

ÉAM LES NOUVELLES

JANVIER 2024

PRINCIPAL'S MESSAGE

Welcome back Parents and Students,

We are looking forward to a great new year. This month, we will begin preparing our Grade Eights for High School transitions. We've shared a video and important information about parent meetings and course selection. We will have the PCI team here to visit with our students. This will include Resource teachers, Guidance Counselors and the grade 9 Vice Principal, who will be working with our students all the way through their high school years. They are so excited to get the grade 8's ready and show them around PCI.

This month we have a Drama production underway with many grade 5-8 students taking part. Our Rainbows program offers support groups for students experiencing loss. These groups will begin this month. We have an Arts Club that will be starting this month with Mlle Gagnon getting it up and running. We also have a Science presentations called Wise Kidnetic happening at the end of this month. We do have a French residency for our teachers where they are learning strategies for reading in the early years in French Immersion.

Thank you to everyone who attended our concerts. Our Winter Concerts were very successful and we had a great turn out.

Just before the break you should have received your child's report card. If you have any concerns around that report card we encourage you to reach out to your child's teacher to discuss a plan.

In preparation for colder weather we ask that you **send warm clothing** every single day with your students. We know the weather can change very quickly and students stay outside until -26, so we need to have ski-pants, mittens and toques. It would be great if you could label your winter clothing with your child's name. We often have many, many items in the Lost and Found.

We are looking forward to a fun filled month of learning and fun!

Tracy Vanstone
Directrice/Principal

IMPORTANT DATES

- Jan. 1-5 - SCHOOLS CLOSED
- Jan. 8 - First Day New Term
- Jan. 8 - Home and School Mtg. 6:30 p.m.
- Jan. 9 - Grade 8 Parent Meeting
- Feb. 6-9 - Kindergarten Registration Week
- Jan. 11 - Grade 8 Course Selection at ÉAM
- Jan. 11 - Gr. 8 Parent Night 6:30 p.m. PCI West Gym
- Jan. 18 - Course Selction with PCI at ÉAM
- Jan. 31 - Course Selection deadline for Gr. 8's
- Jan. 31 - Band Camp permission forms due
- Feb. 8 - School Dance



THIS GAL'S
RETIRED



Congratulations on your retirement Mrs. Bluhm. You will be so missed. Enjoy sleeping in this week!

IT'S - A - ME

TERRY FOX

Our staff was excited to celebrate our students' hard work in collecting \$7 000.00 dollars for the Terry Fox Foundation. Our school was decorated with Mario Kart-themed decorations for the occasion. Staff members dressed up as their favourite Mario characters and raced against each other in pairs. Congratulations to our team of grade 8 teachers, who rolled into first place!

LEVEL
UP





ÉAM

HOME AND SCHOOL MEETING

ALL PARENTS WELCOME!

OLDER STUDENTS WILL PROVIDE CHILD CARE

JAN. 8
6:30 P.M.



📞 204-857-3405

CHAIR: CASSANDRA PEHURA
ROBCAS@MYMTS

EXPRESSIONS IDIOMATIQUES

QUAND LES POULES AURONT DES DENTS

Jamais

This expression is used to express when something is never going to happen!

Je te donnerai mon bonbon quand les poules auront des dents!



IT'S THE MOST
Wonderful
of the YEAR



École Arthur Meighen

PRESCHOOL PARTIES

Join us as from 2-3p.m. as we read, play, and get ready for Kindergarten! For children ages 3-5.

Jan. 26th

Feb. 23rd

April 24th

May 23rd

ENROLL NOW



+204-857-3405



alison.kerchak@plpsd.net



Phys-Ed



VOLLEYBALL

Teams have improved immensely as the season has progressed. From struggling to making a pass off of a coaches toss... to getting a bump, set, spike off of a tough serve. All the coaches are very proud of the effort and dedication shown by our athletes. The divisional volleyball tournament was held on November 8th. The girls team traveled to LVS where they played some great games. They made it all the way to the finals against the favored OVS Panthers but unfortunately ran out of energy in the 3rd set losing 9-15. Our two boy's teams, les Aigles Gris and Aigles Noirs, played their tournament at ÉAM. Both teams played some amazing sets and were both undefeated when they met in the semi finals. Les Aigles Noirs won a very close 3 set match to make it to the finals where they defeated the CVS Cobras in another close 3 set match. Congratulations to all the teams!

In regular season action our boys Aigles Gris made it to the finals but unfortunately came up one set short of the title losing in 3 sets to the CVS Cobras. Thank you to all the players and coaches for a great season. We are very proud of all the hard work and dedication shown by our students.

Basketball teams have started practicing and the season will begin in January.

PHYS. ED ACTIVITIES

Morning gym continues to be popular with students with grades 5 and 6 invited to come Monday and Tuesdays, grades 7 and 8 on Wednesdays and Thursdays. Doors open at 8:10 and students are reminded to have a pair of clean indoor running shoes to use.



ONLINE STORE NOW OPEN

Interested in buying some school clothing? Your online store is now open!

There are two ways to find your store

www.thescreendoor.ca

click "Shop Online" at the top of the page

scroll down, on the left hand side of the page you will find your online store "École Arthur Meighen" in alphabetical order

Or simply share this link:

[École Arthur Meighen - The Screen Door](http://www.thescreendoor.ca)



Overview

It is our belief that Portage la Prairie can develop into a Volleyball Hub in the province for all surrounding communities. These would include such areas as Austin, McGregor, Gladstone, Elie and so on. That is why we have developed a "Volleyball Portage" logo to encourage the long-term Vision of developing grass-roots programs up to high performance programs within the Portage community and surrounding.

