

# ÉAM LES NOUVELLES

AVRIL 2024

## PRINCIPAL'S MESSAGE

We hope everyone had a great spring break! We know April brings showers and lots of water on our school grounds! We appreciate it when families send their children with extra clothing and appropriate footwear. Typically, our back field has lots of water and mud. Also this month, we want families to be aware that a solar eclipse will occur on April 8th between 12 p.m and 3 p.m. On the day of the eclipse, we will keep students indoors and it is our hope that families take the time to explain the risks to their children. Even a brief look at the partially eclipsed sun can result in permanent vision damage.

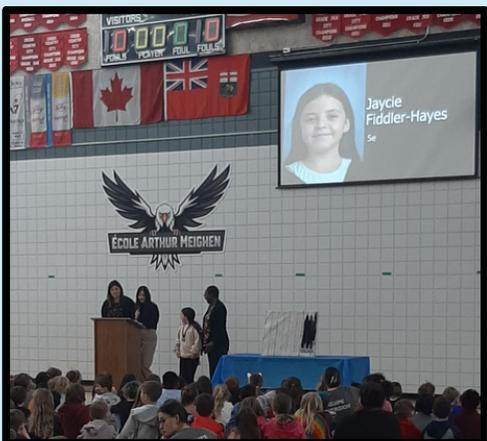
In March, we held an assembly where we celebrated student achievement with oral French. We will hold a similar assembly at the end of the year to recognize French speaking and citizenship. It really helps when parents share with their children why they feel French is important and the reason they put their child in the immersion program. We see significant growth in French learning and we are very proud to celebrate our successes! We shared with our students that being a good citizen involves doing the right thing, being respectful, trying your best and being a leader.

Thank you to everyone who came out to our student-led conferences and stopped by the book fair. We know the power of parental support and books! Finally, teachers will be writing report cards this month and they will be emailed out to families on April 30th.

Sincerely,  
Tracy Vanstone  
Directrice

## IMPORTANT DATES

- April 2- World Autism Awareness Day-  
**Remember to wear blue**
- April 8- Home and School- 6:30
- April 9- Concours-4:30-7:30
- April 10- Kindergarten Information Night -6:30
- April 12- Admin Day - No Classes
- April 17- Grade 6- Vaccinations
- April 18- Sock hop- 2:20-3:30  
School Dance- 3:30-6:30
- April 19- Cultural Fashion Show
- April 23- Grade 3-Field Trip-Manitoba Museum
- April 24- Preschool Party- 2-3
- April 25 & 26- Guitar Camp



**Congratulations to all the students who were recognized for speaking French!**



Please remember to send forks and spoon to school with your child.

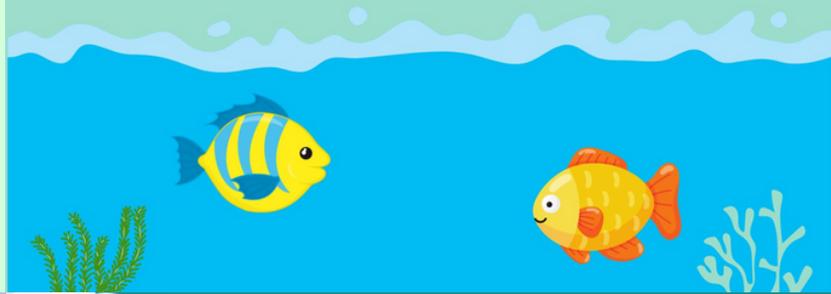


## EXPRESSIONS IDIOMATIQUES

Être comme un poisson dans l'eau

Être très confortable  
(To fit right in)

Mia est comme un poisson dans l'eau à l'école!



