



# ÉCVS NEWS

FEBRUARY 2023

## PRINCIPAL'S MESSAGE

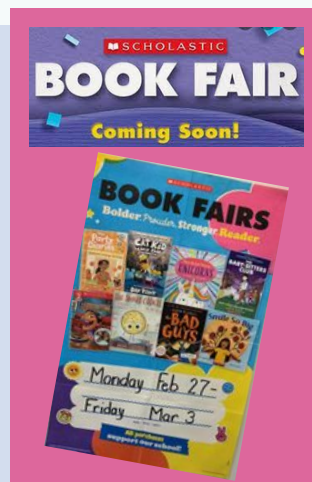
We were happy to start this month off with outdoor recess! We appreciate everyone's attendance in our student-led conferences. We know that parental involvement is key to a child's success. In January, our Grade 3s enjoyed skating at Stride Place and our Grade 4s were engaged in working with French musician, Damien Lucien and held a meeting with Mayor Sharilyn Knox. We hosted our very first Preschool Party and look forward to having a second one in February. Our month ended with our Kindergarten French Immersion information session for families and a school-wide assembly full of music. We did experience some frigid weather on the last days of the month. This created some challenges at pick up time. Parents are reminded to avoid parking in or in front of neighbour's driveways. Thank you for your support with this.

February is Black History month, we are doing our part to teach and build awareness on this history. February 6-10 is Kindergarten Registration Week online. If you would like to come in and register, feel free to call the school and make an appointment. We just heard the news that our school won a Winnipeg Blue Bomber contest! We will be hosting some of the Bombers and many other guest readers at the end of the month for I Love to Read. Our book fair will be back up and running and will take place the week of February 27-March 3. In addition to these activities, we will also be hosting our Annual Voyageur day! Be sure to take part in the fun by dressing like a Voyageur! On February 24 our Home and School will be hosting a free and fun event for families. It will involve skating on the lake across from the school and enjoying some warm drinks!

Thank you for your continued support.  
T. Vanstone  
Principal

## IMPORTANT DATES

- Feb. 6 - 10 - Kindergarten Registration Week
- Feb. 7 - Home and School Meeting 6:30 p.m.
- Feb. 9 - Preschool Party
- Feb. 17 - PD Day - No Classes
- Feb. 20 - Louis Riel Day- SCHOOLS CLOSED
- Feb. - 21 Voyageur Day
- Feb. 22 - 24 - Grade 4 Curling
- Feb. 24 - Family Skating Night on the Lake with Roasts and Toasts 3:30-7 p.m.
- Feb.27 - Mar.3 - I Love to Read Week
- Feb.27 - Mar.3 -BOOK FAIR
- March 3 - Donut Day
- March 6- Admin. Day - No Classes
- March 27 - 31 - Spring Break SCHOOLS CLOSED
- March 20- Preschool Party
- March 23 - Report Cards Emailed Out





falling down  
is part of life.  
getting back up  
is living.



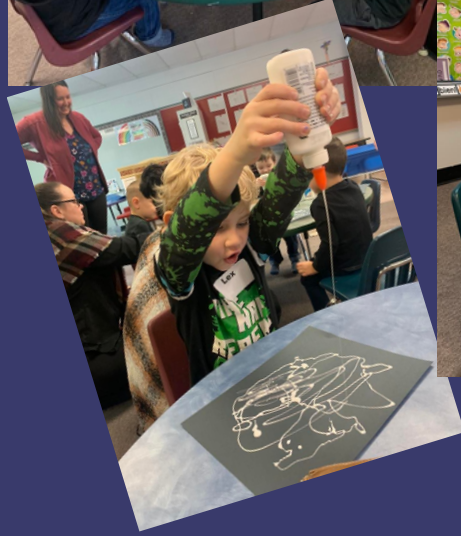
Skating is amazing! It involves nearly every muscle group in the body, and gliding requires coordinated movement of the legs, which is important for flexibility of the joints. It also builds leg and abdominal muscles. Even though skating is so much fun, it is a workout, and great for heart health – it gets blood pumping and the heart rate up!



