



ÉCVS NEWS

MAY 2023

PRINCIPAL'S MESSAGE

April was an exciting month filled with learning and having fun! We appreciated the outstanding attendance of our families at our student-led conferences. Thank you for coming out to support your child's learning and celebrate their successes. We were very proud of our bee inquiry project and the captivating displays highlighted in the gym.

Throughout the month, we had many wonderful opportunities for our students. Our grade 2s enjoyed watching the Royal Winnipeg Ballet at the Glesby Centre. We met our goal for Jump Rope for Heart and our kids got to duct tape some staff to the gym wall! Our grade 3s and 4s have been involved in a noon hour basketball program which runs three days a week. We held a successful Morden Chocolate's fundraiser with our Home and School Association. We finished off the month with PAWS presentations in grade 1 classrooms and an awesome Spring Dance hosted by the Home and School Association.

This month we are excited to be hosting Fred Fox, brother to Terry Fox who will be presenting to our entire school. We will have the Seed Survivor trailer on site to teach students all about agriculture. We also have Chris Boschman presenting Everybody is an athlete to all grades in physical education.

Teachers are preparing for upcoming June field trips. Parents will be approached to volunteer where needed. Criminal record checks are required to attend field trips. Simply call or stop by the office to get a criminal record letter and take the letter to the local RCMP station to get cleared to volunteer.

There are many upcoming changes for both ÉCVS and ÉAMS. We will do our best to keep you informed as we get new information. Mr. Doyle Moar and Mrs. Suzanne Calder have recently been hired as the new principal and vice principal of Crescentview School for 2023-2024.

T. Vanstone
Principal/Directrice

IMPORTANT DATES

- May 9 - Home and School Mtg. 6:30 p.m.
- May 10 - Fred Fox Visits (Terry's brother)
- May 22 - Victoria Day SCHOOLS CLOSED
- May 31 - Rain barrel orders due
- June 2 - Kindergarten picnic
- June 2 - Sports day K - 1 PM - Gr 2 AM
- June 23 - Last Day for Students (ECVS & EAMS only)



WATCH OUT MOM AND DAD...YOU'VE GOT COMPETITION AT THE CAMPGROUND THIS SUMMER!



Grade 3-4 Musical:

It's Saturday 

The grades 3 and 4 students are busy preparing for their performance of “It’s Saturday!” This musical is about all the things kids do on a Saturday, like watching cartoons, having piano lessons, football and hockey games, and sleepovers. The students will be performing “It’s Saturday” on Tuesday, June 13 at 1:30 pm in the school gym. We can’t wait to share our awesome show with you!

Safety doesn't take a holiday!



Practicing our bus evacuations now that field trip season will soon be here!



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

May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Wiggle, Giggle, Munch 9 or 11 am	2 STAFF PD DAY	3 Grand Pals 10 am Homeschool Co-op 11 - 1 pm Nobody's Perfect 1:30 pm	4 Toddler Shenanigans 9 am 11 am	5 Healthy Cooking 10 am or 1 pm	6
7	8 Book Buddies 9 or 11 am	9 Healthy Baby 10 am Topic: Building a Support Network Drop In Play 1-4 pm	10 Musical Mornings 9:30 or 11:30 am Nobody's Perfect 1:30 pm	11 Preschool Party 9 am Chest/Breastfeeding Group 11 am Mom's Time 2 or 7:30 pm	12 Kids in the Kitchen 10 am or 1 pm	13 MOM PROM 7:30 pm See back for details!
14 Need transportation to program? Contact FRC & we can arrange a shuttle!	15 Wiggle, Giggle, Munch 9 or 11 am	16 Babies & Babble Newborn 9:30 am Babies 11:30 am Drop In Play 1-4 pm	17 Grand Pals 10 am Homeschool Co-op 11 - 1 pm Nobody's Perfect 1:30 pm	18 Toddler Shenanigans 9 am 11 am	19 Healthy Cooking 10 am or 1 pm	20
21	22 VICTORIA DAY CENTRE CLOSED	23 Healthy Baby 10 am Topic: Reproductive Health Drop In Play 1-4 pm	24 Musical Mornings 9:30 or 11:30 am Parenting Workshop 7:30 pm	25 Chest/Breastfeeding Group 11 am	26 Our Neighbourhood 10 am Family Game Night 6 pm	27 Super Dads 10 am This is Me 1 pm
28	29 Book Buddies 9 or 11 am	30 Babies & Babble Newborn 9:30 am Babies 11:30 am Drop In Play 1-4 pm	31 STAFF PD DAY	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

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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.
- Drop In Play** - Our playroom is open to use for 1-4 pm. Get out of the house and come meet some new friends, play with new toys, or skip cleaning your house and come here for a playdate instead! This is not a program, so no registration is needed. Come when you want and leave when you need to!
- Family Game Night** - Meet up at the FRC for fun, laughter and lots of games! Snacks provided!
- 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 together! (Ages 3-6)
- Super Dads** - Come meet other dads! We will provide the coffee and fun activities to do with the kids. (Ages 1-6 years)
- 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)

FREE wellness coaching is available!
 Email wellness@frcportage.ca or call 204-595-5105 to schedule, childcare is available.

