your convenience.

Sincerely,

Mr. Darren Juby
Principal

Mrs. G. Walker
Vice-Principal



A BIG THANK YOU

A big thank-you to the Parent Council and Grade 6 parents for all of the hard work that went into organizing the silent auction and bake sale at the winter concert. Also thank-you to everyone that donated items for our baskets. We could not have done it without you!
Ms. Collins and Mrs. Tibbs

ENRICHMENT NEWS



The Kindergarten to Grade 6 students are going to be working with artist, Bud Gillies for a week Jan. 18-22, 2010. The students will be designing and making their own ceramic tiles that will be displayed in the school once they are completed. Mr. Gillies will be working with each class three times and the finished products will certainly add character to our hallways.

Our chess club is up and running. Students from Grades 2-7 are meeting every Wednesday at lunch in the library and working to improve their chess skills. Different grade levels will compete at the Divisional Tournament in March. New players are still welcome to join.



Grade 7/8 students who have been identified for math enrichment have been registered to compete in the Canadian Math League contest in late February. The math enrichment students in Grade 9 will be creating tutorials that will be posted on-line starting in January. The Grade 8 students have been registered to compete in the Canadian Scholastic Achievement League Challenge that will take place in February.

FRENCH

Please visit Mr. Falvo's website: www.protopage.com/monsieurfalvo for current course work.

PATROL NEWS

The chilly weather did not dampen the commitment of our patrols. Even if the weather was too cold to have them on post, they assisted in the school by welcoming younger students to come inside. Great work everyone. Just a reminder that if the temperature (or wind chill factor) is below -27 C, patrols will not be on post to cross children.



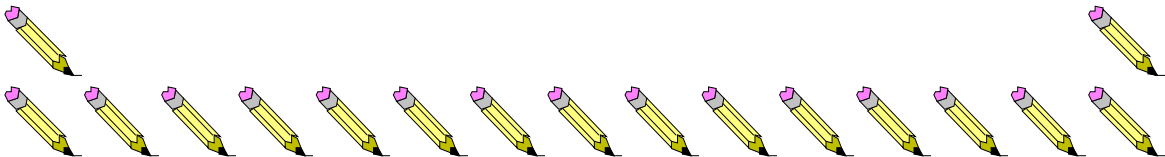
Congratulations to the following Patrols of the Week, Owen Gregora, Austen Pheifer, and Tabitha Pinder.



KINDERGARTEN INFORMATION EVENING

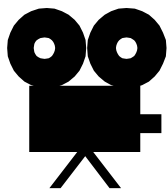
If you have a child that will be 5 by December 31, 2010 please join us for our Kindergarten Information Evening on February 11, 2010 at 7:00 p.m.

If you know of someone who has a child that will be 5 by December 31, 2010, please let them know about our information evening.



VIDEO CLUB

Is your child interested in technology? As of mid December General Byng has started a Video Club. From stop motion animation to live action, students will explore and create different styles of video projects. There are many opportunities throughout



the school year to submit video works to film festivals and competitions. The club is open to grade 5 – 9 students. We meet every school day 3 from 3:30pm to 4:30pm in room 3. Hope to see you there! Please contact Ms. Shields for more information.

BOOK TALK

January 27th is "Family Literacy Day" --- a day created by ABC Canada Literacy Foundation in 1999 to promote the importance of reading and learning together as a family. Ideas to help you practice family literacy in your home and community include:



- Have family time to read with your child
 - Organize a children's book club in your neighbourhood
 - Pick one night a week to visit your neighbourhood library
 - Keep teens reading by giving them books, newspaper articles and magazines about things that interest them --- music, movies, TV and computers
 - Zap off the TV and pick up a book instead
 - Remember that children learn by example – you are the key to improving your child's reading ability by placing a high priority on reading in your home
- Share a funny/interesting part of what you're reading and see what happens... you'll probably find someone shares back

For more information about Family Literacy Day and a complete listing of Family Literacy Day events across Canada in addition to ideas, activities and games -----you can visit the Family Literacy Day website by going to Google and typing in Family Literacy Day 2010.

"I Love to Read Month" is fast approaching. To celebrate the Vancouver Olympics, we'll of course be participating in "Reading Olympics"wherein we will read our way to Vancouver....that's a lot of reading.....more to come in February.....keep reading!

