



# ÉCVS NEWS

JUNE 2023

## PRINCIPAL'S MESSAGE

We have made it to June and are looking forward to a great month ahead! We thank everyone for their patience and support while we are undergoing significant changes in our division. Next year, École Arthur Meighen will become a single track K-8, French Immersion school and Crescentview will become a K-8 English school. With the increased enrollment, catchment areas have been changed. All families have been notified of these changes and if their child will be attending a new school. Plans are underway for families to visit their new schools. We will miss all of our students and wish them the very best at their new schools.

We want to congratulate Mme Boyer, Mrs. Neill and Mrs. Curle on their upcoming retirement. We thank you for your dedication to our students and school. Many staff will be moving to new schools or new endeavors in the fall, and we wish them all the best.

Thank you to our Home and School Association for the amazing job they did this year. The chair, Sarah Proctor and her team have worked very hard to offer wonderful opportunities for our students. Sarah Proctor will continue to be the chair for Crescentview School for the 2023-2024 school year.

This month will focus on academics, inclusion, sustainability, swimming, and cultural education. We have several field trips planned and can't wait for new adventures!

It has been an honour being École Crescentview School's principal over the last six years. I will be heading next door to lead École Arthur Meighen next year, along with Madame Guimond-Low. We would like to welcome Mr. Moar and Mrs. Calder as the new incoming administration. They are both strong leaders that will be great here at Crescentview.

Tracy Vanstone  
Principal/Directrice

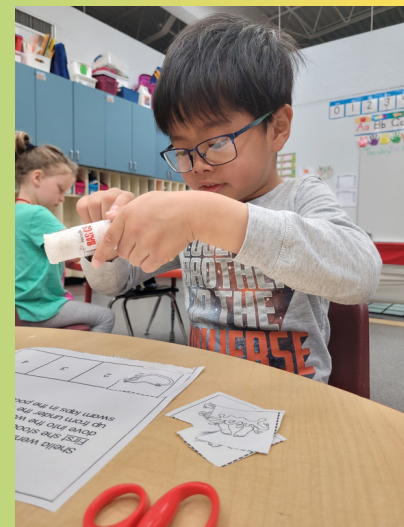
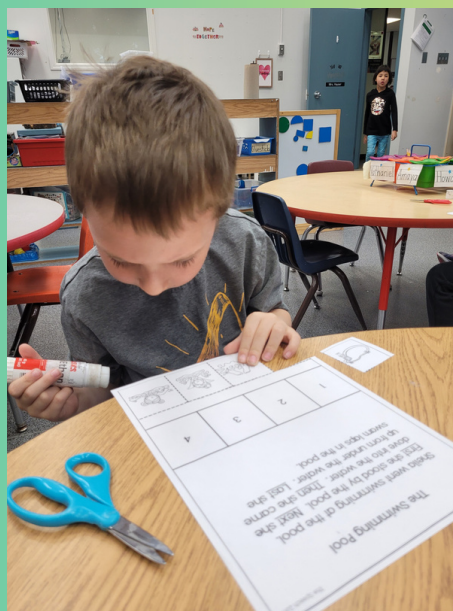
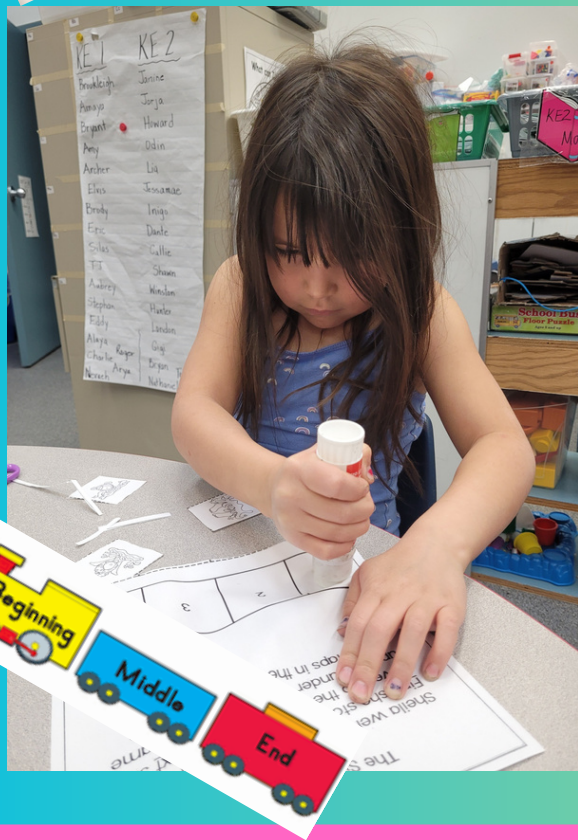
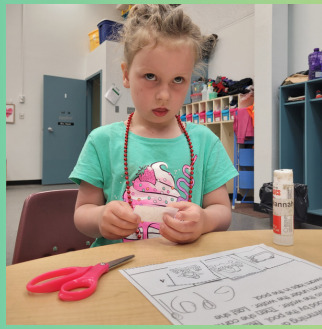
## IMPORTANT DATES

