



<https://www.facebook.com/>

SCHOOL

Website

www.svsd.ca/schools/benito



Benito School is selling oranges and grapefruit for their annual Citrus Fruit Fundraiser! The proceeds from this fundraiser go towards nutritional food items and school based activities that are both fun and enriching to our children's education. Please show your support by selling as many cases as you can.

Hot Lunch February 21st



Meatless baked spaghetti and garlic toast

Let's Read!



PINK SHIRT DAY is an antibullying campaign that celebrates diversity and creates environments where all people can feel safe, valued and respected. Each year, workplaces, schools, organisations and individuals join the movement to make a stand against bullying

**Pink Shirt Day is February 26th.
Wear pink to stand up to bullying!**



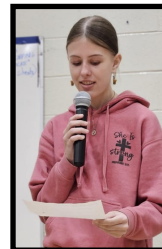
3 Facts and a Fib!

Abbey

1. I love Pizza.
2. I love Tomatoes.
3. I love learning about moon or galaxy.
4. I like reading about animals.



Lexie



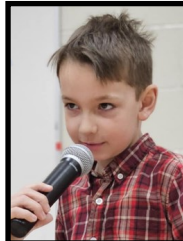
1. I'm allergic to cats.
2. I have 2 cats.
3. I've been to Hawaii.
4. I had 2 dogs.

Richden



1. I am 10.
2. I forget things fast.
3. I am good at video games.
4. It is February 32.

Oliver



1. I like pepperoni and cheese pizza.
2. I have an ipad.
3. I have one cat.
4. I like to go to my Grandma's house.

Khloe



1. I have 8 kittens and 2 cats.
2. I like dogs better than cats.
3. I lived in Swan River before.
4. I got my nails done in Yorkton.

Jacob



1. I have one brother and two sisters.
2. I love pasta.
3. I like to play Fortnite.
4. I am a really good ice skater.






Jason



1. I like cooking burgers outside.
2. I like to sleep with Dad.
3. I like giving presents to my brother.
4. I like eating mushrooms and onions.



February is Reading Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 	3 Set a reading goal for minutes.	4 Read a book with a red cover	5 Read a book about sports.	6 Read a fiction book	7 Prize to top three for most minutes read. Wear Cobra	8 
9 	10 Set a reading goal for minutes.	11 Read a comic	12 Read to a friend	13 Read a book with a blue cover	14 Prize to top three for most minutes read. Wear Cobra	15 
16 	17 Read at home	18 Set a reading goal for minutes.	19 Read a newspaper	20 Read on a device	21 Prize to top three for most minutes read. Wear Cobra	22 
23	24 Set a reading goal for minutes.	25 Read on a device	26 Read a book about any farm animal	27 Read to a friend.	28 Prize to top three for most minutes read. Wear Cobra	

February is reading month!

Every Monday the students will be asked to set a goal for how many minutes they can read. They will write their goals in their agendas.

Each day the students will write down the minutes they spent reading in their agendas. The minutes will accumulate each day and the top 3 students from each class with the most minutes for the week will win a treat.

Curling and Skating



We have 3 days of curling, and 2 days of skating throughout January and February. On the first day of activities, we went curling for 1 hour and 20 minutes, we learned the basics of curling and played a mini game. We skated for 40 minutes and had lots of fun. We are looking forward to the last day of curling on February 28th, where we will have a mini bonspiel! Thank you to all the parents that came to instruct curling and tie skates. This was lots of fun, and we look forward to doing it again soon!

Written by Katie, Lexie and Bentley



BASKETBALL DEVELOPMENT Day 1 & 2



It was January 16 and 29, 2025. Picture it: Swan River, Manitoba. The boys went to the high School, and the girls went to ESRSS. Most of the grade 7/8's went, and the grade 6's were also allowed to come to the development day. We went to learn all kinds of skills and get better at basketball. Then after lunch we went into our teams and played a tournament. It is challenging but good to meet new kids from other towns. We took a bus to get there and back. We are looking forward to Valley Champs on Feb 19!

