

ÉCVS NEWS

OCTOBER 2021

PRINCIPAL'S MESSAGE

The past two weeks have been filled with learning, Orange Shirt Day, Terry Fox walks, school pictures, assemblies, story walks, Fire House tours, practice drills, visits to Fort la Reine museum and local farms. We had our students involved in putting orange hand prints along Crescent Lake in memory of those children who did not return home from Residential Schools.

Next week, our assembly will focus on safety. Our students will meet local members of the fire and police departments. We want to make sure our students know key information to help them stay safe. Knowing their first and last name, phone number, and address are important starting points for many of our students. Knowing what bus number they go on, or what pick up and drop off plans they have each and every day is important. We appreciate well labeled back packs! We want our students to know they should never go home with other students after school, and to always stick to the pick-up plans. Parents are reminded to never allow students to come over after school unless this plan has already been established by both sets of parents.

With the change in weather, we ask that parents send warm clothes, hats, mitts, boots and spare socks to school. Over dressing is always better than being cold!

We have two upcoming professional development days where there will not be classes. These include: October 22nd and 25th. **Kindergarten parents are reminded to double check your child's scheduled days.** October 29th will be our day for Halloween activities. Each teacher will communicate the plan for their classes. Due to Covid protocols, there are restrictions on bringing in homemade foods. Picture retakes will take place on November 5th. Our Student Led Conferences in November will be **virtual**.

Parents are able to volunteer but must show proof of vaccination to be allowed to come into classes.

November 2nd at 7:00 p.m. is our next Home and School Association meeting. We would love to have some new parents join us, please call the office at (204) 857-3475 for a link to our next meeting.

A big congratulations to Mrs. Crevier who was the recipient of the Teaching Award of Excellence for the Portage la Prairie School Division. Mrs. Crevier has been a leader at ÉCVS in the area of literacy. She is a mentor to many teachers and an advocate for children who need intervention. Congratulations Mrs. Crevier, we are so lucky to have you on our team!

Sincerely,
T. Vanstone
Directrice/Principal

Important Dates

- Oct.20 - Grade 2 FI - Fred Fox Zoom
- Oct. 22 - PD Day - No Classes
- Oct. 25 - PD Day - No Classes
- Oct. 29 - Scheduled Halloween Activities
- Nov. 2 - Home and School Mtg. 7 P.M.
- Nov. 5 - Picture Retakes
- Nov. 12 - PD Day - No Classes
- Nov. 26 - Student Led Conferences



Try Like Terry

From the bottom of our hearts we want to thank our ÉCVS families for the donations to the Terry Fox Foundation. Together, we raised over \$3 000.00. Our students had a blast getting to pie their teachers! Messy fun was had by all while raising great money for this cause!

Mme Armstrong Bernier
Mr. Botterill
Mrs. Crawford



Virtual Book Fairs

Save The Date!

Dear families,

Mark your calendars! The fun and excitement of a Scholastic Book Fair is coming to our school! To adapt to our changing needs, Scholastic has developed a **Virtual Book Fair** to provide an opportunity for our students and families to experience the joy of reading together. Students will visit during class time (schedule will be sent out soon) and parents can also shop on line with the link below! Very exciting!

So save the date! Our **Scholastic Virtual Book Fair** will take place on **[November 22-25]**

When it's time to shop, visit our school's **Virtual Book Fair** site using this link:

[<https://bookfairs.scholastic.ca/pages/5166391>]

Before our Fair begins, click the link to:

- **SAVE** it to your browser
- **WATCH** videos of popular new titles
- **PREVIEW** our Featured Books

Watch for news leading up to our **Scholastic Virtual Book Fair!**

Happy reading!



NUTRITION BITS AND BITES

Rethinking Rewards



Did you know?

The type of rewards we use impact a child's overall health and well-being.

Should Food be Used as a Reward?

While food is an important part of celebrations and is meant to be enjoyed, breaking the link between food and good behaviour can help promote a healthy relationship with food.

- If you use food as rewards, it can:
 - Increase a child's desire for the reward food which is often sweets.
 - Make it hard for children to listen to their natural hunger and fullness cues.
 - Teach kids to expect food when they've done something well.
 - Increase risk of dental cavities.
- Try to keep food as food, neither a prize nor a punishment.
- Non-food rewards are the best way to support a child's health, growth, and development!