- June 2 - Kindergarten picnic A.M.  
- Gr. 2 Tabloid Day A.M.  
- Gr 1&K Tabloid Day P.M.
- June 7 - Gr. 4 F.I. Stony Mtn. Quarry
- June 8 - Ready Set Go English K Event  
- Gr. 3 F.I. Oak Hammock  
- Gr. 1 F.I. Austin
- June 9 - 2HB & 2V Spruce Woods
- June 12-16 Gr. 2 Swimming Lessons
- June 13 - Gr. 3/4 Musical 1:30  
- K's Swimming 1:30
- June 14 - K's Swimming 1:30
- June 15 - Gr. 4 Sports Day A.M.  
- Gr. 3 Sports Day P.M.
- June 16 - Gr.3/4 Delta Clean Up
- June 19&20 - TeePee Experience
- June 21 - Gr. 4 National Indigenous Day  
- Gr. 2 Zoo
- June 23 - Last Day for Students (ECVS & EAMS only)
- June 30 - Reports emailed out



# teaching SEQUENCING

Mrs. Hauser KE2



## Grade 3-4 Musical:



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 and is approximately 45 minutes long. We can't wait to share our awesome show with you!



KEEP CALM AND DRIVE SAFE



Welcome to Scooterville!  
POP 510

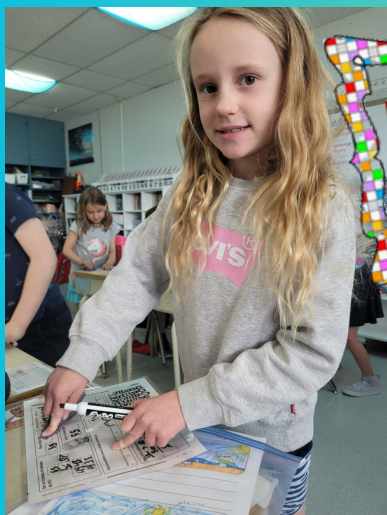