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

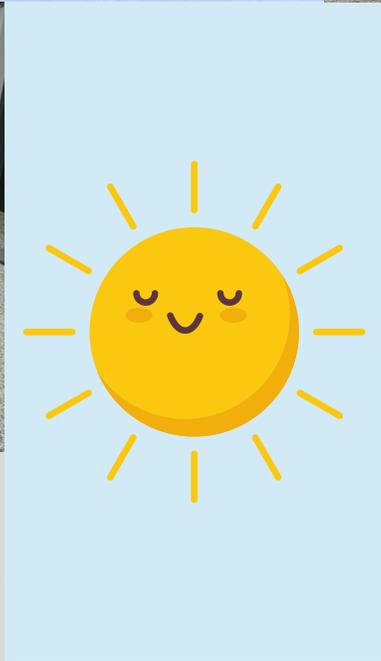
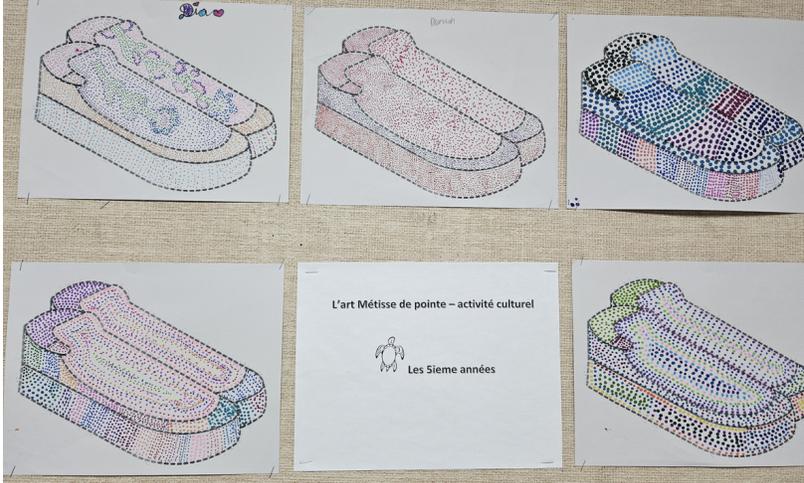
alison.kerchak@plpsd.net



The Junior Life Skills program is collecting tabs from pop cans for Tabs for Wheelchairs. Feel free to drop them off at the office at anytime



# World Autism Awareness Day April 2



Reminder to send suitable spring clothing with your child.



# Phys-Ed



## JUMP ROPE FOR HEART

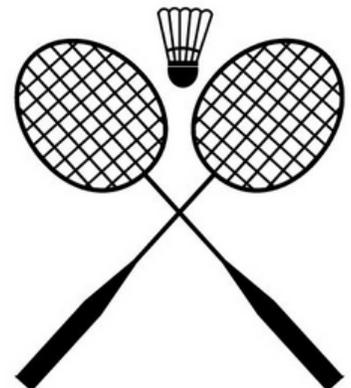
Grade 3-8's will practice jump rope skills the week of April 8-11th. Our annual Jump Rope for Heart at ÉAM will be held on April 15th. Fundraising packages will be sent home before the event.

## BASKETBALL

We had a very successful basketball season. Both our girls and boys teams showed lots of improvement and teamwork throughout the season. Congratulations to our boys Aigles team coached by Mme Vanstone, M Rosset on beating CVS to win the division championship! Thank you to Mme Vanstone, M Rosset, Mme A-B and Mlle Pearson for coaching. Without you we would not be able to field our teams at ÉAM. Thank you parents and families for supporting your athlete. And last but not least thank you to all our students for representing our school. Our windup will take place on May 24th, when we takes our teams to the Sea Bears Basketball game in Winnipeg.

## BADMINTON

Grade 7-8 Badminton season is now here! Players will be allowed to try singles, doubles and mixed doubles at upcoming mini tournaments in the division. For the divisional tournament at the end of April players are allowed to play mixed doubles and either singles or doubles. More information on practices and tournaments will be posted and announced at school.





# NEW ITEMS

SCHOOL CLOTHING ONLINE STORE NOW OPEN



[www.thescreendoor.ca](http://www.thescreendoor.ca)

