

# ÉAM LES NOUVELLES

Février 2025

## PRINCIPAL'S MESSAGE

January has been a month of exciting beginnings and meaningful learning experiences here at École Arthur Meighen! We are excited to share some of the highlights of this past month and our upcoming activities and events.

This month, we began the first of our French Immersion residencies with Marie-Josée Morneau, who worked closely with our maternelle and grade one students and teachers. Marie-Josée Morneau comes highly recommended by ACPI (L'Association Canadienne des Professionnels de l'Immersion), and brings a wealth of expertise in French reading and communication strategies. We look forward to having her work with our grade two and three classes in February.

Another highlights this month was La Roue Culturelle (The Cultural Wheel), where students immersed themselves in French culture through Folk dancing and singing. Thank you to all those who participated and a shout out to our Phys. Ed team on all of their work in organizing this special activity. We are proud to say that very positive feedback was shared by the presenter, Ian Porteous, about his time at our school. Way to go Les Aigles!

We would also like to thank everyone who joined us for kindergarten information night on January 28th. It was wonderful to connect with families, in person, and share what makes our kindergarten program so special. Please be reminded that kindergarten registration runs from February 10th to February 14th.

Looking ahead, we are excited for February's school-wide Festival du Voyageur, a celebration of French culture and history. If you are interested in volunteering in this event, the Home and School Committee is looking for volunteers to help with the pancake breakfast. Volunteer opportunities have been emailed to families and you can also contact [homeandschooleam@gmail.com](mailto:homeandschooleam@gmail.com) for more information.

Thank you for your continued engagement support,  
Natalie Guimond-Low

## IMPORTANT DATES

- Feb 10 -Home and School Meeting -6:30
- Feb. 10-14 -Kindergarten Registration
- Feb. 10 -14 -Voyageur Week
- Feb 14 -Home and School Pancake Breakfast
- Feb. 14 -Grade 6 Field Trip to the Festival du Voyageur
- Feb. 17 -Louis Riel Day Schools Closed
- Feb 18 -Grade 8 PCI course selection
- Feb 18-21 -Grade 4 Curling
- Feb. 28 -PD. Day No Classes





**Dreaming of Spring....**

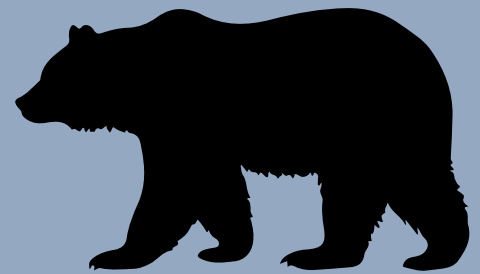
**February 24-27**  
**I Love To Read Week.**

We are seeking volunteers! If you would like to be a guest reader in your child's classroom, please reach out to your child's teacher.

A large heart shape is formed by a ring of colorful books. In the center of the heart is a stack of several books. At the bottom left and bottom right corners of the heart, there are two stacks of colorful books.

## **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 Bear - Courage**

Listen to your heart. It takes courage to do what is right. Daily challenges take courage to overcome. Never give in, never give up.

**CLUB DES JEUNES ARTISTES : JOURS 2, 4, 6**

**LOCATION: LA SALLE D'ORCHESTRE**

**Le club des  
jeunes  
artistes a  
officiellement  
débuté !**



**Check this out!!**

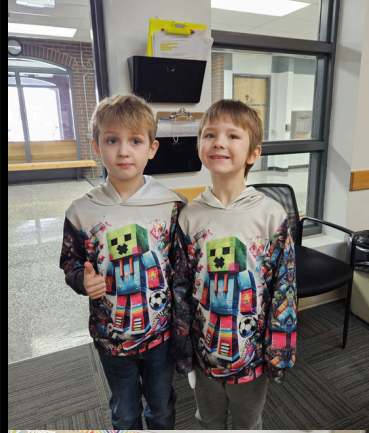
**[HTTPS://ICI.RADIO-CANADA.CA/JEUNESSE](https://ici.radio-canada.ca/jeunesse)**

Zone Jeunesse and Zone des Petits ( French videos and games) to immerse your child at home.



# Reminder!

If buses are canceled, then all after-school activities will also be canceled.



## PARKING LOT SAFETY AT ÉAM

OUR PARKING LOT GETS VERY BUSY BEFORE AND AFTER SCHOOL. PLEASE REMIND YOUR CHILD OF HOW TO BE SAFE IN A PARKING LOT WHILE HEADING TO YOUR VEHICLE.

