



Entwistle School Newsletter

March 2020



Home of the Entwistle
Eagles

Our Vision:

Our students
possess the
confidence,
resilience, insight
and skills required
to thrive in, and
positively impact,
the world.

Entwistle Students
show:

P- purposefulness

R- resilience

I- independence

D- dignity

E- empathy



Fun and Games!

Principal's Message

What an exciting February we had with all the great winter activities including skating, skiing, snowshoeing, snow forts and snow man building. As our weather gets warmer and the snow begins to melt it is a good plan for all students to have a change of clothes at school. It is much more comfortable to learn in warm dry clothes, let's be prepared!

Valentine's Day Congratulations

Thank you FOELS for donating a wonderful gift for a Valentine's draw during our community breakfast. Congratulations to Haidence who was the lucky winner!



February at Entwistle

In February we had many athletic opportunities for our students including; skiing, snowshoeing, skating and the startup and first tournament for our Archery group. The junior high students had their Winter Formal Dance on Feb. 27th. Thank you to Mrs. Lecuyer, Mr. Seely and Mrs. Jensen for giving their time to supervise this event.



Thank You

We would like to give a big thank you to Mrs. Cari Ann Nickel for providing a 6-week horse program called "Horses Leading Kids to Change" at Fullstone Ranch. The students learned the hands on care for all types of ranch animals with a focus on safety for themselves and the animals. Thank you for your flexibility with scheduling and the wonderful experience you offered the students who attended.

Online Registration/Verification for 2020-2021

Online registration and verification for the 2020-2021 school now open! This process must be completed for every student each school year. Please check your email for a message from "PowerSchool Registration Support" <noreply@noreply.psrsupport.com> and follow the instructions in that email to complete the registration process.

All parents and guardians are required to complete the registration process by 4:30pm on March 20, 2020. This deadline allows us to determine the eligibility of bus pass applicants, the routing of buses, bus pass production and data verification before the summer break while schools are still operating. **Any applications received after the March 20 deadline may not be processed in time for the first day of school.**

Payment arrangements for bus passes must be received through Parkland School Division's online payment system (Rycor) or at the Parkland School Division Centre for Education on or before **Friday, June 26, 2020** for students to be eligible to ride the bus the first day of school. Remember: If your child does not have a valid bus pass for the 2020-2021 school year, they will not be able to ride the bus.

For more information, including the registration process for new students and a list of important registration dates and deadlines, please visit www.psd70.ab.ca/Registration.php.

Donations

We have started some recess clubs and activities that could use some support. If you find you have board games, crafting materials, yarn, knitting needles/looms, Lego, or small hand tools they would be appreciated. Please remember that young students will be using these

Upcoming Events

- Mar 2 – Archery Practice
- Mar 2 – Grandparent Program
- Mar 3 – 6/7 Field Trip to RCMP Detachment
- Mar 3 – Basketball
- Mar 3 – 6 - Book Fair
- Mar 5 – PTI's 4-7 PM
- Mar 5 - Archery Practice
- Mar 5 – Jump Rope for Heart 1-2pm
- Mar 6 – Kindergarten Day
- Mar 6 – Tuesday Schedule
- Mar 6 – Community Breakfast
- Mar 9 - 12 Summative week
- Mar 9 – Archery Practice
- Mar 12 – Archery Practice
- Mar 13 - Wednesday Schedule
- Mar 16 - 20 CTF Week
- Mar 16 – Archery practice
- Mar 16 – FOELS meeting and Grant writing workshop (open to everyone) 3:40pm
- Mar 20 –Report cards/Term 3 begins
- Mar 20 – Thursday Schedule
- Mar 23-27 – Spring Break
- Mar 30 – PD Day (No School)



items so they should be in good repair. You can drop off items at the office at any time and we will sort it out. Thank you!

FOELS Meeting

The next FOELS meeting of the 2019/2020 school year will be on Monday, March 16th, at 3:40 in the Learning Commons. Please consider joining FOELS, they sponsor many clubs, sporting events, activities, equipment, and busing that benefits all the students of Entwistle. This month we have a guest speaker Felicia Ochs attending to share information about grant writing. This opportunity is open to anyone who wishes to attend.

