



**June 2016**

**École Van Belleghem**  
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# École Van Belleghem

## Administration Message

We sincerely hope your child/children will be returning to us in September.

However, circumstances may compel you to transfer your child/children to another educational institution.

To enable us to plan for next year's classes and staffing we need to know as soon as possible if you will be relocating your child from École Van Belleghem.

Please inform us as soon as possible of any such changes. We thank you for your continued support.

Student placement information will be sent in the report card on Wednesday, June 28, 2016.

Also, with the report card you will receive a school supply list and other pertinent information for the beginning of the academic year in September 2016.

**Michèle Olson,**  
**Principal**  
 and  
**Louise DeClercq,**  
**Vice-principal**



**From all of us at  
 École Van Belleghem,  
 have a great summer.**

**If you haven't already registered your child for Kindergarten (September 2016) please contact the office at 204-255-1134.**

## Staffing for 2016/2017

### TEACHING STAFF

<b>Kindergarten</b>	Mme Carol Suggitt
<b>Grade 1</b>	Mme Carolyn Chaput & M. Thierry Anjoubault
<b>Grade 2</b>	Mme Michelle Phaneuf & Mme Lisa Cadez (half time) Mme Raylin Kirsch (half time)
<b>Grade 3</b>	Mme Nadine Courcelles & Mme Rachelle Marion-Lemoine
<b>Grade 4</b>	Mme Julie Gaudette & Mme Louise Delorme
<b>Grade 5</b>	Mme Karen McColm M. David Paquette
<b>Grade 6</b>	M. Paul Bosc & Mme Christine Solomon
<b>Grade 7</b>	Mme Dominique Poirier & M. Mike Sharp
<b>Library</b>	Mme Lynn Fajardo
<b>Music</b>	Mme Danielle Cormier
<b>Gym</b>	M. Gérald Cyr & M. Brett Delisle-Bougen (half time)
<b>Student Services</b>	Mme Denise Paillé-Jones, Mme Martine Pelletier & Mme Louise DeClercq

### SUPPORT STAFF

<b>Office</b>
Mme Gisèle Laurin Mlle Ginette Petit
<b>Library</b>
Mme Nicole Goshawk
<b>Custodians</b>
M. Ed Thibert M. Joel Durand M. Paul McNair
<b>Educational Assistants</b>
Mme Denise Acres Mme Lynn Chartrand Mme Véronique Kirkpatrick M. Michel Vandermeulen



**Principal - Mme Michèle Olson**  
**Vice Principal - Mme Louise DeClercq**



## From the Office

The Administration of École Van Belleghem reserves the right to place Kindergarten students in the morning or afternoon class.

We base ourselves on School Division Transportation guidelines and the need for balanced classes.

Thank you for your understanding in this matter.



## REPORT CARDS

All Kindergarten to Grade 6 students will receive their report cards on Tuesday, June 28, 2016.

If you are leaving early for holidays and your child will not be here to pick up his/her report card, you may choose one of the following options:



- 1) Send us a self-addressed, stamped (3 stamps) 9 X 12 envelope and we will mail it to you;
- 2) Have the school hold the report card until school reopens in late August; or,
- 3) Send a letter to the school giving written permission for us to release your child's report card to a person other than your self.

## Opening Day Conferences

The school office will re-open Tuesday, August 23, 2016. You may also book your opening day conferences to meet your child's teacher through The Conference Manager on this day starting at 9:00 a.m.

If you have any questions, or need assistance, please contact the school office at 255-1134.

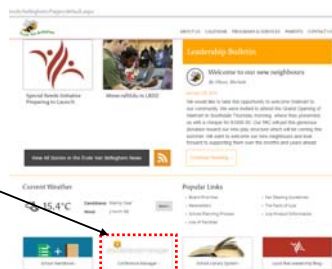
We will be commencing the upcoming school year by asking parents to schedule the initial parent-meeting online.

To make the booking process as easy as possible our school has implemented a new web-based scheduling application - **École Van Belleghem Conference Manager System**. This application will allow you, as a parent, to use the Internet to check your child's new homeroom teacher's conference schedules and then book an appointment quickly and easily over the Internet.

You can find online help to create an account at: <http://www.schoolsoft.ca> or,

1. **Go to our school's website homepage** <http://www.lrsd.net/schools/belleghem>

Button located on the bottom of page



2. **Click the Conference Manager button at the bottom of the page.**



3. **Register for a parent account by clicking the REGISTER NOW button** - You will only need to do this once. Although parents can register anytime, the booking of conferences can only begin at the date and time displayed on the log in screen. (August 23 to Sept 5, 2016)

**\* When the Conference Manager System is open for bookings; simply log in, click the BOOK NOW button and follow the prompts.**

*If you have more than one child in the school, select the homeroom teacher for each child by placing a checkmark beside each teacher's name. This will make it easier for you to coordinate your schedule.*

*If you have a child in Kindergarten as well as a child in Grade 1-6, you will need to repeat this step twice as you will not be able to see the Kindergarten teacher at the same time as the other teachers.*

**When finished booking, click the log off button located at the top right of the browser window.** Your booking confirmation will be sent via email. You will have the opportunity to provide feedback regarding the use of the Conference Manager to the school administration through a user survey before completely exiting.

