

# ÉCVS NEWS

DECEMBER 2022

## PRINCIPAL'S MESSAGE

The last month has been filled with wonderful learning opportunities for our students. We welcomed Annie Beach, Patrick Paul and Regina Gebler into our school as guest artists. Students were given the opportunity to engage in rock painting and Woodlands art. Our students learned about traditional Indigenous teachings and specific art forms. One of our goals is to make connections with our Indigenous community and to promote authentic involvement.

Regina Gebler is a parent from our school and has a passion for art and nature. She will be working with our grade four classes in card making. Our students will go outdoors to find ways in which they can use nature to build art. Our goal is to embed sustainable practices in our teaching and help students learn that gifts do not always need to be bought and can be made just by looking at nature to find resources.

We are looking forward to our upcoming concerts for our kindergarten, grade one and two classes taking place on December 13th, 14th, & 15th. We ask that families avoid going down to the classrooms prior to the concert as we want to avoid congestion and disruptions for our students. A spring concert will take place for our grade threes and fours.

Our Home and School will be meeting on December 6th at 6:30 p.m.. We posted a video from Sarah Proctor, the chair on the ÉCVS Facebook page for everyone to see. Our last day of school will be December 21st and we will return back on Thursday, January 6th, 2023! Happy Holidays to all of you. Thank you for your continued support and involvement.

Sincerely,  
Mme T. Vanstone  
Principal/Directrice

## Important Dates

- **Dec. 5 - 9 - Purdy's Order Pick-Up**
- **Dec. 6 - Home and School Mtg.**
- **Dec. 13 - Kindergarten Concert  
11:00 a.m.**
- **Dec. 14 - English Grades 1&2  
Concert 1:30 p.m.**
- **Dec. 15 - French Immersion Grades  
1&2 Concert 1:30 p.m.**
- **Dec. 21 - Last Day of School**
- **Dec. 22 - Jan. 4 - Winter Break**
- **Jan. 5 - First Day Spring Term**

# School Bus Updates

When students are riding a bus either to travel to or from school or on an extracurricular trip, they must be dressed appropriately for the weather. For students that are not dressed appropriately, the parent will be contacted by the school and the parent will have to pick-up the student after school. It is for safety reasons that all students need to be dressed appropriately.

## Morning Pick Ups

Please ensure that your student(s) are out at the bus stop a few minutes before pick up time so that they are ready to board at pick up time. If you are unsure of your pick-up time please confirm with your bus driver or call the office. Students waiting in their house until the bus arrives adds time to the route, which makes the bus late, and down the line students end up waiting outside during inclement weather.

## Bus Status Updates

The School Division Website has a great school bus feature. On the home page you will notice a little green school bus in the header. Green means all buses are running on time. Yellow means one or more buses have been delayed. Red means one or more buses have been cancelled. If you click on the bus you will have a list of buses with the yellows and reds at the top of the list in numerical order.

We also update Facebook (PLPSD Transportation Department) and Twitter (PLPSD\_Transportation) when buses are running late or cancelled. Please follow us. In the near future we will have a text, phone call, e-mail option for updating parents on bus status. If you get a text saying it is from the Portage School Division and to reply YES to continue to receive notifications, please know that it is not a scam and you need to reply YES. If you do not reply YES then you will not receive future text notifications of your student(s) bus status.

Shelley Anderson  
Supervisor of Transportation  
Portage la Prairie School Division  
Office: (204) 857-5841 ext 2



# Winter Concert

At every concert, there will be a draw for a family gift basket, as well as a 50/50 draw!

Dec. 13 - Kindergarten concert at 11:00

Dec. 14 - Grades 1-2 English concert 1:30

Dec. 15 - Grades 1-2 French concert 1:30

Doors will open 1/2 hour before the concert. Please do not park in the staff parking lot, or the bus loop.

COMING SOON: OUTDOOR PHYS ED



Due to stage and concert set-up in our gym, Mr. Botterill and Mme Armstrong-Bernier will be holding Phys Ed classes outdoors from Dec. 8th-Dec. 16th.

**PLEASE DRESS WARMLY!!!**

# Art with Annie Beach



Annie Beach is a mural artist with a Bachelor of Fine Arts Degree from the University of Manitoba. She came to our school in November to work with our students to paint rocks that will be placed outside as stepping stones in a Medicine Wheel formation, in our outdoor classroom.

