



Prairie Sunrise School

10 Ryerson Ave. | Winnipeg, MB R3T 3P9 | 204.269.1400
www.pembinatrails.ca/prairiesunrise

Prairie Sunrise School Information 2025-2026

Staffing for 2025-2026



Administration

Ms. Andrea Loepp and Ms. Gretchen Cantafio

Office Staff- Ms. Monisha Das Piya and Ms. Pam Spek

Kindergarten – AM Taye Jack, Dayna Hiebert

PM Shared classroom Jack/Hiebert

Grade 1- Ms. Morgan Schell, Ms. Renee Weedon, Ms. Amanda Vincent

Grade 2- Ms. Meg Mulhearn, Ms. Leona Reimer, Ms. Marina Wilson (for Tracey Zacharius)

Grade 3-4- Ms. Brooklyn Robertson, Ms. Sydney Kitching, Ms. Bernadette Araullo, Ms. Laurie Domes/Ms. Annalee Lawrence, Ms. Shayla Masi

Grade 4-5- Ms. Carolina Hofman, Mr. Derek Rempel, Ms. Taylor Christensen, Ms. Jaimie Mertens

Resource- Ms. Sherri Kaiser, Ms. Tracy Barron, Ms. Madi Meakin

French- Ms. Stephanie Laidler

Teacher Librarian/French Ms. Lindsay Stewart

Physical Education- Mr. Wayne Scantlebury, Mr. Colin Kurz

Music- Ms. Deb Yacheson

Literacy – Ms. Leanne Olfert

Library Technician- Leah Sweetland

Educational Assistants-

Ms. Sandhu, Ms. Shyiak, Ms. Glover, Ms. Ashtab, Ms. Dhillon, Ms. Ibrahim, Ms. Ghasemiyani., Mr. Cook, Mr. White, Ms. Chea, Ms. Vancoughnett. Mr. Stewart, Ms. Stoneman, Ms. Husein, Ms. Acevedo, Betancourt, Ms. Ola-Kazeem, Mr. Atnip, Ms. Racher, Ms. Odusose, Ms. Xu, Ms. Suboor

Maintenance Team- Ms. Wudtke, Mr. Spencer and Mr. Bokhankovych

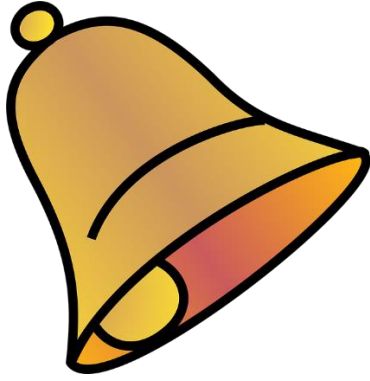


Promise

**Be Respectful of people, property and
the learning environment**

**Be your Best self and take pride in what
you do**

Be Safe and Have fun!!



School Bell Times

Morning Bell Rings at 9:10AM

School Starts at 9:20AM

Children arriving after this time should go to the office for a late slip and sign up for school.

Please note: Supervision outside does not start until 9AM, please do not send your children to school before that time as there are no duty teachers. End of day supervision is only until the crossing guards leave at 4:10pm. All children who are here past that time will be sent up to the office and we will phone home to ensure that someone is coming to get them. The office closes at 4:15pm so please make sure you pick up your children in a timely manner.

LUNCH

Bell rings for lunch at 12:05pm- Morning Kindergarten students need to be picked up at that time.

Grades 1 and 2 eat lunch from 12:05- 12:35pm

Grades 3-5 play outside from 12:05-12:35pm

Grades 1 and 2 play outside from 12:35-1:05pm

Grades 3-5 eat from 12:35-1:05

Please note: Lunch fees must be paid to students to stay for lunch. See lunch information for more details.

1:05 end of lunch bell rings

1:10pm Afternoon classes begin. Children arriving late report to the office to get a late slip and sign in for school.

3:55pm- End of day for all students. Kindergarten students need to be picked up at their doors. All students need to be picked up in a timely manner. There is only supervision outside for 10 minutes and then students will be brought up to the office and we phone home for parents to pick them up.

