

ÉCVS NEWS

MAY 2022

PRINCIPAL'S MESSAGE

Well that was an April we won't forget! Thank you to all the parents for your patience and understanding with storm days & bus changes. We are grateful that everyone remained safe with the unpredictable road conditions. Hoping May will bring sunshine and warm temperatures for our upcoming tree planting. We will be planting bushes and trees along the back fence to provide more shade on our playground.

May is also Math Month and we have a variety of activities planned for the students. They will be involved in problem solving, estimation and various math games throughout the month. Parents can get involved by challenging their kids at home with math questions.

NEXT YEAR'S KINDERGARTEN PARENTS: We have a Kindergarten-Information Zoom meeting planned for May 11th at 7:00. All new K parents will receive the link the morning of the 11th. Ready Set Go activities for new Kindergarten students will be June 15th & 16th, you and your child will have an opportunity to visit the school and participate in various activities.

GRADE 3 ENGLISH & GRADE 4 FRENCH IMMERSION STUDENTS will start some transition activities with Ecole Arthur Meighen staff this week. Parents can watch for an email with more information about the move to EAMS for the fall.

Erin Mauws
Paula Neill

Important Dates

- April 27 to May 8 - Virtual Book Fair
- May 2-13 Jay Stoller residency
- May 4 - Preschool Party
- May 11 - Kindergarten Information Zoom
- May 13 Drumming Concerts
- May 23 - Victoria Day
NO SCHOOL
- June 15 & 16 Ready Set Go Kindergarten Event



Good Riddance?

JUST BEAT IT!

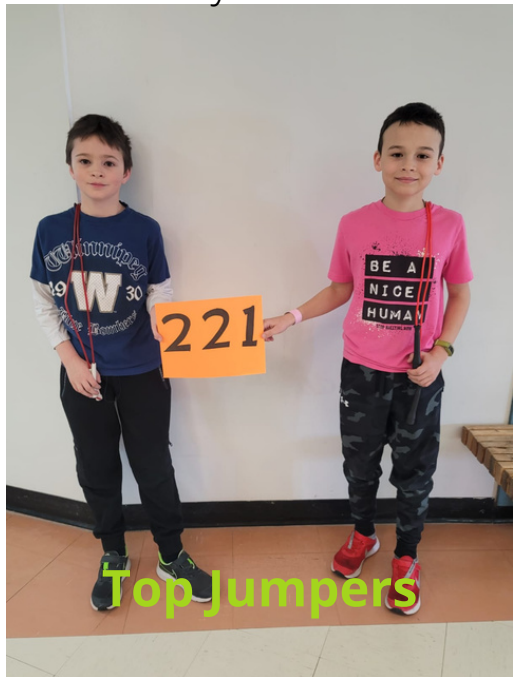


We are excited to welcome Jay Stoller to ÉCVS May 2-14 to teach our grades 1-4 students hot to play the African drum (djembe). Jay has been teaching African drumming to people all over the province for 20 years, and has been to some of our PlaP schools including ÉCVS in previous years. We are also excited to share out performance with our families as we welcome you to watch our final performances in the gym on May 13. Students will be part of/playing in one of 3 concerts that day. Stay tuned to social media and your child's online platform for more details about the time. We also plan on recording these performances and posting them on the learning platforms in case you are unable to attend.



A Jumping Success

École Crescentview students are excited to have raised \$2250 for the Heart and Stroke Foundation this year!



