

# Niverville Elementary School

VOLUME 19, ISSUE 10

MARCH 2018

NIVERVILLE  
ELEMENTARY  
SCHOOL

## DON'T FORGET!

- **March 8: HOT LUNCH - Pizza Day**
- **March 8: Grade 4 Field Trip - Night at the Museum**
- **March 9: PD Day - NO CLASSES**
- **March 15: Chocolate fundraiser begins - Chocolates sent home today**
- **March 16: Report cards issued (Grade K-4)**
- **March 21: Celebration of Learning 5 - 7pm (come and go)**
- **March 22: HOT LUNCH - Subway Day**
- **March 23: Last day of classes before Spring Break**
- **March 26 - March 30: Spring Break - NO SCHOOL**

## RETIREMENT NEWS

It is with much gratitude to all the children who have enriched and touched my life as an educator that I am announcing my intention to retire at the end of this school year.

I will have had a wonderful 33 year career that began in September, 1985 in the Lord Selkirk School Division. During my 19 years there, I taught various subjects K-12 as well as many years as a resource teacher at the K-9 level. It was during a blizzard in April of 2004 that I decided the hour long commute I had done for 10 years from St. Adolphe to Selkirk and home again, was too much and handed in my resignation letter. This was particularly difficult as I had deep roots in this division as this is where I had been a student, student teacher and teacher. I have maintained many friendships there and still return for retirements and special events.

As I began to explore where my career would take me next, an amazing opportunity opened up at Niverville Elementary for September 2004 as a resource teacher. Although the adjustment to being unknown and having to build relationships with a new staff and division was a bit overwhelming, it was a true blessing. Being closer to home for my family was so greatly appreciated by all of us. It did not take long for me to get to know the NES staff, children and their families. Our school has experienced significant changes since then, such as becoming a K-4 school, establishing our school culture and identity, as well as the growth and development of the learning support (resource) program.

It has been a privilege to learn from and work alongside so many wonderful students, parents, educational assistants, teachers, principals, clinicians and other divisional staff. During the past 8 years, I have enjoyed my role as vice-principal alongside Judy Hiebert and now Tracy Beaudin immensely. I anticipate the next four months will go far too fast. At the end of June, I will have called NES home for a meaningful 14 years. I would like to take this opportunity to say how much I value the relationships and communication with families and their children that have developed and occurred during this time.



Valerie Kosman



NIVERVILLE ELEMENTARY  
WHERE EVERYONE SHINES!

NES aspires to provide foundations that empower children to explore and excel.

We Believe...

- Meaningful relationships are the building blocks for a nurturing learning experience.
- Curiosity, imagination and creativity are essential to the learning experience.
- Social-emotional, academic, and healthy physical development are shared responsibilities between home and school.
- Promoting care and concern for ourselves, others, and our environment will develop compassionate citizens.
- Open, honest communication is key to effective partnerships among students, parents, teachers, and community members.
- Our voice and strengths contribute to a positive learning community where we all belong and strive to be the best we can be.

**NIVERVILLE ELEMENTARY**

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**Just a reminder from the office. . .**

**If you are moving or have any sort of changes in your mailing, phone, or emergency information, please let the school office know at (204)388-4861.**



**Report Cards will be sent home on March 16th.**

Celebration of Learning will be held on the evening of Wednesday, March 21st.



**NIVERVILLE SCHOOL'S "CELEBRATION OF LEARNING"  
SET FOR MARCH 21st**

On March 21st, **between 5pm and 7pm**, Niverville Elementary School will be hosting our first "Celebration of Student Learning". This event will be replacing the previous spring parent teacher conferences. Students are excited about what they are learning and now it's time to share the learning with you. Parents, grandparents, and friends are invited to come.

The event is intended to be a "come and go" from 5pm to 7pm. Come and listen to your child share their learning and then feel free to visit other areas of the school and observe the learning at other grade levels if you wish.

If you have any questions, please feel free to contact the office during school hours. We hope to see you there for this one of a kind event!!





Are you coming to the NES **Celebration of Learning**? If you are, don't forget to stop by the gym and enjoy some activity. At NES we promote the goals of physical literacy listed below:

1. To participate in physical activity.
2. To become or stay physically fit.
3. To learn basic skills to perform a variety of physical activities.
4. To teach students to value physical activity and understand its contribution to healthy living.
5. To help students understand the benefits of being involved in physical activities including, not only physical health, but social and mental wellbeing.

Having said that, I hope you can drop by the gym to try a few of the many activities your child participates in at NES.

**Please follow these rules:**

1. Pick no more than 3 stations to follow as a family (if some stations are busy, you will have to pick another one).
2. Maximum of 15 minutes per family allowed in the gym (5 minutes per station).
3. Parents must move with their children from station to station.
4. Please remove dirty shoes before entering the gym (students should be wearing runners).

Hope to see you getting **active** in the gym!

Alvin Ginter  
P.E. Instructor

## NES CHOCOLATE FUNDRAISER

**March 15th—April 9th**

Each family will receive one case of chocolates on **Thursday, March 15th**. If you sell one case and can sell more please let the office know.

For every box sold, your child will receive a chocolate bunny and be able to fill out a ballot to be entered in the daily prize draw and the Grand Prize Draw on **April 19th**.

