

# East Central Public School March 2024

Joanne Tournier - Principal

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	4	5	6	7	8	9
10	11	12	13 Progress Conferences 3:30 - 8:30 pm	14 Hot Lunch	15 Convention No Classes	16
17	18	19	20	21 Gym Blast ----- SCC Meeting 7:00 pm	22	23
24	25	26	27	28 Boston Pizza Lunch	29 Good Friday No Classes	30

## Upcoming Events

March 29<sup>th</sup> - Good Friday - No classes

April 1<sup>st</sup> - 5<sup>th</sup> - Easter Break - No classes

April 8<sup>th</sup> - Classes resume

April 22<sup>nd</sup> - PLC Day - No classes

April 25<sup>th</sup> - Boston Pizza lunch



# School News

## Administrator's Message

Well, I think that it is safe to say that March came in like a lion! The cold temperatures and the heavy snowfall have certainly made things interesting. Fortunately, it appears that the temperatures in the coming days will be much milder.

I am happy to tell you that our rink building is nearly finished. We are very excited to be able to use this building in the final days of winter and are so happy that it will be available for use in the years to come!

Please remember that our Mom's Pantry Fundraiser is currently in progress. If you are interested in placing an order you can simply go to the Mom's Pantry website and click on "Shop Now". You can enter "East Central Public School" to have your order included in our fundraiser. All orders will be delivered to the school before the Easter Break.

We are looking forward to the upcoming Progress Conferences happening on Wednesday, March 13<sup>th</sup>. You can expect to see a note from your child's teacher indicating the time that has been set aside for your child's conference. We also hope to see you on Thursday, March 21<sup>st</sup> for our SCC Meeting at 7:00.

I also want to remind you that there is no school for students on March 15<sup>th</sup> as teachers will be attending Convention on this day. There is also no school for students on March 29<sup>th</sup> as this is Good Friday and the beginning of the Easter Break. Students will return to school on Monday, April 8<sup>th</sup>.

We hope you all have a wonderful Easter Break!

Mrs. Tournier



Parent/Teacher Progress Conferences - Interviews will be held Wednesday, March 15<sup>th</sup> from 3:30 to 8:30 p.m.

East Central Public School is accepting Kindergarten registrations for the 2024 - 2025 school year. If you have a child or know of someone in the community that has a child ready for Kindergarten, please come to the school or go on line to fill out a registration form. Your child must have turned five by December 31, 2024. (Born in 2019)

Boston Pizza Lunch - Our next Boston Pizza lunch will be on Thurs, March 28<sup>th</sup>.

## community News

**PAMF PROGRAMS 2024**

- LITTLE TYKES - GR. 1-4
- FALL RIVER RIDERS - GR. 6-9
- SPRING 6-A-SIDE - GR. 5-8
- PASS, PUNT AND KICK - AGE 7-14

RR PRINCE ALBERT MINOR FOOTBALL

VISIT OUR WEBSITE FOR MORE INFORMATION

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PRINCE ALBERT MINOR FOOTBALL

REGISTER AT [PARIVERRIDERS.COM](http://PARIVERRIDERS.COM)

## PRINCE ALBERT BALL HOCKEY YOUTH LEAGUES

PRINCE ALBERT YOUTH SEASON RUNS MID APRIL TO MID JUNE [3-17 YRS]

Registration Deadline is March 21<sup>st</sup>, 2024.

For more information or to register please visit: [saskballhockey.com](http://saskballhockey.com)

# MARCH IS NUTRITION MONTH

## Eat a Variety of Nutritious Foods Every Day

Include healthful foods from all food groups

- Hydrate healthfully - (water is the best way to hydrate)
- Learn how to read Nutrition Facts panels
- Avoid distractions while eating
- Take time to enjoy your food

Keep healthful foods on hand so you can prepare a variety of salads, fresh fruits, whole grains and other good choices at home. Take the time to make a list of favorite meals you want to cook this week. Plan them around seasonal produce items that are ripe and delicious now.

## Five Tips for Cooking With Kids

It's fun and rewarding to involve kids in meal preparation - whether it's at breakfast, lunch or dinner. Here are five tips for getting your kids involved:

1. As a family, commit to trying a new fruit or vegetable each week during National Nutrition Month.
2. Pick a recipe and shop together: Children need to be part of the plan from the beginning, and it helps if they choose and prepare something that they love to eat.
3. Incorporate learning: Build on lessons they learn in school, such as math, social studies, media literacy, spelling, science and reading. Younger children can practice fine motor skills.
4. Keep it fun! Imaginative play helps children get deeply involved. Make a theme night or turn your kitchen into a restaurant.
5. Be a role model: If you're excited, they will be too. Try a new food, describe the flavour and be adventurous to inspire your kids to do the same.
6. Be cool about the mess: Spills and accidental messes will happen.

## Have a Daily/weekly challenge:

- Eat something for breakfast
- Eat a meal without distractions (TV, phone, computer, etc.)
- Eat a meal together with your family or friends.
- Help out making dinner
- Try a food you have never tried before

For support with your nutrition month ideas and for more information contact:

Chelsea Brown, Registered Dietitian

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Saskatchewan Health Authority Health Promotion Department

Population and Public Health Services