



Bienvenue - Welcome

October 2015

École Van Belleghem

10 Vermillion Rd
Wpg MB R2J 2T1
204-255-1134 (office)
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Website: <http://www.lrsd.net/Schools/Belleghem/>

Principal
Michèle Olson
michele.olson@lrsd.net

Vice Principal
Louise DeClercq
louise.declercq@lrsd.net

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Secretary
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Parent Advisory Council
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Before and After School
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Inside this Issue

From the Office 1

E-Books 1

Terry Fox 1

From the Lunch Room 2

Administration of
Medication for
Students 2

École Van Belleghem
2015/2016 Staff 3

Halloween 3

From the Library 4

Recipes 5

Calendar and
Dates to Remember 6



École Van Belleghem

Attendance

If your child is to be absent from school, you are asked to phone the school office at 204-255-1134 before 8:30 a.m. If not, you will be contacted to verify the reason for your child's absence. This callback system is in place to ensure your child's safety.

Your cooperation in informing the school of your child's absence is greatly appreciated.

We ask that you send a note to your child's teacher when your child is to be absent for appointments.

** A note is also required if your child is not taking the bus as usual or if your child generally stays for lunch but will be leaving the school (with proper supervision).*

After School

ALL STUDENTS must wait inside the school building (in the front foyer) until the parent/guardian has arrived.

If there are any changes to your child's bus, daycare, drop-off or pick-up routine, please contact the office.

Please help us keep your child safe.

It is extremely important that your child (children) be picked up promptly at the end of the school day - 3 p.m., (11:15 for a.m. kindergarten and 2 p.m. on early dismissal days) as there is no adult supervision after these hours.

In the event of an isolated emergency, please call the office as soon as possible so we can provide limited time supervision while you make alternative arrangements with another parent, relative, friend or neighbour for pick up of your child.

Emergencies

In case of emergencies (when a child becomes ill or is seriously hurt), the school will contact parents.

For this purpose, please advise the school as soon as possible of any changes in your home, work or cell phone numbers.

If you need to communicate an urgent message to your child, please contact the office, however we ask your cooperation in limiting these requests to the office to essential matters.

Visitors

All visitors must announce their arrival at the office. If you need to drop something off for your child, please leave it at the office and we will get it to him/her.

If your child is leaving school early, please come to the office, not the classroom - your child will be called to meet you at the front.

VISITOR

** If you are staying in the school as a volunteer, you must first sign in at the office AND wear a visitor's badge.*



TRANSPORTATION

If you have any questions or concerns with regard to bus transportation and schedules, please contact Transportation directly at **204-253-2681**. Their office is open until 4:30 p.m. Monday to Friday.

E-books



Did you know grade 5 to grade 12 students have access to digital books in the **Louis Riel School Division?**

The books are viewable on a computer and most devices.

There are hundreds of e-books and e-audio books to choose from.

It is necessary to download the **free Overdrive app** onto your personal devices to use this service.

The LRSD digital library is then accessible through the Overdrive app.

More detailed information on how students can obtain their library number and their pin will be sent home shortly.

Students will love always having a book handy to read. Students can take out up to 5 books at a time and the books return automatically. It's a great way to get your child reading more!

Terry Fox Walk

Thank you to all students, family and friends for making our annual Terry Fox Walk at École Van Belleghem a success on September 29th! The students enjoyed walking with their partnered classes while raising **\$1,240.40**. We appreciate everyone's support in this worthwhile cause!
- École Van Belleghem Terry Fox Committee



From the Lunch Room

The cost for this service is **\$70.00** per year per student or \$280.00 maximum per family.

Lunch fee payments are due in **September** and are collected during opening conference. Please issue one cheque per family for all fees. We **will not** be accepting post-dated cheques.

Lunch fees apply to all students staying for lunch, including bussed students.

Students are not allowed to leave the school grounds at lunch unless accompanied by their parent or guardian.

Please send a note to your child's teacher if you are planning to take him/her out for lunch.

