



# Niverville Elementary School

VOLUME 19, ISSUE 13

MAY 2018

## DON'T FORGET!

- May 3 - Hot Lunch - Pizza Day
- May 4 & 5 - Golf Manitoba
- May 12 - Grade 4 Physio Fit Run @ Assiniboine Park
- May 14 - Kindergarten Orientation Evening 6:30 p.m.
- May 16 & 17 - Kindergarten Welcome (by apt. only)
- May 17 - Hot Lunch - Boston Pizza Day
- May 21 - Victoria Day - **NO CLASSES**
- May 31 - Hot Lunch - Subway Day

## Spring Musical

On April 25th and 26th, the Grade 3 and 4 students of NES successfully performed their Spring musical titled *Summer Camp*.

Four different casts took the stage to showcase music and drama in a camp setting. The story highlighted themes such as finding a place to belong, making new friends and learning new skills.

A big thank you goes out to all the staff and students for all your hard work and positive energy!

Mrs. D. Stewart



## A Message From Our New Vice Principal...

Dear Niverville Elementary School Community,

My name is Marge Thiessen and I've been teaching and learning in the Hanover School Division for close to 20 years. Much of that time has been spent with 5 - 10 year old students, working with them to become readers, build math skills and become the great little people they are meant to be. I value partnerships with parents: sharing experiences and brainstorming for solutions as we work together. I am delighted and honored to join your school team as a leader and part of the teaching community at NES. I am looking forward to meeting all of you in the near future.

Marge Thiessen

## School of Choice Deadline

**May 15, 2018** is the deadline for the School of Choice requests for the 2018 - 2019 school year. If you are planning to complete school of choice form(s) for your student(s) to attend a school out of your catchment area please hand them into your school or the Hanover School Division office no later than May 15th, 2018.

Important

## News From the Library

Jump into Summer Reading with our **Saddle Up and Read Book Fair** June 12th - 14th. This fair will be held in the NES library.



**Wednesday, June 13th: Open evening 3:30 - 5:30**

Volunteers are needed to help with this event so please contact the school if you would like to help out in this way.

## Roots of Empathy

The staff at Niverville Elementary School works hard to teach the “whole child”. This includes the academic, physical, emotional, and social aspects of every student under our care.



We have been trained and use a number of programs and techniques in each of the aspects mentioned above. We are excited to include a program called “Roots of Empathy” in the upcoming year. For more than ten years across Canada and internationally, thousands of children have learned about empathy and respect for one another with the lessons started through their Roots of Empathy baby. A mother and her baby are invited into the classroom and help create a world of understanding and empathy. The sessions are led by trained school staff.

If you know of someone who has a baby that will be between the ages of 2 months and 4 months in September that would be willing to participate in this worthwhile program, please encourage them to call Tracy Beaudin at 204-388-4861.

## Grade 4 Transition to NCI

Niverville Collegiate Institute (NCI) Staff, Administration, and Parent Council invite Grade 4 students and their parents/guardians to join them in the NCI school gymnasium on Wednesday, June 6 at 6:30 pm.



In preparation for September 2018, your child’s NES teacher will be bringing the class to a brief NCI campus introduction on the morning of June 6, 2018. In the evening, we ask parents to join us for a one hour overview to help with a smooth school transition for families in September.

Parents will receive information on the school environment and resources, key messages and calendar events, helpful hints in navigating the school website, and an introduction to Parent Council. The evening will end with a tour of the school campus.

Save the date and join us for refreshments, snacks and information! We appreciate your attendance and involvement to stay informed.

- NCI Principal and PAC president

## **Niverville Elementary School Classroom Placement**

Classroom placement meetings are happened within the month of May. Students are placed into their next grade by a school team of classroom teachers, resource teachers, and admin. The following criteria are considered when making class placements.

- Equal distribution of ability levels
- Positive student role models
- Even distribution of behavioral concerns
- Balance of dependent and independent learners
- Social connections and dynamics between students
- Positive student leadership abilities
- Male/Female numbers
- Twins, siblings, and new students to the school
- Special learning needs of individual students

The staff will take all information and balance classes to form the best possible learning groups. They will operate for the benefit of the majority of the students, while taking into account individual needs, based on relevant information. We believe the overriding consideration at all times must be the learning environment for all members of the class.

**Your child's placement will be written on the June report card.** We realize and acknowledge there may be some students who may be initially concerned with their classroom placement as they may not understand the importance of class formations which are most conducive to learning and teaching. Children are encouraged to make new friends at NES. We appreciate parental support in helping students understand the importance of class formations which are most conducive to learning and teaching.

Thank you for your continued trust and support as we determine next year's classes.

## **Earth Day**

As part of the school's on-going efforts, many eco-friendly activities take place everyday at NES. This year we continued with our plastic bag collection for **Bag It Up Manitoba**, and we also participated in the **Plastic Grab Bag Challenge**. As part of this most recent challenge our school collected **6115 plastic shopping bags**.

We also participated in the **Earth Rangers Battery Blitz** and collected a total of **71 kg of used batteries**. Lastly, Mrs. Wallace's grade 3 class collected plastic straws as part of the **"Straws Suck"** campaign and collected **400 plastic straws** during lunch hours for 1 week. During Earth week, two classrooms from NES presented at our assembly with two very different but worthwhile causes. Students from IH presented a video on endangered animals and students from 3AW presented a video about a campaign that is sweeping across the world in an attempt to reduce use of plastic straws.

