

ÉCVS NEWS

PRINCIPAL'S MESSAGE

We hope everyone had a safe and enjoyable Halloween! Our students had lots of fun in our school parade. This month we are kicking off our Purdy's chocolate fundraiser. It was a highly successful one last year! These school fundraisers go directly to student activities and resources for the classrooms.

Just a reminder there are no classes on November 4th, as teachers will be busy writing report cards. These reports will be sent out a bit later than noted earlier this year. Parents should expect to receive the report cards on November 24th.

We welcomed some new staff this month: Ms. Zebrun in grade 2, Ms. McIvor EA, Ms. Lovett EA, Ms. Chodacheck EA and Ms. Pearson EA.

Later this month we will be hosting an Indigenous education art project with artist Annie Beach. Each class will have an opportunity to work with Annie and get the chance to paint rocks. Special thanks to Mlle Luce for writing this Smarts grant for our entire school. We are also grateful to receive a second upcoming Smarts grant which will allow us to bring in Woodlands artist. Thanks so much to Mrs. Van Damme for writing this successful grant.

Tonight is our Home and School meeting in the library at 7:00 p.m., all parents are welcome to attend.

T.Vanstone
Principal/Directrice

Important Dates

- Nov. 1 - Home and School Mtg 7 p.m.
- Nov. 1 - Purdy's Fundraiser Starts
- Nov. 4 - Admin Day - No Classes
- Nov. 7 - Picture Retakes
- Nov. 7-10 - Lost and Found Display
- Nov. 10 - Remembrance Day Assembly 11 a.m.
- Nov. 11 - Remembrance Day - NO SCHOOL
- Nov. 16 - Purdy's orders due
- Nov. 24 Report Cards emailed
- Dec. 5 - 9 - Purdy's Orders Delivered this week

Please note the report card date has changed to Nov. 24th

2 Fay & 2 Aselton Enjoy a Little Pumpkin Math!



We counted how many seeds were in the pumpkins. We guessed 40 seeds but there were 368 seeds in our pumpkin! We guessed too little! Some kids didn't want to put their hands in because it was too yucky! It was so fun!

-Samarth 6 years old



Thank you Portage la Prairie! PLPSD Schools can start the day off right thanks to 3555 boxes of cereal and \$5100.00 in cash donations!



Halloween Fun



"A CHILD'S IMAGINATION IS A VERY BEAUTIFUL THING"



LOST AND FOUND



MISSING
SOMETHING?
COME IN
ANYTIME AND
CHECK OUT OUR
LOST AND FOUND
AREA! SORTED
TABLES OF ITEMS
WILL BE SET UP
ON OUR LOBBY
NEXT WEEK.



Purdy's

Thank you for supporting our
chocolate fundraiser. Money
raised ensures EVERY child
can play at ÉCVS safely!

<https://fundraising.purdys.com/1569289-97972>



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

Support our fundraising campaign by purchasing Purdys 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/1569289-97972> for more info.

Order deadline is **November 16, 2022**



 CANADA'S CHOCOLATIER SINCE 1907

fundraising.purdys.com



Budget Bites for the Family:

1. Opt for cheaper proteins such as beans, lentils, peanut butter, canned fish and eggs.
2. Frozen fruit and vegetables are just as nutritious and cost less than fresh, especially in the winter.
3. Check out store brand products; they are usually cheaper and nearly identical to national brand items.

Stretching our food dollar

It's no surprise to anyone that our money doesn't go as far in the grocery store anymore. Inflation, food shortages, and increasing costs of fuel and farming are leading to higher prices at the grocery store. Feeding your family **and** staying on budget is harder than it ever has been. Here are some tips to help you stay on budget without sacrificing nutrition:

- ✓ Start out by creating a menu and a grocery list. This will help you avoid any unnecessary meals out or groceries that you don't need.
- ✓ Shop around to get the best deals. If possible shop at different stores or do price matching to get the best deals. Stock up on non-perishables that are on special such as canned goods or frozen fruit and vegetables.
- ✓ Check out produce or dairy products that are nearing their best before date. These foods are safe to consume but much cheaper. Just plan to use them up quickly.
- ✓ Purchase in bulk. Usually the bigger the package the cheaper the unit price. Store the extras for another time or split with family or friends.
- ✓ Focus your food dollars on nutrient dense foods. Limit the purchase of extras such as pop, candies and chips.



Conseils pour étirer votre budget d'alimentation

1. Optez pour des protéines peu coûteuses, comme les haricots, les lentilles, le beurre d'arachides, le poisson en conserve et les œufs.
2. Les fruits et légumes surgelés sont tout aussi nutritifs et coûtent moins cher que les fruits frais, surtout en hiver.
3. Jetez un coup d'œil aux produits de marque de distributeur; ils sont généralement meilleur marché et presque identiques à ceux de marque nationale.



