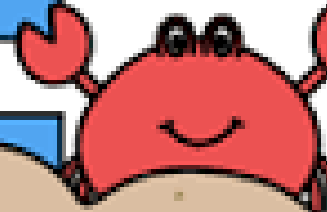




ÉCVS NEWS

JUNE 2022



PRINCIPAL'S MESSAGE

This school year has been one that we will never forget! We are looking forward to June and will spend the month celebrating all of our hard work! There will be many opportunities for fun mixed with learning in June including field trips, sports days, swimming at Splash Island, a family movie night put on by our parent council and so much more. Please look to our classroom platforms for details on events as they become available.

To our grade 3 English class and our grade 4 French Immersion class, we wish you all the best as you head over to École Arthur Meighen! We know you are in great hands and will love your new school and teachers! We will certainly miss you!

To our teachers that will be leaving our school this year, we wish you all the best in your new roles and adventures! Farewell to Mrs. McInnis who will continue her Kindergarten role at FLR, Mrs. Bacon and Mrs. Gillian Holmes who will move to LVS for the next school year, Mme. Phipps who is changing roles and moving to PCI, and Mme. Rheault, who will return to a full-time counselor role at ÉAMS. Jodi Harder-Boyle and Janine Fraser will also be moving into full time divisional coaching roles and Mrs. Crevier will be retiring! We thank them for all they have done for our school and community.

I, personally, want to say thank you to the ÉCVS community for supporting me in the Vice-Principal role at ÉCVS over the last 3 years as I have been transferred to Yellowquill School for the next school year. I know I am so lucky to have something as special as ÉCVS to say goodbye to! I have the best memories from the last 3 years including making the Island an extension of our school, watching student engagement and learning in school-wide writing projects and simply spending time with all the students that have come through these doors! Thank you for all your support, and I look forward to watching the kiddos here continue to learn and grow! I will always be one of their biggest cheerleaders and can't wait to see what the future holds for each and every one of them! You all make me so proud, thank you for showing your best.

We will continue to update you all with information for the next school year as it becomes available! Our last day of school is June 30th and it is a half day for all students!

All the best.
Erin Mauws
Vice-Principal
École Crescentview school

Important Dates

- **June 3** - 2FI Children's Museum, FFL Driedger Farm
- **June 3** - Parent Council Outdoor Movie Night
- **June 8** - 4 FI Mariash Quarry
- **June 13-17** - Grade 2 Swimming Lessons 10-2
- **June 14** - Grade 1 Splash Island 2:00 - 3:00 , Grades 3Eng & 4FI Transition Tour to ÉAMS
- **June 15 & 16** - Ready Set Go Kindergarten Event
- **June 20** - 2 Eng Spruce Woods
- **June 21** - National Indigenous Day - Bannock snack, 4 FI Tabloids ÉAMS, Grade 2 Splash Island 1:00 - 2:00
- **June 22** - Indigenous Day Activities, Grade 3 FI Tabloids
- **June 23** - 2 Eng Tabloids
- **June 24** - 1 FI Tabloids, KMcnis Nature walk
- **June 24** - 3 FI Fort la Reine Museum
- **June 27** - 1 Eng Tabloids
- **June 30** - Report Cards Emailed
- **June 30** - Last Day of School **AM ONLY**

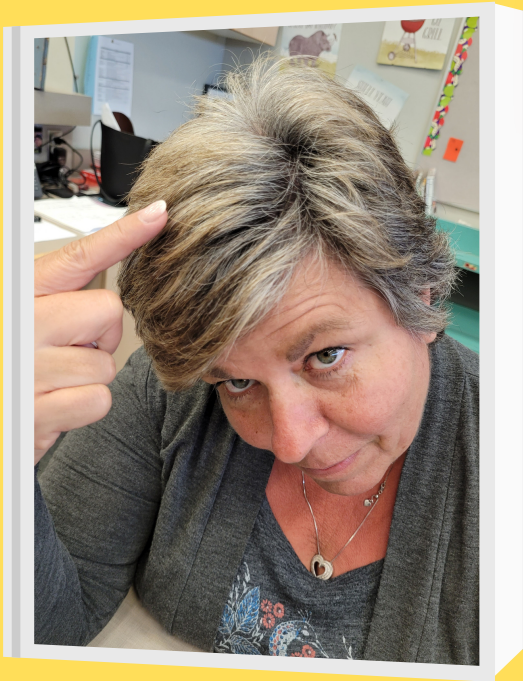
When sending an etransfer BE SURE to indicate WHAT IT IS FOR ,your child's name and class! (eg. milk tickets, library book, student fees)

