



Bienvenue - Welcome

February/ March 2017

École Van Belleghem

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# École Van Belleghem

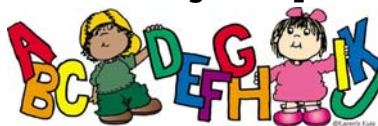
## Kindergarten Information Evening

**Kindergarten Information Evening** will be held in **February 28 at 7:00 p.m.** for parents or guardians of children turning five, on or before December 31, 2017.

Parents are encouraged to attend the information evenings to hear about the Kindergarten classroom to better understand how their child(ren) will be supported in early learning. *If you are unable to attend this evening and need information, please contact the school directly.* If you know of any families who would be interested in joining our school community, please pass on this information.

**We will begin accepting registrations on the evening of the kindergarten information session for those who live in our catchment area.**

→ **Please note: this evening is for parents/guardians only.** ←



In order to register your child for Kindergarten you must provide the following information:

1. Proof of your child's age: (birth certificate, medical card or baptismal certificate) must be presented at the time of registration.
2. Proof of address: (*copy of a bank statement; telephone or electrical bill; apartment lease with your name and address; Offers to Purchase with your name and address*).

## Festival Du Voyageur

Thank you to all the volunteers who helped make our pancake breakfast a huge success.

This year we had the pleasure of meeting the official Festival Family.



## Picking Up and Dropping Off Students



Winter means slippery road conditions for motorists.

The following rules apply year round:

\* Do not enter the school bus loop on Lakewood

Please drive carefully and slowly at all times - especially near school and patrol crossing areas.

\* **Do** drop off and pick up students either in the loading zone on Vermillion Rd or in the parking lot across the street.

\* Do not use the Staff Parking lot.

\* **Do** cross at the patrolled intersections.

\* Do not block the main entrance to the school when parking.

\* Do not park in the transit bus stop located on Vermillion Rd. in front of the school.

\* Avoid making U-turns in front of the school.

\* **Do** drive slowly.



## From the Office

...so please ensure your child is dressed appropriately.

- When the temperature reaches  $-27^{\circ}\text{C}$ , students will be sent outside for a *daily maximum* of 15 minutes.
- When it reaches  $-28^{\circ}\text{C}$  students will be kept inside.
- When it reaches  $-30^{\circ}\text{C}$  the patrols will not go outside. Unless they choose
- All school busses are cancelled when the temperature reaches  $-45^{\circ}\text{C}$ .

Please note that when busses are cancelled in the morning, they are also cancelled for the afternoon.



Please make sure your child has the proper outerwear to be outside for 15 minutes at both recesses and 35 minutes at lunchtime. This can seem like an eternity if you're cold. The temperature is displayed on the home page of our school's web-site at:

## Weather Woes



The weather has been very unpredictable this month. We are asking you to make sure your child(ren) are ready for all the elements.  
Extra **socks, mittens** and even **pants** for those soggy slushy days.

Extra sweaters for cold days. Layers for days that start cold but warm up by the afternoon. Please remind your child that even though it may seem warm out, jackets are to worn outdoors in the winter months.



## KINDNESS WEEK

Members of SOS (Source of Strength) will be organizing a week of activities and presentations regarding kindness.



## BOOK CLUB

What a great success the Grade 5 and 6 Book Club is this year at École Van Belleghem! With around 70 students participating, the excitement is palpable during our Book Club meetings. We would like to thank the many parents who have taken the time to come out during their day to help out and also the teachers coming during their breaks to lead a discussion group! We love seeing students excited about reading in our library and having fun with it!

Lynn Fajardo Lavallée

Teacher-librarian/ Enseignante-bibliothécaire



Time to  
Spring Ahead

**DON'T forget to change your clocks AHEAD**

**SUNDAY, March 12th, 2017**

## Southdale Community Basketball

Southdale Basketball  
Southdale Community Centre

- Ages 8 - 18 for boys & girls
- Beginners welcomed !!
- One practice & game per week
- Play teams from across Winnipeg
- Season runs April to June



**Fun !!!**

**Skill Building**

**Teamwork**

**Fair Play**

**Fun !!!**

**Cost** ..... \$185 Ages 8-10

\$220 Ages 11-18 (includes \$30 Laker fee)

Bring a friend and have some FUN on the court!!

