

ÉCVS NEWS

MARCH 2023



PRINCIPAL'S MESSAGE

February was a great month filled with engaging lessons and presentations. We placed focus on learning about black history, voyageurs, reading and curling! We were lucky to have the Winnipeg Blue Bombers come in and finish our month off as guest readers. We continue to see much involvement from parents and are very appreciative. We have had many parents this month volunteering in many capacities. We know this makes an impact on our students and your children, thank you!

We are heading into our Morden Chocolate bunny fundraiser next week. The fundraiser will end on March 22nd with a delivery the first week of April. All fundraising money goes directly to our students. This month it's all about bees! We are heading into a school wide inquiry project on bees. We can't wait for you to hear some buzzing about it! Our students' work will be highlighted in April's student-led conferences for all families to see!

We continue to take kindergarten registrations and will be hosting a Zoom meeting for all 2023-2024 kindergarten families on April 13th. Please be sure to register for kindergarten as soon as possible! Our next Home and School meeting is March 7th at 6:30 p.m. in the library, all families are welcome.

Tracy Vanstone
Directrice/Principal

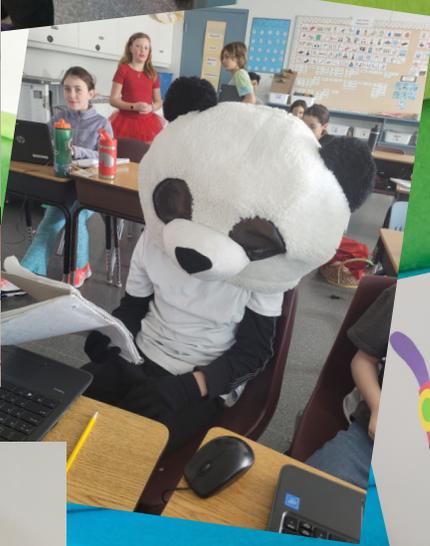
IMPORTANT DATES

- Feb.27 - Mar.3 - I Love to Read Week
- Feb.27 - Mar.3 -BOOK FAIR
- March 2 - Donut Day
- March 6- Admin. Day - No Classes
- March 7 - Home and School Mtg. - Special Presentation Melissa Morrison
- March 8 - Bunny Fundraiser starts
- March 20- Preschool Party
- March 22 - Bunny Orders Due
- March 23 - Report Cards Emailed Out
- March 27 - 31 - Spring Break **SCHOOLS CLOSED**
- April 3 - Expected Bunny delivery
- April 13 - K Information Session
- April 21 - Student Led Conferences - No Classes
- April 24 - PD Day - No Classes
- April 25 - Preschool Party
- April 28 - Family Dance





I LOVE TO READ





CANDID CORNER

FOOTBALL AND FAIRY TALES



I recieved an email about the Winnipeg Blue Bombers 'Hit the Books' Appearance contest and I thought this would be a cool experience for ÉCVS students. I applied online, and on the application there was a spot to showcase our school. I filled it out and hoped for the best. I couldn't believe when I got the call that we won! Brandon Alexander, Tanner Cadwallader and Boomer all came to our school gym! They entertained the grade 3's and 4's with stories of the game, read a book to us, and did a question and answer period. The students were thrilled!

-Mrs. Butler, ÉCVS Librarian



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

CODING FOR KIDS

The course is designed to introduce kids ages 10-14 to Computer Science. Using simulations, games, and collaborative projects, students will explore coding, design and project development. No experience required, except perhaps some enthusiasm, curiosity and creativity to bring projects and games to life.



LOCATION: RRC POLYTECH PORTAGE, IN-PERSON
 DATES/TIMES: THURSDAYS, 6:30-9:30, STARTING APR 6TH FOR 10 WEEKS
 COST: \$179
 REGISTER BY MAR 24TH

REGISTER NOW

Email: dnutbean@rrc.ca
<https://catalogue.rrc.ca/Programs/PC/Parttime/COMP-NA/CoursesAndDescriptions/COMP-9078>

Home and School Meeting
 Tuesday, March 7
 6:30 p.m.
 ÉCVS Library

Special Presentation by the Family Resource Center's Melissa Morrison
 Learn about their programming and all they have to offer!

All are welcome!

Teaching a New Generation Heads Up 7-Up!



Big Box of Cards available in our office now! Get one while they last! 33 beautiful cards for \$33. Call 204-857-3475

Mrs. Atkinson could think of no finer game to learn on the indoor recess days! It's a classic!

NUTRITION BITS AND BITES

Unlock the Potential of Food: Find a Dietitian



Is there a difference between a Registered Dietitian and Nutritionist?

