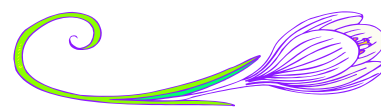


East Central Public School



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

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

May 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 K	2	3
4	5	6	7	8	9	10
11	12 <i>Prairie Meat Fundraiser Begins</i>	13	14	15 K <i>K – 4 Fire Hall Tour</i>	16 <i>Conservation Learning Centre Gr. 5 – 8 AM K – 4 PM</i>	17
18	19 VICTORIA DAY NO CLASSES	20	21 <i>Prairie Meat Fundraiser Ends</i> ----- <i>PACI Track Meet</i> ----- <i>SCC Meeting 7:00 PM</i>	22 K	23	24
25	26	27 RCMP Visit	28	29 K	30	31

Upcoming Events:

- June 2 – Gr. 5-8 – Aviation Museum AM – Forestry Farm PM
- June 3,4 – P4A Track & Field
- June 6 – Kindergarten Orientation (2025-26) 2:00 PM
- June 16 – Gr. 1 – 4 – Fort Carlton
- June 23 - Grade 8 Farewell/Year End Assembly
- June 24 – Kindergarten Celebration
- June 26 – Play Day/Last day of classes

School News

Principal's Message

With the arrival of warmer weather and longer days, there's an exciting energy in the air at school as we dive into a very full and active May!

A huge thank you goes out to Mrs. Coombs for directing our incredible production of *The Wizard of Oz*. We are so proud of our students for the amazing performance they put on—we were truly treated to a wonderful show that showcased their hard work and talent.

This month is packed with learning adventures and special events. On **May 15**, our Kindergarten to Grade 4 students will be visiting the **Fire Hall** to learn more about fire safety and the important work our local firefighters do.

The very next day, **May 16**, all students from Kindergarten to Grade 8 will take part in a trip to the **Conservation Learning Centre**. Grades 5 to 8 will go in the morning, and Kindergarten to Grade 4 will go in the afternoon. Please ensure your child wears **long pants and closed-toe shoes** to help avoid ticks, which may be present in the long grass. Also, don't forget to pack **a healthy lunch, water bottle sunscreen, a hat, and bug spray** to keep everyone safe and comfortable.

Our **three-school track meet** will be held at **PACI on May 21**. Students should bring a **healthy lunch, a water bottle, a hat, sunscreen, and bug spray** as they spend the day outdoors cheering each other on and striving for their personal best. We are looking for volunteers to help man our events. Please let your child's teacher know if you are available to help out.

We're also excited to host a **Culture Fair** on the **afternoon of May 29**. This will be a great opportunity to celebrate and learn about the diverse backgrounds and traditions that make up our school community.

Thank you for your continued support in making all these learning experiences possible. Let's enjoy this busy and beautiful month together!

Mrs. J. Tournier



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 2025 – 2026 school year and we are *in the process of planning a 2025-26 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, 2025.

Registration link.

https://www.srsd119.ca/wp-content/uploads/PI_RL_2025_2026_Student_Registration_Form.pdf

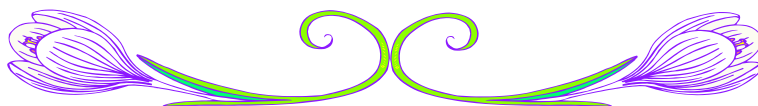
Before and After School Program

- Please be sure all accounts are up to date by the end of May, 2025. 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.

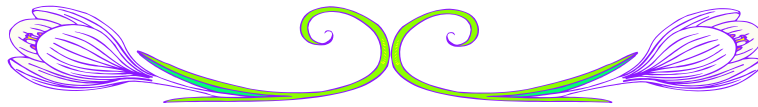
Community News

(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!