Register February 1 - March 14  
or online at: [www.southdale.ca](http://www.southdale.ca)

Questions? Email us at [www.southdalebasketball@gmail.com](mailto:www.southdalebasketball@gmail.com)

## City of Winnipeg Leisure Guide

The City of Winnipeg is proud to provide a wide variety of recreation and leisure opportunities that contribute to the overall well-being of our community. The Leisure Guide is published three times per year and is filled with fun and exciting programs for everyone. The Spring/Summer 2017 edition features spring skating lessons and a number of exciting camps to keep the kids busy this summer, including a full-day format for our "L'il Critters" preschool camps!

For more information on leisure, sport and fitness programs, please pick up a copy of the Leisure Guide, call 311 or visit [Winnipeg.ca](http://Winnipeg.ca). Guides are available for pick up at civic pools, libraries and leisure centres, and at a number of retail locations including Safeway, 7-Eleven and Mac's.

Watch for the Spring/Summer 2017 Leisure Guide at the beginning of March! Registration for swimming lessons only will begin on March 14 at 8:00 am. Registration for all other programs will begin on March 15 at 8:00 am.

**Register for any 2017 City of Winnipeg summer camp by May 5 and you could win your camp for FREE!**

### City of Winnipeg Priceless Fun

Winnipeggers now have easy access to information about free recreation, leisure and library programs with the free programming guide.

The Spring/Summer edition of **Priceless Fun**, available at the end of March, provides information about the free programs for children and youth being offered by the City of Winnipeg throughout the city, all in one convenient guide.

Hard copies of **Priceless Fun** are available for pick up at all civic indoor pools, libraries and leisure centres. You can view the current edition of Priceless Fun online at: [Winnipeg.ca/cms/recreation/leisure/leisureguide.stm](http://Winnipeg.ca/cms/recreation/leisure/leisureguide.stm). Information about programs is also available by phoning 311.



## Mental Health First Aid

This Mental Health Commission of Canada program teaches participants to provide support to a person struggling with an emerging emotional issue, or someone who may be experiencing a mental health crisis. Learn about depressive disorders, anxiety disorders, psychotic disorders, substance use disorders, and suicide, including warning signs and symptoms.

Practice proven strategies to deliver support to individuals in distress. Manual included. Please bring a nut-free lunch.  
Instructor: Cecilly Hildebrand  
Mental Health First Aid 2 Sundays starting March 5  
9:00 a.m. - 4:00 p.m. \$125  
Room 309, Arts & Technology Centre

**Register On-Line at [www.Irdsconed.net](http://www.Irdsconed.net) or phone 204-237-8130**

## Hop into spring break at Oak Hammock Marsh!

From March 27 – 31, have fun participating in daily themed activities at Oak Hammock Marsh Interpretive Centre or register for one or all of our day camps. Camp runs daily from 9 a.m. to 4 p.m. and is for children ages 6 to 9. Camp is filled with fun indoor and outdoor themed activities that may include



scavenger hunts, animal tracking, outdoor cooking and nature crafts. For more information on daily themes or to register a camper please visit: <http://www.oakhammockmarsh.ca>, or call (204) 467-3300.

## Family Literacy Tips

### Storybook engineers

Fairy tale characters may have lived happily ever after, but first they had to overcome challenges. Your child can practice thinking like an engineer by designing solutions for the problems the tales present. Here's how:

#### Design and draw

Read a fairy tale together and give your youngster poster board and pencils to draw a blueprint for something the main character might use.

For example, she might design transportation to take Cinderella to the ball. Ask what a vehicle needs (seat, wheels) and what materials she might use (basket, scooter).

Or perhaps she'll draw a bed that's just right for Goldilocks and list materials she'll need (examples: cardboard, cotton balls, toilet paper tubes).

### Build, test and redesign

Your child can bring her design to life by gathering materials and building a model. Then, she can try out her device to see how well it works. Ask what she likes about it and what she might change.

Say Cinderella's basket didn't slide easily - perhaps she could place it on a wagon or skateboard.

Or maybe Goldilocks' cotton-ball mattress was too lumpy - she could use a folded washcloth instead. Suggest that she draw another blueprint and test her new and improved design.



### Roll and Spell



Stretch your youngster's word skills with this game that will encourage them to think of - and spell - shorter and longer words.

Each player writes the numbers 1 to 6 in a column down a piece of paper. Then, take turns rolling a die and spelling a word with the number of letters shown. Example: Roll a 5 and spell "tiger" next to the number 5 on your paper.

The object is to spell one word for each number. If you roll the same number again, your turn ends.

Variation: For an older player or a more advanced speller, number your paper 1 to 12 and roll a pair of dice. On each roll, the player writes a word, phrase, or sentence with that number of letters. For instance, roll an 8 and write, "I love you."

