

June 2011

Emerado Centennial School
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EMERADO CENTENNIAL SCHOOL

June 2011

Volume 5, Issue 10



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Day 1 Gr. 7 & 8 Jazz Choir Tour	2 Day 2 Hershey Track and Field Meet 	3 Day 3	4	
5	6 Day 4	7 Day 5	8 Day 6	9 Day 1 Gr. 5 Field Trip	10 Day 2 Gr. 5 & 6 Swimming a.m.	11
12	13 Day 3 Gr. 6 Field Trip	14 Day 4 Gr. 8 Field Trip	15 Day 5 Early Dismissal 2:40 p.m.	16 Day 6 Pizza lunch orders due Gr. 9 German Exam	17 Day 1	18
19 Father's Day ECS Marathon Teams running the Manitoba Marathon	20 Day 2	21 Day 3 Gr. 5 & 6 Track and Field Day	22 Day 4 Gr. 7 & 8 Math Exam	23 Day 5 Gr. 7 & 8 Swimming a.m. Raindate for Gr. 5 & 6 Track and Field	24 Day 6 Pizza Lunch	25
26	27 Day 1 Grade 8 Grad Dance 7 p.m.	28 Day 2 Gr. 7 & 8 Admin. Day - No Classes	29 Day 3 Awards & Grad Assembly 9:15 a.m. Admin. Day - No School p.m.	30 Last Day of Classes - 10 a.m. dismissal	Looking ahead to September, 2011: Sept. 5 - Labour Day - No Classes Sept. 6 - Admin. Day - No Classes Sept. 7 - First Day of Classes Sept. 21 - Early Dismissal Sept. 28 - Early Dismissal	

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Year End Activities

The month of June is a busy time for staff, students, and parents. Events such as the jazz band and choir tour, field trips, track meets, school activity days, swimming, final math exams for students in Grades 7 and 8, the grad dance, and the graduation and awards ceremonies will keep everyone busy throughout this month. We are looking forward to all of these as exciting ways of spending time together as a school. In preparation, please be aware of the special events and times noted on the calendar.

Spring Concert and Art Show

The Spring Concert and Art Show was a great success! The Art Show beautifully displayed the amazing art work of our Grade 5 and 6 students and the concert featured our talented musicians. The Grade 5 to 8 bands performed many different types of songs including folk songs, movie soundtracks, Bach, and many others. They performed musically and energetically. The jazz choir stunned the audience with show tunes and vocal jazz selections. The drumming group's rhythmic and creative beats were a pleasure to hear. The whole show was a night to remember. Thanks to the students and staff who worked so hard to create this event!

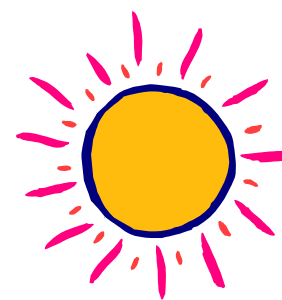


Spring Drama

Adventurous, heart racing, fantabulous and varied romantic scenes made this performance of "Anchors Aweigh" one of our top must-see moments at Emerado in May. The fantastic costuming, sets, and makeup combined made the characters and story come alive on a 1950's cruise ship, "The S.S. Flounder".

All the staff and students that played an integral part in this production should be very proud. Thanks for such an awesome job. Well done!

Reviewers – Co-captains Mrs. Klassen and Mr. Hirschfeld



Prairie Dale School Opens this September

With the opening of Prairie Dale School in Schanzenfeld this September, Emerado Centennial School will see a variety of changes in its student enrolment and staffing allocation. Approximately 90 students who are from the Prairie Dale School catchment area will attend that school instead of Emerado next year. Along with those students attending Prairie Dale School, several ECS teachers will be teaching at PDS. Mr. Rylan Price, Ms. Brandy Chevalier, and Mr. Chad Bergen will be transferring from ECS to PDS for September. We wish all staff and students at PDS a wonderful year as you begin this new adventure together!

