

# ÉAM LES NOUVELLES

## Décembre 2024

### PRINCIPAL'S MESSAGE

December is a busy month as we prepare for our upcoming Winter Concerts. There is much excitement as our music, band, and guitar teachers continue to provide new opportunities for public speaking, singing, and instrument playing.

This year, Crescentview School will host the grade 7 & 8 Band and Guitar concert on December 5th. Students are asked to arrive between 6:15 p.m. and 6:30 p.m. December 12th brings the grade 5 & 6 musical "It's Christmas, Carol!". The evening performance will be at 7:00 p.m.

We look forward to having cozy concerts for our Kindergarten classes this year. They will be held in our multipurpose room on December 16th and 17th with a cup of warm of hot chocolate to enjoy the 11:15 a.m. show.

Our grade 1 & 2 concert will be held in the ÉAM gym at 1:00 p.m. on December 18th, followed by the grade 3 & 4 concert at 2:30 p.m. Doors will open at 12:30 p.m., and our Home and School Association will be holding 50/50 draws at both these concerts, with a silver collection being taken at the door.

Thank you to our families who joined us for Student-Led conferences. There was a lot of excitement throughout the school as the students prepared to showcase their learning and artwork. Your continued engagement is greatly appreciated!

We would like to thank everyone who supported our Purdys Chocolate Fundraiser! We will notify families of the exact pick-up date and time once the chocolates arrive. We are hoping to have them ready to go by December 6th at the latest. All funds collected will go towards field trips and opportunities for our students.

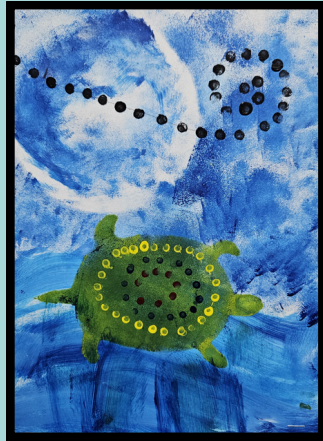
Please be reminded that report cards will be sent out December 18th. The last day of classes before winter break is December 20th and the first day back is January 6th.

As the holiday season approaches, we want to wish our school community a joyful and relaxing break with family and friends. We thank you for your continuous support and we look forward to welcoming everyone back in the new year.

Happy Holidays,  
Natalie Guimond-Low

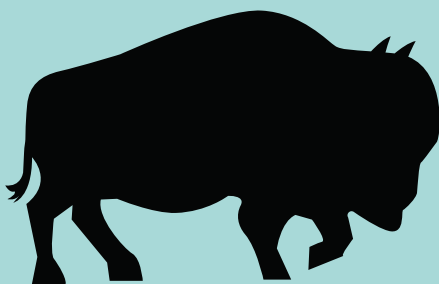
### IMPORTANT DATES

- Dec -Purdy's  
Chocolate pickup
- Dec. 3 -International Day of  
Persons with Disabilities  
(where purple in support)
- Dec. 5 -Band Concert  
-7:00p.m CVS
- Dec . 6 - P.D Day  
No Classes
- Dec. 9 - Home and School  
Meeting 6:30 p.m.
- Dec. 11 -Grade 6-8 School Dance  
-4:00-6:00 p.m.
- Dec. 12 - Grades 5 & 6 Musical at  
the William Glesby Center  
-7:00 p.m.
- Dec. 16 -M2 Winter Concert  
-11:15 Multi-Purpose Room
- Dec. 17 -M1 Winter Concert  
-11:15 Multi-Purpose Room
- Dec. 18 -Winter Concert  
Grade 1&2 1:00pm  
Grades 3&4 2:30pm
- Dec. 18 - Reports emailed out
- Dec. 20 -Last Day of Classes
- Dec. 23-Jan 3 -Winter Break
- Jan 6. -First day back



