



Balmoral Bugle

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November 2022

Dates To Remember:

- Nov. 1 - Pajama Day
- Nov. 4 - Lifetouch picture retakes in the afternoon
- Nov. 6 - Fall back move clocks back 1 hour
- Nov. 10 - Bookmobile
- Nov. 10 - Remembrance Day Service at 2:30 in the gym
- Nov. 11 - Remembrance Day- No School
- Nov. 14 - No School Inservice
- Nov. 15 - Speed Stacks-Mrs. Tervoort
- Nov. 16- PAC Meeting 6:30
In person or virtual
- Nov. 18 - Hot lunch Taco in a bag
- Nov. 21 - Kindergarten Registration
Nov. 21 to Dec 2 to register
- Nov. 29 - Divisional MY Volleyball

Looking Ahead

- Dec. 1 - Snow date Div. Volleyball
- Dec. 6 - Gr 4-8 Wheelchair Basketball
- Dec. 8 - Fit Kids Gym Blasts
- Dec. 8-9 - Report Cards go home
- Dec. 14 - Early Dismissal
- Dec. 20 - Christmas Concert
Matinee at 2:15 pm
Evening at 7 pm
- Dec. 22- PAC Turkey Dinner
- Dec. 22- Last Day of School.
- Dec. 23 - Jan. 05 - Winter Break
- Jan. 06 -Inservice Day -no School
- Jan. 18 - Early Dismissal



Principal's Message:

Happy November!

Thank you to all the parents for coming to school for in person visits, for logging into Teams, or having a telephone conversation about your child's progress for progress conversations.

We look forward to learning about Veterans Week and participating in an in person Remembrance Day Service this year.



Book Fair

A big thank you to Mrs. Meads and Mrs. Watts for volunteering to run the book fair in the afternoon and evening. Without their help there would be no Book Fair. Thanks goes out to the Grade 7 & 8's for helping in the set up and take down of the fair.

A big thank you to Mrs. Bruce for organizing our in person book Fair this year.

\$792.83 was raised for our school library!

Thank you ❤️

Cross Country Run 2022

Our cross country runners had a great season! We lucked out and had a beautiful day for our Divisional meet at Teulon. All athletes did great with their runs, many of them beating their personal bests. Both our intermediate and junior teams placed second out of all team runners and Dylan Fox came in second in his race!

The whole team along with their Coach Miss. Poirier.



**Grade 8
(Intermediate) runners**
left to right

- Jake
- Dylan
- Carson
- Paul
- Kade
- Tyler

Cross Country Run 2022

**Grade 7
(Junior) runners**
left to right

Connor
Duncan S.
Bronsen
James
Missing: David



**Grade 5/6
(Primary) runners**
left to right

Malachi
Kolby
Ryder B.
Dominic
Kohen
Back row
Quinn
Elliott
Thomas M.

Cross Country Run 2022

Dylan placed second in his race!



Junior team came in second.



Intermediate team came in second.

Congratulation to all runners!

Thank you to the coach

Miss Poirier!



Cinnamon Bun Day October 27/22



I am going to enjoy this moment.



Hadley found something quite amazing about eating her cinnamon bun.



Yes I can eat the whole thing!

Delicious



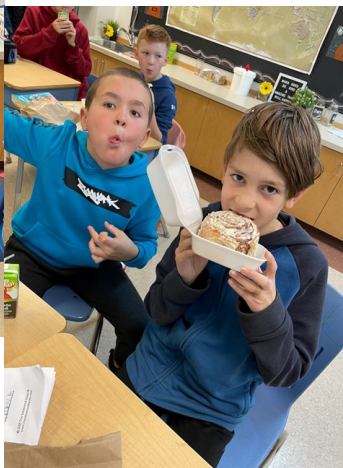
Max needs two hands!



No questions I am eating.



Hand up who likes these buns?



Smiles tells the picture!

Chase, can't talk must eat!



A big thank you to PAC –Mrs. Schaeffer who organizes the hot lunch program and to any helpers she has.



MmmmMmm good!



