



# ÉCVS NEWS

OCTOBER 2022

## PRINCIPAL'S MESSAGE

October means cooler weather! It's always a great idea to send extra warm clothing with your child. Having a hat, mitts and extra socks in your child's backpack is highly recommended. If you are needing assistance with winter clothing please reach out to our Outreach Facilitator, Anne Cuddington.

We started the month off with our annual Terry Fox walk and are very proud to have raised \$4600 towards cancer research. Special thanks to our community for contributing to this important fundraiser.

In the weeks ahead, there will be many shortened weeks due to professional development, Thanksgiving and Remembrance Day. Please have a close look at the school calendar for these dates.

This year our student-led conferences and report card distribution dates will be at a different time of year. This decision was made to balance out the reporting periods more evenly. You can expect the first report card to be emailed on November 17th.

In November, we will kick off our first fundraiser. We are bringing back our Purdy's Chocolate fundraiser as it was such a great success last year. We have booked dates to ensure delivery takes place the first week in December so families get their orders before the winter break.

We are thrilled to be bringing back our Christmas concerts. This year the concerts will all take place in the afternoons. December 13 -Kindergartens, December 14 -Grades 1 & 2 English, December 15 -Grades 1 & 2 French Immersion. We will be providing all the kindergarten more information in the weeks to come as we work around their alternate day schedules.

We had a great first Home and School meeting for parents. These meetings focus on connecting with the school and staff and helping set goals for our school. We always welcome any parent to join in with no commitment necessary. The next meeting will take place on November 1st at 7:00 p.m. in the library.

We had a fantastic first month. It is so nice to see parents back in our building.

Sincerely,  
T. Vanstone  
Directrice/Principal

## Important Dates

- Oct. 4 - 11 a.m. Terry Fox Walk
- Oct. 4 - Terry Fox Hot Dog Lunch
- Oct. 5 - Picture Day
- Oct. 6 - Picture Day for KE2 and KLH2 (any students who missed the day before.)
- Oct. 10 - Thanksgiving - SCHOOLS CLOSED
- Oct. 13 Fire House Tours and presentations for Fire Prevention Week
- Oct. 21 - PD Day - No Classes
- Oct. 24 - PD Day - No Classes
- Oct. 31- Scheduled Halloween Activities
- Nov. 1 - Home and School Meeting 7 p.m.
- Nov. 7 - Picture Retakes
- Nov. 11 - Remembrance Day - SCHOOLS CLOSED
- Nov. 17 - Report Cards emailed







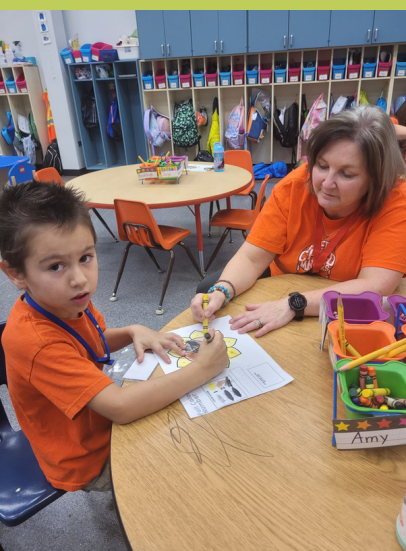
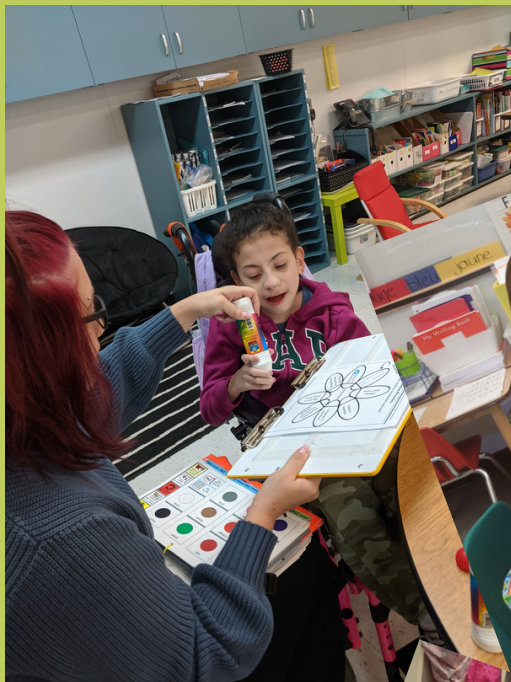
**REMINDER:**  
Bring the spoons  
and forks you need  
for your lunch!