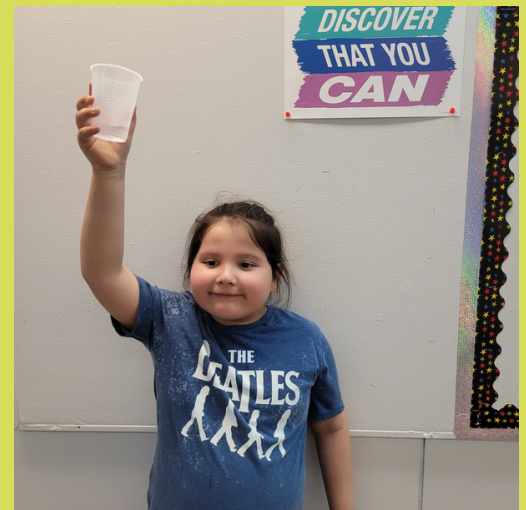
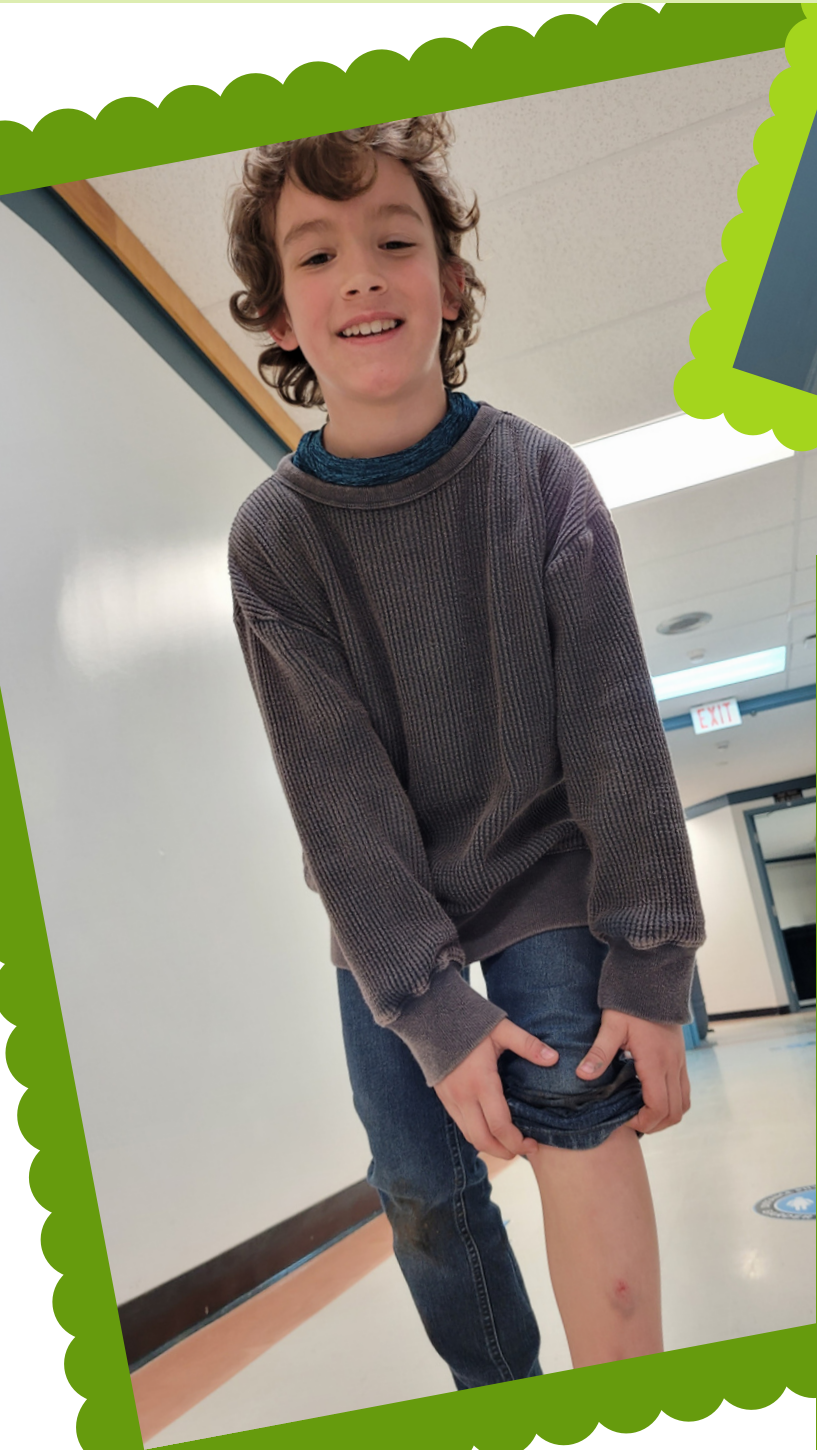
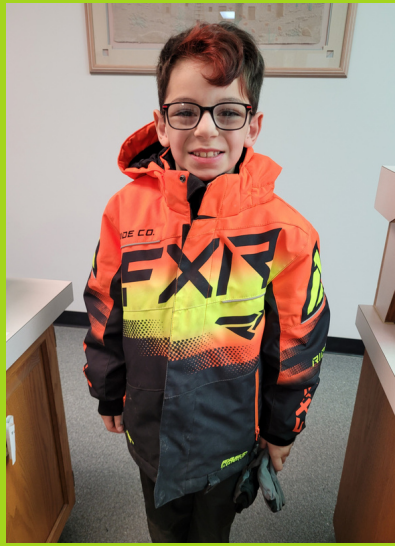
Top Jumpers

Didn't get your order in? We have boxes for sale in the office. Get yours today. \$33.00
204-857-3475



Over 100 consecutive jumps!