Économiser à l'épicerie

Ce n'est une surprise pour personne que notre argent n'aille plus aussi loin à l'épicerie. L'inflation, les pénuries alimentaires et l'augmentation des coûts du carburant et de l'agriculture entraînent une hausse des prix à l'épicerie. Nourrir la famille tout en respectant le budget est plus difficile que jamais. Voici quelques conseils pour vous aider à économiser sans sacrifier la nutrition :

- ✓ Commencez par dresser un menu et une liste de courses. Cela vous aidera à éviter les sorties au resto ou les aliments dont vous n'avez pas besoin.
- ✓ Magasinez pour obtenir les meilleures offres. Si possible, fréquentez différentes épiceries ou comparez les prix. Faites le plein de denrées non périssables en promotion, comme les conserves ou les fruits et légumes surgelés.
- ✓ Vérifiez les produits qui approchent de leur date de péremption. Ces derniers peuvent être consommés en toute sécurité, mais sont beaucoup moins chers. Prévoyez simplement de les utiliser rapidement.
- ✓ Achetez en vrac. Habituellement, plus le paquet est gros, plus le prix unitaire est meilleur. Conservez les surplus pour une autre fois ou donnez-en à votre famille ou vos amis.
- ✓ Concentrez vos dépenses alimentaires sur les aliments riches en nutriments. Limitez l'achat d'extras comme les boissons gazeuses, les bonbons et les croustilles.



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.

Portage la Prairie School Division

NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																		
		1	2	3	4	5																		
		Day 3	Day 4	Day 5	K-12 Admin Day No Classes																			
6	7	8	9	10	11	12																		
	Day 6	Day 1	Day 2	Day 3	 Lest We Forget. Remembrance Day SCHOOLS CLOSED																			
13	14	15	16	17	18	19																		
	Day 4	Day 5	Day 6 Principals' Council	Day 1	Day 2																			
20	21	22	23	24	25	26																		
	Day 3	Day 4	Day 5 Admin. Council	Day 6	Day 1																			
27	28	29	30																					
	Day 2	Day 3	Day 4																					
		October 2022			December 2022																			
		Su	M	Tu	W	Th	F	Sa			Su	M	Tu	W	Th	F	Sa							
		22	33	44	55	66	77	88			1	1	2	2	3	3								
		99	100	111	122	133	144	155			4	4	5	5	6	6	7	7	8	8	9	9	10	10
		196	177	188	199	200	211	222			1111	1212	1313	1414	1515	1617	17							
		233	244	255	266	277	288	299			1818	1919	2020	2121	2222	2323	24							
		300	331							2525	2626	2727	2828	2930	3031	31								

DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
				1 Day 5	2 Day 6	3																																																																																																		
4	5 Day 1	6 Day 2	7 Admin. Council Day 3	8 Day 4	9 Day 5	10																																																																																																		
11	12 Day 6	13 Day 1	14 Day 2	15 Day 3	16 Day 4	17																																																																																																		
18	19 Day 5	20 Day 6	21 Last Day Fall Term Day 1	Christmas Break SCHOOLS CLOSED		24																																																																																																		
25 Christmas Day	26 Boxing Day	Christmas Break SCHOOLS CLOSED				31																																																																																																		
<table border="1"> <thead> <tr> <th colspan="7">November 2022</th> <th colspan="7">January 2023</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>11</td><td>22</td><td>33</td><td>44</td><td>55</td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> <tr> <td>66</td><td>77</td><td>88</td><td>99</td><td>100</td><td>111</td><td>122</td> <td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td> </tr> <tr> <td>133</td><td>144</td><td>155</td><td>166</td><td>177</td><td>188</td><td>199</td> <td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td> </tr> <tr> <td>200</td><td>221</td><td>222</td><td>233</td><td>244</td><td>255</td><td>266</td> <td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td> </tr> <tr> <td>227</td><td>288</td><td>299</td><td>300</td><td></td><td></td><td></td> <td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>							November 2022							January 2023							Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa			11	22	33	44	55	1	2	3	4	5	6	7	66	77	88	99	100	111	122	8	9	10	11	12	13	14	133	144	155	166	177	188	199	15	16	17	18	19	20	21	200	221	222	233	244	255	266	22	23	24	25	26	27	28	227	288	299	300				29	30	31				
November 2022							January 2023																																																																																																	
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa																																																																																											
		11	22	33	44	55	1	2	3	4	5	6	7																																																																																											
66	77	88	99	100	111	122	8	9	10	11	12	13	14																																																																																											
133	144	155	166	177	188	199	15	16	17	18	19	20	21																																																																																											
200	221	222	233	244	255	266	22	23	24	25	26	27	28																																																																																											
227	288	299	300				29	30	31																																																																																															

<http://www.vertex42.com/calendars/academic-calendar.html>

Academic Calendar by Vertex42.com
© 2016 Vertex42 LLC. Free to print.

REMEMBRANCE DAY

NOVEMBER 11

There can be no dedication
to Canada's future without
a knowledge of its past.

— JOHN DIFENBAKER, 13TH PRIME MINISTER
OF CANADA