YES! Dietitians are regulated health professionals with a university degree in nutritional sciences. They also have to meet regulatory standards to maintain their credentials yearly.

In the province of Manitoba anyone, regardless of schooling or education, can call themselves a nutritionist.

To ensure the nutritional information you are seeking is accurate and safe, stick to a Registered Dietitian (RD)

Dietitians are here to help you and your family!

Dietitians are the experts in nutrition. They LOVE to talk about food and enjoy helping others find joy in eating and the connections between nutrition and health.

Dietitians see clients of all ages and stages of life. They can support families with children who may be experiencing selective eating, growth concerns, or nutritional deficiencies.

Dietitians are located all around the Southern Health-Santé Sud region and can be seen in person or virtually over the phone or video conference.

Contact your primary care provider or community health services unit to inquire about making an appointment with a dietitian.

Yogurt Bark



- frozen mango cubes, thawed -3/4 cup (175 mL)
- water- 3 tbsps (45 mL)
- vanilla Greek yogurt- 1 1/2 cups (375 mL)
- 6 - 8 large strawberries, diced ~6-8
- 1 handful of pumpkin seeds
- 1 handful of unsweetened coconut strips

Directions:

1. Mix together the mango cubes and water. With an immersion blender, purée until smooth and evenly combined.
2. Line a baking sheet with parchment paper.
3. Spread the yogurt in a layer approximately one centimetre thick.
4. Pour the fruit purée over the yogurt. With the tip of a knife, marble the mixture using circular motions.
5. Sprinkle with toppings: strawberries, pumpkin seeds and coconut strips.
6. Place in freezer until the yogurt is completely frozen, about two hours.
7. Break the bark into pieces and enjoy! The bark can be stored in the freezer.

Recipe source: Dairy Farmers of Canada

Get the kids involved! Kids can help by:

- Spreading the yogurt
- Sprinkling the toppings
- Suggesting new and interesting fruit/nut/ seed combinations



scan the QR code for more information on Nutrition Month including more recipes!

** 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

Libérez le potentiel de la nourriture : Trouvez un.e diététiste



Y a-t-il une différence entre diététiste et nutritionniste?

OUI! Les diététistes sont des professionnels de la santé réglementés qui détiennent un diplôme universitaire en sciences de la nutrition. Ils doivent également respecter des normes réglementaires pour conserver leurs titres de compétence chaque année.

Au Manitoba, toute personne, peu importe sa scolarité ou son éducation, peut se dire nutritionniste.

Pour vous assurer que l'information nutritionnelle que vous cherchez est exacte et sécuritaire, adressez-vous à un.e diététiste agréé.

Les diététistes sont là pour vous aider, vous et votre famille!

Les diététistes sont les experts en nutrition. Ils aiment BEAUCOUP parler de nourriture et aident les autres à prendre plaisir à manger et à comprendre les liens entre nutrition et santé.

Les diététistes voient des clients de tous les âges et de toutes les étapes de la vie. Ils peuvent soutenir les familles ayant des enfants qui souffrent de problèmes d'alimentation, de croissance ou de nutrition.

Les diététistes sont répartis dans toute la région de Southern Health-Santé Sud et peuvent être consultés en personne ou virtuellement par téléphone ou par vidéoconférence.

Communiquez avec votre prestataire de soins primaires ou votre bureau de santé communautaire pour obtenir un rendez-vous avec un.e diététiste.

Écorces de yogourt

Ingrédients

- 3/4 tasse (175 ml) de cubes de mangue, décongelés
- 3 c. à soupe (45 ml) d'eau
- 1 1/2 tasse (375 ml) de yogourt grec à la vanille
- 6-8 grosses fraises, coupées en dés
- 1 poignée de graines de citrouille
- 1 poignée de flocons de noix de coco non sucrée



Directives

1. Mélanger les cubes de mangue et l'eau. À l'aide d'un pied-mélangeur, réduire la préparation jusqu'à l'obtention d'une purée lisse et homogène.
2. Tapisser une plaque à biscuits de papier parchemin.
3. Étendre le yogourt en une couche d'environ 0,5 po (1 cm) d'épaisseur.
4. Verser la purée de mangue sur le yogourt. Marbrer la préparation en faisant des mouvements circulaires avec la pointe d'un couteau.
5. Saupoudrer les garnitures : fraises, graines de citrouille et flocons de noix de coco.
6. Congeler jusqu'à ce que le yogourt soit bien figé, soit pendant environ 2 heures.
7. Casser la préparation en morceaux. Déguster.

