

École Bannatyne

École Bannatyne School
363 Thompson Drive
Winnipeg, MB R3J 3E5
Phone (204) 889-1101
Fax (204) 832-9199

September 2017

Principal: Mme Roné Boyko
Vice-Principal: Mme Jennifer Rothwell



Dates to remember

Sept 19

Early dismissal 3:25 pm
Parent Council AGM
6:30 pm

Sept 9

Terry Fox Run
10:15 am

Sept 26

School Photos
(Re-take day Nov 8)

Sept 29

Terry Fox Run
10:15 am

Dear Bannatyne Families,

Welcome back to all our amazing Bannatyne students and families, and a warm welcome to all the families new to our school! We hope you enjoyed a fantastic summer break and that you are all recharged and ready for a challenging and rewarding school year. The staff at École Bannatyne is looking forward to an exciting year ahead; a year filled with growing and learning together. We would like to extend best wishes to you and your family as we embark on the 2017-2018 school year together.

I would like to take this opportunity to thank the incredible Bannatyne staff for working tirelessly to prepare our school and their classrooms for opening day. I would also like to welcome our new staff members: Mme Rothwell, Teaching Vice-Principal, and Secretarial Assistant Mme Ogwal and Claudine Gauvin. We have a fantastic team and we all look forward to working together with you in order to make this a rewarding and successful school year!

This school year, we will continue to work to support students in achieving their goals by fostering a positive and exciting school culture founded in trusting relationships and alight with learning. Our vision is that all students come to school and feel safe and confident enough to take the risks necessary for learning. Our goals are on-going and will focus on improving English, French and Math literacy skills. They also reflect our commitment to helping students expand their Problem Solving, Critical Thinking and 21st Century Learning Skills.

Our Parent Handbook, which includes important information such as dates to remember, dismissal routines, Lunch Hour procedures and rules, as well as our Code of Conduct, has been updated. A link to it has been posted to our website. Please take the time to review it with your child as well as use it for future reference.

You will receive our school newsletter on the first Friday of each month via e-mail. It is an excellent source of information and helps keep parents informed of school activities. It will also be posted on our school website. The website has also been updated to include links to classroom blogs, Instagram and Twitter accounts and so is a great source of information.

As our school continues to grow, we are in need of more Lunch Hour Supervisors. Lunch supervision is a paid position and our program cannot be effective without the support of our Supervisors. If you, or anyone you know, may be available and interested, please contact me directly at 204-888-1101 or by email at rboyko@sjsd.net Thank-you!

It has been such a pleasure seeing all the smiles full of enthusiasm and excitement around our school this past week. Thank-you so much, to all our families, for your support and dedication in helping us create a safe, positive and rewarding learning environment. We look forward to working together in pursuit of excellence in education and towards another amazing school year!

Sincerely,
Mme Boyko, Principal

Kaylee, Room 1

After a very difficult medical experience, we are pleased to share that Kaylee, a Grade 4 student in Room 1, is at home and recovering well. Kaylee experienced some health concerns on the first day of school, was seen at the Children's Hospital, then transported to Edmonton, where she was operated on by Heart Specialists. Her surgery went well, she has since returned home and is expected to make a full recovery. We have all been very concerned for Kaylee and are delighted to share our get well wishes with her when she returns to school soon.

School Photos

School Photos will be taken on Tuesday, September 26, in the morning at 9:00 am and at 1:00 pm for the afternoon Kindergarten classes. You will be able to view the photos before you decide to purchase a package. Please do not send money on Picture Day.

Daycare

Parents picking up or dropping off their children at Daycare are asked to please use the Daycare doors. Please do not use the front doors. There is a buzzer at the door in order to announce your arrival. Thank you.

School Dress Code

Please note that appropriate clothing must be worn by all students; no halter tops, ragged or ripped clothing, or clothing with inappropriate messages, etc. Please review the Handbook for more information regarding Dress Code and our School's Code of Conduct.

School Parking Lot

All of our parking stalls are reserved and paid for by staff. Staff parking is reserved during the day and for evening events.

When dropping students off, please be sure to stay to the right when entering the lot and make a right loop around to in front of the gated dumpster. Students should go directly onto the playground when exiting your car, so that you can then continue on and out of the lot.

Back doors

Please do not enter the school through the back doors. Use only the front doors and always report directly to the office. Entry and dismissal time is very hectic and we work hard to ensure all students are safe. All guests in the building are required to enter through the front doors and to report to the office and receive a visitors tag. Thank-you for helping keep our students safe.

Bus Lane Reminder

Please do not stop nor park in the Bus Lane between the hours of:

8:45 - 9:30
11:45 - 1:15
3:45 - 4:15

The bus lane is meant for our school buses only in order to drop off and pick up our students.

