



ENGLISH BLUFF ELEMENTARY

Soaring Toward Success



Family Newsletter #9

January 23, 2019

Important Dates: January 25

PRO-D DAY – SCHOOL CLOSED

February 5
6 & 7

Ready, Set, Learn – 1:15 p.m. – 2:30 p.m.
Student-Led Conferences – Early Dismissal @ 2:00 p.m.



13

2019 Kindergarten Registration – 9:30 a.m. to 12:00 noon

18

FAMILY DAY – SCHOOL CLOSED

Student-Led Conferences

Wednesday, Feb. 6

Thursday, Feb. 7

(early dismissal 2:00 p.m.)

Your conference time will be sent home this week with your child.

community agencies that provide early childhood development resources, support, and services. This year, **Ready, Set, Learn** will be held for children aged 3 - 4 years old on **Tuesday, February 5th** in the Kindergarten classroom. In addition to a story and some fun activities, performer **Will Stroet** will be here to 'rock' with the students in a performance which starts at 1:45 p.m. in the Library. Please RSVP to Mrs. Reid Reynolds at 604-943-0201.

**READY, SET, LEARN
TUESDAY,
FEBRUARY 5, 2019
1:15 P.M. – 2:30 P.M.**

**THANK YOU FROM
DELTASSIST**

Calling all 3 and 4 year olds!!! English Bluff Elementary will once again be hosting a **Ready, Set, Learn** event in conjunction with the Ministry of Education, the Ministry of Children and Family Development and the Ministry of Health Services. These organizations have joined forces to celebrate literacy and assist you in the teaching role that you play for your child. British Columbia's **Ready, Set, Learn** program recognizes that families need positive connections with the school system and

A letter arrived in the mail from Deltassist expressing their thanks to all our EB families for their involvement in Deltassist's Christmas Hamper Program. Our school's contributions, along with others, made Christmas possible for 1,752 individuals last Christmas. Sharing our energy, talents and time is making a difference!!!



**EB Kindergarten
Registration for
September 2019 is
Wednesday, February
13th
9:30 a.m.-12:00 p.m.**

What to bring:

- **Your child's birth certificate**
- **Your child's immunization record**
- **Your child's care card number**
- **Proof of Residency**
- **IB Application Fee (\$100)**
- **IB Fee (Term 1 - \$218; or Full Year \$650)**

**KINDERGARTEN TRANSITION
MEETING**

Wednesday, January 30, 2019

There will be a Kindergarten Transition meeting for **parents and caregivers of children with exceptionalities** on Wednesday, January 30, 2019 from 6-7:00 p.m. at the Delta Manor Education Centre (5750 57th Street, Delta, B.C.). Childcare will be provided in the Education Room.

The meeting will cover the following information:

- Description of services and programs available for students with special needs
- Funding from the Ministry of Education

- Availability of Therapy Services: Speech & Language, Occupational and Pysiotherapy
- The transition process from preschool to kindergarten

For more information contact 604-952-5339.

**BASKETBALL ACADEMY
INFORMATION MEETING**



Please be advised that there is an information meeting regarding the **NEW Basketball Academy!** Please join us! All are invited- males and females, grades 8-12!

If your child intends on going to: **Sands, Burnsvew, Seaquam, DSS or SDSS please join us this Monday, January 28th** at Delta Manor Education Centre in Ladner located at 4750 57 St at 7:00 P.M.

If your child intends on going to: **Delview or North Delta: please join us Monday, Feb. 4th** at North Delta Secondary School in North located at 11447 82 Ave, at 7:00 P.M.

**HEALTHY LUNCHES FOR
YOUR SCHOOL-AGED CHILD**

Preparing nutritious lunches that appeal to children can be very stressful. There are however some practical tips and suggestions to making lunches that are packed with the nutrients children need while appealing to their taste buds.

[Why a healthy lunch?](#)

- It provides protein, energy, fiber, vitamins and minerals; all of which are important for a child's growth and health.
- It supports a child's ability to concentrate in the classroom which in turn supports their performance at school.
- A healthy lunch and a healthy after school snack gives kids enough energy for their after school activities.
- Children that are comfortably full after lunch are less likely after school to reach for those energy dense foods that are high in sugar, fat and salt like chips and pop.

What's a healthy lunch?

- **Balanced** which means the lunch has a food from each of the four food groups: Meats/protein foods, Grains, Fruits and Vegetables and Milk
- **Varied** meaning the actual foods vary from one day to the next
- **Low in fat, salt and sugar.** Foods that are overly processed, pre-sweetened, or sometimes even foods that are 'ready-to eat' tend to be high in fat, sugar and salt. These foods sometimes don't have enough of the key nutrients that kids need.
- **Full of good sources of fiber.** Fiber helps to keep children comfortably full until snack time. Fiber is found in fruits, vegetables, whole grains and legumes like chick peas

Lunch box smarts

- **Plan ahead up to a whole week's worth of lunches.** This will make grocery shopping and lunch meal preparation easier and more time efficient. Planning lunch meals ahead is also the big secret to sticking to a budget.
- **Engage your grade-schooler** to help with lunch meal planning and preparation.
- **Your child can learn invaluable lessons** about healthy meal planning especially if you say that lunch should at least have three of the following: a protein, a grain, a vegetable/fruit and a milk. You child is also more likely to eat a lunch he has helped to plan and prepare.
- **Variety is another big secret** to healthy meal planning. However, variety doesn't mean everything on the lunch meal has to change - For example, tuna on whole wheat bread with fresh red and orange pepper strips on day one, followed by tuna roll ups (tuna on a whole wheat tortilla) with cucumber coins on day 2 provides good variety.
- **Children often have only 15 -20 minutes** to eat their lunch so consider pre-peeling fruits, cutting up veggies/fruit, halving sandwiches or using easy-to-open containers for packing the lunch so children can access the food easier. Find more related tips.
- **Use one or more ice packs** to keep cold things cold
- **Pack a re-usable water bottle** every day and encourage children to drink water when

they're thirsty. Encourage children to bring home their water bottle every day so it can be washed

- Children don't need juice or sugar-sweetened beverages like pop or iced tea.
- If you give your child juice, offer them the **100% unsweetened fruit juice** in small amounts - a 250ml tetra pack.
- **It is safer to discard left -over perishable foods** from a lunch box instead of eating them at the end of the day. This is because foods may not have been held all day at the correct temperature in order to avoid bacterial growth -this happens when ice packs warm up or thermoses cool down.
- Encourage children to **wash their hands** before they eat

Examples of a healthy lunch for school

- Hummus spread on whole wheat pita bread, carrot, celery sticks, apple slices and yogurt
- Lean turkey sandwich on a Whole grain Kaiser bun with lettuce, tomato, cheese. Orange wedges
- Baked beans served hot in a thermos with home-made garlic toast on whole wheat bread, blueberries and yogurt
- Cold pizza with carrot and cucumber pieces with dip, and cup up pears
- Vegetarian chili served hot in a thermos, whole wheat bun, banana and milk
- Cheese pieces and whole grain crackers, cherry tomatoes, cucumber slices with dip, and grapes

Yours truly,

M. Smith

Ms. M. Smith,
Principal