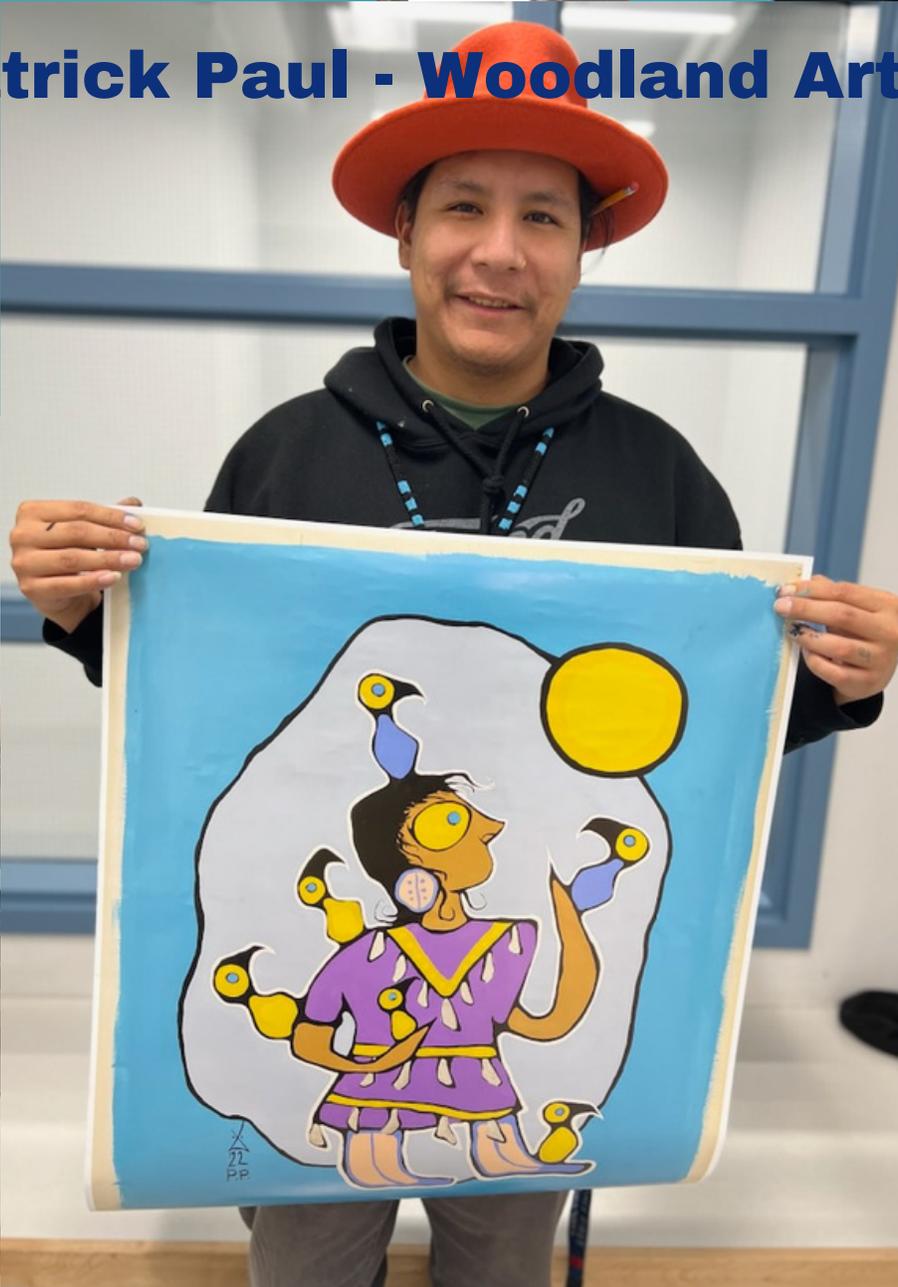


We painted rocks with Annie. It had to be something to do with nature, like trees and water. I did a sunset. It was hard to paint because the rock seemed small. Annie is very nice. She did the mural on the BDO. It is Indigenous art about the 7 Teachings. It says Strong Heart in Cree.

