

# ÉAM LES NOUVELLES

Janvier 2025

## PRINCIPAL'S MESSAGE

December was a time of celebration and togetherness, as our students took the stage in our winter concerts. It has been a pleasure to watch their hard work, talent, and festive spirit shine. Thank you to Mme Holmes, Mme Waines and our kindergarten team (Mme Hordeski, Mme Burnett and Mme Buhler) for their dedication to bringing their visions to life- concerts, musicals and coffee houses! Un grand merci to all those who contributed by supervising, decorating, volunteering and being their students' cheerleaders. Our school community truly puts the ÉAM in team!

Adding to the concert excitement, our spirit week was a hit! From toques to pyjamas, our grade 8 class collaborated to come up with themes that would be fun for all. Along the way, our students noticed that the staff had a few dress-up ideas of their own. There was a lot of chatter and giggles in the hallway when the grown-ups all showed up wearing sports clothing on Classroom Color Day... and, one day, they were even caught walking the hallways wearing 3D glasses! Spirit week was filled with smiles and laughter-who knows what surprises the staff will come up with next?

This month, we also say farewell to Madame Hordeski who is retiring. We would like to thank her, from the bottom of our hearts, for her years of dedication to our students, and community. Every year, from their first 'bonjour', she has helped our littlest learners become leaders. Madame Hordeski, nous vous remercions de tout nos coeurs pour votre passion, créativité et amour de la langue française! We wish you all the best in your next chapter!

I would like to wish you all a happy, relaxing holiday filled with warmth, joy, and special moments with families and friends. We look forward to welcoming everyone back in the new year- ready for more learning, growth, and success together.

Joyeuses fêtes et bonne année,  
Mme Guimond-Low

## IMPORTANT DATES

- Jan. 6 -First day back
- Jan 13 -Home and School Meeting  
-6:30 p.m.
- Jan. 16 -Grade 3 skating
- Jan. 17 -P.D Day  
**-No Classes**
- Jan. 21 -Grade 3 skating
- Jan. 29 & 30 -Grade 3 skating
- Feb. 10-14 - Kindergarten Registration



# DID YOU KNOW?

- French Immersion is offered in 115 schools in Manitoba.
- Only 22% of parents of French Immersion students primarily speak French.
- The first French Immersion classes in Manitoba began in 1973.

## 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.



### Wolf -Humility

Humility is to know that you are a sacred part of creation. Live life selflessly and not selfishly. Respect your place and carry your pride with your people and praise the accomplishments of all.



# Indoor recess



Toque day

# Spirit Week



Pj Day



Wear the same color



Dress like a teacher day



Retro Day

# Snack Program at ÉAM:

Thanks to funding from the provincial government, our school will be able to provide snacks for students a few times a week. Students will receive a snack every Tuesday and Thursday, after afternoon recess. (For K's - they will receive one snack, on Tuesday or Wednesday according to their school schedule).

Examples of snacks will be: cheese and crackers, granola bars, yogurt and fruit or baked items.

We hope these snacks help our students feed their brain so they are able to learn and grow!



## École Arthur Meighen Petit penseurs Preschool Party

Join us from 2-3 p.m. as  
we read, play and get  
ready for Kindergarten!  
For children aged 3-5

January 30th

April 23rd

February 25th

May 26th



Register today  
204-857-3405  
or  
[alison.kerchak@plpsd.net](mailto:alison.kerchak@plpsd.net)  
[natalie.mcgillivary@plpsd.net](mailto:natalie.mcgillivary@plpsd.net)




# 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.


## December *at a glance*

 Purdys Chocolates went home. Thanks to everyone who supported the fundraiser.

 Grade 7&8 joined the guitar and band students from the division for their Winter concert

 Grade 1-4 entertained the audience with their Winter concert

 Grades 5&6 held their holiday musical at the Glesby Center

 A school dance was held for grade 6-8. They also collect food for locals organizations.

 Maternelle entertained the audience as they enjoyed hot chocolate

# Grade 8 Transition to PCI-Parent Information

We have started working with the Grade 8 students who will be starting to plan for their move to PCI. The transition from ÉAM to PCI can be a bit stressful for some students. The transition activities planned by the PCI team have the objective of providing information and preparing student (and their parents) so that they feel ready to start at PCI.

Here are the activities planned so far:

- Jan. 13-PCI will visit the grade 8 class to provide information about PCI and the courses offered in grade 9
- Jan 15-Parent Information Meeting at PCI -French Immersion parents in the band room (PCI West building) at 6:00pm  
Optional tours of the school at 5:15 or 5:45
- Feb 18-PCI will come to do course selections with the grade 8 class
- June 17-Grade 8's will visit PCI in the morning.

Further information will be sent home in the coming weeks to ensure that parents have the information they need to help their child make decisions about options for next year. We will work with all grade 8s to make sure their transition to PCI is as smooth as possible. If your child is experiencing anxiety and is in need of extra support please contact Mme. Rheault, School Counsellor.

# Phys-Ed



We continue to focus on a variety of activities in Physical Education class. Our younger grades are focusing on dribbling, throwing and catching activities. Our older students have been exploring different fitness activities and working on basketball skills. As always, we focus on doing our best and working through any struggles we might have.

## VOLLEYBALL

On the weekend of November 29th and 30th, we sent a team to the Grade 8 Provincial Volleyball Championships at the Sport for Life Center in Winnipeg. This was earned when our Aigles Noirs won the divisional championship. This was a great opportunity for our boys to see what volleyball is like at the next level competition.

## BASKETBALL

Teams have been practicing hard to learn different offensive and defensive strategies and improve individual skills. This year we have one girls' and one boys' team. Thank you to our coaches Mme. A-B, Mme. Houle, Mrs. Cleaver, Mr. McCulloch and M. Rosset. Games start on January 7th and will continue until playoffs the week of February 24th.