Alberta Health Information

The media has had a lot of articles about Coronavirus and the current risk to Albertans is low. There are no confirmed or probable cases of the 2019-nCoV in Alberta at this time. If you would like more information from Alberta Health services visit the following webpage or stop by the school office:

<https://www.psd70.ab.ca/view.php?action=object&id=23033&stream=Homepage%20News>

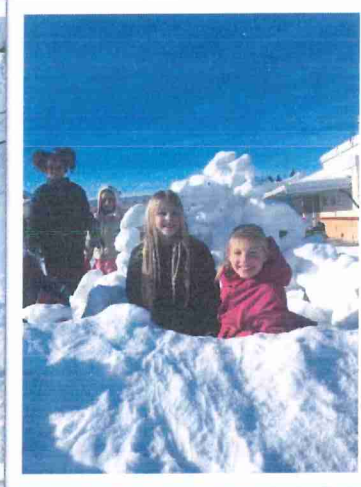
March is Nutrition Month. Dietitians are encouraging Canadians to consider not only what they eat, but how they eat too. This year's Nutrition Month theme is "More than Food: How you eat is important too!" More than Food is all about practicing the Healthy Eating Habits from the new Canada's Food Guide at Canada.ca/foodguide. If you want to participate in Nutrition Month, the attached suggestion calendar from AHS is at the end of the newsletter.

Important Reminders

- ✓ Students are to be picked up and dropped off either on 51 Street or in the visitor parking lot. With the snow we would prefer the use of visitor parking lot for safety. Too many vehicles in front of the school can be very dangerous, as drivers have a difficult time seeing the pedestrians. Thank you for helping us all have a safe way to school.
- ✓ Please make sure students are wearing proper outdoor clothing so they can play outside comfortably, as well as an extra change of clothing for their locker. We want students to be warm and comfortable and playing in the snow can leave us wet so a change of clothes can make a big difference.
- ✓ It's important for all visitors to sign in at the office when you arrive, every time.
- ✓ School doors open at 8:15, please do not drop your children off before this time, as there is no supervision. If a situation arises in which your child must come to school early, please contact the office ahead of time so we can make an arrangement for that day.
- ✓ School Fees for all students are due. If you have not paid yours, and need to make arrangements, please contact the office.

Ms. Blair
Principal

February at Entwistle!

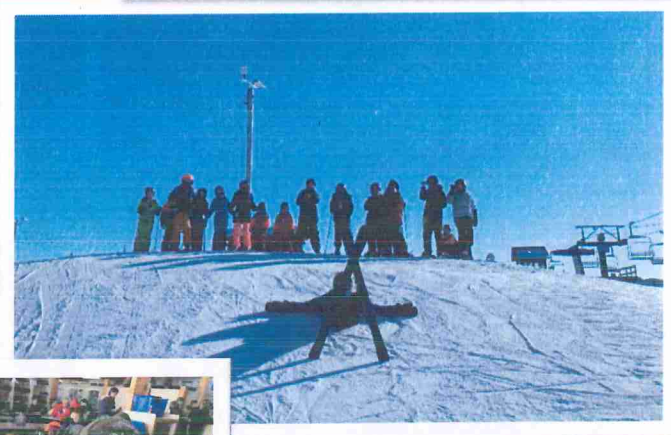


Around the School

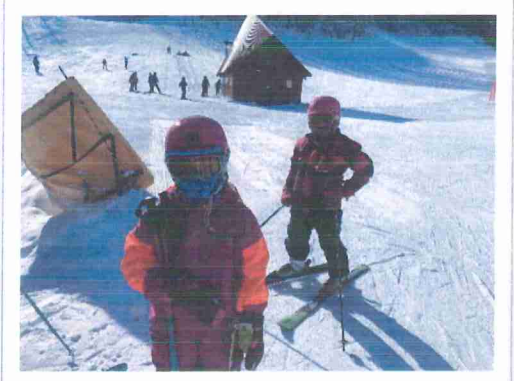
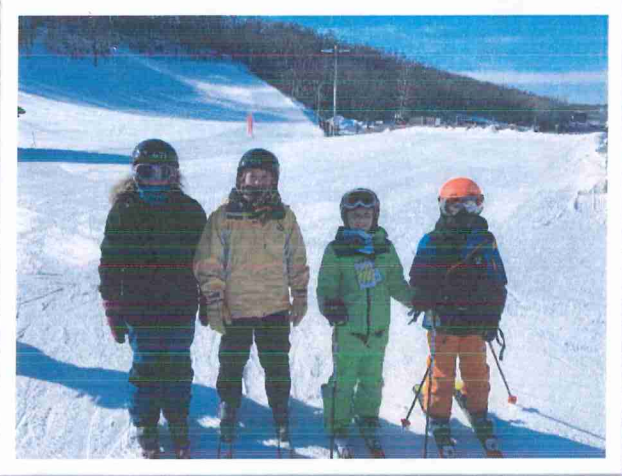
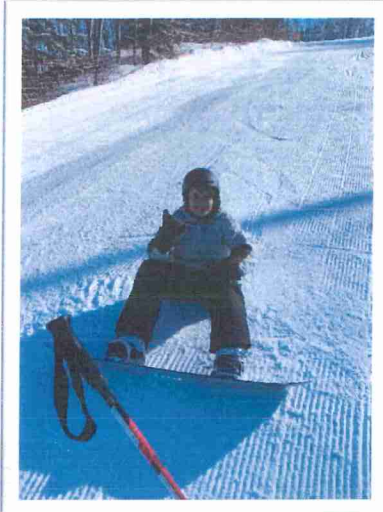