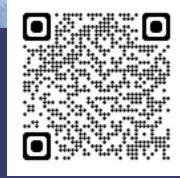
**FUN**  
AT WORK DAY

Mrs. Crawford, Mr. Botterill, and Mme Armstrong-Bernier

# Calling all ÉCVS catchment and French Immersion children born in 2018!



If you have a child or know of one that will be attending ÉCVS this fall, please fill out an online registration form or drop into the office anytime.



Need to send money to school? Etransfer us at: [ecvsschool@plpsd.net](mailto:ecvsschool@plpsd.net)

## Reach For the Top!



Congratulations to these athletes on working hard to achieve their goal. Getting to the top of the ropes is not an easy task! Félicitations!

Good climbing skills are important for all children. It improves dexterity and physical strength, it builds confidence and problem solving skills. It improves balance, and develops focus and concentration. (It also is a good skill to have when the cookies are up high!)



*Every mountain top is within reach if you just keep climbing*



# ÉCVS Family Skate Night on the Lake

February 24, 2023

With Roasts and Toasts

FREE HOT CHOCOLATE AND COFFEE

3:30 p.m. - 7:00 p.m.

## FREE EVENT

Skates and helmets  
(children's size) available  
at the school



For more information please call us 204-857-3475



# Prairie Sounds Festival is back!

April 17 - 20, 2023



If you wish to register your teen in Piano, Voice, Musical Theater or Speech (public speaking, poetry or prose readings) classes, registrations will be available

on [www.prairiesounds.ca](http://www.prairiesounds.ca) starting Monday, January 16.

The festival is a great chance for students to perform for an audience, receive constructive feedback on their performance, and win award money to help with their chosen art form.



**WEAR ALL THE LAYERS!**

Cold weather is back! Make sure your child is dressed in warm winter clothing for outdoor play!



**SCHOLASTIC**  
**BOOK FAIR**  
Coming Soon!



# École Crescentview's Voyageur Day

Tuesday, February 21<sup>st</sup>

École Crescentview School is excited to announce our 9<sup>th</sup> annual school-wide **Voyageur Day**. To coincide with Western Canada's largest winter festival, Festival du Voyageur in Winnipeg (from Feb 17-26), we are having our own celebration of the **Voyageurs** on **Tuesday, Feb. 21<sup>st</sup>**.

Our students will be participating in a variety of activities throughout the day including assemblies, entertainment, crafts, songs and games. We will even get to taste some pancakes and maple syrup. It promises to be an exciting day of fun and learning about some Manitoba history, including Indigenous, Métis, and French-Canadian culture.

On the 21<sup>st</sup>, everyone is invited to **DRESS UP** like a voyageur and wear a **BEARD** just for fun. The costume can be as simple as jeans, a white, red, checkered or plaid shirt, and a scarf tied around the waist for a "ceinture fléchée" (sash). A tuque would be a great finishing touch. If you have any "furry" clothing at home it would be a natural fit as the voyageurs were among the original fur traders. (Please see the images on the next page for ideas). Children may even choose to get crafty and make a beard with yarn, paper, pompoms, etc., or have a parent/guardian **draw** a beard on their face with make-up or washable markers! Let's have some fun.

Feel free to give us a call if you have any questions. 204.857.3475

Looking forward to a great day! Hé Ho!

ECVS Staff

## Costume Ideas



**Festival du Voyageur**

Check out the fun happening at the "real" Festival du Voyageur @ [heho.ca](http://heho.ca)