Parent Handbook

In case of inclement weather please read the Parent Handbook which has been updated and posted on the school website. Please review the handbook carefully as it includes useful information regarding school entry and dismissal procedures, policies and routines and more. Thank you for helping to ensure that these procedures, policies and routines are followed and practiced because they help keep our students safe.

Pick up/Drop off Procedures

Please note the following:

8:50 - 9:00 am Drop off students in school yard.

After 9:00 am Use the front door and report to the office. Student will check in at the office, then proceed to their classroom independently.

Bus drop off and pick up is done through the playground doors. Students who are picked up by parents or guardians at dismissal remains through the back doors. Please remember to greet your child at a pre-determined spot on the playground at the 3:55. Please also remind them to report to a teacher on duty if you are not there right at 3:55. They will be directed back into the school through the back doors and walk to the office where we will contact you.

Students who walk home are asked to leave the school ground promptly and go directly home so that their parents can expect them at a regular time every day. In the event that there is a change in your child's dismissal, please send a note to their teacher so they know about the change.

During morning entry, when inclement weather occurs, students are to enter the school, at 8:50 and sit in the hallway with their classmates until the bell rings at 9:00 and their teacher greets them at their classroom. Afternoon kindergarten students should enter through the front doors where they will be met by patrols who will take them to their classroom.

Thank-you so much for your on-going support of our busy entry and dismissal times.

Lunch Program

Thank-you very much to our Lunch Supervisor scheduling this year. Lunch Supervisors who work very hard to ensure that routines are established and respected. Your help in encouraging proper etiquette and behavior plays a big role in helping our Lunch Supervisors with student safety and routines. Please refer to the Lunch Hour information in the Parent Handbook. If you would like to speak with your child during the lunch hour please report to the office and your child will meet you there.

A big thank-you to our current Lunch Supervisors. Our lunch program is a success because of you!

Life Threatening Allergies

Please do not send food that contain nuts or nut products, nor that may contain traces of nuts. Many of our students have life threatening allergies. Please refer to the school website for a "Safe Snack" list. Students are also not permitted to share food or snacks.

Please do not send microwave lunches.

We do not have microwaves available to students. If you prefer that your child have a warm lunch please send it in a thermos. It works great for anything from soup to hot dogs.

Can you spare just a couple of hours per week to help maintain a peaceful, happy environment for your child to enjoy his or her lunch? If you are interested in becoming a lunch supervisor, we would love to have you. The rate of pay is \$12.45/hour plus vacation pay and it is from 12:00 am to 1:00 pm. Please see Mme Boyko or see Mme Danielle in the school office for your hiring package.

Please go over the following lunchroom expectations with your children:

Lunch at school is a privilege. If these beliefs are not followed lunch privileges will be revoked. Thank you for helping our Lunch Supervisors with our lunch hour routines.

Parents, please remember to send all supplies your child may need for lunch including forks, spoons, etc. We do not have these items available at school.

École Bannatyne is committed to providing a pleasant and safe eating environment for students who choose to enjoy the privilege of staying for lunch free of charge. All students who attend École Bannatyne are welcome to stay for lunch, provided they follow these basic expectations:

1. Follow directions and be respectful of all supervisors.
2. Remain seated until dismissed by a supervisor
3. Use an "inside" voice.
4. Display acceptable and responsible behaviour in the lunchroom and on the playground.
5. Be respectful and courteous to others.
6. Play safely on the playground.
7. Due to allergies, **do not** share food from lunches.

Clean up seating area, including appropriate disposal of garbage, recycling and compost.

These expectations will be reviewed regularly in classrooms and lunch rooms.

Milk Program

Thanks to the Ecole Banatyne Parent Council, our students will be able to purchase fresh nutritious milk at lunchtime again this year. Cost of milk tickets is 85 cents per container. Volunteers Charlene Hogg and Tash Biefeni are running the program this year. Please make cheques payable to Bannatyne Parent Council and ensure you send in the correct amount. All information is written on the milk order form; please read it carefully.

Merci Mme Hogg & Mme Biefeni

Visitor Tags

A reminder that all visitors must sign in and out. Please report to the school office upon arrival. All students should be dropped off at the doors. Do not wait near the classroom. A visitor tag is needed (provided to you in the front office) if you are volunteering, visiting or if you are asked to meet the teacher at the classroom for any reason. Please remember to hand in your tag and sign out before you leave the building. Thank you.

Newsletters

Bannatyne's newsletters will be shared with families electronically, to support our efforts to reduce our paper use. Please be sure to see Mme Danielle at the office to report any changes in your email address or contact information. The monthly newsletters will also be posted to our school website at <https://www.sjasd.ca/school/bannatyne/Pages/default.aspx>

Welcome Bannatyne families! The Parent Council Annual General Meeting will be held Tuesday, September 19, 2017 at 6:30 pm in the school library. All parents and guardians are welcome to attend. Light refreshments will be served, and childcare will be available. This is your chance to hear more about the activities of Parent Council and exchange ideas with other parents. The Parent Council exists to provide an opportunity for families to support school objectives, give parents a better understanding of the school and its programs, and to facilitate effective communication among the community, the parents, the students and the staff and administration of the school on matters of common interest.