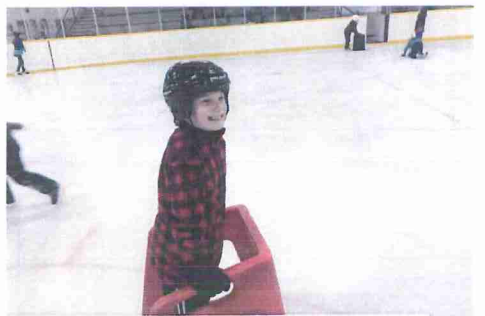


Being Active!

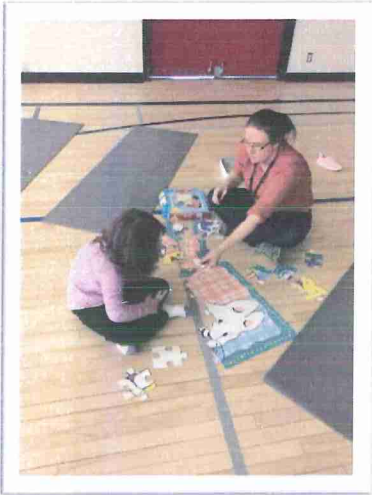
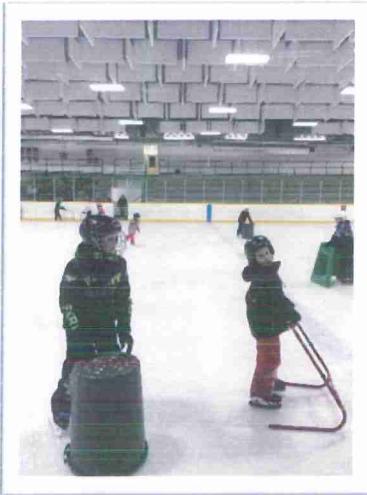
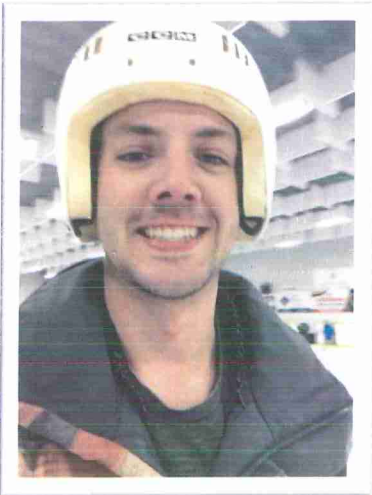
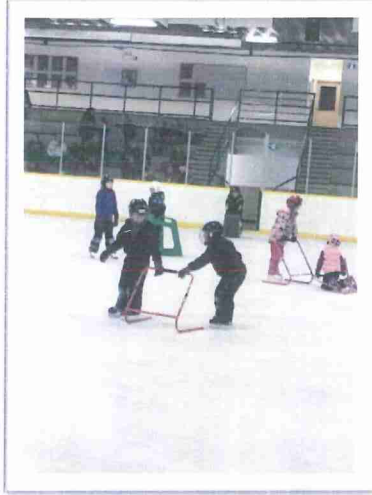
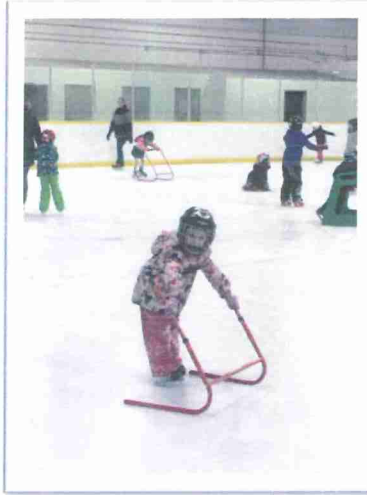
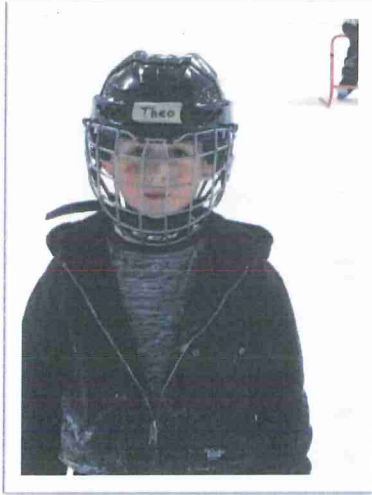