# THE SEVEN SACRED TEACHINGS

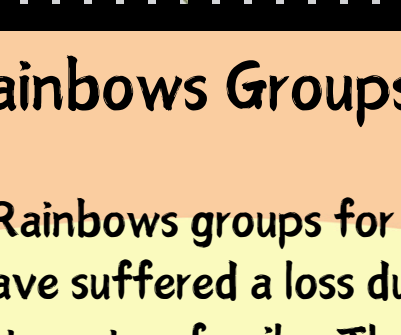
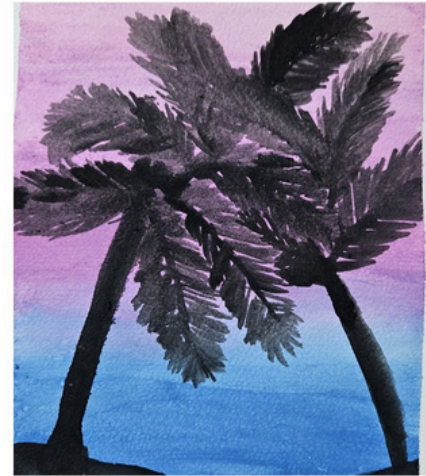
The Seven Sacred Teachings, also known as the Teachings of the Seven Grandfathers, is a set of teachings on human conduct towards others. They are what was traditionally and still are to this day needed in order for communities to survive.



## The Buffalo-Respect

Respect is the gift from the Buffalo. Respect is first and foremost. Respect oneself and respect will be bestowed. To honor and listen to your Elders, parents, and teachers is a sign of respect.





## Rainbows Groups

We will soon begin organizing Rainbows groups for students at ÉAM. These groups are for students who have suffered a loss due to a death in the family or who are living in a single-parent or step family. The groups give students an opportunity to meet and talk with others who are going through similar experiences. Rainbows groups are run by trained teacher-facilitators from our school who will introduce participants to activities that help them explore feelings and build self-esteem.

If you think your child would benefit from participating in one of these groups, please consider reaching out. The loss does not have to be recent. Groups will be organized according to similar ages and situations. Group sharing is kept in confidence by all involved.

If you would like more information, please contact Mme. Rheault, School Counsellor and Rainbows Coordinator (204) 857-3405



# Notes from the Music Room

The grade 5 and 6 students are looking forward to presenting "It's Christmas, Carol!" at the Glesby Centre on Thursday, December 12th. Students are asked to be at the Glesby by 6:30pm and the performance will start at 7:00pm. There will be a silver collection taken at the door and all seats are rush seating. Students are responsible for bringing a small blanket and a small toy they can use on stage as props. Students are asked to wear black or blue pants / jeans and a red or green top. Suspenders are also encouraged and, if possible, an elf hat. There will be some elf hats provided to those who cannot acquire their own. If you have any questions about the performance or you would like to volunteer during the day or the evening of December 12th, please contact Ms. Waines ([janine.waines@plpsd.net](mailto:janine.waines@plpsd.net)) as soon as possible.





# Phys-Ed



## VOLLEYBALL

What a fantastic season of volleyball at ÉAM. We fielded one girls' team and two boys' teams. As the season progressed, we saw lots of improvement from all players and playoffs saw some great volleyball and teamwork. Congratulations to the boys' team, the Aigles Noirs, on winning the divisional championship!! Thank you to the coaches -Mme. Rheault, Mme. Richot, Mme Swedlo, Mme. Gertridge, Mme. A-B, Mme McConnell, Mme. Crawford, Mlle. Garrioch, M. Talbot and Olivia Loewen. Without all their time we would not be able to offer after school sports. Thank you, scorekeepers and umpires, for helping with game day operations. Thank you to the families for supporting your athletes. At the end of November we were able to celebrate the season with a pizza windup and the players had fun playing games.

## BASKETBALL

Basketball season at ÉAM has begun. Athletes need to get permission forms and fees to M. Rosset or Mme. A-B as soon as possible. Practices will begin in December and games will start in January. Players need to listen to announcements and check the Info Aigles for practice times.



# Phys-Ed



## CURLING

Curling season has begun with Monday foursomes. Good luck to all our athletes. Note there is no curling when schools are not open such as on PD days or holidays or when buses are not operating in the division

## MORNING GYM

Our Morning gym times continue with grade 5&6 on Monday/Tuesdays and grade 7&8 on Wednesday/Thursdays @8:15-8:45. Students need to have clean, dry indoor shoes to participate (just like in Physical Education class). Students need to listen to the announcements as sometimes morning gym time is canceled for various reasons.