Mrs. Buchan's K/1 news:

A is for alligator...B is for bear... C is for cat... and D is for dog! The Kindergarten and Grade 1 class is continuing to work on our ABCs of animals. The students were surprised to find that a whole bunch of bears had taken over their classroom. We used the bears to sort them into groups, measure their length, and compare the weights of different bears. We learned that bears are omnivores, they have a good sense of smell, but they have poor eyesight.



Piper



Andie



Golf Manitoba presentation

Our class enjoyed the Golf Manitoba presentation and activity that was organized by Mrs. Rody. It was so much fun learning how to properly swing our golf clubs!



Class picture of golf presentation

Mrs. Buchan's K/1 news:

Golf Manitoba presentation



Emmett



Piper



Jack

Bus Evacuation Drill-Oct. 20/22

On October 21, 2021 the entire school participated in a bus evacuation drill. This drill reminds students what to do in case of an emergency.



Lex



Group



Erica Bus driver

K/1 Classroom picture

Mrs. Buchan's K/1 news:

Throughout the year, Christine Michalyshen will be visiting Balmoral School to work in our classroom. She is Numeracy Support for the Interlake School Division and we are excited to have her here. During her last visit, Mrs. Michalyshen taught us a new math game called Connect 4, and brought a variety of Counting Collections.



Math counting collections



Fallyn and Mason



Lucas

Math games



Austin Math games

Miss Poirier's news:

In science right now, we are learning about states of matter and their interactions. We have been able to do lots of experiments to see how solids and liquids interact with each other. We were able to partner up with the Grade 5/6 class this month to complete an experiment together where students created oobleck (corn starch mixed with water). Students then completed some research to learn about what makes oobleck's properties so unique. Students learned that oobleck is called a colloid, which means that the state of the oobleck changes based on the pressure applied. While playing with their oobleck, students noticed that when they applied pressure, the oobleck would be solid but when they took that pressure away, the oobleck became liquid. So fascinating!



Deacon, Owen, and Duncan creating their oobleck.

Kylie, Jaylene, and Coral playing/examining their oobleck.

T.U.S.C. (Totally Unbelievable Speaking Club)

We also started our T.U.S.C program this month! T.U.S.C stands for the Totally Unbelievable Speaking Club where students practice both their public speaking and active listening skills. Every Day 5, students complete a T.U.S.C 'job' and present it to the rest of the class. We had two meetings this month and for them being our first meetings, they went so well! We learned so much from each other's presentations.

Kaycie brought her Gresat aunt in for a live interview to start off our first meeting.



Totally Unbelievable Speaking Club continued.....

As our 'Nutritionist', Emily baked banana muffins to share with the class.



Elliott completed a traffic light science experiment live during our meeting. His experiment showed the density of different liquids.

As an interesting artifact, Morley brought in his beaver fur to share with the class.



Pumpkins!

To end the month off, we did some pumpkin math! Students measured a variety of different measurements on their pumpkins, worked together as a class to count all of the seeds that were in the pumpkins, and of course, carved their pumpkins! Special thank you to Mrs. Kaegi for donating the pumpkins to our classroom so we could do these activities!

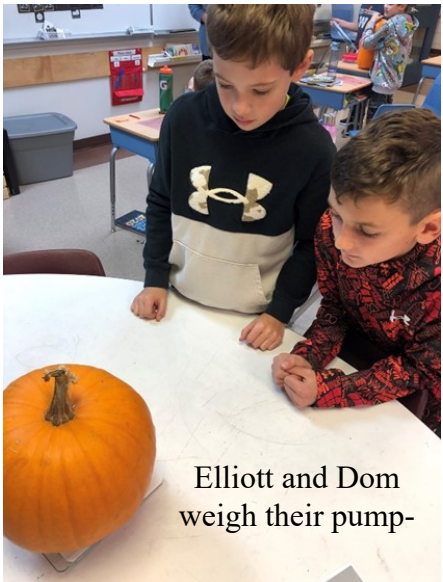


Ordering our pumpkin weights from heaviest to lightest.

