

Proud Respect Inclusive



Never give up Caring Empathy

June, 2018 UPCOMING EVENTS

June 18
Fun/Sports Day
Raindate – June 19

June 20 (Shining Waters
Gr. 3-6

June 22 (Rustico Beach
(G 1-2) (Raindate June 25)

June 22
Intramural Banquet

June 26
Gr. 6 Closing – 9:00 am

June 27
Last school day
School Assembly – 9:00am

We're on the web!

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

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Dear Families: Wow! Only one month left to go in this school year! Where did the time go? We have a very busy time coming up in June from assemblies to field trips, year-end assessments and so much more. I ask that you continue to strive for great attendance as we would not want you to miss any of the great stuff going on! And, as always, whenever parents have questions or concerns, please don't hesitate to call!

Bikes for Books: A HUGE thank you to Wales Masonic Lodge for their donation of 24 bike through the "Bikes for Books" program. Our students were encouraged to read as many books as they could. Their names went in jars for the big draw. One girl and one boy won a bike in each of the homeroom classes.

Retirement: Rosemary MacArthur, one of our resource teachers, will be retiring the end of June. All the best to you! Enjoy your well-deserved retirement!

School Supplies: We would like to remind parents of the \$40.00 school supply fee for your child. This is for students who will be in kindergarten, grade one, two and three during the 2018-19 school year. Please send your money to the school as soon as possible. Students in grades 4-6 will be issued a list of supplies that will be needed for the next school year.

Pre-Kindergarten: We had a terrific turn-out for our Welcome to Kindergarten. If you know of anyone who has not registered their child for Kindergarten for the 2018-19 school year please ask them to call the school as soon as possible. The Kindergarten Orientation Day is June 8. Our present Kindergarten students stay home on June 8.

End of Year Trips: Grades 1 and 2 will be going to Rustico Beach for their year-end trip on June 22, with June 25 as the rain date. The cost is \$5.00. Grade 3 to 6 will be going to Shining Waters on June 20. There is no raindate. The cost is \$10.00 and includes bus and admission.

Sports/Fun Day: We will be holding our Sports Day at the school on June 18. The day will consist of some fun and games for the students. Pizza and drinks will be provided free of charge. Free lunch will only be provided on June 18 - not the rain date - June 19.



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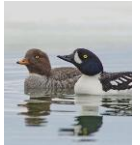
Banquet: The intramural banquet is June 22 for grade 5 and 6 students who participated in the intramural program. Lunch will be provided to those students who participated in the program. Presentation of awards will be presented after the meal.



Grade Six Closing: The Grade Six closing will be held on June 26 at 1:00. Our Home and School will hold a reception following the closing.

Last Day of School: The last day of school is June 27. Report Cards will not be available until the last day. A whole school closing assembly will be held at 9:00 am.

Community News: Duck Day – Join us at the Farm Centre at 420 University Ave. in Charlottetown, on June 23, for a free barbecue, hands-on wetland activities, face painting, live music and other outdoor family fun, in recognition of the dedication and support from our communities in PEI. Let's celebrate together!



Home and School News - June 2018

1. Congratulations Provincial Heritage Fair students!

In recognition of the excellent work of students, the PEI Home and School Federation awards specialty prizes in the Provincial Heritage Fair: This year's recipients are:

Lucy Bernard, Grade 5, *"The History of Barnyard Organics"*,
Athena Consolidated School

Benjamin Maclsaac, Grade 8, *"B. Maclsaac – Sapper in World War I"*,
Hernewood Intermediate School

2. Federation Awards

School Crossing Guard and School Bus Driver Awards will be presented in June in recognition for keeping children safe when walking and travelling on the bus to and from school throughout the school year.

4. Election of Local Executive/Board members

June is an excellent time to hold Home and School election of officers to allow your new executive time to prepare for the new school year in September. If you need guidance, contact the Federation office at: 620-3186 / 1-800-916-0664 / peihsf@edu.pe.ca

Home & School Handbook *"How to run an effective meeting"* is available in print form and online

5. 65th AGM & Convention

The 65th Annual Meeting minutes, resolutions, roundtable and report theme summaries are posted on the Federation's website at: <http://peihsf.ca/agm>

More.....

~ **The SK Teacher Projects:** In Churchbridge, SK, Amanda takes her class outdoors to experience agriculture first hand. She is passionate about the Agriculture in the Classroom program, and is grateful for the land donated to the school by a local farmer.

