

ÉCVS NEWS

NOVEMBER 2021



PRINCIPAL'S MESSAGE

This week we kicked off our Purdy's Chocolatier fundraiser. Information was emailed home and students took home brochures. All orders are due November 23rd and will be ready for pick up the week of December 13th. The proceeds of this fundraiser will go towards student activities and field trips. On November 10th we will host our Remembrance Day assembly.

Our Student-led conferences will be November 25th (5:00 p.m.-7:00 p.m.) and 26th (10:00-1:00 p.m.). Once again this year, our conferences will be held virtually, with the option of in-person available upon request. Teachers will be reaching out to families in the next few weeks to find a way to connect online or by phone. The week of November 22-26 will be our online book fair.

As the snow begins to fall, please send your child with warm clothing which should include a winter jacket, hat, mitts and boots. It is always a great idea to pack an extra pair of mitts, hat and socks in their backpack. If you need help with any clothing items, feel free to contact our Outreach Facilitator, Ann Cuddington at the school. She has many clothing items available for donation. Our school focuses on sustainability as one of our key goals. We want our students using water bottles instead of cups to drink water. With Covid restricting the use of water fountains for direct drinking, our students require water bottles each and every day. One other item to have in the backpack would be a spare water bottle as sometimes students forget to return the one which was sent home to be cleaned.

Our Dragonfly Breakfast program is up and running. Students who would like to access this program should enter through the south-east doors (wooden steps) labeled Breakfast program. Doors for this program open at 8:30 a.m.

Thanks to everyone for your generous donations to the PLPSD Breakfast drive and the BDO Drive Away Hunger food drive. These contributions make a huge impact in our community!

Sincerely,
Madame Vanstone
Principal/Directrice

Important Dates

- Nov. 5 - Picture Retakes
- Nov. 10 - Remembrance Day Assembly
- Nov. 11 - Remembrance Day - NO SCHOOL
- Nov. 12 - PD Day - No Classes
- Nov. 22-26 - ÉCVS Book Fair
- Nov. 23 - Purdy's orders due
- Nov. 25 Student Led Conferences 5-7 p.m.
- Nov. 26 - Student Led Conferences
- Nov. 29 - K-8 Admin. Day - No Classes
- Dec. 7 - Home and School Mtg. 7 p.m.



Phys Ed News

INTRAMURALS

Intramurals are back! Grades 3 and 4 students are invited to participate in lunchtime intramurals. They will enjoy playing games that they learned in class that week! Come on out and get your game on!



COMING SOON

Grades 3&4 Fitness Club with Mme A-B starting soon! More info to come.



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:

[\[https://bookfairs.scholastic.ca/pages/5166391\]](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!



Permission to reproduce this item is granted by Scholastic Book Fairs®



CLIFFORD THE BOOK RED DOG
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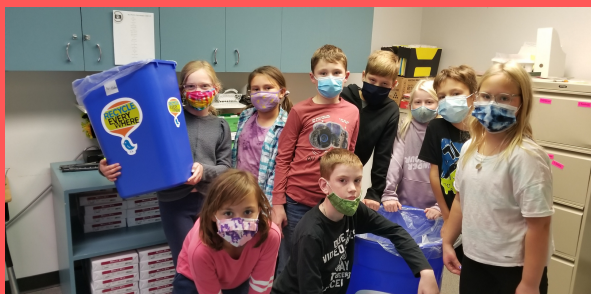
Celebrating Diversity

Grade 1 English

The Grade 1 English classes have been celebrating diversity this week in class. They have chosen a different culture from within their classes to learn about each day of the week. Cultures have been represented with such things as food, clothing, and music.



Recycling Club



ÉCVS is very proud of our recycling efforts!
Pictured above are some of our club members!



Cruising the Halls Jordyn Bruinooge and Paige Munro





Do something awesome (for yourself and us, too!)

Support our fundraising campaign by purchasing Purdy's chocolates!
Made with sustainable cocoa and crafted right here in Canada.

We have *lots* of selection and great gifting ideas, too!



Ask <https://fundraising.purdys.com/1010796-88952> for more info.