* **Microwaves** are **not** provided. Do not send foods that need to be heated.

* **Please** ensure your child has the proper utensils for lunch as these will not be supplied by the school.

MILK is sold in the lunchroom for seventy-five cents (white or chocolate).

A milk card may be purchased from the office (20 pints for \$15.00) - cash or cheque.



Please ensure your child's name is on his/her milk card as we cannot be responsible for lost cards.

Fruits and vegetables that are cut into bite-size pieces help make lunch time easier for your child.

Small children have small hands and it can be difficult to open containers for lunch. Please make sure your child is able to open his/her thermos or any other food container he brings. Please ensure all containers are **leak-proof**.

Please note: The biggest threat of peanuts/nuts/peanut butter is how easy it is to contaminate surfaces around the school.

Children can still enjoy these treats at home after school or on the weekends.

If we all work together we can reduce the risk of a child ending up in the hospital - or worse.

Please read all labels before sending something to school. Items that are labeled: "MAY CONTAIN PEANUTS OR TREE NUTS" are not allowed at school.



Remind your child not to share his/her lunch.



Administration of Medication for Students

The Louis Riel School Division has a clear policy with respect to the administration of prescription or over-the-counter medication to students.

This includes ANY prescribed medication your child will need to take during school hours.

The school is not permitted to distribute any over-the counter medications to students.

The "Administering Medicines to Students" form must be completed, signed by the parent and handed in to the school office, authorizing the authorities to administer the medication.

1. Authorization for the Administration of Prescribed Medication shall be completed by the parent/guardian.
2. The first dosage of new medication shall not be administered at school. It is the parent/guardian responsibility to ensure the first dose has been well tolerated prior to coming to school.
3. Medications must be delivered to the school by the parent/guardian or designated adult in the original pharmacy labelled container which identifies clearly the:

- i) **name of the student**
- ii) **name of the prescribing physician**
- iii) **name of the pharmacy**
- iv) **name of medication**
- v) **dose**
- vi) **frequency and method of administration**
- vii) **start date and end date**
- viii) **date the prescription was filled**



The label must be on the container itself, such as medication bottle, tube, inhaler, etc., and not merely on the package. If requested, pharmacies will provide two original pharmacy labelled containers. One container may be used exclusively in the school setting. It is recommended that this container be a blister pack dispenser.

4. Medication shall be sent to the school in the proper dosage. If pills are to be taken in a dosage that is less than one pill, they must be cut to the appropriate size before being delivered to the school. Liquid medication shall be brought to school accompanied by a measuring device which shall provide the exact dosage.

5. A one-month supply of medication should be provided to the school when medication is to be given over an extended period of time.

6. Once signed by the parent/guardian, and the administration, the Authorization for the Administration of Prescribed Medication will be considered the Individual Health Care Plan for the administration of medication.

7. The Administration of Prescribed Medication Record shall be completed by the identified staff or alternate who shall be responsible for administering the medication to the student."

If you require a form, please contact the office in person or by phone at 204-255-1134.

You may also log on to the Van Belleghem home page at:

<https://www.lrsd.net/schools/Belleghem/Pages/default.aspx>

click the "Parent tab" then under 'Resources' click "Authorization for the Administration of Prescribed Medication".

2015/2016 Staff

Administration

Principal: Michèle Olson
Vice Principal: Louise DeClercq



Library

Teacher Librarian: Lynn Fajardo
Library Assistant: Nicole Goshawk



Student Services

Resource: Denise Paillé-Jones
Martine Pelletier
Julie Robertson
Louise DeClercq

Office Staff

Administrative Assistant: Gisèle Laurin
School Secretary: Ginette Petit

Music

Danielle Laurendeau-Cormier

Physical Education

Gérald Cyr
Warren McKennitt



Teaching Staff

Kindergarten: Carol Suggitt
Grade 1: Thierry Anjoubault
Carolyn Chaput
Grade 2: Michelle Phaneuf
Christine Solomon
Grade 3: Nadine Courcelles
Rachelle Marion-Lemoine
Grade 4: Julie Gaudette
Grade 4: Louise Delorme
Grade 5: David Paquette
Grade 5/6: Karen McColm
Grade 6: Paul Bosc



Education Assistants

Denise Acres
Lynn Chartrand
Veronica Kirkpatrick
Marnie Thomas
Michel Vandermeulen



Custodial Staff

Edward Thibert
Joel Durand



Halloween at École Van Belleghem



Students at École Van Belleghem WILL be allowed to wear Halloween costumes to school on Friday, October 30, 2015 (These costume may not depict violence.)

