

BULLETIN # 11

L'École française de Saskatoon

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Principal: Jacqueline Castilloux Vice-Principal: Curtis Pek

Office Coordinator: Annette Forcier

January 31, 2012



HAVE A GOOD WEEK!!

BONNE SEMAINE À TOUS!!

DATES TO REMEMBER

Feb 1	Harry Bailey – pm – Gr.3 - Gr. 8
Feb 2-3	Knights of Columbus Indoor Games- Elementary Relays
Feb 2	Basketball Games – Girls – Bishop Roborecki – Boys – St. Edward
Feb 6-10	French Second Language Education Week
Feb 6	Skating – Oval – Mat A – 1-2 pm
Feb 8	Junior Achievement – 5Y – pm
Feb 9	First Nations Music & Hoop Dancing- Workshops – K – Gr. 8
Feb 9	Basketball Games – Girls – St. Marguerite – Boys - SFS
Feb 14	Ski Trip - Table Mountain – Gr. 4 – Gr. 8
Feb 15	Special Lunch – 11:45
Feb 16	Blues in the Schools Concert – 9:30
Feb 16	Basketball Games – Girls – SFS – Boys – St. Marguerite
Feb 17	Society Historique - Workshops
Feb 17	Family Fun Night at The Fun Factory
Feb 20	Family Day – No School
Feb 21-24	February Break – No School
Feb 27	Skating – Oval – 1B – 1:00 – 2:00

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.

Transportation – Absences due to busses

- Thank you for your understanding and patience during our recent bussing interruptions due to extreme weather conditions. We appreciate the overwhelming support received as we worked together to ensure the safety of our children. Even with bus cancellations, we ask you to please follow our attendance procedures and inform the school if your child will be absent. Merci énormément!!!

Ski Trip at Table Mountain

- Students who have opted not to participate in the school skiing opportunity at Table Mountain on Tuesday, February 14 will participate in alternate activities at school.

- Grades 4 through 8 will be skiing/snowboarding at Table Mountain **Tuesday, February 14th, 2012.** Buses will leave SFS at 6:50 A.M. and return to **Kinsman arena parking lot by 5:00 p.m.** We ask that parents plan to pick up their children or make arrangements to have their children picked up at that time.

Valentine's 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

Semaine de l'enseignement du français langue seconde/ French Second Language Education Week

- Nous célébrons la Semaine de l'enseignement du français langue seconde. Il y aura multiple activités pour surligner cette semaine importante dans la vie de nos étudiants.

- We are celebrating French Second Language Education Week. Activities are being held throughout the week to highlight this important week in the lives of our students. They include: Mission Impossible, Society Historique de la Saskatchewan presentations, the underlining French music through morning announcements, and francophone trivia throughout the province and the world, learning idiomatic expressions and Dictée P.G.L.

Dictée PGL

- Students have brought home information and envelopes to obtain sponsorship which is directed to the Paul Gérin-Lajoie Foundation to assist in

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

Kid-Friendly, Healthy Meals

Kids can be tough customers when it comes to healthy meals. Battling and bribing aren't good long-term solutions either. Consider these ideas:

Set a good example. Eat fruits, vegetables, 100 percent whole grains, lean protein sources such as legumes, fish and chicken, and foods that have ingredients you can pronounce. Watch portion size, stop eating when you're full and model a sense of adventure about trying new dishes.

Get them involved. Even small children can help pick out produce at the store, lend a hand in the vegetable garden and decide what to make for dinner. Older children and teens can look for healthful recipes online and create custom cookbooks.

Have fun with assembly-line meals. Get help pulling all the ingredients together and then invite everybody to fill their own plates. Examples: deli sandwiches; chicken fajitas; bean and vegetable wraps; and chef salads.

Add appeal. Presentation makes a big difference. Use colourful plates, arrange vegetables into a smiley face on the plate, make sandwich kebobs or serve a frozen banana on a popsicle stick.

Have some fun. Try creative names for dishes (Peter's Perfectly Puffed Potatoes) or use themes such as Italian night. Use low fat dips to jazz up vegetables or encourage your child to create a new recipe, such as his or her own version of trail mix.

Eat together. Whether it's takeout or a homemade dish, what matters is sharing the meal. Keep it relaxed and enjoyable. If family meals only occur once or twice a week, mark it on your calendar as a special event. And for reluctant teenagers, let them invite a friend over.

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.

February 20th is Family in motion Day!

Celebrate a tradition of physical activity on Family Day. Enter a story of how your family was physically active and win a Family Ski

Adventure to Table Mountain. Enter at www.in-motion.ca or fax: 655-4498. Mention your school in your entry for a chance to WIN a package of in motion gear for your school!

Visit www.in-motion.ca for places to be active.

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.

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

Centennial Performing Arts Showcase – Join us on Monday, February 13 at 7 p.m. at St. Joseph High School as staff members from our division showcase their talent in honour of our school division's 100th anniversary. The evening will include a collection of wonderful performances of staff from across the division. Admission: silver collection. A wine and cheese reception (cash bar) will follow the show.

Principal / Directrice
Mme Jacqueline Castilloux