By: Cade, Burkley and Mr. N

Hot Lunch

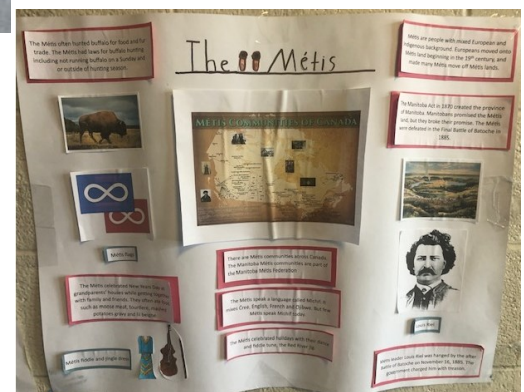
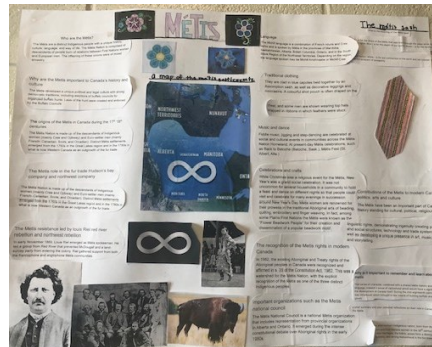
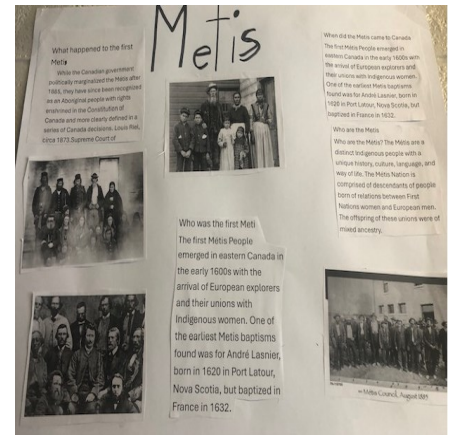
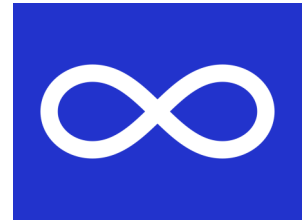
We had hot lunch on the 17th of January; it was grilled cheese and turkey soup! There weren't any busses running that day, and there weren't many people at school that day, so for the bus students that didn't get any hot lunch we got it again the next Friday! It was also popcorn day on the 24th, and we only get popcorn once a month, so it was such an amazing day! The lunch was so yummy.

THANKS TO THE LADIES THAT MADE THE LUNCH!

By: Kashton Parthenais & Mr. N



Grade 5/6 Learned About Metis People.



Benito School had the honor of hosting Elder L. Munro to teach us how to make ribbon skirts. We made a total of 15 skirts and learned the teachings associated with them. The teaching, for our group, is that wearing ribbon skirts symbolizes that we take ownership of our strength as women and that we support those women who are in need - be it due to addiction, abuse, trauma, poverty, and so on. It was a special day for all of us.



Thank You Volunteers!

For helping us with skating and Curling :)



Family Skating & Movie Afternoon

Benito Recreation Center

Saturday Feb. 22nd

Skating 2-3:00 pm

Movie 3-5:00 pm

*Movie will be upstairs

*Overcomer is a Christian-based, family movie

*Popcorn, drink and a candy bag are provided

*Parents are asked to accompany kids under 16 years old

* There is no charge for this event.



Hosted by the Valley Evangelical Covenant Church (Durban)

NORTH-WEST REGIONAL LIBRARY

Kids Craft Night

Let's make Love Bugs

SWAN & BENITO Thursday
6:00pm-6:30pm

Please call
Swan River (204) 734-3880
Benito (204) 539-2446
to Register

- Ages 8 and up
- \$5.00 Fee
- Limited Spots

BENITO LIBRARY

NORTH-WEST REGIONAL LIBRARY BENITO BRANCH

Monday: Closed
Tuesday: 1:00pm-5:00pm
Wednesday: 1:00pm-5:00pm
Thursday: 1:00pm-7:00pm
Friday: 1:00pm-5:00pm
Saturday 10:00pm-2:00pm
Sunday: Closed

Free Wifi

We have some stuffed animals that are waiting to go home and we have some that are waiting to be adopted. Call or come into the library for more information.

Story Time—Wednesdays 10:30-11:15

Duck Mountain Ski Area

Lift Hours 10:00am – 4:30pm

Feb 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 10a OPEN	27	28 10a OPEN 10:30a School Group B	29 10a OPEN 10:30a School Group B	30 10a OPEN 10:30a School Group B	31 10a OPEN 10:30a School Group B	1 10a OPEN
2 10a OPEN	3	4 10a OPEN 10:30a School Group B	5 10a OPEN 10:30a School Group B	6 10a OPEN 10:30a School Group B	7 10a OPEN 10:30a School Group B	8 10a OPEN
9 10a OPEN	10	11	12 10a OPEN 10:30a School Group B	13 10a OPEN 10:30a School Group B	14 10a OPEN 10:30a School Group B	15 10a OPEN
16 10a OPEN	17 10a OPEN	18 10a OPEN	19 10a OPEN 11a Tubing Group Book	20 10a OPEN	21 10a OPEN	22 10a OPEN
23 10a OPEN	24	25	26 10a OPEN 10:30a School Group B	27 10a OPEN 10:30a School Group B	28 10a OPEN 10:30a School Group B	1 10a OPEN



The North-West

February Issue 2025

TOP NEWS

Crafts Nights are Back!
We have so many exciting things coming up.

This month we will be felting with Merle Dvorak. Plus we are making Love Bug at our Kids Craft Night. Can't wait to see all the different love bugs the kids create..

