

ÉCVS NEWS

FEBRUARY 2022



PRINCIPAL'S MESSAGE

January was quite the month! We are happy to finally be back on track and hope for improvements in the weather and the pandemic. We have so much to look forward to in the month of February. We are kicking things off this month with our French Immersion Information Evening tonight (February 1st) via Zoom at 6 p.m. Kindergarten registration is taking place February 7-11 online. The registration is available on our school website under "news" at www.plpsd.mb.ca/cvs. Please note there is no school on February 7th & 21st as they are a professional development day and Louis Riel Day.

February 25th is our annual Voyageur Day! We have so much fun learning about culture, traditions and language. Our students will be encouraged to dress like a voyageur for the day. This could include wearing a beard, sash, plaid or tuque! If you are needing dress up ideas you can find info at the Festival du Voyageur site at: <https://heho.ca/en/>

February 28th to March 2nd will be our I Love to Read week with our theme being "water." We have many exciting plans for the week which also include dress up days on March 2nd "Wear Blue or Dress Like a Sea Creature" and March 4th "Beach Day Dress Up." We will be encouraging lots of reading throughout the month of February with a calendar challenge included in this newsletter. After I Love to Read Week, we will launch into our school wide project on the theme of water. This project will involve inquiry, research, writing, reading and presenting.

Valentine's parties will take place this month. Please note that we are unable to accept baking from home and all food brought into the school must be store bought and individually wrapped, for example, cheese strings, yogurt tubes, granola bars, apple sauce pouches etc..

ÉCVS will host our second vaccine clinic on March 14th from 4:00-6:00 p.m. in the gym. This clinic will be available to students at ÉCVS and any other eligible members of your family. An email will be sent out to parents with more information.

T. Vanstone
Directrice/Principal

Important Dates

- Feb. 1 - French Immersion Info Night
- Feb. 7-11 - Kindergarten Registration Week
- Feb. 20 - Voyageur Day
- Feb. 21 - Louis Riel Day
SCHOOLS CLOSED
- Feb. 28 - March 4 - I Love To Read Week
- 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 (details TBA)
- Mar - BIG BOX OF CARDS orders due
- Mar. 21 - K-12 Admin Day
No School
- Mar. 28-Apr. 1 - Spring Break
SCHOOLS CLOSED



THERE'S NO FRIEND LIKE A SNOW FRIEND

École Crescentview's Voyageur Day

Friday, February 25th

École Crescentview School is excited to announce our 8th annual school-wide Voyageur Day. To coincide with Western Canada's largest winter festival, Festival du Voyageur in Winnipeg (this year mostly virtual, from Feb 18-27), we are having our own celebration of the Voyageurs on Friday, Feb. 25th.

Our students will be participating in a variety of classroom-based and outdoor (hopefully) activities throughout the day including music, stories, crafts, videos, and games. We will even get to try individually, pre-packaged Maple Candy. It promises to be an exciting day of fun and learning about some Manitoba history, including Indigenous, Métis, and French-Canadian culture.

On the 25th, everyone is invited to DRESS UP like a voyageur and wear a BEARD just for fun. The costume can be as simple as jeans or brown pants, a white or red shirt (checkered or plaid would be even more authentic), and a scarf tied around the waist for a "ceinture fléchée" (sash). A tuque would be a great finishing touch. If you have any "furry" clothing at home it would be a natural fit as the voyageurs were among the original fur traders. (Please see the images on the next page for ideas). Children may even choose to have a parent/guardian draw a beard on their mask with markers.

Feel free to give us a call if you have any questions. 204.857.3475

Looking forward to a great day! Hé Ho!

ECVS Staff

Costume Ideas



Check out the fun happening at the "real" Festival du Voyageur @ heho.ca

Morning Active Club News

Mme Armstrong Bernier is excited to remind students that Morning Active Club starts up again next week.

Tues. Feb. 1 - 3 English

Wed. Feb. 2 - 3 French Immersion

Thurs. Feb. 3 - 4 French Immersion

More future dates to come home with students on a calendar.



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

I LOVE TO READ



Dear Parents,

I Love to Read Week will be the week of **February 28th to March 4th**. The following is a list of activities that will occur throughout the week. There is also a reading challenge for the month.

Monday OR Tuesday- Each grade cohort will have a presentation from Oak Hammock Marsh.

Monday- Students will listen to a book then create their own version of the book cover.

Tuesday- We will have Stop, Drop and Read. Students are welcome to bring a book from home.

Wednesday- Everyone will dress up as a sea creature or wear blue like the water.

Thursday- Cohort teachers will swap classrooms and read to another class.

Friday- Students can wear beach clothes and they will watch a movie.

Daily Activity:

Every morning there will be a quote read from a book and each class will guess what book it is from. At the end of the week each class will be entered into a draw. The winning class will win a small prize.