We continue to add titles to our library in response to student requests..... an illustrated version of Robert Frost's Stopping by Woods on a Snowy Evening, a new picture book by Patrick McDonnell...Wag....A Great and Terrible Beauty.....Rebel Angels...The Sweet Far Thing....How to Ditch Your Fairy....On the Road Again (the sequel to Marie-Louise Gay's Travels With My Family), The Messenger (companion to The Giver and Gathering Blue), A Desperate Road to Freedom (another Dear Canada), the Araminta Spookie series and finally from How I Survived Middle School.....Caught in the Web, Wish Upon a Star, Into the Woods to name but a few.

Got a book? Check it out!

Ms. J. Davies – Teacher Librarian
Ms. M. Rondeau – Library Technician

FOOD FOR THOUGHT

News from the Foods Lab

Ms. B.McCann



As we enter 2010 and the holidays are behind us we focus on the winter comfort foods and healthier eating. The grade nine students started the year with Old Fashioned Mac and Cheese and will start their chicken recipes. The grade eights will explore baking techniques and the grade sevens will try their hands at a spicy pasta dish. The students enjoyed the last month's treats and are ready to turn their attention to a healthier diet.

At home it is time to get back on track. After the hectic pace of the Holidays, your digestive system may feel the need to slow down ...

1. Start with drinking extra water, some water when you get up in the morning and between meals (at least 1 to 1.5 litres a day)
2. Eat lightly. Eat plenty of fruit and a greater variety of vegetables. Eat cuts of lean meat and poultry and enjoy more fish. Go lightly on gravy and fried foods. Try to eat dishes that are broiled, steamed and baked, poached and braised.
3. Shop wisely to make sure you eat lightly. Fill the fridge and pantry with foods low in calories so as not to give in to those inevitable cravings.
4. Feel better by exercising more. Walk, skate, ski, swim, dance ... Enjoy the feeling of well being you'll get from daily physical activity .
5. Cook Healthy recipes.

Light and Creamy Mac n 'Cheese for Two

250 ml Elbow macaroni
75 ml frozen peas
174 ml skim milk
50 ml grated low fat mozzarella cheese
50 ml grated old cheddar cheese
50 ml seasoned crushed croutons

Cook and drain macaroni in salted water. Add peas in last few minutes
Meanwhile in a skillet, over low, heat milk and cheese until melted.
Add cooked pasta and peas.
Serve with crushed croutons.

All the best of health!

FROM THE GYM

Happy New Year! With the New Year brings basketball season. This year we will have a team representing General Byng at each grade. Their respective schedules will be sent home early in the New Year. They will also be posted on the wiki. Please be advised that they are always subject to change. The monthly practice schedule will also be on the wiki.



Indoor track and field season is now in full swing! This year will be attending Track Attacks at the University of Manitoba. These are mini indoor meets where we will get a chance to practice and compete against other schools from around the city. Look for a permission slip in early January.

**Athletic fees will be assessed for each sport according to need. These fees help to cover costs such as tournament entry fees, referees, travel and uniform maintenance.

Thank you!

Mrs. Wolfe

Mrs. Pescitelli

BAND NEWS

Please plan to join us for our first concert of the year featuring our three concert bands and two jazz bands on Tuesday, February 9, 2010 at 7:00 p.m. The students have been working hard to share their music with their family and friends. There is no admission charge for the concert. All band students are required to attend as their performance is part of their second term band mark. Concert dress is a General Byng Band Shirt (green) and black pants/skirts. Thank you to all the students who purchased the General Byng Band Shirt during the sale in December. Proceeds of this sale will go toward band camp scholarship, some equipment and Festival fees.



Thank you for your ongoing support of the band program at General Byng!

Mrs. Canto

HAPPY NEW YEAR FROM YOUR LUNCH LADY

As we start a bright new year please remember our pledge to continue to offer your children healthy, balanced meals with lots of variety and wholesome goodness. Thank you for trusting us to deliver our kid-friendly lunches prepared in our 100% nut free commercial facility. Whether it's soup, salad, spaghetti...perogies, popcorn chicken or pudding, a warm meal on a cold Winnipeg winter day will help to keep your children happy, healthy and hearty. Call or email us for your online password which gives you access to our very comprehensive menu and the ability to order at your leisure. Although we prefer having a little bit of advanced notice, we recognize how life gets busy so remember that it's almost never too late to order. If you have any questions about our weekly lunch service offered at your school, don't hesitate to contact us. We sincerely wish you and your family a successful and healthy New Year. And to all those lovely children that have helped us throughout the year, many thanks and happy holidays.



