

ÉAM LES NOUVELLES

Septembre 2024

PRINCIPAL'S MESSAGE

The first week of school has flown by! It has been wonderful to welcome our students back to École Arthur Meighen- to see them smiling, reconnecting with friends, meeting new classmates, and diving into learning. We are excited to welcome all those who are new to our school community this year; we are happy to have you join us!

Our dedicated team has been working hard to get to know each of their students. Their commitment to creating a warm, welcoming environment can be seen in every corner of the school, from the engaging lessons planned to the thoughtful details in classrooms and on bulletin boards. We look forward to meeting with all students during their one-hour Strong Beginnings appointments, on September 20th and 23rd, to foster connections, assess, and plan for learning.

Throughout the school, we continue to build on the French Immersion vision of developing proud, confident, engaged, plurilingual global citizens. We encourage families to talk about how learning multiple languages can open a wide range of opportunities. When students are engaged in conversations about the value of learning French, they show greater motivation, curiosity, and participation in school activities.

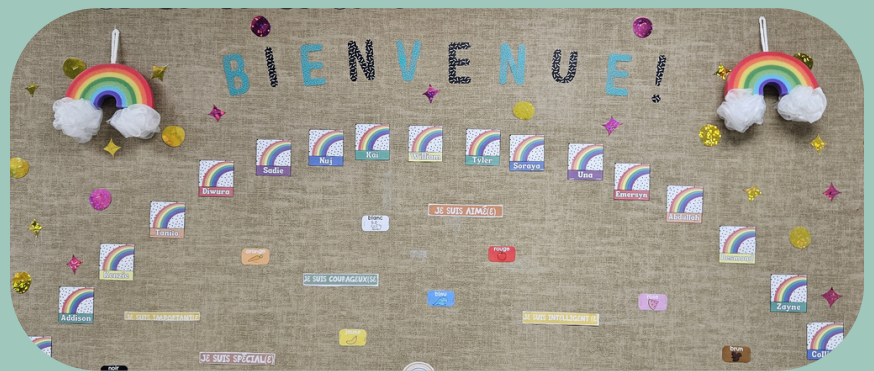
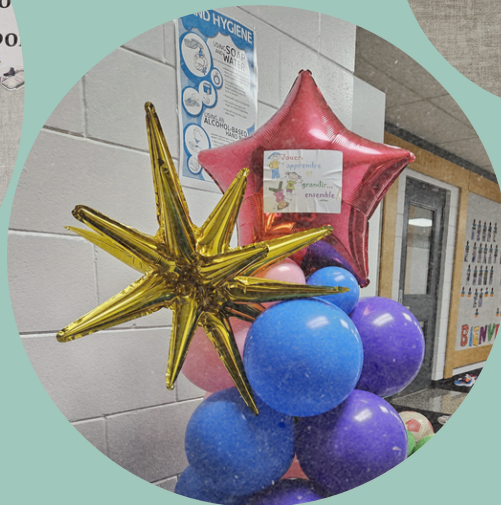
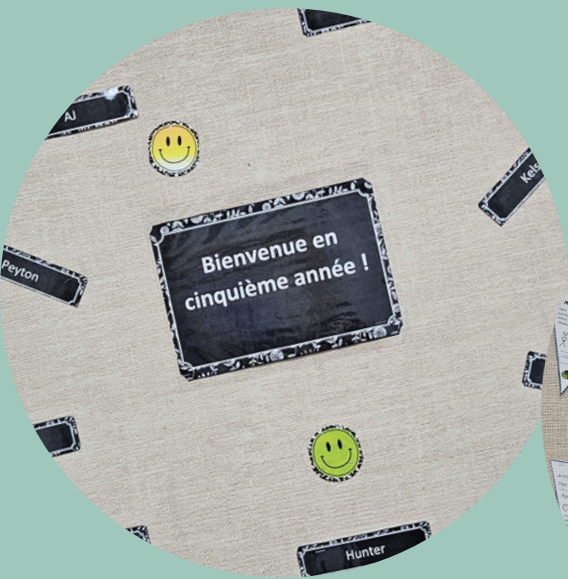
We would like to take a moment to wish Madame Vanstone all the best in her new role as the Staff Officer of Professional and French Language Services for the Manitoba Teachers' Society. We know that she will continue to inspire and lead in this position and wish her continued success.