**Way to go NES!!**

## Learning Support News

Our Kindergarten Parent Orientation is set for Monday, May 14th at 6:30 pm. This evening is both for parents and their children entering kindergarten to attend. The kindergarten welcome for the Pre-K's to visit is set for **Wednesday, May 16th and Thursday, May 17th**. Scheduled appointments have been sent by mail. If you have not confirmed the time with us yet, please email Landis at [ibenitez@hsd.ca](mailto:ibenitez@hsd.ca) . If you have not received notification regarding your one hour time to bring your pre-K student to school, please call Landis Benitez at the office.

Grade 4 teachers, as well as Mrs. Lytwyn and Mr. Fiola, will be taking the Grade 4s to visit NCI on **Wednesday, June 6 at 9:15**.

For those students with **Health Care Plans**, a copy of their plan was sent home for review and parent signatures on **Friday, April 27<sup>th</sup>**. They were back on **Friday, May 4<sup>th</sup>**. If you have any questions regarding these plans, please contact Valerie Kosman .

## A Note From the Office...

### **MOVING?**

If you are moving and your child is not returning for the September 2018 school year please advise the office as soon as possible. This information is important to our staff for placement next year.

**BUSSING FOR SEPTEMBER 2018** - Urban bussing times may be changing over the summer months. At the end of August / beginning of September, please check the Hanover School Division website for updates on the urban bus schedule. Website: HSD.ca - go to Schools and Department - then Transportation - Urban bus Routes - then click on appropriate map or view routes.

# 2018 – 2019

## School Supplies Online Option

Staples and Niverville Elementary School will be partnering up for supplying prepacked school supplies for the 2018-2019 school year. School supplies can be purchased at Staples online or at the local Steinbach Staples store.



More details to come!



# Nutrition Bits and Bites!

## Stepping Outside Your Food Bubble



We value your feedback!

Please complete our short survey to help us improve the School Nutrition Newsletter:

<https://www.surveymonkey.com/r/YH7CGB5>

### Eating a variety of foods is important for a healthy diet, and it can be fun and tasty too!

- Eating a variety of foods from all food groups is important because different foods provide different nutrients that our body requires for overall health.
- Despite the claims of various foods being “super foods”, there is not one food that provides all of the essential nutrients. Our bodies do not require super foods but rather a variety of nutrients that can be found in fruits, vegetables, grains, milk products, protein rich foods.
- Children may be hesitant to try new foods because they are unfamiliar. The more times a child is exposed to a new food the more familiar it will become, so don't be discouraged and keep trying!
- Trying new foods may seem daunting at first, but the chances are you and your family might enjoy these newly discovered foods.
- Begin exploring mild tasting foods like lentils, avocado or quinoa, and slowly work your way up to foods with a more unique flavour like eggplant or tuna for example.

### Tips and Tricks!

Children may be hesitant to try new foods. Try these tips and tricks to facilitate their exploration of food:

- ✓ Get kids involved when choosing which foods you might explore together as a family
- ✓ Do not expect your child to like new foods
- ✓ Do not force them to try new foods, but allow them the option to do so
- ✓ Be patient
- ✓ Continue to try new foods
- ✓ Be a role model and show your enthusiasm about trying new foods



*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!

### Trying new foods can be exciting, so let's talk about it!

Did you know, it can take up to 15 tastes of a new food before a child will acquire a taste for it? That's a lot!

- Challenge your family to try a new food each week
- While grocery shopping, ask your child to choose a new food that they would like to try
- Ask for your child's help in the kitchen to get them involved preparing and cooking the new food item
- Enjoy meals together as a family. While eating, have everyone reflect and share their thoughts about the taste of the food, if they enjoyed it and if they would have it again
- When your family has tried and enjoyed a new food, explore ways to incorporate it into other dishes that your family already likes or try different recipes that include the new food

## Blueberry Oatmeal Lentil Muffins

### Ingredients:

¼ cup split red lentils  
 ¼ old fashioned (large flakes) oats  
 1 cup water  
 1 ½ cup all-purpose flour  
 ½ cup brown sugar, packed  
 1 Tbsp baking powder  
 ½ tsp ground cinnamon  
 ¼ tsp salt  
 ½ cup milk  
 1 large egg  
 ¼ cup canola oil  
 1 cup fresh or frozen blueberries (if using frozen berries, do not thaw)

### Instructions:

1. Preheat the oven to 400° F (200° C) and line 12 muffin cups with paper liners.
2. Bring the lentils and oats to a simmer in a medium saucepan with 1 cup of water.
3. Whisk together the flour, sugar, baking powder, cinnamon and salt in a large bowl. Once the oatmeal and lentils have cooled to a lukewarm temperature, stir in the milk, egg, and oil. Add this mixture to the dry ingredients along with the blueberries (and any other fruits or nuts you like) and stir just until combined; do not worry about getting all the lumps out of the batter.
4. Fill the paper-lined muffin cups and bake for 20 minutes, until pale golden and springy to touch.



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

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