Order deadline is **November 23/2021**



NUTRITION BITS AND BITES

Say Goodbye to Picky Eating



When it comes to responsibilities in children's eating, both parents and children have their own jobs:

PARENTS' job is to decide

- WHAT food and drinks are served at meals and snacks
- WHEN food is served
- WHERE food is served

CHILDREN'S job is to decide

- IF they are going to eat it
- HOW MUCH they are going to eat

Tips to Improve Picky Eating

1. **Plan family meal times.** Eat meals at the table as a family. Do not offer food while your child is playing, watching television or walking around.
2. **Be a role model.** Your child will eat better and be more willing to try new foods if she sees others at the table eating the same foods.
3. **Eat at regular time.** Offer three meals and up to three snacks at regular times each day. Offer only water between meals and snack.
4. **Promote happy meal times.** Your child will eat better if she is enjoying mealtime. Children are more likely to have a happy meal time if you don't pressure them to eat.
5. **Avoid distractions.** Meals and snacks should be served away from distractions like the screen, toys, books and music. Leave them for playtime before or after meals. Mealtime is for eating and interacting with the family.
6. **Prepare one meal for the family.** Your child will be more willing to try new foods if she knows she will not get her favourite foods when she refuses dinner.
7. **Listen to your child.** Trust that your child knows when she is hungry and full.
8. **Don't pressure, praise, reward, trick or punish.**
9. **Try, try again.** Continue offering new foods even if your child has said no to them before. It can take as many as 10 times for a child to try a food and like it.
10. **Limit meal time.** Allow your child a maximum of 30 minutes to eat the meal. After this time put the food away. Extending meal time too long will not make your child more likely to eat and does not create a happy eating environment.

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.

Cook Together with Kids at Any Age

Invent a Smoothie Together

Kids can get creative inventing a smoothie! Remember, frozen fruits are just as nutritious as fresh, without the washing, peeling or cutting. Canned fruits packed in their own juices or with the light syrup drained off are good choices as well.

Blend

- 2 cups (500ml) milk or fortified soy milk
- 2 cups (500ml) fruit (any of: sliced banana, mango, nectarine, frozen raspberries, blueberries or strawberries, canned pineapple or peaches)
- 1 cup (250ml) ice cubes
- ¼ cup (175ml) plain yogurt
- ½ cup (125ml) frozen orange juice concentrate (optional)

Makes 4 servings. Freeze any extra in popsicle moulds.

You may scan the bar code to get a Family-Friendly One-Week Meal Plan



Use as is or change it to suit your tastes or lifestyle

Source: unlockfood.ca



Get the little chef involved!

Younger children may help with:

- Peel banana
- Wash fruit
- Add ingredients to the blender
- Create a name for their smoothie

Older children may also help with:

- Write out their recipes
- Give each a star rating based on a family taste test

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

Dites adieu à l'alimentation sélective



En ce qui concerne l'alimentation, les parents et les enfants ont leurs propres responsabilités :

Les PARENTS sont responsables de déterminer...

- QUELS aliments et boissons sont servis aux repas et aux collations
- QUAND et OÙ les enfants sont servis

Les ENFANTS sont responsables de déterminer...

- S'ils vont manger les aliments qui leur sont offerts
- La QUANTITÉ qu'ils vont manger

Conseils pour faciliter l'alimentation d'un enfant difficile

1. **Planifiez vos heures de repas en famille.** Prenez vos repas à table, ensemble. N'offrez pas de nouveaux aliments à votre enfant pendant qu'il joue, regarde la télévision ou se promène.
2. **Soyez un modèle.** Votre enfant mangera mieux et sera plus disposé à essayer de nouveaux aliments s'il voit d'autres membres de sa famille manger les mêmes aliments que lui.
3. **Mangez à des heures régulières.** Offrez à votre enfant trois repas et jusqu'à trois collations, et ce, à des heures régulières chaque jour. Donnez-lui seulement de l'eau entre les repas et la collation.
4. **Assurez-vous que les repas se déroulent dans une ambiance conviviale.** Votre enfant mangera mieux s'il prend plaisir à son repas et si vous ne le forcez pas à consommer certains aliments.
5. **Évitez les distractions.** Les repas et les collations doivent être servis loin des distractions comme l'écran, les jouets, les livres et la musique. Laissez votre enfant jouer avant ou après les repas. L'heure du repas sert à manger et à interagir avec la famille.
6. **Préparez un seul repas pour toute la famille.** Votre enfant sera plus apte à essayer de nouveaux aliments s'il sait qu'il n'obtiendra pas ses aliments préférés lorsqu'il refusera ce que vous lui offrez.
7. **Écoutez votre enfant.** Croyez-le lorsqu'il vous dit qu'il a faim ou qu'il est rassasié.
8. **N'exercez aucune pression, ne faites pas de fausses promesses et ne punissez pas.** Plutôt, félicitez ou récompensez votre enfant.
9. **Essayez et réessayez.** Continuez à offrir de nouveaux aliments à votre enfant même s'il les a déjà refusés. Cela peut prendre jusqu'à 10 fois pour qu'il essaie un aliment et l'aime.
10. **Limitez l'heure des repas.** Accordez à votre enfant un maximum de 30 minutes pour finir son repas. Après ce temps, rangez la nourriture. Prolonger le délai ne le rendra pas plus susceptible de manger et ne créera pas une ambiance conviviale.

