

# ÉAM LES NOUVELLES

## Novembre 2024

## PRINCIPAL'S MESSAGE

October has flown by in the ÉAM Eagles' Nest! We would like to send a special thank you to the Sheepy Hollow Pumpkin Patch for their generous donation of a pumpkin for each of our students. There was much excitement throughout the school as the students shared all the creative ways that they planned to use them as decorations.

Halloween brought a lot of fun and school spirit to the gym, as students learned the Thriller Dance and participated in a school-wide parade, French sing-a-long, and dance activities. Thank you to all of our staff for their spaced-themed costumes, which were "Out of this World" fantastic!

Looking ahead, we are excited for our upcoming student-led conferences on November 21st and 22nd. These conferences are a valuable time for students to showcase their learning, and for families to see the growth and progress made so far. Your support and engagement makes a difference everyday in student learning -please contact us if you have any questions.

We are eagerly awaiting the event of the season....

The Masked Singer, ÉAM Teachers/EAs Edition. This fun event is our way of celebrating the students impressive achievement of meeting our Terry Fox fundraising goal. Will the students be able to guess who the mystery singers are? And...will our staff be able to clearly belt out a tune from a blow-up costume? We can't wait to see who takes the spotlight...

Please be reminded that cars are not to park or drive down the bus loop between Crescentview and École Arthur Meighen. This area is highly used by children in our community and their safety is a priority.

We thank you for your continued support. October has been truly memorable, and we look forward to the months ahead!

Natalie Guimond-Low  
Directrice

## IMPORTANT DATES

- Nov. 1-19-Purdy's Chocolate Fundraiser
- Nov. 4 -Picture Retakes
- Nov. 4 -Home and School meeting -6:30pm
- Nov. 7 -Remembrance Day Service
- Nov. 8 -PD day  
**No Classes**
- Nov. 11 -Remembrance Day  
**School's Closed**
- Nov. 21 -Student Led 5-7:30
- Nov. 22 -Student Led 10:00-1:00om  
**No Classes**



# WHAT HAPPENED IN *October*

Scott from Sheepy Hallow delivered pumpkins



Grand Ensemble de Musiques Urbaines came to entertain us



The whole school participated in the Terry Fox walk



Students had the chance to learn the dance moves to "Thriller"



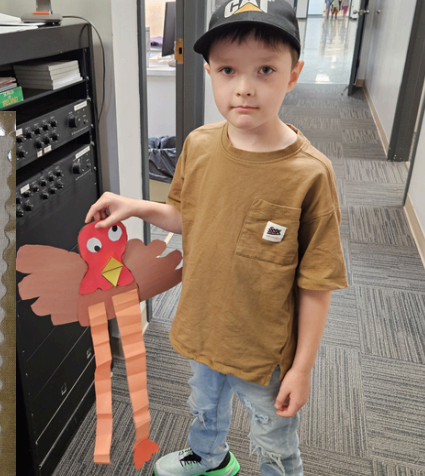
## **Roots of Empathy in 8T**

The students in M. Talbot's grade 8 class will be participating in the Roots of Empathy program this year. We welcome Mme. Darichuk and her daughter Isla, who will come every month to visit the classroom. Students will learn more about empathy through baby observations and lessons with Mme. Rheault





Found after recess!



Make sure to check out the lost and found during the Student Led Conferences!!

# THE SEVEN SACRED TEACHINGS

The Seven Sacred Teachings, also known as the Teachings of the Seven Grandfathers, is a set of teachings on human conduct towards others. They are what was traditionally and still is, to this day, needed in order for communities to survive.



**The Eagle-Love**  
To be at peace with yourself and able to express love to your family, friends and community through your actions and words.



# 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 October 22nd and 23rd. The girls team traveled to YQS and the boys teams played at LVS.

## CROSS-COUNTRY RUNNING

The cross country season wrapped up on October 8th with the rescheduled Mellenville/Koko Platz race. Runners had beautiful weather for the last race of the season. The coaches are very proud of all of the runners. We had many personal bests attained and the following athletes won their category:

Grade 5: Finley Weedon, Dawson Munro

Grade 6: Luke Casper

Grade 7: Peyton Ross

Grade 8: Fiona Mulaire, Aiden Nunn

Les Aigles won 6 of the 8 categories!! Félicitations!