Monthly Activity:

Teachers will send home a challenge for the month of February encouraging your child to read each day. At the end of the month students can return their completed papers to be entered into a draw. Each teacher will pull one winning student and they will receive a small prize. Students can be entered into an additional draw if you post a picture of them reading or a picture of their book on our school's Facebook page.

We look forward to having our students challenge themselves for the month of February!

Thank you,

ECVS Teachers ☺

Reading
GIVES US A
A Place to Go
WHEN WE HAVE
TO STAY WHERE WE ARE.



February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read a book your parents choose 30	Read a book to a stuffed animal 31	Whisper read 1	Read a book about animals 2	Read for 15 minutes 3	Read in the dark with a flashlight 4	Read a non-fiction book 5
Read a book in a comfy chair 6	Have someone read a book to you 7	Read a book about a holiday 8	Read a book to an adult 9	Read for 20 minutes 10	Read a picture book 11	Read a book in pajamas 12
Read your favorite book 13	Read for 25 minutes 14	Read a non-fiction book 15	Read a book to a stuffed animal 16	Read a funny book 17	Take turns reading a page with someone 18	Read a book to someone else 19
Read a book in your pajamas 20	Read a book about sports 21	Read a book to an adult 22	Read for 30 minutes 23	Read a book in a fort 24	Have someone read a book to you 25	Read to your pet or a stuffed animal 26
Read a book in your room 27	Read for 20 minutes 28	Read your favorite book 1	Read a book about a water 2	Read a book your parents choose 3	Read a book to a stuffed animal 4	Read a book about water 5



PORTAGE LA PRAIRIE SCHOOL DIVISION KINDERGARTEN REGISTRATION WEEK

Parents/Guardians:

Monday, February 7 - Friday, February 11, 2022

Please contact your catchment area school or go to the school website for registration information.

École Crescentview – 204-857-3475 – <http://www.plpsd.mb.ca/cvs/>

Fort la Reine – 204-857-7687 – <http://www.plpsd.mb.ca/flr/>

La Verendrye – 204- 857-3478 – <http://www.plpsd.mb.ca/lvs/>

North Memorial – 204-857-4564 – <http://www.plpsd.mb.ca/nms/>

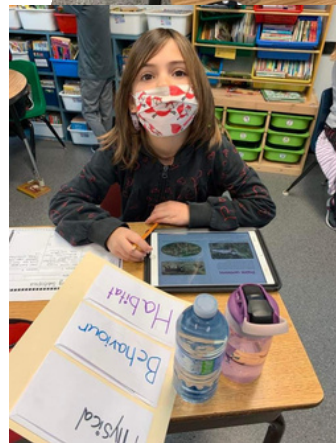
Oakville – 204-267-2733 – <http://www.plpsd.mb.ca/oakville/>

Yellowquill – 204-857-8714 – <http://www.plpsd.mb.ca/yqs/>

This is for children born in 2017.

Schools will need a copy of the child's birth certificate.

"Dedicated to the Pursuit of Excellence"



REMINDER:
If the buses are cancelled for the day, Morning Active Club will also be cancelled!





FEBRUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																																
		1	2	3	4	5																																																																																																																
	High School Exam Week																																																																																																																					
		Day 6	Day 1	Day 2	Day 3																																																																																																																	
6	7 Divisional PD Day NO CLASSES	8 Second Semester begins at High School	9 Kindergarten Registration	10	11	12																																																																																																																
		Day 4	Day 5	Day 6	Day 1																																																																																																																	
13	14	15	16	17	18	19																																																																																																																
	Day 2	Day 3	Day 4	Day 5	Day 6																																																																																																																	
20	21 Louis Riel Day SCHOOLS CLOSED	22	23	24	25	26																																																																																																																
		Day 1	Day 2	Day 3	Day 4																																																																																																																	
27	28																																																																																																																					
	Day 5																																																																																																																					
		<table border="1"> <thead> <tr> <th colspan="7">January 2022</th> <th colspan="7">March 2022</th> </tr> <tr> <th>Su</th><th>M</th><th>Tu</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> <th>Su</th><th>M</th><th>Tu</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td> <td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td> </tr> <tr> <td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>			January 2022							March 2022							Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa							1			1	2	3	4	5	2	3	4	5	6	7	8	6	7	8	9	10	11	12	9	10	11	12	13	14	15	13	14	15	16	17	18	19	16	17	18	19	20	21	22	20	21	22	23	24	25	26	23	24	25	26	27	28	29	27	28	29	30	31			30	31														
January 2022							March 2022																																																																																																															
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa																																																																																																									
						1			1	2	3	4	5																																																																																																									
2	3	4	5	6	7	8	6	7	8	9	10	11	12																																																																																																									
9	10	11	12	13	14	15	13	14	15	16	17	18	19																																																																																																									
16	17	18	19	20	21	22	20	21	22	23	24	25	26																																																																																																									
23	24	25	26	27	28	29	27	28	29	30	31																																																																																																											
30	31																																																																																																																					
<small>Academic Calendar by Vortex42.com © 2016 Vortex42 LLC. Free to print.</small>																																																																																																																						