### REMINDER TO STUDENTS

- STUDENTS SHOULD WALK TO THEIR VEHICLE.
- STOP AND LOOK BOTH WAYS BEFORE CROSSING THE PARKING LOT.
- TAKE THE MOST DIRECT ROUTE THROUGH THE PARKING LOT - NO WANDERING

### REMINDER TO PARENTS

- USE THE PARENT PICK UP LOOP
- DRIVE SLOWLY - WE LOVE OUR CHILDREN!**

THANK YOU  
MERCI



# Please Read

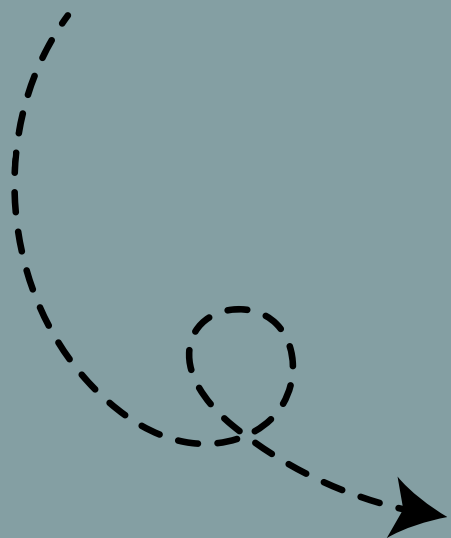


# WAYS TO SUPPORT FRENCH IMMERSION LEARNING AT HOME

## Offer Experiences That Support French Learning

Visit a French restaurant or the French section at your public library. Look for French cultural events or festivals in nearby areas. Stream familiar shows in French or add French subtitles.

*Check it out*



A colorful registration poster for Ecole Arthur Meighen Kindergarten Registration. The poster is white with a torn edge and is surrounded by various school supplies like a paperclip, a pencil, a paint palette, a ruler, a marker, and a pair of scissors. The text on the poster includes the school name, the dates February 10-14, the title 'KINDERGARTEN REGISTRATION', the eligibility criteria 'OPEN TO CHILDREN BORN IN 2020', a QR code, and the website 'WWW.PLPSD.MB.CA TO REGISTER'. There are also some decorative elements like a green grid and purple hearts.



THE  
**BOOK  
FAIR**

IS COMING!

**MARCH 2025**  
MORE INFO TO COME  
SOON



**UPCOMING  
EVENTS**

Portage la Prairie School Division

**SPRING  
BREAK**

March 31 – April 4, 2025



École Arthur Meighen  
**Petits 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.mcaillivaru@plpsd.net](mailto:natalie.mcaillivaru@plpsd.net)



# Phys-Ed



It has been a busy start to 2025. Our girls and boys basketball teams have been working hard at improving their skills. Both teams took part in the divisional tournament at the end of January and playoffs will take place at the end of February. Good luck to our teams!

In Physical Education class our K-4s have been working on basketball skills and enjoyed playing some rock/paper/scissors games. Grade 5-8s are working on basketball skills and had a session with Tess from Lacrosse Manitoba. On January 23-24 all of classes enjoyed sessions with the Cultural Wheel, learning some french songs and dance.

Our grade 3s took part in a skating program at Stride place. Thank you to our parent helpers for coming and helping lace up skates and fit helmets.

February continues to be another busy month in Phys Ed. at ÉAM. We will continue to work on our fitness and to play a variety of games. Improving our Physical Literacy is the goal and this happens by doing different activities and making connections in our learning.

Remember to go to **[thescreendoor.ca](https://thescreendoor.ca)** to shop our school's clothing

# FEBRUARY 2025

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# PCI TEEN CLINIC

Take charge of your health...it's your choice!



- serving clients aged 12-21 years old -

Teen Clinic Hours:  
Monday - Friday 8:00am - 3:30pm

To book an appointment:  
TEXT or Call 204-870-0689  
Or Call 204-857-6843 ext. 11609  
Book online through Medcohealth.com

 Receptionist	 2SLGBTQ+ Care	 Nurse Practitioner	 Public Health Nurse	 Mental Health & Addictions Nurse	 Mental Health Counsellor	 Registered Dietitian
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Homework, deadlines, work, sports, exams, friends, family... OH MY!

How do we manage it all? Feeling disorganized and not in control of our schedule or responsibilities can contribute to stress, anxiety, burnout (poor mental health).

So... what can we do?