# FEBRUARY 2023

| Sunday | Monday  | Tuesday  | Wednesday                               | Thursday  | Friday                            | Saturday |
|--------|---|--|---|---|-----------------------------------|----------|
|        |   |  | 1                                       | 2   | 3                                 | 4        |
|        |   |  | High School Exam Week                   |   |                                   |          |
|        |   |  | Day 2                                   | Day 3   | Day 4                             |          |
| 5      | 6<br>Second Semester begins at high school<br>Day 5 | 7<br>Day 6   | 8<br>Kindergarten Registration<br>Day 1 | 9<br>Day 2  | 10<br>Day 3                       | 11       |
| 12     | 13<br>Day 4   | 14<br>Day 5  | 15<br>Principals' Council<br>Day 6      | 16<br>Day 1   | 17<br>Divisional PD<br>NO CLASSES | 18       |
| 19     | 20<br>Louis Riel Day<br>SCHOOLS CLOSED              | 21<br>Day 2  | 22<br>Admin. Council<br>Day 3           | 23<br>Day 4   | 24<br>Day 5                       | 25       |
| 26     | 27<br>Day 6   | 28<br>Day 1  |   |   |                                   |          |
|        |   | <b>January 2023</b><br>Su M Tu W Th F Sa<br>11 22 33 44 55 66 77<br>88 99 100 111 122 133 144<br>155 166 177 188 199 200 211<br>222 233 244 255 266 277 288<br>299 300 311 |   | <b>March 2023</b><br>Su M Tu W Th F Sa<br>1 12 23 34 4<br>5 5 6 6 7 7 8 8 9 9 10 10 11<br>12 12 13 13 14 14 15 15 16 16 17 17 18 18<br>19 19 20 20 21 21 22 22 23 23 24 24 25 25<br>26 26 27 27 28 28 29 29 30 30 31 31 |                                   |          |

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

Academic Calendar by Vertex42.com  
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# MARCH 2023

| Sunday | Monday                            | Tuesday   | Wednesday                         | Thursday  | Friday                       | Saturday |
|--------|-----------------------------------|---|-----------------------------------|---|------------------------------|----------|
|        |                                   |   | 1                                 | 2   | 3                            | 4        |
|        |                                   |   | Day 2                             | Day 3   | Day 4                        |          |
| 5      | 6<br>K-12 Admin Day<br>NO CLASSES | 7<br>Day 5  | 8<br>Principals' Council<br>Day 6 | 9<br>Day 1  | 10<br>Day 2                  | 11       |
| 12     | 13<br>Day 3                       | 14<br>Day 4   | 15<br>Admin. Council<br>Day 5     | 16<br>Day 6   | 17<br>Day 1                  | 18       |
| 19     | 20<br>Day 2                       | 21<br>Day 3   | 22<br>Day 4                       | 23<br>Day 5   | 24<br>End of Term 2<br>Day 6 | 25       |
| 26     | 27                                | 28  | 29                                | 30  | 31                           |          |
|        |                                   | <b>February 2023</b><br>Su M Tu W Th F Sa<br>11 22 33 44<br>55 66 77 88 99 100 111<br>122 133 144 155 166 177 188<br>199 200 211 222 233 244 255<br>266 277 288 |                                   | <b>April 2023</b><br>Su M Tu W Th F Sa<br>2 2 3 3 4 4 5 5 6 6 7 7 8 8<br>9 9 10 10 11 11 12 12 13 13 14 14 15 15<br>16 16 17 17 18 18 19 19 20 20 21 21 22 22<br>23 23 24 24 25 25 26 26 27 27 28 28 29 29<br>30 30 |                              |          |

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

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# Preschool Parties!

Join us as we read, play, and get ready for Kindergarten! For children ages 3-5.

## École Crescentview School

January 16; February 9;  
March 20; April 25

To register: 204-857-3475 or  
jamie.blyth@plpsd.net

12:30 - 1:30  
pm &  
2:00 - 3:00  
pm

## Fort la Reine School

January 23; February 16;  
March 9; April 18;  
May 25

To register: 204-857-7687 or  
arielle.humphrey@plpsd.net

2:30 -  
3:30 pm

## La Verendrye School

January 26; February 23;  
March 22; April 19; May 17

To register: 204-857-3478

2:30 -  
3:30 pm

## North Memorial School

January 20; February 24;  
March 10 & 24; April 14 & 28;  
May 12 & 26; June 9 & 23

To register: 204-857-4564 or  
hema.harrysingh@plpsd.net

11:30 am -  
12:30 pm

## Oakville School

January 19; February 24;  
April 10; May 16; June 2

To register: 204-267-2733 or  
alana.jack@plpsd.net

2:30 -  
3:30 pm

## Yellowquill School

January 20; February 27;  
March 16; April 19; May 1

To register: 204-857-8714 or  
alana.jack@plpsd.net

2:30 -  
3:30 pm

Children must be  
accompanied by  
a parent / adult.

