



BULLETIN # 10

L'École française de Saskatoon

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Principal: Jacqueline Castilloux Vice-Principal: Curtis Pek

Office Coordinator: Annette Forcier

January 24, 2012

HAVE A GOOD WEEK!!

BONNE SEMAINE À TOUS!!

DATES TO REMEMBER

Jan 25	Skating – Kinsmen Arena – 1:00 – 2:00 – Mat B, 1B, 8P – 2:00 – 3:00 – 3B, 3-4W, 4-5P, 5Y, 6, 7T
Jan 27	CDD – No school
Jan 30	Skating – Oval – 1:00 – 2:00 – 1Ma, 2B – 2:00 – 3:00 – 2C
Feb 1	Harry Bailey – pm – Gr.3 - Gr. 8
Feb 14	Ski Trip - Table Mountain – Gr. 4 – Gr. 8
Feb 15	Special Lunch – 11:45
Feb 17	Family Fun Night at The Fun Factory
Feb 20	Family Day – No School
Feb 21-24	February Break – No School

Staff change

- We would like to welcome Mme Carmen Bassingthwaite in grade 1 to our school family. She will be replacing Mme Beckie who is currently on leave. We also wish to welcome M. Denis Sanche in grade 6. He is replacing Mme Tofin who is currently on maternity leave.

Kindergarten Registration

- Le mois de janvier est le mois des inscriptions en maternelle et en 1re année. Les enfants qui auront cinq ans avant le 31 janvier 2013 pourront s'inscrire en maternelle en août 2012. Les enfants qui auront six ans avant le 31 janvier 2013 pourront s'inscrire en 1re année en août 2012.

- Puisque vous êtes nos meilleurs agents de promotion, nous vous demandons de bien vouloir faire part de cette information à vos amis et voisins. Veuillez appeler la directrice, Mme Castilloux ou Mme Forcier, la coordinatrice de bureau, au 659-7490 pour inscrire votre enfant ou venir nous rendre visite pour vous informer sur la première expérience scolaire de votre enfant.

- January is Kindergarten and Grade one registration month. If your child will be five years of age by January 31, 2013, he or she may enter Kindergarten in August 2012. Children six years of age by January 31, 2013 may begin Grade One in August, 2012.

- As you are our best promoters, we ask that you please pass on this information to your friends and neighbours. Please call the principal, Mme Castilloux or Mme Forcier, the office coordinator, to register your child or drop in for a visit to discuss your child's first school experience.

Ski Trip at Table Mountain

- Please do not forget to send your payment for the ski trip before Thursday, January 26th.

Reverse Lunch Initiative

- This initiative is starting on Monday, January 30th. Please note we will start outdoor recess at 11:45 to 12:05 and lunch from 12:05 to 12:30. We will keep you posted with the results at the end of this school year. Thank you for your overwhelming support for this initiative.

Dictée PGL

- Students have brought home information and envelopes to obtain sponsorship which is directed to the Paul Gérin-Lajoie Foundation to assist in providing education in third world countries. We invite you to encourage your child's efforts as the dictées are starting soon. The final dictée will take place the week of February 6 – 10. **Collection envelopes need to be returned the week of March 2nd.** Thank you for your support.

- If you do not care to donate please sign the back of the envelope and return it to the school. It is important that all envelopes be returned.

- Tous les élèves participent encore cette année au programme de la dictée Paul-Gérin Lajoie. C'est une excellente activité pour promouvoir l'orthographe et la grammaire. Les élèves apporteront de l'information pour la collecte de fonds pour aider les programmes d'éducation dans les pays pauvres.

Winter Dress

We are now into the coldest months of the year and we are looking for your support so that our students are well prepared for recesses. Please ensure that they are wearing appropriate winter gear for the temperatures. Toques and mitts are important for those outdoor recesses!

Transportation Policy Reminder

- Just a reminder that the time you have been given is the departure time for your stop – **not the arrival time.** Children are to be ready 5 minutes before the scheduled departure time. Bus drivers have been instructed not to wait past the departure time. Getting children to school can become a

major inconvenience for families when this happens. First Student cannot instruct drivers to return to pick up students who were not ready at their scheduled times.