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.

Cuisiner avec des enfants de tout âge

Créez un smoothie ensemble

Les enfants peuvent faire preuve de créativité lors de la préparation d'un smoothie! N'oubliez pas que les fruits surgelés sont tout aussi nutritifs que les fruits frais, et n'ont pas besoin d'être lavés, pelés ou coupés. Les fruits en conserve emballés dans leur propre jus ou avec du sirop léger égoutté constituent également de bons choix.

Mélanger

- 2 tasses (500 ml) de lait ou de lait de soja enrichi
- 2 tasses (500 ml) de fruits (au choix : banane, mangue ou nectarine tranchée; framboises, bleuets ou fraises surgelés; ananas ou pêches en conserve)
- 1 tasse (250 ml) de glaçons
- ¼ tasse (175 ml) de yogourt nature
- ½ tasse (125 ml) de concentré de jus d'orange surgelé (facultatif)

Donne 4 portions. Congeler tout excédent dans des moules à sucettes glacées.

Vous pouvez scanner le code-barres pour obtenir un plan de repas familial d'une semaine.

Utilisez-le tel quel ou modifiez-le en fonction de vos goûts ou de votre style de vie.

Source : unlockfood.ca



Faites participer les petits chefs!

Les jeunes enfants peuvent aider en :

- Pelant la banane
- Lavant les fruits
- Ajoutant les ingrédients au mélangeur
- Inventant un nom pour leur smoothie

Les enfants plus âgés peuvent également aider en :

- Écrivant leurs recettes
- Donnant une cote à chaque recette selon les commentaires des membres de leur famille

Pour en savoir plus sur l'alimentation et la nutrition, consultez : <https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>
Pour accéder aux bulletins précédents, consultez : <https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>
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.



PROGRAMS DESCRIPTIONS:

October 2021

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Pick-up your program package FRIDAYS, between 1-4

Need transportation to program? Contact FRC & we can arrange a shuttle!

1 CLOSED to OBSERVE
National Day for Truth & Reconciliation

3	4	5	6	7	8	9
	Mindful Munchkins 10 am or 2 pm (FRC)	Healthy Baby 10 am (Island Park) OR 2 pm (ZOOM)	Homeschool Co-op 2 pm (Island Park)	Book Buddies 10 am (FRC) My Tween & Me 6 pm (FRC)	Healthy Cooking Pick Up Package ** See Pg 2	
10	11	12	13	14	15	16
	Thanksgiving CLOSED	Babies & Babble - Babies - 11 am (FRC) ** See Page 2 Babies & Babble - Newborn - 2 pm (FRC) ** See Page 2	Breastfeeding Group 10 am (Island Park) Homeschool Co-op 2 pm (FRC) Mom's Night Out 7:30 pm (FRC)	Wiggle, Giggle & Munch 10 am or 2 pm (FRC) My Tween & Me 6 pm (FRC)	Kids in the Kitchen 10 am or 1 pm (FRC) ** See Pg 2 Family Game Night 6-8 pm (FRC)	Just Me & My Dad 10 am (FRC)
17	18	19	20	21	22	23
	Mindful Munchkins 10 am or 2 pm (FRC)	Healthy Baby 10 am (Island Park) OR 2 pm (ZOOM)	Homeschool Co-op 2 pm (Island Park) Intro to Pre-Natal Workshop 7:30 pm (FRC)	Book Buddies 10 am or 2 pm (FRC) My Tween & Me 6 pm (FRC)	Healthy Cooking 10 am or 1 pm (FRC) ** See Pg 2 Little Passports 10 am (Zoom)	
24	25	26	27	28	29	30
	Toddler Shenanigans 10 am or 2 pm (FRC)	Babies & Babble - Babies (See Pg.2) 11 am (FRC) Babies & Babble - Newborn (See Pg.2) 2 pm (FRC)	Breastfeeding Group 10 am (FRC) Homeschool Co-op 2 pm (Island Park)	Wiggle, Giggle & Munch 10 am or 2 pm (FRC) My Tween & Me 6 pm (FRC)	Staff PD Day CLOSED	Family Fun Day - Trunk or Treat! 1 pm (FRC)

STEP 1: Register for Programs STEP 2: Pick up your weekly package (if virtual) STEP 3: Join us!