## TV vs. Books

Your child may enjoy watching TV but here's a way to do both. Your child might enjoy reading books about her favorite TV characters. Help her type the name of a show into a library database or bookstore website. Some children's book series (Olivia by Ian Falconer) have been turned into shows while some programs (Dora the Explorer) have inspired books. After reading several stories, you might suggest that your daughter write or draw ideas for new episodes about the characters.



You can also help your youngster research TV show topics. Perhaps an episode takes place in Egypt, the characters rescue a monkey or a family celebrates Chinese New Year. Check out a library book to learn more about the subject.

Note: *Experts recommend that children watch no more than one hour of TV per day.*

## Newspaper Math

Newspapers are full of numbers. That means they provide lots of opportunities for your child to use math. Grab your local paper and try these activities together.



### Scavenger hunt

Send your youngster on a search through the classified ads. Let him choose a category (electronics, furniture) and give him an imaginary budget (say, \$500). Then, have him circle three items or more to reach \$500 without going over. To practice estimating, he can add the prices by rounding each to the nearest \$10.

### Time challenge

Your child can use movie listings to figure out how much time elapses. Ask him to see if you have time for a movie before his soccer game. Say the movie starts at 1:15 p.m. and is 1 hour 43 minutes long. He can think, "1:15 to 2:15 is one hour, and 2:15 plus 43 minutes is 2:58 p.m." Or have him look up five movies and put them in order from shortest to longest. Note: Encourage him to use some listings that cross the 12:00 mark.

### Colourful numbers

Help your youngster learn about place value and see how numbers are used. Let him write down 10 numbers he finds in news stories. Then, he can assign a different-coloured highlighter to each place (red for thousands, blue for hundreds, yellow for tens, green for ones).

For "1,643 people," he would colour the 1 red, the 6 blue, the 4 yellow, and the 3 green. Have him read the numbers - what's the largest one?

## Maple Recipes



### FRUITY CHICKEN KEBABS WITH MAPLE SYRUP

Makes 8-12 kebabs

1 pound boneless, skinless chicken breast, cubed  
1 onion, quartered  
2 apples, cored and quartered

#### Marinade

1 cup apple juice  
1/2 cup pure maple syrup  
3 tablespoons tamarind sauce  
2 tablespoons cider vinegar  
1/2 teaspoon dried oregano  
1 pinch celery seeds  
Salt and pepper, to taste

#### Cranberry Sauce

1 cup reserved marinade  
1 cup cranberries (fresh or frozen)  
1 tbs pure maple syrup

#### Instructions

- Mix the marinade ingredients in a large zip-top bag. Add the chicken cubes, onion and apple quarters. Refrigerate 2 to 4 hours, turning bag occasionally.
- Preheat the grill to medium high. Remove the kebab ingredients from the marinade. Reserve 1 cup marinade and set aside; discard remaining marinade. On long bamboo skewers, alternate the chicken, onion and apple. Grill the kebabs 7 minutes. Turn them over, baste with marinade and cook another 7 minutes or until chicken is cooked through.
- Meanwhile, pour the reserved marinade into a small saucepan. Add cranberries and maple syrup. Bring to a boil; reduce heat to low and simmer 10 minutes. Serve with the kebabs.



### CRUNCHY MAPLE GRANOLA

Makes 12 cups.

12 cups old fashioned oats (not instant)  
1 1/2 cups slivered almonds  
1 1/2 cups pecan pieces  
3 cups pure maple syrup

4 tsp pure vanilla extract  
3 tsp salt  
2 cups dried fruit (blueberries, cherries, strawberries and raisins)

#### Instructions

- Preheat convection oven to 275°.  
Pour oats and nuts in large mixing bowl. Set aside.
- Heat maple syrup and salt in non-reactive pot until boiling point. Immediately turn off heat. Stir in vanilla extract.
  - Working quickly, pour maple syrup mixture over oats and nuts. Using a rubber spatula, gently stir until oats are thoroughly coated.
  - Pour onto on baking sheets lined with parchment paper. The granola should not be spread even or patted down. Using your hands, scrunch the granola into large piles clumps.
  - Bake in convection oven 35 to 40 minutes at 275°, rotating 4 times, until golden and crunchy.
  - Remove from oven. Let stand 5 minutes.
  - Using a spatula with a sharp edge, carefully turn granola over – making every effort to retain giant pieces and large clumps.
  - Place back in oven for 5-7 minutes or until crisp. Remove from oven, cool completely. Stir in dried fruit. Serve.