-Weston Bolton 9 years old



# Patrick Paul - Woodland Artist



# DECEMBER 2022

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# JANUARY 2023

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# NUTRITION BITS AND BITES

## Vitamin supplements for kids



### Caution around Gummy vitamins

Gummy vitamins are often marketed as a fun and convenient way for kids to get their vitamins.

These vitamins are very similar in taste and texture to gummy candies.

This can send the wrong message to kids that vitamins = candies which can lead to accidental overdose of these vitamins. Store all vitamins, especially gummy ones, out of children's reach.

### Does my child need to take a vitamin supplement?

As a parent or caregiver we often worry if our child is getting all the nutrients they need. Frequently children will barely touch their lunch or only have a few bites at supper time. This can lead us to feel that we need to "fill in the gaps" with a vitamin supplement. But are they really necessary?

If your child eats a varied diet; including some intake of fruits or vegetables, protein foods (meats, fish, milk products, and legumes) and grains (breads and cereals) a vitamin supplement is not usually needed. The human body is very efficient at getting all it needs from food and combinations of foods assist in absorption.

If, however your child has a specific condition that prevents absorption of some nutrients, excludes whole food groups, or follows a vegan diet, additional supplements may be warranted. It is best to talk to your primary care provider to discuss what supplements are needed.

If you choose to provide a vitamin supplement to your child it is good to remember that a supplement is not a cure for an unbalanced diet and it is not intended to replace food or food groups. Check out the chart on the next page to see how you can "supplement" with different foods to meet nutrient needs.

*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

## Les suppléments vitaminiques pour enfants



### Mise en garde contre les vitamines gélatinées

Les vitamines gélatinées (gummy) sont souvent présentées comme une façon amusante et pratique de s'assurer que les enfants reçoivent toutes leurs vitamines.

Leur goût et leur texture sont très semblables à ceux des bonbons, ce qui peut toutefois transmettre le mauvais message aux enfants, c'est-à-dire vitamines = bonbons, et peut mener à des surdoses accidentelles de vitamines. Rangez toutes les vitamines, surtout si elles sont gélatinées, hors de portée des enfants.

### Les enfants ont-ils besoin d'un supplément vitaminique?

Les parents et aidants familiaux se demandent souvent si leurs enfants reçoivent tous les éléments nutritifs dont ils ont besoin. Il arrive fréquemment que les enfants ne touchent pas à leur casse-croûte ou prennent seulement quelques bouchées de leur souper. C'est pourquoi nous avons tendance à vouloir parfois « combler les écarts » avec un supplément vitaminique. Mais est-ce vraiment nécessaire?

Si votre enfant a une alimentation variée, incluant un peu de fruits ou de légumes, des aliments protéiniques (viande, poisson, produits laitiers, légumineuses) et des grains (pains, céréales), un supplément vitaminique n'est généralement pas nécessaire. Le corps humain réussit très bien à obtenir tout ce qu'il lui faut de l'absorption des aliments et combinaisons d'aliments.

Par contre, si un enfant à un trouble de santé qui empêche l'absorption de certains éléments nutritifs, s'il ne consomme pas d'aliments entiers ou a une alimentation végétalienne, un supplément peut alors être indiqué. Le mieux est de consulter un fournisseur de soins de santé primaires pour discuter des suppléments qui pourraient être nécessaires.

Si vous choisissez de donner un supplément vitaminique à votre enfant, il est bon de se rappeler qu'un supplément n'est pas un remède à une alimentation déséquilibrée et ne remplace pas certains aliments ou groupes alimentaires. Consultez à la page suivante le tableau de suggestions d'aliments que vous pouvez proposer aux enfants pour mieux combler leurs besoins nutritionnels.

*Avis de non-responsabilité : Certaines recettes ou suggestions de nourriture peuvent ne pas convenir aux personnes ayant des allergies. Veuillez vous renseigner auprès de l'école de votre quartier pour identifier les aliments qui sont autorisés ou non dans les salles de classe*

## Supplementing with Food

Trying to get more of this.....

Try adding some of this.....