# Phys-Ed



## CURLING

Curlers continue to play on Mondays with coaches teaching them the ins and outs of the sport. Planning is in the works for a year end bonspiel to wrap up the season. More info is to come.

## SKATING (PATINAGE)

Our grade 3 classes will be taking part in a skating program. We will bus to Stride 4 times over the next month and work on skating skills. Details were sent home to the grade 3 families.



Check out our  
school clothing  
at the Screen  
Door.



### NEW ITEMS

SCHOOL CLOTHING ONLINE STORE NOW OPEN

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






# BOWLING WITH FRC AND SOUTHPORT

The FRC & Southport Bowl are partnering together to bring you a FREE opportunity to try bowling throughout the months of January & February!



Sponsored by: **Southport**




# SKATING BASICS

SPONSORED BY **Simplot**

LEARN THE BASICS AND FUNDAMENTALS OF SKATING!

FOR KIDS AGED 6-16 ON CRESCENT LAKE (WEATHER PERMITTING)

**Mondays: January 13 - February 24 (not including Louis Riel Day) 6-7 pm**

A FOLLOW UP EMAIL WITH A REGISTRATION FORM WILL BE SENT.

Register online! [frcportage.ca](http://frcportage.ca)

REGISTRATION CLOSES JANUARY 3, 2025. LIMITED SPACES!

For more info call 204-595-5105



# BASKETBALL TRAINING CAMP

CO-ED GRADES 5/6, 7/8, 9  
MAX 15 PLAYERS PER SESSION




8 SESSIONS  
**\$90**  
PER PLAYER

**RED RIVER COLLEGE, PORTAGE**

EVERY SUNDAY  
STARTING JANUARY 12TH, TIME TBA



[HTTPS://BIT.LY/CPBCWINTER2025](https://bit.ly/cpbcwinter2025)  
@CENTRALPLAINS BASKETBALL CLUB

SCAN THE QR CODE OR FOLLOW THE LINK TO REGISTER



# Upcoming EVENTS

Grade 3 skating days:

- January 16th
- January 21st
- January 29th
- January 30th



## WINTER CLOTHES



REMEMBER TO SEND SUITABLE WINTER CLOTHING FOR YOUR CHILD



January 31  
@ 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)

# Family Resource Center

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

## January 2025

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!			<b>1</b> CLOSED for New Years Day	<b>2</b> CLOSED	<b>3</b> CLOSED	<b>4</b>
<b>5</b>	<b>6</b> Book Buddies 9 am or 11 am 4:30 pm	<b>7</b> Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm	<b>8</b> Babies & Babbie Newborn 9:30 am Babies 11:30 am Parenting Conversations 2 pm	<b>9</b> Toddler Shenanigans 9 am or 11 am	<b>10</b> Healthy Cooking 10 am or 1 pm	<b>11</b>
<b>12</b>	<b>13</b> Growing up Green 10 am @ Fort la Reine Museum	<b>14</b> Healthy Baby 11 am Drop In Play 1-4 pm	<b>15</b> Grand Pals 10:30 am Homeschool Co-Op 1:30 pm Mom's Time 7:30 pm	<b>16</b> Musical Mornings 9 am or 11 am 4:30 pm	<b>17</b> Kids in the Kitchen 10 am or 1 pm	<b>18</b> Super Dads, Super Kids 10 am FAN Portage 1-3 pm
<b>19</b> Need transportation to program? Contact FRC & we can arrange a shuttle!	<b>20</b> Book Buddies 9 am or 11 am	<b>21</b> AUSTIN Stay 'N Play 10 am See reverse side Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm	<b>22</b> Babies & Babbie Newborn 9:30 am Babies 11:30 am	<b>23</b> Toddler Shenanigans 9 am or 11 am	<b>24</b> Healthy Cooking 10 am or 1 pm	<b>25</b>
<b>26</b>	<b>27</b> Growing up Green 10 am @ Fort la Reine Museum	<b>28</b> Healthy Baby 11 am Drop In Play 1-4 pm	<b>29</b> Preschool Party 10 am	<b>30</b> Musical Mornings 9 am or 11 am	<b>31</b> Mental Health First Aid Course 9 am - 4 pm	<b>1</b>

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 & Babbie** - 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 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.
- 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. (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)
- 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)
- Parenting Conversations** - An opportunity for parents to learn about a specific topic, presented by a Southern Health Social Worker. Childcare available.
- Preschool Party** - Get ready for school and have fun doing it! Join us as we play, read, and make a craft together! (Ages 3-5)
- Stay 'N Play (AUSTIN)** - Join us at Austin Elementary School! We will start this program on Tuesday, September 2, 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 1-6)



## JANUARY TOPICS:

- Parenting Conversations - January 8**  
Topic: Anxiety & Depression  
You're not alone in your struggle! Come receive support and help.
- Healthy Cooking - January 10**  
Recipe: Chicken Fajitas  
These easy chicken fajitas are the perfect weeknight meal because they're on the table fast and taste delicious!
- Mom's Time - January 15**  
Activity: New Year, New You!  
Start the New Year off right with learning about goal setting, mindfulness and how to take care of yourself!
- Kids in the Kitchen - January 17**  
Recipe: Pancake Poppers  
With the versatility of a cake pop, these quick and easy mini pancakes are great for breakfasts, parties and snacks!
- Healthy Cooking - January 24**  
Recipe: Vegetarian Carbonara  
The ultimate comfort food - you can never go wrong with pasta!

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.

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

Find us on Facebook & Instagram: Family Resource Centre Portage

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# JANUARY 2025

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