Please note:

The school will not be held responsible for lost, or damaged costumes or accessories.



Haunted House



Halloween Safety

Safer Than Candles

Choosing a battery operated light is a safer option when lighting your pumpkin. Unattended candles are not safe and burn through quickly. With a battery operated light, not only are you being safe, you can achieve lighting effects not available from a candle.



This includes multiple color effects, strobe and LED lighting options.

For more Halloween safety tips visit: <http://www.safekids.org/tip/halloween-safety-tips>



From the Library

The library will be hosting a Book Fair during the Conferences in November.

The dates are **Tuesday, November 24**, and **Thursday, November 26, 2015** from 3:30 p.m. to 7:00 p.m. in the library.



We are looking for volunteers to help organize and/or work these evenings.

If you are able to spare a few hours, please contact Mme Nicole at nicole.goshawk@lrzd.net, or leave your name and phone number with the office at 204-255-1134.

M.Y.R.C.A. (Manitoba Young Readers' Choice Awards)

The **Manitoba Young Readers' Choice Awards** aims to promote reading and Canadian literature by giving young people the opportunity to vote for their favourite Canadian book from an annual list.

The M.Y.R.C.A. Selection Committee considers all Canadian novels written in English each year for the intended audience of ages 10 to 14 years, or grades 5 to 8.

The 15 to 18 titles deemed the best find their way onto the M.Y.R.C.A. list for the following year.

Students must read (or have heard read) a minimum of five of the titles to be eligible to vote. Votes are collected and tabulated in mid-April. For more information visit the M.Y.R.C.A. website at: <http://www.myrca.ca/nominees/>

Here are a few of the 2016 MYRCA Nominees

The Boundless by Kenneth Oppel

It is always good to have a story of your own! Will's first adventure includes an avalanche and several Sasquatch! Three years later, when Will gets a chance to ride The Boundless, the biggest and longest train in the world, he gets much more than he bargained for. Not everyone on the train is along just for the ride. Theft, murder, magic, Sasquatch and Bog Hags – how will Will's story end?



Rocket Blues by David Skuy

Hockey is everything for teenager Brian (the Rocket) Rockwood. It is his passion, his escape and his chance to get out of his dangerous neighborhood. But when his coaches tell him he is too small and he will never make it in hockey at his size, he is desperate and determined to prove them wrong. Can Brian prove to them that size isn't everything and follow his dream to the NHL?

The Cat at the Wall by Deborah Ellis

Before she died, 13-year-old Clare was used to getting away with being a self-centred slacker and a bully because her teachers and parents believed her sweet smile. Until Ms. Zero came along, that is. Now reincarnated as a cat, Clare watches Israeli soldiers occupy a Palestinian home, where a boy hides under the floor. He's finding it more and more difficult to breathe, and his parents are missing. But why should she care?



The Comic Book War by Jacqueline Guest

Wham! Kablam! When 15-year-old Robert Tourond finds the falling star he saw drop from the sky, he is convinced the universe is sending him a cosmic message that his three brothers, who are overseas fighting in the war, will be safe. To keep his mind off of his brothers, Robert buys comic books and to his amazement he notices similarities between his brothers' letters and his favourite superheroes. Coincidence or something more?

