



NEWS

January 2020

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News from the Office...

Welcome back to ÉESS for 2020! We trust that everybody enjoyed their well-deserved break from the hard work at school and took some time to relax and recharge over the holiday. This also means that we are all coming back with some renewed energy and are ready to tackle the end of semester one and to face the first set of Senior Years exams for the year. Students in grades 9 to 12 must write all exams scheduled in the first semester. Grade 12 students need to be ready for the Provincial exams (ELA and Math) that fall outside of the school's exam week. Please check the schedule in this newsletter carefully for the dates and times of each exam being written. Students are reminded to check with their teachers for any outstanding assignments before the end of the first semester. The last day of classes for Senior Years students is Thursday, January 23rd.

Middle Years students have been getting back into the swing of things this week and are continuing with their coursework, projects, and extra-curricular activities.

January may also bring some cold temperatures or inclement weather so please remember to check the division website at www.sunrisesd.ca for any school closures before sending your child off to catch the bus or to walk to school. Parents will also receive an automated phone call and/or email indicating a closure, and announcements will be made on local radio and television stations. If a school closure should occur during exam week, the exam schedule will shift forward and not skip any days.

Welcome back to a short but busy January,
Mr. Liske, Ms. Rogers, and Mme Massie

Bon retour à ÉESS pour l'année 2020! Nous espérons que tout le monde a profité de leur pause bien-mérité après plusieurs mois de travail scolaire, et que tout le monde a eu l'occasion de se détendre pendant la vacance. Nous sommes tous de retour avec un regain d'énergie, prêts à finir le premier semestre et la première série d'examens pour ceux et celles en école secondaire. Les élèves en 9^e à 12^e doivent écrire les examens pour le premier semestre. Les élèves en 12^e année (Anglais et Mathématiques) doivent aussi écrire des examens provinciaux. S'il vous plait, vérifiez le calendrier des examens pour voir la date et le temps pour chacun des examens. Les élèves sont aussi encouragés de vérifier avec leurs enseignant(e)s pour des travaux incomplets avant la fin du premier semestre. La dernière journée des cours pour les élèves au secondaire est le jeudi 23 janvier.

Les élèves en présecondaire sont entrain de reprendre le rythme scolaire, et continuent leurs travaux, projets, et activités parascolaires.

Avec l'arrivée de janvier vient la possibilité de températures extrêmes et des temps peu cléments. Soyez certains de vérifier le site-Web de la division scolaire (www.sunrisesd.ca) pour des nouvelles au sujet des fermetures des écoles. Dans le cas d'une fermeture de l'école, les parents recevront aussi un appel et/ou un courriel, et les chaînes de radio et de télévision feront des annonces. Dans le cas d'une fermeture pendant la semaine des examens, le calendrier des examens se déplacera vers l'avant par un jour.

Bienvenu à un janvier court mais occupé!
M. Liske, Mme Rogers, et Mme Massie

**SIGN UP ONLINE
TO RECEIVE OUR
NEWSLETTER**
by visiting
edward.sunrisesd.ca

85 - 5th Street
Beausejour, MB R0E 0C0
Phone ~ 204.268.2423
Fax ~ 204.268.1157
www.sunriseschool.ca

CANTEEN MENU

Breakfast available.
No pre-ordering required.
Menu and prices will be posted at the cafeteria.
(Prices are subject to change)

JANUARY SPECIALS

Please note that
Daily Specials are
\$5.00 each

JANUARY 6 to 10

Monday ~ Soft Taco

Tuesday ~ Spaghetti

Wednesday ~ Pizza Buns

Thursday ~ Taco in a Bag

Friday ~ Bacon Cheeseburger

JANUARY 13 to 17

Monday ~ Chicken Quesadillas

Tuesday ~ Manicotti

Wednesday ~ Whistle Dog

Thursday ~ Pizza

Friday ~ Clubhouse Sandwich

JANUARY 20 to 24

Monday ~ Chicken Enchiladas

Tuesday ~ Lasagna

Wednesday ~ Chicken & Tators

Thursday ~ Nacho Cheese Supreme

Friday ~ Chicken Burgers

JANUARY 27 to 31

Monday ~ Taco Tators

Tuesday ~ Chili Dogs/Baked
Potatoes

Wednesday ~ Perogies

Thursday ~ Chicken Nuggets

Friday ~ NO SCHOOL

ALWAYS AVAILABLE DAILY
Sandwiches, Wraps, Subs (assorted,
pizza), Nachos & cheese, Salads,
Veggie Sticks

ÉESS School Calendar

Please note that calendar events are subject to change.