There will be no morning gym the week of December 16th as we prepare for our concerts.





**WAYS TO  
SUPPORT  
FRENCH  
IMMERSION  
LEARNING  
AT HOME**

**READ A VARIETY OF  
MATERIALS**

Encourage your child to read a variety of texts including magazines, flyers, information books, picture books, graphic novels, and novels in French

**November**  
*at a glance*

★ Student-Led conferences were held

★ We had an assembly in honor of Remembrance Day

★ Grade 6s enjoyed a hike in Spruce Woods

★ We enjoyed the “Masked Singer”. Staff disguised themselves and sang. Students had the job of guessing who each singer was.

# Winter Dance & Food Drive

GRADES 6-8 ONLY

WEDNESDAY, DECEMBER 11TH 4-6 PM

TICKETS \$3.00

Ticket sales begin Monday, Dec. 2nd in front of the office during recess.

All food will be donated to a local organization.

Snacks & drinks available for purchase.



## Winter Break

December 23, 2024–January 3, 2025

First day back January 6, 2025

# Upcoming & Events

## Les concerts d'hiver

### Winter Concert Dates and Times

#### December 5th

Grades 7 & 8 Band and Guitar Concert at CVS  
Students are asked to arrive between 6:15 p.m. and 6:30 p.m.  
Doors open at 6:30 p.m.

#### December 12th

Grades 5 & 6 Musical at the William Glesby Centre  
Family Performance at 7:00 p.m.

#### December 16th

Maternelle (2) Concert at 11:15 a.m. in the ÉAM multipurpose room

#### December 17th

Maternelle (1) Concert at 11:15 a.m. in the ÉAM multipurpose room

#### December 18th

Grade 1 & 2 Concert at 1:00 p.m. in the ÉAM gym  
Grade 3 & 4 Concert at 2:30 p.m. in the ÉAM gym

LOOKING FOR  
CHILDCARE FOR PD  
DAYS? FAMILY  
RESOURCE CENTER 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!





# DECEMBER 2024

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## December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Snowflake icon	2 Toddler Shenanigans 9 am or 11 am 4:30 pm	3 AUSTIN Stay 'N Play 10 am See reverse side. Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm	4 Grand Pals 10:30 am @ Dufferin Villa Homeschool Co-Op 1:30 pm	5 Book Buddies 9 am or 11 am Parenting 101 1:30 pm	6 Healthy Cooking 10 am or 1 pm	7 Christmas Family Fun Day 9:50 am - 1:30 pm (Transportation not Provided) For families with children ages 1-6 REGISTER ONLINE!
8	9 Musical Mornings 9 am or 11 am	10 Healthy Baby 11 am Drop In Play 1-4 pm	11 Babies & Bubbles Newborns 9:30 am Babies 11:30 am Parenting Conversations 2 pm Mom's Time 2:30 pm	12 Growing Up Green 10 am @ Fort la Reine Museum	13 Kids in the Kitchen 10 am or 1 pm	14 FAN Portage 1-3pm
15	16 Toddler Shenanigans 9 am or 11 am	17 Preschool Party 9 am Chest/Breastfeeding Group 11 am	18 STAFF PD DAY	19 STAFF PD DAY	20 STAFF PD DAY	21
22 Need transportation to program? Contact FRC & we can arrange a shuttle!	23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED	28
29	30 CLOSED	31 CLOSED		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!		The Centre will re-open Jan 2.

STEP 1: Find a program to join! STEP 2: Register on our website! STEP 3: Join us at the FRC!

## PROGRAMS:

**Babies & Bubbles** - Interactive baby and parent activities, including music and movement for sensory development. Join the group appropriate to your baby's motor skills. Newborns - no sitting unsupported (approx. 0-6 months), 1-yr 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 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!

**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! Dress warmly.

**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. (Homeschool +)

**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)

**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 children 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.

**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!

**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)

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

## DECEMBER TOPICS:

**Healthy Cooking - December 6**  
**Recipe: Mini Chicken Pot Pies**  
 These are a great way to use up leftover chicken or turkey, and making them is so easy it's actually fun! Only need 5 ingredients.

