

East Central Public School March 2025

Joanne Tournier - Principal

Telephone - 306-922-8329

Fax - 306-953-1017

<https://ec.srsd119.ca>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Gr. 7-8 Carlton Tour 11:00 - 12:15	6	7	8
9	10	11 Hot Lunch	12 Progress Conferences 3:30 - 8:30 pm	13 Gr. 5 - 8 Curling	14 Convention No Classes	15
16	17	18	19 SCC Meeting 7:00 pm	20	21 Gym Blast	22
23	24	25	26	27 Boston Pizza Lunch	28	29
30	31					

Upcoming Events

April 8th - Hot Lunch

April 17th - Boston Pizza lunch

April 18th - Good Friday - No classes

April 21st - 25th - Easter Break - No classes



School News

Administrator's Message

As we welcome the month of March, we are enjoying the positive change in weather. The warmer temperatures and brighter mornings make the drive to school much more pleasant, and we are grateful for the longer days ahead!

We hope everyone had a wonderful February break and had the opportunity to relax and spend quality time with family. It's always nice to take a pause before diving into the busy months ahead.

A big congratulations to our East Central Basketball team on an incredible season! The team had several victories and demonstrated great teamwork and determination throughout the season. With basketball wrapping up, we now shift our focus to badminton season, which is already underway. We wish all our players a fantastic season ahead!

Looking ahead, we are excited to connect with families during our Student Progress Conferences on March 12th. These conferences are a great opportunity to discuss student growth and set goals for the remainder of the school year. A reminder to families that there will be no school on March 14th due to Teacher Convention.

Our Mom's Pantry Fundraiser begins on March 4th. We want to remind you that all orders can be placed online. We expect our delivery to take place early enough to ensure you have your products in time for Easter baking.

Thank you for your ongoing support. Wishing everyone a wonderful March!

Mrs. Tournier



Parent/Teacher Progress Conferences - Interviews will be held Wednesday, March 12th from 3:30 to 8:30 p.m.

East Central Public School is accepting Kindergarten registrations for the 2025 - 2026 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, 2025. (Born in 2020)

Boston Pizza Lunch - Our next Boston Pizza lunch will be on Thurs, March 27th.

community News



Prince Albert Minor Baseball

**ROYALS
BASEBALL**

Local and Provincial Team Play for ages 5-18

REGISTER NOW! UNTIL MARCH 31

Royals PA

GIRLS AND BOYS WELCOME!

46 local teams projected in Rally Cap thru to 18U

ALL LEVELS OF EXPERIENCE

VISIT OUR WEBSITE TO REGISTER
PAMINORBASEBALL.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:
Saskatchewan Health Authority Health Promotion Department
Population and Public Health Services