<https://www.youtube.com/watch?v=nMuSCcxzDGE&feature=youtu.be>

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~ **Summer Reading:** The research is clear that children who don't read during the summer can lose up to three months of reading progress and that loss has a cumulative, long-term effect. The following website provides resources and articles about summer reading and summer learning loss. Plus you'll discover great activities to encourage kids to learn, read, and have fun in the summer sun. See also [Topics A-Z: Summer Reading](#).
<http://www.readingrockets.org/calendar/summer>

~ **Learning Disabilities Association PEI** honours an educator who has made a significant impact upon the education of children with Learning Disabilities on Prince Edward Island. Submit nominations to: info@ldapei.ca / (902) 894-5032.

Literacy Bites: Read Every Day: Children respond well to routine, and reading is something that you and your child can look forward to every day. By taking the time to read and to talk with your child, you are showing that this is important and fun to do. Try to read with your child as often as possible. It is the most important thing you can do to help him or her learn at school. It will also allow you to spend high-quality time together and to develop a strong and healthy relationship that is built on sharing of ideas.

Here are some ideas: Set aside a special time each day when you can give your full attention to reading with your child. Choose a comfortable spot to read, where you can be close to your child. Create a "reading area" there together. Choose many different books. If your child's first language is not English, choose books both in English and in your child's first language. A strong basis in a child's first language makes it easier for him or her to learn a second or third language. Vary the length of reading time depending on your child's age, interests, and grade. For young children, shorter sessions may be better than one long session. Even after your child has learned how to read, keep reading to him or her. By reading stories that will interest your child but are above his or her reading level, you can stretch your child's understanding and keep alive the magic of sharing books together.

Healthy Eating Tips from the PEI Healthy Eating Alliance for **June 2018**

Portion Sizes; Bigger is not Always Better

Eating Well with Canada's Food Guide is a great resource and it tells us how many servings we should be getting daily from each food group. So, how do we know what is in a food guide serving? With all the Amonster@ and A supersize@ products on the market today providing extra calories and fat, it is no wonder why many of us suffer from portion distortion!

The following examples are all equal to 1 serving from *Eating Well with Canada's Food Guide*:

Healthy Eating Tips from the PEI Healthy Eating Alliance for **June, 2018**

Fish: Let's prepare it so our children ask for it at supper!

- Fish is a fast and healthy meal time option as it can be cooked from frozen in less than 30 minutes.

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- Omega-3 (EPA and DHA) and omega-6 are essential fats in our diet. They are important for heart health, as well as brain and eye development. Fish such as char, herring, mackerel, salmon, sardines and trout are good sources of omega 3 fatty acids.
- One serving of fish is 75 g, ½ cup or 2.5 ounces which is similar to the size of a deck of cards.
- Fresh, frozen and canned fish is available in many varieties all year round, making it accessible anytime.

Family Friendly Fish:

- Fish is a quick and easy supper idea that goes well with potatoes or rice and a healthy serving of mixed vegetables.
- Use canned tuna and salmon (packed in water rather than oil) as a sandwich filling, on top of crackers or added to a casserole dish.
- Make a clam chowder or fish chowder using a couple types of fish, maybe salmon, haddock and clams, or shrimp, sole, tilapia, and lobster.
- Try fish and vegetable skewers with scallops, mushrooms and red and green peppers.
- Take a walk by the fish department in a grocery store – kids love to look, learn, and try.
- Fish and seafood can be expensive- keep an eye out for fish on sale while grocery shopping!

Baked Haddock in a Parmesan Cheese Sauce – A Child Approved Fish Dish

Ingredients

- ½ teaspoon oil
- 5 haddock fillets
- ½ cup your favourite pasta sauce
- ½ tsp fresh crushed garlic
- 2 tablespoons parmesan cheese, grated
- ½ tsp basil

Directions

1. Preheat oven to 350°F. Lightly oil a 9x13 inch pan.
2. Pour ½ cup tomato sauce into the bottom of the baking dish.
3. Place fish on top of the pasta sauce.
4. Sprinkle cheese, garlic and basil on the fish.
5. Cover with foil. Bake for 20 - 30 minutes or until fish flakes.
6. Let stand 5 minutes before serving.

Serve with baked or mashed potatoes, broccoli and carrots for a complete and healthy meal.

Brought to you by the PEI Healthy Eating Alliance

<http://www.healthyeatingpei.ca>



Student Name _____

Parent/Guardian Name _____