Source : Les producteurs laitiers du Canada

Faites participer les enfants! Ils peuvent aider en :

- Étendant le yogourt
- Saupoudrant les garnitures
- Suggérant de nouvelles combinaisons intéressantes de fruits, noix et graines.

Vous voulez en savoir plus sur le Mois de la nutrition et obtenir d'autres recettes? Scannez le code QR :



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

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/whats-happening/nutritional-newsletters/>
 Service de consultation de diététistes : 1 877 830-2892 Health Links-Info Santé : 1 888 315-9257 Equipe 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.



Morden's

OF WINNIPEG



Morden's Chocolate Bunny Fundraiser begins March 8th!

Bunnies cost \$6. All orders due March 22nd. Funds raised will be going towards our Family Dance on April 28th, and our Accessibility Project with EAMS. Pay by cash, cheque to ECVS Home and School, or etransfer homeandschoolecvs@gmail.com

Southern Health **Santé Sud**

May kilala ka bang **nurse** sa Philippines na interesadong tumira at magtrabaho dito sa **Manitoba, Canada?**

Refer family and friends to submit their resume for pre-assessment and a potential interview at one of Manitoba's upcoming **Recruitment Fairs in the Philippines!**

Feb 21-23 - Manila | Feb 24-25 - Cebu & Iloilo

Contact:
 Staffhouse International Resources
 Email: nurserecruits@staffhouse.com
 Phone: (02) 7091 7464

Healthier people.
 Healthier communities.
 Thriving together.

Andrews Manpower Consulting Inc.
 Email: operations@andrewsconsult.com
 Phone: (02) 8351-4538
 Globe: 0917 127 9512

www.southernhealth.ca

Buun ang iyong kinabukasan sa isang lugar na parang tahanan.

Walang hanggang potensyal. Masisiglang komunidad. Malinis na kalikasan. Kabilang ka sa Manitoba.

Do you know a nurse in the Philippines who may be interested in making the move to Manitoba, Canada?

Manitoba is recruiting trained health care workers from the Philippines to live, work and grow in our beautiful province. Manitoba is one of Canada's most affordable provinces and is known for its friendliness, opportunity and quality of life.

Move your health care career to Manitoba and enjoy a safe and respectful work environment, balance between work and life, and connections to a community that will make you feel at home.

Internationally trained health care workers are being pre-screened for eligibility requirements and may be invited to an interview and recruitment fair at one of three locations in February 2023:

- Manila
- Cebu
- Iloilo

All interested applicants are asked to submit a pre-assessment package to one of Manitoba's Official Recruiters:

Staffhouse Recruiting nurserecruits@staffhouse.com
 Andrews Manpower Consulting operations@andrewsconsult.com

Package should include the following:

- Resume
- Cover Letter
- Copy of license (if applicable)
- Copy of diploma/degree
- Proof of current practice
- International English Language Testing System Academic (IELTS Academic) or Official Canadian English Language Benchmark Assessment for Nurse (CELBAN)
- National Council Licensure Examination (NCLEX) result (if applicable)

Manitoba will support successful applicants with:

- assistance navigating the immigration process,
- paid licensing and bridging education where necessary,
- paid travel to Manitoba,
- accommodation allowance, and
- workplace orientation, mentorship and one-to-one support as they begin their new role in their new home.

Learn more and share this exciting opportunity with others!
healthcareersmanitoba.ca/buildyourfuturemb

Opportunities for recruitment to live and work in Manitoba will be ongoing with additional assessment and interview options made available at later dates.

SCAN TO LEARN MORE



MARCH CALENDAR!

HI FAMILIES! WE HOPE YOU ARE ENJOYING THE WINTER SO FAR! BELOW ARE THE DETAILS AND THE CALENDAR FOR MARCH AS WELL AS THE OUTREACH CENTRE CALENDAR.

WE ARE HOSTING TWO PD DAY CAMPS ON MONDAY, MARCH 6TH. PLEASE ONLY REGISTER FOR ONE SESSION. THE TWO CAMPS RUN FROM 9 - NOON AND FROM 1-4, GEARED FOR AGES 4-12. REGISTER ONLINE!

OUR MOM'S TIME PROGRAM IS A TIME FOR MOMS TO CONNECT AND TRY NEW THINGS! CHILDCARE IS AVAILABLE FOR THE DAYTIME SESSION. THIS MONTH'S ACTIVITY IS LEARNING ABOUT THE FUN AND BENEFITS OF GARDENING (HURRY UP SPRING!), ON THURSDAY MARCH 9TH.

