

ÉCVS NEWS

MARCH 2022



PRINCIPAL'S MESSAGE

This week we kicked off our popular Big Box of Cards fundraiser. The money raised will go directly towards our goal of creating an accessible walking path. We have partnered with École Arthur Meighen School and together, our dream is to create a space where all children can move about on our playgrounds without barriers. Within our schools, we have several students and a staff member in a wheelchair. The goal of the path is to promote inclusion, accessibility, wellness and safety. We envision our community using these paths for walking, biking and gaining easy access to our schools. Along with an accessible path, we hope to plant trees for shade and to build a stronger connection to nature for our students.

We have several exciting events going on over the next couple of months. March 8th is our first preschool party at ÉCVS. March 14th we will be hosting our second vaccination clinic in our gym from 4:00-6:00 p.m. This clinic is open to the public. This year our report cards will be going out on April 14th and will be followed by student-led conferences on April 21st and 22nd.

This week is our I Love to Read week. We have such an exciting week planned with presentations, authors, guest readers, draws and so much more! This week kicks off our annual inquiry project. This project promotes critical thinking, research, writing, speaking and reading. The overarching question that is our focus for the school is "are we doing enough to protect water for future generations?". We encourage families to talk about this question at home. Have your child share their learning with you.

T. Vanstone
Directrice/Principal

Important Dates

- Mar. 1 - BIG BOX OF CARDS Fundraiser kickoff
- Mar. 2 - 1 p.m. Take Pride Winnipeg presents "For the Love of Our Earth"
- Mar. 8 - Preschool Party 2:15 p.m.
- Mar. 14 - After School Vaccine Clinic 4-6 p.m.
- Mar. 21 - K-12 Admin Day No School
- Mar 22 - BIG BOX OF CARDS orders due
- Mar. 28-Apr. 1 - Spring Break SCHOOLS CLOSED

News From the Gym

There are lots of exciting things happening in the gym this month!

There are Sled-Ice Hockey presentations March 8th and 10th with Mr. Boschman. The grades 3 and 4 classes will be participating in a Jump Rope for Heart event on March 23rd. All classes will enjoy a very fun Skipping unit!



In March, students will be learning about WISDOM. WISDOM is one of the 7 sacred teachings and is represented by the beaver or Nbwaakaawin. Everyone has a special gift or talent. We are able to show wisdom by using our special gift or talent to help others. To have wisdom is also to know the difference between right and wrong and to apply that understanding to our daily life by making good choices. Wisdom is gained through experience and knowledge. Our elders guide us and help us learn about wisdom.

The Beaver = Wisdom

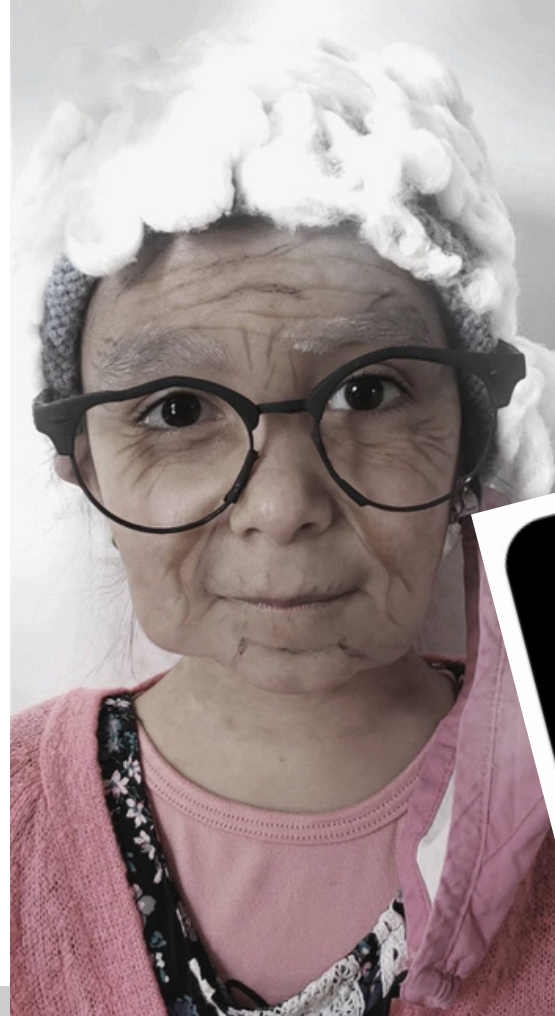
The building of a community is entirely dependent on gifts given to each member of the community by the Great Spirit. Community members are asked to use their gifts and talents and make a positive contribution. The beaver is used as an example. The beaver's special gift is his sharp teeth. When he uses his teeth for cutting trees and branches, he is able to help his community by building dams and lodges. If the beaver did not use his gift to build, his teeth would grow and grow. This would be bad for the beaver and for his community. The beaver knows his gifts and uses them to the best of his abilities.