Entrance Doors:

Kindergarten/Grade 1- Ryerson Ave. doors

Grade 2- Doors near daycare

Grade 3-4- Playground doors near the big swing

Grade 4-5- Parking lot doors





This Photo by Unknown Author is

School and Lunch Fees

School fees for all students are \$50 for the year. Teachers purchase school supplies except for shoes, backpacks, and water bottles which parents supply.

Field trip fees will be requested as events occur. Fees must be paid for children to attend field trips. Kindergarten fees include the field trip fees.

Lunch fees are \$200 per child for the year and may be paid in two installments. Please note, fees must be paid for your child to stay for lunch.

Expectations for lunch behaviour: SHINE



LUNCH EXPECTATIONS

2024 -2025

Sit at your spot.

Help Clean up.

Inside voices only.

Nice and polite to others.

Eat your own food only.

Supervisors are in charge.

THE PRAIRIE SUNRISE SCHOOL

Alternate plans will be made for children who are not following the lunch routines and expectations of the lunch supervisors which could include your child going home for lunch. Lunch should be a pleasant experience for all, and we expect our students to behave in a respectful and calm manner during lunch.

*We are a nut safe school. Please do **NOT** send any food with nuts or it will be sent home with your child. Please do not order Skip the Dishes or food delivery for your child; the office is very busy at lunch and cannot deliver lunches.*



Assessment and Reporting Periods

Assessment of students means to understand what children know and what they need to know according to the Department of Manitoba Education Curriculum for all grade levels. Assessment is ongoing as teachers continuously determine what students know and what they need to know.

Strong Beginnings: All students will have a Strong Beginnings appointment for one hour with their teacher on either September 18th or September 19th. This is an opportunity for the teacher to get to know your child and understand where they are on their learning journey.

Kindergarten Students: All students will have an additional readiness assessment which gives the teachers a starting point for their academics.

Tri-Conferences: October 14th and October 16th appointments with students, parents and teachers.

Tri-Conferences: February 25th and February 26th student led conferences.

Report Cards: There are three reporting periods throughout the year for grades 1-5, December 18th, April 9th and June 29th.

Kindergarten students have one report card on June 29th.



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Transportation

The division runs our transportation department. The plan is to have schedules on the MyRide K-12 App through the week of August 18-22 for:

- **Eligible riders in all grades, including Universal Buses.**
- **Seat Sale Charters for Shaftesbury, Oak Park and Viscount Alexander.**
- **All Seat Sales which have been confirmed directly with families, including those serving daycares.**

Schedule information will not be emailed to families and will be available on the MyRide K-12 App. (link here on how to access the app).

If your schedule is available on the app between August 18 and 29, your child can begin riding on their first day of school.

The best way to inquire about registration and busing for the new school year is by email at transportationdepartment@pembinatrails.ca.

Our target is to respond to all emails within 3 business days.

pembinatrails.ca

For the *Standards of Behaviour for Bus Ridership*, please click [here](#).

- [Riding the bus in Pembina Trails](#)
- [Divisional Policy EEAA: Student Eligibility for Transport/Walkers and Riders](#)
- [Winter weather](#)

STOP, DROP & GO



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Student Drop off is ONLY on Ryerson Ave. in the front of the school. Please STOP your car, DROP - allow your child to exit, and then GO- proceed driving south on Ryerson. If you want to walk your child into the school, you may park further up on Ryerson or on one of the side streets. There is no parking or drop-off on Dalhousie on the school side. It is very important for the safety of all of our students for parents (or anyone doing drop-off) to follow these procedures.