The Elevator Ghost by Glen Huser

Babysitting the rambunctious children of Blatchford Arms can be a tough gig. But not for Carolina Giddle, the newest tenant, in the building. How does she manage to calm even the wildest of children? Take a look in her babysitting bag, you won't find the usual tricks. Candy, delight, check. Ghoulish treats, check. Ghost stories, check. With her trusty tarantula Chiquita in tow, nobody wants to miss her fantastical, spooky storytelling or the haunting Halloween party she hosts.

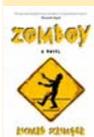


In Real Life by Cory Doctorow, Jen Wang

Teenaged Anda is an experienced gamer, so when she is encouraged to join a guild in an online role playing game she signs up right away. Soon, she meets a kid who collects valuable objects in the game and sells them for real cash, something Anda knows is against the rules. When she finds out the sad truth about her new friend's real life in China, she wants to help. Will she be able to make a difference before being banned from the game?

Missing in Paradise by Larry Verstraete

A mysterious box, a map with GOLD written beside a tiny pinprick, a creepy neighbour strangely interested in the old stuff Gramps left behind when he died – is this every 14-year-old's dream, or is it a nightmare? Nate isn't certain, but he feels sure that Gramps wants him to find out just what is going on.



Zomboy by Richard Scrimger

Bob is an average gr 7 kid – a bit awkward, a target for the class bully, and closet romantic harbouring a secret crush on his best friend Olive, or Evil-O as she prefers to be called. But things get complicated when a zombie, "zomboy", called Imre attends his school. All of a sudden people are choosing sides. There are protests, supporters, and a growing rift between Bob and Evil-O. Can Bob learn to look beyond Imre's obvious differences and see the boy who just needs a friend?

Slow Cooker Soups for Autumn

Beef Barley Soup

Ingredients

1 (3 pound) beef chuck roast	4 cups water
1/2 cup barley	4 cubes beef bouillon cube
1 bay leaf	1 tablespoon white sugar
2 tablespoons oil	1/4 teaspoon ground black pepper
3 carrots, chopped	1 (28 ounce) can chopped stewed tomatoes
3 stalks celery, chopped	salt to taste
1 onion, chopped	ground black pepper to taste
1 (16 ounce) package frozen mixed vegetables	

Directions

1. In a slow cooker, cook chuck roast until very tender (usually 4 to 5 hours on High, but can vary with different slow cookers).
 2. Add barley and bay leaf during the last hour of cooking. Remove meat, and chop into bite-size pieces. Discard bay leaf.
 3. Set beef, broth, and barley aside.
 4. Heat oil in a large stock pot over medium-high heat. Sauté carrots, celery, onion, and frozen mixed vegetables until tender.
 5. Add water, beef bouillon cubes, sugar, 1/4 teaspoon pepper, chopped stewed tomatoes, and beef/barley mixture.
- Bring to boil, reduce heat, and simmer 10 to 20 minutes. Season with additional salt and pepper to taste.



Winter Lentil Vegetable Soup

Ingredients

1/2 cup red or green lentils	1 clove garlic, crushed
1 cup chopped onion	1 teaspoon salt
1 stalk celery, chopped	1/2 teaspoon ground blk pepper
2 cups shredded cabbage	1/4 teaspoon white sugar
1-28 oz can whole peeled tomatoes, chopped	1/2 teaspoon dried basil
2 cups chicken broth	1/2 teaspoon dried thyme
3 carrots, chopped	1/4 teaspoon curry powder



Directions

1. Place the lentils into a stockpot or a Dutch oven and add water to twice the depth of the lentils. Bring to a boil, then lower heat and let simmer for about 15 minutes. Drain and rinse lentils; *return them to the pot.*
 2. Add onion, celery, cabbage, tomatoes, chicken broth, carrots and garlic to the pot and season with salt, pepper, sugar, basil, thyme and curry.
- Cook, simmering for 1 1/2 to 2 hours or until desired tenderness is achieved.

Brown Lentils - This is the most common variety of lentil. They can range in color from khaki-brown to dark black, and have a mild earthy flavor. They cook in about 20-30 minutes and hold their shape very well. Common varieties are Spanish Brown, German Brown, or Indian Brown. The blackest and tiniest lentils you find are usually Beluga lentils, which have a rich and deeply earthy flavor.

