



ÉCVS NEWS

NOVEMBER 2021

PRINCIPAL'S MESSAGE

Thank you to all our parents who participated in our student-led conferences online. The involvement was exceptional. We know that parental involvement makes a huge difference for kids, both academically and socially. For those who were unable to attend, teachers will reach out and try to connect with you. Report cards will be emailed out to all grades 1-4 families on December 17th.

Our next Home and School Association meeting is December 7th at 7:00 p.m. Please call the office and let us know if you would like the link for the meeting.

In November, we were able to get our grade 3s, 4s and Foundations for Learning class to the movie theatre to see Clifford, The Big Red Dog. Special thanks to The Prairie Cinema Centre for being accommodating with our distancing guidelines and protocols, as well as donating a free class of admissions! We will continue to explore Covid-safe field trips for all of our students, as they provide enjoyment and great learning opportunities!

Our Purdy's fundraiser was incredible! The money raised will go directly to activities for our students. We will notify parents of pick up information as soon as the chocolates arrive. We expect to have chocolates ready to hand out the third week in December. If you are able to help us out to sort chocolate orders, please call the office and let us know (204) 857-3475.

Sincerely,
Madame Vanstone
Principal/Directrice



Important Dates

- Dec. 7 - Home and School Mtg. 7 p.m.
- Dec. 17 Report Cards emailed
- Dec. 23-Jan. 5 - Winter Break - SCHOOLS CLOSED
- Jan. 6 - First Day of Classes (Day 6)

Counsellor's Corner

Mrs. Neill & Mme Rheault

QUESTIONS *to ask your kids*

QUESTIONS TO ASK ABOUT THEIR SCHOOL DAY

1. What was the best thing that happened to you today?
2. What is one thing you learned today that you don't think I already know?
3. Who had the best lunchbox item at lunch today? And what was it?
4. What was one thing that happened today that made you laugh?
5. What was one thing that happened at school today that made you feel special?
6. What was the worst part of your day today?
7. When did you feel the most proud at school today?
8. What is one thing that you learned today that you didn't already know?
9. What was your favorite thing that you did at the playground today?
10. What is one thing that you wish you could have done better today?
11. What do you think you can do tomorrow to make it better than today?
12. Was there any time that you were nervous today?
13. Who is one person that you don't like at school, and why?
14. What was one nice thing that you did for someone else today?
15. What subject did you have a hard time with today?
16. Did anyone at school do anything today that made you feel sad?
17. What is one crazy and interesting thing that you learned today?

FUNNY QUESTIONS TO ASK KIDS

1. If Mommy wanted a break tomorrow, what would you cook us for dinner?
2. Do your best impression of any famous person.
3. If you could change your name, what would you change it to?
4. What is the funniest joke you can think of right now?
5. Oh no! Your backpack broke, and you can only carry TWO school supplies to school tomorrow! What do you choose to bring?
6. What is ONE chore that you would cross off your Chore Chart forever?
7. If you HAD to give up one of these for the whole week, which would you choose: Internet AND Electronics OR Your toothbrush AND Your hairbrush?
8. If you could have one super power, what would it be?

Winter Concert

- Mrs. Holmes

Due to current public health orders, we unfortunately cannot have our traditional concert this holiday season. Please stay tuned to your child's online learning platform for a special holiday performance to come!



A reminder to parents to send extra masks with their child as they get very wet after being outside.

Morning Active Club Superstars

With Mme Armstrong-Bernier



Merry Potters

Prairie Fusion Arts & Entertainment will be coming to E.C.V.S. December 3rd and 10th to hold a pottery workshop for all Gr. 1 students. Masterpieces will be sent home with students the week of December 20th.





Reminder:

The Portage la Prairie RCMP want to remind school parents/motorists that there are two Traffic Control device signs leaving the Arthur Meighan Parking lot stating Right Hand turning only during the specified times. Failure to make a right hand turn can cost you \$230 dollars and 2 demerits as well as a claim against your insurance should you cause an motor vehicle collision.

Police will be monitoring this location and will lay charges for any offences seen.



NUTRITION BITS AND BITES

Intuitive Eating



Did you know that children are born intuitive eaters?

Intuitive eating is the way we are born to eat! Babies and young children are naturally able to regulate their appetite. They know how much food to eat.

Trust that your child knows this, too.

Raising Intuitive Eaters

Intuitive eating is a tool that can be used to help support a positive relationship with food. Here are some tips to support growing intuitive eaters:

Offer regular meals and snacks

- Having a peaceful relationship with food is easier when eating regularly.

Keep food talk neutral

- All foods support our bodies in different ways. No foods are "good" or "bad."
- Try talking about the taste, colour, texture or temperature of foods at the table.

Trust your child to eat

- Allow your child to decide how much food they want to eat at meals and snacks.

Promote body respect

- Bodies come in different shapes and sizes, and it is normal for bodies to change over time.

Be a positive role model

- Children learn from their parents. Allow yourself to enjoy all foods, too!

There is no right or wrong way to eat intuitively. To learn more:

<https://www.ellynsatterinstitute.org/how-to-feed/the-division-of-responsibility-in-feeding/>
<https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Apple Cinnamon Baked Oatmeal Muffins

Try this recipe for a snack or serve with yogurt and fruit for a make-ahead breakfast!

Ingredients

- 3 cups Large Flake Oats
- 2 Tbsp Ground Cinnamon
- 2 tsp Baking Powder
- ¼ tsp Salt
- 1 ½ cups Milk**
- 2 Eggs**
- ½ cup Unsweetened Apple Sauce
- ¼ cup Canola Oil
- ½ cup Diced Apple
- ¼ cup Raisins



Directions

1. In a large bowl, combine oats, cinnamon, baking powder and salt.
2. In another bowl, whisk together the milk, eggs, apple sauce and oil. Pour over the oat mixture and stir to combine. Stir in the diced apples and raisins.
3. Divide mixture among 12 lightly sprayed or oiled muffin tins. Bake in preheated 350F (180C) oven for about 30 minutes or until a tooth pick inserted in the centre comes out clean.
4. Serve warm or pack as a snack!

Choose your child's favorite fruit combinations using fresh or dried fruit

Tips on getting your child involved in the kitchen

- Invite your child to combine ingredients in a bowl, crack the eggs, or divide the mixture into muffin tins before baking.

Recipe and photo from UnlockFood.ca: <https://www.unlockfood.ca/en/Recipes/Breakfast/Apple-Cinnamon-Baked-Oatmeal.aspx>

** 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/health-supporting/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.





DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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
			Last Day Fall Term		Christmas Break	
26	27	28	29	30	31	
Boxing Day	Christmas Break					
		November 2021 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		January 2022 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		

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<http://www.vertex42.com/calendars/academic-calendar.html>



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		
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
	High School Exam Week	December 2021 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		February 2022 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		