



ÉAM LES NOUVELLES

OCTOBRE 2023

PRINCIPAL'S MESSAGE

We have had a fantastic September! We are really impressed with the growth we already see in our students. Our goal is to develop proud, engaged, confident & plurilingual citizens. Our Strong Beginnings attendance was outstanding, we thank our families for supporting us here. Teachers had the opportunity to connect one on one with their students and find out what they know as learners.

We have many new teachers on staff and each month we will be highlighting a few of them. The new teachers include: Janelle Houle (2), Sabrina Gagnon (3), Vanessa Fehr (5), Curtis Lindwall (6), Paige Garrioch (8), Victoria Newham (8) and Janine Waines (5/6 music).

Tonight (October 2nd) is our very first Home and School meeting at 6:30 p.m. in the library. We would love to see a library full of new and returning families! We will have older students assist with childcare during the meeting. We hope you can join us! Everyone is welcome.

This week there is no school on Tuesday due to the provincial election, on Wednesday we have school pictures and then on Friday we have our Terry Fox walk and barbeque. Parents are welcome to join our walk at 11:00 a.m, and can meet us at the basketball courts in the field behind the gym.

Thank you for your continued support!

Mme Tracy Vanstone
Directrice

IMPORTANT DATES

- Oct. 2 - Home & School Meeting 6:30 p.m.
- Oct. 3 - Divisional PD Day - No Classes
- Oct. 4 - Photo Day
- Oct. 6 - Terry Fox Walk & BBQ
- Oct. 9 - Thanksgiving Day - SCHOOLS CLOSED
- Oct. 18 - Gr. 6&8 Vaccines
- Nov. 1 - Purdy's Campaign Starts
- Nov. 6 - Picture Retakes
- Nov. 9 - Remembrance Day Services
- Nov. 10 - Student Led Conference - No Classes
- Nov. 11 - Remembrance Day
- Nov. 13 - Home & School Meeting 6:30 p.m.
- Nov. 16 & 17 - SSG Camp
- Nov. 23 - Dance
- Nov. 23 - Purdy's Orders Due
- Dec. 4-8 - Purdy's Delivery Window
- Dec. 11 - Expected Purdy's Pick Up





**WELCOME
BACK!**



MEET THE TEACHER

M Lindwall



I like...

- outdoor activities (hiking, hunting, fishing, canoeing etc.)
- hockey (play and watch...I am a Jets/Habs fan!)
- reading

about me

Bonjour! My name is Mr. Lindwall, and I am a grade 6 teacher at ÉAM. I live in Winnipeg and have two cats Willow and Spruce. Before starting University, I worked in BC at Big White Ski Resort. I came to ÉAM from grades 6 to 8! I graduated first from PCI, then from the University of Manitoba. We are going to have a great year!

Mme Houle

— MEET THE TEACHER —



ABOUT ME

I am a grade 2 teacher. I live with my husband and beautiful 10 month old daughter in Portage la Prairie. I am proud to be Métis.

HOBBIES

I love pottery. I even have my own home studio, I love to read and I love video games. I am a Nintendo enthusiast, and love classic Mario!

FUN FACT

I attended ÉAM myself!

BACKGROUND

I attended Prince Charles School, and then came here to ÉAM. I graduated from PCI, and I got my teaching degree from the Faculty of Education at Brandon University. I am loving my first class of students, and I am looking forward to an exciting first year!



Dear Terry

we will carry on for you.....

Dear Terry Fox

CHEER TERRY

dear Terry Fox

CHEER FOX

dear

Dear Terry

cheer Terry

dear Terry Fox

dear Terry Fox

DEAR TERRY



HOPE NEVER DIES
Please consider
donating.

OCT. 6

**TOONIES
FOR
TERRY**

[HTTPS://SCHOOLS.TERRY
FOX.CA/35441/DONATE](https://schools.terryfox.ca/35441/donate)

La Journée du chandail orange
Chaque enfant compte



Beyond
grateful!

Tout le monde partage leur idées avec
les autres.
Ma' Machyn

DREAM
BIG
—
WORK
HARDER

WELCOME!



