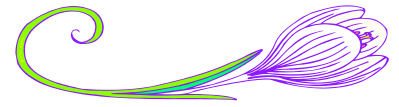


East Central Public School



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

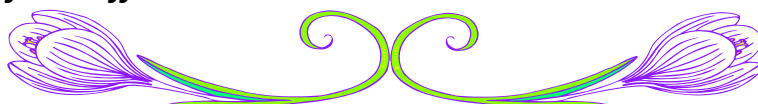
Telephone – 306 922-8329
www.srsd119.ca/ec/

May 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 K	2
3	4	5 K Hot Lunch	6	7 K	8	9
10	11	12 K	13	14 K	15 PLC Day No Classes	16
17	18 Victoria Day No Classes	19 K	20 Track & Field PACI	21 K	22 K	23
24	25	26 K	27	28 K SCC Meeting 7:00 pm	29	30

Upcoming Events:

- June 1 - 3– P4A Track & Field
- June 12 – Kindergarten Orientation (2026-27) 2:00 PM
- June 18 – Kindergarten Celebration
- June 19 - Grade 8 Farewell/Year End Assembly
- June 24 – Play Day/Last day of classes for students
- June 26 – Final Day for Staff



School News

Principal's Message

Principal's Message

As we welcome the month of May, we are all hopeful that the last traces of snow are behind us and that warmer weather is finally here to stay. With the changing season, students are enjoying more time outdoors, and we look forward to the opportunities that spring brings for learning, play, and connection. A reminder to families to continue sending students prepared for the weather, as conditions can still change quickly.

I would like to extend a sincere congratulations to our badminton athletes. They represented our school with pride, demonstrating not only skill and determination but also excellent sportsmanship. We are very proud of their efforts and the way they carried themselves both on and off the court.

A special thank you to Mr. Kowal for coaching our badminton players. Your time, commitment, and encouragement made a meaningful difference for our students and are greatly appreciated.

Thank you as well to our many volunteers who prepared and served this month's hot lunch. It was delicious as always, and we truly appreciate the time and care you give to support our school community.

I would also like to recognize and thank our students who were part of our student panel and had the opportunity to meet with the Director of Saskatchewan Rivers Public School Division, as well as our Division Trustees. Our students did a wonderful job sharing their experiences as East Central Public School students. We were especially proud to have representation from each grade level, ensuring that student voice from across the school was shared.

As always, thank you to our families for your continued support. We are looking forward to a busy and exciting month ahead as we move closer to the end of the school year.

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 2026 – 2027 school year and have planned a *2026-27 Kindergarten Orientation date (June 12)*. *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, 2026.

Registration link:

https://www.srsd119.ca/wp-content/uploads/PI_RL_26_27_Student_Registration_Form.pdf

Before and After School Program

- Please be sure all accounts are up to date by the end of May, 2026. 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



PRINCE ALBERT & AREA
TRY RUGBY
4-6PM - 3 MAY, 2026
AGES: 13-18 BOYS AND GIRLS
LOCATION: PACI FIELD, 45 20TH ST W
ALL ARE WELCOME, NO EXPERIENCE NEEDED
BRING GYM CLOTHES, GYM SHOES, AND A WATER BOTTLE

PRINCE ALBERT RUGBY FOOTBALL CLUB
PANTHERS Rugby
WHISKEY JACKS RFC



PRINCE ALBERT SCIENCE CENTRE
EGG DROP BUILDlab & CHALLENGE
DESIGN IT & DROP IT

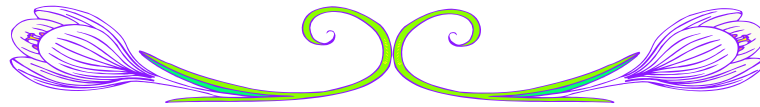
PRIZES: ENGINEER your way to a WIN! we supply eggs & materials you supply the ingenuity!

12:00-2:30 BUILD
3:00 DROP
\$10 PER EGG

gateway mall
SATURDAY MAY 23
ALL AGES

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!