JANUARY 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Christmas Break (Dec 23 to Jan 3—Back at school Jan 6)				
6 - Back at school	7 Day 1	8 Day 2	9 Day 3	10 Day 4
Gr 12 English Provincial Exam				
13 Day 5	14 Day 6	15 Day 1	16 -MTC Group	17 Day 3
20 -ATV/Snowmobile Presentation	21 Day 5	22 Day 6	23 Day 1	24 Day 2
MY Ski Trip - Aseissippi Resort (Jan 22 to 24)				
	Applied Math Prov Exam	Ess Math Prov Exam	Pre-Cal Math Prov Exam	SY Exams
27 Day 3	28 Day 4	29 Day 5	30 Day 6 -Gr 6 Innovation Day (1 of 3)	31 Day 1 NO SCHOOL Admin/PD Day
SY Exams				

FEBRUARY 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Day 2	4 Day 3	5 Day 4	6 Day 5 -SY Report Cards	7 Day 6 -Zone 13 Curling
10 Day 1	11 Day 2	12 Day 3	13 Day 4	14 Day 5
SY Ski Trip - Giant's Ridge (Feb 9 to 11)				
17 NO SCHOOL Louis Riel Day	18 Day 6 -Gr 6 Innovation Day (2 of 3): Festi- val du Voyageur	19 Day 1	20 Day 2 -MHSAA Curling Prov -Gr 8 Skills Canada Presentation	21 Day 3 -MHSAA Curling Prov
24 Day 4	25 Day 5 -MY Special O (Basketball)	26 Day 6	27 Day 1 -MTC Group	28 Day 2

Divisional Community Report



Sunrise School Division is pleased to share the 2019 Community Report with our communities. The electronic version can be viewed at <https://22.files.edl.io/f2fa/12/16/19/193901-c20c000e-7a39-47c6-b668-cc4102aeb126.pdf> and paper copies are available in your school's main office.

Thanks for your continued support of quality education in Sunrise.

ÉESS and the Dr. Keri Prairie Vet TV Show

ÉESS and the Dr. Keri Prairie Vet TV Show

On Friday November 15, the film crew from the hit TV show *Dr. Keri Prairie Vet* came to our school to film Mrs. Sev-erinsen's dog, Oliver, with students doing activities regarding Mindfulness. Watch for this episode to come to air on Animal Planet (Discovery Channel) in the new year.

Oliver is a 1-year-old Australian Shepherd that was born both blind and deaf. He responds to commands by touch.

With Mindfulness being a school goal, Oliver comes to our school to work with small groups of students. We have worked on gratitude journals, read stories of thankfulness and have done yoga.

Here are some of the good things mindfulness can bring to your life:

Mindfulness helps us create space between the emotions we have and the actions we use to respond to them.

Mindfulness helps us focus.

Mindfulness can make us feel better emotionally and physically.

Behavior, Attitude, Responsibility, Originality, Noteworthy, Safety is the matrix our school is using. **BARONS**



Dr. Keri with Oliver

Submitted by Deanna K and Saleena H

January 2020 ÉESS EXAM SCHEDULE

Grade 12 Provincial Exams

ELA.....January 7-10
Applied Math.....January 21
Essential Math.....January 22
Pre-Calculus Math.....January 23

GRADE 9 TO 12			
FRIDAY, JANUARY 24			
AM (9 :00 AM)		PM (12 :30 PM)	
ELA10F	English Language Arts 10F	ENC30S	ELA : Comprehensive 30S
ELA20F	English Language Arts 20F	ENT30S	ELA : Transactional 30S
PSY40S	Psychology 40S	FRA20F	Français Langue Seconde 20F
		FAS40S	Family Studies 40S
MONDAY, JANUARY 27			
AM (9 :00 AM)		PM (12 :30 PM)	
FRA30S	Français Langue Seconde 30S	PHY30S	Physics 30S
CAN10F	Canada in the Contemporary World 10F	SCI20F	Science 20F
HIS30F	History of Canada	SCN10F	Sciences de la Nature 10F
GLO40S	Global Issues 40S	MPA20S	Mathés pré-calcul & appliquées 20S
TUESDAY, JANUARY 28			
AM (9 :00 AM)		PM (12 :30 PM)	
MAA30S	Applied Math 30S	MAT10F	Math 10F <i>midterm</i>
MAE20S	Essential Math 20S	LAW40S	Law 40S
MAP20S	Intro to Applied & Pre-Cal Math 20S	DDT20G	Drafting Design Technology (Room 18) period 5 class only
BIO40S	Biology 40S	BIOF30S	Biologie 30S
WEDNESDAY, JANUARY 29			
AM (9 :00 AM)		PM (12 :30 PM)	
SCI10F	Science 10F	MAE30S	Essential Mathematics 30S
CHE30S	Chemistry 30S	TIS30S	Topics in Science 30S
FRA10F	Français 10F	FAS20S	Family Studies 20S <i>midterm</i>
GEO20F	Geography 20S		
THURSDAY, JANUARY 30			
<i>Conflicts</i>			

Exams will be written in the auditorium unless otherwise noted.