PHYSICAL AND HEALTH EDUCATION PROGRAM

The family that plays together, stays healthy together! Guidelines for Physical Education

- Students will have the option to change clothing for indoor Phys.ed classes this year. If not changing, wearing flexible and comfortable clothing on days they have Phys.ed is recommended.
- Some Phys.ed classes will take place outdoors when weather allows. Please make sure your student is dressed to go outdoors on cooler days. Snowboots and winter gear will be required during the winter months.
- Proper footwear is also important to prevent injuries. Clean running shoes are required.

So far students have done very well. Some of the activities we have done include: fitness activities, team building activities and territory/invasion games. We are focusing on not giving up if a skill is challenging and to keep trying to improve and become more physically literate.

Information was sent home with students interested in taking part in the first sport of the year. Race schedule is as follows: Sept 20, 28 and October 4th. Results will be posted in next months newsletter.

Grades 5-8 Cross Country Running

CELLPHONES, IPods, etc.

Students are asked to not bring electronic devices to Phys.Ed. class unless asked to do so by the teacher for special projects. Phones and iPods should be secured in the student's locker for safety.

Lunchtime intramurals will begin in October for grade 3- 8 students interested in a bit more gymtime.

Schedule is as follows:

Jour 1 les 7-8ème

Jour 2 les 5ème

Jour 3 les 6ème

Jour 4 les 4ème

Jour 5 les 7-8ème

Jour 6 les 3ème

Les intramuros

Beginning in October students are invited to come to school at 8:10am to get active and socialize with their friends. Please do not enter the school before 8:10 on your designated days. Students need to listen to announcements as at times our extracurricular sports teams will use morning gym time for practice. On those days there is no open gym. Schedule is as follows:

Grade 5 les lundi

Grade 6 les mardi

Grade 7 les mercredi

Grade 8 les jeudi

Grade Fridays grade Yoga avec Mme Rheault

Le gym des matins (Morning Open Gym)

Students have begun signing up for the volleyball season. Volleyball practices will start in September with the season running through October and November. Grade 7 and 8 students interested in playing need to listen to announcements for the exact dates, times and locations. Information will be posted on facebook and school social media as well. Most weeks of the season, teams play games on 1-2 days and practice another 1-2 times. Transportation to and from games and practices needs to be arranged by the parents, with a pick-up time of usually 5pm. The Phys.Ed. staff encourages all grade 7 and 8 students that enjoy the game of volleyball and are able to commit to the season to come and play.

Grade 7-8 Volleyball

PICTURE DAY

WEDNESDAY, OCT. 4
ÉAM



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

October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Toddler Shenanigans 9 am or 11 am	3 Drop In Play 1-4 pm	4 Grand Pals 10:30 am (Dufferin Villa) Homeschooling Co-Op 1:30 - 3:30	5 Book Buddies 9 am or 11 am Nobody's Perfect 1-3 pm	6 Healthy Cooking 10 am or 1 pm	7
8	9 THANKSGIVING CENTRE CLOSED	10 Healthy Baby 11 am Drop In Play 1-4 pm	11 Babies & Babble Newborn 9:30 am Babies 11:30 am Mom's Time 7:30 pm	12 Wiggle, Giggle, Munch 9 am or 11 am Nobody's Perfect 1-3 pm	13 Kids in the Kitchen 10 am or 1 pm	14
15 Need transportation to program? Contact FRC & we can arrange a shuttle!	16 Toddler Shenanigans 9 am or 11 am 4:30 pm	17 Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm	18 Grand Pals 10:30 am (Dufferin Villa) Homeschooling Co-Op 1:30 - 3:30	19 Book Buddies 9 am or 11 am 4:30 pm Nobody's Perfect 1-3 pm	20 Healthy Cooking 10 am or 1 pm Family Game Night 5-7 pm	21 Super Dads, Super Kids 10 am
22	23 Musical Mornings 9 am or 11 am	24 Healthy Baby 11 am Drop In Play 1-4 pm	25 Babies & Babble Newborn 9:30 am Babies 11:30 am	26 Wiggle, Giggle, Munch 9 am or 11 am Nobody's Perfect 1-3 pm	27 STAFF PD DAY	28 HALLOWEEN FAMILY FUN DAY 10 - 2
29	30 Our Neighbourhood 10 am	31 Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm	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

Find us on Facebook & Instagram: Family Resource Centre Portage

PROGRAMS:

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.