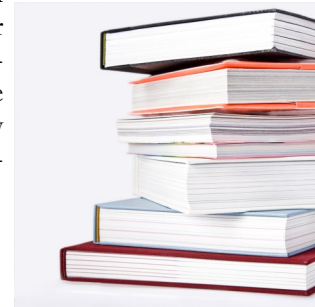
Email Communication

As part of the registration process for this coming September, Emerado Centennial School will be requesting email addresses from parents/guardians in order to communicate information such as newsletters and permission forms to you. This method of communication saves paper and provides more direct communication to you.



Splash: Celebrate Summer!

Registration for the Summer Reading Program at the Winkler Centennial Library will begin on Thursday, June 23rd. Once again, we will be giving out colourful posters, stickers and activity booklets to each person who registers. For each 60 minutes of reading, you can earn 10 Treasure Bucks that you can spend at our Store. This year will be another fun-filled summer reading event! Call the Winkler Centennial Library (325-5335) for more information.



Internet Safety

Parents/guardians are welcome to pick up the following booklets about internet safety from Mr. Al Loeppky at the ECS guidance office: *The Door that's not Locked* and *Respect Yourself*. These booklets and additional information can be found at www.thedoorthatsnotlocked.ca and www.cybertip.ca/respectyourself.

Advisory Council Members Needed

The Emerado Centennial School Advisory Council for School Leadership is a group of parents/guardians, teachers, and community members working together to enhance the education offered to the children at Emerado Centennial School. Parent/guardian members are needed for the upcoming school year. If you are interested in joining the Advisory Council or would like additional information, please contact current ECS AC Chair Milt Olfert (325-5569) or ECS Principal Garth Dorksen (331-4533).

Report Card Distribution

Students' report cards will be sent home with them on June 30th, the last day of school. Report cards of those students who are not in attendance on the last day of school will be mailed home. Report cards are not distributed prior to the last day of school.



Win a Prize!

Take the newsletter home, and have your parent(s)/guardian(s) complete the entry form below. Return the form to the office by 9:00 a.m., Thursday, June 9th. You could win a prize!

Student Name: _____ Homeroom: _____

The Bottom Line

If you lower your intake of processed foods, restaurant foods, and added salt each day, you can reduce your sodium intake.

These changes, along with choosing more fresh vegetables and lean, unprocessed meats, will help keep your blood vessels healthy and reduce your risk for heart disease or strokes as you age.

Activity Corner

Regular physical activity is a great way to help your body manage sodium.

- play Frisbee
- grab a skipping rope
- go for a walk or bike ride



Lunch Box Corner
 Instead of purchasing pre-packaged "lunch kits", make your own!
 Pack individual containers with:

- cherry tomatoes
- sliced brick cheese
- whole grain pita, cut in pieces
- sliced cucumber
- apple slices dipped in orange juice and sprinkled with cinnamon
- vanilla yogurt (for dipping)

Working it into your Meal Plan..... Spice it up!

When marinating or cooking chicken and fish, mix and match herbs, spices, and flavourings such as: basil, oregano, curry powder, dill, mustard, garlic, lemon or lime juice, paprika, parsley, tarragon, thyme, or ginger.

When cooking roasts, pork chops or steak, enhance the flavour with spices and flavourings, such as... mustard, horseradish, garlic, green and black peppercorns, ground pepper, sage, or thyme.

Nutty Chicken Fingers

This recipe has less than 15% daily value of sodium per serving! Serves: 4

Ingredients

- | | |
|--|--|
| 1/2 cup slivered almonds, finely chopped | 1/8 tsp freshly ground pepper |
| 1/2 cup whole-wheat flour | 1/2 tsp dry mustard |
| 1 tsp paprika | 2 eggs |
| 1 tsp garlic powder | 450g boneless chicken breasts, cut in strips |

Directions

Preheat oven to 450°F. Coat a large baking sheet with cooking spray. In a shallow dish, mix almonds, flour, paprika, garlic powder, dry mustard, and pepper. Set aside.

In a separate dish, whisk eggs. Dip chicken strips in egg and then coat in almond mixture. Transfer chicken strips to baking sheet. Bake for 10 minutes, then remove baking sheet from the oven and use a fork or flipper to turn over chicken strips. Bake for another 10-15 minutes, until no longer pink in the centre and internal temperature of 165°F.

Pair with your favourite dipping sauce and serve.