## Kindergarten Celebration of Learning

On the evening of Monday, June 27, 2016, at 6:30 p.m., we will be hosting a **"Celebration of Learning"** with both Kindergarten classes. Mme Suggitt has sent information to the parents regarding this event.

There will also be a year end **assembly** in the gym for the students Thursday, June 30 in the morning. All students will be invited to meet their new teachers during our "bump-up" day held Wednesday, June 29th at 9:00 a.m.



## Lost and Found

The school office will be closed at 2:00 p.m.

**CLOSED**

Thursday, June 30, 2016 and will remain closed for the summer.

**OPEN**

We will re-open Tuesday, August 23, 2016

All Lost & Found items will be donated to charity on June 30, 2016.

## News from the Library

Summer is a great time for reading! Reading on trips, at the beach or on the swing outside. The Winnipeg Public Library has a TD Summer Reading Club which is free to join. The club will run from June 25<sup>th</sup> until August 19<sup>th</sup>, 2016. Children will receive a free activity book, reading log and stickers.



Have you considered digital books? Not only does the public library have a vast array of digital books that you can put on almost any device, so does the Louis Riel School Division. LRSD has a digital library available to students from Grade 5 to Grade 12. Students do need to get their library card number and pin while they are at school and then they can download books anytime with this information. For iPods, iPhones, iPads, etc., the app is a free download called Overdrive or visit <http://media.lrsd.net>. It is wonderful to always have a book on hand! You can also contact Lynn Fajardo ([lynn.fajardo@lrsd.net](mailto:lynn.fajardo@lrsd.net)) for more information or assistance with using the LRSD digital library.

The last library day will be June 21<sup>st</sup>. Please ensure all library books are returned by June 21<sup>st</sup>. The library will then be closed for inventory. Have a wonderful summer! **Lynn Fajardo and Nicole Goshawk**



## The Louis Riel School Division and Teachers' Association Terry Fox Community Walk and BBQ

**Friday, September 30<sup>th</sup>, 2016**

LRSD Board Office, 900 St. Mary's Road

**Entertainment and BBQ at 6:00 PM**

Face Painting · Music · Crafts · Games

*Walk/Run Begins at 7:00 PM*

Donations for the Terry Fox Foundation will be accepted on site.

For further information, contact:

The Louis Riel Teachers' Association - 204-929-5782



**A DREAM  
AS BIG AS OUR COUNTRY**

Friday, September 30<sup>th</sup>, 2016



## Health and Wellness

Incorporating exercise and movement throughout the day makes students less fidgety and more focused on learning. Improving on-task behavior and reducing classroom management challenges are among the most obvious benefits of adding physical activities to your teaching toolkit. As research continues to explore how exercise facilitates the brain's readiness and ability to learn and retain information, we recommend several strategies to use with students and to boost teachers' body and brain health. Source: <http://www.edutopia.org/blog/move-body-grow-brain-donna-wilson>

**Stretch your legs:** Stand up straight and bend over to get a good stretch in the back of your legs. To make it fun see if any of you can touch your toes.

**Do some body twists:** Stand up straight and twist the upper part of your body slowly side to side. You can get a good stretch in your sides this way.

**Hula hoop contest:** Have some fun with your friends and family and see who can hula hoop the longest. Switch it up and do some tricks like jump roping with the hula hoop

**Brain Power:** Physical activity improves oxygen flow to the brain, which provides the energy to think, focus, and make good decisions. New research shows exercise helps keep our brains sharp as we age!

**Eating plenty of fruits, vegetables and whole grains** will ensure that your brain is getting the right nutrients, which are the tools it needs to work its best.

**Getting plenty of sleep** gives your brain time to relax and gain the energy it needs to take on the next day.

## Going Green this Summer

How can we show gratitude to our planet? See a piece of trash? Pick it up and throw it away. Your children will follow your example and do the same. This is the perfect day to teach the little ones the 3 R's: Reduce, Reuse, and Recycle. Reduce waste, reuse things when you can, and recycle as much as possible! Need more ideas?

Read on!

- Explain to kids the difference between natural vs. overly processed foods
- Teach them how to reduce food waste and save \$\$\$!
- Teach them how natural foods are better for the planet and for their bodies
- Take one step everyday to go greener.