As we settle into this new school year, we look forward to the many memorable experiences that lie ahead and would like to thank the school community for their ongoing support.

Natalie Guimond-Low
Directrice par Intérim/Interim Principal

IMPORTANT DATES

- Sept 16th -
Canteen opens
- Sept 20th -
Strong
Beginnings
-No Classes
- Sept 23rd -
Strong
Beginnings
-No Classes
- Sept 27th -
Orange Shirt
Day
- Sept 30th -
National Truth
and
Reconciliation
Day
-Schools Closed
- Oct. 2nd & 3rd -
Picture Day



Phys-Ed



PHYSICAL AND HEALTH EDUCATION PROGRAM

The health of our students is a responsibility that our Phys. Ed department does not take lightly. Research shows that taking part in daily physical activity:

- Increases student academic achievement
- Increases overall fitness and self-esteem
- Increases positive attitude toward life
- Increases good decision-making skills
- Decreases discipline problems

Our goal is to empower our students to lead healthy active lives by giving them the tools they need to succeed. We encourage you to ask your son/daughter about what we are doing in Phys.Ed and to support them any way that you can. Being active with your child is also very helpful. 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. Snow boots and winter gear will be required during the winter months.

-Proper footwear is also important to prevent injuries. Clean running shoes are required.

Phys-Ed



GRADES 5-8 CROSS COUNTRY RUNNING

Information was sent home with students interested in taking part in the first sport of the year. Race schedule is as follows: Sept 11, 18, 25 and Oct. 2. Results will be posted in next month's newsletter.

GRADE 7-8 VOLLEYBALL

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 need to be arranged by the parents, with pick-up time of usually 5pm.

If you have any questions about our program or any other concerns, please feel free to contact M. Rosset or Mme. A-B at 204-587-3405 or email dan.rosset@plpsd.net or brittany.armstrong-bernier@plpsd.net

Phys-Ed



LES INTRAMUROS

Lunchtime intramurals for students interested in a bit more gym time . Schedule is as follows:

- Jour 1- les 7ème
- Jour 2- les garçons 7-8ème
- Jour 3- les 7-8ème
- Jour 4- les filles 7-8ème
- Jour 5- les 8ème
- Jour 6- les 6ème

LE GYM DES MATINS (MORNING GYM)

Students are invited to come to school at 8:15 am to get active with their friends. Please do not enter the school before 8:10 am on your designated days. Students need to listen to announcements as at times our extracurricular sports teams will use morning gym time for practices. On those days there is no open gym. Schedules is as follows:

- Les 5 et 6e- lundi et mardi
- Les 7 et 8e- mercredi et jeudi

WHY DID THE
TEACHER WEAR
SUNGLASSES TO
SCHOOL?

BECAUSE HER
STUDENTS WERE
SO BRIGHT!



FIRST DAY OF
CANTEEN
SEPTEMBER 16TH

Milk available September 19th




NEW

CLOTHING
options

COMING SOON!

NEW ITEMS

SCHOOL CLOTHING ONLINE STORE NOW OPEN

 www.thescreendoor.ca





IMPORTANT ANNOUNCEMENT!

Please send all e-transfers to our new email.

eam.eagles@plpsd.net

(Please remember to add the reason for the e-transfer in the memo box)

DID YOU KNOW?

In Manitoba there is over 33000 children in French Immersion.