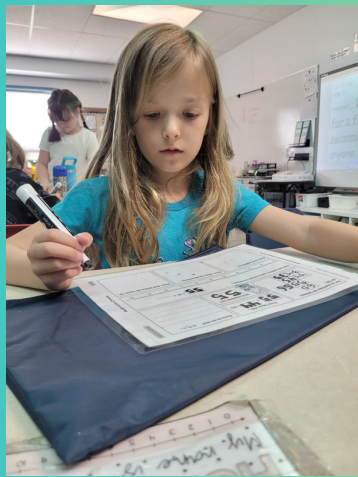
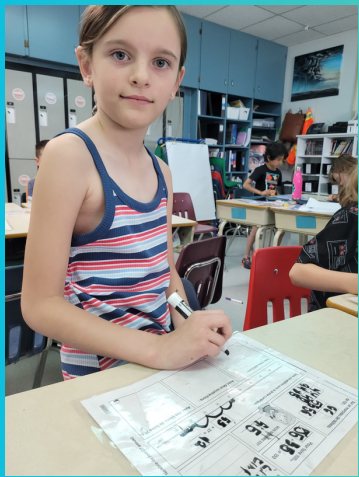
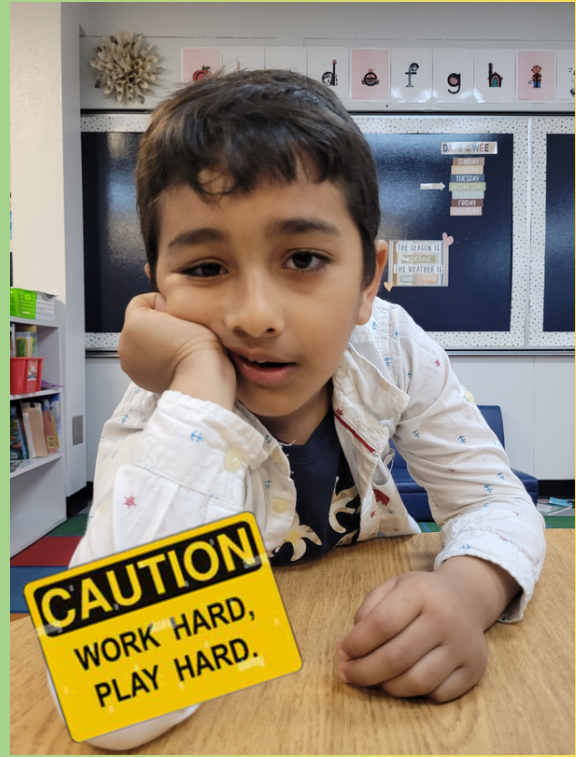
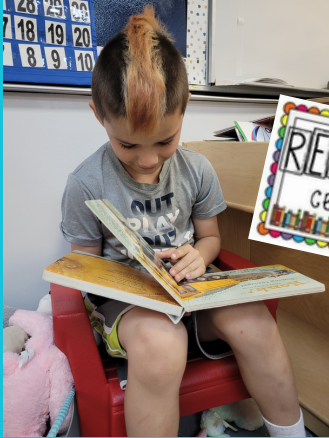
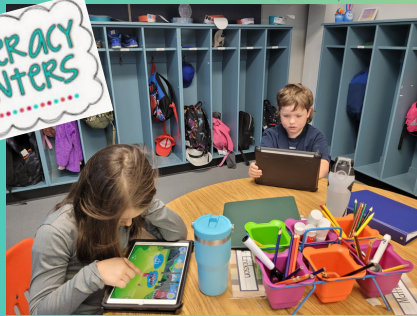


Somebody actually complimented me on my driving today. They left a note on my windshield which said, 'Parking Fine.' That was nice...



# GRADE 1 IS HARD WORK!

1 SANDERSON



Le nombre du jour

NUMBER OF THE DAY

55

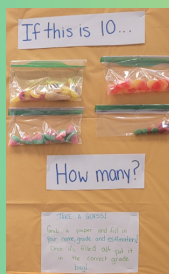
2F

морозиво

ICE CREAM



Comment réduire  
 La pollution d'air  
 Couper Le moteur  
 quand tu arrives  
 prendre dans ta voiture.  
 ton vélo ou marcher quand tu  
 peux.  
 Achète  
 choses avoir moins  
 d'usines.  
 plante un utilise  
 jardin les voitures  
 électrique



# CARD SALE

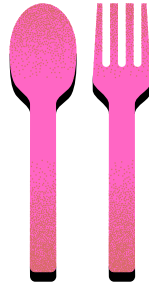
IN ÉCVS OFFICE NOW  
\$30 FOR 32 CARDS

*raising funds for the accessibility path*



## REMINDER

Bring a spoon or fork from home for your lunch, our supply has run out!