IMPORTANT CHANGES

We have been having so much fun with all the new programming and crafts nights!

Sadly we are limited on spots. With all spots filling up very quickly we ask that if you have to cancel... please let the library staff know. We have had a few people not show up to a few craft nights. We could of easily filled those spots.

With this happening more then a few times... going forward we will be collecting the craft fees (cash only) after you register.. You will have a week from the time you call to bring your money, or you will lose your spot.

We apologize for the inconvenience but its not fair to the other people on the waiting list, hoping to get in.



Storytime has started for our winter session. Ms. Sheila currently has 6 kids enrolled in Swan and 4 in Benito. They are having lots of fun doing crafts, reading books, playing games and puzzles, and of course lots laughs.

It's not to late...if you have a child 3 to 5 years of age and woud like to enroll them in storytime please call

Swan River library (204) 734-3880

or

Benito Library (204) 539-2446



From all of us at North-West Regional Library

NEW FACES AT THE LIBRARY

We are so excited to welcome 2 new partime staff,

Sydney Kotyk is currently in Grade 11 at Swan Valley Regional Secondary School. She started back in December and will be working some evenings and Saturdays.

Deanna Sabiston who works at Michif CFS as admin has also joined the NWRL team. She also started in December and will be working evenings and Saturdays.

SANTA LETTERS

We would like to say thank you to Ms. Sheila for making sure Santa got all his letters and the kids got thier replies from Santa's elves.. 86 letters were received and sent back out.

AND...Thank you all for allowing us the privilege to do this for the children. We the staff had so much joy reading the cutest/funniest letters ever! It really was a privilege!

THANK YOU

Valentine's Day Candy Grams

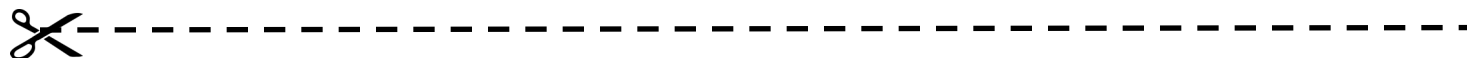


Dear Parents/Guardians,

Benito School's Snack Connoisseurs are hosting a Valentines Day fundraiser to raise money for the Benito school band program (50% of the proceeds go to the band, 50% go to the club).

They will be selling candy grams from the 3rd to the 13th of February. Each candy gram will be \$1. Candy grams will contain 2 mini lollipops, a cute ribbon, and a Valentine's message. They will be delivered on February 14 in the afternoon.

If your family or friends are interested in supporting this fundraiser, please fill out an order form, and have it delivered it to either Katie, Lexie, or Ms. Church.



Valentines Day Order Form

NAME OF STUDENT ORDERING: _____

GRADE: _____

AMOUNT PURCHASED: _____

COST (EXACT CASH ONLY) \$: _____



WHO IS THIS CANDY GRAM FOR? WRITE DOWN THE NAME AND GRADE OF STUDENT(S).

Name	Grade
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Whole Class	
K-2 (21 students)	
3-4 (18 students)	
5-6 (18 students)	
7-8 (16 students)	



Does Parenting Feel Really Stressful?

This program can help



WHAT IS BEAM

BEAM is a 12 week app-based program designed by parents, for parents.

It has been shown to reduce mental health problems and improve parent-child relationships.

WHAT TO EXPECT

- **Expert-led videos** on parenting and family mental health
- One-on-one **peer coaching**
- **Tracking** to see your progress
- An **online forum** to connect with other parents
- **Systems navigation** support

ELIGIBILITY

- 18 years or older & living in Manitoba
- Parenting a 2-5 year old child
- Experiencing depression, anxiety, anger, and/or parenting stress

TAKE OUR SCREENER

Participants can receive up to **\$200**



redcap.link/beam

Contact us at
beam.research@umanitoba.ca

Learn more at
thebeamprogram.com

This research has been approved by Research Ethics Board at the University of Manitoba, Fort Garry Campus
Principal Investigator: Dr. Leslie E. Roos, Department of Psychology (REB approval number: HE2023-0161)





Cohort 3 Updates

The BEAM Program

MENTAL HEALTH

% of parents who met clinical cut-offs:

- Anger (74.1%)
- Parental Distress (76.6%)
- Anxiety (69.6%)
- Parenting Stress (35.4%)
- Depression (69.6%)

ENROLLMENT

158

Families served in three cohorts!

We need your help spreading the word to reach **400** families of 2-5 year old children in Manitoba!

[Learn more at thebeamprogram.com](https://thebeamprogram.com)

"Walking alongside parents as they go through the program has been an incredibly rewarding experience. I truly enjoy cheering them on and offering support as they develop new skills, build community connections, and access resources that empower them to parent and live in ways that align with their values"

- Leah, Peer Parent Coach



Contact us at beam.research@umanitoba.ca

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