



ENGLISH BLUFF ELEMENTARY
Soaring Toward Success



FAMILY NEWSLETTER #8

FEBRUARY 27, 2020

Important Dates:	February	28	PRO-D DAY – SCHOOL CLOSED
	March	3	1:00 p.m. Author Linda Grey Smith Visit
		3-4	Martial Arts Sessions – All Classes
		9	3:45 p.m. Hoop Shoot Finals @ SDSS
		8	2:15-3:00 p.m. Band & Choir Performance
		11	Term 2 Report Cards – Available on Parent Connect
		12	Hot Lunch Day
		14-29	SPRING VACATION – SCHOOL CLOSED
		30	School Re-opens



THANK YOU FROM DELTASSIST

We received a letter on January 22nd from the Board of Directors of Deltassist acknowledging English Bluff’s involvement in their Christmas Programs – “because of your contribution, Christmas was made possible for 611 low income families, seniors and individuals this last year (which equaled 1941 people in total). We’d like you to know that the sharing of your energy, talents, and time is truly making a difference in the lives of so many.”

Thank you to all our families for their generous contributions.

BASKETBALL

With one more game left to play for the grade 6 and 7 students, they will have completed their basketball season. We are very proud of all of our EB players. Every player played with quiet



determination and dedication, showing sportsmanship and team play throughout the basketball season.

The members of our grade 6/7 boys’ team included: *Aiden Liang, Lucas Detlor, Lucas Cho, Kyler Purbs, Nolan Stewart, Jordan Kallu, Bruce Fang, Tiger Wang, Hayden Zapeda, Max Lang, Matthew Turner, Jayson Abercrombie*

The members of our grade 6/7 girls’ team included: *Isabel Randall, Zemo He, Lyla Randall, Ryan Assaly, Brianna McKee, Paige Bullen, Olivia Vance, Zeina Khalifa, Yooki Yook, Danielle Bilodeau.*

A special thank-you goes out to our coaches for volunteering their time, enthusiasm and expertise to our students: *Ms. C. Young (parent), Ms. Bath, Ms. Schulz, Ms. Virtanen, Mme. Ramsbottom.*



In addition, Hoop Shoot finals will be held Monday, March 9th beginning at 3:45 p.m. at SDSS. Congratulations to all students in grades 5-7 who came to the try-outs for the 2020 competition. 18

students (6 students from each grade level) have advanced to the competition on March 9th.

FREE PARENT WORKSHOP 'Preparing For Kindergarten'

Delta Manor Education Centre
(Multipurpose Room)
5750 57th Street
Ladner, B.C.
Course ID: FAM002

MONDAY, MARCH 9TH
7:00 – 9:00 p.m.

This workshop is presented by the Delta School District Learning Services Branch. Explore the skills and abilities that will help your child have a successful start to school, and learn strategies to make the transition as smooth as possible. We will share how Kindergarten looks in today's schools, and practical ideas to help families prepare for the first day.

Although there is no cost for the workshop, pre-registration is requested at 604-940-5550 or at <https://connect37.deltasd.bc.ca>

REPORT CARDS



Second Term report cards will be ready to view on Parent Connect at 3:00 p.m. on **Wednesday, March 11th**.

MARCH IS NUTRITION MONTH

March is a month to celebrate Nutrition! This year's theme is "Best food forward: plan, shop, cook, enjoy!" Healthy eating begins at the grocery store and research has shown that Canadians may not make the healthiest choices. Many of us have cupboards full of packaged, processed convenience foods and empty calorie drinks, like pop. Can we blame ourselves or do we need help making

healthier choices? Dietitians of Canada performed a poll in 2012, which revealed that 63% of Canadians struggle with making healthier food choices in the grocery store. Here are seven tips from Dietitians of Canada to help you put your best food forward:

1. Take a little time to plan before you hit the grocery store aisles!
A meal plan and a grocery list help simplify shopping and can save you money! Check store flyers and online coupon sites for specials. It's also a good idea to see what foods you already have on hand.
2. Get stocked! A smartly chosen pantry makes cooking delicious, nutritious meals easy!
Look for nutrient-rich packaged foods with more vitamins, minerals, and fibre, and contain less sodium, fat, and sugar. Look for "no added salt" on the label.
Top five foods to stock:
 - a) Legumes: canned or dried peas, beans, and lentils. Add these protein-rich plant foods to soups, stews, and chilies!
 - b) Tomatoes: whole, diced, or crushed. Use them for a base for pasta sauce, soup, or casserole!
 - c) Fruit: dried, jarred, or canned. Look for "unsweetened" or "packed in water". Add to salads, muffins, or smoothies.
 - d) Fish: canned salmon and light tuna packed in water. A healthy addition to salads, casseroles, and pasta dishes. Not to mention protein-packed sandwiches!
 - e) Whole grains: quinoa, parboiled brown rice, or oats to name a few. These can make a nutrient-rich side dish or main meal!
3. Get Frozen! Pack your freezer with nutrient-rich frozen foods to make healthy meals in a flash! Look for plain frozen foods that you can season yourself
 - a) Vegetables – just as nutritious as fresh!
 - b) Fruit – add to breakfast for a burst of flavour and nutrients!
 - c) Fish – look for plain, un-breaded versions to make it easy to enjoy twice a week!

4. Make healthy eating easy. Organize your fridge so healthy foods are the first ones you see!

Studies show that people are more likely to choose healthy foods, such as vegetables and fruit, if they're easily available.

Keep fresh snacks in plain sight in clear containers so they're easy to grab.

Keep the less healthy snacks in containers you can't see through and push them to the back.

5. Looking to save cash and calories? These tips will help with both!

Pay with cash, not plastic. This way you are forced to stick to your budget and your list!

Think small. The jumbo packs of snacks aren't a bargain if you end up throwing some away, plus having bigger packages at home means you'll eat more.

Shop during non-peak times. You'll spend less time in the checkout line, where you might be tempted to buy expensive magazines and candy.

Shop wise. Beware of the hidden costs of buy-one-get-one-free offers. Sure, you get more food for less money, but will you waste it or eat it even though you didn't really need to?

6. Make grocery shopping a family affair. It's the perfect time to teach kids about healthy food choices.

Get kids involved in the planning, shopping, and cooking! Talk about how much food costs, where it comes from, and how to make healthy choices.

7. Check the percentages! Nutrition labels work best when you use them to compare products.

Make sure to check the serving size first to make sure it's how much food you actually eat.

The % daily value (% DV) on the Nutrition Facts table shows you if a food has "a little" or "a lot" of a nutrient. For example, 5% DV or less is a little, and 15% DV or more is a lot for any nutrient.

SPRING BREAK
March 14 – 29, 2020

Staff and students will have a well-deserved break from March 14th – 29th. The school will be closed during this period and will re-open on Monday, March 30th.

REMINDERS

PRO-D
FRIDAY, FEBRUARY 28TH
(tomorrow)
SCHOOL IS CLOSED

CLASS PHOTO DAY
FRIDAY,
APRIL 3RD, 2020



Yours truly,

M. Smith

Ms. M. Smith,
Principal