**Bring mitts, a  
hat and warm  
clothes to keep  
in your locker!**

**It is cool to stay warm!**

# ORANGE SHIRT DAY



**To honour Truth and Reconciliation Day**



# ÉCVS RAISES MONEY FOR CANCER RESEARCH



Coming to ÉCVS in  
November!



# NUTRITION BITS AND BITES

## Lunch Box Mix and Match



### Lunch Box Mix and Match

Packing lunches can seem repetitive throughout the school year. Try the lunch box mix and match for new ideas!

PROTEIN (CHOOSE 2)	GRAIN OR STARCH (CHOOSE AT LEAST 1)
<ul style="list-style-type: none"> <li>LEFTOVER (CUT-UP, GROUND, SLICED) MEAT - CHICKEN, FISH, BEEF, PORK</li> <li>NUT BUTTER OR SEEDS</li> <li>HOMEMADE GRANOLA BARS</li> <li>BEANS, LENTILS, CHICKPEAS</li> <li>CHEESE OR COTTAGE CHEESE</li> <li>MILK YOGURT</li> <li>TOFU OR TEMPEH</li> <li>HARD BOILED EGG</li> </ul>	<ul style="list-style-type: none"> <li>RICE, QUINOA, BARLEY</li> <li>WHOLE GRAIN PITA OR WRAP</li> <li>NANAN BREAD</li> <li>WHOLE GRAIN CRACKERS</li> <li>WHOLE GRAIN PASTA</li> <li>HIGH FIBRE GRANOLA BAR</li> <li>HOMEMADE WAFFLES</li> <li>OATMEAL</li> </ul>
FRESH OR FROZEN VEGGIES (CHOOSE AT LEAST 1)	FRESH OR FROZEN FRUIT (CHOOSE AT LEAST 1)
<ul style="list-style-type: none"> <li>CUCUMBERS</li> <li>CARROT AND CELERY STICKS</li> <li>SNAP PEAS</li> <li>LEFTOVER COOKED VEGGIES</li> <li>TOMATOES AND PEPPERS</li> <li>SALAD GREENS</li> <li>VEGETABLE SOUP</li> <li>TOMATO SAUCE</li> </ul>	<ul style="list-style-type: none"> <li>APPLE</li> <li>ORANGE</li> <li>BANANA</li> <li>MELON</li> <li>BERRIES</li> <li>PEAR</li> <li>PEACH</li> <li>KIWI</li> <li>MANGO</li> </ul>
snack (CHOOSE 1)	snack (CHOOSE 1)
<ul style="list-style-type: none"> <li>HOMEMADE COOKIE</li> <li>SMALL PIECE OF CAKE</li> <li>SMALL BROWNIE</li> <li>ANYTHING THEY LOVE</li> </ul>	<ul style="list-style-type: none"> <li>FRUIT SAUCE/POUCHES</li> </ul>

## A+ Lunch Packing Tips

Packing lunches can seem uninteresting and time consuming. Here are 5 ideas to making lunches more fun with less stress:

1. Get the little ones involved! While it is the caregiver's job to provide the food, kids can help with washing the fruit and vegetables, filling the containers and water bottles.
2. Use leftovers for lunches. Use leftover vegetables, roast meats or pasta in lunches. This can help reduce food waste and save time in making more food.
3. Prep and plan beforehand. Having a rough idea of a meal plan or food items to pack can be helpful. This can make grocery shopping and packing lunches a lot quicker.
4. Use convenience foods. Packaged foods can be a great option to make packing lunches quicker and easier. Look for higher fiber and lower sugar options. Some examples include high fibre granola bars, individual yogurts, fruit sauce pouches, individual cheese portions.
5. Make it fun for the kids! Cut fruit or vegetables into different shapes or sizes. Use different color containers to make a rainbow. Add a cute note or picture to show your love.

*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.*

## Easy Whole Grain Pumpkin Spice Muffins

Pumpkin spice and something nice to add to a lunch or try as a snack with some yogurt!

### Ingredients:

- 2 1/2 cups whole wheat flour
- 1 cup bran cereal (bran flakes, regular all bran or rolled oats work best)
- 4 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1 tbsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp ground ginger
- 3 eggs, lightly beaten
- 1.5 cups buttermilk
- 2 ripe bananas mashed
- 1/2 cup granulated sugar
- 1 can (14 oz) pure pumpkin puree
- 1/4 cup melted coconut oil



### Kids can help by:

- ✓ Mixing ingredients together
- ✓ Scooping into muffin pan
- ✓ Mashing bananas
- ✓ Older kids can measure ingredients

### Instructions:

1. Gather two 12-cup muffin tins, lightly greased or lined with paper cups and preheat oven to 375 F (or 350 F if you have a super hot oven).
2. In large bowl, combine whole wheat flour, bran or oats, sugar, baking powder, baking soda, cinnamon, nutmeg, ginger, and salt.
3. In another large bowl, combine eggs (or chia eggs), buttermilk (or vegan alt), pumpkin, banana and oil.
4. Make a well in the centre of the dry mixture and pour in wet mixture all at once. Gently fold together until just combined- do not over-mix.
5. Spoon batter into muffin tins and bake in pre-heated oven for 18 minutes.