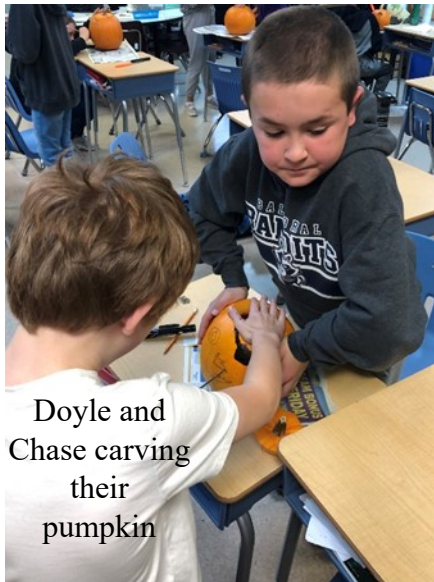


Max and Morley measure the circumference of their pumpkin.

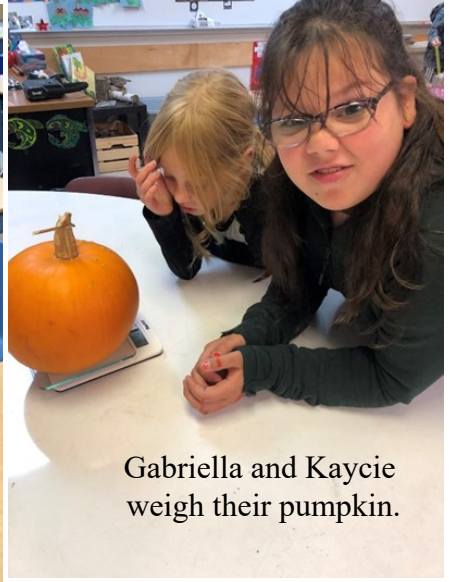
Miss Poirier's news: Pumpkins continued...



Elliott and Dom weigh their pump-



Doyle and Chase carving their pumpkin



Gabriella and Kaycie weigh their pumpkin.



Mason, Thomas M., Ryder, Jase, and Elliott carving their pumpkins.



Jaylene and Thomas K carving their pumpkin.



All of our carved pumpkins!

Mr. McLeans news:

It has been a great start to the year! In the grade 7 & 8 classroom we have jumped into a great mystery novel called *The Westing Game*. Students have created their own detective folders to keep track of the suspects and have been using inquiry questioning techniques to help them determine who is responsible for the crime.



The grade 7 & 8 have also been learning a variety of different strategies in math class, focusing on mathematical reasoning and talking through different strategies in solving mathematical problems. The students have been using number talks and make math moment activities to build up their skills.

Make sure to come out and cheer on the Grade 7 & 8 volleyball teams that are in action this month during the 2022 Interlake Middle Years Volleyball season. Below are the home games for the boys and girls' teams in November. On November 29th the students will be heading to the divisional volleyball tournament!

Boys Home Game:

- Nov. 7th vs. Woodlands
- Nov. 8th vs. Stony Mountain
- Nov. 15th vs. Teulon

Girls Home Game:

- Nov. 7th vs. Woodlands
- Nov. 16th vs. Stony Mountain
- Nov. 21st vs. Warren



It has been a great start to the year!

FIVE WAYS TO IMPROVE YOUR MOOD

November can be a tricky month; the days are noticeably shorter and the temperatures are getting colder. When we have these seasonal changes, we may notice a change in our mood. Here are five easy ways to improve your mood that are simple yet very rewarding.

1. **Give something back.** You might not feel your best right now, but it has been proven that moods can improve with random acts of kindness: helping someone with a chore, presenting a friend with a small gift or writing that note of appreciation you have been meaning to send.
2. **Get moving.** Whether it is taking a walk around your neighbourhood, dancing to your favourite tunes, or raking leaves or shoveling snow, exercising improves your physical and mental well-being.
3. **Remove that frown.** Read a funny book or do something that feels silly; a smile can improve your mood, confidence and the way others see you.
4. **Stay positive.** Instead of dwelling on what is wrong, or what you feel is wrong, get into the habit of positive self-talk. Remember, the way you think affects the way you feel.
5. **Give yourself some credit.** List your achievements on a piece of paper, and then take some time to be proud of what you have accomplished.

The best option when all else fails? Talk to someone. Whether it is a parent, friend, or older sibling, contact with other people gives you a chance to talk through what is bothering you and lighten your mood.