I am glad Summer is coming. I look forward to going to my campground to swim. In the winter, the slide is cold and sometimes you hurt yourself!
-Kai Archer 2A



James would like to remind everyone to bring a water bottle to school every day. Plastic cups are not good for the Earth.

Kindergarten Info Night

May 11

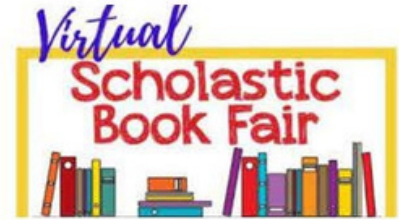
English and French Immersion Welcome
Via Zoom



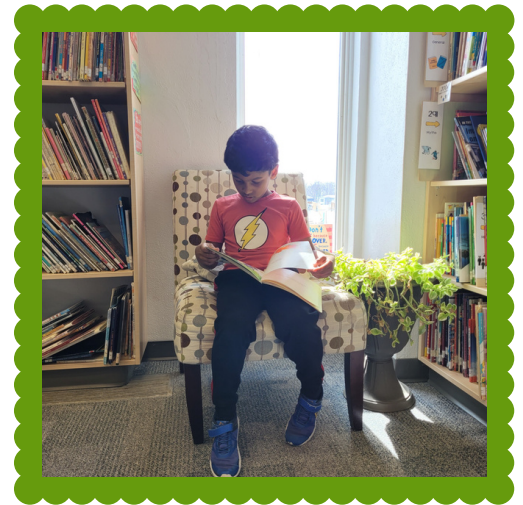
**Pssst....Calling all children
born in 2017! Pass it on!
K registration on now!**

Missed the Bookfair?

Mrs. Palmer is holding the Virtual portion
of the Bookfair open until May 8th!



<https://virtualbookfairs.scholastic.ca/pages/5184361>



Preschool Parties!

Join us as we read, play, and get ready for
Kindergarten! For children ages 3-5.

École Crescentview School

March 8; April 6; May 4
To register: www.plpsd.mb.ca/cvs/
204-857-3475

La Verendrye School

March 10; April 13; May 11
To register: www.plpsd.mb.ca/lvs/
204-857-3478

Oakville School

March 24; April 29; May 25
To register: www.plpsd.mb.ca/oakville/
204-267-2733

Fort la Reine School

March 16; April 13; May 11
To register: www.plpsd.mb.ca/flr/
204-857-7687

North Memorial School

March 10; April 7; May 12
To register: www.plpsd.mb.ca/nms/
204-857-4564

Yellowquill School

March 23; April 25; May 26
To register: www.plpsd.mb.ca/yqs/
204-857-8714

Family Resource Centre

February 26; March 30; May 2
To register: frcportage.ca
204-595-5005



Getting Ready for School!

In addition to Preschool Parties, the Family Resource Centre is offering a four-part series you can attend with your 3-5 year old child, as they prepare to enter Kindergarten. Each session will include learning activities, as well as information for parents and caregivers.

March - April

- March 2 - Healthy Development
- March 16 - Social-Emotional Skills
- April 13 - Play
- April 27 - Literacy

May - June

- May 11 - Healthy Development
- May 25 - Social-Emotional Skills
- June 8 - Play
- June 22 - Literacy

Contact us at info@frcportage.ca or 204-595-5005

NUTRITION BITS AND BITES

Language around food and bodies



Fostering positive body image in children and teens promotes better health outcomes as the child grows. Parents and educators should strive to promote positive language around bodies and food to minimize body dissatisfaction or disordered eating patterns in youth.