### 5 simple steps to going greener.

#### 1. Eat more plants!

Fruits, vegetables, whole grains, legumes, and lentils all stem from the ground and require much less energy to produce than meats. This is great for the Earth, since eating these plant-based foods helps reduce the production of greenhouse gases (i.e. carbon dioxide, nitrous oxide, methane, etc.), which does not fare well for the Earth's environment or our bodies.

- Try making one dinner per week meat free.



- Start with kid-friendly tacos! Replace the meat with beans and bring on the veggies and whole grain tortillas!
- Add veggies or beans to soups, casseroles and pasta sauces.
- Focus on whole grains, fruits, and vegetables at meal times and treat meat as the side.

#### 2. Buy locally!

Shopping from your local farmer decreases your foods' travel time and chemical coatings, such as pesticides and insecticides. Additionally, your local farmer is likely to use sustainable, Earth-friendly farming methods. In the end, you get fresher food packed with more nutrients and the Earth is spared chemicals and waste—a win-win situation.

- Start by making the farmer's market a fun family outing!
- Choose locally grown foods at your grocery store.

#### 3. Plant a Garden!

There is nothing more eco-friendly than cooking food straight from your own soil. Plus, you will know that your produce is chemical free, home grown and required no fuel to arrive in your kitchen.



- If you don't have any space for a garden, buy small pots, good soil, and plant your favorite herbs! Say, "Hello herbs!" and "goodbye salt!"



#### 4. Eat What Is In Season!

Not only are seasonal items easier on your budget, but they are better for our planet—simply because they have trekked less mileage to make it inside your reusable, Earth-pleasing grocery bag. If you're having trouble deciphering what foods are in season, take a look at the produce being showcased in your produce section. It's likely in season.

#### 5. Go Organic!

Buying organic foods reduces the amount of chemicals used to grow food, which make Mother Nature happy. However, buying all organic foods may not be so kind on your budget. When you can, opt for organic. But, if you would like to stick to the "organic basics" try and buy organic versions of the most pesticide-ridden produce—aka the "dirty dozen." The dirty dozen includes: (starting with the worst): peaches, apples, bell peppers, celery, nectarines, strawberries, cherries, lettuce, imported grapes, pears, spinach, and potatoes.

Encourage your child to fix his or her own healthy snack. You'll build independence and teach kitchen skills. Best of all, children are more likely to eat things they have made themselves.

**Idea:** Have your child roll a peeled banana first in low-fat strawberry yogurt, then in granola. Or have your child chose fruits to blend with yogurt for a smoothie.



Washing hands before eating helps keep kids from getting sick. Teach your youngster to rub his or her hands all over with soap and warm water for at least 20 seconds...count to 20 or sing the alphabet. Make sure they rinse and dry their hands also.



### Three Fun Ways to get Kids Cooking in the Kitchen

1. Give kids a free rein in creativity. That means open the pantry and open the fridge – and tell them "Create your own recipe for whatever you want to eat."
2. Stage a kids' cooking show. Let the kids watch a couple episodes of Food Network's Kids Baking Championship or Rachel Ray's Kids Cook Off. And then hand them a recipe for a simple entree and a smart phone (or old digital camera with a video function – which is what I did). And they will have dinner on the table in no time awhile.
3. Meal plan with kids. The meal may not be balanced the first time, but give them creative license.



## Breakfast

### Fresh Fruit Breakfast Parfait (4 servings)

- 1 Cup Plain Yogurt
- 1 Cup loose Granola
- 2 Tablespoons Honey
- 2 Cups Fresh Berries (raspberries /blueberries)
- 2 Kiwis (optional)
- Whipped Cream



#### Directions:

Layer all ingredients in a see through glass or bowl. Top with whipped cream and a fresh mint leaf.

*Note: Any fresh fruit will work for this recipe.*

### Omelettes In A Bag (1 serving)

- 2 large eggs
- 1 Tablespoon of grated cheese
- 1 Tablespoon or so of any other ingredient you like in your omelette (like onion or cooked bacon) - optional
- 1 small Ziploc freezer bag



#### Directions:

Crack eggs right into the small Ziploc FREEZER bag. Add the cheese and any optional ingredients you like. Seal the bag, squish the ingredients to mix. "Burp" the air out.

Bring a medium-sized pan of water to a heavy boil. Drop Ziploc baggie into the boiling water. Boil for 6 minutes. Carefully, remove baggie from the water. Open the bag and roll the omelette onto a plate.

## Fast Food & Healthier Choices

Monday is soccer practice. Tuesday you work late. Wednesday is Brownies and Thursday is Boy Scouts. If your schedule looks anything like this, your family probably eats a lot of fast food. Here are ways to make those meals healthier.



