

ÉAM LES NOUVELLES

Mars 2025

PRINCIPAL'S MESSAGE

February was an exciting month filled with hands-on learning, cultural experiences, and a love of reading!

During our school-wide Festival du Voyageur event, students had the opportunity to step back in time and explore the traditions of les voyageurs. Tipi teachings provided valuable cultural insights, while artifact displays allowed students to get up close and learn about furs and tools. Seeing the artifacts sparked great questions, and our presenters shared their expertise to bring history to life. A huge merci to our incredible Home and School Committee for organizing a delicious pancake breakfast. We are so grateful for the many parent volunteers and the PCI leadership students who helped make the breakfast such a success.

To wrap up the month, we celebrated I Love to Read Month week! From guest readers to bookmark making and proudly wearing shirts with words, it was wonderful to see so much excitement for reading in action.

With the colder weather here, we want to remind families to ensure that students are dressed warmly for outdoor recess. Having extra mittens and socks packed in backpacks is helpful on snowy or wet days. If your family has gently used ski pants that are no longer needed, we would gladly accept donations to have on hand for students who may need them.

Looking ahead, student-led conferences are fast approaching on March 13th and 14th. This is a fantastic opportunity for students to showcase their learning and share progress with families. We can't wait to see you soon!

Natalie Guimond-Low

IMPORTANT DATES

- Manie Musical -Voting starts (ask your child what their favorite song is)
- March 6 -Concours School Competition
- March 13 -Student Led 5-7:30
- March 14 -Student Led 10:00-1:00
No Classes
- March 18 -Grade 7 Field Trip to Oak Hammock Marsh
- March 19 -Band Camp -leaves at 9am
- March 20 -Band Camp -returns at 8pm
- March 21 -World Down Syndrome Day -Rock Your Socks
- March 25 -Concours d'art Oratoire
- March 31-April 4 -Spring Break
School Closed



Is your child starting kindergarten?

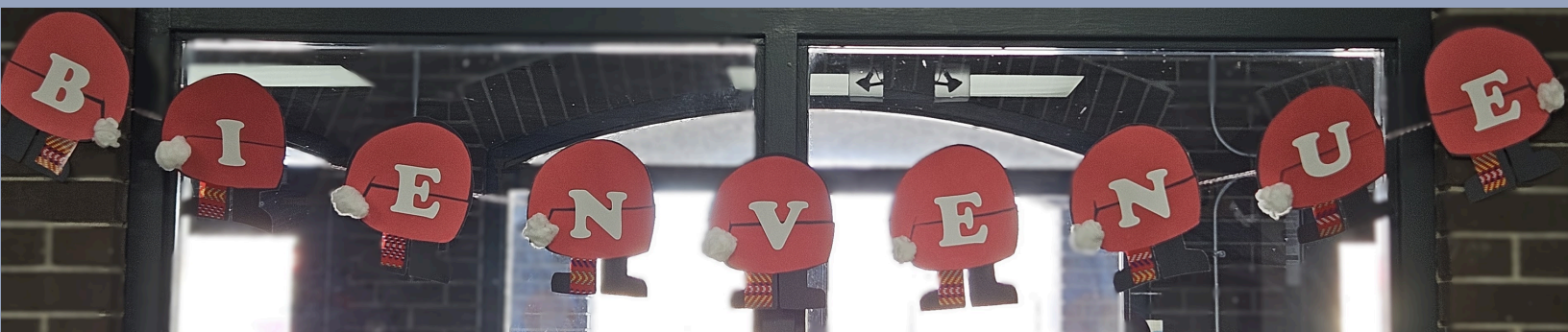
Get their first pair of glasses, free!

Ask your optometrist.

MANITOBA ASSOCIATION OF Optometrists
Vision. Care.

@optometrists.mb.ca

Program Partners: ONE SIGHT, Modern Optical, CANADA



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.



Sabe-Honesty
Never lie or gossip, be honest
with yourself and others.
Speak from you heart. Be true
to your word.



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
MERCİ



Reminder!

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



Boukili

is a free illustrated children's book app. You get free access to hundreds of books, games and quizzes.

Mini TFO

is an app that lets children, aged 2 to 8, learn and grow in the magical, fun, and educational world of Mini TFO





WAYS TO SUPPORT FRENCH IMMERSION LEARNING AT HOME

READ, READ, READ

**Read often with your
child in your home
language.**



Try out rock
climbing or a game
of bowling at the
Recplex in
Southport

Ride the waves
at the pool
located in
Stride Place

SPRING BREAK ***ACTIVITIES***

Stride Place also
offers public skate,
sticks and pucks
and family skate

Take a walk in the
Koko Platz Walking
Trails or along
Crescent Lake

Check out a new
book at the library



World Down Syndrome Day

• • • March 21 • • •

Wear your **LOUDEST**,
WILDEST and most **FUN**
pair of mismatched socks
as a symbol of support for
those living with Down
Syndrome

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
natalie.mcgaillivray@plpsd.net

