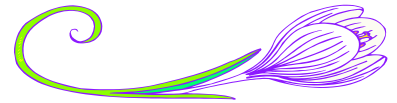


East Central Public School



Principal – Mrs. Joanne Tournier
Fax – 306 953-1017

Telephone – 306 922-8329
www.srsd119.ca/ec/

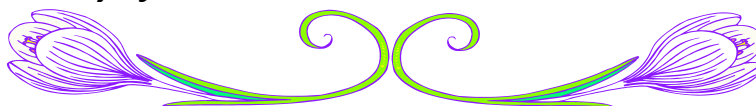
May 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2 K	3	4
5	6	7 K	8	9 K	10 K	11
12	13	14 K	15	16 K HOT LUNCH ----- GYM BLAST ----- SCC Meeting 7:00 PM	17	18
19	20 VICTORIA DAY NO CLASSES	21 K	22	23 K Track & Field at PACI	24 K	25
26	27	28 K	29	30 K BP Lunch	31	

May 10th & 24th, Land Based Activities

Upcoming Events:

- June 4 & 5 – Track Meet
- June 13 - K – Gr. 8 PA National Park Field Trip
- June 21 - Grade 8 Farewell/Family BBQ
- June 25 – Kindergarten Celebration
- June 26 – Play Day/Last day of classes



School News

ADMINISTRATORS MESSAGE

Dear Parents and Guardians,

As we step into the vibrant month of May, I am filled with gratitude for the continuous support and dedication of our wonderful community. I would like to extend a heartfelt thank you to all the volunteers who generously contributed their time and effort to make April's hot lunch program a resounding success. Your commitment to enriching our school experience is truly commendable, and it is through your collaborative spirit that we are able to create memorable moments for our students.

Looking ahead, we are excited to kick off the much-anticipated track and field season for our grade 4 to 8 students. This exhilarating event not only fosters teamwork and sportsmanship but also provides an opportunity for our students to showcase their talents and determination. We encourage all eligible students to participate wholeheartedly and make the most out of this enriching experience.

Additionally, I would like to take this opportunity to remind all parents to ensure that their children are signed in each morning for the before-school program. This program not only offers a safe and nurturing environment for our students but also provides valuable opportunities for socialization and academic enrichment. Your cooperation in adhering to this important procedure ensures the smooth functioning of our school community and the well-being of our students.

I would like to say a huge thank you to Lake Country CO-OP for the generous donation of \$5000 to the Matt Swaby Memorial Rink. The rink and rink building are now complete, with the exception of a ramp to make the building accessible to all. Thank you to Superintendent Mike Hurd for all of his hard work and dedication to making our dream a reality. We look forward to inviting you all to come out and enjoy the new building when the ice returns.

Furthermore, I am thrilled to announce our upcoming Prairie Meats fundraiser, where proceeds will directly contribute to purchasing technology devices to support student learning. In today's rapidly evolving world, access to technology plays a crucial role in enhancing educational experiences and preparing our students for future success. Your participation in this fundraiser not only helps equip our students with the tools they need to thrive but also strengthens our collective commitment to their academic journey.

As always, I am immensely proud of the dedication and enthusiasm demonstrated by our students, staff, and parents alike. Together, we continue to foster a nurturing environment where every individual can thrive and excel.

Mrs. J. Tournier
Principal

- Our registration process for next year is underway. If you know of families who are moving into the East Central Public School area, who have school age children, please ask them to register at their earliest convenience. It is important to get an accurate picture of our enrollment for next year so we can staff the school accordingly.

East Central Public School is continuing to accept Kindergarten registrations for the 2024 – 2025 school year and we are *in the process of planning a 2024-25 Kindergarten orientation date. If your child will be attending in the fall, please complete a registration and send to Mrs. Tournier at jtournier@srsd119.ca as soon as possible.* Your child must have turned five by December 31, 2024.

Registration link is below. Thank you.

https://www.srsd119.ca/wp-content/uploads/PI_RL_24_25_Student_Registration_Form.pdf

Before and After School Program

- Please be sure all accounts are up to date by the end of May, 2023. Send a post-dated cheque for June if your child(ren) will be using the Half time (20 hours) or Full time (over 20 hours for the month). Drop Ins will be invoiced.

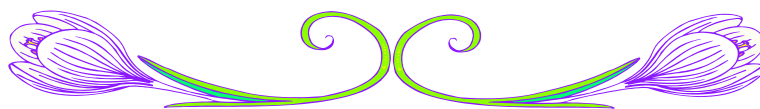
- **PLEASE BE SURE TO FILL IN THE SIGN IN SHEET WHEN DROPPING OFF OR PICKING UP YOUR CHILD(REN).**

Thank you.

Family BBQ - June 21, 2024 – Starting at 11:30 am. More information to follow.

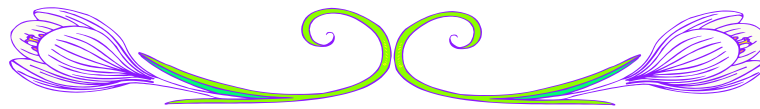
Community News

(None at this time)



Quick Nutrition Tips:

- **SEPARATE FOOD FROM TECHNOLOGY.** We are less mindful and eat much more food when we eat while sitting in front of the TV or computer or while we scan a cellphone or read a newspaper. Leave the distractions behind and eat at the family table.
- **REMEMBER YOUR ROLE.** It is the caregiver's responsibility to offer the children a variety of healthy foods to choose from. It is the children's job to decide how much they will eat, or whether they will eat at all.
- **TRUST YOUR CHILD'S APPETITE.** Children will usually eat when they are hungry and stop when they are full.
- **NUTRITION MYTH** – It is my job as the caregiver to get the children to eat.
- **NUTRITION FACT** – It is the children's job to decide how much they will eat, or whether they will eat at all. They should be trusted to listen to their appetites. Offer new foods as well as foods that are familiar to the children. Encourage structure around mealtime by having a set time when the children are together and food is served.



Composting

Composting is the process of recycling materials such as leaves and vegetable scraps into a healthy soil.

Why Compost?

- ✓ ***Teaches children to reduce landfill waste***
- ✓ ***Reduces household and school waste***
- ✓ ***Turns waste into a healthy boost for school, home or community garden soil***
- ✓ ***Can be used to teach a variety of school subjects***
- ✓ ***Reduces the need for expensive chemical fertilizers***
- ✓ ***It's easy and inexpensive***

Getting Started...Composting in 8 Easy Steps

- 1. Get yourself a compost bin: A compost bin should allow easy access to the pile inside and have spaces or holes for airflow.**
- 2. Choose a bin location: Your compost bin should be located in a spot with good drainage and lots of sunlight.**
- 3. Start your compost pile: Start with a 5-10cm layer of twigs and/or other coarse material at the bottom of your composter. This will promote airflow.**
- 4. Layer your compostable materials: a good rule of thumb is to have roughly equal parts of Brown and Green materials.**
- 5. Mix compost pile: Every week or so stir your compost pile. A pitch fork or shovel works well for this.**
- 6. Add a dash of water: The microorganisms in your pile need moisture to move around. Keep your compost moist.**
- 7. Harvest your compost: After 4-6 months your compost will be ready to use. The finished compost will be at the bottom of your pile.**
- 8. Use your compost: Compost can be added directly into gardens, flower beds and potted plants. Just work it into the other soil.**

Adapted from: *Your Guide to Backyard Composting*. The City of Regina. www.regina.ca

WELCOME SPRING!

