

# ÉCVS NEWS



JANUARY 2021

## PRINCIPAL'S MESSAGE

This year is not kicking off the way we had hoped! We want parents/caregivers to know how much we truly appreciate you and we understand this week of remote learning will not be easy on you. As a team, we did our best to coordinate our schedules keeping siblings in mind. Our grade group teachers will work together in teams to deliver remote learning. Your child will see their homeroom teacher, along with other grade group teachers during remote learning.

Parents are reminded to send extra masks to school. It is important to have good fitting masks to be safe. If families require extra masks, please have your child ask his/her teacher.

On January 13th from 4:00-6:00 p.m., Southern Health will be hosting a vaccination clinic here at ÉCVS in our gym. We have consent forms available in the office. Feel free to contact us if you would like one emailed to you or sent home with your child.

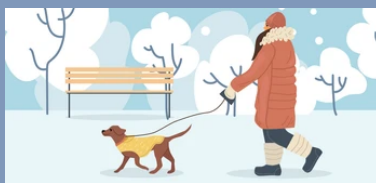
We hope our students can be back in class, learning and having fun very soon!

Mme Vanstone  
Principal

## Important Dates

- **Jan. 10 - First Day of Remote/In School Classes (Day2)**
- **Jan. 13 - Vax Clinic at ÉCVS (hosted by Southern Health) 4-6 p.m.**
- **Feb. 7 - PD No Classes**
- **Feb. 9 - Kindergarten Registration**
- **Feb. 21 - Louis Riel Day SCHOOLS CLOSED**

**A reminder that no pets on school property at any time!**



**We play where they litter....**

Without fresh air and opportunities for vigorous outdoor play, kids can get that cooped-up, bored, restless feeling we call "cabin fever."



**Please send a warm jacket, snow pants, snow boots, a warm hat, mittens or gloves and a neckwarmer or scarf with your child to make their outdoor playtime comfortable and fun!**

## **Grade 3 French Immersion Students Feel the Warmth in Giving**



The Grade 3 French Immersion classes were very proud to collect donations for the Stocking Stuffers for Seniors program at the Herman Prior Center.

I am happy to help other people. It makes me happy! -Henry

I feel warm giving love to others! -Ani

I wanted them to feel love and happiness like I feel. Then they can feel like we are family. -Tyler

It makes me feel fuzzy and good inside. Sometimes it's about giving...not getting. -Ella



Congratulations to the **winners** of the Legion Remembrance Day Art Poster Contest:

**Kyla Ferris, Bronte Syrenne, Rhett Sloik, Ani Goertzen, and Ella Sevchenko**

# MÉLI-MÉLO EN NUTRITION

## Grignotage intelligent



### LE SAVIEZ-VOUS?

L'estomac d'un adulte mesure environ 12 x 6 pouces, alors que celui d'un enfant fait à peu près la taille de son poing. Les enfants peuvent bénéficier de collations pour obtenir la nutrition dont ils ont besoin en une journée!

Mise en garde : Certaines recettes ou suggestions d'aliments pourraient ne pas convenir aux personnes souffrant d'allergies. Veuillez vérifier auprès de l'école pour savoir quels aliments ne sont pas tolérés dans la salle de classe.

### Alimenter son corps tout au long de la journée

- Prendre une collation entre les repas peut constituer un bon moyen de satisfaire sa faim ou de nourrir son corps pour une activité éventuelle.
- Apprendre à satisfaire son corps de manière positive est important pour le bien-être.
- Faire participer ses enfants à la préparation des collations peut s'avérer fort utile pour les intéresser aux aliments et à la nutrition.
- Il n'y a pas de « bons » ou de « mauvais » aliments. Tous les aliments peuvent contribuer à la croissance et au développement; le corps apprécie la variété.
- Préparer des collations à domicile peut permettre d'économiser de l'argent, de faire participer la famille et de créer des mélanges que vous aimez.
- On recommande de consommer les collations en plus petites portions pour commencer, puis d'en augmenter la quantité au besoin. Il suffit de manger en pleine conscience et d'évaluer en cours de route si la collation a été satisfaisante.
- Préparer une collation à l'avance peut contribuer à éviter une sensation de faim entre les repas.

### Pudding de graines de chia et de lait de poule

#### Ingrédients

2 tasses de lait de poule  
1/2 tasse de graines de chia  
**Optionnel** : Garnir de crème fouettée, de cannelle et de muscade

#### Instructions

**Étape 1** : Dans un bol, mélanger le lait de poule et les graines de chia. Laisser reposer pendant 10 minutes, puis remuer à nouveau une fois que les graines ont commencé à gélifier.