Smart Eating Makes The Grade Halt the Salt

5 Tips to Reduce Sodium

1. Choose fresh or frozen fruits and vegetables, whole grains and unprocessed (fresh) meats more often.
2. Limit highly-processed, quick-cooking foods such as: rice mixes, powered soup mixes, instant hot cereal, and instant potato mixes.
3. Limit canned foods or buy low sodium versions of these products. Drain and rinse canned vegetables and legumes in cold water.
4. Limit processed cured meats (such as ham and bacon); processed cheese slices and cheese spreads; olives and pickles.
5. Limit frozen entrees, fast food and restaurant meals and cook from scratch more often.



Nutrition Tip of the Month

Compare food labels and purchase foods with a lower % daily value for sodium:

- 5% or less are excellent choices
- 10% are good choices
- 15% are fair choices
- More than 15% are undesirable choices, especially if you're eating a larger amount than the suggested serving size.

Did you know???

Iodized salt or "table salt" (not sea salt) is a major dietary source of iodine. Iodine is vital for the development of hormones, which regulate metabolism, as well as promote growth and brain development in children. For this reason, it's important for families to cut back on salt intake, but not to eliminate it completely.

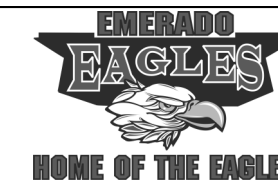
Fast Facts on Sodium/Salt

- *Your body needs sodium to control blood pressure and blood volume and for proper muscle and nerve function. This is important for kids involved in high-intensity activities.
- *Sea salt and table salt contain nearly the same amount of sodium.
- *The average Canadian's daily sodium intake is 3400mg per day! Health Canada recommends less than 2300mg per day.
- *1 tsp of salt contains 2300mg of sodium.
- *77% of sodium intake comes from processed food products! 11% of total intake is added in cooking and at the table. Only 12% of average intake occurs naturally in foods.

For more information see:
Recommendations of the Sodium Working Group, Health Canada, 2010 www.healthcanada.gc.ca/sodium

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

ECS SPORTS REPORT



Eagle Athletics

Another school year has disappeared very quickly once again. Our last sporting events will be occurring in the next 2 weeks. We have already completed our Grade 7 & 8 track and field day as well as our Zone track and field day. We have several more events left with our track and field team. We will be attending a Hershey meet in Carman on June 2nd and, Provincials in Winnipeg on June 8th. There is also the Provincial Hershey meet in Winnipeg on June 17th and 18th. Our track team had a great zone meet defeating Morden by 2 overall points to claim top spot. This had not been accomplished since 2006-2007, the year the school opened. Great job, athletes!



ECS Manitoba Marathon Teams

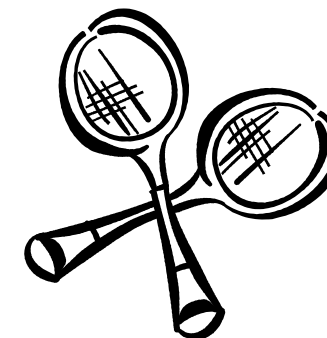
This year will mark the second appearance of the ECS Manitoba Marathon Relay Teams. We are pleased to be entering four teams of five runners into the Manitoba Marathon, which is taking place in Winnipeg on Sunday, June 19th, beginning at 7:00 a.m. Each runner will be responsible for running between 4.0 – 6.5 miles. The marathon team members have been attending early morning running practices for a number of months, showing true dedication to the sport. This year's marathon team members include: Stanley G., Brandon W., Massa S., Mathias P., Andrew L., Hailey B., Latisha T., Abe B., Marcus N., Emily F., Emily H., Sam V., Evan F., Raelyn E., Kali T., Sonia G., Owen W., Mrs. Chevalier, Mrs. Madak and Dr. Eric Lane. We are very excited to run and look forward to sharing our stories with you after the marathon!



~Mrs. Madak
Marathon Team Coach

Badminton News

The Eagles badminton team had an awesome year. Many players did an amazing job improving their badminton skills. There is so much more to badminton than just casually hitting the shuttle over the net. We attended 5 different tournaments. In each tournament, ECS had some players finish in either first place or played in the championship match. Coaches encourage the Grade 8s to continue to pursue badminton in Grade 9. We have a great group of Grade 7s to help build the ECS badminton team for next year. Thanks also to parents who supported the program by getting their kids to early morning practice and coming to watch their child play. Great job everyone!