BUY YOUR MOM PROM TICKETS NOW!
 Online at prairiefusion.ca/events
 or come to the FRC if paying with cash or a transfer.



May TOPICS:

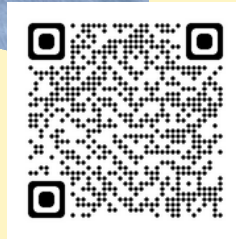
- Healthy Cooking - May 5**
Recipe: Sheet Pan Chicken & Veggies
 This is an easy meal for those hectic weekday nights! This hearty recipe is a full meal all in one pan, making for easy clean up as well.
- Mom's Time - May 11**
Topic: Make & Sip
 Come learn how to make some fun mocktails and get ready to spice up your summer barbecues!
- Kids in the Kitchen - May 12**
Recipe: Alphabet Soup
 This is a great recipe to teach your kids all about measuring and dumping!
- Healthy Cooking - May 19**
Recipe: Quinoa Taco Salad
 Quinoa Taco Salad has all the flavor and protein of a regular taco salad, but is so much healthier. It tastes clean and rich with flavour - you won't even miss the meat!
- Parenting Workshop - May 24**
Topic: Struggles of Infertility
 Research has shown that women dealing with infertility have depression and anxiety levels similar to those with cancer, HIV and heart disease. You're not alone! Come receive support and care.

MOM PROM - MORE DETAILS!
 MAY 13 @ 7:30 pm

Grab your mom crew, your mom, and even your grandma and come out for a one of a kind fundraising event! You can expect a red carpet, Instagram worthy photo ops, food, drinks, and dancing. Who knew you may swim go home as the 2023 Prom Queen! Funds raised from this event will ensure FREE programming and services can continue to be provided for families in Portage la Prairie and surrounding area!

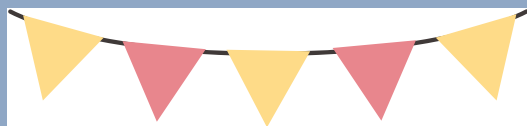
Find us on Facebook & Instagram: Family Resource Centre Portage

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



CARD SALE

IN ÉCVS OFFICE NOW
\$30 FOR 32 CARDS

raising funds for the accessibility path



RAIN

/rān/

Wet weather is on the way! It is always a good idea to send your child to school with dry clothing....just in case!



NUTRITION BITS AND BITES

Fueling for Sport Activities



Do kids need a Sports Drink?

Little athletes need to drink plenty of fluids before, during and after exercise to help with performance and concentration:

- Sports Drinks can help restore electrolytes and energy after exercising in the hot summer heat or participating in activities that are longer than 90 minutes
- Children in recreational activities and sports **do not** need the extra sugar from a sports drink
- Water or a homemade sports drink will provide the hydration needed during or after exercise

Homemade Sports Drink
1 cup of water
½ cup of any flavored juice
Pinch of salt

Food for Fuel

Good nutrition for little athletes helps:

- ✓ Prevent injuries
 - ✓ Improve performance
 - ✓ Improves strength and endurance
 - ✓ Feel more energetic and less tired
- **Before Activities**
 - 3-4 Hours Prior
 - ✓ Eat a full meal including whole grains, protein and vegetables to prevent upset stomach and have extended energy for the activity
 - 1-2 Hours Prior
 - ✓ Have a small snack to allow for digestion and provide quick energy to perform your best
 - **During Activities**
 - If activities are longer than 60 minutes it is recommended to have an easy to digest, small snack
 - Small piece of fruit, apple sauce, a couple energy bites (recipe on next page)
 - **After Activities**
 - Have a snack with carbohydrates and protein 30 minutes after activity to help restore energy and repair muscles
 - Try a smoothie, nuts or nut butter and fruit, yogurt and granola, crackers and canned tuna

No Bake Energy Bites

Easy grab and go energy source to take on the run

Ingredients:

- ½ cup quick or rolled oats
- ½ cup rice krispies
- ¼ cup ground flax
- 2 tbsp hemp hearts
- 2 tbsp slivered almonds
- 2 tbsp dried cranberries or raisins
- sprinkle ground cinnamon (optional)
- ½ cup peanut butter (nut butter)
- 2 tbsp maple syrup or honey
- 1 tsp vanilla



Instructions:

- In a medium mixing bowl combine: quick or rolled oats, rice krispies, ground flax, hemp hearts, slivered almonds, dried cranberries/raisins, sprinkle cinnamon (optional)
- Add in softened nut butter (room temperature works fine), maple syrup or honey, and one tsp of vanilla (or more if you like vanilla). Mix until well combined (using your hands works best)
- Form into balls (using an ice cream scoop usually makes consistent size balls). Makes 10-12 balls. Refrigerate or freeze in an airtight container.

Kids can help by:

- ✓ Mixing ingredients together
- ✓ Rolling into balls
- ✓ Older kids can measure ingredients

Want more tips for sport nutrition? Scan the QR code for more info.



** 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



MÉLI MÉLO EN NUTRITION

Faire le plein pour les activités sportives



Les enfants ont-ils besoin d'une boisson énergétique?

Les petits sportifs ont besoin de boire beaucoup de liquides avant, pendant et après l'exercice pour améliorer leur performance et leur concentration.

- Les boissons énergétiques peuvent aider à rétablir les électrolytes et l'énergie après avoir effectué une séance d'exercice en pleine chaleur estivale, ou après avoir participé à plus de 90 minutes de conditionnement physique
- Les enfants qui pratiquent des activités récréatives et sportives n'ont **pas** besoin du sucre supplémentaire que procure une boisson énergétique
- De l'eau ou une boisson énergétique maison fournira l'hydratation nécessaire pendant ou après l'exercice

Boisson sportive maison
1 tasse d'eau
¼ tasse de jus aromatisé
Pincée de sel

La nourriture comme carburant

Une bonne nutrition pour les enfants sportifs permet :

- ✓ De prévenir les blessures
 - ✓ D'améliorer la performance
 - ✓ D'améliorer la force et l'endurance
 - ✓ D'augmenter le niveau d'énergie et de réduire la fatigue
- **Avant les activités**
 - 3 ou 4 heures avant
 - ✓ Mangez un repas complet comprenant des grains entiers, des protéines et des légumes pour éviter les maux d'estomac et faire le plein d'énergie
 - 1 ou 2 heures avant
 - ✓ Prenez une petite collation afin de favoriser une bonne digestion et d'améliorer la performance
 - **Pendant les activités**
 - Si les activités durent plus de 60 minutes, il est recommandé de prendre une petite collation facile à digérer
 - Essayez un petit morceau de fruit, une compote de pommes ou quelques bouchées énergétiques (recette à la page suivante)
 - **Après les activités**
 - Prenez une collation qui contient des glucides et des protéines 30 minutes après les activités pour aider à restaurer l'énergie et réparer les muscles
 - Essayez un smoothie, des noix ou du beurre de noix et des fruits, du yogourt et du granola, des craquelins et du thon en conserve

Bouchées énergétiques sans cuisson

Source d'énergie à emporter

Ingrédients :

- ½ tasse d'avoine rapide ou roulée
- ½ tasse de Rice Krispies
- ¼ tasse de graines de lin moulues
- 2 c. à table de cœurs de chanvre
- 2 c. à table d'amandes effilées
- 2 c. à table de canneberges séchées ou de raisins secs
- Cannelle moulue à saupoudrer (optionnel)
- ½ tasse de beurre d'arachide ou de noix (ramolli, à température ambiante)
- 2 c. à table de sirop d'érable ou de miel
- 1 c. à thé de vanille

Directives :

- Dans un bol de grosseur moyenne, mélanger l'avoine rapide ou roulée, les Rice Krispies, les graines de lin moulues, les cœurs de chanvre, les amandes effilées, et les canneberges séchées ou les raisins secs.
- Ajouter le beurre d'arachide ou de noix, le sirop d'érable ou le miel, et la vanille. Bien mélanger le tout avec les mains pour de meilleurs résultats.
- À l'aide d'une cuillère à crème glacée, former des boules avec la préparation. Saupoudrer de cannelle (optionnel). Réfrigérer ou congeler dans un contenant hermétique.

Donne 10 à 12 bouchées.



Les jeunes enfants peuvent aider en :
✓ Mélangeant ensemble les ingrédients
✓ Formant des boules
Les enfants plus âgés peuvent aider en :
✓ Mesurant les ingrédients

Vous voulez en savoir plus sur la nutrition sportive? 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 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.



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

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JUNE 2023

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