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)

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 park for fun, laughter and lots of board 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 - 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.

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 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)

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

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)

Nobody's Perfect - This 6-session program is designed to provide new parents with the opportunity to learn about the basics of parenting including parent self-awareness & self-esteem; child health & safety; discipline & praise; and healthy child development. (Caregiver of Children Ages 0-5)

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+)

Super Dads, Super Kids - 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)

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)



October TOPICS:

Healthy Cooking - October 6

Recipe: Turkey Spring Roll Bowls
This Egg Roll in a Bowl with ground turkey is an easy, healthy, 15 minute one-pan meal.

Mom's Time - October 11

Topic: Making Healthy Snacks
Stuck making the same snacks all the time? We hear you! That's why we want to help you imagine and create NEW healthy snacks for your family!

Kids in the Kitchen: October 13

Recipe: Sausage Pasta Bake
This sausage pasta bake is a delicious comforting dish that is perfect for batch cooking and freezing. Easy to adapt and add lots of vegetables to. It's a simple weeknight dinner that the whole family will love.

Healthy Cooking - October 20

Recipe: Moroccan Stew
This family-favorite vegetarian Moroccan stew is delicious and healthy. Refrigerate it, freeze it, or eat it right away! Serve over couscous with a slice of warm bread.

FREE wellness coaching is available!

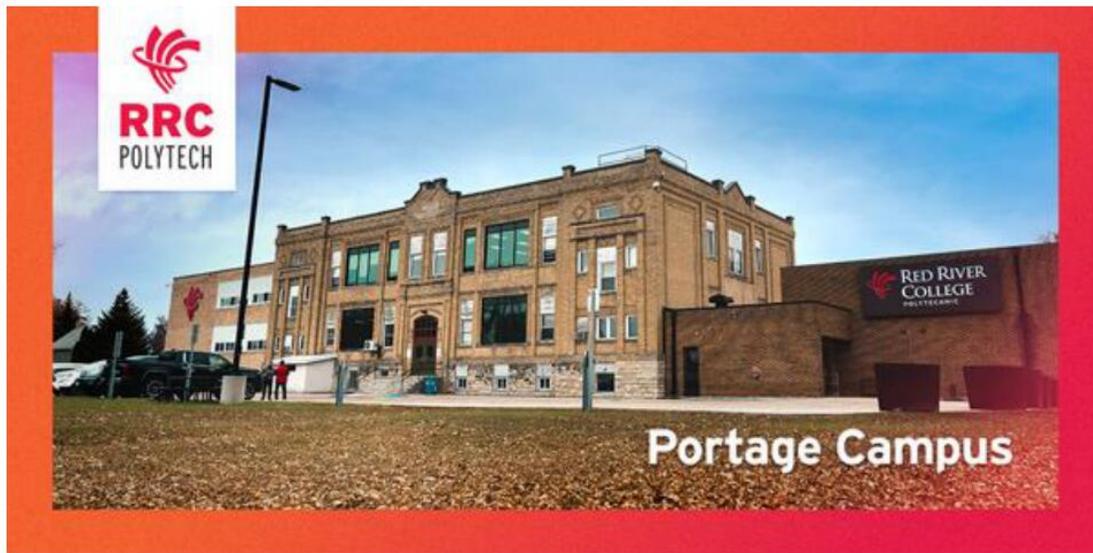
Schedule your appointment by calling 204-595-5105.
Childcare is available.

MASK UPDATE - PLEASE READ!

Masks are 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



Basketball Skill Camps Available

For youth in Grades 6-10

Basketball Skills for Grades 6 & 7

- Oct. 15 – Nov. 29, 2023
- Sun., 4:30-6:30pm
- \$65
- Coach: Don Boddy

Basketball Skills for Grade 8

- Oct. 15 – Nov. 29, 2023
- Sun., 12:30-2:30pm
- \$65
- Coach: Mitchell Nelson

Basketball Skills for Grades 9 & 10

- Oct. 15 – Nov. 29, 2023
- Sun., 2:30-4:30pm
- \$65
- Coach: Mitchell Nelson

Register by phone or in person.

