



# 2018

## Minitonas Early Years School



The children decorated our Christmas tree with ornaments, displaying what they wished for, for Christmas.

### SKATING PROGRAM

As part of our Physical Education program, our school will go to the arena for school skating. The dates for this program are listed below. Students **MUST** wear a C.S.A. hockey helmet in order to skate. We always welcome parents to help tie skate laces. You are also welcome to join us on the ice.

K, Gr. 1 & 2- 1:00-2:00  
Gr. 3 & 4-2:00-3:00

The January schedule will be:  
Jan. 12th and Jan. 26th



### Important Dates To Remember

- Jan. 8th- First day back to school
- Jan. 8th- 4H Meeting
- Jan. 10th- Gr. 3 Swimming
- Jan. 11th- Better Beginnings
- Jan 11th- Discovery
- Jan. 12th- School Skating 1-3pm
- Jan. 16th- Garden Club
- Jan. 19th- Better Beginnings
- Jan. 19th- Discovery
- Jan. 24th- Gr. 3 Swimming
- Jan. 26th- School Skating 1-3pm
- Jan. 26th- Spaghetti Lunch
- Jan. 29th- Better Beginnings
- Jan. 29th- Discovery

### Important dates to know in February

- February 1st- Grade 4 Skiing
- February 5th- Admin Day- No Classes
- February 19th- NO SCHOOL- Louis Riel Day
- February 22nd- Grade 4 Skiing

### SCHOOL BUS CANCELLATIONS

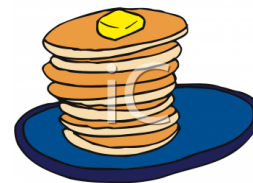
On occasion, due to severe weather conditions, school buses may be cancelled for the day. Bus cancellations will be broadcast of the radio and also displayed on the SVSD website.

Check these stations:

CJOB 104.5 FM  
CJGX 940 AM  
CKDM 730 AM



# A big thank you to the Parent Advisory Council and Parent Volunteers for providing our students and staff with a delicious Pancake & Sausage Lunch on December 14th.



## Ingredients: The Best Rolled Sugar Cookies

- 1 1/2 cups butter, softened
- 2 cups white sugar
- 4 eggs
- 1 teaspoon vanilla extract
  
- 5 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt



Recipe from [allrecipes.com](http://allrecipes.com)

## Directions:

1. In a large bowl, cream together butter and sugar until smooth. Beat in eggs and vanilla. Stir in the flour, baking powder, and salt. Cover, and chill dough for at least one hour (or overnight).
2. Preheat oven to 400 degrees F (200 degrees C). Roll out dough on floured surface 1/4 to 1/2 inch thick. Cut into shapes with any cookie cutter. Place cookies 1 inch apart on ungreased cookie sheets.
3. Bake 6 to 8 minutes in preheated oven. Cool completely.



## Magazine Fundraiser

Thank you to all who supported our QSP Magazine Fundraiser, we raised a grand total of \$1197.89! Great job everyone!



A big thank you to the parents who volunteered to come swimming with us. Your help with supervision was much appreciated.



## Spaghetti Lunch



The P.A.C is having a Spaghetti Lunch on Friday, January 26th, 2018  
If you would like your child to participate please return the form by January 19th, 2018.

P.A.C will also be having their next meeting on Tuesday, February 6th at 6:30pm. All are welcome to attend.



Winners of the Remembrance Day poster contest:  
Kairi Watson  
Austin Eisner  
Karlee Beals  
Felicity Grandfield



Thank you to Cliff Gussie for presenting them their prizes.



## **LIFETOUCH Roof Top Photos**

If you are interested in purchasing a copy of the MEYS Rooftop Photo, they are available for \$12 for an 8x10. If interested, please let Rebecca in the office know on or before **Friday, Jan. 19th**.



## **Parents, how well are you doing on the 4ms': Minimize, mitigate, be mindful, model?**

### ***Minimize* screen time**

- Screen time for children under 2 years old is not recommended.
- For children 2 to 5 years, limit routine or regular screen time to less than 1 hour per day. Avoid screens at least 1 hour before bed.

### ***Mitigate* the potential negative effects of screen time**

- Prioritize educational, age-appropriate and interactive programming.
- Be present and engaged when screens are used and, whenever possible, co-view with children.

### **Be *mindful* of all screen use in the home, and model positive habits**

- Turn off screens when they are not being used, or when they are just “background” noise.
- Be aware of how adults’ use of screen can influence children.
- Consider developing a family media plan (see [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca))

### **Remember, children do not *need* exposure to digital media to learn**

- There is no evidence to support introducing technology at an early age.
- Young children will nearly always choose talking, playing, or being read to over screens.
- Children under 5 years old learn best by interacting with family members and caregivers.
- Too much screen time can lead to lost opportunities for teaching and learning.



## **Eating Better for Families:**

- Start the day with a healthy breakfast. It refuels your body and gives you energy for the day.
- Let kids help plan one meal each week and eat together as often as possible.
- Eat slowly. It takes 20 minutes for your brain to register that you are full.
- Eat more vegetables and fresh fruits. Aim for a total of 2 cups of fruit and 2 1/2 cups of vegetables every day.
- Eat more whole grains (e.g., oats, brown rice, rye, crackers, whole-wheat pasta). Try to eat at least 3 ounces of whole grains every day.
- Drink plenty of fluids. Choose water, low-fat or non-fat milk and low calorie or diet beverages.
- Keep a variety of snacks in the house, such as fresh fruit, vegetables, whole-grain cereals and crackers. Try lower calorie or lower fat foods, like baked chips, reduced-sugar cereals or low-fat dressings.
- Children imitate their parents, so set a good example by eating healthy foods.



## **BETTER BEGINNINGS SCHEDULE**

Better Beginnings is open to preschoolers (Birth—age 5). They meet at MEYS upstairs in the Art Room/Play Room at 10 am on **January 11th, 19th and 29th**.

Come and check it out! It is a FREE session which includes games, crafts and snacks. Dee Dee Dvorak is the leader.

## **Grade 4 Skiing**

The Grade 4's will be going to Thunderhill in the New Year. The ski dates in February are planned for the following dates: February 1st & February 22nd. Further details will be sent home.

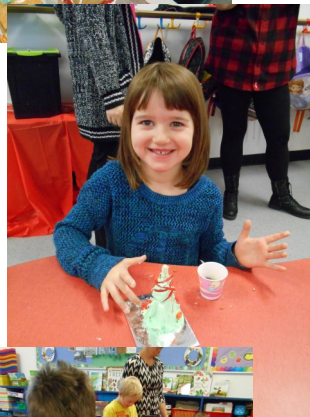






# GRADE 3 GINGERBREAD HOUSES

On Friday December 8th, Mr. Grandfield's grade 3 class was having lots of fun building gingerbread houses with their parents and/or helpers. They did an awesome job! Thanks to all who volunteered to help out in the Grade 3 class.



# KINDERGARTEN CHRISTMAS TREES



On December 13th, the Kindergarten Class decorated Christmas trees with icing and candy! Thank you to all the parents/helpers for coming to help the children decorate their yummy trees!





"Christmas is our favorite time of year"

