



PRINCIPAL'S MESSAGE

Happy New Year! We would like to welcome everyone back to school from the winter break, Thursday, January 5th. We hope that you had a wonderful and restful time with friends and family. Looking back, December was a month of connection and celebration. We were grateful for the opportunity to invite families into the school to enjoy our winter concerts. The K-2 classes each performed, with excitement and pride, to full audiences. We would like to thank Mrs. Holmes for all of her hard work in organizing three winter concerts, and her flexibility in rescheduling, as needed, due to weather. The spirit of giving, and building connections, came to life through the Déjà-View Boutique. Thank you to those who were key in opening our school holiday store, Mrs. Kerchak, Mlle Fay, Mme Armstrong-Bernier and Emily Cote (3S), and to all those, from near and far, who contributed items. Your involvement, time and commitment brought joy to many students and their loved ones. As we begin to settle back into familiar routines in preparation for school, please be reminded that students need to be dressed warmly for the cold winter weather. Ski pants, a warm jacket, a toque, mitts and boots are necessary when playing outside during recess. Packing extra pairs of gloves/mittens and socks is always recommended, to ensure that students can comfortably enjoy the snowy weather. If you are needing assistance with winter clothing please contact our Outreach Facilitator, Anne Cuddington. Student-led conferences are fast approaching and will be held January 12th (5:00 pm - 7:30 pm) and January 13th (10:00 am - 1:00 pm). This will be a time to celebrate student accomplishments and learning successes, as well as set goals for the new term. Should you have any questions regarding your appointment time, please contact your child's classroom teacher. We would like to extend a warm welcome to new staff: Mrs. Eckford (1P), Mme Little (2W), Mrs. Sharma (EA), Mrs. Markus (EA) and Mrs. Citulsky (EA). We look forward to seeing you soon.

Natalie Guimond-Low
Vice Principal/ Directrice Adjointe

IMPORTANT DATES

- Jan. 5 - (Day 2) First Day Back
- Jan. 12 - Student Led Conferences - No Classes for KLH1 and KE1 ONLY
- Jan. 13 - Student Led Conferences - No Classes
- Jan. 13 - Home and School

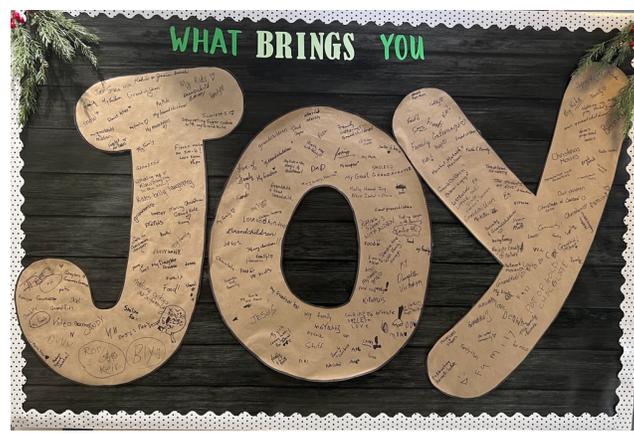
Meeting

- Jan. 31 - Damien Lussier French Immersion Workshops
- Feb. 8 - Kindergarten

Registration

- Feb. 17 - PD Day - No Classes





A special thank you to Emily Cote who worked tirelessly in our Holiday store serving customers, wrapping gifts, and setting out new merchandise. We definitely could not have done it without her! Merci Emily!



Thank you so much to our wonderful Friends, and our community for donating items so our kids could do their own shopping! They worked very hard to earn their Wish Bucks and enjoyed selecting something for a loved one! We couldn't have done it without you!



Mayor Sharilyn Knox popped by with a donation to our Déja View Holiday Store!

Cheers to 32 Years



We will be seeing a huge change in a grade 2 French Immersion class in 2023. Mme Webber has retired and we welcome Mme Little back who will take the reigns. Right now we imagine Mme Webber will be enjoying coffee in her pyjamas! Best wishes in your retirement Mme Webber.

NUTRITION BITS AND BITES

(Kids in the Kitchen/Food exposure)



Just try it!

Imagine. You sit down at the table and in front of you is a food you've never seen before and you're told to 'just try it!' Only the most adventurous will engage in the unknown. Most of us need to become familiar with a new food before we put it in our mouth. What does it look like and smell like? Do other people enjoy it? Becoming familiar with food is an important first step in expanding variety.