Tips for promoting better language around food and bodies at home and school

- Avoid using terms such as “junk food”, “unhealthy”, “treats”, or “cheat day”. Call food what it is i.e. French fries, cookies, candy. This eliminates the perceived stigma around eating these foods.
- Talk to kids about their bodies in a positive way. Show your kids how strong they are and discuss all their amazing abilities and skills.
- Avoid negative talk about your own body. Limit discussions about your weight or desire to change your body shape. You are your child’s biggest role model and negative body talk can influence how they view their own body.
- Discuss how the body changes as we go through childhood and puberty. These changes are normal and expected.
- Enjoy family meals together. Talk about how food give us energy to move and grow. Trust your child to eat enough for their own body. Never force eating or use food as a punishment or reward.

Beware of social media and advertisements

Children and teens are exposed to multiple avenues of advertising. Unfortunately, some of these promote dieting, weight loss, or striving for the perfect body.

Talk to kids about how to think critically about what they see or hear on ads

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.

Everyone’s Favourite Oatmeal Chocolate Chip Cookie

Ingredients

Non-hydrogenated margarine ¼ cup (60 mL)
Brown sugar 1 cup (250 mL)
Egg whites 2 large
Vanilla 1 teaspoon (5 mL)
Whole wheat flour 1 cup (250 mL)
All purpose flour ½ cup (125 mL)
Oats 1 cup (250 mL)
Baking soda 1 teaspoon (5 mL)
Salt ¼ teaspoon (1 mL)
Chocolate chips ½ cup (125 mL)

Note: the chocolate chips can be replaced with an equal quantity of raisins, dried cranberries, or nuts

Recipe source: nutritionmonth2022.ca

Directions

1. Preheat oven to 350°F (220°C). Spray baking sheet with non-stick cooking oil or cover with a sheet of parchment paper.
2. With an electric mixer or a wooden spoon, cream together margarine and brown sugar in a large bowl until light and fluffy. Add egg whites and vanilla to the sugar mixture and combine until smooth.
3. In a medium bowl mix together all dry ingredients: flours, oats, baking soda and salt. Divide the dry flour mixture into 3 portions and stir each portion into the wet ingredient mixture until combined. Stir in chocolate chips.
4. Drop cookies onto baking sheet 2 inches apart, flatten cookies slightly with hand. Bake for 10-12 minutes, or until golden around the edges. Transfer to a cooling rack and enjoy.



Little Chefs can help by:

- Measuring dry ingredients
- Scoop dough onto baking sheet
- Suggesting nuts or seeds to add in!

** 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.



MÉLI-MÉLO EN NUTRITION

Langage autour de la nourriture et du corps



Favoriser une image corporelle positive chez les enfants et les adolescents contribue à aboutir à de meilleurs résultats de santé à mesure qu'ils grandissent. Les parents et les éducateurs devraient s'efforcer de promouvoir un langage positif autour du corps et de la nourriture afin de minimiser l'insatisfaction corporelle ou les habitudes alimentaires malsaines.

Conseils pour promouvoir un meilleur langage autour de la nourriture et du corps à domicile et à l'école

- Évitez d'utiliser des termes tels que « malbouffe », « mauvais pour la santé », « gâteries » ou « jour de relâche ». Appelez la nourriture ce qu'elle est (p. ex. frites, biscuits, bonbons). Cela élimine la stigmatisation perçue autour de sa consommation.
- Parlez à votre enfant de son corps de manière positive. Montrez-lui à quel point il est fort, et discutez de toutes ses incroyables capacités et compétences.
- Évitez de parler négativement de votre propre corps. Limitez les discussions sur votre poids ou votre désir de changer la forme de votre corps. Vous êtes le plus grand modèle pour votre enfant et un discours corporel négatif peut influencer la façon dont il perçoit son propre corps.
- Discutez de la façon dont le corps change au cours de l'enfance et de la puberté. Ces changements sont normaux et attendus.
- Prenez des repas en famille. Parlez de la façon dont la nourriture nous donne de l'énergie pour bouger et grandir. Faites confiance à votre enfant pour manger selon ses besoins. Ne le forcez jamais à manger, et évitez d'utiliser la nourriture comme punition ou récompense.

Méfiez-vous des médias sociaux et des publicités

Les enfants et les adolescents sont exposés à de multiples formes de publicité. Malheureusement, certaines d'entre elles font la promotion de régimes amaigrissants, de la perte de poids ou de la recherche d'un corps parfait.

Expliquez-leur comment penser de manière critique à ce qu'ils voient ou entendent dans les publicités.

