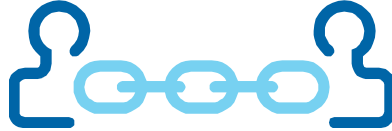


“Chain Reaction”
Swan Valley School Division
Enrichment Committee Theme



2009-2010

Please use this page to list “**chain reaction**” activities completed in the 09-10 school year! Chain reactions may show kindness toward:

Oneself,

Others (Peers/Colleagues),

or Community/Earth (Environment).

Rachel’s Challenge:

1. LOOK for the BEST in OTHERS – eliminate prejudice
2. DARE TO DREAM – write goals – keep a journal
3. CHOOSE POSITIVE INFLUENCES
4. ACTS OF KINDNESS = HUGE RESULTS
5. START A CHAIN REACTION with friends & family

“YOU JUST MAY START A CHAIN REACTION”

WWW.RachelsChallenge.com

Rachel Joy Scott

Kindness Toward: Oneself

- MEY Principal Kalynuk – notes from Principal
- MMY Welcome Back BBQ
- MMY Acts of Kindness with peers – end of month draw for lunch
- Benito School recess time – entrance to Gym if Social Studies Questions are answered ex. Rem. Day questions, Premier name, etc.
- Benito School continuing with Math Challenge
- Healthy Snacks Programs – Birch River Community brought in vegetables, pumpkins, etc. – students carved the pumpkins for Halloween
- Milk Program at Birch River School – more students are drinking Milk – chance to enter draw for \$50!
- The Beginning Band Workshop was a huge success this year. It was hosted by ESRSS on Friday Sept. 25th and Sat. Sept. 26th. The workshop saw about 70 grade 7 beginning band students and a few new grade 8 students from Minitonas and ESRSS taking part. The local Band Booster Club made it financially possible for the band council to hire Brandon University students to lead the beginners through instrument specific workshops. The new band students really enjoyed being taught by someone who specializes on the same instrument as them! The workshop always helps students get over that bump in the road, when the novelty of their new instrument wears off. The workshop manages to condense about two and half weeks of class time into about four hours. Students walk away with a greater knowledge of their instrument, and the ability to play about 10 songs from their method books. The weekend culminated with the annual Beginner Band Concert at 11:30 on Saturday morning. The concert was fantastic, the students played wonderfully, and a good time was had by all!
- Tammy Mosiondz started a program for our staff called “Feel Like A Million”. This is a self improvement program where each person sets a goal each day to improve their lifestyle. Goals include things like: drink 6 glasses of water, eat a vegetable/ fruit at snack time, play with the kids at recess, etc) If you reach your daily goal you are rewarded with play money that you can purchase a prize with. She has bought prizes and they are in our staff room to buy!

- Tammy also arranged for a speaker to come from mental health to talk to our staff about positive thinking. This presentation emphasized the importance of positive self talk and we evaluated our own self-images.
- French Immersion students at ÉSRSS welcomed Gérald Laroche a Juno award winning musician to the school. He showed students how to make music and sound effects like the ones featured in movies as well as using creativity and cartoons to tell stories. Students in grades 4-6 also attended workshops to develop their own creative talents.
- MEYS principal Kalynuk – appreciation notes to all staff
- MEYS Information Session for all parents
- MEYS Healthy Snacks Program – milk, juice, fruits, vegetables, and muffins
- MEYS Noon Hour Milk Program – majority of students participating
- MEYS Noon Hour Sports Programs
- MEYS R.C.M.P. Presentations on Bullying
- MEYS Operation Christmas Child
- Happy Birthday Pencils and announcement over P.A.
- All teachers do something special for their students as well

Kindness Toward: Others (Peers/Colleagues)

- Back to School Breakfast for all Staff in Benito hosted by Mrs. Hack
- Noon Hour Tutoring with Mrs. Spencer in Benito
- Noon Hour Math Club with Mrs. Hugill in Benito
- Mental Math Challenge in Benito (all Staff involved, and challenges with Mrs. Hack and Mrs. Davis at Noon)
- Cardio Room at Noon with Mrs. Moncrief
- “Girl Talk” Group for Grade 1 and 2 girls with Mrs. Bender in Benito
- Operation Christmas Child – shoe boxes for children around the world
- Heyes School Parent Council provide Hot Dog Lunch
- Taylor PAC provided school BBQ
- Birch River School provided “Meet the Teacher” BBQ
- Bowsman School – Acts of Kindness article – encouraging chain reaction
Acts of Kindness – giving others compliments and tell others why you admire them
- Birch River EA wrote appreciation note for new Principal
- SVRSS Friends of Rachel provided meal for Custodians
- SVRSS Custodians provided meal for Maintenance
- Benito Student Council baked cookies for 1st day of School
- SVRSS Principal H. Barkowski sent “Welcome Back – Teachers and Staff” cards
- Birch River School Act of Kindness Enrichment Program for the entire school – There will be a monthly draw of three names for a prize!
- Bowsman Principal Walker-Gillam prepared hot lunch for whole school with the assistance of the Grade 8 Students
- ÉSRSS hosted a Welcome Back lunch for students, staff and families on the first day of school.
- ÉSRSS Grade 8C students made Christmas cards for patients at the hospital to receive on their tray during the holiday season.