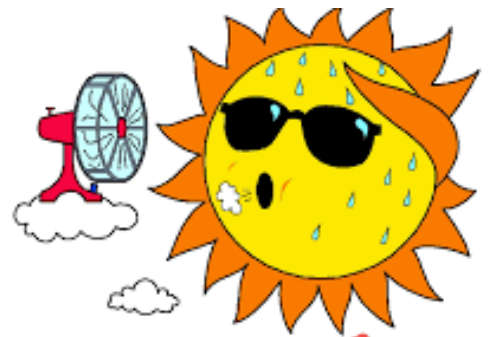
The Portage Pitbulls Football Club will soon be starting their 2023, and we want YOU to be a part of it! If your child was born between 2008-2015 they're eligible to join one of our four age groups, Cruncher, Atom, Pee wee, and Batnam!

Our registration is now open online at [pitbullsfootball.com](http://pitbullsfootball.com). The fees cover insurance, registration for the season, and a \$100 fundraising fee that is refundable upon selling raffle tickets. Our organization also provides all equipment needed except for a mouthguard and cleats!

Spring Camp - Open to all who would like to try!  
Sunday June 3 @ 6-730pm @ PCI Field  
Sunday June 10 @ 6-730pm @ PCI Field  
Sunday June 17 @ 6-730pm @ PCI Field  
Sunday June 24 @ 6-730pm @ PCI Field

Our season begins July 18, 2023 and runs through October 2023

**BE SURE TO SEND A HAT AND WATER BOTTLE WITH YOUR CHILD!**



**HOT WEATHER**

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

# NUTRITION BITS AND BITES

## Summer Food Safety



### The Temperature 'Danger Zone'

Have you ever heard of this term? Harmful bacteria grow best in what is called the temperature danger zone, which is 4°C to 60°C. It is important to keep foods chilled below 4°C before cooking, and after cooking keep the hot food above 60°C. Do not let food sit in the danger zone for more than one hour on hot summer days.

*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.*

### Keep your family safe during the hot summer months

If your family enjoys beach days, camping, picnics, and going to the cabin, these tips may help you reduce your risk of food poisoning!

- People are at higher food poisoning risk during summer because the warm, moist conditions are favourable for bacterial growth.
- Foods high in protein, low in acid, and/or high in moisture content can spoil easily. Examples include meat, seafood, and dairy products.
- Most opened sauces, dips, and spreads need to be stored in a cooler (refer to product packaging).
- Keeping perishable foods in coolers filled with ice helps the food stay out of the danger zone. Freezing foods like raw meat can help keep the cooler at a safe temperature.
- Putting raw meats at the bottom of the cooler in sealed containers will help prevent the transfer of harmful bacteria onto other foods in your cooler.
- Keep coolers in the shade and limit the amount of time the cooler is open.
- It is important to wash your hands with soap and warm water before and after handling food. If you do not have access to soap and water while you are out and about with your family, be sure to bring hand sanitizer along that has an alcohol content of at least 60%.

### Campfire Mexican Street Corn

This fun and flavourful dish is a great side dish to any campfire meal!



#### Ingredients:

- 3 tablespoons vegetable oil
- 6 ears of corn, kernels removed
- ¼ cup of mayonnaise
- ½ cup fresh cilantro, finely chopped
- ½ cup scallion greens, finely sliced
- ¼ cup feta cheese, crumbled
- 2 fresh limes, juiced
- 1 clove garlic, minced
- Chili powder and/or hot chili flakes, to taste
- Salt to taste

#### Directions:

- Heat oil in a cast iron pan over the fire until shimmering. Add corn kernels, season to taste with salt, toss once or twice, and cook without moving until charred on one side, about 2 minutes. Toss corn, stir, and repeat until charred on second side, about 2 minutes longer. Continue tossing and charring until well charred all over. Transfer to a large bowl.
- Add mayonnaise, feta, scallions, cilantro, garlic, lime juice, and chili powder and toss to combine. Taste and adjust seasoning with salt and more chili powder to taste. Serve immediately.

