



ENGLISH BLUFF ELEMENTARY

Soaring Toward Success



Family Newsletter #4

October 29, 2020

Important Dates:



October 30
31

Halloween Costume Parade @ 1:15 p.m.
HAPPY HALLOWEEN!!!!

November 6-30
11
27
30

Scholastic Virtual Book Fair
Remembrance Day – School Closed
Report Cards Ready on Parent Connect @ 3:00 p.m.
Professional Development Day – School Closed

NOVEMBER 1ST – STANDARD TIME



It's that time of year we all get to sleep-in one more hour!

Daylight Saving **Time** Ends Sunday, November 1, 2020, 1:00:00 a.m. local **standard time** instead. Sunrise and sunset will be about one hour earlier on November 1, 2020 than the day before. There will be more light in the morning.

Please be reminded to set your clocks back one hour on Saturday night (**CHANGE YOUR CLOCK; CHANGE YOUR BATTERIES**).

REMEMBERING

Remembrance Day is observed every November 11th. It is on this day because the end to World War I came on November 11, 1918. The fighting ended at the 11th hour of the 11th month, as the two sides had agreed. Remembrance Day Services have been held on November 11th since 1919.

Due to COVID regulations, we will not be having our usual Remembrance Day Assembly. We will, however, still be observing the 'Moment of

Silence' in each individual class at 11:00 a.m. on Tuesday, November 10th.

School will be closed on **REMEMBRANCE DAY, Wednesday, November 11th.**

We encourage all families to spend a moment on this important day remembering our fallen heroes.



WHY WEAR A POPPY?

The poppy is the enduring symbol of remembrance of the First World War. It is strongly linked with Armistice Day (11 November), but the poppy's origin as a popular

symbol of remembrance lies in the landscapes of the First World War.

Poppies were a common sight, especially on the Western Front. They flourished in the soil churned up by the fighting and shelling. The flower provided Canadian doctor John McCrae with inspiration for his poem 'In Flanders Fields', which he wrote whilst serving in Ypres in 1915. It was first published in *Punch*, having been rejected by *The Spectator*. In 1918, in response to McCrae's poem, American humanitarian Moina Michael wrote 'And now the Torch and Poppy Red, we wear in honor of our dead...'. She campaigned to make the poppy a symbol of remembrance of those who had died in the war.

By making a donation and wearing a Poppy, you support the Canadian Armed Forces, RCMP Veterans and their families, and many aspects of the community where we live (i.e. health care, housing, social activities, youth programs providing service to Cadet Corps, Scouts, Guides and scholarships to graduate students).

Therefore, be a proud Canadian and wear a Poppy pinned on the left side of your shirt to be close to your heart.

All students will be given a poppy to wear. Donations will be accepted at the school.

GRADE 6 IMMUNIZATIONS



Fraser Health has informed us that the grade 6 immunizations that were scheduled at the school in November have been cancelled. Immunizations will be re-scheduled in the new year (2021). Completed permission forms that were sent home last week can still be returned to the school. If you have any questions, they can be directed to our school nurse, Ms. Jo-Ann Steed 604-952-3550.

Alternatively, parents do have the option of booking an appointment with their family doctor and having their son/daughter's immunizations done at the doctor's office.

LIBRARY NEWS

Hello EB families,

The Scholastic Book Fair will look a little different this year as it's going Virtual! From **November 16th to 30th** families will be able to log on to the **Scholastic Virtual Book Fair** site and purchase books and other goodies that will be delivered right to your homes. As usual, English Bluff Library will earn money to purchase new resources for the library. The November Book Fair has always been the largest source of funding and I am hoping the virtual book fair will be equally successful. Look for more information coming home soon.

Thank you for all your support!

Ms. Elkin

PLEASE DRESS YOUR CHILD FOR...THE WEATHER

We are now entering the time of year when the weather is unpredictable. We expect children will be playing outside at recess and noon hour unless the weather is very inclement. In this regard, please ensure your child comes to school with the appropriate coat, hat, boots, etc. to stay warm and dry in their play outside.



SMART SNACKING TIPS

(from the School Nurse)

What makes a healthy meal or snack? Choose foods from at least two of the four food groups:

- **Vegetables and Fruit**
Raw or cooked vegetable and fruit pieces, unsweetened fruit or vegetable juices
- **Grain Products**
Whole grain breads, pitas, crackers, bagels, roti, muffins, cereals and other grains
- **Milk and Alternatives**
Fluid milk, soy milk, yogurt, cheese, cottage cheese
- **Meat and Alternatives**
Legumes, tofu, nut butters, eggs, fish, poultry, lean meats

Children have small tummies and their nutrient needs are high. They need three meals and two to three healthy snacks spread throughout the day in order to meet their growth and development needs.

Snacks should be offered at routine times every day. Having a snack at least two hours before a meal allows enough time for children to build up an appetite for the next meal.

Include children in preparing and choosing a variety of snack foods that you can enjoy together. Children learn by example so model healthy snacking with them!

There is no need to restrict nutritious foods because of their fat content. Follow the [Canada's Food Guide](#) to plan healthy snacks.

HEALTHY FOOD CHOICES FOR CHILDREN AND TEENS

(from the school nurse)

How do I make healthy food choices?

- Choose plant foods more often and in larger amounts than other foods. This doesn't mean you have to eat a vegetarian diet. It does mean that fruits and vegetables need to figure [prominently on your plate](#) - ideally, half your plate. Plant foods contain many important nutrients such as fibre, vitamins and minerals. Some are excellent sources of [protein](#) as well.
- Choose foods that are natural or [minimally processed](#) such as fruits, vegetables, eggs, rice, beans, milk and meat.
- [Whole grains](#) provide more nourishment than refined grains. Grains such as brown rice, 100 per cent whole wheat, quinoa and whole grain pasta are some examples.
- Use [small amounts of oils, fats](#), sugar and salt. Oils and fats are calorie dense foods so limiting them makes sense. Animal sources of fat such as butter are high in saturated fat. Too much saturated fat is linked to an increased risk of heart disease, as is too much salt and sugar in our diets. Sugar is also linked to increased risk of obesity and dental caries.

Are there any foods I should avoid? Yes. Foods that are highly processed provide very little nutrition and are a source of empty calories. These include packaged snack foods, soft drinks, [energy drinks](#), [instant noodles](#) and others.

How can I prepare healthier meals? There are many excellent healthy recipes that you can prepare. Learning to cook is a [necessary life skill](#) for healthy eating. Where possible [include your child in cooking](#) and [plan ahead](#) to make meals happen.

Find healthier recipe ideas at:

- [Better Together BC recipies](#)
- [Cookspiration recipes](#)
- [Eat Right Ontario recipies](#)

Resources

Health Link BC: [Healthy eating resources](#)

- Academy of Nutrition and Dietetics: [Healthy eating pattern](#)
- Health Canada: [Tips on how to feed children](#)
- Dietitians of Canada: [Guidance for feeding teens](#)

Yours truly,
M. Smith
Principal.

