

ÉAM LES NOUVELLES

Octobre 2024



PRINCIPAL'S MESSAGE

This past month, we gathered to honor, learn and reflect, during our Truth and Reconciliation assembly. We would like to thank Mlle. Luce and Mme. Swedlo for their work in organizing the assembly, and all the students who contributed. Together we learn, grow and make a difference.

The excitement around the school continues to grow as we move into October. The gym has been booming with activities, from cross country practices, volleyball games and intramural activities-offering students many opportunities to be active and build connections with others.

At École Arthur Meighen, we continue to build a positive culture in unique ways. You may have heard Mme. Kerchak's cheerful breakfast song echoing across the grounds -even reaching the Co-op across the street! Students now offer to sing this song on the announcements, and it is so catchy that we all can't help joining in! Popular French music, from places around the world, is played in the hallways in the morning. Ask your child what French song they like best: we all have our favorites! You may have heard talk about "les Plumes" tickets. These tickets are given out to students demonstrating respectful, responsible and safe behaviors. Tickets are brought to the office and draws are made for prizes.

We would like to extend an invitation to the first Home and School meeting on October 7th at 6:30 in the library. Our Home and School Committee plays an important role in planning and contributing to many initiatives that benefit our students. We truly appreciate this group's dedication and work, and always welcome new members.

As always, the safety of our students is a top priority. We would like to remind parents not to park in the staff parking lot when picking up/dropping off students. Many children go through the parking lot to reach the crosswalk and keeping this area clear helps ensure that all students arrive and leave the school safely.

Thank you for your continued support,

Natalie Guimond-Low
Directrice par Intérim

IMPORTANT DATES

- October 2 -Picture Day
- October 3 -Picture Day (M2)
- October 7 -Home and School meeting 6pm
- October -10 Terry Fox Walk
- October 14 - Thanksgiving **Schools Closed**
- October 16 -Grades 6&8 Vaccines
- October 25- PD Day **No Classes**
- Nov. 1-12- Purdy's Chocolate Fundraiser

PBIS Winners



Why do we recognize Orange Shirt Day?

This day acknowledges that residential schools are part of our history. Wearing an orange shirt is a national movement to recognize the experience of those who went to Indian residential school, to honor them, and show a commitment to ensure that Every Child Matters.



Phys-Ed



VOLLEYBALL

The volleyball teams have been practicing hard at improving their skills and getting ready for the season. This year we will field one girls team and two boys teams. Thank you to Mme. Swedlo, Mme. Richot, Mme. Rheault, Mme. A-B, Mme. Gertridge, Mme. Crawford, Mlle. Garrioch, Mme. McConnell and M. Talbot for donating their time to supervise and coach, Practice and game schedules will be sent home and posted when they become available. A few of the highlights will be on October 3rd the teams will play a pre-season triple ball tournament. League play begins October 8th. Our divisional tournament is scheduled for the evening of October 22nd and 23rd with the girls at YQS and the boys at LVS. Playoffs will take place on November 19 and 20th. Good luck to all the teams!

CROSS-COUNTRY RUNNING

On Sept 11th we had a school run for our athletes at Republic Park. Top runners were:

Grade 5 Dawson Munro, Finley Weedon

Grade 6 Luke Casper, Scottlyn Moran

Grade 7 Liam Spence, Peyton Ross

Grade 8 Aiden Nunn, Fiona Mulaire

Unfortunately our first divisional run of the season was rained out.

Hopefully mother nature cooperates for the next two runs on Wednesday Sept 25 and Oct 2. We will post results in next month's newsletter. Good luck to all of the runners.

Phys-Ed



PHYS. ED. ACTIVITIES

It was a busy month in the gym. Students began by learning rules, routines and warmups. We played a variety of team building games the first week back. For the remainder of the month students were kept active with a variety of field and indoor games. We held our Fastest Class in the School competition and 8T were the overall winners. They get to keep the cup until the next competition. Grade group winners were 3L, 4M, 5F and 6G. Please discuss health and wellness with your students as research show that if you share your goals with others it increases your chance of success. We want our students to be active, healthy and to do their best.

TERRY FOX

Fundraising has begun for our annual Terry Fox walk on Oct. 10th. To donate online go to our school link at schools.terryfox.ca/74955 Daily toonies for Terry are being collected in each homeroom if you would like to send a donation to school.

CLOTHING

Interested in buying some school clothing? The online store is now open! Check out the Screen Door. Click Shop Online and select École Arthur Meighen.



WAYS TO SUPPORT FRENCH IMMERSION LEARNING AT HOME

Stay Positive

Keep a positive attitude towards learning. Offer support, encouragement, and praise efforts to boost confidence in using the French language. Encourage the daily sharing of learning with you



Strong Beginnings

Outfit of the Day

THE BOOK FAIR

IS COMING!