You have traveled the way of the Medicine Wheel. Now, look up to the blue of Grandfather Sky for Wisdom. To live your life based on your unique gift is to live wisely. You are not the same as your neighbour. You were created special. You are one of a kind. So is your neighbour. When each of you accepts your special talents and uses them to help others, the whole community becomes stronger.

http://www.btgwinnipeg.ca/uploads/5/2/4/1/52412159/the_seven_sacred_teachings.pdf



**Big Box of Cards
fundraiser on NOW
until March 22nd!**



I Thought
Growing Old
Would Take
Longer



100 Day



WRINKLES ONLY GO
WHERE SMILES HAVE
BEEN! 1V



SCHOOL IS SNOW MUCH FUN!

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



MARCH 2022

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APRIL 2022

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NUTRITION BITS AND BITES

Fuelling for Physical Activity



Is my child drinking enough fluids?

To stay healthy, athletes need to drink plenty of fluids before, during and after exercise:

- **2-3 hours before exercise** drink 400 to 600 mL of water.
- **During exercise** drink 150 to 300 mL every 15 to 20 minutes.
- **After exercise**, athletes need to replace the fluid they lost from sweating. Sodium-containing fluids and snacks can help quench thirst and keep fluids in the body.

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.

Nutrition for your young athlete

Proper nutrition is important for children involved in sports and other physical activities.

Good nutrition helps young athletes:

- Feel more energetic and less tired
- Prevent injury and disease
- Improve strength and endurance
- Improve performance

What can I do to help my child get what they need?

Meal timing is very important. Athletes should:

- ✓ Eat a full meal at least 3 hours before an event to allow digestion and to avoid stomach upset during the event.
- ✓ Have a pre-game snack 1-2 hours before any event to allow digestion.

Whole grain cereals, pasta, granola, and fruits are all great options! See the recipe below.

- ✓ Have a protein and energy packed snack after exercise to recover and replenish.

Open-faced Applewiches

Set up an assembly line of toppings and go for it! These fun and naturally sweet Applewiches are a hit with all ages. Packed with energy and protein, they make for the perfect post-exercise or after-school snack - but can be served anytime!

Prep Time: 10 minutes

Ingredients:

- 60 mL (1/4 cup) natural almond or peanut butter or non-nut alternative
- 75 mL (1/3 cup) 0% fat plain Greek yogurt
- 2 apples, cored and thinly sliced horizontally
- Sprinkle of cinnamon
- Optional toppings: sliced almonds, dried fruit, unsweetened shredded coconut, seeds

Directions:

1. In a small bowl, combine nut or non-nut butter with Greek yogurt and cinnamon. Stir until combined.
2. On a clean cutting board, lay the apple slices and spread about 10 mL (2 tsp) of the yogurt/nut butter mix on each.
3. Sprinkle on toppings of choice. Enjoy!

On-The-Go Tip: Turn this recipe into one easy to grab on the go recovery snack by cutting the apples into cubes. Mix apples with all other ingredients and place in a jar or airtight container.