#### Tips on getting the kids involved:

- Get your kids to help you prep the ingredients by allowing them to crumble the feta cheese, squeeze the limes, and portion out the mayonnaise.
- Let your kids retrieve foods from the cooler and teach them about keeping it closed to maintain a food safe temperature.
- Allow the kids to stir the corn together with the other ingredients.



\*\* 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

## Salubrité des aliments en été



### La zone de température dangereuse

Avez-vous déjà entendu parler de ce fait scientifique? Les bactéries nocives se développent mieux dans ce qu'on appelle la zone de température dangereuse, à savoir de 4°C à 60°C. Avant la cuisson, il est important de maintenir les aliments à une température au-dessus de 4°C, et après la cuisson, à une température en dessous de 60°C. Ne laissez pas les aliments reposer dans la zone dangereuse pendant plus d'une heure lors des chaudes journées d'été.

*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.*

### Protégez votre famille pendant les chauds mois d'été

Si votre famille aime passer la journée à la plage, faire du camping, faire des pique-niques et aller au chalet, ces conseils peuvent vous aider à réduire votre risque d'intoxication alimentaire.

- Les gens sont plus à risque d'intoxication alimentaire pendant l'été parce que les conditions chaudes et humides sont favorables à la croissance bactérienne.
- Les aliments riches en protéines, faibles en acide ou à haute teneur en humidité peuvent se gâter facilement (p. ex. viandes, fruits de mer, produits laitiers).
- La plupart des sauces, trempettes et tartinades doivent être conservées dans une glacière (reportez-vous à l'emballage du produit).
- Gardez les aliments périssables dans une glacière remplie de glace afin d'éviter la zone de température dangereuse. La congélation d'aliments (p. ex. viandes crues) peut aider à maintenir la glacière à une température sécuritaire.
- Mettez les viandes crues au fond de la glacière dans des récipients scellés afin de prévenir le transfert de bactéries nocives.
- Placez votre glacière à l'ombre et évitez de la garder ouverte trop longtemps.
- Il est important de vous laver les mains avec du savon et de l'eau tiède avant et après avoir manipulé des aliments. Si vous n'y avez pas accès là où vous êtes, utilisez un désinfectant pour les mains qui contient au moins 60 % d'alcool.

### Maïs de rue à la mexicaine cuit sur feu de camp

Ce plat amusant et savoureux constitue un excellent accompagnement pour tout repas pris autour d'un feu de camp!



#### Ingédients :

- 3 cuillères à thé d'huile végétale
- 6 épis de maïs, grains enlevés
- ¼ tasse de mayonnaise
- ½ tasse de coriandre fraîche, hachée finement
- ¼ tasse de fromage feta, émietté
- 2 citrons verts frais, pressés
- 1 gousse d'ail, hachée
- Poudre de chili et/ou flocons de piment fort, au goût
- Sel, au goût

#### Directives :

- Faire chauffer l'huile dans une poêle en fonte sur le feu jusqu'à ce qu'elle scintille. Ajouter les grains de maïs, assaisonner au goût, remuer une ou deux fois, et cuire sans remuer jusqu'à ce qu'ils soient grillés d'un côté, environ 2 minutes. Répéter la procédure jusqu'à ce que les grains de maïs soient grillés de l'autre côté, environ 2 minutes de plus. Transférer dans un grand bol.
- Ajouter la mayonnaise, le fromage feta, les oignons verts, la coriandre, l'ail, le jus de citron vert et la poudre de chili, puis remuer. Ajuster le sel et la poudre de chili au goût. Servir immédiatement.