Find us on Facebook & Instagram: Family Resource Centre Portage



October TOPICS:

- Healthy Cooking - October 8**
Recipe: Stuffed Pepper Soup with Hamburger.
- Mom's Night Out - October 13**
Theme: Come enjoy an evening of socialization and tea tasting with suggestions for common ailments and sleep. Includes a guided meditation and light yoga. Deadline to sign up is October 6 @ 4 pm.
- Kids in the Kitchen - October 15**
Recipe: No Dud Spud Cakes (Potato Pancakes)
- Healthy Cooking - October 22**
Recipe: Delightful Skillet Broccoli & Potato Frittata.
- Intro to Pre-Natal Workshop - October 20**
Theme: A chance to come together with others and explore pre-natal care, things to expect and helpful strategies during this transition.
- Please sign up for one of your preferred cooking classes for the month. You can also request to be placed on a wait list for additional ones!

In-Person Programming

We are excited to offer many of our programs in person and outside, for the month of October! Please note we will be observing all COVID-19 safety protocols. Along with pre-packaged snacks, hand sanitizer will be available!

NEED BASIC CRAFT SUPPLIES?

If you need basic supplies: scissors, glue, paint please let us know and we will include that in your next pick up. All other supplies will be provided for program crafts & activities.

Babies & Babble - Interactive baby and parent activities, including music and movement for sensory development. Join the group appropriate to your baby's motor skills: Newborn - to sitting unsupported (approx. 0-6 months); or Babies - sitting to taking first steps (approx. 6 months -+).

Book Buddies - A language development program for parents and their children (age 18 months - 6 years) focusing on speech, movement, songs, and attention span. Facilitated by a Program Coordinator with direction from a Speech & Language Pathologist in partnership with Portage la Prairie School Division.

Breastfeeding Group - A way to receive emotional support and discuss practical insights on breastfeeding.

Family Fun Day - A family outing with fun activities for the whole family!

Family Game Night - Meet up at the FRC for fun and laughter!

Getting Ready for School - This program is offered throughout the year and is designed for ages 4-6. The program's focus will vary from week to week but aims to ensure children are exposed to key learning fundamentals to ensure they are ready to start school.

Healthy Baby - A program for pregnant and new moms to come together and chat. (Pregnant-1 year)

Healthy Cooking - Come join others and prepare your own healthy family meal, with step by step instructions. Please bring your own container for this recipe, so you can enjoy your creation at home!

Homeschool Co-op - A chance for homeschooling families to come together to achieve common goals and enrich the home education experience with creativity, companionship, and adventure. Themes rotate through art, social, nature, and STEM.

Just Me & My Dad - We will provide fun activities for Dad to do with the kids for some Saturday fun! (Ages 1-6 years)

Little Passports - come prepared to "explore the world" through a variety of languages and cultures! (Ages 2 - 6 years).

Kids in the Kitchen - Introduce your kids to the fun preparation of healthy nutritious meals, with step by step instruction. Please bring your own container for this recipe, so you can enjoy your creation at home!

Mindful Munchkins - This program is designed to help toddlers (ages 2-5) identify and learn to manage their emotions with puppets Peter & Shelley.

My Tween & Me - A parenting program designed to be taken by a parent or caregiver and their tween (7-12 years of age). This program is intended to strengthen the confidence and ability of parents to positively influence the lives of their school-aged children.

Mom's Night Out - Chat with other moms and enjoy self-care time!

Toddler Shenanigans - This program provides children the opportunity to explore and experience the world through tactile and messy play. The program is designed to allow children to use and develop their five senses and further develop their natural inquiry skills.

Wiggle, Giggle & Munch - A physical activity and nutrition program that encourages parents and children (ages 18 months - 6) to have fun through active play, games, and songs.

Find us on Facebook & Instagram: Family Resource Centre Portage



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