Important note:

Please register at least two weeks prior to the start date.

RRC Polytech Portage Campus | 32-5th St. SE, Portage la Prairie, MB R1N 1J2

P: 204.856.1914 | E: portage@rrc.ca

OCTOBER 2023

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NUTRITION BITS AND BITES

Hydration Drinks and Food Marketing



Be Aware of Energy Drinks

Prime™ also has an energy drink that contains very high levels of caffeine that is above the upper tolerable limits for anyone under 18.

Excessive amounts of caffeine can lead to poor sleep, reduced concentration, headaches and anxiety.

These drinks are not recommended for anyone under 18.

Youth and Sports Drink Marketing

Lately there has been an uptick of sports/hydration drinks being targeted to young people. Social media platforms and YouTube have created a craze causing many kids to seek out and consume these drinks frequently. Popular brands such as Biosteel™ and Prime™ have been marketed as an easy way to get vitamins and electrolytes as well.

What To Watch Out For

Although these drinks do provide a source of hydration, they may contain high levels of certain vitamins which meet or exceed tolerable upper levels for kids. They also contain artificial sweeteners which can displace nutrient dense foods in the diet for children. It's important to note that Biosteel™ and Prime™ hydration don't contain enough carbohydrates to be suitable for intense or prolonged exercise.

Final Message:

Sports/hydration drinks are being heavily marketed to kids but can be harmful to their health. Talk to your kids about social media marketing and stick to tried and true beverages such as water, milk and 100% fruit juice.

True or False: Most kids need a sports/hydration drink when they play after school sports

FALSE: Water is typically all that is needed. Sports drinks are only beneficial for long duration (more than 1 hour) or intense sports in hot weather

Pecan Parmesan Chicken Bites

A simple and tasty take on chicken fingers!

Ingredients:

Boneless skinless chicken breasts 3 (about 1 ¼ lb/600 g)
Maple syrup-2 Tbsp (30 mL)
Canola oil -1 Tbsp (15 mL)
Whole wheat panko breadcrumbs -½ cup
Finely chopped pecans -1/3 cup (75 mL)
Parmesan cheese, grated -1/3 cup (75 mL)
Flax seeds, ground -¼ cup (60 mL)
Garlic powder -2 tsp (10 mL)
Dried oregano leaves -1 tsp (5 mL)
Each salt and fresh ground pepper - ¼ tsp (1 mL)



Recipe source: unlockfood.ca

Directions

Cut chicken into cubes or strips and place in a large bowl. Drizzle with maple syrup and oil and coat evenly; set aside.

In a large resealable bag, combine breadcrumbs, pecans, cheese, flax seeds, garlic powder, oregano, salt and pepper.

Add a few chicken pieces at a time to bag and shake to coat.

Place onto parchment paper lined baking sheet and repeat with remaining chicken and coating.

Bake in preheated 475°F (246°C) oven for about 15 minutes or until golden and chicken is no longer pink inside.

TIPS:

*These chicken bites can be re-purposed the next day and put into pita pockets, wraps, or in a salad

*The ground flax in the recipe adds a boost of healthy fats and fibre

*Substitute ground pecans for other nuts such as walnuts or pistachios

For more information on how to limit food marketing exposure to children scan the QR code



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

Boissons hydratantes et commercialisation alimentaire



Méfiez-vous des boissons énergisantes

Prime™ commercialise également une boisson énergisante qui contient des teneurs très élevées en caféine dépassant les limites maximales pour les jeunes de moins de 18 ans. Des quantités excessives de caféine peuvent occasionner des troubles du sommeil, un manque de concentration, des maux de tête et de l'anxiété.

Ces boissons ne sont pas recommandées pour les jeunes de moins de 18 ans.

Commercialisation des boissons auprès des enfants et des jeunes sportifs

Récemment, il y a eu un rebond de la commercialisation des boissons pour sportifs et des boissons hydratantes auprès des jeunes. Les plateformes de médias sociaux et YouTube ont créé un véritable engouement incitant de nombreux enfants à rechercher et à consommer fréquemment ces boissons. Des marques populaires comme Biosteel™ et Prime™ ont été commercialisées comme un moyen facile d'obtenir autant des vitamines que des électrolytes.

