

# ÉAM LES NOUVELLES

Mai 2025

## PRINCIPAL'S MESSAGE

The end of April brought new learning about smudging, as students engaged in conversations about ways to set positive intentions for the day, week, or month. Charlotte Prince, our divisional IAA consultant, shared her knowledge of medicines and reminded students to be stewards of the land by taking only what is needed, and giving thanks for what is given. We would like to thank Charlotte Prince and Janey Bradford for generously sharing their time, knowledge and teachings with our school community.

With just a few weeks left in the school year, we are enjoying opportunities to learn, play, and connect both in and outside the classroom. We are especially looking forward to our upcoming Track and Field meet on May 29th at Yellowquill School. This event offers students a chance to challenge themselves, cheer each other on, and celebrate active living. We encourage all students to have fun, show good sportsmanship, and work toward their personal bests. We are currently looking for volunteers to help run the canteen during the meet and would greatly appreciate your support if you are available to volunteer. Please contact the office if you are interested- we would love to have you join us!

As May brings a mix of cooler mornings and warmer afternoons, we ask that parents help ensure that students are dressed in layers. This allows children to stay comfortable throughout the day and enjoy outdoor recess and physical activities to the fullest. We have also noticed with the change in weather, more students walking, biking, and rollerblading to school -which is great to see. Please take a moment to review road and crosswalk safety with your child. This includes crossing the street with supervisors, looking both ways for traffic, and walking bikes when crossing the street. Students needing to use the crosswalks, should be doing so during the supervised hours of 8:30am -8:45 am, and 3:30 pm-3:45 pm.

We would like to extend a warm welcome to Mme Megan Sloik and Mme Kendra McKenzie who will be joining our administrative team as Vice-Principals. Mme. Sloik will begin her new role on May 5th and Mme. McKenzie, September 2nd 2025.

Thank you for your continuous support  
Natalie Guimond-Low

## IMPORTANT DATES

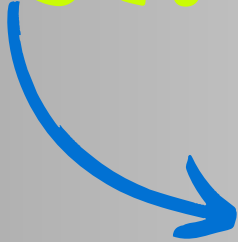
- May 17-21 -Grade 7-8 trip to Quebec
- May 19 -Victoria Day  
**Schools Closed**
- May 29 -Track and Field Grades 5-8 (Rain Date TBD)
- June 2-6 -Grade 2 swimming lessons at Splash Island
- June 4 -Divisional Track and Field
- June 5 -Rain date for Divisional Track and Field
- June 6 -Kindergarten Picnic (am)
- June 6 -Tabloid Day  
-Grade 1&3 AM  
-Grade K&2 PM

### HEY SPRING!



### How's It Growing?

# CHECK IT OUT!



## \$25



# DON'T MISS OUT

Order your yearbook today!



SCAN ME

When ordering, you will need your school specific code of  
**13415325**

**Lifetouch.**

## 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



ÉCOLE ARTHUR MEIGHEN



LUMIÈRE DU NORD -Tanner



le soleil



une coccinelle



Le printemps est arrivé!



une graine



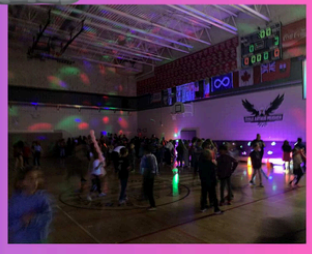
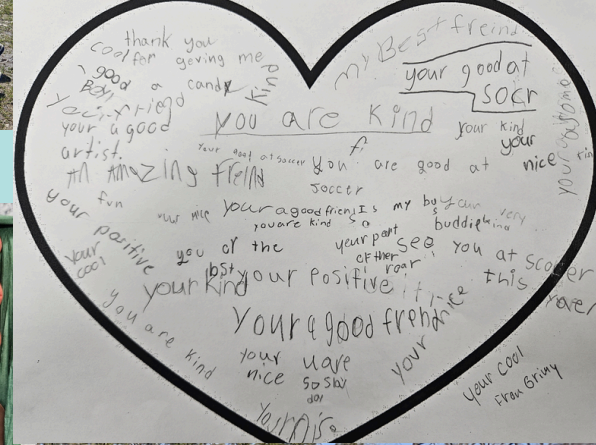
un arc-en-ciel



Les papillons de 3L  
Peux-tu voir la symétrie ?