The Portage Hurricanes

Athletes would like to belong to a Volleyball Club. From the participants we surveyed at our camps held in the community, we found that the athletes wanted, thus we selected the name for the teams and club as "The Portage Hurricanes."

Website

All Volleyball Portage program material is posted on the following page of our website:

<https://www.volleyballwinnipeg.ca/portagevolleyball>

Make sure you check the site regularly for updates as all media releases and updates will be connected to this site. All future and relevant information should be located here as well.

Teams

We are looking at offering two unsanctioned teams to start. They would train twice a week in Portage La Prairie with local coaching and compete in our Premier League on Sunday afternoons in Winnipeg to start. The League concludes with a tournament on March 17. Teams would also compete in two tournaments in April 2024.

We have booked Southport Gym for Saturday, January 13 from 2-6pm for Evaluations for these proposed Teams. We can offer 2-4pm for athletes in grades 6-8 and 4-6pm for grades 9 and over. We can have material for details on the teams and details on the Sunday camp available at that time or you can also visit our website at any time.

Please feel free to investigate this more at the below website.

<https://www.volleyballwinnipeg.ca/visionvolleyballclub>

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Years Day	2 STAFF PD DAY	3 Grand Pals 10:30 am (Dufferin Villa)	4 Toddler Shenanigans 9 am or 11 am	5 Kids in the Kitchen 10 am or 1 pm	6
7	8 Wiggle, Giggle, Munch 9 am or 11 am	9 Mindful Munchkins 9 am Healthy Baby 11 am Drop In Play 1-4 pm	10 Babies & Babble Newborn 9:30 am Babies 11:30 am Mom's Time 2:30 pm	11 Musical Mornings 9 or 11 am 4:30 pm	12 Healthy Cooking 10 am or 1 pm Family Game Night 5-7 pm	13
14 Need transportation to program? Contact FRC & we can arrange a shuttle!	15 Book Buddies 9 am or 11 am	16 Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm	17 Grand Pals 10:30 am (Dufferin Villa) Homeschool Co-Op 1:30-3:30	18 Toddler Shenanigans 9 am or 11 am My Tween & Me 6 pm	19 BABYSITTERS COURSE 8:30 am - 4 pm	20 Super Dads, Super Kids 10 am FAN Portage 1-3 pm
21	22 Wiggle, Giggle, Munch 9 am or 11 am 4:30 pm	23 Mindful Munchkins 9 am Healthy Baby 11 am Drop In Play 1-4 pm	24 Babies & Babble Newborn 9:30 am Babies 11:30 am	25 Musical Mornings 9 am or 11 am My Tween & Me 6 pm	26 Healthy Cooking 10 am or 1 pm	27
28	29 Book Buddies 9 am or 11 am	30 Our Neighbourhood 9 am Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm	31 Preschool Party 10 am or 4:30 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!		

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.

Babysitting Course - The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. **For ages 11-15. Please arrive promptly at 8:30 and please bring a lunch!**

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 FRC for fun, laughter and lots of board games! Snacks provided!

FAN Portage - Family Advocacy Network (FAN) of Manitoba in partnership with the Portage Family Resource Centre invite you to come out and connect with other parents/unpaid caregivers who have a loved one with a developmental or intellectual disability or autism, with similar lived experience. Refreshments will be 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)

Mindful Munchkins - This program is designed to help children identify and learn to manage their emotions. Join us for a story, a game, and a conversation with puppets Peter & Shelley! (Ages 3-6 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)

My Tween & Me - This 8-session program provides parents/caregivers and their tweens with the knowledge, tools and support they need during the child's transition to adolescence. The program strengthens parent-child communication and supports caregivers in building a positive relationship with their tween. (Caregiver of Children Ages 7-12) **Child must attend with their parent! Certificate provided if you attend 6 out of the 8 sessions.**

Our Neighbourhood - Learn what it means to be a caring human being by learning about the wonderful people and places in our community! (Ages 18 months +).

Parenting Workshop - An opportunity for parents to learn about a specific topic. This month is all about parenting teenagers! Childcare provided.

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)

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)



January TOPICS:

Kids in the Kitchen - January 5
Recipe: Overnight Oats
 A healthy and fun way to make breakfast! Your kids will learn about measuring, mixing and spooning.

Mom's Time - January 10
Spa Night!
 Come enjoy a relaxing spa time at the FRC! This is time just for YOU.

Healthy Cooking - January 12
Recipe: Beef Noodle Skillet
 If you like comforting one-pan meals, you'll love this Beef Noodle Skillet. It's homely, hearty, and delicious-perfect for any night of the week!

Healthy Cooking - January 26
Recipe: Stuffed Pepper Soup
 Stuffed Pepper Soup is an inexpensive and delicious soup that will warm your belly from the inside out. A family favourite!

Our Neighbourhood - January 30
 This month is all about **sports!** Come meet the local PCI Trojans at the FRC!

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

Please inquire about childcare availability.

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 still wear a mask when interacting in close contact with your children/yourself, please let us know.

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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Portage la Prairie School Division

JANUARY 2024

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