City of Winnipeg Leisure Guide

The City of Winnipeg is proud to provide a wide variety of recreation and leisure opportunities that contribute to the overall well-being of our community. The Leisure Guide is published three times per year and is filled with fun and exciting programs for everyone.

For more information on leisure, sport and fitness programs, please pick up a copy of the Leisure Guide, call 311 or visit Winnipeg.ca. Guides are available for pick up at civic indoor pools, libraries and leisure centres and at a number of retail locations including Safeway, 7-Eleven and Mac's.

City of Winnipeg Priceless Fun

Winnipeggers now have easy access to information about free recreation, leisure and library programs with the free programming guide, Priceless Fun.

The fall edition of Priceless Fun, available in September, provides information about the free programs for children and youth being offered by the City of Winnipeg throughout the city, all in one convenient guide.

Hard copies of Priceless Fun are available for pick up at all civic indoor pools, libraries and leisure centres. You can view the current edition of Priceless Fun online at: Winnipeg.ca/cms/recreation/leisureguide.stm. Information about programs is also available by calling 311.

Physical Education News

For updated Physical Education news, check out the École Bannatyne Physical Education and Health website at <http://ecolebannatynephysicaleducation.blogspot.ca>

Terry Fox Run

In honor of Terry Fox, the students will be running outside before their morning recess on Friday, September 29th, 2017. On that day, the school will only be collecting \$1 or \$2 donations. If you wish to donate more money to the Terry Fox Foundation and get a tax receipt, please do so online. A more detailed e-mail will be sent to the Bannatyne families later in September. Thank you in advance for your donations, they are greatly appreciated!

Cross-Country

Cross-Country for the Grade 4 and 5 students starts September 13th. The students will be training during the noon hours on Mondays, Wednesdays and Fridays in order to run three meets. The first mini-meet is Thursday, September 21st at 4:15 – 4:30 p.m. at Ecole Bannatyne. The second mini-meet is Thursday, September 28th at 4:15 – 4:30 p.m. at Heritage. The divisional meet is Thursday, October 5th, 2017, at 12:15 p.m. at Assiniboine Park with Thursday, October 12th as the rain date. Only the students who have returned their signed permission form may participate. Good luck to all the runners!

Important information regarding after school team sports...The after school cross-country mini-meets start at 4:15 p.m. and end at 4:30 p.m. The races start and finish very quickly! **Parents/guardians are responsible for the transportation of their child to and from the meets, the school will not be providing transportation to nor from the meets.** For the safety of our students, rides must be pre-arranged before the race. Failure to do may result in the student not participating in the meet. For a meet held at another school, students should change at school before leaving with their parent/guardian. Once at the race location, students must find our school sign in the field outside and wait with the team for further instructions. If the race is at Bannatyne, the students will change into their gym clothes at dismissal time and meet Mme Beaudin outside in the south end of the field. Please note that students will not be dismissed early from school on race days, they will be dismissed at the regular time of 3:55 p.m. For away races, students will be dismissed at 3:55 p.m. and will travel to the away race with their parent/guardian.

STUDENT EMERGENCY MEDICAL INFORMATION: Please note that at the beginning of every school year, parents/guardians must fill out and return the Student Emergency Medical Information sheet to the school. ***Once the information is on file, parents must notify the school in writing of any changes to their child's medical information that is already on file.***

INTRAMURALS & LEADERSHIP

Intramurals will commence in October. The Grade 5 Intramural Team will officially start up around that time as well. Students are to check the Physical Education Events board and listen to the daily announcements for further information.

Septembre

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	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Early Dismissal 3:20pm PC AGM 6:30pm	20	21	22	23	24
25	26 Picture Day	27	28	29 Terry Fox Run 10:15am	30	

October 2017 - Dates to Remember:

- October 3, 2017 - Early Dismissal 3:25pm
- October 9, 2017- Thanksgiving Day - NO SCHOOL
- October 17, 2017 - Early Dismissal 3:25pm
- October 20, 2017 - Inservice - NO SCHOOL



FUN, BASKETBALL AUTHENTIC, MAXIMUM BASKETBALL TOUCHES

AGE 5-7 BOYS AND GIRLS

Objectives

- Provide entry-level basketball program for young children 5 to 7 years old
- Build a community of league organizers, parents, coaches committed to minor basketball
- Provide a fun, active and healthy learning environment