Calcium	Dairy products, almonds, baked beans, eggs, tofu
Iron	Red meat, spinach, fortified cereals, beans and lentils, dried fruit
Vitamin B12	Dairy products, meat, nutritional yeast, eggs
Omega 3 fats	Fish, ground flax, chia seeds, walnuts
Fibre	Pears, plums, berries, nuts, seeds, beans, lentils, oatmeal

## Kids Pix Trail Mix

The seeds and dried fruit provide iron, fibre, and protein in a fun mixture



Dried banana slices	1/2 cup
Sunflower and pumpkin seeds	1/2 cup each
Chopped dates	1/3 cup
Dried cherries or strawberries	1/3 cup
Chopped dried mango and apricots	1/3 cup each
Raisins or dried cranberries	1/3 cup
Chocolate chips (optional)	1/3 cup

Combine ingredients in a bowl. Portion into 1/2 cup servings. Store at room temperature. Recipe source: unlockfood.ca

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



Scan the QR code for more FAQs about vitamin and mineral supplements

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 Diet-n-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.



## Les aliments en guise de suppléments

Pour consommer plus de...

Proposez davantage de...

calcium	produits laitiers, amandes, haricots cuits au four, œufs, tofu
fer	viande rouge, épinards, céréales fortifiées, haricots et lentilles, fruits séchés
vitamine B12	produits laitiers, viande, levure alimentaire, œufs
acides gras oméga 3	poisson, lin moulu, graines de chia, noix de Grenoble
fibres	poires, prunes, petits fruits, noix, graines, haricots, lentilles, avoine

## Mélange des petits randonneurs

Les graines et les fruits séchés ajoutent du fer, des fibres et des protéines à ce mélange amusant.



Tranches de bananes déshydratées	1/2 tasse
Graines de tournesol et de citrouille	1/2 tasse de chaque
Dates hachées	1/3 de tasse
Cerises ou fraises déshydratées	1/3 de tasse
Mangue et abricots déshydratés hachés	1/3 de tasse de chaque
Raisins ou canneberges déshydratés	1/3 de tasse
Pépites de chocolat (facultatif)	1/3 de tasse

Combinez les ingrédients dans un bol. Divisez en portions d'une demi-tasse. Gardez à la température ambiante. Source: unlockfood.ca

\*\* Consultez l'infolettre sur les allergies (numéro de septembre) pour connaître des idées de substitution.



Scannez le code QR pour en savoir plus sur les suppléments vitaminiques et minéraux.

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/>

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 photocopie en entier à condition que la source soit mentionnée.



# SECRET

IT'S A SECRET



To register for programs or find out more:  
 Website: [frcportage.ca](http://frcportage.ca)  
 Call or Text: (204) 595-5005  
 E-mail: [info@frcportage.ca](mailto:info@frcportage.ca)  
 234 Princess Ave, Portage la Prairie

Find us on Facebook & Instagram: Family Resource Centre Portage

## December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Trying to register online but don't see the time you want? Call or text 204-595-5005 to have your name added to the waitlist!			1 Wiggle, Giggle, Munch 9 or 11 am	2 Healthy Cooking 10 am or 1 pm	3
4 DECEMBER 6 Adulting 101 3:45-5:30 (Art of Flourishing)	5 Toddler Shenanigans 9 or 11 am Nobody's Perfect 1 pm	6 Babies & Babble Newborn 9:30 am Babies 11:30 am Adulting 101 3:45-5:30 pm	7 Our Neighborhood 9 am	8 Book Buddies 9 or 11 am	9 Kids in the Kitchen 10 am or 1 pm	10
11 Need transportation to program? Contact FRC & we can arrange a shuffle!	12 Mindful Munchkins 9 am Chest/Breastfeeding Group 11 am Nobody's Perfect 1 pm	13 Grand Pals 10 am Healthy Baby 1 pm	14 Musical Mornings 9:30 or 11:30 am Stay 'N Play 1-3 pm	15 Wiggle, Giggle, Munch 9 or 11 am	16 Healthy Cooking 10 am or 1 pm	17 HOLIDAY DROP IN 10-2 This is Me 2 pm
18	19 Toddler Shenanigans 9 am 11 am 2 pm	20	21	22 Staff PD Day Centre Closed	23 Staff PD Day Centre Closed	24
25 Christmas Day	26 Boxing Day	27 Centre Closed	28 Centre Closed	29 Centre Closed	30 Centre Closed	31 New Years Eve

## PROGRAMS:

**Adulting 101** - Transitioning to adulthood can feel overwhelming! Join this four-week workshops series to discover your own version of success. These sessions are designed for individuals between the ages of 15 to 30.