Student Absences

- As the safety of our students is important to us, please notify the school informing us if your child is to be absent. If no call has been received by 9:15, Mme Forcier will contact parents. A message may be left on voice mail if you wish to call outside of office hours (8:30-4:00).
- Also notify Mme Forcier, your child's teacher and bus driver if you are picking up your child early.
- Thank you for your cooperation in helping us ensure the safety of our students.

Nut Alert Status Reminder

Please remember our school nut alert status when preparing treats and sending them to school. This is a serious issue of the health and safety of some of our students and relates back to the inclusion of all students in our activities. This status is school wide and not restricted to classrooms where nut allergies exist as we are a school community. Please consider this as you send treats to school for your child's birthday. Thank you for your consideration in this matter.



We are a Nut Alert School!

Nutrition Positive Nutrition Note:

Over half of Canadian children don't eat enough vegetables and fruit to be healthy. Vegetables and fruit are important for healthy growth and development and can help to prevent certain diseases, such as some cancers, obesity, type 2 diabetes, and heart disease. *Written by the Public Health Nutritionists of Saskatchewan.*

Recipe: Kid-friendly pasta

This meal is great for providing energy for your active kids. Don't worry about them not liking the vegetables in this recipe. They won't know they are even there. In order to "hide" the vegetables in the tomato sauce, dice them as small as possible or use frozen veggies that are very small. Frozen veggies are great in sauces because they are quick and low in sodium. This recipe has 1 portion of vegetables per serving.

Ingredients

- **2 cups (.5L) whole wheat bow tie pasta**
- **½ tsp (2.5 ml) olive oil**
- **1 raw chicken breast, diced**
- **1 cup (2500 ml) fresh or frozen vegetables**
- **1 cup (500 ml) low sodium (<10%) pasta sauce.**
- **½ cup (125 ml) part skim mozzarella cheese, grated.**

Directions

Cook pasta according to the directions on the package.

1. Meanwhile, heat oil over medium heat. Add diced chicken and cook until no longer pink inside – about 5 minutes.
2. Add vegetables and cook 1 minute, until heated.
3. Add sauce and simmer 10 minutes.
4. Toss pasta with sauce and divide into bowls. Top with cheese and serve with crunchy vegetables.

A HEALTHY LUNCH CAN IMPROVE LEARNING, CONCENTRATION, MOOD AND BEHAVIOR IN THE AFTERNOON!

COMMUNITY NEWS

Note: As a non-denominational school, we wish to remain respectful of the diversity within our building. We welcome newsletter submissions from all faith backgrounds. Please submit to our office coordinator and we would be pleased to incorporate your information in the newsletter (space allowing). Thank you.

Parent Math Meetings: "What do you want for your child in math learning?" The Greater Saskatoon Catholic School Division will be hosting 3 Parent Math Meetings to provide parents an opportunity to voice questions and/or concerns and for the Division Math Team to clarify and communicate current math programming in our classrooms. These meetings will be held at the following locations and dates. All sessions will run from 7:00 to 8:00. Please feel free to attend whatever session fits into your schedule.

Monday, January 30 – Bishop Klein – 1121 Northumberland Avenue

Thursday, February 2 – St. Angela School – 302 Russell Road

Thursday, February 9 – St. Philip School – 1901 Haultain Ave.

On Saturday, February 4th, 2012 in the city of Saskatoon, Maria Montessori School will be hosting **Let's Spell**, a spelling bee for all children ages 6 to 14 years old. Let's Spell is being held at the school at 3035 Preston Avenue South in the Circle Alliance Church. The event has two bees during the one day program - the morning **Beginner Buddy Bee** for new spellers and the afternoon **Advanced Bee** for experienced spellers. This is an exciting and encouraging experience for spellers of all skill levels. The Beginner Buddy Bee is specifically designed for the new speller where every child is a winner! *Spelling bees help to promote literacy by providing children with a positive goal to work toward and give them a forum to display the benefits of their hard work.* To register go to www.montessorisaskatoon.ca. Everyone is welcome! Let's Spell! **For more information, please contact:** Marnie Hilland (306) 955-3852 mmsoffice@shaw.ca

Girls in Motion

Be a part of the Global Dance Party and learn dance moves from around the world including zumba, hip hop, bollywood, hoop dancing and more!

Who? Girls, Grade 4 to 8

When? Friday, Jan. 27, 2012 – 8:45 am – 4:30 pm

Where? Praireland Park – 503 Ruth Street West

Cost? FREE!

Principal / Directrice
Mme Jacqueline Castilloux