## Family Resource Centre

January 12; February 13; March 4;  
April 17; May 11

To register: frcportage.ca  
204-595-5005

Check  
calendar  
for times



# Getting Ready for School!

**In addition to Preschool Parties, the Family Resource Centre is offering a four-part series you can attend with your 3-5 year old child, as they prepare to enter Kindergarten. Each session will include learning activities, as well as information for parents and caregivers.**

## **March - April**

- **March 9 - Healthy Development**
- **March 23 - Social-Emotional Skills**
- **April 13 - Play**
- **April 27 - Literacy**

**Contact us at [info@frcportage.ca](mailto:info@frcportage.ca) or 204-595-5005**

# MÉLI MÉLO EN NUTRITION

Alimentation intuitive



Les enfants naissent en sachant quand ils sont rassasiés et quand ils ont faim.

Les mangeurs intuitifs répondent à leurs signaux de faim et ont des relations saines avec l'alimentation.

Les enfants élevés pour être des mangeurs intuitifs ont généralement de meilleures capacités d'adaptation, une meilleure estime de soi, une meilleure réponse à la faim et aux indices de satiété, une meilleure image de soi et une meilleure santé physique, tout en prenant davantage plaisir à manger.

Source : [www.intuitiveeating.org](http://www.intuitiveeating.org)

## Mangeurs intuitifs

Voici des stratégies pour élever des mangeurs intuitifs :

- Aménagez votre domicile de manière à favoriser une saine alimentation en ayant des aliments entiers facilement accessibles, comme les fruits, les légumes, les noix, les haricots, les produits animaux maigres, le riz, les pâtes, le pain et les craquelins à grains entiers.

- Offrez des repas et des collations équilibrés à des heures fixes. Essayez de manger en famille tout en prenant le temps de dialoguer et de mieux vous connaître.

- Utilisez un langage positif en ce qui concerne l'alimentation et le corps. Évitez de formuler des commentaires sur le corps de votre enfant, votre propre corps ou celui de quelqu'un d'autre. Évitez les discours négatifs ou liés au régime, comme « Je ne devrais pas manger ceci, sinon je serai... »

- Prenez conscience que vos éloges ou vos réprimandes façonnent le comportement. Par exemple, faire des éloges quand l'enfant mange de grosses portions peut le conduire à négliger les signaux de satiété et à trop manger plus tard dans la vie.

- Les multiples avenues de publicité font en sorte que les enfants sont constamment exposés à des messages d'image corporelle nuisibles. Surveillez ce que vos enfants regardent et discutez des messages qu'ils leur sont transmis.

- Gardez toute la famille active. Rester actif améliore la santé mentale et physique.

## Délicieux muffins aux courgettes

### Ingrédients

Huile d'olive extra vierge 80 ml (1/3 tasse)  
Miel 1/2 tasse (125 ml)  
Œufs 2 gros  
Babeurre 2/3 tasse (160 ml)  
Vanille 2 cuillères à café (10 ml)  
Farine de blé entier 1 1/2 tasse (450 ml)  
Cannelle 1 c. à thé (5 ml)  
Levure chimique 1 c. à thé (5 ml)  
Bicarbonate de soude 1/2 c. à thé (2,5 ml)  
Sel 1/2 c. à thé (2,5 ml)  
Muscade 1/4 c. à thé (1,25 ml)  
Noix ou pacanes 1/2 tasse (190 ml)\*\*  
Courgettes, râpées 1 1/2 tasse (375 ml)

**Remarque :** Pour faire du babeurre, ajouter 2 cuillères à café de jus de citron ou de vinaigre au lait, et laisser reposer 5 minutes.

### Directives

1. Préchauffer le four à 400 °F (204 °C). Vaporiser les moules à muffins à l'aide d'un aérosol de cuisson antiadhésif, ou placer des caissettes en papier.
2. À l'aide d'un batteur électrique ou d'une cuillère de bois, crémier l'huile et le miel. Ajouter les œufs et bien battre. Incorporer le babeurre et la vanille, et remuer jusqu'à consistance lisse.
3. Dans un bol moyen, mélanger tous les ingrédients secs : farine de blé entier, cannelle, levure chimique, bicarbonate de soude, muscade et sel. Diviser le mélange d'ingrédients secs en 3 portions et incorporer chacune de celles-ci au mélange d'ingrédients humides. Remuer jusqu'à ce que le tout soit homogène.
4. Essorer les courgettes pour en retirer l'excédent d'eau et les verser dans le bol. Incorporer les noix.
5. Cuire les muffins au four de 16 à 19 minutes ou jusqu'à ce qu'ils soient dorés sur le dessus. Transférer sur une grille de refroidissement et déguster.