OUR MONTHLY FAMILY GAME NIGHT IS HAPPENING FRIDAY, MARCH 4TH AT 6 PM! COME TO THE FRC FOR FUN, LAUGHTER AND LOTS OF GAMES - WE PROVIDE THE SNACKS. REGISTER ONLINE.

WE ARE HAVING TWO PRESCHOOL PARTY SESSIONS ON SATURDAY, MARCH 4TH. THIS IS A GREAT WAY TO GET YOUNG KIDS USED TO SCHOOL! GEARED FOR AGES 3-6.

ALSO, OUR GETTING READY FOR SCHOOL PROGRAM IS BACK WITH TWO SESSIONS ON MARCH 9TH & 16TH. THIS IS A FOUR-PART SERIES TO HELP YOU AND YOUR FAMILY AS YOU PREPARE TO ENTER KINDERGARTEN. EACH SESSION WILL INCLUDE LEARNING ACTIVITIES, AS WELL AS INFORMATION FOR PARENTS AND CAREGIVERS. (AGES 3-6)

THIS IS ME - A GROUP FOCUSED ON BRINGING TOGETHER PARENTS/CAREGIVERS WHO HAVE CHILDREN WHO ARE NEURODIVERGENT AND/OR HAVE PHYSICAL CHALLENGES. THIS PROGRAM IS ON SATURDAY, MARCH 25TH. IT WILL BE BOTH IN PERSON AND ON ZOOM - WHICHEVER YOU PREFER. REGISTER ONLINE!

WE ARE PLANNING OUR EASTER DROP IN EVENT ON SATURDAY, APRIL 1! MORE DETAILS WILL BE AVAILABLE TOWARDS THE MIDDLE OF MARCH AND REGISTRATION WILL OPEN THEN.

WE HAVE SOME MOUTH-WATERING RECIPES THIS MONTH FOR HEALTHY COOKING AND KIDS IN THE KITCHEN. PLEASE SIGN UP FOR THE ONE PROGRAM YOU ARE THE MOST INTERESTED IN, AND LET US KNOW IF YOU WOULD LIKE TO BE ON THE WAIT LIST FOR ANOTHER ONE.

WE HAVE RECENTLY UPDATED OUR WEBSITE WITH A LOT OF CHANGES INCLUDING ADDING SECTIONS FOR OUR WELLNESS AND RECREATION SERVICES. WE'D LOVE YOU TO CHECK IT OUT! WE'D ALSO LIKE TO ADD A FEW TESTIMONIALS TO THE WEBSITE, SO IF YOU WOULD LIKE TO SEND US A GENERAL REVIEW ABOUT THE FRC OR COMMENTS ABOUT A SPECIFIC PROGRAM, WE'D BE GRATEFUL! YOU CAN EMAIL THEM TO: ADMIN@FRCPORTAGE.CA OR SIMPLY LEAVE US A GOOGLE REVIEW!

WITH THE RISING CASES OF ILLNESSES OCCURRING, WE ARE STRONGLY ENCOURAGING STAFF AND PARTICIPANTS OVER THE AGE OF 4 TO WEAR A MASK. THANKS FOR UNDERSTANDING!

AS ALWAYS, THE BEST WAY TO SIGN UP FOR PROGRAMS IS ON OUR WEBSITE. JUST A COUPLE THINGS ABOUT ONLINE REGISTRATION: IT CLOSSES ONE OR TWO DAYS BEFORE THE PROGRAM, SO IF YOU WANT TO SEE IF THERE IS STILL SPACE THE DAY BEFORE, OR THE DAY OF, JUST GIVE US A CALL OR SEND A TEXT TO 204-595-5005. ALSO, IF YOU TRY TO SIGN UP BUT THE DATE LOOKS LIKE IT IS NOT AVAILABLE, IT MAY BE FULL. IN THAT CASE, PLEASE FEEL FREE TO SEND US A MESSAGE, AND WE WILL BE HAPPY TO PUT YOU ON THE WAIT LIST IN CASE SOMEONE CANCELS.

NOTE: WE HAVE REGULARLY HAD OPENINGS FOR PROGRAMS BECAUSE OF CANCELLATIONS, SO IF YOU DIDN'T GET TO SIGN UP RIGHT AWAY (AND GO ON THE WAIT LIST), THERE IS A GOOD CHANCE YOU'LL STILL GET IN!

TAKE CARE, ENJOY THE REST OF FEBRUARY AND WE HOPE TO SEE YOU SOON!