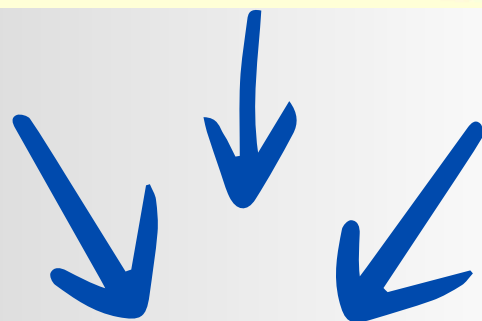




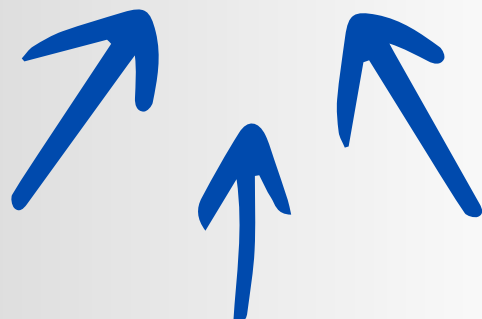


# Spring is here!

A friendly reminder to send your child to school with suitable clothing for spring, as well as an extra set of clothes including socks.



The Screen Door  
provides a variety of  
clothing choices  
perfect for the  
summer season!



## NEW ITEMS

SCHOOL CLOTHING ONLINE STORE NOW OPEN



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



# FUN SPRING TIME ACTIVITIES



**Make  
exploding mud  
monsters.**

**Paint  
rocks  
and hide  
them  
around  
Portage**



**Create a  
scavenger  
hunt around  
the yard or  
neighborhood**



**Build a bug hotel and  
see what kind of bugs  
come to visit**

**Create a  
fairy or  
dinosaur  
garden**





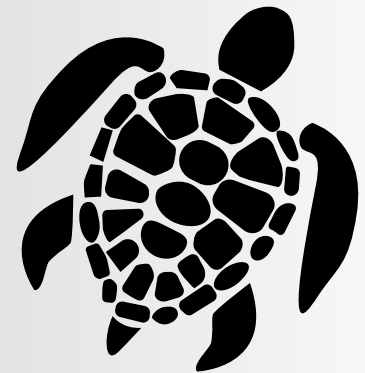
# WAYS TO SUPPORT FRENCH IMMERSION LEARNING AT HOME

## Engage in Oral Language Activities

Children often write the way they speak. Therefore, look for proper pronunciation of words (in all languages). Encourage them to speak in full sentences. Engage in meaningful conversations with them.

## 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.



### Turtle-Truth

Always seek the truth.  
Living the truth is living  
the Seven Teachings



## UPCOMING EVENTS

### 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.mcgillivray@plpsd.net

## DID YOU KNOW?

The Junior Life Skills class at ÉAM is collecting tabs from pop cans for the Tabs for Wheelchairs initiative. This program recycles the tabs to provide specialized wheelchairs for youth in Manitoba.

You can drop them off at the office at any time.

This year alone they have collected 38 lbs of tabs!!

## 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

Call 204-857-6843 ext. 11609

Book online through Medeohealth.com (QR code above)



Jackie Meulpolder



Receptionist

Dr. Shayne Reimer



2SLGBTQ+ Care

Rebecca Krause



Nurse Practitioner

Tracy Ediger



Public Health Nurse

Laine Hill



Mental Health & Addictions Nurse

Sacha Grimeau



Mental Health Counsellor

Carly Gabler



Registered Dietitian

## STOPP technique for calming big emotions

**S**  
**T**  
**O**  
**P**  
**P**

Stop, don't act immediately. WAIT!

Take a Breath. Slowly breathe in and out a couple times.

Observe. What am I thinking? What am I feeling?

Pull Back. What is the bigger picture? Is this fact or opinion?

Practice what works. Consider the consequences. What is the BEST thing to do?  
Do what helps the most and sticks with your values.



Mental Health Awareness



Help when  
you need it.

9-5-24  
toll free, 24/7



1 800 668 6868  
Kids Help Phone  
kidshelpphone.ca

May June 2025

## Red Dress Day May 5th



Raising awareness  
about violence  
against Indigenous  
women, girls, and  
two-spirit people in  
Canada in grade  
appropriate  
conversations and  
activities.

Staff and students are encouraged to wear red. Classes will go for a walk during the day and each class will have a painted rock that will be placed within the community to spread awareness.


### Fundraiser for Prairie Harbour

Freezees will be sold all week.  
All proceeds will be donated  
to Prairie Harbour Women's  
Shelter.





## May 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>SMILE COOKIE WEEK!</b> (Apr 28 - May 4)		1 Nobody's Perfect 1:30 pm	2 Healthy Cooking 10 am or 1 pm  Prenatal Course (Session 1) 6 pm	3 Prenatal Course Session 2: 10 am Session 3: 1 pm
4	5 Play to Learn 10 am or 1 pm (Session #5) *CLOSED GROUP*	6 Stay 'N Play 10 am *AUSTIN* Breastfeeding Group 11 am Drop In Play 1-4 pm	7 Grand Pals 10:30 am *Dufferin Villa*  Homeschool Co-Op 1:30 pm	8 Toddler Shenanigans 9 am or 11 am  Nobody's Perfect 1:30 pm	9 Kids in the Kitchen 10 am or 1 pm	10 Super Dads, Super Kids 10 am  FAN Portage 1-3 pm
11 <b>MOTHER'S DAY</b>	12 Book Buddies 9 am or 11 am	13 Preschool Party 9 am Healthy Baby 11 am Drop In Play 1-4 pm	14 Babies & Babble Newborn 9:30 am Babies 11:30 am Parenting Conversations 2 - 3:30 pm	15 Musical Mornings 9 am or 11 am 4:30 pm  Nobody's Perfect 1:30 pm	16 <b>STAFF PD DAY</b>	17
18 Need transportation to program? Contact FRC & we can arrange a shuttle!	19 <b>CLOSED FOR VICTORIA DAY</b>	20 Stay 'N Play 10 am *AUSTIN* Breastfeeding Group 11 am Drop In Play 1-4 pm	21 Grand Pals 10:30 am *Dufferin Villa* Homeschool Co-Op 1:30 pm Mom's Time 7:30 pm	22 Toddler Shenanigans 9 am or 11 am  Nobody's Perfect 1:30 pm	23 Healthy Cooking 10 am or 1 pm	24 
25	26 Book Buddies 9 am or 11 am	27 Our Neighbourhood 9:30 am Healthy Baby 11 am Drop In Play 1-4 pm	28 Babies & Babble Newborn 9:30 am Babies 11:30 am	29 Musical Mornings 9 am or 11 am  Nobody's Perfect 1:30 pm	30 <b>STAFF PD DAY</b>	31

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

## 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. 0-4 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.

**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)

**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)

**Nobody's Perfect** - This 6-session program is designed to provide new parents with the opportunity to learn about the basics of parenting including parent self-awareness & self-esteem; child health & safety; discipline & praise; and healthy child development. (Caregiver of Children Ages 0-5)

**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.

**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 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 1-5! 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)

## May TOPICS:

**Healthy Cooking - May 2**  
**Recipe: Cashew Chicken**  
 Saucy, sticky, crispy, sweet and savory Cashew Chicken! Just like your favorite takeout, but made easy at home. Serve with steamed rice and broccoli.

**Kids in the Kitchen - May 9**  
**Recipe: Tea Party Scones**  
 Make a treat to share with Mom for Mother's Day!

**Parenting Conversations - May 14**  
**Topic: Mindfulness**  
 What is Mindfulness? Come learn about the helpful benefits and practice some techniques with a Southern Health Social Worker.