LIBRARY NEWS

An important reminder to find, and return all library books!

Mrs. Palmer says every gray hair she has is from a missing library book!

(So that's a lot of books!)



Candid Corner



TWINS



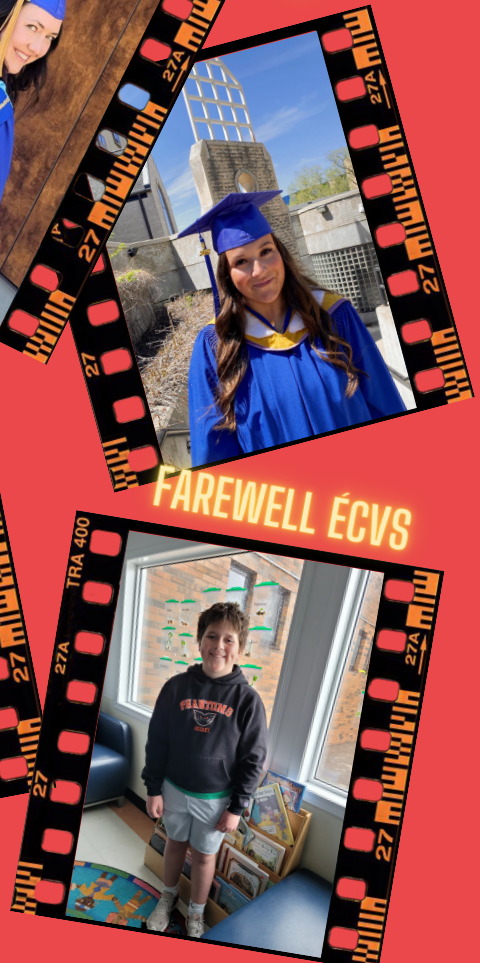
NEVER STOP LEARNING



PLAYGROUND FUN



FRIENDS



FAREWELL ÉCVS

Shady Business

Please don't break off the branches and hurt the trees. We need to give the trees lots of water. Trees give us more oxygen and we don't want to be kicking balls at the trees and bushes.

-Aurora Genaille-Henry 8 Yrs.

We needed shade on our playground. The grade 2s play there and there is no shade. We helped water and dig holes for the new trees.

-Gavin Henderson 7 Yrs.



One day, we shall sit beneath your shade.

Rat's All Folks



Grade 1 French Immersion students are learning "characteristics and needs of living things" this month. We had a special visit from Mme Duyker's pet rat "Splinter".

SEE YOU ACROSS THE PLAYGROUND

I will miss Mr. Botterill's fun gym classes!

-Carter Cote

I can't believe we won't be the oldest anymore! It will be like we restarted Kindergarten!