Winkler Minor Soccer Registration

Registration for Winkler Minor Soccer will take place on Monday, June 6th and Tuesday, June 7th from 6:30 p.m. to 8:30 p.m. at the Winkler Arena lobby. This is for all players entering K-8 as well as for coaches. For any further questions, please contact Mandy Friesen at mandy.friesen@gvscd.ca or call 331-3561. Additional information can be found at www.winklerminorsoccer.org.





EMERADO CENTENNIAL SCHOOL

Garden Valley School Division

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Email: emerado@gvsd.ca ♦ www.ecs.gvsd.ca

Principal: Garth Doerksen

Vice Principal: Janice Krahn

RELIGIOUS EXERCISES AT ECS IN 2011-2012

Dear Parents/Guardians:

In accordance with section 84(8) of the Public Schools Act, parents/guardians have petitioned the Garden Valley School Division Board of Trustees to make provision for religious exercises, which will consist of a Christian devotional related to Character Education (e.g. honesty, compassion, love, positive attitude, respect for others, etc.), Bible reading and the Lord's Prayer, for students who will attend Emerado Centennial School for the 2011-2012 school year.

If you wish to have your child participate in these religious exercises, **you need to do one of the following:**

- 1) Come to the school and sign a copy of the Religious Exercises Permission Form, available at the main office;
- 2) Send a note with your child, giving permission for her/him to participate in the religious exercises. Be sure to include your child's name and grade as well as your signature; or
- 3) Call the school for a copy of the Religious Exercises Permission Form and it can be sent home with your child at your request and returned once signed.

Please note: Unless the school has signed consent from you the parent/guardian, your child will **not** be able to participate in religious exercises in the 2011-2012 school year.

If you have any questions and would like further information, please contact the school office at 331.4533.

Sincerely,

Garth Doerksen
Principal

ECS Youth in Philanthropy

Supported by the Winkler Community Foundation, the ECS Youth in Philanthropy student group raised \$1721.00. They will donate the money they raised to the "Pembina Valley Humane Society" to help build "cat walks" in the cat rooms. ECS Youth in Philanthropy are now "Friends of the Humane Society" as Silver Donors.



Exploratories with 5/6T

Master of clay pottery, Jennifer Frost from Stonewall, Manitoba, came to visit 5/6 T in May. She showed the students different clay-making techniques such as making cups, vases and plates. The students had a chance to make some of their own creations and did an excellent job! We really enjoyed our afternoon with Jennifer!



From the Student Council

Hey Emerado,

This is again your Student Council President, writing on behalf of the Student Council, to report on student council doings, and to say just a few things to wrap up the school year. First and foremost, I hope we have made this school just that much more enjoyable for all of you. Wacky Hair Day was quite awesome, whether you did your hair up wild, or simply saw the crazy styles that other students had. I always love to dress up and do my hair up for these days, you get to wear stuff that you wouldn't even consider wearing on any other day. We will also be sending some money to Libya for health-care sometime during this last month of school. Announcements about this will be coming soon. As this is the last month of school, you will all likely be going on field trips, if you haven't already, having class parties, and merely enjoying the beautiful weather in anticipation of the summer break. I hope that we can all enjoy every minute of it. Grade 8s, the Grad Dance is coming up. Our last celebration before high school is sure to be a blast. One last thing I'd like to say to all Grade 5-7s: being on the Student Council is just plain awesome! I would encourage every one of you to run for a position. It's a great experience, you get to make school just that much more fun, and you have loads of fun along the way. Have a great summer!

~Luke Klassen

Student Council President

Winkler Walking Challenge

From May 9th to June 3rd, 6ST, 7BC, and 7CF participated in the City of Winkler School Walking Challenge. As weather permitted, the classes took the opportunity to walk, jog or run to improve their fitness. Students' reflections on the walk included feeling better, sleeping well, and having increased energy.

Our goal was to create a strong foundation for a positive and healthful lifestyle. Thank you to the parents and school for supporting the development of life-long physical activity, and to the students for their positive attitude towards the challenge.