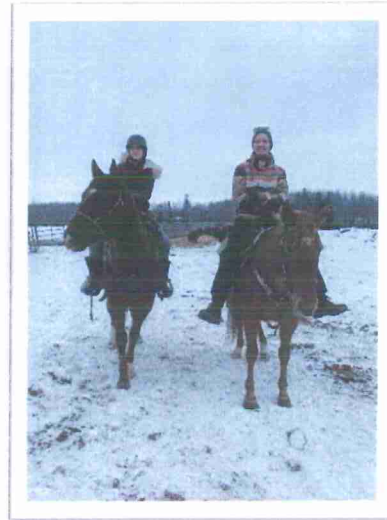
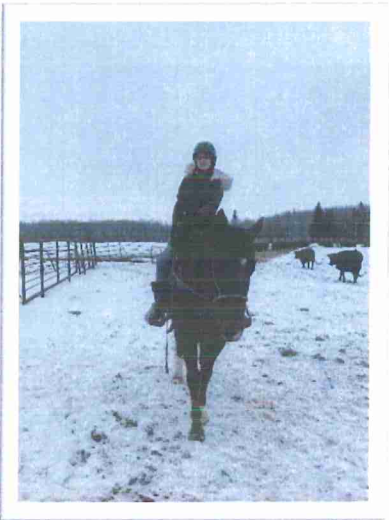
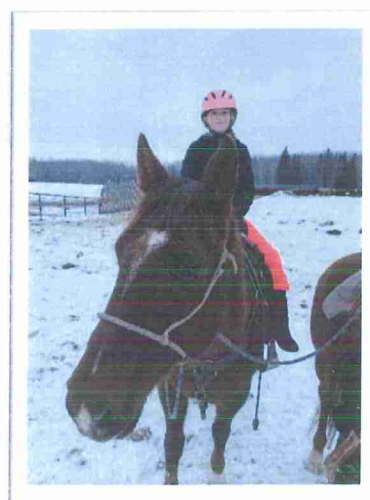
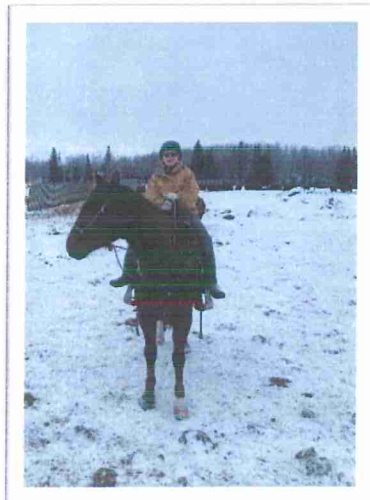
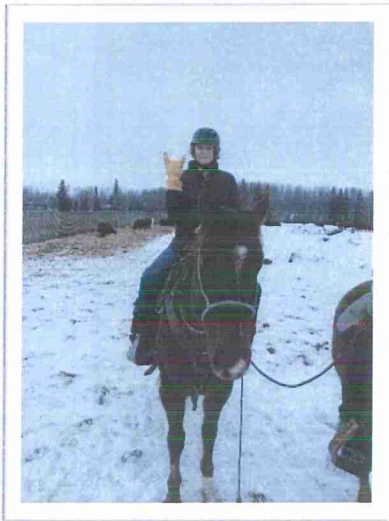
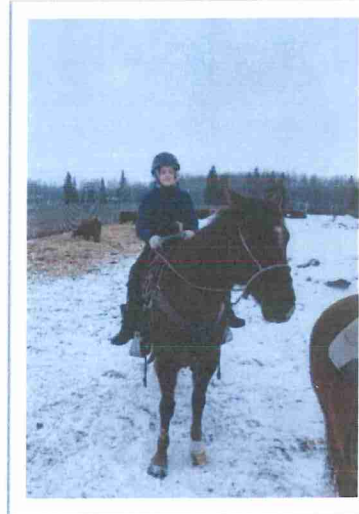
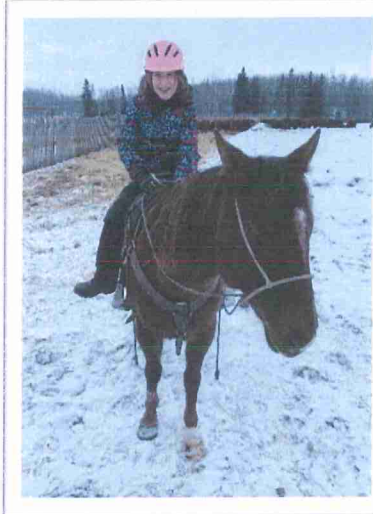
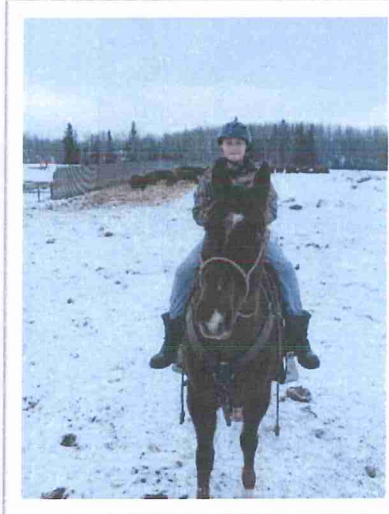
SKIING