Kids in the Kitchen

- It's estimated that 40% of Canadians that eat out regularly do so because of convenience, feel there is no time to cook, or do not know how to cook.
- Getting kids in the kitchen at an early age helps to develop the cooking skills that they need to feel confident in the kitchen.
- Having kids help in the kitchen also helps to increase the acceptability of food. The more a child sees, feels and touches the food, the easier it becomes to eat it.
- Even kids 2-3yrs old can have fun washing fruits and vegetables or smelling herbs and spices.
- As kids grow older, getting them to chop their own vegetables, measure out ingredients or make their own school lunches is a great way to keep them involved and interested in the kitchen.



Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local

MÉLI-MÉLO EN NUTRITION

(Les enfants à la cuisine/exposition aux aliments)



Essaie-le!

Imaginez que vous vous asseyez à table et qu'on vous dit, au sujet de l'aliment qui se trouve devant vous et que vous n'avez jamais vu, « essaie-le! ». Seules les personnes les plus audacieuses se lanceront dans l'inconnu. La majorité d'entre nous doivent se familiariser avec un nouvel aliment avant de le consommer. À quoi ressemble-t-il et quelle est son odeur? D'autres personnes l'aiment-ils? Se familiariser avec un aliment est la première étape importante pour consommer une gamme plus variée d'aliments.

Les enfants à la cuisine

- On estime que 40 % des Canadiens qui mangent régulièrement à l'extérieur le font parce que c'est pratique, qu'ils n'ont pas l'impression d'avoir le temps de cuisiner ou qu'ils ne savent pas comment s'y prendre.
- La participation des jeunes enfants à la préparation des repas contribue au développement des compétences nécessaires pour se sentir à l'aise dans une cuisine.
- Les jeunes qui aident à préparer les repas acceptent plus aisément un nouvel aliment. Plus un enfant voit et manipule un aliment, plus il le consommera facilement.
- Même les enfants de 2 et 3 ans peuvent s'amuser à laver des fruits et des légumes ou à sentir les herbes et les épices.
- Demander aux enfants plus âgés de couper leurs propres légumes, de mesurer les ingrédients ou de préparer leurs propres dîners pour l'école représente un bon moyen de les faire participer à la préparation des repas et de susciter leur intérêt à cet égard.



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.

Green Eggs and Ham (Mini Quiches)

Ingredients:

- 1 tbsp vegetable oil
- 1 onion chopped
- 1 (10 oz) pkg of chopped frozen spinach, thawed
- 1 can mushrooms, chopped
- 1cup diced ham
- 5 eggs, beaten
- 2 cups shredded cheese
- Dash salt
- 1/8 tsp pepper

1. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and mushrooms. Continue cooking until excess moisture has evaporated.
2. In a large bowl, combine eggs, cheese, ham, salt and pepper. Add spinach mixture and stir to blend. Scoop into greased muffin pan.
3. Bake at 350°F (175°C) until eggs have set, about 30 minutes. Let cool for 10 minutes.

Substitute or replace any ingredients to give this recipe your own twist



scan the QR code for more ideas on how to make cooking a fun activity for the whole family.

Get the kids involved! Kids can help:

- crack the eggs
- shred cheese
- rinse the canned mushrooms



** 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: Dietitian: 1-877-830-2892 Health Links: 1-888-315-9257

Created by Registered Dietitians from Southern Health-Santé Sud

May be photocopied in its entirety provided source is acknowledged.

Nutrition Services Team 1-204-856-2055



Œufs verts au jambon (mini-quiches)

Ingredients :

- 1 c. à soupe d'huile végétale
- 1 oignon haché
- 1 paquet (10 oz) d'épinards hachés surgelés, dégelés
- 1 boîte de champignons, hachés
- 1 tasse de jambon coupé en dés
- 5 œufs, battus
- 2 tasses de fromage râpé
- Une pincée de sel
- 1/8 c. à thé de poivre

1. Chauffer l'huile dans une grande poêle à feu moyen-élevé. Ajouter les oignons et faire cuire, en remuant de temps à autre, jusqu'à ce que les oignons aient ramolli. Incorporer les épinards et les champignons. Poursuivre la cuisson jusqu'à ce que l'excès d'humidité se soit évaporé.
2. Dans un grand bol, combiner les œufs, le fromage, le jambon, le sel et le poivre. Ajouter le mélange d'épinards et bien mélanger. Répartir le mélange dans des moules à muffins graissés.
3. Faire cuire au four à 350°F (175°C) jusqu'à ce que les œufs aient durci, soit environ 30 minutes. Laisser refroidir pendant 10 minutes.