**Ask for substitutes.** Most children love the packaged kid's meal because it comes in a special bag and has a toy. In many places, you can replace the less healthy items; carrots instead of french fries, an apple rather than potato chips and fat-free milk for the soda. Your child will be happy with the package, and you'll know they're eating better.

**Add vegetables.** Encourage your youngster to offer a salad with low-fat dressing. You can ask for lettuce and tomatoes on the sandwich. Try offering black or pinto beans with a taco or

burrito and consider sides like corn on the cob or coleslaw. Putting vegetables in the meal means more vitamins for your child.

**Make good choices.** Guide your child toward grilled chicken or baked fish sandwiches and away from the fried versions. Suggest salsa and mustard (hold the mayonnaise and butter). Your youngster can opt for low-fat cheese on burgers and burritos. Don't let them super-size it - small and regular-size portions are enough. You'll help your child build a healthy habit that will stay with them for a lifetime.

## Healthy After School Snacks

### FRUIT KEBOBS

- 1 1/2 cups (12 ounces) block-style light cream cheese
- 1 (6-ounce) carton key lime pie light yogurt
- 1 teaspoon grated lime rind
- 3 tablespoons powdered sugar
- 2 cups strawberries
- 1 cup seedless red grapes
- 2 kiwi fruit, peeled and cut into wedges
- 1 cup pineapple chunks (about 12 chunks)
- 12 (6-inch) wooden skewers

*Combine first four ingredients until well blended. Chill while preparing fruit kebobs. Thread fruit alternately onto each wooden skewer. Serve with dip.*

### CHEWIE OAT SQUARES

*Preheat oven to 325°.*

- Cooking Spray
- 1/4 cup apple juice
- 6 whole pitted dates, coarsely chopped
- 5 tablespoons unsalted butter
- 1/2 cup golden corn syrup
- 1/8 teaspoon kosher salt
- 2 cups old-fashioned rolled oats
- 1/2 cup dried cherries, chopped
- 1/2 cup semisweet chocolate chips
- 1/4 cup sesame seeds, toasted

1. Line a 9-inch square metal baking pan with parchment paper; coat with cooking spray. Place juice and dates in a food processor; pulse until dates are finely chopped.

2. Melt butter in a medium saucepan over medium heat. Stir in date mixture, syrup, and salt. Remove date mixture from heat. Cool 5 minutes. Stir in oats, cherries, chocolate, and sesame seeds. Spoon oat mixture into prepared pan. Using wet hands, carefully press the mixture into the corners of the pan.

3. Bake at 325° for 30 minutes or until golden brown. Cool 10 minutes. Place pan in refrigerator; cool 20 minutes. Invert oat mixture onto cutting board; cut into 16 squares.



# JUNE 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 PAC Meeting	2	3 Immunization (grade 6 girls)	4
5	6	7	8	9	10	11
12	13	14	15	16	17 PD (no classes)	18
19 Father's Day 	20	21 National Aboriginal Day 	22 Volunteer Tea 1:30-3:00 	23	24 Pizza Day St.Jean Baptiste Day 	25
26	27 Kindergarten Celebration of Learning 6:30 p.m.  Canadian Multiculturalism Day 	28 Report Cards sent home	29 Bump-up Day (meet your teacher) 09:00	30 End of Year Assembly  Last day of classes  Early Dismissal 2:00 p.m.	Canada Day 	



The **Celebrate Canada** series is a collection of important cultural days beginning with **National Aboriginal Day** on June 21, and followed by **St.Jean Baptiste Day** on June 24, **Canadian Multiculturalism Day** on June 27, and concluding with **Canada Day** on July 1.

## Dates to Remember 2016...

### August

- 23 Office Re-opens
- 23 Conference Manager opens online at 9:00 am & closes on Sept. 5 at 6:00pm

### September

- 5 Labour Day (no classes)
- 6 Opening Day Conferences
- 7 Opening Day Conferences
- 8 First Day of Classes

- 12 Kindergarten staggered entry
- 13 Kindergarten staggered entry
- 14 Kindergarten staggered entry
- 15 Kindergarten staggered entry
- 16 PD day ( no classes)
- 19 Kindergarten first day of regular classes



Our school will once again be raising money this September by selling the **Show & Save Card and Coupon Book**.

The Book has over \$10,000 in money saving offers including coupons for purchases at numerous grocery stores, restaurants and businesses throughout the city. For only \$20 you can experience endless savings with the Re-usable Card and Coupon Book.

This fundraiser has been very successful in the past, raising over \$5000! By purchasing your Show & Save from us, you will be supporting our school while at the same time saving your family a lot of money.

**SHOW & SAVE**  
DISCOUNT CARD & COUPON BOOK

What do you call a bee with messy hair?

A FRIZZ-bee!



For free Canadian colouring pages visit:

<http://www.coloring.ws/canada.htm>