Curriculum

- Weekly 45 minute practices for 12 weeks
- Canadian Sport 4 Life/Long Term Athlete Development compliant
- Aligned with Canada Basketball's Developmental Pathway
- Curriculum has been developed by NBA Basketball Operations and a team of experts in child development and physical literacy, and basketball fundamentals
- Games will be modified to be age-appropriate, simple and fun

Equipment & Uniform

- Program will include age-appropriate equipment (smaller basketball and lowered adjustable hoops) and modified games
- Participants will receive a size-appropriate Spalding® Rookie Gear Basketball and NBA team branded t-shirt



COMMUNITY CLUB

8 – 18 BOYS AND GIRLS

The greatest amount of participation within the Winnipeg Minor Basketball Association is in our **Community Club** based youth leagues. Age 8–18 boys and girls are invited to register for either our Fall/Winter or our Spring Basketball League. Registrations for each run in September and March respectively.

- The Fall/Winter season consists of 18 weeks of competition between October and March.
- A Spring League consisting of 9 weeks of competition follows in April through June.
- Teams are broken into age divisions comprised of players aged within 2 years of one another with games played on weekends at schools around Winnipeg.
- Teams practice once or twice per week during the weeknights.

We welcome everyone to get involved in Winnipeg's fastest growing sports league as a player, coach or referee! To get involved, visit your local Community Centre or contact the WMBA directly.

For more information on our programs, please visit our website at www.wmba.ca



*Interested in
Highland
Dancing?*

Join the Highland Hoppers
Qualified Instruction for
Boys and Girls ages 4 & up.

Register with
Kathy at 831-0906 or
highlandhoppers@shaw.ca



Mini Soccer

Dates

Block One

August 19,26

September 9,23,30

October 7,14,21,28

November 4,18,25

Block Two

January 6,13,20,27

February 3,10,17,24

March 3,10,17,24

stcharles-soccer.com

Information

The mini academy is a once-per-week program that is designed to introduce soccer to young players in a fun and engaging environment. The sessions are designed around the Canada Soccer Associations, Long Term Development program. This program at the Active Start Stage focuses on individual skills like dribbling, turning and shooting. Each session is designed to be fun and keep your child entertained!

Location: U of W Rec Plex

U5/6 9:00 am - 10:00 am

U7/8 10:00 am - 11:00 am

Academy Cost

Both Blocks: \$225 + \$25 Facility Fee = \$250

Block One Only: \$125 + \$25 Facility Fee=\$150

Block Two Only: \$125 + \$25 Facility Fee=\$150

Register Today through our website

For more than 100 years, Girl Guides of Canada has been the leading organization dedicated solely to girls. Today's Guiding program helps girls learn about global and cultural awareness, career exploration, science and technology and the arts. Girls participate in environmental projects and explore important issues such as bullying, self-esteem and body image.



We are looking for adult volunteers to join our team!
For more information call 204-775-3003 or go online
www.girlguides.ca.



ST. JAMES-ASSINIBOIA
Parent Child
Coalition

Bringing families and the community together to help our children reach their full potential

FALL

2017

FAMILY FOCUS

Inspiring Play with Loose Parts

If you spent a day at the beach this summer you may have noticed your child was kept busy for hours playing with loose parts found on the beach - rocks, shells, plants, feathers, etc. You have probably noticed more than once that your child is often more interested in the boxes and packaging of a gift than the actual gift itself. Loose parts include objects that children can manipulate, control and change in a variety of ways while they play.

The benefits of playing with loose parts include:

- enhances imagination and creativity
- develops language and communication
- supports problem solving and critical thinking skills
- engages children in more physically active play

So What are Loose Parts?

Stones, baskets, logs, stumps, ribbons and bows, pieces of fabric or wool, popsicle sticks, buttons, beads, plastic bottles and lids, paper tubes, flowers, seeds and acorns, washers and nuts, shells, pompoms, old marker lids, foam shapes, plastic shower curtain rings, clothespins, different sizes of tubing, variety of wooden spoons

*** Supervision of infants/toddlers are required for small loose parts (choking hazard)*



We are excited to introduce free play with loose parts at all our Parent Child Drop In Centres this fall.



Parent Child Drop In Centres!

Parent Child Drop In Centres offer a warm, friendly and nurturing environment for families with children birth - 6 years of age to come together and play. Each week we offer creative activities, nutritious snacks and circle time with songs, rhymes and story. Drop in and visit and get to know other families in the community.

All programs are FREE and no registration is required.