Recipe from: sarahremmer.com

Want more tips for packing school lunches? Check out [www.unlockfood.ca](http://www.unlockfood.ca) and search "school lunches".

**\*\* 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

## Mélange d'aliments pour boîte à lunch



### Le lunch resté intact...

Est-ce que vous vous sentez frustré lorsque le lunch de votre enfant revient à la maison presque intact? Il peut y avoir plusieurs raisons à ce phénomène. Cependant, il est important de vous rappeler que c'est à lui de décider s'il mangera et en quelle quantité, et non à vous.

Il peut être utile de lui demander son avis et ce que vous pouvez faire pour l'aider à manger davantage. Des contenants faciles à ouvrir et une quantité réduite d'aliments peuvent améliorer la situation. Enfin, les enfants qui participent dès leur jeune âge à la préparation de leur propre lunch sont plus susceptibles de le consommer.

### Conseils A+ pour la préparation des dîners

Voici 5 idées pour rendre la tâche plus amusante et moins stressante :

1. Faites participer les plus jeunes! Bien que ce soit le rôle des parents de fournir les aliments, les enfants peuvent aider à laver les fruits et légumes, et à remplir les contenants et les bouteilles d'eau.
2. Utilisez vos restes (légumes, viandes rôties, pâtes) pour les dîners. Cela peut aider à réduire le gaspillage alimentaire tout en épargnant du temps.
3. Planifiez à l'avance en ayant une idée d'un plan de repas et d'aliments à emporter. Cela peut faciliter votre épicerie et votre préparation des dîners.
4. Ayez recours à des aliments prêts à servir. Recherchez des options plus riches en fibres et faibles en sucre (p. ex. barres de granola, yogourts et fromages en portion individuelle, sachets de sauces aux fruits).
5. Rendez les choses intéressantes pour les enfants! Coupez les fruits et légumes en différentes formes ou tailles, utilisez des contenants de couleur pour créer un arc-en-ciel, et ajoutez une note ou une photo pour montrer votre amour.

## Muffins aux épices à la citrouille

Ajoutez-les à vos dîners ou servez-les comme collation avec un yogourt!

### Ingédients:

- 2 1/2 tasses de farine de blé entier
- 1 tasse de céréales (All-Bran Flakes ou flocons d'avoine)
- 4 c. à thé de poudre à pâte
- 1 c. à thé de bicarbonate de soude
- 1/4 c. à thé de sel
- 1 c. à table de cannelle moulue
- 1 c. à thé de muscade moulue
- 1 c. à thé de gingembre moulu
- 3 œufs, légèrement battus
- 1,5 tasse de babeurre
- 2 bananes mûres, écrasées
- 1/2 tasse de sucre granulé
- 1 boîte (14 oz) de purée de citrouille
- 1/4 tasse d'huile de noix de coco, fondue



### Les enfants peuvent aider en :

- ✓ Mélangeant les ingrédients
- ✓ Versant la préparation dans les moules à muffins
- ✓ Écrasant les bananes
- ✓ Mesurant les ingrédients

### Directives :

1. Graisser légèrement deux moules à 12 muffins ou y mettre des caissettes en papier, et préchauffer le four à 350 °F ou 375 °F (selon la chaleur émise).
2. Dans un grand bol, mélanger la farine de blé entier, le son ou l'avoine, le sucre, la poudre à pâte, le bicarbonate de soude, la cannelle, la muscade, le gingembre et le sel.
3. Dans un autre grand bol, mélanger les œufs, le babeurre (ou alternative végétalienne), la purée de citrouille, les bananes et l'huile.
4. Creuser un puits au centre des ingrédients secs et incorporer délicatement les ingrédients humides jusqu'à ce que le tout soit bien mélangé (mais pas trop).
5. Verser la préparation dans les moules à muffins et cuire au four préchauffé pendant 18 minutes.

Source : sarahremmer.com

Pour obtenir d'autres conseils sur la préparation des dîners pour l'école, consultez le site Web DécouvrezLesAliments (<https://www.unlockfood.ca/fr/default.aspx?aliaspath=%2Fen%2Fdefault>).

**\*\* Des idées de substitution se trouvent dans le bulletin portant sur les allergies (numéro de septembre).**

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.

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/faq-se-passe-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.






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