**Babies & Babble** - An interactive program connecting parents to their babies through play, music, touch, and knowledge about development. Join the group most appropriate to your baby's motor skills: Newborn - 0 to sitting unsupported (approx. 6 months); or Babies - sitting to taking first steps (approx. 6 months+). Childcare provided for older children.

**Book Buddies** - A literacy program focusing on speech, movement, songs and of course books! It's facilitated in partnership with a speech and language pathologist. (Ages 18 months-6 years)

**Breast/Chestfeeding Group** - A space for nursing parents (and those considering) to come together and feel supported in their journey from pregnancy to weaning. Childcare provided.

**Grand Pals** - Make new friends at this program that brings together younger and older generations for planned activities and lots of fun! You're never too old to play!

**Healthy Baby** - This program's focus is on enhancing parents' capacity to make choices during pregnancy and the first year of life to ensure healthy outcomes for their babies. (Pregnancy - 1 year)

**Healthy Cooking** - Come try something new and prepare your own budget friendly, healthy family meal. It just may become a new family favourite. Please bring your own container to take your meal home. Childcare provided.

**Homeschool Co-Op** - A chance for homeschooling families to come together to achieve common goals and enrich the home education experience. (Preschool+)

**Kids in the Kitchen** - Introduce your kids to fun in the kitchen! This program teaches kids kitchen skills and uses age appropriate tools and activities to cultivate your future family chef. Please bring your own container for this recipe, so you can enjoy your creation at home! (Ages 2-6 years)

**Mindful Munchkins** - This program is designed to help children identify and learn to manage their emotions. Join us for a story, game, and time with puppets! (Ages 3-6)

**Musical Mornings** - Explore the world of rhythm and rhyme with music and songs for toddlers! This program focuses on musical discovery through instruments, finger play, and movement. (Ages 6 months-3 years)

**Nobody's Perfect** - This 6 session program is designed to provide new parents with the opportunity to learn about the basics of parenting including parent self awareness and self esteem, child health and safety, discipline and praise and healthy child development. Childcare provided.

**Our Neighbourhood** - Learn what it means to be a caring human being by learning about the wonderful places and people in our community! (Ages 18 months+)

**This is Me** - A group focused on bringing together families with children who are neurodiverse and/or have physical challenges.

**Toddler Shenanigans** - This program provides children the opportunity to explore the world around them by using their five senses to further develop their natural desire to learn! (Ages 1-6)

**Wiggle, Giggle, Munch** - A physical activity and nutrition program that encourages parents and children to have fun through active play, games and songs! (Ages 2-6)

FREE wellness coaching is available!  
 Schedule your appointment online.  
 Childrens is available.



## December TOPICS:

**Healthy Cooking - December 2**  
 Recipe: Beef Banh Mi-Style Bowl  
 These bowls are so flavorful and delicious, you will be so impressed that you made these yourself!

**Kids in the Kitchen - December 9**  
 Recipe: Paninis (the fancy grilled cheese!)  
 This is a great recipe to teach your kids all about spreading and frying!

**Healthy Cooking - December 16**  
 Recipe: Chickpea Tikka Masala  
 This is an incredibly easy and absolutely divine vegan version of the classic Indian dish! It tastes deliciously indulgent, yet it's still healthy.

Please sign up for one of your preferred cooking or Mom's Time classes for the month. You can also request to be placed on a wait list for additional ones!

**HOLIDAY DROP IN** - Come with the family for a fun and seasonal event, including a visit with Santa, crafts, snacks and more!  
 Register online.

## MASK UPDATE - PLEASE READ!

Masks are recommended but optional for the indoor programs. With the rising cases of illnesses occurring we are strongly encouraging staff and participants over the age of 4 to wear a mask. If you or someone in your family is unwell, please stay home and let us know you won't be attending.

We will have masks and sanitizer available! If you would prefer staff wear a mask when interacting in close contact with your children/yourself, please let us know.

Find us on Facebook & Instagram: Family Resource Centre Portage