MARCH 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
		1	2	3	4	5																																																																																																		
		Day 6	Day 1	Day 2	Day 3																																																																																																			
6	7	8	9	10	11	12																																																																																																		
	Day 4	Day 5	Day 6	Day 1	Day 2																																																																																																			
13	14	15	16	17	18	19																																																																																																		
	Day 3	Day 4	Day 5	Day 6	Day 1																																																																																																			
20	21 K-12 Admis. Day NO CLASSES	22	23	24	25	26																																																																																																		
		Day 2	Day 3	Day 4	Day 5																																																																																																			
27	28	29	30	31																																																																																																				
Spring Break - SCHOOLS CLOSED																																																																																																								
		<table border="1"> <thead> <tr> <th colspan="7">February 2022</th> <th colspan="7">April 2022</th> </tr> <tr> <th>Su</th><th>M</th><th>Tu</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> <th>Su</th><th>M</th><th>Tu</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> <tr> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> </tr> <tr> <td>27</td><td>28</td><td></td><td></td><td></td><td></td><td></td> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> </tr> </tbody> </table>			February 2022							April 2022							Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa															6	7	8	9	10	11	12	3	4	5	6	7	8	9	13	14	15	16	17	18	19	10	11	12	13	14	15	16	20	21	22	23	24	25	26	17	18	19	20	21	22	23	27	28						24	25	26	27	28	29	30		
February 2022							April 2022																																																																																																	
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa																																																																																											
6	7	8	9	10	11	12	3	4	5	6	7	8	9																																																																																											
13	14	15	16	17	18	19	10	11	12	13	14	15	16																																																																																											
20	21	22	23	24	25	26	17	18	19	20	21	22	23																																																																																											
27	28						24	25	26	27	28	29	30																																																																																											
<small>Academic Calendar by Vortex42.com © 2016 Vortex42 LLC. Free to print.</small>																																																																																																								

MÉLI-MÉLO EN NUTRITION

Les enfants et le marketing alimentaire



Pourquoi se soucier du fait que votre enfant soit exposé au marketing alimentaire?

Les enfants sont plus vulnérables aux effets du marketing parce qu'ils ne comprennent pas comment cela fonctionne.

Ils y sont souvent confrontés de manière inattendue, comme par l'entremise des jeux et vidéos en ligne, des réseaux sociaux et des influenceurs.

Le marketing alimentaire peut affecter les choix et les préférences alimentaires d'un enfant.

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.

Limiter les effets du marketing alimentaire

Voici quelques conseils pour limiter les effets du marketing alimentaire sur votre enfant :

Parlez-lui du marketing alimentaire. De nos jours, ce type de marketing comprend bien plus que des publicités à la télé et dans les revues. De nombreux influenceurs des médias sociaux établissent des partenariats rémunérés avec des marques alimentaires pour promouvoir leurs produits. Même si ces messages peuvent paraître ordinaires, ils sont en fait des publicités. Ils incluent la mention « #ad » pour vous indiquer qu'il s'agit d'une publicité payante.

Soyez conscient du marketing alimentaire à l'extérieur de votre domicile. Votre famille pourrait y être confrontée au centre commercial, au cinéma ou autre lieu de loisirs.

Limitez le temps d'écran. La télévision et les appareils électroniques peuvent exposer les enfants et les adolescents à de nombreuses publicités. L'établissement d'une limite de temps à l'écran chaque jour les empêche d'être influencés.

Soyez au fait des publicités ciblées. Les renseignements recueillis en ligne sur votre enfant et votre famille peuvent être utilisés par les entreprises pour créer des publicités ciblées. Aidez votre enfant à comprendre pourquoi il doit faire attention aux renseignements qu'il partage en ligne.

Chili pour la boîte à lunch

Voici un repas vite fait et facile à emporter qui saura à coup sûr vous plaire. Donne 1 portion.

Ingédients

- 1 tasse de riz cuit
- ¾ tasse de haricots rouges en conserve, rincés et égouttés
- ½ tasse de maïs en grains surgelés
- 1 tomate moyenne fraîche, hachée
- ¼ poivron vert, coupé en dés
- 2 c. à table d'oignon, haché finement
- ¼ c. à thé d'assaisonnement au chili

Vous aurez également besoin d'un contenant en plastique de 750 ml (3 tasses) allant au micro-ondes.