## April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> CLOSED FOR EASTER MONDAY	<b>2</b> Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm	<b>3</b> Grand Pals 10:30 am (Dufferin Villa) Homeschool Co-Op 1:30-3:30 pm	<b>4</b> Wiggle, Giggle, Munch 9 am or 11 am	<b>5</b> STAFF PD DAY	<b>6</b> MOM PROM (April 6 @ Glesby) Tickets must be bought in advance!
<b>7</b>	<b>8</b> Toddler Shenanigans 9 am or 11 am Drop In Play 1-4 pm (Apr 9)	<b>9</b> Mindful Munchkins 9 am Healthy Baby 11 am Getting Ready for School 4:30 pm	<b>10</b> Babies & Babble Newborn 9:30 am Babies 11:30 am Parenting Conversations 2-3:30 pm Mom's Time 7:30 pm	<b>11</b> Book Buddies 9 am or 11 am	<b>12</b> Healthy Cooking 10 am or 1 pm	<b>13</b>
<b>14</b> Need transportation to program? Contact FRC & we can arrange a shuttle!	<b>15</b> Musical Mornings 9 am or 11 am	<b>16</b> Preschool Party 9 am Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm	<b>17</b> Grand Pals 10:30 am (Dufferin Villa) Homeschool Co-Op 1:30-3:30 pm	<b>18</b> Wiggle, Giggle, Munch 9 am or 11 am	<b>19</b> Kids in the Kitchen 10 am or 1 pm Family Game Night 5-7 pm	<b>20</b> Super Dads, Super Kids 10 am FAN Portage 1-3 pm
<b>21</b>	<b>22</b> Toddler Shenanigans 9 am or 11 am Drop In Play 1-4 pm (Apr 23)	<b>23</b> Mindful Munchkins 9 am Healthy Baby 11 am Getting Ready for School 4:30 pm	<b>24</b> Babies & Babble Newborn 9:30 am Babies 11:30 am	<b>25</b> Book Buddies 9 am or 11 am 4:30 pm	<b>26</b> Healthy Cooking 10 am or 1 pm	<b>27</b>
<b>28</b>	<b>29</b> Musical Mornings 9 am or 11 am	<b>30</b> Our Neighbourhood 10 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

## 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 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!

**Getting Ready for School** - 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)

**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)

**Our Neighbourhood** - Learn what it means to be a caring human being by learning about the wonderful people and places in our community! (Ages 3+)

**Parenting Conversations** - An opportunity for parents to learn about a specific topic, presented by a Southern Health Social Worker. Childcare available.

**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)

**MOM PROM - APRIL 6 @ THE GLESBY CENTRE**  
 Get your tickets now either at the FRC or the library! It's going to be the party of the year!  
 (Tickets not sold at the door.)

## April TOPICS:

**Parenting Conversations - April 18**  
**Topic: Anxiety & Depression & Unhelpful Thinking Styles**  
 Anxiety and Depression impact a large number of people in our society. Come learn about the signs of these common disorders and positive ways to cope with them.

**Mom's Time - April 18**  
**Activity: Sourdough Starter**  
 Come learn how to make your own sourdough starter, bread and learn about the other things you can make with sourdough!

**Healthy Cooking - April 15**  
**Recipe: Easy Sweet Potato Black Bean Quinoa Bowl**  
 This sweet potato quinoa bowl is extremely versatile and lends itself perfectly to swapping out ingredients based on what you have on hand. It's a quick, budget-friendly family meal that everyone can enjoy!

**Kids in the Kitchen - April 19**  
**Recipe: Orange Glaze Muffins**  
 A yummy muffin recipe that will teach your kids how to whisk and grate!

**Healthy Cooking - April 20**  
**Recipe: Baked Chicken Parmesan with Veggies**  
 This extra-crispy sheet pan chicken and veggies dinner is baked on one pan and packed with flavor! Plus cleanup is easy!

**Our Neighbourhood - April 30**  
**Topic: Disability Awareness**  
 Come meet a guest who is in a wheelchair! This is a great way to introduce young kids to disabilities and how we can include everyone!

**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 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

# A NEW ERA IS COMING



# MOM PROM

## "IN MY MOM ERA"

APRIL 6TH, 2024  
 WILLIAM GLESBY CENTRE  
 PORTAGE LA PRAIRIE, MB  
 TO LEARN MORE VISIT:  
[FRCPORTAGE.CA/MOM-PROM-2024](http://FRCPORTAGE.CA/MOM-PROM-2024)

REGULAR TICKETS: \$25 (DOORS OPEN @ 7:30PM), VIP EXPERIENCE: \$50 (STARTS @ 6:30PM). TICKETS AVAILABLE AT THE FAMILY RESOURCE CENTRE.  
 MOM PROM IS A FUNDRAISER IN SUPPORT OF THE PORTAGE FAMILY RESOURCE CENTRE.

# APRIL 2024

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