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## March, 2018

We're on the web!

<http://www.edu.pe.ca/princestreet/>

60 Upper Prince Street  
Charlottetown, PE  
C1A 4S3

Telephone:  
(902) 368-6950

Fax: (902) 368-6959

### UPCOMING EVENTS!

March 6  
NO SCHOOL –  
Professional Learning Day

March 12  
Spaghetti Dinner –  
Smitty's 5:00 pm –  
Bikes for Books

March 17  
Pancake Breakfast –  
Trinity Church –  
8:00-10:30 am

March 19-23  
French Week

March  
Break/Easter  
March 26-Apr.3

June 1  
Spring Fling

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### Dear Families:

We have a very busy four months ahead of us... lots to do and lots going on. I'm looking forward to the last four months of school and can't wait until spring!

**Teacher/Staff Appreciation Week:** We would like to thank all parents who brought in treats to the school during Teacher/Staff Appreciation week. We enjoyed the yogurt bar, cookies, muffins, Starbuck's coffee and tea, fruit trays, veggie trays and other treats we received during the week.

**Welcome:** We would like to welcome Joan Hutchinson, our new day custodian. We also have two new EA's - Joe Kendrick and Stephane Guertin. A warm welcome to Prince Street School!

**Physical Education News:** Congratulations to all gymnasts who competed at the St. Jean Friendship Meet on, February 13, 2018. All students represented Prince Street School with excellent behavior. The following students received ribbons for their performance – in pre-novice girls- Ahahilla Subba – 1<sup>st</sup> on vault, 2<sup>nd</sup> on floor and 1<sup>st</sup> overall; Abigail Thorne – 2<sup>nd</sup> on vault, 8<sup>th</sup> on floor and 2<sup>nd</sup> overall; Kaylee Hill – 5<sup>th</sup> on floor and 10<sup>th</sup> overall; Ava Worth – 7<sup>th</sup> on vault; Anya Silva – 8<sup>th</sup> on floor and 8<sup>th</sup> on vault; Makayla Cheverie – 7<sup>th</sup> on floor; and Abbie Winters – 9<sup>th</sup> on floor. In pre-novice boys; Jude Ling – 7<sup>th</sup> on vault and 7<sup>th</sup> overall.

In novice girls; Sachita Darjee – 2<sup>nd</sup> on floor; Abigail Peters - 2<sup>nd</sup> on floor and 10<sup>th</sup> overall; Rashmi Gurung - 4<sup>th</sup> on floor; Monica Blacquiere - 4<sup>th</sup> on floor; Naomi Carey – 4<sup>th</sup> on floor; Halie MacLeod – 4<sup>th</sup> on floor and 9<sup>th</sup> overall; Emily Hao - 5<sup>th</sup> on floor, Usha Khanal - 7<sup>th</sup> on floor, 9<sup>th</sup> on vault and 7<sup>th</sup> overall; Emma Huggan - 9<sup>th</sup> on floor. In novice boys; A.J. Warren – 3<sup>rd</sup> on vault and 4<sup>th</sup> overall; Karthik Christo – 5<sup>th</sup> on vault, 9<sup>th</sup> on floor and 6<sup>h</sup> overall; Noah Peters – 6<sup>th</sup> on vault; Arun Darjee – 8<sup>th</sup> on vault, 6<sup>th</sup> on floor and 7<sup>th</sup> overall; Jose Ortiz – 10<sup>th</sup> on vault and 8<sup>th</sup> on floor; Jacob Henderson – 5<sup>th</sup> on floor and 9<sup>th</sup> overall.

**Safe Arrival:** Parents need to call the Safe Arrival line (902-368-6944) before 9:00 a.m. if your child is going to be late or absent. Please leave a brief message so the appropriate code can be marked in attendance. A phone call home will be made if we do not receive a call.

*Thank you!*

*WELCOME*



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**Bikes for Books:** Prince Street School will be taking part in the Bikes for Books Program. Students are invited to participate in the program, and each time they read a book and demonstrate comprehension of it, they can fill out a ballot and their name will go into the draw. The more they read, the better their chances of earning a bike and safety helmet. There will be two draws per class with one boy and one girl winning a bike and helmet!

On March 12, a spaghetti dinner will be held at Smitty's starting at 5:00. Tickets are \$10.00 and a \$5.00 voucher will be given to everyone that buys a ticket. It can be used the next time you visit Smitty's.

**Hot Lunch Changes:** We will be trying lasagna, from Green Isle Catering, on March 8 and March 22. The cost is \$5.00. A roll comes with the lasagna. We will still be having Wendy's wrap and salad on March 15.



**Pancake Breakfast:** Trinity Church will be hold a pancake breakfast on March 17. It starts at 8:00 and runs until 10:30. The cost is \$5.00 a person or a family of 4 or more \$15.00. All proceeds go towards our Breakfast Program



**Morning Drop off** – Please do not use the staff parking lot when dropping off or picking up your children. It is very dangerous, as staff may be coming and going. We want your children to be safe! Please use Prince Street for drop off and pick up – this leaves Walthen Dr available as a bus lane.

**District Advisory Council:** We are looking for a parent representative for the District Advisory Council. We would like to thank Vinag for being our past representative.

**French Week:** We will be holding French Week beginning on March 19 to March 23. Mr. Brown has many activities for the week. He will be holding a classroom door decorating contest, crossants for students on Thursday and many other activities planned.

**Spring Fling:** We have a date for our annual Spring Fling! It is June 1. Please reserve this date for a fun-filled evening! There will be a many activities planned outside and inside the school. We will be sending out more information in the near future.