- Develop better time management SKILLS
- RECOGNIZE when we are struggling
- ASK for help



**KIDS HELP PHONE**  
Text with a volunteer crisis responder  
Text CONNECT to 686868 to access confidential support

Jan/Feb 2025

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 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  
Call or Text: (204) 595-5005  
E-mail: info@frcportage.ca  
234 Princess Ave, Portage la Prairie

## February 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!			1
2 TODDLER & FAMILY GYM TIMES @ SOUTHPORT REC PLEX! See reverse side for details.	3 Toddler Shenanigans 9 am or 11 am 4:30 pm	4 Parenting 101 9 am AUSTIN Stay N Play @ 10 am Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm	5 Grand Pals 10:30 am *Dufferin Villa* Homeschool Co-Op 1:30 pm	6 Book Buddies 9 am or 11 am Kitchen Skills 4 - 5:30 pm	7 Healthy Cooking 10 am or 1 pm	8 Super Dads, Super Kids 10 am FAN Portage 1-3 pm
9 Musical Mornings 9 am or 11 am	10 Parenting 101 9 am Healthy Baby 11 am Drop In Play 1-4 pm	11 Parenting 101 9 am Healthy Baby 11 am Drop In Play 1-4 pm	12 Babies & Bubble Newborn 9:30 am Babies 11:30 am Parenting Conversations 2 - 3:30 pm	13 Growing up Green 10 am @ Fort la Reine Museum Kitchen Skills 4 - 5:30 pm	14 Kids in the Kitchen 10 am or 1 pm	15 FAMILY REBUILDING PROGRAM 6 Thursdays @ 1 pm - see reverse for details! (Feb 6 - Mar 13)
16 WINTERFEST @ LVS 1-4 pm	17 CLOSED for Louis Riel Day	18 Parenting 101 9 am Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm	19 Grand Pals 10:30 am *Dufferin Villa* Homeschool Co-Op 1:30 pm Mom's Time 7:30 pm	20 Book Buddies 9 am or 11 am Kitchen Skills 4 - 5:30 pm	21 Healthy Cooking 10 am or 1 pm	22
23	24 Musical Mornings 9 am or 11 am	25 Our Neighbourhood 9 am Healthy Baby 11 am Drop In Play 1-4 pm	26 Babies & Bubble Newborn 9:30 am Babies 11:30 am	27 Growing up Green 10 am @ Fort la Reine Museum Kitchen Skills 4 - 5:30 pm	28 Babysitting Course 8:30 am - 4 pm	1 Need transportation to program? Contact FRC & we can arrange a shuttle!

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 & Bubble** - 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 - 1 year). Childcare provided for older children.
- Babysitting Course** - The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. For ages 15-18. 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 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) to meet 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 yrs. 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 2-4) 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. (Pre-K-12)
- Kids in the Kitchen** - Introduce your kids to the fun preparation of healthy nutritious meals, with step by step instructions. Please bring your own container for this recipe, so you can enjoy your creation at home! (Ages 2 - 6 years)
- Kitchen Skills** - This program is designed to help children feel confident in the kitchen by giving them tools and skills to prepare nutritious food. (Ages 6-12)
- 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 4 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+)
- Parenting Conversations** - An opportunity for parents to learn about a specific topic, presented by a Southern Health Social Worker. Childcare available.
- 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.
- Preschool Party** - Get ready for school and have fun doing it! Join us as we play, read, and make a craft together! (Ages 3-6)
- 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 1-2! 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)

### FAMILY REBUILDING PROGRAM

Consists of 6 sessions with the purpose of assisting families involved with CFS Agencies. We will help them work on their needs that they may have on their parenting/life journey. 6 Thursdays (Feb 6-Mar 13) @ 1 pm. Register online!

FREE toddler & family gym times @ Southport! Toddler Times: Feb 10 & Mar 11th 10-11 am Family Times: Feb 22 (10-11 am) No need to register! See you there!



### February TOPICS:

- Healthy Cooking - February 7**  
Recipe: Shrimp Tacos  
Juicy, perfectly spiced shrimp are wrapped in warm flour tortillas and piled high with tasty toppings in this easy shrimp tacos recipe!
- Parenting Conversations - February 12**  
Topic: Grief & Supporting Children with Grief  
As adults attending to your own loss, you can be overwhelmed with the emotional and sometimes physical pain that accompanies the grieving process. The healing journey can start with support!
- Kids in the Kitchen - February 14**  
This simple and easy pan-fried bread is a traditional Indigenous dish and easy to make!
- Mom's Time - February 19**  
Activity: Book Folding  
Transform a book into a work of art! Come enjoy time just for you!
- Healthy Cooking - February 21**  
Recipe: Roasted Chickpea Couscous Bowls  
This Mediterranean-inspired, vegetarian meal is made with Israeli couscous, colorful veggies, and crispy chickpeas. Travel the world in our kitchen!
- Our Neighbourhood - February 25**  
Topic: Metis Culture  
We will have a visitor from the Manitoba Metis Federation to tell us about their culture and history!

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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