# Phys-Ed



## PHYS. ED. ACTIVITIES

- Morning gym continues to be popular with students. Grades 5 and 6 Monday and Tuesday mornings and Grades 7 and 8 Wednesday and Thursday mornings. Doors open at 8:15 and students are reminded to have a pair of clean indoor running shoes to use.
- Les maternelles have been working on various movement skills and working on gym safety.
- Grades 1-4's have been playing a variety of games focusing on the different roles of playing offensive and defensive positions.
- Grades 5-8's have been trying various games that are popular in other countries. Sepak takraw from Thailand, bocce from Italy and cricket from England were played and enjoyed!



# NEW CLOTHING OPTIONS

COMING SOON!



**NEW ITEMS**

SCHOOL CLOTHING ONLINE STORE NOW OPEN

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

# WAYS TO SUPPORT FRENCH IMMERSION LEARNING AT HOME

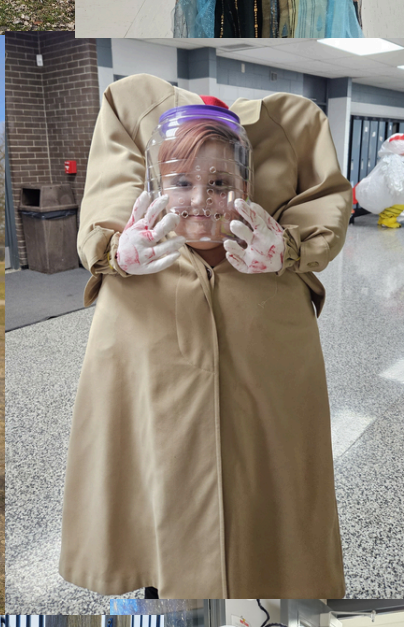
## PRACTICE READING STRATEGIES

Ask open-ended questions about the book before, during, and after reading. Ask them what their favorite part of the book is. Ask them to retell the story to you.



**Mme. Buhler's grade 7 class harvested their garden tower and enjoyed fresh Caesar salad, grown right in the classroom!**









**BEST.  
DAY.  
EVER.**

#ScholasticBookFairs



**PROCEEDS FROM THE FAIR BENEFIT  
OUR SCHOOL**

- FLYERS WILL BE SENT HOME THE WEEK BEFORE THE FAIR.
- THE FAIR WILL BE OPEN DURING STUDENT-LED CONFERENCES AND A DEBIT MACHINE WILL BE AVAILABLE.

**SAVE THE**

**DATE!**

**ÉAM IS  
HAVING A  
BOOK FAIR  
NOVEMBER  
18TH-22ND**



*Purdy's*  
CHOCOLATIER

**November 1-19**



**FUNDRAISING  
HOLIDAY 2024**



**Picture Retakes  
November 4th**




**Upcoming  
Events**

**Winter Break  
Dec 23, 2024 -  
Jan 3rd 2025**





# NOVEMBER 2024

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November 8  
@ the FRC

# Mental Health First Aid Course

Learn how to:

- assist in a mental health or substance misuse crisis
- use actions to maintain one's own mental wellbeing
- recognize signs that someone is having a decline in their mental health
- have encouraging conversations with others about their mental health

LET'S TALK ABOUT MENTAL HEALTH.

MUST BE 18 YEARS +  
Ideal for every work place.  
Certificate given upon completion!

COST: \$75 (to be paid at least 1 week before the course)  
REGISTER ONLINE! [frcportage.ca](http://frcportage.ca)

QUESTIONS? EMAIL VIENNA @ WELLNESS@FRCPORTAGE.CA  
To register: [frcportage.ca](http://frcportage.ca)

Looking for childcare for PD Days? We can help with that!  
Cost is \$20 per child per day, lunch and snacks are NOT provided. The day camp is held at EAMS but all children can attend!

Future PD Days are: November 8 & 22, December 6, January 17, February 28, March 14 and April 11. You can register and pay for all upcoming PD Days if you wish.

Please send payment to [schools@frcportage.ca](mailto:schools@frcportage.ca) and be sure to include in the memo the child(ren)'s name and PD Dates.



