

Niverville Elementary School

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DON'T FORGET!

- **Feb 1:** Admin/PD day
NO CLASSES
- **Feb 4:** Read-a-thon begins
- **Feb 6:** Global Day of Play
- **Feb 7:** Hot Lunch
Hamburger/Hot Dog
- **Feb 8:** Assembly @ 9:10
Featuring grade 2's
- **Feb 15:** Read-a-thon ends
- **Feb 18:** Louis Riel Day
NO CLASSES
- **Feb 19:** MLA Shannon Martin reading in library
- **Feb 20:** Assembly @ 9:10
Featuring 3AW
- **Feb 20:** Hot Lunch
Boston Pizza
- **Feb 21:** Admin/PD day
NO CLASSES
- **Feb 22:** HTA DAY
NO CLASSES
- **Feb 28** PISTONS coming to school

REMINDER:

It is helpful to return lost articles of outdoor clothing if the child's first and last name are written on the label. Students often do not recognize their items when they are provided with an opportunity to view the lost and found table.

I LOVE TO READ MONTH!

READ-O (Bingo): One line any way gets you a ticket in the prize draw at the end of the month. Get a black out and get 3 tickets! There will be 3 prizes per classroom to be won.

School wide challenge (K-4)



When 100 students get a black out we will duct tape Mr. Fiola to the gym wall!



When 200 students get a black out we will get Mrs. Thiessen with a slime pie!



IF 350 students get a black out Mrs. Beaudin will eat an insect!!!!

We will keep track of the blackouts on a large thermometer in the library

DEAR (Drop Everything And Read): Classrooms will have daily reading time. The last week of February, Mission Impossible themed music will be played at random to signal surprise reading time.

Special guest reader, MLA Shannon Martin will be reading to the grades 1 through 4s in the morning of February 19th

IMPORTANT DATE CHANGE

Please make note that the spring concert for the Grade 3's and 4's has been changed to **May 1st and 2nd.**



Movie Night Success!!

Thank you to all the families that came to enjoy our movie night. Thank you also to D&M rentals for their support. We raised \$1570 for our international charity!



The Winner of the Small Foot DVD from our movie night fundraiser was Cooper Lavin in 4P!
Congratulation Cooper!!

Global day of Play is February 6th! Children are encouraged to learn through play.



<https://www.youtube.com/watch?v=Bg-GEzM7iTk>

News From The Music Department



It has been a frigid January, but we are keeping warm in the music room as we sing, move, and play instruments!

The Grade 1s and 2s have been wrapping up their study of Prokofiev’s “Peter and the Wolf” and have been learning how to accompany their singing while playing on the barred Orff instruments.

The Grade 3s have been learning how to analyze emotions in music. They have also been developing their skills on the barred Orff instruments and learning how to improvise on them.

The Grade 4s began learning how to play the recorder and have even mastered a few 3 note songs! All Grade 4 students will have the opportunity to watch professional musicians from the Winnipeg Symphony Orchestra perform at the **Adventures in Music concert on Wednesday, May 15th.**

Another exciting event coming up for the grade 3s and 4s is the **Spring Musical on May 1st and 2nd.** More information about these events will be sent home at a later date.

Mrs. Karli Davidson

WINTER WEATHER

All students are expected to go outside for some fresh air and exercise.

Winter weather guidelines are:

- Wind chill between –25 to –29. Risk of frostbite in prolonged exposure. Outside or partial noon recess.
- Wind chill –30 and colder. Frostbite possible in 10-15 minutes or less. Indoor recess.
- If schools are closed or if bus service is cancelled in the HSD, an announcement will be made between 7 and 8 a.m. on Radio Stations AM 1250, 96.7FM and CJOB 680.

Parents please ensure that your child is dressed appropriately for winter conditions.

NES is pleased to be holding a **Heart & Stroke Jump Rope for Heart event.** We will have a kick off event for the Jump Rope at an assembly on **March 7th at 9:10 am.** All are welcome to attend.

Jump Rope for Heart encourages kids to get active by skipping rope while they collect pledges for heart disease and stroke research. They also learn the importance of living a healthy lifestyle and giving back to their community. All money raised will support Heart & Stroke in their mission to promote children’s health and fund vital heart and stroke research. This year Heart & Stroke is striving to get 1 million kids jumping in close to 4,000 schools across Canada.