Biscuit à l'avoine et aux pépites de chocolat préféré de tous

Ingédients

¼ tasse (60 ml) Margarine non hydrogénée
1 tasse (250 ml) Cassonade
2 Blancs d'œufs, grands
1 c. à thé (5 ml) Vanille
1 tasse (250 ml) Farine de blé entier
½ tasse (125 ml) Farine tout usage
1 tasse (250 ml) Avoine
1 c. à thé (5 ml) Bicarbonate de soude
¼ c. à thé (1 ml) Sel
½ tasse (125 ml) Pépites de chocolat

Remarque: Les pépites de chocolat peuvent être remplacées par une quantité égale de raisins secs, de canneberges séchées ou de noix.

Source : moisdelanutrition2022.ca

Méthode

1. Préchauffer le four à 350 °F (220 °C). Vaporiser une plaque à biscuits d'huile de cuisson antiadhésive ou recouvrir d'une feuille de papier parchemin.
2. À l'aide d'un batteur électrique ou d'une cuillère en bois, mélanger la margarine et la cassonade dans un grand bol jusqu'à consistance légère et mousseuse. Ajouter les blancs d'œufs et la vanille et mélanger jusqu'à consistance lisse.
3. Dans un bol moyen, mélanger tous les ingrédients secs : farine, avoine, bicarbonate de soude et sel. Diviser ces ingrédients en 3 portions et incorporer chaque portion aux ingrédients humides jusqu'à homogénéité. Ajouter les pépites de chocolat.
4. Déposer les biscuits sur une plaque à cuisson à 2 pouces d'intervalle et les aplatir légèrement avec la main. Cuire au four de 10 à 12 minutes ou jusqu'à ce qu'ils soient dorés sur les bords. Transférer sur une grille de refroidissement et déguster.



Les jeunes chefs peuvent aider en :

- mesurant les ingrédients secs
- déposant la pâte sur une plaque à cuisson
- suggérant des noix ou des graines à ajouter à la recette!

** 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/que-se-passe-t-1/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 photocopie en entier à condition que la source soit mentionnée.



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.

To register for programs or find out more:

Website: frcportage.ca

[Call or Text: \(204\) 595-5005](tel:2045955005)

[E-mail: info@frcportage.ca](mailto:info@frcportage.ca)

234 Princess Ave, Portage la Prairie

May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Book Buddies 9 or 11 am	3 Need transportation to program? Contact FRC & we can arrange a shuttle! Adulting 101 4:30 pm	4 Grandparents Get Together 10 am Pre School Party 1 pm	5 Mindful Munchkins 10 am Parenting 101 1 pm	6 Healthy Cooking 10 am or 1 pm	7
8 Mother's Day	9 Wiggle, Giggle & Munch 9 or 11 am	10 Drop In 10 am Healthy Baby (Zoom) 1 pm Adulting 101 4:30 pm	11 Getting Ready for School 9 am Breastfeeding Group 11 am	12 Toddler Shenanigans 9 or 11 am Parenting 101 1 pm	13 Kids in the Kitchen 10 am or 1 pm	14 
15	16 Book Buddies 9 or 11 am	17 Babies & Babble Newborn 9:30 am Babies & Babble Babies 11:30 am Adulting 101 4:30 pm	18 Grandparents Get Together 10 am Mom's Time 1 or 7:30 pm	19 Mindful Munchkins 10 am Parenting 101 1 pm	20 Healthy Cooking 10 am or 1 pm	21
22	23 Victoria Day (Closed)	24 Drop In 10 am Healthy Baby (Zoom) 1 pm	25 Getting Ready for School 9 am Breastfeeding Group 11 am	26 Toddler Shenanigans 9 or 11 am Parenting 101 1 pm	27 Little Passports 10 am Family Game Night 6 pm	28 Just Me & My Dad 10 am Preschool Party 1 pm
29	30 Book Buddies 9 or 11 am	31 Babies & Babble Newborn 9:30 am Babies & Babble Babies 11:30 am Adulting 101 4:30 pm			Trying to register online but don't see the time you want? Call or text 204-595-5005 to have your name added to the waitlist!	

STEP 1: Find a program to join! STEP 2: Register on our website! STEP 3: Join us at the FRC!

Find us on Facebook & Instagram: Family Resource Centre Portage



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