Vous pouvez remplacer n'importe quel ingrédient pour personnaliser cette recette.



Scannez le code QR pour obtenir d'autres idées qui feront de la préparation d'un repas une activité amusante pour toute la famille.

Faites participer les enfants! Ils peuvent :

- Casser les œufs
- Râper le fromage
- Rincer les champignons en boîte

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

Pour en savoir plus sur une saine alimentation et la nutrition, consultez :

<https://www.southernhealth.ca/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 : 204-388-2053

Créé par les diététistes de Southern Health-Santé Sud.

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



JANUARY 2023

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FEBRUARY 2023

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January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Years Day	2 Centre Closed	3 Staff PD Day Centre Closed	4 Stay 'N Play 10 am - noon	5 Toddler Shenanigans 9 am 11 am 1 pm	6 Healthy Cooking 10 am or 1 pm	7
8	9 Book Buddies 9 or 11 am	10 Healthy Baby 9 am Mom's Time 2 or 7:30 pm	11 Musical Mornings 9:30 or 11:30 am	12 Preschool Party 9 am Chest/Breastfeeding Group 11 am	13 PD Day Camps 9 - noon 1 - 4 pm	14
15 Need transportation to program? Contact FRC & we can arrange a shuttle!	16 Wiggle, Giggle, Munch 9 or 11 am	17 Babies & Babble Newborn 9:30 am Babies 11:30 am	18 Grand Pals 10 am Homeschool Co-op 11 - 1 pm	19 Toddler Shenanigans 9 am 11 am 1 pm	20 Kids in the Kitchen 10 am or 1 pm Family Game Night 6 pm	21 Super Dads 10 am This is Me 1 pm
22	23 Book Buddies 9 or 11 am	24 Healthy Baby 9 am Parenting Workshop 2 or 7:30 pm	25 Musical Mornings 9:30 or 11:30 am	26 Our Neighbourhood 9 am Chest/Breastfeeding Group 11 am	27 Healthy Cooking 10 am or 1 pm	28
29	30 Wiggle, Giggle, Munch 9 or 11 am	31 Babies & Babble Newborn 9:30 am Babies 11:30 am		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!		

STEP 1: Find a program to join! STEP 2: Register on our website! STEP 3: Join us at the FRC!

Find us on Facebook & Instagram: Family Resource Centre Portage

PROGRAMS:

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.

Family Game Night - Meet up at the FRC for fun, laughter and lots of games! Snacks 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! Held at Dufferin Villa.

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)

Mom's Time - Time committed to focusing on you. A space to try new things and connect with other Moms. Childcare provided for daytime session.

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)

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 +)

Parenting Workshop - An opportunity for parents to learn about a specific topic. This month is all about co-parenting! Childcare provided for daytime session.

PD Day Camps - Join us for a half day of fun and activities and meet other kids in your community. (Ages 4-12) NOTE: Please only register for ONE date, thank you!

Preschool Party - Get ready for school and have fun doing it! Join us as we play, read, and make a craft together! (Ages 3-6)

Stay 'n Play - A chance for families to come meet others and play together in the playroom. (Ages 0-6)

Super Dads - Come meet other dads! We will provide the coffee and fun activities to do with the kids. (Ages 1-6 years)

This is Me - A group focused on bringing together families with children who are neurodivergent 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)



January TOPICS:

Healthy Cooking - January 6

Recipe: General Tso's Chicken

General Tso's Chicken is that perfect combination of sweet, savoury, spicy and tangy with crispy Chinese chicken bites. It's a Chinese takeout favourite that just pushes all the right buttons!

Mom's Time - January 17

Topic: Homemade Tortillas

Homemade tortillas are 100% totally worth it; they taste exponentially better than store bought! Come learn how to make them with us.

Kids in the Kitchen - January 20

Recipe: Smashed Potato Soup

This is a great recipe to teach your kids all about peeling, boiling, spooning and mashing!

Parenting Workshop - January 26

Topic: Co-Parenting

The best co-parenting relationships involve the parents putting their personal feelings aside in favor of giving their child what they need emotionally and physically. Learn more at this workshop!

Healthy Cooking - January 27

Recipe: Coconut Chickpea Curry

All made in one pot, this easy vegan curry is incredibly flavorful, perfect for meal prep, budget-friendly, and a great go-to weeknight dinner!

MASK UPDATE - PLEASE READ!

Masks are recommended but optional for the indoor programs. 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.