## Spring Fling

### Healthy Eating Tips from the PEI Healthy Eating Alliance for March 2018

#### NUTRITION MYTHS

Eating healthy can be confusing with so many mixed messages on TV, in magazines, and from health professionals of all kinds. Here are some nutrition myths that the PEI Healthy Eating Alliance want to clear up for parents.

#### MYTH 1: Cooking meals at home takes way too much time.

**MYTH 1 BUSTED:** Getting a healthy, home-cooked meal on the table doesn't take as much time as you think. Simple, nutritious foods can make tasty meals, and planning meals in advance lets you use your time wisely.

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**Practical Tip:** Try making “planned extras” or (“leftovers on purpose”) that can be used for another meal the next day. Another idea is to make big batches of food on weekends and freeze small portions that can be defrosted on nights when the time is tight. Cooking at home doesn't mean never using convenience foods.

Healthy versions of convenience foods, like pre-washed, ready-to-eat vegetables or pre-cut fresh meat skewers, can be time savers that help get meals to the table quickly.

### MYTH 2: Healthy Food costs too much.

**MYTH 2 BUSTED:** How much food costs is an important issue for many Islanders. With some planning and wise choices, you can create tasty, healthy and affordable meals. To get the most value, choose foods that are big on nutrients and low on cost.

**Practical Tip:** Bulk flours and whole grains, in-season fresh produce, eggs, legumes (dried beans, peas and lentils), powdered milk, and sale-priced frozen or canned vegetables, fruits and fish are staple foods that tend to be lower on cost but still high on nutrition. Scanning flyers for specials, stocking up on sale items and cooking meals from scratch can all save you money.

### MYTH 3: Cows' milk is full of hormones and antibiotics.

**MYTH 3 BUSTED:** Canadian milk meets strict government standards so it is safe and healthy.

Canadian dairy farmers give their cows the best diet and health care so they produce quality milk naturally. Growth hormones to stimulate milk production are not approved for sale or permitted for use in Canada. Just like humans, cows sometimes get sick and need medications like antibiotics. If this happens, the cow is identified and milked separately until she is healthy again. Her milk is properly disposed of for a mandatory length of time, to allow for the medication to get out of her system.

**Practical Tip:** Milk, organic and non-organic, is a safe, nutritious choice.

\*Source: Dietitian's of Canada. This message is brought to you by

[www.healthyeatingpei.ca](http://www.healthyeatingpei.ca)

Try the following recipe to cut time on dinner preparation on busy days. Cook the meat beforehand and throw all ingredients into your slow cooker in the morning and leave it on low for the day. Then when you get home, dinner will be ready to serve!

### Crockpot Chili

Makes 8 servings

- ❖ 2 lbs lean ground beef
- ❖ 2 (16 ounce) cans kidney beans, rinsed and drained
- ❖ 2 (14.5 ounce) cans diced tomatoes, not drained
- ❖ 1 (8 ounce) can low sodium tomato sauce
- ❖ 2 medium onions, chopped
- ❖ 1 green pepper, chopped
- ❖ 2 garlic cloves, minced
- ❖ 2 tbsp chili powder



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❖ Pepper to taste

Directions:

1. Brown ground beef in a frying pan over medium heat and drain.
2. Transfer to a slow cooker/Crockpot and add the remaining ingredients.
3. Cover and cook on low for 8-10 hours or on high for 4 hours.
4. Top with shredded lower-fat cheese if desired and serve with side salad!

### Home and School News, March 2018

#### 65<sup>th</sup> Annual Meeting & Convention, April 14th

The PEI Home and School Federation's 65th Annual Meeting & Convention "*We're all in this together!*" will be held on Saturday, April 14, 2018 at the Rodd Charlottetown hotel, Kent Street Charlottetown. Register your Home & School delegates by Friday, March 28<sup>th</sup>. A registration package has been mailed to associations. More at: <http://peihsf.ca/agm>

#### Proposed 2018 Resolutions/By-law revisions.....

Local Home and Schools are to review and vote on the 2018 proposed resolutions and by-law revisions and pass the voting results on to your Home & School's AGM & Convention voting delegates so they will vote on behalf of their local Home and School at the AGM business meeting. Business items are online at: <http://peihsf.ca/agm/resolutions>

#### Volunteer of the Year Award / Life Membership

Nominate someone from your Home and School community for the PEI Home and School Federation's Volunteer of the Year and Life Membership Awards by: **March 9, 2018**. The 2018 awards will be presented during the 65th Annual Meeting & Convention. More at: <http://peihsf.ca/content/awards>

#### Other Community News: \* The Garry MacLean Award for Knowledge of Hemophilia and Related Bleeding Disorders 2018:

The PEI Chapter of Canadian Hemophilia Society is offering a \$1000 cash award to a PEI School Classroom for a student and teacher participation team effort in doing research to prepare a classroom presentation submission on the topic of Hemophilia and related bleeding disorders. Deadline is March 31, 2018. More at: <http://www.hemophilia.ca/en/provincial-chapters/prince-edward-island/> or 1-800-668-2686.

\* **Heart & Stroke Count your Cubes - Did you know that just 1 can of pop contains the equivalent of 10 sugar cubes?** The Sugary Drink 4 week Challenge" begins April 2<sup>nd</sup> and encourages families to count and reduce the number of sugar cubes they are consuming in common beverages like pop, juice, sports drinks and vitamin waters. Find more information and sign up for the Challenge at: [www.countyourcubes.ca](http://www.countyourcubes.ca)

Student Name \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Please return this ballot to Mrs. MacKenzie for a prize draw!!