Skating





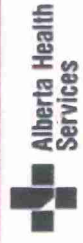
Horse Program

Nutrition Month

MARCH 2020

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1 Discover how to Eat & Live Well with Canada's Food Guide</p>	<p>2 Avoid highly processed foods that can add extra sodium, sugars or saturated fat to your diet</p> <p>3 Try making your plate like this at a meal today</p> <p><i>wastes 5 min</i></p> <p><i>protein</i></p> <p><i>fresh</i></p> <p><i>whole grain</i></p> <p><i>foods</i></p>	<p>4 Choose protein foods that come from plants; more often Mexican Beans contains 3 types of beans!</p> <p>5 Taco salad party anyone? Host a healthy potluck with family, friends or co-workers using these Taco</p> <p>6 New food Friday! Try Curry Salad made with whole grain pasta to keep you feeling full for longer!</p> <p>7 Watch this video to learn how to build a healthy breakfast using the Eat Well Plate!</p>	<p>8 Enjoy your food!</p> <p>9 Water, white milk and unsweetened plant beverages are the best beverage choices!</p> <p>10 Try one of these delicious Asado that all feature milk as a protein food.</p> <p>11 Curious about hydration before, during and after activity? Get all the info you need right here</p> <p>12 Milk is a great source of calcium and vitamin D. Pour a glass with dinner tonight!</p> <p>13 Don't like drinking water? Try 5 ways to add flavor to your water with fruits and herbs!</p> <p>14 Carry your own water bottle for a refreshing drink anytime, anywhere</p>	<p>15 Be mindful of your eating habits</p> <p>16 Be adventurous! Try one new vegetable or fruit today</p> <p>17 Eat extra greens like spinach or kale to help celebrate St. Patrick's Day!</p> <p>18 Try these tips, dips packed with veggies, fibre and protein!</p> <p>19 Check out this video for fun ways to add veggies & fruit into meals and snacks!</p> <p>20 Warm up with a cup of Curry Squash & Sweet Potato Soup!</p> <p>21 Enjoy fresh, frozen or canned veggies & fruit that are low in added fat, sugar or salt!</p>	<p>22 Cook more often</p> <p>23 Make a grocery list and stick to it! This will reduce food waste (and save time & money!)</p> <p>24 Organize your fridge use this checklist to make your food last as long as possible</p> <p>25 Use reusable grocery bags and follow these food safety tips to lower the risk of cross-contamination!</p> <p>26 Give your leftovers new life with these Taco Lasagna! Try making banana bread tonight</p> <p>27 What's in your fridge? Get creative and use up any extra food using this guide!</p> <p>28 Zero Waste! Use Thursday's banana bread to make French toast for breakfast!</p>	<p>29 Eat meals with others</p> <p>30 Interested in growing your own vegetables or herbs? Get helpful tips here</p> <p>31 We would love to hear your feedback! Please complete this survey</p>

Access online calendar at: <http://bit.ly/nutrition2020>



Developed by Calgary Zone Rural Registered Dietitians