Students not writing an exam are not expected to be at school during that time.

Students in Foods & Nutrition 20S (period 5 class) & 30S will need to book a practical exam time with Ms. Rama.

Students in Metals classes will need to book a practical exam time with Mr. Kusyk.

Grade 12 Additional Pre-Cal and Applied Math sections

Grade 12 Students: A section of Pre-Cal Math 40S and Applied Math 40S has been added to the timetable for semester 2. See Mrs. Both, Mr. Fredborg, or Mme Massie for more info.

“Surviving Exams” Workshop

January 16 at 12:30, Room 15
with Mrs Both

Topics covered:

- Managing exam anxiety
- Study tips
- Exam/test-taking strategies



Please see Mrs. Both if you have any questions.

Grad 2020

A reminder for grads to check the grad board (upstairs) and the grad section on the website.

News and scholarships opportunities are posted on a regular basis.



TUITION WAIVER PROGRAM

Bursaries for current and former youth-in-care

- Nine colleges and universities in Manitoba offer a limited amount of Tuition Waivers for current and former youth-in-care
- Bursary may cover tuition of a *certificate, diploma or undergraduate program**
- Tuition Waiver students are also eligible to apply for **Living Supports** through Manitoba Education and Training (MET) to cover books and supplies, transportation, rent, and other living costs

Participating Institutions



*Student fees and program deposits may not be covered

ELIGIBILITY:

- ✓ Must be a current or former youth-in-care in Manitoba
- ✓ Meet the program admission requirements and have applied directly to the college or university*
- ✓ Be applying for full-time studies (at least 18 credit hours per year or 60% course load)
- ✓ UM, UW, USB, and Booth UC applicants - must demonstrate financial need

*Please check with your school for institutional specific information

RENEWAL:

- ✓ Maintain a 2.0 GPA (Grade level C)
- ✓ Maintain full-time student status (at least 18 credit hours/year or 60% course load)
- ✓ UM, UW, USB, and Booth UC students – continue to demonstrate financial need
- ✓ Maintain continued contact with the post-secondary institution and Tuition Waiver Coordinator

TO APPLY:

- 1. Do your research and select your school and program**
 - Consider programs at various colleges and universities, attend open houses/tours
 - Review admission requirements, prerequisites, and deadlines
 - Meet with the Tuition Waiver Coordinator & an Academic Advisor
- 2. Apply directly to the school of your choice**
 - Submit application fee and necessary transcripts/documentation
- 3. Apply for a Tuition Waiver before the March 31 deadline** (for the following school year)
 - Application forms are available online at: <https://www.futuresforward.ca/tuition-waivers>
 - Consider applying for other funding as a backup option such as band sponsorship, Manitoba Student Aid, and other bursaries and scholarships
 - <https://www.futuresforward.ca/scholarship-guide>

For more information and transitional supports to post-secondary, contact:
Laura-Lynne Hildebrand, Tuition Waiver Coordinator
204-987-8661 ext 671 | lhildebrand@yesmb.ca

TUITION WAIVER INFO NIGHT

LEARN ABOUT BURSARY OPPORTUNITIES FOR CURRENT & FORMER YOUTH-IN-CARE

TUESDAY
JANUARY 21, 2020
6:00PM - 8:00PM
PRESENTATIONS 6:30PM

University of Winnipeg
Convocation Hall (2W16)
515 Portage Ave, Winnipeg, MB

FOR MORE INFORMATION:
p: 204-987-8661 ext 671
e: lhildebrand@yesmb.ca





Information

"That Cooking Show" Grades 5 & 6

You get to cook the food and EAT the meal
with your friends.

Thurs Jan 23, 2020
4:00 pm - 5:45 pm

Ecole Edward Schreyer School Beausejour

\$10 payment and registration by Jan 16
to Megan at 204-268-9266 ext 3.

Presented by: Karen Omichinski, Registered Dietitian and Bonnie Stefansson, Wellness Facilitator with Interlake-Eastern Regional Health Authority in partnership with EESS and the Brokenhead River Recreation Department