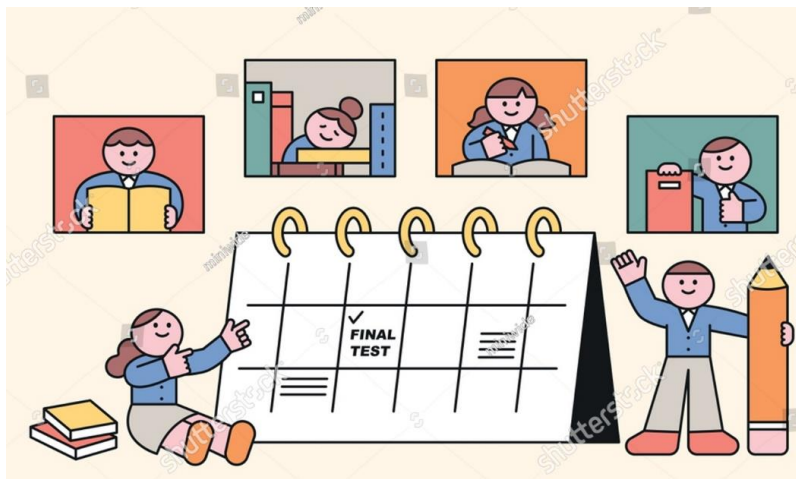
Walking/ Riding to School

We have crossing guards on Dalhousie St. at two locations, and our school safety patrols at additional crosswalks. PLEASE teach and use the crossing guards as the safest way to cross the street. Respect the directives of both the crossing guards and the safety patrols; they are there to keep our children safe!

If students are biking, they should dismount their bike and walk across with the crossing guards. All bikes should be locked up as the school is not responsible for theft.



****If you send your child to school, we assume that they are well enough to participate in all activities including recess and gym. Please keep them home if they are not well enough to participate in all activities during the day.**



Important Dates for the 2025-2026 School Year

Tuesday September 2nd- Metro Common Day- all staff. Open house for families from 4-5:30pm.

We have a Parent Information booklet, and we will make some copies as well as have a QR code so that they have access to it on their phones.

Wednesday September 3rd- First day of classes. Staggered entry for Kindergarten.

September 18 and 19- Strong Beginnings no school; appointments only.

Monday September 30- National Day for Truth and Reconciliation- no school.

Tri-Conferences Tuesday October 14th 4-7pm and Thursday October 16th 4-7pm

Picture day for individuals- Thursday October 23rd

Friday October 24- MTS PD Day

Monday November 10- No School PD

November 19th – Picture Retakes

Friday December 5- Report Card writing day; No School

Winter Concert- Thursday December 18th 6pm and 7pm

Report Cards online December 18th

Winter Break- December 22-January 2nd.

School resumes Monday January 5th, 2026.

Friday January 30- Divisional Common Day

Friday February 13- Metro Day PD

Wednesday February 25 and Thursday February 26 5-7pm
Citizenship Symposium/Tri-Conferences

March 20- Report Card writing day; No School

Wednesday March 25 Staff Picture at 9am and Class pictures

Spring Break- March 31-April 3

Monday April 3- School resumes

Friday April 10- Metro Common Day

Friday May 15- PD day

Friday June 12- Report Card Writing day

Wednesday June 17th – Family Fun Night 5-7pm

Thursday June 25th - 1:30pm Grade 5 Farewell

Friday June 26- Report Cards home

Monday June 29th- Last day of classes with students



Snack and Breakfast Program

Prairie Sunrise School offers a Universal Snack program to each student in our school. They will be provided with a small mid-morning snack. We try to offer a nutritional snack each day and sometimes offer a treat. If they choose to bring their own snack, they may check with their teacher to see when they should get their snack bag. Please do not send junk food or soft drinks to school for your child. We adhere to the Nutritional Standards of Pembina Trails School Division. Again, anything we offer is nut-free.

Breakfast Program- Prairie Sunrise School offers an invitational Breakfast Program for children before the start of the school day. Because it is before school, children who ride the bus will not be able to participate. Children will receive a hot breakfast with options of fruit, eggs, cereal, toast, pancakes etc. They will eat breakfast and then go to their classrooms when the bell rings at 9:10am. Expectations for children for this program are that they eat, help with their clean up and behave appropriately.



Library Expectations- Ms. Stewart

Our school library is a vibrant space with a rich collection of books, technology, and resources.

Book Exchange

Students have the opportunity to borrow from the school's library collection on their book exchange day. All borrowed materials must be handled with care and returned by the due date to ensure continued access for all members of the school community.

- Students in Grades 1–5 check out 2 books per school cycle.
- Kindergarten students check out 1 book per school cycle.

If a student forgets their books, they'll need to wait until the next library day to check out new ones. This helps students practice responsibility. Being a responsible library user means bringing

books back on time so that everyone gets a chance to enjoy them.

Lost or Damaged Books

A reminder will be sent home and then a fee request if a book is not returned for a few weeks. We do our best to work with families so students can keep reading without stress.

Choosing Books

The library collection is not organized by reading levels. It is designed to provide a wide range of texts to engage, challenge, and inspire curiosity. Students are encouraged to exercise choice in selecting books that match their interests, needs, and goals as readers, with guidance from the teacher librarian and classroom teachers when appropriate.