Monday Mornings	Tuesday Evenings	Wednesday Mornings	Thursday Mornings	Friday Mornings
9:30 – 11:00 a.m. Sansome School 181 Sansome Ave. Starts Sept. 11	6:00 – 7:30 p.m. Sansome School 181 Sansome Ave. Starts Sept. 12	9:30 – 11:00 a.m. Deer Lodge Community Club 323 Bruce Ave. Starts Sept. 13	9:30 – 11:00 a.m. Crestview School 333 Morgan Cres. Starts Sept. 21	9:30 – 11:00 a.m. Buchanan School 815 Buchanan Blvd. Starts Sept. 15

Fall Programs

Families are invited to join us on a musical adventure as we use singing, instruments, movement, stories and rhythmic rhyme to explore the musical world! "Rhythm and Rhyme" enhances the social, emotional and intellectual world of the child while improving their motor, language and literacy skills through the gift of music!



Theme: Autumn Jamboree

Dates: October 5, 12, 19 and 26

Time: Thursday Evenings 6:15 – 7:00 PM
Doors open at 6:00

Location: Messiah Lutheran Church
(400 Rouge Rd)

Registration Required:
online www.sjapcc.ca
email: familyresource@sjsd.net



Families are invited for a morning of reading, baking and sharing together at our Deer Lodge Parent Child Drop In Centre (323 Bruce Ave). **No registration required.**



Date: September 27, 2017
Theme: ABC's
Book: Chicka, Chicka, Boom Boom
Cook: Alphabet Trees



Date: October 25, 2017
Theme: Fall Fun
Book: When the Leaf Blew In
Cook: Fruit Cornucopias



Date: November 29, 2017
Theme: Pasta Party
Book: On Top Of Spaghetti
Cook: Noodles and Tomato Sauce



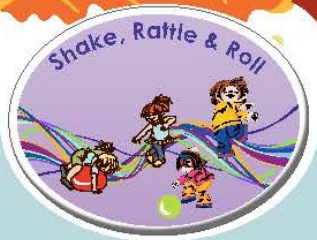
Family Gym Drop In offers families the opportunity to be active and discover fun in the gym! We have bikes, balls, bouncer, climber, tunnels, slides, floor hockey and so much more. Children have loads of fun as they gain strength, balance, coordination and confidence. Drop in and join us for this open gym experience.



Tuesday Mornings
9:30 – 11:00 AM
Westwood Community Church
401 Westwood Dr.
Starts Tuesday September 19

Mondays Evenings
6:00 – 7:30 PM
Westwood Community Church
401 Westwood Dr.
Starts Monday November 6





Shake Rattle & Roll is a physical activity program for preschool children and their parent or grandparent. This exciting program promotes the importance of physical activity in pre-school play. Weekly sessions offer a variety of games and equipment to develop children's gross motor skills.

Fridays

Session 1: Sept 29, Oct. 6, 13, 20

Session 2: Nov. 17, 24, Dec. 1, 8

Time: 9:30 – 10:30 AM

Westwood Community Church
(401 Westwood Dr)

*** Registration is not required, just drop in and join the FUN!*



Family Chefs is a five-week cooking program for families with children 3 – 5 years of age. Together, adults and children will prepare tasty and nutritious recipes as well as participate in fun interactive activities, crafts, songs and stories. These experiences will help set the stage for the development of life-long healthy eating habits and behaviours.

Mondays

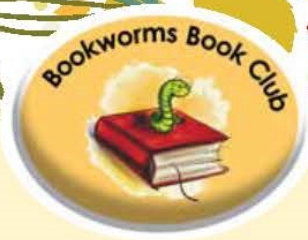
Oct. 16, 23, 30, Nov. 6 and 13.

Time: 9:30 – 11:30 AM

Bourkevale Community Club
(100 Ferry Rd)

To Register:

Online: www.sjapcc.ca
Email: familyresource@sjsd.net
Call: 204-998-8400



Bookworms Book Club is a free interactive family literacy program to be enjoyed by parents/grandparents and young children. (Ages 2-6 years) Each week features a puppet show, crafts, songs, rhymes and stories. Join us for this 6-week program and get to know other families in the community.

Wednesday Evenings

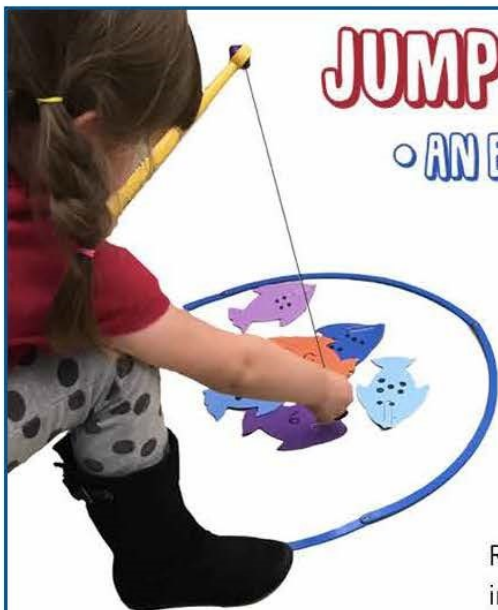
6:00 – 7:00 PM

Oct. 4, 11, 18, 25, Nov. 1, 8

Westwood Community Church
(401 Westwood Drive)

To Register:

Online: www.sjapcc.ca
Email: familyresource@sjsd.net
Call: 204-998-8400



JUMP START INTO KINDERGARTEN

• AN EVENING FOR 4 YEAR OLDS & THEIR FAMILIES •

If your child was born in 2013, you and your child are invited to a special evening to learn and play together.

