

ÉAM

Les Nouvelles

Septembre 2025

PRINCIPAL'S MESSAGE

We are so excited to kick off another school year at École Arthur Meighen! As students arrive, many returning, and some joining us for the first time, we look forward to the learning, growth, and connections that lie ahead. We would like to extend a warm welcome to all the new families joining our school community this year—we're so glad to have you with us!

Over the past weeks, our dedicated staff has been working hard to prepare for the arrival of our students. Classrooms are thoughtfully arranged, engaging learning opportunities have already begun and our focus remains on building strong relationships that support each student's success. The first few days have brought a growing energy in the building, with students getting to know their teachers, reconnecting with friends, and settling into the routines of the school day.

As always, our French Immersion program continues to foster proud, confident learners who are developing as engaged, plurilingual global citizens. We encourage families to talk with their children about the benefits of language learning; these conversations at home can build motivation, spark curiosity, and help students feel more connected to their learning.

We are also looking ahead to our Strong Beginnings meetings on September 19th and 22nd. These one-on-one appointments offer a valuable opportunity for teachers and students to connect, begin meaningful learning conversations, and set the stage for a successful year. Appointments will be booked online this year through Parent Portal. Information has been sent out to parents through Bright Arrow with access information. If you need any assistance with the booking process, our office staff is happy to help—please don't hesitate to reach out.

With the construction in our area, please be reminded to leave extra time for travel, drive with caution in school zones and expect possible delays with school buses. For the safety of students, families and staff using the crosswalk, avoid the staff parking lot for morning drop-off and afternoon pick-up. For a safe and smooth routine, use the car loop and establish a set pick-up / drop-off spot with your child in advance. Please drive slowly—school safety is a shared responsibility.

This year, we are excited to have several new staff members joining our team: - Riley Sveistrup (3e année), Rory Marr (7e année), Anna Jedeske (EA) and Jordyn Reddaway (EA). This year, we also welcome our new vice principals to the Eagle's nest: Megan Sloik and Kendra McKenzie. As a leadership team, we look forward to hearing about our students' summer highlights, new interests, and what they are looking forward to this year!

Happy start to the school year,

Natalie Guimond-Low

IMPORTANT DATES

- Sept. 4- First day of school
- Sept. 19- Strong Beginnings
- Sept. 22- Strong Beginnings
- Sept. 30- National Truth and Reconciliation Day
Schools Closed
- Oct. 1- Grade 6/8 Immunizations
- Oct. 2- Picture Day (M2)
- Oct. 3- Picture Day (M1)
- Oct. 3- Terry Fox Run



**DON'T
FORGET!**

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



Student fees

\$30.00

Payments can be made by cash, cheque or e-transfer.

eam.eagles@plpsd.net



SCHOOL SAFETY

STRONGER TOGETHER

Pre-Plan Pick-Up/ Drop-Off

Set a morning and after school routine with your child.



Crosswalk Safety

Students must wait for the supervisor, look both ways and only cross when signaled.

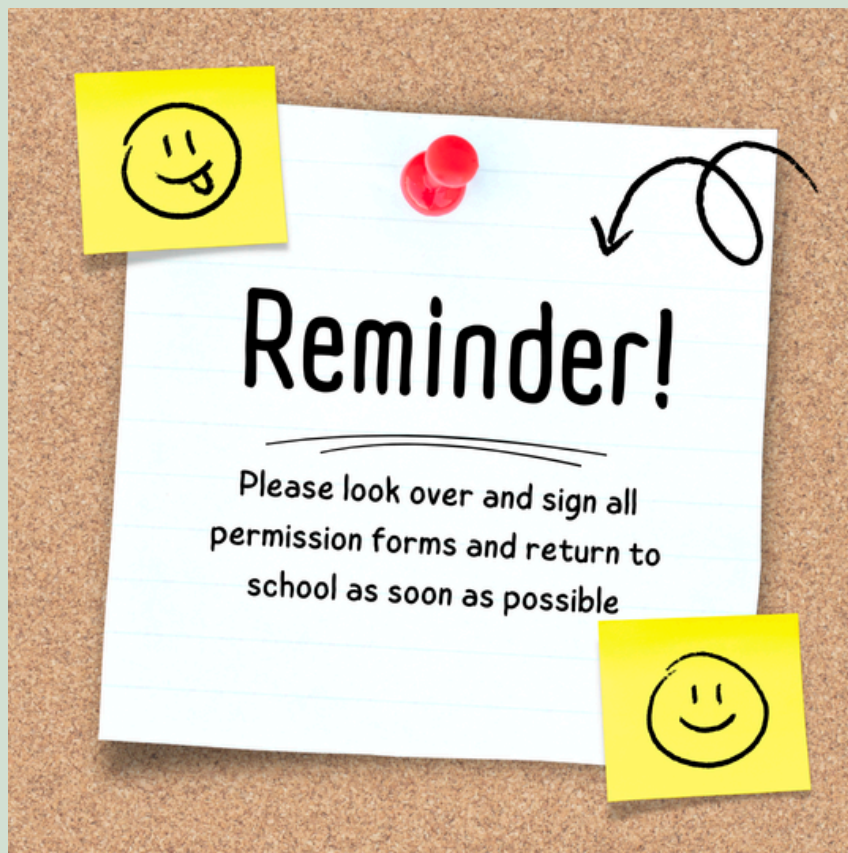
Drive Slowly

Keep speeds low in the car loop and parking lot for everyone's safety.



Late Arrivals

Students must use the main entrance if arriving late. Other exterior doors are locked throughout the day.



September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CLOSED FOR LABOUR DAY	2 Babies & Babbie Newborn 9:30 am Babies 11:30 am Drop In Play 1-4 pm	3 Stay Safe Course 9:00 am - 3:00 pm (See back for details) Stroller Fit 10 am @ Tennis Courts at Island Park	4 Mindful Munchkins 10 am	5 Healthy Cooking 10 am or 1 pm	6
7	8 Musical Mornings 9 am or 11 am	9 Healthy Baby 11 am Drop In Play 1-4 pm	10 Chest/Breastfeeding Group 11 am Parenting Conversation 1:30 - 3 pm	11 Toddler Shenanigans 9 am or 11 am 4:30 pm	12 Kids in the Kitchen 10 am or 1 pm	13 Super Dads, Super Kids 10 am
14 Need transportation to program? Contact FRC & we can arrange a shuttle!	15 Book Buddies 9 am or 11 am ANNUAL GENERAL MEETING @ 7 pm	16 Babies & Babbie Newborn 9:30 am Babies 11:30 am Drop In Play 1-4 pm	17 Stroller Fit 10 am @ Tennis Courts at Island Park Grand Pals 10:30 am *Dufferin Villa* Homeschool Co-Op 1:30 pm	18 Mindful Munchkins 10 am Nobody's Perfect 1:30 pm	19 Healthy Cooking 10 am or 1 pm	20
21	22 Musical Mornings 9 am or 11 am Mom's Time 7 - 9 pm	23 Healthy Baby 11 am Drop In Play 1-4 pm	24 Chest/Breastfeeding Group 11 am	25 Toddler Shenanigans 9 am or 11 am Nobody's Perfect 1:30 pm	26 Our Neighbourhood 10 am	27
28	29 STAFF PD DAY	30 CLOSED FOR NATIONAL DAY FOR TRUTH & RECONCILIATION		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!		

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!

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)

Mindful Munchkins - This program is designed to help children identify and learn to manage their emotions. Join us for a story, a game, and a conversation with puppets Peter & Shelley! (Ages 3-6 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.

Stay Safe Course - Learn how to be responsible for your safety when you stay home or go out by yourself! We will learn about safe rules, routines, and some basic first aid. This is a first course for children ages 9-13. Please arrive promptly at 8:45 and please bring a lunch and snack! Cost is \$15/participant. If cost is a barrier, please let us know.

Stroller Fit - Get outdoors with your little one, meet other caregivers and get a little sweat on! This program is perfect for new parents looking to ease back into fitness after baby and for anyone looking to get in a workout with a baby or young child(ren) in tow. Postpartum caregivers should be at least 4 weeks postpartum (or 6 weeks for c-sections) and approved by your medical professional to engage in regular physical activity before joining.

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)

One on one coaching to help with a variety of needs!
 Families who register with the Family Resource Centre are able to receive this free service.
 Schedule your appointment by calling
 204-595-5305.
 Childcare available.

Located at the Family Resource Centre

Find us on Facebook & Instagram: Family Resource Centre Portage

SEPTEMBER TOPICS:

Healthy Cooking - September 5

Recipe: Korean Beef
 Korean beef is as simple as dinner gets! Comes together so quickly and has so much amazing Asian flavor!

Parenting Conversation - September 10

Topic: Sleep
 Learn how to improve your sleep as well as your kids! Sleep better, live better.

Kids in the Kitchen - September 12

Recipe: Mini Calzones
 Mini Calzones are the perfect easy lunch or dinner for the kiddos. They'll have so much fun making them!

Healthy Cooking - September 19

Recipe: Garlic Lemon Lentil Pasta
 Garlic Lemon Pasta is an easy, delicious, and nutritious 6-ingredient plant based pasta dish you can serve for a quick weeknight dinner.

Mom's Time - September 22

Activity: Pumpkin Picking (7-9 pm)
 Meet us at the Vanstone Veggies farm and get some fall decor pieces! There will be a bonfire at the end if you wish to stay.

Our Neighbourhood - September 26

Activity: Visit City Hall
 Come meet our great Mayor & city staff and get a tour of our city hall! Meet first at the FRC please.

SEPTEMBER 15

ANNUAL GENERAL MEETING @ 7 pm
ALL WELCOME! Come learn more about what we do and our past year!

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.

As there is no space at either CVS or EAM this school year, we have arranged a walking school bus to take students from their school to Red River College for an afterschool recreation program this school year.

The program will start immediately after school and run until 5:30pm on each school day.

The cost is \$12/day and we have full-time, part-time and casual spots available.

The FRC also has PD Day Camp options available to parents.

For more information or to register scan the QR Code below.



If you need assistance or have questions please stop by the FRC (234 Princess Ave, by the theatre), call: (204) 595-5005 or send us an email: schools@frcportage.ca

Phys-Ed



CROSS COUNTRY

Welcome to the 2025 cross country season!

Cross-country practice for grade 5 to 8 will be on September 8, 16, 23 and 29th at 11:45 am. Grade 5-6 run 2kms and grade 7-8 run 3 kms. Students must go to practices if they want to participate.

Schedule is as follows:

Wednesday, September 10th @ 3:45 pm -Republic Park (ÉAM)

Wednesday, September 17th @4:00 pm -Koko Platz/Mellenville Trails
(Divisional Race)

Wednesday, September 24th @4:00 pm -Creekside Campground

Wednesday, October 1st @4:00 pm -Junk Yard Dogs Activity Park

We will bus to the out of town locations and races should be finished by 5:00 pm. Students participating can be picked up from the race location or ride the bus back to ÉAM. Returning by 5:30 pm. If your child is riding the bus back to ÉAM please make sure they have a ride arranged ahead of time.