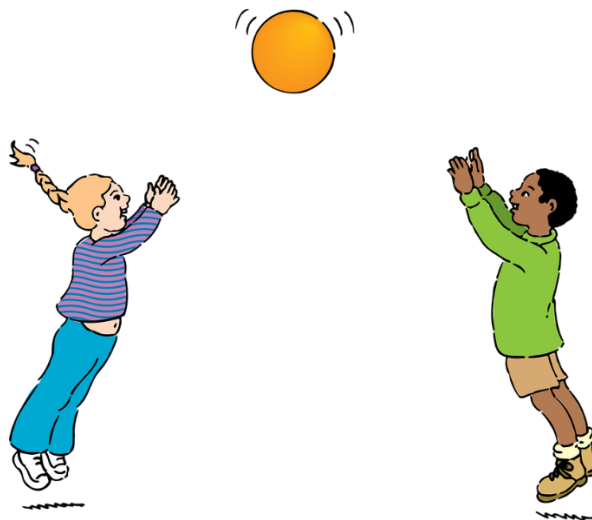
Digital Reading

The library has an eBook collection through **SORA/Overdrive**, which lets students borrow and read digital books anytime, anywhere. Students will need to use their Pembina Trails username and password through the Sora app.

More Than Books

The library isn't just about reading—it's also a place for creativity, design thinking and experimenting in our **Makerspace**. Students can explore using technology, robotics, Lego, coding, and other hands-on activities.

Physical Education



Welcome back! We're excited to kick off another school year with opportunities for students to stay active beyond the regular school day. These programs help students build fitness, teamwork, and commitment while having fun.

Cross Country

This year, both cross country meets will be held at St. Vital Park:

- Wednesday, September 17 at 10:00 a.m.
- Wednesday, October 1 at 10:00 a.m.

Students will be bused to and from the meets. The Cross Country Team is open to Grade 4 and Grade 5 students. To participate, students must attend practices regularly. Practices take place Mondays, Wednesdays, and Fridays at lunchtime. Students will run first and then eat their lunch. Permission forms will be sent home during the first week back.

Active Start

Active Start is a morning club open to Grades 3, 4, and 5. It runs from 8:30–9:10 a.m. Each grade will have its own designated day. A schedule will be sent home with students so they know which day is theirs. Active Start is a drop-in program so students may choose to come some weeks and not others.

Flag Football

Flag Football for Grade 5 students begins this fall. Practices will start in October, with the tournament taking place in November. More information and permission forms will be sent home with interested students closer to the start date.

We're looking forward to a great year full of movement, teamwork, and fun.

Mr. Scantlebury and Mr. Kurz

MUSIC NEWS FOR ALL FAMILIES

Happy 2025-26 school year from the Music Room! I am looking forward to teaching your children music this year, and meeting as many parents as possible throughout the busy and exciting year.

Kindergarten – Some important learning highlights: Students are introduced to the different voices in music: Speaking voice, whisper voice, shouting voice, and most importantly, their **SINGING VOICE**.

They will learn about different high and low sounds, learn about the BEAT, moving to the beat, keeping a beat, and playing instruments on the beat (pulse), Learn how to sit and stand in a circle while listening to the teacher and to others and will play many games that engage their creative minds.

Grade 1 / 2 – Students will continue to develop their singing voices, play various pitched and unpitched instruments, create melodies and rhythms, and have opportunities to perform in our Winter concert!

Grade 3-5 Students -will be playing the soprano recorder this year. All grade 3 students will need to purchase a YAMAHA soprano recorder from the school. No Dollarama recorders please as they are very poor quality and sound.

Choir- Grade 3-5 Students will have the opportunity to join our school choir which will be held at lunch time. This choir will perform at various events this year, including our Remembrance Service, a winter performance, divisional festival, and end of year performance.

Ukulele Club- will be offered to Grade 5 students in the Winter term.

Ms. Yacheson will be communicating to all families using EDSBY this year. Please go to EDSBY for any music news and communication.





The Matrix for Expectations at Prairie Sunrise School

At Prairie Sunrise School we have a standard of expectations for all students, which we will teach them over the course of the year. Below is the overall Matrix and a few of the areas which have been explicitly taught to our students around behavioural expectations.