OCTOBER 25, 2017
6:00PM - 7:15PM

STEVENSON SCHOOL
1777 SILVER AVENUE

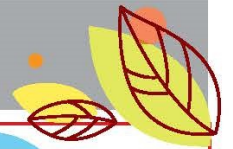


Rotate through play-based centres that model how to incorporate literacy & numeracy into your play at home.

REGISTRATION: <http://jumpstart-oct25.eventbrite.ca> or call Sharon Desrosiers at 204-888-7951 ext#2017



PARENTING



www.PregnancyInfo.ca

The Society of Obstetricians and Gynaecologists of Canada (SOGC) is pleased to announce the release of an exciting new website to inform women who are pregnant or plan to become pregnant about the relevant evidence-based information they need for a healthy pregnancy.

www.newdadmanual.ca

24 Hour Crib side Assistance – a site for Dads by Dads

www.mydadmatters.wordpress.com/my-child-matters

Cues and Clues
Child Development
Tip Sheets for
Fathers



http://www.talkwithmebaby.org/learn_the_skills

Talk With Me Baby promotes some basic guidelines for talking and engaging with your child.

www.outsideplay.ca

An online tool to help parents and caregivers gain the confidence to allow their kids to engage in more outdoor play.

www.manitobaparentzone.ca

The Manitoba Parent Zone website has resources and information to help make the best decisions for your family.

www.ppdmanitoba.ca

PPDAM – Postpartum Depression Association of Manitoba

Introduction to Stress Management

The first session will provide an introduction to stress and an opportunity to explore how stress affects you personally. The second session will provide some practical everyday strategies to cope with stress so that you can enjoy life more.

To register, call 204-940-2364

Your attendance at both free sessions is recommended.

Next Session

Nov 8th, 4:30-6:00 pm
Nov 22nd, 4:30-6:30 pm

Access Winnipeg West
280 Booth Drive
Room 209 – 2nd Floor

Sleep Information Session

This free session will be presented by the psychologist at Access Winnipeg West. It will provide some basic information on sleep, sleep hygiene, common sleep problems and where to access sleep services.

To register, call 204-940-2364

Next Session

October 2nd, 2017
4:30 – 6:30 pm

Access Winnipeg West
280 Booth Drive
Room 209 – 2nd Floor

Parenting Tips for Picky Eaters

Join us for a free workshop aimed to help parents learn new tools to help their picky eaters. The workshop will include dietary considerations and helpful parenting strategies co-taught by the dietitian and psychologist of Access Winnipeg West.

To register, call 204-940-2364

Next Session

October 25th, 2017
4:30 – 6:30 pm

Access Winnipeg West
280 Booth Drive
Room 209 – 2nd Floor



HEALTHY LIVING



Reaping in the Benefits of the Fall Harvest

As the sunny days of summer are coming to an end, many of us are beginning to reap the benefits of the farms and gardens in our area. Squash, zucchini, beets, carrots, beans, potatoes and more are ripe for the picking. Many of us (me included) end up with more produce than we can handle. After making zucchini muffins, zucchini bread, zucchini stir fry, zucchini lasagna, zucchini fritters –you get the picture- there is still more zucchini! Here are some ideas for taking care of the bountiful harvest:

1. Home Food Preservation

- Freeze, can, dry and pickle your fruits and vegetables. Make salsa out of all those tomatoes, pickle cucumbers and beets, dry herbs for cooking, and freeze your beans for a mid-winter taste of summer.
- Freezing is one of the easiest methods of home food preservation (see recipe). To learn more about home food preservation methods, check out these websites for safety information, step by step methods and recipes:

- <http://nchfp.uga.edu/>

- <http://extension.psu.edu/food/preservation>

2. Food Storage

- Store some vegetables up to 8 months after harvest. Root cellars, cool basements and refrigerators can be used for long term storage of vegetables, depending on the vegetable (see the table below). Make sure your vegetables can breathe! (i.e. don't put them in airtight, plastic bags).
- Pick only the best quality of produce. If the skin is broken or bruised, vegetables will rot very quickly in storage. Make sure your stored vegetables are protected from rodents and insects.