Bus Evacuation

On October 20, 2022 the students were involved in a bus evacuation drill.

This procedure is performed twice a year to teach students the proper way to evacuate in case of an emergency situation.





KINDERGARTEN REGISTRATION

November 21- December 2, 2022

INTERLAKE SCHOOL DIVISION requests that all parents/guardians of children eligible to attend Kindergarten in the 2023/2024 school year register their child with their local school between November 21 - December 2, 2022.

Kindergarten enrollment information is essential for divisional planning for the upcoming school year. If you have an eligible student for the Kindergarten class of 2023/2024 it is important that you register with your local school during this registration period.

Please visit our website for school contact and registration information.
www.interlakesd.ca

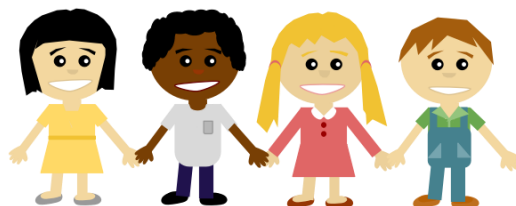
Kindergarten programs are offered at Teulon, Balmoral, Stony Mountain, Rosser, Argyle, Warren, Woodlands, and École R.W. Bobby Bend School in Stonewall.

Brant-Argyle School offers a Multi-level Learning program
with all day Kindergarten every day.

French Immersion Kindergarten is offered at École R.W. Bobby Bend School.

Children who will reach their fifth birthday by December 31st, 2023 are eligible to attend Kindergarten in the 2023/2024 school year.

Proof of age and address are required.



Halloween Pictures



Working with a real skeleton crew!

Mrs. Richardson, Jack, Owen, Mr. Lawson, Ryder R. and Wyatt B.



Mrs. Richardson & Mrs. Jacobson
aka Luigi and Mario



Dr. Seuss
The Doctor
Watermelon
Spelling Bee
Superwoman



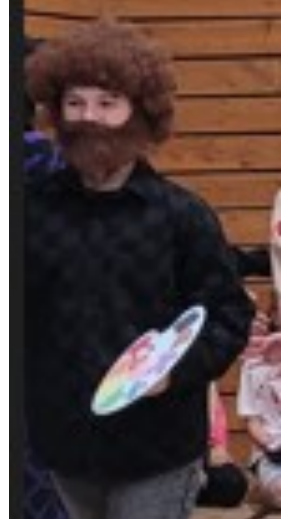
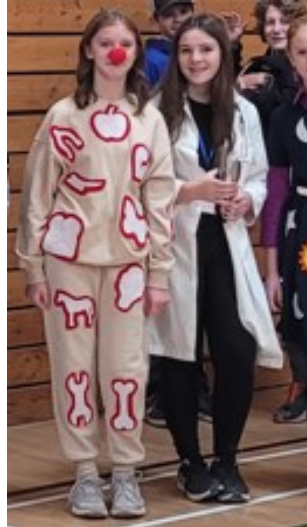
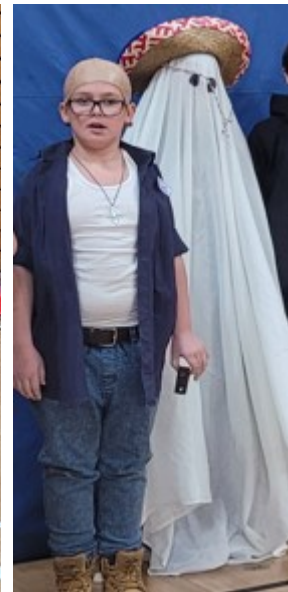
Halloween Pictures



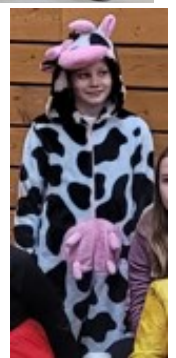
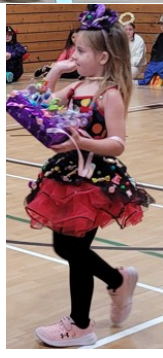
Grade K/1 classroom



Halloween Pictures



Classroom Pictures



Classroom Pictures