Faire participer les enfants à la préparation de recettes peut les aider à essayer de nouveaux aliments et à acquérir des aptitudes bien nécessaires dans la cuisine, tout en apprenant la lecture et les mathématiques d'une manière amusante et intéressante!

Les plus jeunes enfants peuvent aider en mesurant et en mélangeant les ingrédients, en versant la pâte dans les moules et en choisissant des ajouts.

Les courgettes sont faciles à cultiver! Il suffit de planter quelques graines dans un endroit ensoleillé, les arroser et les regarder pousser. Les courgettes sont généralement prêtes à être cueillies à la fin de l'automne.

\*\* Veuillez vérifier auprès de votre école locale si certains aliments sont acceptables ou inacceptables en classe.

Pour en savoir plus sur l'alimentation et la nutrition, consultez : <https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>  
Pour accéder aux bulletins précédents, consultez : <https://www.southernhealth.ca/what-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 photocopié en entier à condition que la source soit mentionnée.



# NUTRITION BITS AND BITES

Intuitive Eating



Children are born knowing when they are full and when they are hungry.

Intuitive eaters respond to their hunger cues and have healthy relationships with food and eating.

Kids raised to be intuitive eaters typically have: better coping skills, higher self-esteem, better response to hunger and fullness cues, better self-image, more pleasure from eating, and better physical health.



Source : [www.intuitiveeating.org](http://www.intuitiveeating.org)

## Intuitive Eaters

Here are strategies to raise intuitive eaters:

- Set up your house to encourage healthy eating by having whole foods easily available, such as fruits, vegetables, nuts, beans, lean animal products, whole grain rice, pasta, breads, and crackers.

- Provide balanced meals and snacks at set times. Try to eat as a family and make meal time about sharing and getting to know one another.

- Use positive language in regards to eating and bodies. Avoid commenting on children's bodies, your own body, or someone else's. Avoid negative or diet talk, such as, "I shouldn't eat this, otherwise I will be..."

- Be aware that your praise or discipline shapes behaviour. For example, praise for eating large portions may lead to pushing through fullness cues and overeating later in life.

- With multiple avenues of advertising, our children are consistently exposed to harmful body image messages. Monitor what your kids are viewing and discuss the messages they see and hear.

- Keep the whole family active. Staying active improves mental and physical health.

## Delicious Zucchini Muffins

### Ingredients

Extra virgin olive oil 1/3 cup (80 ml)  
Honey 1/2 cup (125 ml)  
Eggs 2 large  
Buttermilk 2/3 cup (160 ml)  
Vanilla 2 teaspoons (10 ml)  
Whole wheat flour 1 1/2 cup (450 ml)  
Cinnamon 1 teaspoon (5 ml)  
Baking powder 1 teaspoon (5 ml)  
Baking soda 1/2 teaspoon (2.5 ml)  
Salt 1/2 teaspoon (2.5 ml)  
Nutmeg 1/4 teaspoon (1.25 ml)  
Walnuts or pecans 1/2 cup (190 ml)\*\*  
Zucchini, grated 1 1/2 cups (375 ml)

**Note:** To make buttermilk, add 2 teaspoons lemon juice or vinegar to milk, let stand 5 minutes.

### Directions

1. Preheat oven to 400°F (204°C). Prepare muffin tins with spray or muffin cups.
2. With an electric mixer or a wooden spoon, cream together oil and honey. Add the eggs and beat well. Add buttermilk and vanilla to the sugar mixture and combine until smooth.
3. In a medium bowl mix together all dry ingredients: whole wheat flour, cinnamon, baking powder, baking soda, nutmeg, and salt. Divide the dry flour mixture into 3 portions and stir each portion into the wet ingredient mixture until combined. Stir to combine.
4. Combine the wet with the dry ingredients. Squeeze the excess liquid from the zucchini and add to bowl. Fold in nuts.
5. Bake for 16-19 minutes, or until golden on top. Transfer to a cooling rack and enjoy.