Storage Tips for Some Common Vegetables

Vegetable	When to Harvest	How to Store	Expected Shelf Life
Beets	1-3" in diameter	Cold and moist- use a root cellar or cool basement.	5 months Store without tops
Carrots	When tops are 1" in diameter	Cold and moist- use a root cellar or cool basement.	8 months Store without tops
Potatoes	When vines die back	Cold and moist- use a root cellar or cool basement.	6 months
Onions	When necks are tight, scales dry	Cold and dry- in the refrigerator	4 months

Table adapted from <http://www.extension.umn.edu/garden/yard-garden/vegetables/harvesting-and-storing-home-garden-vegetables/>

3. Seed Saving

- Some of your produce can be harvested for seeds to plant next year. This saves you from having to buy new seeds each year. Although all seeds can be saved, some of the easiest ones are beans and peas.
- To save pea and bean seeds: 1) Leave some beans or peas pods on your plant after harvest and let them hang on the plant until they are dry and you can hear the seeds rattling in the pods. 2) Break open the dry pods with your hands, inside will be seeds. 3) Store your seeds in a glass jar or closed envelope in a dry, cool location for next year. 4) Make sure to label and date your seeds
- To learn how to save other types of seeds visit: www.howtosave seeds.com



Frozen Green, Snap, or Wax Beans

1. Select young tender pods when the seed is first formed.
2. Wash in cold water, snip and cut into 2" to 4" lengths.
3. Blanch* beans in boiling water for 3 minutes. Drain and cool.
4. Package in freezer bags, leaving 1/2" headspace. Seal and freeze for up to 12 months.

*Blanching means to scald produce in boiling water or steam for a short time. This helps to keep frozen produce fresh for a longer time.

Submitted by: Kaylee Michnik, RD Public Health Dietitian, St. James & Assiniboine South



AROUND THE COMMUNITY



City of Winnipeg FREE PUBLIC Swimming & Skating



Free Public Swimming

ST. JAMES-ASSINIBOIA CENTENNIAL POOL
644 Parkdale St
Wednesdays 2:00 p.m. - 4:30 p.m.

ST. JAMES CIVIC CENTRE
2055 Ness Ave
Fridays 7:00 - 8:30 p.m.

Free Public Skating

ST. JAMES CIVIC CENTRE
2055 Ness Ave
Mondays 11:00 a.m. - Noon
Saturdays 2:15 - 3:15 p.m.



* check online at
Winnipeg.ca for
schedule changes

St. James Assiniboia 55+ Centre



3 - 203 Duffield Street
Winnipeg, MB R3J 0H6
Phone: 204-987-8850

Email: info@stjamescentre.com
Website: www.stjamescentre.com

St. James Assiniboia 55+ Centre is an independently operated non-profit charitable organization with a mission to encourage Seniors to improve their quality of life by providing educational, recreational, health and social opportunities.

BREASTFEEDING SUPPORT GROUP

A group for anyone breastfeeding and needs support or help. Or just an opportunity to connect with other moms like yourself!

Sturgeon Heights Community Centre
210 Rita Street Call 204-940-2040

Thursdays
10:00 - 11:30 a.m.



Un Centre de la petite enfance et de la famille (CPEF) est un centre où les parents peuvent passer du temps avec leur(s) enfant(s). On peut y trouver plein de ressources et de programmes qui répondent aux besoins des enfants francophones âgés de 0 à 5 ans dans toutes les dimensions de leur développement. Voici quelques exemples de nos programmes et services: programmes de littéracie, programme de nutrition, cours de français, programmes pour les familles exogames, foire de la petite enfance, le mini-centre du CRÉE etc. Vous pouvez aller sur notre site web pour avoir plus de renseignements et/ou si vous avez des questions vous pouvez appeler le 204-885-8000 poste 133 ou par courriel à romeodallaire@cpefmb.org.



Heritage Park Family Resource Centre

Open Monday to Friday offering parent/child programs (prenatal - 5 yrs)

Registration Required

Contact Jackie at 204-895-2519 Email: frjjackie@mts.net
1 Braintree Cres.

GREAT EXPECTATIONS

An opportunity for moms-to-be and parents of children under one year of age to learn more about various health and nutrition areas for the baby, themselves and the whole family. Children under age one remain with their parent during the session. A qualified child care provider will care for older children.

Please call one week prior to session if child care is required. (Prenatal to 12 mths)

Tuesdays
9:30 a.m. - 11:15 a.m.
Sturgeon Heights
Community Centre
210 Rita Street

Thursdays
1:15 p.m. - 3:15 p.m.
Heritage Victoria
Community Club
950 Sturgeon Road

For more information call
Traci 204-885-5415



MILITARY FAMILY RESOURCE CENTRE

102 Comet St. / 642 Wilbur Road

For information: 204-833-2500 ext. 2491

www.familyforce.ca / www.facebook.com/WinnipegMFRC

Casual Child Care

Child Care on a casual basis for children 6 Months - 5 years of age. Register by calling 204-833-2500 ext. 2491 up to a week in advance.