**Étape 2** : Couvrir le bol et le placer au réfrigérateur pendant au moins une heure ou toute la nuit.

**Étape 3** : Sortir le bol du réfrigérateur et bien remuer le pudding. Le répartir dans des ramequins et ajouter des garnitures (optionnel).

Faites participer vos enfants en leur permettant de :

- Mesurer les ingrédients et les mettre dans le bol
- Remuer le pudding et le répartir dans des ramequins

Source :  
<https://downshiftology.com/recipes/egglog chia-pudding/>



\*\* D'autres idées de substitution se trouvent dans le bulletin portant sur les allergies (numéro de septembre).

Pour en savoir plus sur l'alimentation et la nutrition, consultez :  
<https://www.southernhealth.ca/fr/trouver-des-soins/health-info-for-you-fr-ca/nutrition-and-healthy-eating-fr-ca/>  
Pour accéder aux bulletins précédents, consultez :  
<https://www.southernhealth.ca/fr/avez-vous-passe-t-il/bulletins-de-nutrition/>  
Service de consultation de diététistes : 1 877 830-2892 Health Links-Info Santé : 1 888 315-9257 Équipe des services de nutrition : 204-856-2055  
Créé par les diététistes de Southern Health-Santé Sud  
Ce document peut être photocopié en entier à condition que la source soit mentionnée.



# NUTRITION BITS AND BITES

## Smart Snacking



### DID YOU KNOW?

An adult's stomach is about 12 x 6 inches, whereas a child's stomach is about the size of their fist. Children can benefit from snacks to get the nutrition they need in a day!

### Fueling your body throughout the day

- Eating a snack between meals can be a good way to satisfy hunger or fuel your body for an upcoming activity!
- Learning to satisfy your body in a positive way is important for your well-being.
- Getting your kids involved in preparing snacks can be a valuable way to get them interested in food and nutrition.
- There are no "good" or "bad" foods! All foods can contribute to growth and development; your body appreciates variety!
- Making snacks at home is great. It can save money, get the family involved, and allow you to make the snack how you like it!
- Try starting with a small portion and then reaching for more if you still are hungry. Eat mindfully and assess along the way if the snack has satisfied you!
- Planning a snack in advance can set you up for success to prevent a 'hangry' feeling in between meals.

### Eggnog Chia Pudding

#### Ingredients

2 cups Eggnog  
1/2 cup Chia seeds  
**Optional**: Top with whipped cream, cinnamon, and nutmeg

#### Instructions

**Step 1**: In a mixing bowl, stir together the eggnog and chia seeds. Let it sit for 10 minutes, then stir again once the seeds have started to gel.

**Step 2**: Cover the bowl and place it in the refrigerator to chill for at least one hour or overnight.

**Step 3**: Remove the eggnog chia pudding from fridge and give it a good stir. Split the chia pudding into individual cups and add optional toppings.

Involve your kids by letting them:

- Measure the ingredients
- Add the ingredients to the bowl
- Stir the pudding
- Spoon the pudding into cups

Recipe from:  
<https://downshiftology.com/recipes/egglog chia-pudding/>



\*\* Refer to the Allergy Newsletter (September issue) for substitution ideas.

For more information on nutrition and healthy eating, visit:  
<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>  
To access previous school nutrition newsletters, visit:  
<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>  
Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055  
Created by Registered Dietitians from Southern Health-Santé Sud  
May be photocopied in its entirety provided source is acknowledged.





# JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day
2	3	4	5	6	7	8
	Christmas Break			First Day Spring Term		
				Day 6	Day 1	
9	10	11	12	13	14	15
	Day 2	Day 3	Day 4	Day 5	Day 6	
16	17	18	19	20	21	22
	Day 1	Day 2	Day 3	Day 4	Day 5	
23	24	25	26	27	28	29
	Day 6	Day 1	Day 2	Day 3	Day 4	
30	31	<b>December 2021</b> Su M Tu W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		<b>February 2022</b> Su M Tu W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28		Academic Calendar by Vortex42.com © 2016 Vortex42 LLC. Free to print.
	High School Exam Week					
	Day 5					



# FEBRUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	High School Exam Week					
		Day 6	Day 1	Day 2	Day 3	
6	7	8	9	10	11	12
	Divisional PD Day NO CLASSES	Second Semester begins at High School	Kindergarten Registration			
		Day 4	Day 5	Day 6	Day 1	
13	14	15	16	17	18	19
	Day 2	Day 3	Day 4	Day 5	Day 6	
20	21	22	23	24	25	26
	Louis Riel Day SCHOOLS CLOSED					
		Day 1	Day 2	Day 3	Day 4	
27	28					
	Day 5					
	<b>January 2022</b> Su M Tu W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		<b>March 2022</b> Su M Tu W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		Academic Calendar by Vortex42.com © 2016 Vortex42 LLC. Free to print.	