Recipe Source: <https://food-guide.canada.ca/en/>



** 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/what-is-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

Faire le plein pour l'activité physique



Mon enfant boit-il assez?

Pour rester en santé, les athlètes ont besoin de boire beaucoup de liquide avant, durant et après l'exercice :

- **2 à 3 heures avant l'exercice**, boire 400 à 600 mL d'eau.
- **Durant l'exercice**, boire 150 à 300 mL, toute les 15 à 20 minutes.
- **Après l'exercice**, les athlètes ont besoin de remplacer le liquide perdu par la transpiration. Les boissons et les collations contenant du sodium peuvent aider à éteindre la soif et à maintenir les liquides dans l'organisme.

Avvertissement : Certaines recettes ou suggestions d'aliments peuvent ne pas convenir aux personnes allergiques. Veuillez vérifier auprès de votre école pour connaître les aliments autorisés ou interdits en classe.

L'alimentation des jeunes athlètes

Une alimentation adéquate est importante pour les enfants qui font du sport et d'autres activités physiques.

Une bonne nutrition aide les jeunes athlètes :

- Fournit de l'énergie et réduit la fatigue
- Préviend les blessures et les maladies
- Améliore la force et l'endurance
- Améliore la performance

Que puis-je faire pour aider mon enfant à obtenir ce qu'il lui faut?

L'heure des repas est très importante. Les athlètes devraient :

- ✓ Manger un repas complet au moins 3 heures avant un événement pour avoir le temps de digérer et éviter les maux d'estomac durant l'événement.
- ✓ Prendre une collation 1 ou 2 heures avant l'événement pour permettre la digestion.

Les céréales complètes, les pâtes, le granola et les fruits sont d'excellentes options! Voir la recette.

- ✓ Prendre une collation protéinée et énergisante après l'exercice pour récupérer et recharger le plein d'énergie.

Sandwichs de pommes

Alignez toutes les garnitures et laissez-vous aller! Ces sandwichs de pommes amusants et naturellement sucrés plairont aux personnes de tout âge. Excellentes sources d'énergie et de protéines, ils sont parfaits pour la collation après l'exercice ou l'école, mais peuvent être servis en tout temps!

Temps de préparation : 10 minutes

Ingredients :

- 60 mL (1/4 tasse) de beurre naturel d'amandes, d'arachides ou sans noix
- 75 mL (1/3 tasse) de yogourt grec nature 0 % m.g.
- 2 pommes évidées et tranchées minces à l'horizontale
- Souppçon de cannelle
- Garnitures aux choix : amandes émincées, fruits séchés, noix de coco non sucrée, graines

Préparation :

1. Dans un petit bol, combiner le beurre de noix ou sans noix avec le yogourt grec et la cannelle. Bien mélanger.
2. Sur une planche à découper propre, déposer les tranches de pommes et étendre sur chacune environ 10 mL (2 c. à thé) du mélange de yogourt/beurre de noix.
3. Ajouter des garnitures au choix et bon appétit!

Truc pratique : Transformez cette recette en une collation facile à emporter en coupant les pommes en dés. Mélangez les pommes avec les autres ingrédients et placez le mélange dans un récipient avec couvercle hermétique.

Source : <https://guide-alimentaire.canada.ca/fr>



** Voir le bulletin sur les allergies alimentaires (septembre 2021) pour des idées de substituts.

Pour vous informer sur d'autres sujets liés à la nutrition, consultez :

<https://www.southernhealth.ca/fr/trouver-des-soins/health-info-for-you/fr/nutrition-and-healthy-eating-fr-ca/>

Pour accéder aux bulletins précédents, consultez :

<https://www.southernhealth.ca/fr/que-se-passe-t-il/bulletins-de-nutrition/archives-des-bulletins-de-nutrition-2021/>

Service de consultation de diététistes 1-877-830-2892/Health Links info Santé 1-888-315-9257/Équipe des services de nutrition 1-204-856-2055

Document créé par des diététistes de Southern Health-Santé Sud

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