Tuesdays and Thursdays

Hours: 9:00 am - 4:00 pm

(Fees Apply - Contact Centre for Info)

A Parent Community

A free program that offers parents the opportunity to discuss topics related to parenting children of all ages.

Fridays 9:30 - 11:30 am
(Free: Drop-in program)





September 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labor Day	5	6	7	8	9
10	11 Sansome 9:30-11:00 am	12 Sansome 6:00-7:30 pm	13 Deer Lodge 9:30-11:00 am	14 Crestview Closed	15 Buchanan 9:30-11:00 am	16
17	18 Sansome 9:30-11:00 am	19 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	20 Deer Lodge 9:30-11:00 am	21 Crestview 9:30-11:00 am	22 Buchanan 9:30-11:00 am	23
24	25 Sansome 9:30-11:00 am	26 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	27 Deer Lodge 9:30-11:00 am (Book & Cook Club)	28 Crestview 9:30-11:00 am	29 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	30

October 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Sansome 9:30-11:00 am	3 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	4 Deer Lodge 9:30-11:00 am Bookworms 6:00-7:00 pm	5 Crestview 9:30-11:00 am Rhythm & Rhyme 6:15 - 7:00 pm	6 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	7
8	9 Thanksgiving Day Programs Closed	10 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	11 Deer Lodge 9:30-11:00 am Bookworms 6:00-7:00 pm	12 Crestview 9:30-11:00 am Rhythm & Rhyme 6:15 - 7:00 pm	13 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	14
15	16 Sansome 9:30-11:00 am Family Chefs 9:30-11:30 am	17 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	18 Deer Lodge 9:30-11:00 am Bookworms 6:00-7:00 pm	19 Crestview 9:30-11:00 am Rhythm & Rhyme 6:15 - 7:00 pm	20 Buchanan CLOSED Shake Rattle Roll 9:30-10:30 am	21
22	23 Sansome 9:30-11:00 am Family Chefs 9:30-11:30 am	24 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	25 Deer Lodge 9:30-11:00 am (Book & Cook Club) Bookworms 6:00-7:00 pm	26 Crestview 9:30-11:00 am Rhythm & Rhyme 6:15 - 7:00 pm	27 Buchanan 9:30-11:00 am	28
29	30 Sansome 9:30-11:00 am Family Chefs 9:30-11:30 am	31 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm				





November 2017




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Deer Lodge 9:30-11:00 am Bookworms 6:00-7:00 pm	2 Crestview 9:30-11:00 am	3 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	4
5	6 Sansome 9:30-11:00 am Family Chefs 9:30-11:30 am	7 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	8 Deer Lodge 9:30-11:00 am Bookworms 6:00-7:00 pm	9 Crestview 9:30-11:00 am	10 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	11
12	13 Sansome 9:30-11:00 am Family Chefs 9:30-11:30 am	14 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	15 Deer Lodge 9:30-11:00 am	16 Crestview 9:30-11:00 am	17 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	18
19	20 Sansome 9:30-11:00 am	21 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	22 Deer Lodge 9:30-11:00 am	23 Crestview 9:30-11:00 am	24 Buchanan CLOSED Shake Rattle Roll 9:30-10:30 am	25
26	27 Sansome 9:30-11:00 am	28 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	29 Deer Lodge 9:30-11:00 am (Book & Cook Club) Bookworms 6:00-7:00 pm	30 Crestview 9:30-11:00 am		

FAMILY FOCUS

Bringing families and the community together...

Visit St. James-Assiniboia Parent Child Coalition online at
www.sjapcc.ca

 Connect with us on Facebook

EDITORIAL BOARD



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204-998-8400

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Copy Consultant

Family Focus Winter Issue will be available December 2017



St. James-Assiniboia School Division

Great Schools for Growing and Learning

Please do not park in school division fire lanes.

See below for clarification from the City of Winnipeg website



Indicated by the sign shown here, **fire lanes** are found at shopping centres, grocery stores, event centres, community centres, and other **public venues**. Fire lanes ensure first responders can quickly access emergency situations.

You are allowed to stop (pick up/drop off passengers, etc.), but you are **not allowed to park for any length of time**. The vehicle is considered to be parked when the driver's seat is unoccupied, or the vehicle is stationary.

Fines range from \$150 to \$300 per violation.



HEALING FROM TRAUMA

A PUBLIC FORUM

Canadian Museum for Human Rights

Tuesday, October 3

Free to attend – no registration required

PANEL SPEAKERS

Also featuring parents Dawn Issac & Kathryn McBurney



Dr. Nancy Kassam-Adams

Associate Director for Behavioral Research, