

*East Central Public
School
November 2022*

Mrs. Joanne Tournier - Principal

Telephone - 306-922-8329

Fax - 306-953-1017

<https://ec.srsd119.ca>

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|------------------------|---------------------|---------|-------------------------------------|--------------------------|--|----------------------------------|
| | | 1 K | 2 | 3 K | 4 K | 5 |
| 6 | 7 | 8 K | 9 P/T Interviews 3:30-8:30 pm | 10 Picture Retakes | 11 Remembrance Day No Classes | 12 |
| Book Fair, Nov. 7 - 10 | | | | | | |
| 13 | 14 No Classes | 15 K | 16 SCC Meeting 6:30 pm | 17 K | 18 | 19 |
| 20 | 21 | 22 K | 23 | 24 K | 25 K BP Lunch | 26 Christmas Trade Show |
| 27 | 28 | 29 K | 30 | | | |

Upcoming Events

- ✓ **December 9th – 9:00 am – Grades K–8 attend Beauty and the Beast Jr. performance at E.A. Rawlinson Centre – Students will return to a hot, delicious Christmas meal!!**
- ✓ **December 20th, – Last day of school before Christmas break**
- ✓ **January 4th, 2023 - First day of school after Christmas break**



School News

Administrator's Message

It's almost November and the snow has not yet decided to stay! How lucky are we to have had such a beautiful fall season!

Thank you to all of our families who worked so hard to support our Annual Walkathon. We brought in nearly \$8 000! The students worked hard to collect those pledges and were able to enjoy a wonderful walk before it got too cold. Thank you to the families who walked along with our little ones and who manned the drink stations. We appreciate your support with this project.

Our volleyball teams have been very active in the past few weeks with both practices and games. It is so exciting to see so many students getting involved in extra-curricular sports. We want to acknowledge Mr. Kowal, Miss Tatlow and Ms. Deschambeault who have contributed their time and energy to ensuring our students have a wonderful experience.

I would also like to thank Eric Durell from the North Saskatchewan River Basin Council for his support in creating a "Food Forest" at our school. We now have a small orchard that will soon provide us with apples, cherries, and Saskatoon berries. It is our hope to continue adding to our orchard in years to come. The fruit produced will be used in our Grade 7/8 Practical and Applied Arts Program. Students in Grades 5 to 8 participated in the planting process and will have the opportunity to see the plants grow and eventually learn how these foods can be used in baking or to create jams and jellies once the trees begin to produce fruit. A huge thank you also goes out to Chris Fowler who prepared the spot for our orchard so we would be ready to plant!

I want to remind you that Parent-Teacher Interviews are scheduled for November 9th. I look forward to seeing you all that evening! There will be no classes on November 11th and 14th.

We are gearing up for this year's Christmas Tradeshaw which will take place on Saturday, November 26th. If you are interested, or know someone who would be interested in being a vendor please call the school to reserve your spot. We will also be looking for volunteers to sell raffle tickets, work in the canteen and help with set up and clean up. A note will be coming home to ask for your help with these duties.

We will also be looking for volunteers to help with this year's Christmas meal. The meal will be held on Friday, December 9th. We will be looking for volunteers to help prepare the meal and also to help serve the meal. A note will be sent home in the next few weeks to ask for your assistance.

Lest we forget



With winter well on its way, please make sure your child(ren) are dressed warmly enough to be outside. The time is here for toques, mitts, winter jackets, and boots. Thank you for making sure your child(ren) will be warm and comfortable while enjoying the outdoors.

*****Picture Retakes – Picture retakes will take place on Thursday, November 10th at 1:00 pm. If you would like a retake of your child, proofs from the first sitting must be returned. *****

Report Cards and Parent/Teacher Interviews

Our first set of Parent-Teacher Interviews will take place on Wednesday, November 9th from 3:30 -8:30. The first report card will follow on January 20th, 2023. We look forward to meeting with you to discuss your child's progress.

Remember that your child's progress can be accessed at any time through your Edsby account. A letter was sent home with the students on Nov. 14th detailing how to use this communication tool. If you have any questions, please contact the school at 306-922-8329.

Book Fair

The annual Scholastic Book Fair will be starting on Monday, November 7th with the last day being Thursday, November 10th. Stop in during interviews to take a look and enter in the family draw!

Christmas Trade Show – Saturday, Nov.26th.

We are still in need of volunteers for the trade show. If you can help in any way, please contact the school at 306-922-8329.

Community News



Peanut Butter and Fruit Platter

Course: Snack

Cuisine: American, Plant Based, Vegetarian

Keyword: butter board

Servings: 2 people

Calories: 212kcal

Author: Judy Doherty

Ingredients

- **1/4 cup peanut butter**
- **1 each apple cut in wedges, core removed**
- **1/4 cup raspberries or any fruit**
- **1 each graham cracker broken into bits**
- **1 tsp jelly**

Instructions

1. **Spread the peanut butter onto a board or platter. Top with apples, jelly, and cracker bits. Enjoy!**

Notes

Experiment with different nut butters and fruits!

Nutrition

Calories: 212kcal | Carbohydrates: 12g | Protein: 7g | Fat: 17g | Saturated Fat: 3g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 8g | Sodium: 143mg | Potassium: 207mg | Fiber: 3g | Sugar: 6g | Vitamin A: 5IU | Vitamin C: 4mg | Calcium: 20mg | Iron: 1mg