Your Lunch Lady Team



Community News



Public Service Announcement

Snow Trek – 1st Annual Winter *in motion*

Discover the real potential of Winnipeg's winter by participating in the first annual "**Snow Trek - Winter *in motion***".

It promises be a fun-filled afternoon for the whole family to get outside for some cross-country skiing, snowshoeing, skating, tobogganing and walking.

No Experience, No Problem! We are offering **FREE** cross-country ski instruction and snowshoe guided hikes. No Equipment, No Problem! We will have a limited supply of **FREE** cross-country skis & snowshoes for you to use (ID required) at all four locations. Too Young, Too Old! No such thing...Everybody Welcome!

Come out and explore over 50 km of groomed cross-country-ski trails and winter walkways available in Winnipeg - from The Forks to Assiniboine Park and out to Fort Whyte Alive!

Join us **Sunday, January 17, 2010, from 12:30 – 3:30pm** at any of our four locations: Assiniboine Park, Duck Pond, Bourkevale Community Centre, Fort Whyte Alive, or The Forks.

Admission is **FREE** and registration is NOT required.

For more information and a detailed schedule contact Winnipeg ***in motion*** at 940-3648 or www.winnipeginmotion.ca.

Snow Trek - Winter in motion is a community event put on by the Assiniboine South ***in motion*** Committee and community partners - Thank you!





Community News

Do you love to **ACT** or **DRAW CARTOONS**?

The **COMMUNITY SCHOOL OF MUSIC & THE ARTS** (at Canadian Mennonite University) is offering **ACTING CLASSES** and **CARTOON ART** for Gr. 2-4 & Gr. 5-8 beginning in **January 2010**. Please check our website at www.cmu.ca/csma or call Arlene at 837-4870



Richmond King's Nursery School will be accepting registrations for the Fall 2010/2011 School year. An **Open House** for new registrants will be held on **January 27, 2010 from 6:30 p.m. to 8:30 p.m. Spaces are limited.**

(Registration for Alumni will be held on January 16th, 2010). **Located at 933 Summerside Ave.** For more info, please call RKNS at 275-6239, or Email rkns@live.ca.

The Little Years School is located within three classrooms of Ralph Maybank Elementary School at 20 Donnelly Street in Fort Garry. The two day/week program for 3 year olds runs on Tuesday and Thursday mornings or afternoons at a cost of \$75/month. The three day/week program for 4 year olds runs on Monday, Wednesday and Friday mornings or afternoons at a cost of \$112/month. Due to family relocations, January openings are available in most programs. Morning class times are from 8:50 am to 11:20 am and our afternoon class times are from 12:45 pm to 3:15 pm. Our dedicated teachers and well equipped classrooms provide quality preschool education in a safe, fun and stimulating atmosphere. All teachers have a minimum of ECE II accreditation. Our Director is an Early Childhood Educator III, with a Bachelor of Education Degree. Children participate in free play, printing practice, crafts, music and movement, learning circles and story time. A large school gymnasium is available which enhances our physical education program. Each child brings their own healthy snack. The school will begin accepting registration for the 2010-2011 school year at the annual Open House scheduled for Wednesday, February 10th at 6:30 pm to 8:00 pm. For more information on the school and to start the application process please contact Olga Wiebe, Director, at 489-0303 or at littleyearsschool@yahoo.ca or visit the website www.littleyearsschool.com.



General Byng School January 2010

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 <i>Christmas Break</i>	2
3	4 <i>Day 1 Classes Resume</i>	5 <i>Day 2</i>	6 <i>Day 3</i>	7 <i>Day 4</i>	8 <i>Day 5</i>	9
10	11 <i>Day 6</i>	12 <i>Day 1</i>	13 <i>Day 2</i>	14 <i>Day 3</i>	15 <i>Day 4</i>	16
17	18 <i>Day 5</i>	19 <i>Day 6</i>	20 <i>Day 1</i>	21 <i>Day 2</i>	22 <i>Day 3</i>	23
24 31	25 <i>Day 4 No Classes</i>	26 <i>Day 5</i>	27 <i>Day 6</i>	28 <i>Day 1</i>	29 <i>Day 2 No Classes</i>	30