**Mom's Time - May 21**  
**Activity: Mocktails**  
 Come learn how to make some fun mocktails and get ready to spice up your summer barbecues!

**Healthy Cooking - May 23**  
**Recipe: One Pot Vegetable Pasta**  
 This one pot veggie pasta is an easy, satisfying, and quick dinner. Use whatever vegetables you have on hand and make it your own!

**Our Neighbourhood - May 27**  
**Activity - Ukrainian Nursery School Art Show (Field Trip)**  
 We are going to visit an art show! Some pre-school children and their families have created individual and group artwork for the Nursery School show and sale.

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

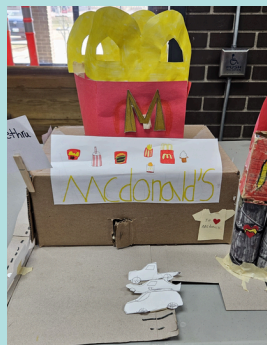
If you or someone in your family is unwell, please stay home and let us know you won't be attending, so we can fill your spot with someone on the wait list.

Find us on Facebook & Instagram: Family Resource Centre Portage

Find us on Facebook & Instagram: Family Resource Centre Portage

# EARTH DAY

Students were given the challenge of creating an art project with things found in the recycling.





## BADMINTON

It was a very successful badminton season for the ÉAM team. All the players saw immense improvement in their skills and showed great sportsmanship. The divisional tournaments were held on April 22 and 23rd. The top performers were:

- Wyatt Gertridge 2nd place grade 7 boys singles
- Quinn Low and Caleb Breckman 2nd place grade 8 mixed doubles
- Caleb Breckman 2nd place grade 8 boys singles
- Knox Hartnell 1st place grade 8 boys singles

Thank you to coaches and supervisors, Mme Rheault, Mme A-B, Mme Crawford, Mme Smith, Mme Fehr, Mme Lopez and M Rosset





# Phys-Ed



## TRACK AND FIELD

Students in grades 5-8 have started practicing for track and field in Phys. Ed. classes. The school Track & Field meet will be at YQS on May 29th for all grade 5 to 8's. All students are asked to participate to the best of their abilities, try to achieve a personal best and to exhibit good sportsmanship. The 1st and 2nd place competitors from each event at the school meet will go on to compete at the Divisional Championship held on June 4th at YQS. More information will be sent home closer to the date.

## PHYSICAL EDUCATION

We will continue to do a variety of activities throughout the rest of the school year. The focus for the grade 5-8's will be on track and field events for the next couple of weeks and then we will transition to field games and summer activities. Please ensure your student has a pair of running shoes at school to be able to participate in the activities safely. A clean pair of indoor shoes and a pair for outside is ideal. With the nicer weather comes sandal season but we don't want students running and jumping without proper footwear. No one wants a sprain or other injury.



MAY 2025

[illegible]

JUNE 2025

1	2	3	4	5	6	7																																																																																							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																							
	Day 6	Day 1	Day 2	Day 3	Day 4																																																																																								
8	9	10	11	12	13	14																																																																																							
		Board Meeting	Principals'/ Admin. Council																																																																																										
	Day 5	Day 6	Day 1	Day 2	Day 3																																																																																								
15	16	17	18	19	20	21																																																																																							
	Day 4	Day 5	Day 6	Day 1	Day 2																																																																																								
22	23	24	25	26	27	28																																																																																							
		Board Meeting	PCI Grad		Last Day for Students (AM) / Admin (PM) NO CLASSES (PM)																																																																																								
	Day 3	Day 4	Day 5	Day 6	Day 1																																																																																								
29	30																																																																																												
		<div>May 2025</div> <table><tr><th>Su</th><th>M</th><th>Tu</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr></table>			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	31	<div>July 2025</div> <table><tr><th>Su</th><th>M</th><th>Tu</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr><tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr></table>			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	31				
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	31																																																																																							
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	31																																																																																									