CLASSROOM /ALL SETTING	HALLWAYS/ LOCKER ROOM	WASHROOMS	LUNCH	PLAYGROUND	INDOOR RECESS	TECHNOLOGY	LIBRARY	GYM	ASSEMBLIES/ PERFORMANCES	MUSIC	FRENCH	WALKING HOME/ BUS
<ul style="list-style-type: none"> -be respectful towards property, self, and others -be responsible for your actions and words -challenge yourself, do your best -care for others -use kind language -be an active listener -raise hand -follow classroom rules 	<ul style="list-style-type: none"> -walk quietly and safely single file behind the adult -keep your hands to yourself -keep the hallways neat and clear -go directly from point A to point B -use every step when on the stairs -LOCKER ROOM -all clothing off the floor and hung on hooks -shoes and boots on mats lined up -lunch kits kept in backpacks 	<ul style="list-style-type: none"> -use a washroom pass -main doors stay open -get in and get out promptly, avoiding talking and playing with friends -keep washrooms clean -school supplies must be left in the classrooms -practice good hygiene (flush, wash hands with soap and water) -use washroom materials appropriately -feet stay on the ground -give others privacy -report concerns and problems 	<ul style="list-style-type: none"> -wash or sanitize hands before eating -stay seated -use inside voices -eat your own food -clean your area -follow nutrition rules -use washroom with permission from adult -respect all adults 	<ul style="list-style-type: none"> -know and follow all safety rules -stay in your area and in school boundaries -play fair and include others -solve problems respectfully -seek adult help when needed -share space and equipment -respect the environment and school property -come to the door immediately when the bell rings -line up with your class -wear appropriate clothing and footwear 	<ul style="list-style-type: none"> -use inside voices -choose an activity and sit down -remain in your classroom -use the washrooms with permission from an adult -clean up when told or when the bell rings -be ready to work when the teacher returns -use washroom appropriately 	<ul style="list-style-type: none"> -use with permission from an adult -be gentle with screens, trackpads, and keyboards -only use apps and websites the adults says to -film or take photos with permission (for projects only) -return technology to the charging station with care 	<ul style="list-style-type: none"> -enter quietly -sit on the carpet -walk -be gentle with books -respect library tools and technology -stop, look, listen with the sound of the chime -check out all books before leaving -return books on time -respect equipment -play fair 	<ul style="list-style-type: none"> -enter the gym with permission only -enter using the correct door -sit in squads -wear appropriate footwear -move safely -access equipment with adult supervision only -use equipment properly -respect equipment -play fair 	<ul style="list-style-type: none"> -focus on the presenter or presentation -sit on the floor -keep your hands to yourself -show respectful appreciation -cheer when appropriate -use washrooms before or after 	<ul style="list-style-type: none"> -walk and sit in spots -use instruments when told by an adult -participate 	<ul style="list-style-type: none"> -speak French -sit on a carpet spot -look at the whiteboard -do the actions 	<ul style="list-style-type: none"> -walk on sidewalks only -come directly to school, go directly home -cross at crosswalks only -follow a plan when meeting siblings or adults -BUS -sit at all times in your assigned seat -talk to your neighbour only -backpacks on your lap -no eating or drinking -nothing out the window -listen to the bus driver's instructions

	Washroom Expectations		
Be Safe	Get in and out without chatting or playing	Bring only the washroom pass	
Be Respectful	Keep washroom clean <ul style="list-style-type: none"> • flush • turn off water • throw paper in the trash 	Give others privacy Keep feet on the ground	
Be Responsible	Practice good hygiene (wash hands)	Report concerns or problems to an adult	

	Hallway Expectations		
Be Safe	We walk on right hand side	Prioritize those who need the ramp	Use every step on the stairs
Be Respectful	Voice off in the hallways	Stay in our spot in line	Only in the hall with adult permission
Be Responsible	Go directly to where you are going	Belongings put away	

Coming this fall: Recess Expectations!

Sources of Strength Social and Emotional Learning Program



As part of our Health curriculum, Sources of Strength is taught throughout the year. All children are taught to understand and strengthen areas on the above wheel, to allow them to thrive and grow in all areas.

We have Roots to be Grounded and Wings, so We Fly!

CITIZENS WHO SHINE