Let’s be part of it!

Mrs. Doell - PE teacher at NES



Just a reminder for those of you who send money with your children for milk. Tickets are **\$0.75** each.



If your child is eligible for Kindergarten Registration (must be 5 years of age on or before Dec 31, 2019), and have not yet registered please do so by February 15th. Our new online registration process takes only a few minutes to complete. To begin visit the HSD Kindergarten Registration page at <https://hsd.ca/schools/kindergarten-registration/>

Registering early will assist our school in preparation and planning for the upcoming school year. Early registration also provides parents/guardians with the opportunity to participate in upcoming orientation activities.

For those families of foster children, please contact **Marge Thiessen** so that an intake meeting can be set up for late May or early June.

If there are any families with children with special needs please contact **Leslie Bardal** as soon as possible.

NES PAC News – February 2019

Fundraising update

NES PAC along with NES staff is excited about the “I Love To Read” fundraiser that will run February 4-15. Students have already brought home their online read-a-thon activity page detailing how everything works.

Five individual prizes consisting of a \$20 Chapters gift card will be awarded for top fundraisers in each grade level. (K, 1, 2, 3 & 4) On top of that, the class that raises the most money will win a pizza party!

Profits from this fundraiser will go toward the new maker space at NES as well as ongoing initiatives. The last time we held this fundraiser approximately \$7,000 was raised!

Happy reading!

Hot lunch

Hot Lunch ordering for the spring session will be open March 6-15. No late orders will be accepted.

Don't forget!

If your child is absent on hot lunch days and you still want to get it, contact the FRONT OFFICE by 11am to make arrangements. There will be no exceptions nor will late requests be filled. We are unable to refund hot lunch money. With winter upon us, should hot lunch be cancelled due to poor weather conditions, it will be held over to the following Thursday and an email will be sent home.

Did you know?

NES PAC meetings are open to anyone with children attending NES. Our next meeting is February 25, 2019. It starts at 6:00pm in the school library and usually lasts about an hour. We hope to see you there!

NUTRITION BITS AND BITES

Fueling for Physical Activity



How much does my child or teen need?

The best way to get all the nutrients you need each day is to eat a variety from every food group. Following the recommended servings from Canada's Food Guide will provide the nourishment to keep your child's body healthy and energized throughout their busy day.

Fueling with Food

Before activity (Usually 2-3 hours prior):

- Choose foods from at least 3 of the 4 food groups.
- Try a whole grain sandwich made with lean meats, veggies and cheese; yogurt parfaits or fruit smoothies paired with peanut butter on toast or cheese and crackers.

During activity:

- If lasting longer than an hour, a small, easy-to digest snack is recommended.
- Try fruit or a granola bar.

After activity:

- Hydrate, restore energy and repair muscles.
- Try to have a snack within 30 minutes from at least 3 of the 4 food groups.
- Try a smoothie; stir fry veggies with meat or beans and rice; pasta and meat sauce with veggies such as peppers and mushrooms are just some examples.

Hydrate with water! When exercising, drink before, during and after a workout. Sports drinks are higher in sugar and are only helpful when you are exercising in the heat or participating in activities that last longer than 90 minutes.

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.

Ginger Granola and Pineapple Cottage Cheese

Ingredients:

- 2 tsp. minced fresh ginger
- 1 tbsp. liquid honey
- 1 tbsp. water
- ¼ cup large flake rolled oats
- ¼ cup chopped pecans
- 2 cups cottage cheese
- 1/8 tsp. ground cinnamon
- ½ tsp. vanilla extract
- 2 cups chopped fresh or canned pineapple



Directions:

Step 1: In a small skillet or saucepan, combine gingerroot, honey and water. Bring to a simmer over medium-low heat, stirring often. Simmer for about 2 minutes or until ginger is translucent. Add oats and pecans and cook, stirring, for about 5 minutes or until toasted and dry. Transfer to a bowl and let cool.

Step 2: In a bowl, combine cottage cheese, cinnamon and vanilla. Divide among 4 serving bowls. Top with pineapple and granola.

Recipe source:

Cookspiration.com

TIP: The granola can be made ahead and stored in a glass jar for up to 3 days. The cottage cheese mixture can be stirred together the night before for quick and easy assembly in the morning!

**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-core/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

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