**To be eligible for the grand prize, all money and unsold chocolates have to be returned by MONDAY, APRIL 9TH.**



## KINDERGARTEN ORIENTATION AND VISIT

Parent evening with pre-K students is scheduled for **Monday, May 14th from 6:30 - 7:45pm**. Pre-Kindergarten Student Visit with parents will be on **Wednesday, May 16th and Thursday, May 17th**. Parents will receive a letter along with the registration package in the mail in April with the time and date of your one hour appointment. We are very much looking forward to meeting the newest members of our NES family!

If you are aware of any children born in 2013 that have yet to register, please ask them to call the school. Students that are foster children also need to have an intake meeting in the spring with their social worker, foster parent, and Mr. Fiola. Please let Mrs. Benitez or Mrs. Lindsay know when you are registering your child.





March 2018

## Join Us

We have changed the time for our meetings. Meetings will now begin at 6PM.

If you have a child attending NES please come join us! All parents and guardians of children at NES are welcome! We typically meet the last Monday of every month.

Meeting dates for this school year can be found at <http://nes.hsd.ca/>. Click on the Parents Tab.

**Due to spring break, our next meeting is March 19 in the NES Library at 6PM**

## Fundraising Update

Regretfully, NES PAC will no longer be participating in Winterfest. The event at the school featuring the holiday shoppes, face painting and pictures with Santa will no longer take place.

Several volunteers have stepped down from the committee and finding volunteers to run the events on the day has been very difficult.

## Hot Lunch News

Upcoming hot lunch dates:

- March 8 – Pizza
- March 22 – Subway



If your child is absent on hot lunch days and you still want to get it, contact the **FRONT OFFICE by 11:00am** to make arrangements. We are unable to refund hot lunch money.

Should school be cancelled on a hot lunch date due to stormy weather, the hot lunch will be rescheduled for the following Thursday.

Boston Pizza pasta hot lunch was a huge hit with the kids and our most profitable hot lunch to date! That's why we're pleased to be offering it during the spring hot lunch session!

Ordering dates for the spring hot lunch session are March 7 -16, 2018.

**Absolutely NO LATE submissions will be accepted.**







# Nutrition Bits and Bites!

## Unlock the Power of Food

**Food is nourishment, but it's so much more.**

**Foster healthy eating habits in children by teaching them to shop and cook.**

- While 68% of Canadians say they often prepare food for a meal or snack, most don't get their children involved in the process.
- Many children are growing up lacking basic food skills, including how to shop, cook and build a balanced meal, which is creating a culture that relies too heavily on processed, packaged and take-out foods.
- Teaching children how to shop for and prepare healthy meals can give them the power to discover better health as they grow.
- Improved food skills can lead to healthier eating, including eating more fruits, vegetables and fibre.
- Shopping and cooking are easy ways to spend extra quality time with your kids.



### Unlock the Potential of Food to Discover!

#### Get kids Involved in shopping!

- ✓ Give children some choices in creating healthy meals and grocery lists using some of the foods they enjoy
- ✓ Let them cut the coupons! Teach them how to save money at the grocery store.
- ✓ Encourage them to participate in grocery shopping by finding the foods on the list!

*Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.*

2017-2018

## Cook and Enjoy! Cooking Tips!

To make cooking with your kids a positive and fun experience, keep these tips in mind:

- ☺ Think safety first. Supervise your kids at all times.
- ☺ Wash up. Teach your kids why, how and when to wash their hands thoroughly before getting started.
- ☺ Keep it simple. Choose recipes that your children can help with.
- ☺ Don't rush. Allow more time than you would need to make a recipe on your own.
- ☺ Give your children a task. Children learn much more by doing than by watching. If they seem to be struggling, ask if they want any help.
- ☺ Keep a damp cloth handy. Help your children tidy up a mess rather than doing it all for them.
- ☺ Don't expect your children to eat it. Your kids will be more interested in cooking if they know there is no pressure to try everything they make.
- ☺ Create a kid-friendly kitchen: Organize the kitchen so that your children can work more independently (with your supervision).

Source: EatRight Ontario. Cooking with Kids 2016

## Mini Meatballs

### Ingredients:

1 lb extra lean ground beef  
 1 lb lean ground pork  
 1 zucchini, grated  
 1 carrot, grated  
 1 small onion, grated  
 1 cup whole wheat breadcrumbs  
 1 tbsp Worcestershire sauce  
 1 tsp Italian seasoning  
 1 clove garlic, minced  
 Pinch salt  
 Pinch freshly ground black pepper

### Directions:

1. In a large bowl, using hands, combine all the ingredients listed until well combined.
2. Using a heaping tablespoon roll mixture into meatballs and place on a foil or parchment paper lined baking sheet. Repeat with entire mixture.
3. Bake in preheated 375°F oven for about 18 minutes or until meatballs are no longer pink inside.

\*Makes 60 meatballs



**Yogurt Salsa Dip:** In a bowl, combine equal amounts of plain greek yogurt and salsa to serve with the meatballs.

Source: Dietitians of Canada. Cookspiration®

\*\* Refer to the Allergy Newsletter (September issue) for substitutions

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health - Santé Sud

May be photocopied in its entirety provided source is acknowledged.

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