#### Conseils pour faire participer les enfants :

- Invitez-les à émietter le fromage feta, à presser les citrons verts et à répartir la mayonnaise.
- Permettez-leur de récupérer les aliments de la glacière et apprenez-leur à la garder fermée pour maintenir une température sans danger pour les aliments.
- Laissez les enfants mélanger le maïs avec les autres ingrédients.

\*\* 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

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## June 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<br>Art in the Park<br>10 am<br>(Simplot Central Park) | 2<br>Healthy Cooking<br>10 am or 1 pm   | 3   |
| 4  | 5<br>Play in the Park<br>10 am<br>(Red River College Park)  | 6<br>Stroller Fit<br>10 am<br>(Island Park)<br>Fun with Literacy<br>10 am<br>(Fort la Reine Museum)<br>See back for details<br>Drop In Play<br>1-4 pm | 7<br>Chest/Breastfeeding Group<br>10 am  | 8<br>Storytime in the Park<br>(Island Park)<br>10 am    | 9<br>Kids in the Kitchen<br>10 am or 1 pm<br>Prenatal Course<br>(Session 1)<br>6 pm | 10<br>Prenatal Course<br>Session 2: 10 am<br>Session 3: 1 pm            |
| 11   | 12<br>Growing Up Green<br>(Island Park)<br>10 am  | 13<br>Healthy Baby<br>10 am<br>Drop In Play<br>1-4 pm   | 14<br>Babies & Babble Newborn<br>9:30 am<br>Babies<br>11:30 am                               | 15<br>Art in the Park<br>10 am<br>(McKay Ave Park)      | 16<br>Healthy Cooking<br>10 am or 1 pm  | 17  |
| 18   | 19<br>Play in the Park<br>10 am<br>(9th St Park)  | 20<br>Stroller Fit<br>10 am<br>(Island Park)<br>Drop In Play<br>1-4 pm  | 21<br>Chest/Breastfeeding Group<br>10 am<br>Indigenous Peoples Day<br>(see back for details) | 22<br>Storytime in the Park<br>(Island Park)<br>10 am   | 23<br>Our Neighbourhood<br>10 am<br>Family Game Night<br>(Island Park)<br>6 pm      | 24  |
| 25   | 26<br>Growing Up Green<br>(Island Park)<br>10 am  | 27<br>Healthy Baby<br>10 am<br>Drop In Play<br>1-4 pm   | 28<br>Babies & Babble Newborn<br>9:30 am<br>Babies<br>11:30 am                               | 29<br>Toddler Shenanigans<br>10 am                      | 30<br>Centre Closed for Canada Day  | Need transportation to program? Contact FRC & we can arrange a shuffle! |

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

## PROGRAMS:

**Art in the Park** - Come and create with us outdoors! This program will introduce your littles to different kinds of creative activity, such as painting, music, and dance. We will host this program at different parks over the summer. This is a messy, fun time so wear appropriate clothes! (Ages 18 months+)

**Babies & Babble** - Interactive baby and parent activities, including music and movement for sensory development. Join the group appropriate to your baby's motor skills: Newborn - to sitting unsupported (approx. 0-6 months); or Babies - sitting to taking first steps (approx. 6 months+). Childcare provided for older children.

**Chest/Breastfeeding 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 Island Park for fun, laughter and lots of games! Snacks provided!

**Growing up Green** - Take a closer look at the outdoors! This program focuses on the natural world all around us, from the sky, to animals, to the trees. (Ages 2-6)

**Healthy Baby** - A program for pregnant and new moms to come together and chat. (Pregnant-1 year).

**Healthy Cooking** - Come join others and prepare your own healthy family meal, with step by step instructions. Please bring your own container for this recipe, so you can enjoy your creation at home! Childcare provided.