**Mom's Time - December 10**  
**Activity: Wreath Making**  
 Join us for a fun time of wreath making just in time for Christmas! All supplies provided.

**Parenting Conversations - December 11**  
**Topic: Communication**  
 Learn how to communicate more effectively and about different communication styles.

**Kids in the Kitchen - December 13**  
**Recipe: Panini (the fancy grilled cheese!)**  
 Upgrade the every day grilled cheese with this yummy recipe!

**CHRISTMAS FAMILY FUN DAY**  
 Please note that Santa can only be at the FRC from 9:50-11:30 so if you want to see Santa, book your spot early!

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.

Find us on Facebook & Instagram: Family Resource Centre Portage

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# NUTRITION BITS AND BITES

## Reducing Food Waste



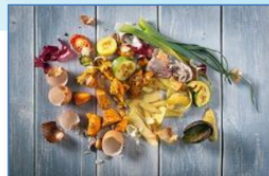
Surprisingly, best before dates are an enormous contributor to food waste! That's because we perceive them as expiry dates and that they're unsafe to consume, and we toss them!

Only five types of food in Canada have true expiry dates. They are:

1. Baby formula
2. Meal replacements or supplement bars
3. Meal supplement drinks
4. Formulated liquid diets
5. Foods used in low-energy diets

*Best before dates* only give information about the *freshness and potential shelf-life of the unopened food you are buying*. "Best before" does not mean "bad or unsafe after."

Not tossing food because it's past the Best Before Date can save us money and our environment.



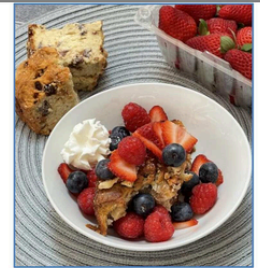
Did you know 58% of all food produced in Canada is lost or waste?

The average Canadian household wastes almost \$2,000 of food every year.

## Zero Waste Banana Bread-Pudding

From: Rosanne Rust MS RDN, [www.rustnutrition.com](http://www.rustnutrition.com)

- Ingredients
- 3 cups stale bread, cubed
  - 3 ripe bananas
  - 3 eggs
  - 1/2 cup milk
  - 1/2 teaspoon pure vanilla extract
  - 1 teaspoon ground cinnamon
  - 2 teaspoons brown or granular sugar
  - Fresh berries
  - Whipped cream optional



### Instructions

Butter the bottom and sides of an 8x8-inch or 2-quart baking dish. Preheat the oven to 350F. Place cubed bread in dish.  
 Place eggs, banana, milk, vanilla and cinnamon into a high-speed blender or food processor. Blend until smooth and combined (about 1-2 minutes).  
 Pour the creamy banana-egg mixture over the bread cubes. Top with sugar and bake for 45-50 minutes, until center is set.  
 Cool slightly and serve (or eat at room temperature). Spoon into serving dishes and top with berries and optional whipped cream.

➡ The bananas replace sugar in traditional bread pudding recipes. They add both sweetness and moisture.

Here are some ideas to use up food you may otherwise be tempted to toss:

- dice leftover apple slices or berries, add to pancakes, oatmeal, or muffins (or freeze and use later)
- freeze extra/leftover fruit, veg, avocado, yogurt, milk and use in smoothies
- freeze tomatoes and puree into soup or sauce
- freeze extra chicken/ham/turkey/etc. in small portions and use as pizza toppings, omelettes, casseroles, soups
- prevent an open avocado from turning brown by submerging it in water until you're ready to eat it
- slice lemon/lime or separate herbs and lay on tray to freeze. Once frozen pack them into bags and use for refreshing, naturally flavoured water (or club soda).

Scan the QR code to learn more [Still Good To Eat \(secondharvest.ca\)](http://StillGoodToEat.com)



For more information on nutrition and healthy eating, visit:  
<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>  
 To access previous school nutrition newsletters, visit:  
<https://www.southernhealth.ca/health-happenings/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055  
 Created by Registered Dietitians from Southern Health-Santé Sud  
 May be photocopied in its entirety provided source is acknowledged.