- Bowsman Friends of Rachael group started a kindness tree in each classroom. They precut figures of children for us too. Each time a student is “caught” or reported being kind their act of kindness is recorded on a figure and added onto our classroom tree.
- Bowsman librarian, Michelle Hamilton, sent out beautiful cards with quotes about friendship to each of our staff members. Then she added a personal compliment at the bottom of each! What a great thing to find in your mailbox!
- ÉSRSS recognizes student kindness toward self and others through our Citizen of the Week program.
- ÉSRSS staff have chosen Secret Pals for the year. Many kind words and gifts are being distributed.
- ÉSRSS French Immersion is recognizing a Student of the Month. Drop by our central hallway for a glimpse at our star students.
- MEYS - Operation Christmas Child – shoe boxes for Christmas around the world
- MEYS - Christmas Hampers for needy families in the community
- MEYS - PAC Pancake & Sausage lunch for students and staff
- MEYS - Thanksgiving Meal – turkey, potatoes, gravy and vegetables for students and staff
- MEYS - PAC Spaghetti Lunch, Pizza, Subway, Hot Dog, etc.
- MEYS - Appreciation Assembly for Principal, D. Kalynuk on “Happy Boss’s Day”
- MEYS - Appreciation cake for school secretary, J. Hart on “Secretary Day”
- MEYS - Monthly staff potlucks
- MEYS - PAC Appreciation dinner for all staff
- MEYS - Staff birthday cards and cake
- MEYS – Staff - Kris Kringle Christmas activities
- MEYS – Gifts for staff on “Staff Appreciation Week”
- MEYS – Farewell Parties (departing staff-cake, power point slide show, gifts)

Kindness Toward Community/Earth (Environment):

- Fire Dept. attended Fire Drill at Birch River School – community experience
- Benito School Student Council under direction of Mr. Moncrief organized the Remembrance Day Service. The Community was invited.
- Benito Students escorted residents from Benito Primary Care Centre to our School for the Remembrance Day service.
- Benito School Halloween Costume parade with invited guests from Community.
- Benito Grade 1 – 4 students sang Halloween songs to residents at Thunderhill Courts and Benito Primary Care Centre.
- Benito School Friends of Rachel group cleaned School flowerbed.
- Businesses in Swan River were broken into – students will be painting murals on plywood to make them look better
- Taylor School Gr. 4 class presented Habitat project for school and parents to view
- SVRSS Friends of Rachel collecting food items for the Food Bank – 2 ½ truck loads of good were delivered to Food Bank – Club was given a specific list of what the Food Bank required
- Through the “Artist in the School” Program, students of Benito School learned creative movement skills, games, and dances from an Artist from Winnipeg. We then hosted a Meet the Teacher Night with a Dance Performance by all Students in K – 8. The students also performed the following morning again for the residents of Benito Primary Health Care Centre and Thunderhill Courts.
- The grade 8 students of Bowsman participated in a highway clean-up project. They picked garbage from Bowsman to antler corner.
- The Grade 1- 7 students of Bowsman raked leaves in the community. They did this on the same day as their Thanksgiving Community Potluck dinner at the curling rink in Bowsman.
- ÉSRSS celebrated the completion of phase three in the playground expansion with a grand opening of the Bayley Bresky Memorial Classroom.

- ÉSRSS choir has been sharing their musical talents with our community, singing O Canada at a Stampeders' home game.
- ÉSRSS grade 8 band preformed for the Band Booster Meeting in October.
- Bowsman School collected food items for the Christmas Cheer board.
- On December 11 th the Grade 7 & 8 students went to the Christmas Cheer board and unpacked donated goods and on December 17 th they returned to pack hampers.
- Bowsman Grade 5/6 class made Rudolph Favor baskets with the following verse: Knowing that someone cares/Helps healing along the way/I hope this makes you feel better/And you keep improving day by day/Merry Christmas! They delivered them to the hospital in Swan River.
 - MEYS - Community Remembrance Day Service
 - MEYS - Monthly Family Picnics
 - MEYS - Monthly assemblies to celebrate successes
 - MEYS - Student and staff school yard cleanup
 - MEYS - Student and staff tree, shrub and flower planting
 - MEYS - Grades 3 & 4 students perform at the Personal Care Home in Swan River under the direction of R. Eisner
 - MEYS - Community Christmas Program
 - MEYS - Grades 3 & 4 students singing Christmas songs to residents at the Pioneer Lodge in Minitonas
 - MEYS – Grade 1 class – sing at Chalet & Pioneer Lodge in Minitonas
 - MEYS – Student Valentine Cards delivered throughout the community of Minitonas