Green Lentils - These can be pale or mottled green-brown in color with a glossy exterior. They have a robust, somewhat peppery flavor. Green lentils generally take the longest to cook, upwards of 45 minutes, but they keep a firm texture even after cooking. This makes them ideal for salads and other side dishes. Look for Lentilles du Puy, Puy lentils, or French Green lentils.

Red Lentils - Their colours range from gold to orange to actual red and are the sweetest and nuttiest of the lentils. They're somewhere in the middle in terms of cooking time and are usually done in about 30 minutes. They tend to get mushy when cooked through, so they're perfect for Indian dals and other curries, or for thickening soups. A few varieties are Red Chief and Crimson, and you'll often find them in Indian or iddle Eastern markets labeled as masoor (red lentils) or channa (yellow lentils).



Slow Cooker Creamy Potato Soup

Ingredients

6 slices bacon, cut into 1/2 inch pieces	1/2 teaspoon salt
1 onion, finely chopped	1/2 teaspoon dried dill weed
2 (10.5 ounce) cans condensed chicken broth	1/2 teaspoon ground white pepper
2 cups water	1/2 cup all-purpose flour
5 large potatoes, diced	2 cups half-and-half cream
	1 - 12 oz can evaporated milk



1. Place bacon and onion in a large, deep skillet. Cook over medium-high heat until bacon is evenly brown and onions are soft. Drain off excess grease.
2. Transfer the bacon and onion to a slow cooker, and stir in chicken broth, water, potatoes, salt, dill weed, and white pepper. **Cover, and cook on Low 6 to 7 hours**, stirring occasionally.
3. In a small bowl, whisk together the flour and half-and-half. Stir into the soup along with the evaporated milk. Cover, and cook another 30 minutes before serving.



The Lunch Lady

LUNCH LADY PROGRAM The Lunch Lady Program is offered once a week at our school. This program provides parents with the option to purchase a nutritious lunch. Our Lunch Lady is Christine and more information can be found on line at www.thelunchlady.ca

Please be aware that this is not a school run program and as such, parents are responsible for cancelling any pre-ordered lunches due to illness or field trips.





OCTOBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 PAC meeting 6:30	7	8	9 Picture Day 	10
11	12 Thanksgiving (no school) 	13	14	15	16	17
18	19	20	21	22	23 SAGE (Provincial PD) (no classes)	24
25	26	27 Early Dismissal (2:00 p.m.)	28	29	30 Pizza Day Haunted House	31 Happy Halloween 

Dates to Remember 2015

November

- 5 Immunizations (Grade 6, girls only)
- 6 PD Day – NO CLASSES
- 11 Remembrance Day – NO CLASSES 
- 18 Picture Retakes – 12:30pm
- 20 Report Cards sent home
- 24 Parent/Teacher conferences: 3:30pm-7:00pm
- 26 Parent /Teacher conferences: 3:30pm-7:00pm
- 27 Divisional PD – NO CLASSES

December

- 18 Last day of classes
- 18 Early Dismissal 2:00 pm 

October was a beautiful month at Green Gables, when the birches in the hollow turned as golden as sunshine and the maples behind the orchard were royal crimson and the wild cherry trees along the lane put on the loveliest shades of dark red and bronzy green, while the fields sunned themselves in the aftermaths. Anne reveled in the world of color about her.... "I'm so glad I live in a world where there are Octobers. It would be terrible if we just skipped from September to November, wouldn't it?..."

~ Lucy Maud Montgomery ~



Upcoming Events



- ⇒ Picture Day is **Friday, October 9, 2015**, all day. Retakes will be taken Wednesday, November 18, 2015 at 12:30 p.m.
- * Note to parents of Wednesday morning Kindergarten students: If your child needs a retake, you must arrange this yourself.
- ⇒ Remembrance Day Ceremony November 10, 2015.
- Spring concert Wednesday, April 27, 2016