Instructions

1. Dans un contenant allant au micro-ondes, bien mélanger les ingrédients.
2. Cuire au micro-ondes à intensité élevée de 2 à 3 minutes ou jusqu'à ce que le mélange soit chaud. Remuer avant de déguster.
3. Conseils : Préparez les ingrédients dont vous avez besoin pour ce chili la veille et, si vous avez accès à un micro-ondes, faites-les cuire sur place (au travail ou à l'école). Assurez-vous d'emballer le plat dans un sac à lunch isolé accompagné d'un petit contenant réfrigérant.

Source :

<https://www.cookspiration.com/recipe.aspx?perma=987A26BFA4&g=23>



Voici comment faire participer les enfants à la préparation :

- Les enfants plus âgés peuvent mesurer les ingrédients et couper la tomate, le poivron vert et l'oignon.
- Les jeunes enfants peuvent rincer les haricots rouges et mélanger les ingrédients.

Scannez ce code QR à l'aide de votre téléphone intelligent pour en savoir plus sur la façon dont le marketing peut influencer vos choix alimentaires, ou consultez <https://guide-alimentaire.canada.ca/fr/rec-commandations-en-matiere-d'alimentation-saine/marketing-peut-influencer-vos-choix-alimentaires/>



** D'autres idées de substitution se trouvent dans le bulletin portant sur les allergies (numéro de septembre).

Pour en savoir plus sur la nutrition, allez à la section des nouvelles et événements

(<https://www.southernhealth.ca/fr/que-se-passe-t-il/>) ou contactez :

Service de consultation de diététistes au 1 877 830-2892

Health Links-Info Santé au 1 888 315-9257

Équipe des services de nutrition au 204-388-2053

Créé par les diététistes de Southern Health-Santé Sud

Ce document peut être photocopié en entier à condition que la source soit mentionnée.



NUTRITION BITS AND BITES

Kids and Food Marketing



Why Care About Your Child's Exposure to Food Marketing?

Children are more vulnerable to the effects of marketing because they do not understand how it works.

Children are often exposed to food marketing in unexpected places, such as online games, social media, influencers and online videos.

Food marketing can affect a child's food choices and preferences.

Easing the Pull of Food Marketing

Here are some tips to limit the effects of food marketing on your child:

Talk to your children about food marketing. Food marketing is not just commercials and magazine ads anymore. Many social media influencers do paid partnerships with food brands to promote their products. These often look like regular posts, but they are in fact advertisements. These posts will include "#ad" to let you know it is paid advertisement.

Be mindful of food marketing outside your home. Your family might come across branded materials at events, malls, and movie theatres.

Limit screen time. TV and electronic devices can expose children and adolescents to many advertisements. Setting a limit on screen time each day prevents them from being influenced.

Be aware of targeted advertisements. Information gathered online about your child and family can be used by companies to create targeted advertisements. Help your child understand why they need to be careful with information they share about themselves online.

Lunch Box Chili

Here is a quick, portable lunch that is guaranteed to perk up your taste buds! This great tasting lunch is perfect when you are on the go. Makes 1 serving.

Ingédients:

- 1 cup cooked rice
- ¾ cup canned kidney beans, drained and rinsed
- ½ cup frozen corn kernels
- 1 medium tomato, chopped
- ¼ diced green bell pepper
- 2 tbsps finely chopped onion
- ¼ tsp. chili powder

You will also need a 3-cup (375mL) microwave-safe plastic container

Instructions

1. In a microwave-safe container, stir ingredients until combined.
2. Microwave on High, loosely covered, for 2 to 3 minutes or until hot. Stir before enjoying.
3. Tips: Pack the ingredients you need for this chili the night before and, if you have access to a microwave, cook the meal at work or school. Be sure to pack this dish in an insulated lunch bag with a small ice pack.

Recipe from:

<https://www.cookspiration.com/recipe.aspx?perma=987A26BFA4&g=23>



Ideas to get children involved in this recipe:

- Older children can help by measuring the ingredients and cutting up the tomato, green pepper and onion.
- Younger children can help by rinsing the kidney beans and mixing ingredients together.

Scan this QR code with your smart phone to read more information on how marketing can influence your food choices.

or visit [Marketing can influence your food choices - Canada's Food Guide](https://www.southernhealth.ca/fr/que-se-passe-t-il/)



** Refer to the Allergy Newsletter (September issue) for substitution ideas.

For more nutrition topics, go to the news and events section of www.southernhealth.ca or

Contact Dial-a-Dietitian 1-877-830-2892

Health Links 1-888-315-9257

Nutrition Services Team T 204-388-2053

Created by Registered Dietitians from Southern Health - Santé Sud

May be photocopied in its entirety provided source is acknowledged.



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.