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

Find us on Facebook & Instagram: Family Resource Centre Portage

September 2024

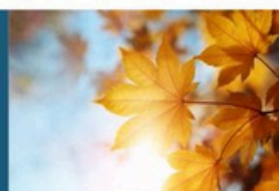
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Paperclip	2 CLOSED FOR LABOUR DAY	3 Chest/ Breastfeeding Group 11 am Drop In Play 1-4 pm	4 Staff PD Day	5 Musical Mornings 9 am or 11 am	6 Healthy Cooking 10 am or 1 pm	7
8	9 Book Buddies 9 am or 11 am 4:30 pm	10 Healthy Baby 11 am Drop In Play 1-4 pm Mom's Time 7:30 pm	11 Babies & Babble Newborn 9:30 am Babies 11:30 am Parenting Conversations 2 - 3:30 pm	12 Toddler Shenanigans 9 am or 11 am	13 Kids in the Kitchen 10 am or 1 pm	14
15	16 Wiggle, Giggle, & Munch 9 am or 11 am Annual General Meeting 7 pm @ the FRC	17 Chest/ Breastfeeding Group 11 am AUSTIN Stay 'N Play 10 - 11:30 am See reverse side. Drop In Play 1-4 pm	18 Grand Pals 10:30 am *Dufferin Villa* Homeschool Co-Op 1:30 - 3:30 pm	19 Musical Mornings 9 am or 11 am Nobody's Perfect 1:30 - 3:30 pm	20 Our Neighbourhood 10 am	21 Super Dads, Super Kids 10 am FAN Portage 1-3 pm Maawanj Idiw 1-3 pm Simplot Centr Park.
22 Need transportation to program? Contact FRC & we can arrange a shuttle!	23 Book Buddies 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 Toddler Shenanigans 9 am or 11 am 4:30 pm Nobody's Perfect 1:30 - 3:30 pm	27 Healthy Cooking 10 am or 1 pm	28
29	30 CLOSED FOR NATIONAL DAY FOR TRUTH & RECONCILIATION					

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!

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

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 Babes - 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!
- 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)
- 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 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.
- Stay 'N Play (AUSTIN)** - Join us at Austin Elementary School! We will start this program on Tuesday, September 17, and we are planning to run it on the first and third Tuesday of each month (with exceptions for when the school is closed). The program will run from 10 - 11:30 am, and will be especially for families with children ages 1-5! Register online!
- 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 1-4)
- 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)



SEPTEMBER TOPICS:

- Healthy Cooking - September 6**
Recipe: Classic Shepherd's Pie
 This classic recipe checks all the boxes for easy and yummy comfort food!
- Mom's Time - September 10**
Activity: Paint Pouring
 Pouring paint is an acrylic-based paint mixed with a pouring medium. A medium is added to thicken the paint's consistency, making it suitable for pouring. By pouring or tipping the paint onto a surface, the colours melt together to create stunning marble and drip-like effects.
- Parenting Conversations - September 11**
Topic: Goal Setting & Self Care
 Learn how to take active steps to achieve your goals and dreams!
- Kids in the Kitchen - September 13**
Recipe: Zucchini & Carrot Bites
 Loaded with veggies and a little cheese, these bites are a savoury side or snack that your kids will love as well.
- Our Neighbourhood - September 20**
Topic: Mexico
 Let's dive into the vibrant world of Mexico and learn what makes this country so special!
- Maawanj Idiway - September 21**
Simplot Central Park
 This phrase means "they come together!" Join us and other community organization for free food, a round dance, and kids activities!
- Healthy Cooking - September 27**
Recipe: Vegan Sloppy Joes
 A new simple take on a classic yummy recipe!

If you or someone in your family is unwell, please stay home and let us know you won't be attending, so we can fill your spot with someone on the wait list.

SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labour Day SCHOOLS CLOSED	3 School Based PD	4 School Admin (AM) NO CLASSES School Meet & Greet	5 First Day Fall Term for Students Day 1	6 Day 2	7
8	9 Day 3	10 Board Meeting Day 4	11 Principals' Council Day 5	12 Day 6	13 Day 1	14
15	16 Day 2	17 Day 3	18 Day 4	19 Day 5	20 Strong Beginnings K-8 - NO CLASSES 9-12 Regular Classes	21
22	23 Strong Beginnings K-8 - NO CLASSES 9-12 Regular Classes	24 Board Meeting Day 6	25 Admin. Council Day 1	26 Day 2	27 Day 3	28
29	30 National Truth & Reconciliation Day NO CLASSES					

August 2024

October 2024

Portage la Prairie School Division

OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Day 4	2 Day 5	3 Day 6	4 Day 1	5
6	7 Day 2	8 Board Meeting Day 3	9 Day 4	10 Day 5	11 Day 6	12
13	14  Thanksgiving Day SCHOOLS CLOSED	15 Day 1	16 Principals' Council Day 2	17 Day 3	18 Day 4	19
20	21 Day 5	22 Board Meeting Day 6	23 Admin. Council Day 1	24 Day 2	25 MTS PD DAY NO CLASSES	26
27	28 Day 3	29 Day 4	30 Day 5	31 Day 6		