To register for programs or find out more:  
Website: [frcportage.ca](http://frcportage.ca)  
Call or Text: (204) 595-5005  
E-mail: [info@frcportage.ca](mailto:info@frcportage.ca)  
234 Princess Ave, Portage la Prairie

## November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		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!			1 Healthy Cooking 10 am or 1 pm Prenatal Course (Session 1) 6 pm	2 Prenatal Course Session 2: 10 am Session 3: 1 pm
3	4 Book Buddies 9 am or 11 am 4:30 pm	5 Chest/Breastfeeding Group 11 am AUSTIN Stay 'N' Play 10 - 11:30 am See reverse side Drop In Play 1-4 pm	6 Grand Pals 10:30 am *Dufferin Villa* Homeschool Co-Op 1:30 pm	7 Toddler Shenanigans 9 am or 11 am	8 Mental Health First Aid Course 9 am - 5 pm COST: \$75	9
10	11 CLOSED FOR REMEMBRANCE DAY	12 Preschool Party 9 am Healthy Baby 11 am Drop In Play 1-4 pm	13 Babies & Babble Newborn 9:30 am Babies 11:30 am Parenting Conversations 2 pm	14 Musical Mornings 9 am or 11 am Parenting 101 1:30 pm	15 Kids in the Kitchen 10 am or 1 pm	16 Super Dads, Super Kids 10 am FAN Portage 1-3 pm
17 Need transportation to program? Contact FRC & we can arrange a shuttle!	18 Book Buddies 9 am or 11 am	19 Chest/Breastfeeding Group 11 am AUSTIN Stay 'N' Play 10 - 11:30 am See reverse side Drop In Play 1-4 pm	20 Grand Pals 10:30 am *Dufferin Villa* Homeschool Co-Op 1:30 pm	21 Toddler Shenanigans 9 am or 11 am Parenting 101 1:30 pm	22 Healthy Cooking 10 am or 1 pm	23
24	25 Growing up Green 10 am @ Fort la Reine Museum	26 Healthy Baby 11 am Drop In Play 1-4 pm	27 Babies & Babble Newborn 9:30 am Babies 11:30 am Mom's Time 7:30 pm	28 Musical Mornings 9 am or 11 am Parenting 101 1:30 pm	29 Our Neighbourhood 10 am	30

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 1-6 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 sleep 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.

**Growing up Green** - Take a closer look at the outdoors! This program focuses on the natural world all around us, from the sky, to animals, to the trees! (Ages 2-6) Meet at the Fort la Reine Museum!

**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-4)

**Kids in the Kitchen** - Introduce your kids to the fun preparation of healthy nutrition 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)

**Mental Health First Aid Course** - Learn how to assist in a mental health or substance misuse crisis, use actions to maintain one's own mental wellbeing, recognize signs that someone is having a decline in their mental health, have encouraging conversations with others about their mental health. Certificate given upon completion. Must be 18+ to attend. \$75/person, to be paid at least 1 week before the course.

**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 3-5)

**Parenting 101** - This 4-session course will help you achieve your parenting goals by teaching you about yourself as a parent, your child's development, and tools to manage conflict and challenges, so you can guide your child(ren) into the next stage of life. Childcare provided.

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

**Prenatal Course** - This comprehensive course will provide soon to be parents with practical tools to help during labour and delivery as well as provide care for their new baby. We recommend you and your partner or support person to sign up for all 3 sessions but you can also attend just any part of it. Session 1 - Pregnancy & Birth Plans / Session 2 - Labour & Birth / Session 3 - Newborn Care & Safety.

**Preschool Party** - Get ready for school and have fun doing 10 bits on as we play, read, and make a craft together! (Ages 3-4)

**Stay 'N' Play (AUSTIN)** - Join us at Austin Elementary School! We will start this program on Tuesday, September 11, 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)



## NOVEMBER TOPICS:

**Healthy Cooking - November 1**  
Recipe: Classic Meatballs  
Easy to make, full of great flavor, and incredibly versatile. Serve it with Italian marinara sauce, Swedish cream sauce, American bbq sauce and beyond!

**Parenting Conversations - November 13**  
Topic: Stress Management  
This session covers what happens when you are stressed and what you can do about stress. Learn some calming techniques!

**Kids in the Kitchen - November 15**  
Recipe: Egg-speraments  
Learn all the wonderful things you can do with eggs!

**Healthy Cooking - November 22**  
Recipe: Hearty Misostrone Soup  
Brimming with colourful vegetables, protein-rich beans, and aromatic herbs, it's as delicious as it is satisfying.

**Mom's Time - November 27**  
Activity: Private Spin Class!  
Have you always wanted to try a spin class? Don't want to go on your own? Come with us to Studio on Sask for a fun activity with other moms!

**Our Neighbourhood - November 29**  
Activity/Topic: Indigenous Culture  
We will have a special visitor teach us all about the unique Indigenous culture!

FREE wellness coaching is available!  
Schedule your appointment by calling 204-595-5125, childcare is available.

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!

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