OUR WEBSITE: WWW.FRCPORTAGE.CA

March 2023

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 Grand Pals 10 am Homeschool Co-op 11 - 1 pm Parenting 101 1:30 pm	2 Toddler Shenanigans 9 am 11 am 2 pm	3 Healthy Cooking 10 am or 1 pm Family Game Night 6 pm	4 Preschool Party 10 am or 1 pm
5	6 PD Day Camps 9 - noon 1 - 4 pm	7 Babies & Babble Newborn 9:30 am Babies 11:30 am	8 Musical Mornings 9:30 or 11:30 am	9 Getting Ready for School 9 am Chest/Breastfeeding Group 11 am Mom's Time 2 or 7:30 pm	10 Kids in the Kitchen 10 am or 1 pm	11
12 <small>Need transportation to program? Contact FRC & we can arrange a shuttle!</small>	13 Wiggle, Giggle, Munch 9 or 11 am	14 Healthy Baby 10 am	15 Grand Pals 10 am Homeschool Co-op 11 - 1 pm	16 Toddler Shenanigans 9 am 11 am 2 pm	17 Healthy Cooking 10 am or 1 pm	18
19	20 Book Buddies 9 or 11 am	21 Babies & Babble Newborn 9:30 am Babies 11:30 am	22 Musical Mornings 9:30 or 11:30 am	23 Getting Ready for School 9 am Chest/Breastfeeding Group 11 am	24 Our Neighbourhood 10 am	25 Super Dads 10 am This is Me 1 pm
26	27 Wiggle, Giggle, Munch 9 or 11 am	28 Healthy Baby 10 am	29 STAFF PD DAY	30 Stay 'N Play 10 - noon or 1-3 pm	31 STAFF PD DAY	1 EASTER DROP IN EVENT

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

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. (Please note that March 1st is the last workshop of the series, until we offer this program again.)

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 session, 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)



March TOPICS:

Healthy Cooking - March 3

Recipe: Caramelized Pork Stir Fry
This stir fry is a healthy, hearty meal ready that's in under 30 minutes! Serve with rice or cauliflower rice for a full meal.

Mom's Time - March 9

Topic: Gardening
Gardening helps to reduce stress, promote relaxation and is just generally good for your health! Come learn with us.

Kids in the Kitchen - March 10

Recipe: Banana Pancakes
This is a great recipe to teach your kids all about mashing and flipping!

Healthy Cooking - March 17

Recipe: Vegetarian Burrito Bowls
Burrito Bowls are a favourite restaurant copycat dish to make at home. They're fresh, healthy, customizable and wallet friendly too since they're made with fridge and pantry staples.

EASTER DROP IN EVENT: April 1

More details will be available towards the middle of March and registration will open then.

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.

Find us on Facebook & Instagram: Family Resource Centre Portage

Family Resource Centre's Outreach Centre

Located at 13 - 545 11th St NW, Portage la Prairie, MB R1N 3S2

Effective January 9 - May 30, 2023

Mon	Tue	Wed	Thu	Fri
Coffee, Chai & Chat 10 - Noon <small>(childminding available)</small>		Parent Drop-In 10 - Noon	Parent Drop-In 10 - Noon	
CLOSED over lunch 12-1pm				
Wellness Appointments 1 - 3 pm	Parent Drop-In 1 - 3 pm	Wellness Appointments 1 - 3 pm		
Afterschool 3:30 - 5 pm	Afterschool 3:30 - 5 pm	Afterschool 3:30 - 5 pm	Afterschool 3:30 - 5 pm	

To learn more about our programs and services give us a call (204) 595-5105 or visit our website frcportage.ca

Coffee, Chai & Chat

This program is geared towards providing parents or caregivers an opportunity to chat about topics of interest or needs on their journey of raising children/grandchildren. We aim to keep a safe environment that allows others to freely have discussions and share their views. Looking forward to chatting with you. There is no need to register.

Snacks & childminding are available!

After School Program

School aged children can come to the Outreach Centre for an activity and snack. This is geared for the children right in the 11th St outreach area. No need to register!

Parent Drop In

Get out of the house and connect with our staff and/or others in the neighbourhood. Come ask questions, learn something new or just enjoy a cup of coffee. This is also a great time to chat with our Recreation Director about programs in the community. Feel free to bring your kids ages 0-6 over for a play with you. There is no need to register!

Future Programs

Preschool Program - have a preschooler (18 months - 6 years) at home? Let us know! We would love to bring one of our Preschool Programs to the Outreach Centre.

Kitchen Skills - we want to teach cooking skills as part of our afterschool program out of the main FRC location. We can also provide this program to parents. Just let us know if you are interested!

MARCH 2023

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APRIL 2023

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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 or 204-595-5005