ÉCOLE ARTHUR MEIGHEN

REGISTER NOW



**FRENCH
IMMERSION
KINDERGARTEN**
FOR CHILDREN BORN
IN 2020

REGISTRATION
IS NOW
OPEN

204-857-3405

MARCH 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Day 4	4 Day 5	5 Day 6	6 Day 1	7 Day 2	8
9	10 Day 3	11 Board Meeting Day 4	12 Principals' Council Day 5	13 Day 6	14 K-12 Student Led Conference NO CLASSES	15
16	17 Day 1	18 Day 2	19 Admin. Council Day 3	20 Day 4	21 Day 5	22
23	24 Day 6	25 Board Meeting Day 1	26 Day 2	27 Day 3	28 Day 4	29
30	31 Spring Break SCHOOLS CLOSED	February 2025 Su M Tu W Th F Sa 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28		April 2025 Su M Tu W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		

APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday										
		1	2	3	4	5										
			Spring Break SCHOOLS CLOSED													
6	7	8	9	10	11	12										
		Board Meeting			K-12 Admin Day NO CLASSES											
	Day 5	Day 6	Day 1	Day 2												
13	14	15	16	17	18	19										
			Principals' Council		Good Friday											
	Education Week															
	Day 3	Day 4	Day 5	Day 6												
20	21	22	23	24	25	26										
		Board Meeting	Admin. Council													
	Day 1	Day 2	Day 3	Day 4	Day 5											
27	28	29	30													
	Day 6	Day 1	Day 2													
		March 2025			May 2025											
		Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	
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		2	3	4	5	6	7	8	4	5	6	7	8	9	10	
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		16	17	18	19	20	21	22	18	19	20	21	22	23	24	
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		30	31													

PCI TEEN CLINIC

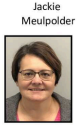
Take charge of your health...it's your choice!



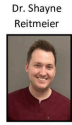
- serving clients aged 12-21 years old -

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 Medeohealth.com



Receptionist



2SLGBTQ+ Care



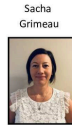
Nurse Practitioner



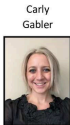
Public Health Nurse



Mental Health & Addictions Nurse



Mental Health Counsellor



Registered Dietitian

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).

10 WAYS TO DEVELOP TIME MANAGEMENT SKILLS

1. Use a visual timer
2. Set multiple alarms as reminders
3. Beware of time sink holes (set a timer)
4. Give yourself a deadline that is earlier than the actual deadline.
5. Schedule free time to look forward to
6. Break tasks down into chunks with mini-deadlines
7. Practice estimating how long tasks will take (then compare to the actual time)
8. Conduct a time audit: Track how you spend your time throughout a day
9. Use a focus app to block websites or apps during certain times of the day
10. Create a routine of regularly reviewing the calendar for upcoming events

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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 888868 to access confidential support

Jan/Feb 2025

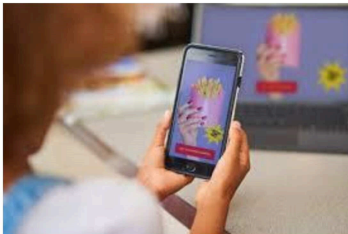
Looking for childcare for PD Days? We can help with that! Cost is \$20 per child per day, lunch and snacks are NOT provided. The day camp is held at EAMS but all children can attend!

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.

NUTRITION BITS AND BITES

Be Aware of Food Marketing



Food marketing is everywhere and children are specifically targeted due to their vulnerability. It's important, as parents, to recognize where and how often our children are being exposed to food marketing.

Limiting food marketing exposure can help support children in making balanced food choices as they grow and develop. Less exposure to foods that are high in sodium, sugar and saturated fats can help them foster healthy eating habits for a lifetime.

Limiting exposure starts in the home. TV/social media influencers and streaming apps are often the biggest source of food marketing for children.

Talk to your children about food marketing and how it targets them on a daily basis. Help them understand how these ads and sponsorships can influence our food choices, and how to make informed decisions on what foods to eat and why that's important for their health.

Look out for food marketing !

Podcasts and Radio
Billboards
TV Commercials
YouTube
Social Media & Influencers
Coupons/Flyers in the mail
Video and Gaming apps
Food Packaging
Restaurant Signage

Homemade Fruit Roll-Ups



Ingredients:
3 cups of fruit (frozen or fresh)
Sugar (optional)

Directions:
Pre-heat oven to 170F
Line cookie sheet with parchment paper or silicon baking sheet
Puree fruit in blender or food processor and add in sugar or sweetener to taste (~1-2 tsp)
Spread puree onto parchment paper until level and about 1/8 inch thick
Bake in oven for 6-8 hours or until fruit is no longer tacky
Take out of oven and cool. Cut into strips and roll up.
Place into plastic bag or covered container and store in fridge for up to 2 weeks.
Recipe adapted from: www.mommymusings.com/homemade-fruit-roll-ups-recipe/



Scan the QR code to learn more about food marketing and children



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/whats-happening/nutritional-newsletters/>
Contact Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055
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