### MAPLE SALAD DRESSING *Makes about 1/2 cup*

#### Ingredients

2 tablespoons Dijon mustard  
2 tablespoons wine vinegar or lemon juice  
Salt and freshly ground pepper, to taste



4 tablespoons olive oil  
1 tablespoon pure maple syrup  
2 tablespoons minced chives or fresh herbs (optional)

#### Instructions

- In a bowl, combine Dijon mustard and wine vinegar or lemon juice. Season to taste
- Using a fork or whisk, whip the dressing while adding olive oil and maple syrup.
- Adjust seasoning and add chives or fresh herbs, such as basil or tarragon, if desired.

### VEGETABLE PICKLES WITH MAPLE SYRUP

#### Vegetables

1/2 Cauliflower head  
1 each red and yellow peppers  
1 stalk each cucumber, carrot and celery  
Dill



#### Pickling Juice

2/3 cup white vinegar  
3/4 cup water  
3 tablespoons pure Canadian maple syrup  
1 clove thinly sliced garlic  
2 red chillies (seeded)  
1 bay leaf  
1/2 teaspoon peppercorns  
2/3 teaspoon salt

#### Instructions

- Place pickling juice ingredients into a pan and bring to a boil. Once boiling, turn off the heat and let cool.
- Cut cauliflower into small florets. Remove seeds from peppers and cut into bite-size pieces. Peel cucumber and cut into 2 cm thick rings. Peel carrot and coarsely chop into small pieces. Thinly peel celery with a vegetable peeler, remove ridges and coarsely chop.
- Put the vegetables into preserving jars, containers or plastic bags, and cover with cooled pickling juice. Close containers tightly to keep air away from vegetables and pickle for at least a day.

### MAPLE CORN AND BUTTERNUT SQUASH SOUP

#### Ingredients

3 tablespoons vegetable oil  
1 medium butternut squash, peeled, seeded and cubed  
1 onion thinly sliced  
2 celery stalks, cubed  
3 garlic cloves, thinly sliced

3 tbs chopped fresh ginger  
1/2 cup pure maple syrup  
4 cups chicken (or vegetable) stock  
2 cups frozen corn  
Salt and pepper to taste  
1/2 cup sour cream  
1/4 cup minced chives, optional



#### Instructions

- In a large saucepan over high heat, heat oil. Add squash, onion, celery, garlic, ginger and pure maple syrup; cook and stir for about 6 minutes. Add chicken broth. Bring to a boil, reduce heat to medium; simmer 5 minutes.
- Remove mixture to a blender; purée until creamy, adding broth or water to reach desired consistency. Return puree to pot. Add corn, salt and pepper; stir and cook over medium heat 5 more minutes.
- To serve, ladle soup into bowls; garnish with dollop of sour cream and chives, if desired.



# FEBRUARY 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 	3	4
5	6	7	8	9	10 Hot Lunch (Boston Pizza)	11
12	13	14 Pancake Breakfast	15	16	17 Hot Lunch (Booster Juice)	18
19	20 Louis Riel Day (no school)	21	22	23 Grade 7 Ski Trip	24 Pizza Day	25
26	27	28 Early Dismissal 2pm  Kindergarten Information Evening				

## Dates to Remember 2017

### March

- 1 PAC meeting
- 3 Hot Lunch (Pita Pit)
- 10 Hot Lunch (A cupcake too)
- 16 Report Cards sent home
- 17 PD (no classes)
- 20 Kindergarten Registration Week (20-24)
- 21 Early dismissal-2:00pm
- 22 Portfolio Evening
- 24 Pizza Day
- 24 Last day of classes before Spring Break

### April

- 3 Classes resume
- 5 PAC meeting
- 7 Hot Lunch (Subway)
- 14 Good Friday (no school)
- 21 PD (no classes)
- 25 Early Dismissal 2:00 pm
- 28 Pizza Day

## National Holidays and Weird Observances

Friday, March 3  
Tuesday, March 14  
Friday, March 17  
Thursday, March 16  
Friday, March 24

I want you to be Happy Day  
National Potato Chip Day  
St. Patrick's Day  
Everything you do is Right Day  
National Chocolate Covered Raisins Day



St. Patrick's Day, which is celebrated worldwide on March 17, honours St. Patrick, the Christian missionary who supposedly rid Ireland of snakes during the fifth century A.D.

**According to legend**, the patron saint of Ireland chased the slithering reptiles into the sea after they began attacking him during a 40-day fast he undertook on top of a hill.