NOVEMBER 2024

MORE INFO TO COME SOON



CENTRAL PLAINS

- BASKETBALL CLUB -

\$65

SUNDAYS FROM OCT. 6-NOV. 17

GRADE 5/6 4:30-6:30PM | 2 SESSIONS OF SKILLS AND 3/3 GAMES EVERY 3RD SUNDAY
 GRADE 7/8 2:30-4:30PM
 GRADE 9 12:30-2:30PM

MORE INFO :

204-856-1914 EXT 6102
 OR VISIT
RRC.CA/PORTAGE



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 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 AUSTIN Stay 'N Play 10 - 11:30 am See reverse side. Drop In Play 1-4 pm	2 Grand Pals 10:30 am *Dufferin Villa+ Homeschool Co-Op 1:30 - 3:30 pm	3 Wiggle, Giggle, & Munch 9 am or 11 am 4:30 pm Nobody's Perfect 1:30 - 3:30 pm	4 Healthy Cooking 10 am or 1 pm	5
6	7 Toddler Shenanigans 9 am or 11 am	8 Healthy Baby 11 am Drop In Play 1-4 pm	9 Babies & Babble Newborn 9:30 am Babies 11:30 am Parenting Conversations 2 - 3:30 pm	10 Book Buddies 9 am or 11 am Nobody's Perfect 1:30 - 3:30 pm	11 Kids in the Kitchen 10 am or 1 pm	12
13	14 CLOSED FOR THANKSGIVING	15 Chest/Breastfeeding Group 11 am AUSTIN Stay 'N Play 10 - 11:30 am See reverse side. Drop In Play 1-4 pm	16 Grand Pals 10:30 am *Dufferin Villa+ Homeschool Co-Op 1:30 - 3:30 pm	17 Wiggle, Giggle, & Munch 9 am or 11 am	18 Healthy Cooking 10 am or 1 pm	19 Super Dads, Super Kids 10 am FAN Portage 1-3 pm
20 Need transportation to program? Contact FRC & we can arrange a shuttle!	21 Toddler Shenanigans 9 am or 11 am 4:30 pm	22 Healthy Baby 11 am Drop In Play 1-4 pm	23 Babies & Babble Newborn 9:30 am Babies 11:30 am Mom's Time 7:30 pm	24 Book Buddies 9 am or 11 am Nobody's Perfect 1:30 - 3:30 pm	25 Babysitting Course 8:30 am - 4 pm	26 TRICK OR TREAT at the library! 12 - 3 pm
27	28 Musical Mornings 9 am or 11 am	29 Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm	30 Our Neighbourhood 10 am	31 Nobody's Perfect 1:30 - 3:30 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!	

Find us on Facebook & Instagram: Family Resource Centre Portage

PROGRAMS:

Babies & Babble - Interactive baby and parent activities, including music and movement for sensory enjoyment. 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 younger children.

Babysitting Course - The Canadian Red Cross Babysitting course covers everything from managing difficult situations to essential content on leadership and professional conduct as a babysitter. Babysitting promises to open and enhance the responsibility that older youth feel when caring for younger children. For ages 15+. Please arrive promptly at 8:30 and please bring a lunch and snacks! Cost is \$25/participant. If cost is a barrier, please let us know.

Book Buddies - A literacy program focusing on speech, movement, songs and of course books! It's limited in partnership with a speech and language pathologist. (Ages 1-6 years)

Parenting Conversations - A space for nursing parents (and those considering) to come together and feel proud in their journey from pregnancy to weaning. Childcare provided.

Play 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!

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 child 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 fun 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 the basics of parenting including parent self-awareness & self-esteem; child health & safety; discipline; raise; and healthy child development. (Caregiver of Children Ages 0-5)

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 Parent Health Social Worker. Childcare available.

Stay 'N Play (AUSTIN) - Join us at Austin Elementary School! We will start this program on Tuesday, October 17, and we are planning to run it on the first and third Tuesday of each month (with exceptions 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 kids. (Ages 1-6 years)

Toddler Shenanigans - This program provides children the opportunity to explore the world around them 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 be fun through active play, games and songs! (Ages 2-6)

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



OCTOBER TOPICS:

Healthy Cooking - October 4
Recipe: Baked Stuffed Peppers
 Each stuffed pepper is its own tidy and complete healthy dinner package! Great for those busy weeknights.

Parenting Conversations - October 9
Topic: Sleep Hygiene
 Sleep hygiene refers to both your sleep environment and behavior. Poor sleep hygiene can negatively impact both sleep quantity and quality. Learn how to get the best sleep!

Kids in the Kitchen - October 11
Recipe: Lasagna Roll Ups
 A simpler version of lasagna - perfect for kids to make!

Healthy Cooking - October 18
Recipe: Three Sisters Soup
 This delicious soup is prepared with corn, squash, and beans. In some Indigenous communities, these crops are called the "Three Sisters" because they help each other grow when planted side by side.

Mom's Time - October 23
Activity: Make pumpkin scones
 Nothing better than a hot scone with coffee or tea! And October = pumpkin time! Come learn how to make your own.

Our Neighbourhood - October 30
Activity: Fort la Reine Museum Corn Maze
 Meet us at the museum for a fun time in the corn maze! A perfect fall activity to do with the family!


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.

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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