Having children help with recipes can help them be more adventurous with foods, teach them well-needed skills in the kitchen, and help them learn reading and math in a fun and interesting way!

Little Chefs can help by:  
Measuring dry ingredients  
Stirring ingredients  
Scooping dough into muffin cups  
Choosing add-ins

Zucchini is easy to grow! Just plant a few seeds in a sunny place, water, and watch this beautiful summer squash grow. Zucchini is typically ready to be picked in the late fall season.

\*\* Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

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/what-happening/nutritional-newsletters/>  
Contact Dietitian-Diététiste 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055  
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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

## February 2023

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
|---|--|--|---|--|--|--|
|        |  |  | <b>1</b><br>Grand Pals<br>10 am<br><br>Homeschool Co-op<br>11 - 1 pm                                  | <b>2</b><br>Book Buddies<br>9 or 11 am   | <b>3</b><br>Healthy Cooking<br>10 am or 1 pm                                   |  |
| <b>5</b>  | <b>6</b><br>Toddler Shenanigans<br>9 am<br>11 am<br>1 pm                               | <b>7</b><br>Musical Mornings<br>9:30 or 11:30 am<br><br>Mom's Time<br>2 or 7:30 pm | <b>8</b><br>Babies & Babble Newborn<br>9:30 am<br>Babies<br>11:30 am<br><br>Parenting 101<br>1:30 pm  | <b>9</b><br>Wiggle, Giggle, Munch<br>9 or 11 am  | <b>10</b><br>Kids in the Kitchen<br>10 am or 1 pm                              | <b>11</b>  |
| <b>12</b><br>Need transportation to program?<br>Contact FRC & we can arrange a shuttle! | <b>13</b><br>Preschool Party<br>9 am or 2 pm<br><br>Chest/Breastfeeding Group<br>11 am | <b>14</b><br>Healthy Baby<br>9 am  | <b>15</b><br>Grand Pals<br>10 am<br><br>Homeschool Co-op<br>11 - 1 pm<br><br>Parenting 101<br>1:30 pm | <b>16</b><br>Book Buddies<br>9 or 11 am  | <b>17</b><br>PD Day Camps<br><br>9 - noon<br>1 - 4 pm                          | <b>18</b>  |
| <b>19</b>   | <b>20</b><br><b>LOUIS RIEL DAY</b><br><br><b>CENTRE CLOSED</b>                         | <b>21</b><br>Musical Mornings<br>9:30 or 11:30 am                                  | <b>22</b><br>Babies & Babble Newborn<br>9:30 am<br>Babies<br>11:30 am<br><br>Parenting 101<br>1:30 pm | <b>23</b><br>Wiggle, Giggle, Munch<br>9 or 11 am   | <b>24</b><br>Healthy Cooking<br>10 am or 1 pm<br><br>Family Game Night<br>6 pm | <b>25</b><br>Super Dads<br>10 am<br><br>This is Me<br>1 pm |
| <b>26</b>   | <b>27</b><br>Our Neighbourhood<br>9 am<br><br>Chest/Breastfeeding Group<br>11 am       | <b>28</b><br>Healthy Baby<br>9 am  |   | Trying to register online but don't see the time you want?<br>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 101** - There are 4 workshops to this series which will help you achieve your parenting goals by teaching you about your parenting style, your child's development and tools to manage conflict and challenges. Attend them all or choose the ones that interest you! Childcare provided.

**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)



## February TOPICS:

**Healthy Cooking - February 3**

**Recipe: Lasagna Soup**

This easy Lasagna Soup recipe has everything you love about lasagna in one bowl! The ultimate comfort food with a fantastic ooey-goopy cheesy yum!

**Mom's Time - February 7**

**Topic: Mom's Game Night**

Game nights are a fun way to bring people together and build friendships. Join us for this fun mom's edition!

**Kids in the Kitchen - February 10**

**Recipe: Bannock**

This is a great recipe to teach your kids all about kneading and rolling!

**Healthy Cooking - February 24**

**Recipe: Tomato Tortellini Soup**

This recipe is easy to make and comforting! It's an irresistible and filling meal that's sure to become your new favourite cozy soup and a staple in the rotation.

### 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.