

*East Central Public
School
November 2023*

Mrs. Joanne Tournier - Principal

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<https://ec.srsd119.ca>

	Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	3	4
5	6	7 Hot Lunch	8	9	10 No Classes	11
		P/T Interviews 3:30-8:30 pm				
12	13 Remembrance Day Observed	14	15 SCC Meeting 6:30 pm	16	17	18
19	20	21	22	23 BP Lunch/ Gym Blast	24	25
26	27	28	29	30		

Upcoming Events

- ✓ **December 2nd – Christmas Trade Show**
- ✓ **December 8th – 9:00 am – Grades K–8 attend “Little Mermaid Jr.” performance at E.A. Rawlinson Centre – Students will return to a hot, delicious Christmas meal!!**
- ✓ **December 19th - Christmas Concert**
- ✓ **December 22nd, - Last day of school before Christmas break**
- ✓ **January 8th, 2024 - First day of school after Christmas break**

School News

Administrator's Message

Here we are at the beginning of November and it feels like the year just began. The last couple of months have been such a whirlwind of activity, that time has just flown by!

Cross-country season has come to an end, but I want to congratulate all of our runners on a fantastic season. I also want to thank Mrs. Coombs for coaching this year's team. Both the Grade 5/6 and the Grade 7/8 Volleyball teams are having a great season as well. We have been fortunate to host a few games here at East Central and it has given me an opportunity to get out and watch our teams in action. I am so impressed with how much improvement I have already seen in our volleyball players. Thank you to Mr. Kowal and Miss Tatlow for volunteering your time to coach our teams.

I can't help but smile when I think back on our Education Week activities. It was wonderful to have so many families participate in these activities. Thank you to all of the volunteers who helped in preparing, serving and cleaning up after our hot lunch. The students raved about the delicious meal and it is always wonderful to have everyone gathered in one place to enjoy a meal together. I also want to say a huge thank you to all of the Grandparents who came out to read with our students. It meant so much to the students to have you join us. I hope that we can plan to do this again in the near future! Finally, I want to say how overwhelmed I was by the tremendous support we received for this year's Walkathon. When the finally tally was done, we discovered we had raised over \$10 000!!!! All of the money raised goes directly to our students and their educational experience.

In addition to the Education Week activities, we also held a Halloween Family Dance. Thank you to the many volunteers who set up, provided music, lights, decorations and video. Thank you as well to the parents who ran the canteen and provided supervision for this event. Thank you to the community for your generous donation at the Halloween Dance. Through your generosity we raised just over \$450.00. The money raised at the dance will go directly to the rink building which we expect will be started in the next few weeks. We are looking forward to having a warm place to tie skates and to having a washroom facility available for after school and weekend use.

Please remember that Student Progress Conferences are scheduled for Tuesday, November 7th from 3:30 – 8:30. You will be receiving a note to let you know what time your conference is scheduled for each of your children. We look forward to discussing your child's progress!

Mrs. J. Tournier
Principal



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.

Parent/Teacher Progress Conferences

Our first set of Progress Conferences will take place on Tuesday, November 7th from 3:30 - 8:30. The first report card will follow on January 26th, 2024. 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. For complete information on how to use all the communication tools available, go to <https://www.srsd119.ca/parent-information-2/>. Computers will also be set up on Progress Conference evening for anyone needing assistance.

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 6th with the last day being Thursday, November 9th. Stop in during interviews to take a look and enter in the family draw!

SCC News

Our next Hot Lunch will be Tuesday, Nov. 7th. Pulled Pork will be served. The next SCC meeting will be Nov. 15th at 7:00 pm.

Christmas Trade Show – Saturday, December 2nd.

There will be a volunteer sheet available for anyone who may be able to give some time to the annual Trade Show, Dec. 2nd. It will be available at the Progress Conference evening or contact the school at 306-922-8329.

Community News

Together with the City of Prince Albert, the Sask Rivers Public School Division, is excited to invite you, your family, friends and special guests to join us on Tuesday, DECEMBER 5th – 7:00 pm, at the main entrance of City Hall, as we celebrate the season and come together for the 1st Annual Beau “Lac” Tree Lighting Ceremony. There will be a short dedication that will include Christmas Carols, Sleigh Rides and an opportunity for fellowship. Complimentary hot chocolate will be served!

YIELD: 75 FRUIT SNACKS

Healthy Homemade Fruit Snacks (with veggies!)

Healthy homemade fruit snacks with hidden vegetables.

PREP TIME 20 minutes

COOK TIME 10 minutes

TOTAL TIME 30 minutes



Ingredients

For the mango carrot fruit snacks:

1 ½ cups diced mango chunks, defrosted if frozen

1 medium carrot, steamed until soft

2 tablespoons of honey*

¼ cup water

5 tablespoons grass-fed beef gelatin powder

For the strawberry-beet fruit snacks:

2 cups halved strawberries

1 small beet, steamed until soft

2 tablespoons of honey*

¼ cup water

5 tablespoons grass-fed beef gelatin powder

Instructions

*First, line a 9" bread loaf pan with parchment paper and spray it with cooking spray (I like coconut oil cooking spray).

*Place the fruit and cooked vegetable of choice in a high-speed blender.

*Add the water and honey, and puree until VERY smooth, at least 5 minutes.

*Taste the mixture; add more honey if you think it needs it, and blend again until smooth.

*Pour the mixture into a large-bottomed stock pot. Sprinkle the gelatin evenly over the surface. Do not touch it for 5 minutes.

*When the mixture is wrinkled on the surface, you can begin to whisk the gelatin into the fruit puree. Turn the burner to medium and cook while whisking constantly until the mixture is smooth. At first, it will appear clumpy but the heat will dissolve and make everything smooth. Do not let the mixture boil but cook it until it's smooth.

**Pour the mixture into the prepared loaf pan and allow to set for at least 3-4 hours. I leave it overnight (covered).

**Use mini pie cutters to cut out cute shapes. Use scissors to cut up the scraps into small pieces, and mix them into the shapes.

**The fruit snacks keep for 5 days refrigerated.

Notes *Please add more honey to taste! If your kids like store-bought fruit snacks, these won't be sweet enough for them. Add honey until it tastes right to you.

Nutrition Information: *SERVING SIZE:* 1

Amount Per Serving: CALORIES: 14 TOTAL FAT: 0g SATURATED FAT: 0g TRANS FAT: 0g UNSATURATED

FAT: 0g CHOLESTEROL: 2mg SODIUM: 3mg CARBOHYDRATES: 2g FIBER: 0g SUGAR: 2g PROTEIN: 1g