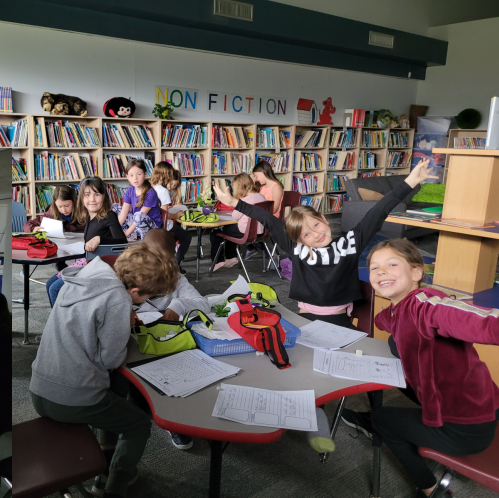
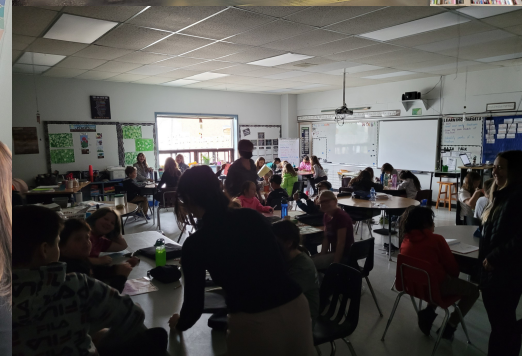
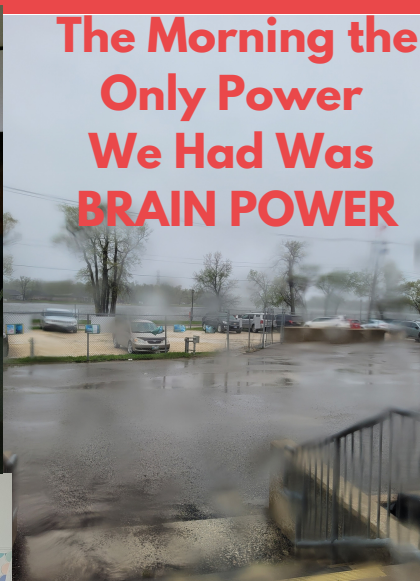
-Olivia Pehura

I am going to miss all the teachers. Thanks for all the fun!

-Liam Murray

On behalf of the Grade 3's I would like to say that the staff here are amazing and do whatever they can to fix any problem. We will miss all the teachers, and staff. While we are kind of nervous to go to Arthur Meighen, we are also looking forward to having some change. So long Crescentview, we will never forget you.

-Quincy Funk 3P





*Fête
du
Soleil
virtual*

A virtual, French summer day camp!

Habitats des
ANIMAUX | *Animal*
HABITATS

For French Immersion students aged 6-10!

Practice your French with fun activities &
learn something new every week!

Available for FREE to CPF-MB Members!
Registration Deadline: Tuesday, June 21st, 2022!



**CANADIAN
PARENTS
FOR FRENCH
MANITOBA**

NUTRITION BITS AND BITES

Stay Hydrated in the Summer Months



How much fluid is needed?

The amount of fluids needed for kids depends on several factors. Temperature, activity level, gender, and age can influence fluid needs.

Younger children need approximately 5 cups of fluids per day while older children and teens may need 6-10 cups per day

Focus on Fluids in the Summer Months

Fluids are important for our bodies no matter what temperature it is outside. However, outdoor activities in hot weather can lead to dehydration fast, especially in kids.

What are the signs of dehydration?

- ✓ Dry mouth and cracked lips
- ✓ Flushed skin
- ✓ Dark or strong-smelling urine
- ✓ Headache, dizziness or fainting
- ✓ Thirst

What is the best drink to prevent dehydration?

Water should be the first drink of choice. It is readily available and thirst quenching. However, milk, juice, smoothies, popsicles, and soup are considered fluids and provide hydration to the body. The key is to drink often and enough in hot weather.

What about sports drinks?

Sports drinks are mostly water but also contain sugar and electrolytes such as sodium and potassium. These are only needed if playing intense sports or heavy exercise for 45 minutes or more. In most situations for children, water is a better choice.

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.

MÉLI-MÉLO EN NUTRITION

Restez hydraté pendant les mois d'été



Quelle quantité de liquides est nécessaire?

La quantité de liquides nécessaires aux enfants dépend de plusieurs facteurs. La température, le niveau d'activité, le sexe et l'âge peuvent influencer sur les besoins en liquide.