**Kids in the Kitchen** - Introduce your kids to the fun preparation of healthy nutritious meals, with step by step instruction. Please bring your own container for this recipe, so you can enjoy your creation at home! (Ages 2 - 6 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+)

**Play in the Park** - Enjoy the fresh air and warm weather with us! We will host this program at different parks over the summer, so join us to play fun games across town! (Ages 18 months+)

**Prenatal Course** - This comprehensive course will provide soon to be parents with practical tools to help during labour and delivery as well as provide care for their new baby. We recommend you and your partner or support person to sign up for all 3 sessions but you can also attend just any part of it. Session 1 - Pregnancy & Birth Plans / Session 2 - Labour & Birth / Session 3 - Newborn Care & Safety.

**Storytime in the Park** - An interactive literacy program featuring stories, songs, games, costumes and more. (Ages 18 months+)

**Stroller Fit** - Get outdoors with your little one, meet other caregivers and get a little sweat out! This program is perfect for new parents looking to ease back into fitness after baby and for anyone looking to get in a workout with a baby or young children in tow. Postpartum caregivers should be at least 4 weeks postpartum (or 6 weeks for c-sections) and approved by your medical professional to engage in regular physical activity before joining.

**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)



## June RECIPES:

**Healthy Cooking - June 2**  
**Recipe: Hoisin Pork Tacos**  
 Tender pork gets an aromatic boost in these speedy tacos inspired by Asian flavours. These are a fusion of some of the tastiest flavours around!

**Kids in the Kitchen: June 9**  
**Recipe: Lemon Yogurt Cupcakes**  
 This is a great recipe to teach your kids all about squeezing, whisking and grating!

**Healthy Cooking: June 16**  
**Recipe: Tuscan White Bean Skillet**  
 Spice up your dinner routine with this easy Tuscan White Bean Skillet. Ready in under 30 minutes, a delicious, easy dinner recipe.

**FREE wellness coaching is available!**  
 Schedule your appointment by calling 204-595-5105.  
 childcare is available.

## SPECIAL EVENTS - PLEASE READ!

**JUNE 6 - FUN WITH LITERACY!**

As part of Together for Change Week - FLRIH is partnering with the Portage Library and Family Resource Centre to offer children 3-5 years of age a chance to explore the JAIL alphabet. Happening 10-11 am at the Fort la Reine Museum.  
 Register online: [frcportage.ca](http://frcportage.ca)

**JUNE 21 - INDIGENOUS PEOPLES DAY EVENT!**

All around Island Park there will be entertainment, face painting, dancing, a Hopias tree resources as well as a free lunch! Events start at 11 am and run for most of the day.

Find us on Facebook & Instagram: Family Resource Centre Portage

# JUNE 2023

| Sunday | Monday | Tuesday   | Wednesday | Thursday | Friday   | Saturday |  |
|--------|--------|---|-----------|----------|--|----------|--|
|        |        |   |           | 1        | 2  | 3        |  |
|        |        |   |           | Day 4    | Day 5  |          |  |
| 4      | 5      | 6   | 7         | 8        | 9  | 10       |  |
|        | Day 6  | Day 1   | Day 2     | Day 3    | Day 4  |          |  |
| 11     | 12     | 13  | 14        | 15       | 16   | 17       |  |
|        | Day 5  | Day 6   | Day 1     | Day 2    | Day 3  |          |  |
| 18     | 19     | 20  | 21        | 22       | 23   | 24       |  |
|        | Day 4  | Day 5   | Day 6     | Day 1    | Day 2  |          |  |
| 25     | 26     | 27  | 28        | 29       | 30   |          |  |
|        | Day 3  | Day 4   | Day 5     | Day 6    | Last Day for Students (AM) / Admin (PM) NO CLASSES (PM)<br>Day 1   |          |  |
|        |        | <b>May 2023</b><br>Su M Tu W Th F Sa<br>77 88 99 100 111 122 133<br>144 155 166 177 188 199 200<br>211 222 233 244 255 266 277<br>288 299 300 311 |           |          | <b>July 2023</b><br>Su M Tu W Th F Sa<br>1 1 1<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 31 |          |  |