

Gladstone Elementary School

GES strives to be a positive, safe place where all are respected and responsible for learning.

February 29th, 2024 February Fun Newsletter

Connecting with Central Plains Cancer Care — Classes at GES were visited by Karen from Central Plains Cancer Care on January 29th. She presented information on healthy living and developing healthy lifestyle choices. We appreciate the time she took out of her busy day to share some valuable information with us.



Things are Cool, At Our School — All classes spent time at the skating rink on February 14th or 15th. A HUGE thank you to the arena board members who decided to offer the rink to us for free! Thank you to everyone who took the time to come and help tie skates as well.

Many hands make light work. John Heywood



Reminders — Please send clothes suitable for our unseasonably wet and occasionally cold recesses.

Please DO NOT park in staff parking. Feel free to use the bus loop once the busses have departed for the day.



Pink Shirt Day — Pink Shirt Day was Wednesday, February 28th. All students were invited to wear a touch of pink to raise awareness of bullying in schools, workplaces, homes and online.

Exciting Educational Experiences — The Grade 5/6 Langlois students are building and designing projects for the Diversity of Living Things unit in Science. The task was to build something to support life in our environment in some way (providing shelter or food). Some examples we came up with were bird houses, bird feeders, insect homes, and butterfly houses.



Senior Pen Pal Visit — On Monday, February 26, the Grade 3 students walked uptown to visit with their Senior Pen-Pals. We made a craft and had a snack together. This is an excellent opportunity for our seniors and young people to get to know and appreciate one another.

THANK YOU to Ms. Marchant who came to read to the Grade 3 class for I Love to Read.



I Love to Read Month — We kicked off our I Love to Read month with an assembly on February 1 where we introduced our theme "Our Voices are Unique". We read a book together and shared things that make us unique followed by dancing with our own unique dance moves. Daryl Shipman and Sandra Meilleur both came and read to us and we still hope to have 2 more guest readers joining us on March 1. We each made word art about ourselves. We wrote messages about what kindness looks like and are creating a puzzle where each piece represents one person from our school.



More Memorable Moments — On February 6, Grade 5/6 Rempel had the pleasure of having afternoon tea with Mrs. Gladys Howe, a special visitor from England. We were able to exchange some information about favourite activities and places we enjoy in Canada and England. We also read Mrs. Howe one of our favourite story books. Thank you, Mrs. Howe for bringing us all a sweet treat! Safe travels.



NUTRITION BITS AND BITES

Packing a Balanced School Lunch



The Untouched Lunch....

Are you frustrated when your child's lunch comes home mostly untouched? There could be a variety of reasons why they didn't eat; however, it's important to remember- it's the child's job to decide how much and whether to eat, not yours.

It can be useful to get feedback from the child and discuss if there is anything you can do to help them eat more at lunch. Perhaps pre-opening packages or sending less food if their appetite is typically low at noon.

It's also helpful to get kids involved in packing their own lunches early on. They may be more inclined to eat a lunch they had a hand in preparing themselves.

Packing an A+ lunch

Packing an A+ lunch everyday can be easy when you follow these 5 steps!

1. Keep it simple and ensure the meal incorporates fruits and vegetables, whole grain products and protein. Water to drink is always a great choice too!
2. Plan and prep beforehand. It can be helpful to have a rough schedule of what you plan to pack for the week. This can make grocery shopping, food prep, and packing so much easier.
3. Pack the night before. Trying to pack lunches during the chaos of mornings can lead to unbalanced meals. Skip the stress and do most of the work when you have time in the evening.
4. Get the kids involved. Although it's the caregiver's job to provide the food, kids can help by washing fruits and veggies, getting out supplies or filling water bottles.
5. Make it safe! Remember to keep hot foods hot and cold foods cold. Use a good quality thermos or ice packs to ensure food stays fresh and free of bacteria. Don't forget to regularly clean lunch kits and wash water bottles too!

Banana “Sushi”

Here is a fun and easy lunch box or after school snack idea for kids of all ages.
Get creative and see what fun combinations you can make!

Ingredients:

2-3 bananas
½ cup of chocolate chips melted or ½ cup of nut or seed butter
or ½ cup of whipped cream cheese
A variety of:
Shredded coconut
chia seeds
sprinkles
mini chocolate chips
hemp hearts
breakfast cereal
granola

Method:

1. Peel bananas and spread desired “sticky” ingredient (melted chocolate or nut/seed butter or cream cheese) onto the bananas
2. Sprinkle desired topping onto the coated bananas and cut up bananas to achieve a circle shape
3. Eat immediately or let firm up in fridge for 20 minutes. Leftovers can be put in the freezer for a cool snack another day.



TIP: Try using chopsticks to pick up and eat the “sushi”



Scan the QR code for more tips
on packing school lunches



For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

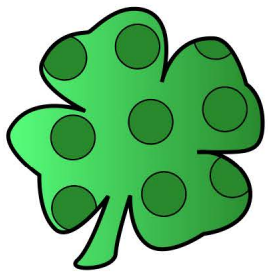
To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health-Santé Sud

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MARCH

Spring

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|-------------|-------------|-------------|
| | | | | 1 Day 3 |
| 4 Day 4 | 5 Day 5 | 6 Day 6 | 7 Day 1 | 8 Day 2 |
| 11 Day 3 | 12 Day 4 | 13 Day 5 | 14 Day 6 | 15 Day 1 |
| 18 NO SCHOOL | 19 Day 2 | 20 Day 3 | 21 Day 4 | 22 Day 5 |
| 25 | 26 NO SCHOOL – Spring Break, Enjoy the time together! | 27 | 28 | 29 |