Les jeunes enfants ont besoin d'environ 5 tasses de liquides par jour, tandis que les enfants plus âgés et les adolescents peuvent avoir besoin de 6 à 10 tasses par jour.

Privilégiez les liquides pendant les mois d'été

Les liquides sont importants pour notre corps, quelle que soit la température, mais les périodes de chaleur et les activités de plein air peuvent entraîner rapidement une déshydratation, en particulier chez les enfants.

Quels sont les signes de déshydratation?

- ✓ Bouche sèche et lèvres gercées
- ✓ Peau rouge
- ✓ Urine foncée ou à forte odeur
- ✓ Maux de tête, étourdissements ou évanouissements
- ✓ Soif

Quelle est la meilleure boisson pour prévenir la déshydratation ?

L'eau devrait être la boisson de choix. Elle est facilement disponible en plus d'être désaltérante. Cependant, le lait, les jus, les sucettes glacées, les smoothies et la soupe sont considérés comme des liquides et servent également à hydrater le corps. L'essentiel est de boire souvent et suffisamment par temps chaud.

Et les boissons pour sportifs?

Ces boissons sont principalement constituées d'eau, mais contiennent également du sucre et des électrolytes, comme le sodium et le potassium. Elles ne sont requises que lors des sports ou exercices intenses qui durent 45 minutes ou plus. Dans la plupart des cas, l'eau constitue un meilleur choix pour les enfants.

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.

Watermelon Blueberry Yogurt Pops

Ingredients

2 cups	Plain Greek yogurt
1 1/2 cup	chopped seedless watermelon
1 cup	fresh blueberries
1/3 cup	liquid honey

Instructions

Step 1 Place the yogurt, watermelon, blueberries and honey into a blender and puree until smooth. (For a chunkier texture, pulse the mixture until desired texture.)

Step 2 Fill eight 4 oz (125 mL) popsicle molds or paper cups with yogurt mixture. If using paper cups, cover top with foil and poke a wooden craft stick through the centre of each pop.

Step 3 Place molds on a flat surface in the freezer for at least 6 hours or up to 2 weeks.

Recipe from cookspiration.com

Little Chefs can help by:

- Measuring the fruit and yogurt
- Filling the popsicle molds
- Suggesting new fruit combinations!



These popsicles are not only hydrating but also provide protein from the yogurt.

Try different fruit combinations with fruit you have on hand or what is in season.



Scan the QR code for more tips on staying hydrated

** 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.



Sucettes glacées au yogourt, au melon d'eau et aux bleuets

Ingédients

2 tasses	Yogourt grec nature
1 l	Melon d'eau sans pépins, haché
1 tasse	Bleuets frais
1/3 tasse	Miel liquide

Directives

Étape 1 Mettre le yogourt, le melon d'eau, les bleuets et le miel au mélangeur et réduire en purée jusqu'à consistance lisse. (Pour une texture plus épaisse, pulser jusqu'à la consistance désirée.)

Étape 2 Remplir 8 moules à sucettes glacées ou gobelets en papier de 4 oz (125 ml) avec le mélange de yogourt. Si des gobelets en papier sont utilisés, recouvrir le dessus de papier d'aluminium et enfoncer un bâtonnet en bois au centre de chaque sucette.

Étape 3 Placer les moules sur une surface plane au congélateur pendant au moins 6 heures ou jusqu'à 2 semaines.

Source : cookspiration.com

Les jeunes chefs peuvent aider en :

- mesurant les fruits et le yogourt
- remplissant des moules à sucettes glacées
- proposant de nouvelles associations de fruits!



Ces sucettes glacées sont non seulement hydratantes, mais fournissent également des protéines provenant du yogourt.

Essayez différentes combinaisons de fruits avec ceux que vous avez à portée de saison.



Scannez le code QR pour plus de conseils sur la façon de rester hydraté.

** 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-il/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 photocopié en entier à condition que la source soit mentionnée.