Ce qu'il faut savoir

Bien que ces boissons fournissent une source d'hydratation, elles peuvent contenir des teneurs élevées de certaines vitamines qui atteignent ou surpassent les concentrations maximales tolérables pour les enfants. Elles contiennent également des édulcorants artificiels qui peuvent prendre la place d'aliments riches en éléments nutritifs chez les enfants. Il est important de noter que l'hydratation que procurent Biosteel™ et Prime™ ne fournit pas suffisamment de glucides pour l'exercice intense ou prolongé.

En fin de compte...

Les boissons hydratantes et boissons pour sportifs sont massivement commercialisées auprès des enfants, mais elles peuvent être nocives pour leur santé. Discutez avec vos enfants de la publicité sur les médias sociaux et dites-leur de consommer des boissons saines comme l'eau, le lait et le jus de fruits 100 % pur.

Bouchées de poulet aux noix de pécan et Parmesan

Une version simple et délicieuse des doigts de poulet!

Ingédients :

3 (environ 1 ¼ lb/600 g)
2 c. à soupe (30 mL)
1 c. à soupe (15 mL)
½ tasse (125 mL)
1/3 tasse (75 mL)
1/3 tasse (75 mL)
¼ tasse (60 mL)
2 c. de thé (10 mL)
1 c. de thé (5 mL)
¼ c. de thé (1 mL)

Poitrines de poulet désossées sans la peau
De sirop d'érable
D'huile de canola
De chapelure de pain panko de blé entier
De noix de pécan finement hachées
De parmesan râpé
De graines de lin moulues
De poudre d'ail
De feuilles d'origan séchées
De sel et de poivre fraîchement moulu



Préparation

Coupez les poitrines de poulet en cubes ou en lanières et placez-le dans un grand bol. Versez le sirop d'érable et l'huile et mélangez pour répartir uniformément; mettez de côté.

Dans un grand sac en plastique hermétique, mélangez la chapelure, les noix de pécan, le fromage, les graines de lin, la poudre d'ail, l'origan, le sel et le poivre.

Ajoutez quelques morceaux de poulet à la fois dans le sachet, puis secouez-le pour bien mélanger.

Placez les morceaux sur une plaque de cuisson recouverte de papier sulfurisé et répétez l'opération avec le reste du poulet et du mélange épicé.

Faites cuire au four préchauffé à 475°F (246°C) pendant environ 15 minutes ou jusqu'à ce que les morceaux soient dorés et que la chair du poulet ne soit plus rose.

CONSEILS

*Les restants de bouchées de poulet peuvent être utilisés le lendemain dans des pains pita, des tortillas ou une salade.

*Les graines de lin moulues sont une excellente source de bons gras et de fibres.

*Vous pouvez remplacer les noix de pécan par d'autres noix comme des noix de Grenoble ou des pistaches.

Pour en savoir plus sur la façon de limiter l'exposition des enfants à la commercialisation alimentaire, scannez le code QR



Vrai ou faux : La plupart des enfants ont besoin de boissons pour sportifs ou boissons hydratantes s'ils pratiquent des activités sportives après l'école.

FAUX : En règle générale, l'eau suffit amplement. Les boissons pour sportifs ne sont bénéfiques que pour les exercices de longue durée (plus de 1 heure) ou les sports intenses par temps très chaud.

Pour en savoir plus sur la nutrition et une bonne alimentation, visitez le site suivant :

<https://www.southernhealth.ca/fr/trouver-des-soins/health-info-for-you/fr-ca/nutrition-and-healthy-eating-fr-ca/>

Pour consulter les bulletins antérieurs de nutrition, visitez le site suivant :

<https://www.southernhealth.ca/fr/que-se-passe-t-il/bulletins-de-nutrition/>

Service de consultation de diététistes : 1 877 830-2892 Health Links-Info Santé : 1 888 315-9257

Équipe des services de nutrition : 204-388-2053

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