Using non-food rewards also protects children with food allergies. Read more about non-food rewards here: <https://foodallergy.ca/non-food-treats-10-food-free-ideas-kids-ages/>

MÉLI MÉLO EN NUTRITION

Repenser les récompenses



Le saviez-vous?

Le type de récompense que nous utilisons a des conséquences sur la santé globale et le bien-être d'un enfant.

Les aliments doivent-ils être utilisés comme récompense?

Même si les aliments sont très importants lors des célébrations et sont censés être appréciés, rompre le lien entre ces derniers et un bon comportement peut aider à promouvoir une relation saine avec eux.

- Si vous utilisez des aliments comme récompense, cela peut :
 - Augmenter le désir des enfants pour les aliments offerts en guise de récompense, qui sont souvent des bonbons.
 - Faire qu'il soit difficile pour les enfants d'écouter leurs signaux naturels de la faim et de la satiété.
 - Apprendre aux enfants à s'attendre à des aliments lorsqu'ils ont fait quelque chose de bien.
 - Accroître le risque de caries dentaires.
- Essayez de respecter la fonction des aliments plutôt que de vous en servir comme récompense ou punition.
- Rappelez-vous que les récompenses non alimentaires constituent le meilleur moyen de soutenir la santé, la croissance et le développement d'un enfant!

L'utilisation de récompenses non alimentaires protège également les enfants souffrant d'allergies. Pour en savoir plus sur ce type de récompense, cliquez ici :

Recipe for Change: Using Non-Food Rewards



Reward Ideas:

At Home:

- Dance party
- Dress up day
- Pajama day
- Stickers
- Face painting or temporary tattoos
- Bookmarks
- Books
- Family game night
- Painting a mural for their bedroom or playroom
- Invite a few of your child's friends over for a sleepover
- Camp out in the backyard
- Go to a sports game
- Create a box of special toys or art supplies that are only used for rewards or special occasions



At Schools or Community Centers:

Early Years:

- Stickers
- Bookmarks
- Extra art time
- Fun coloured pens or pencils
- Get to sit by friends
- Eat lunch outdoors
- Dance to favourite music in class
- Extra recess time



Older Years:

- Get to listen to music while working
- Extra talk time at the end class
- Extra credit
- Have class/programs outside
- No homework pass
- Books

Tips to Implement Ideas:

- Get input from your child. Ask how would they like to be rewarded and make a list together ☺
- Use words of encouragement! Kids love to hear "I'm so proud of you" or "I appreciate your help!".
- Choose prizes, toys, and games that promote physical activity!

Check Out **Appetite to Play** for More Ideas to Support Healthy Eating and Activity for Kids: <https://www.appetitetoplay.com/healthy-eating/tips-ideas/10-easy-non-food-rewards>

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.



Nouvelle recette : Utilisation de récompenses non alimentaires



Idées de récompenses :

À la maison

- Soirée dansante
- Journée costumée
- Journée pyjama
- Autocollants
- Maquillage ou tatouages temporaires
- Signets
- Livres
- Soirée de jeux en famille
- Activité de peinture murale pour chambre ou salle de jeux
- Soirée pyjama avec amis
- Camping dans la cour
- Participation à un match de sport
- Création d'une boîte de jouets ou de fournitures artistiques réservés pour les récompenses ou les occasions spéciales



Dans les écoles ou centres communautaires

Jeunes enfants :

- Autocollants
- Signets
- Temps d'art supplémentaire
- Stylos ou crayons de couleur amusants
- Cercle d'amis
- Dîner en plein air
- Danse au rythme de la musique préférée
- Temps de récréation supplémentaire



Enfants plus âgés :

- Écoute de musique tout en travaillant
- Temps de conversation supplémentaire
- Crédit supplémentaire
- Cours ou programmes à l'extérieur
- Congé de devoirs
- Livres

Conseils pour mettre en œuvre des idées :

- Obtenez l'avis de votre enfant. Demandez-lui comment il aimerait être récompensé, et dressez une liste ensemble ☺
- Utilisez des mots d'encouragement! Les enfants aiment entendre « Je suis tellement fier de toi » ou « J'apprécie ton aide ».
- Choisissez des prix, des jouets et des jeux qui favorisent l'activité physique.

Consultez le site Web **Appetite to Play** pour obtenir plus d'idées visant à soutenir une alimentation saine et pour trouver des activités à faire avec les enfants : <https://www.appetitetoplay.com/healthy-eating/tips-ideas/10-easy-non-food-rewards>

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/see-se-asse-t-t/bulletins-de-nutrition/>





OCTOBER 2021

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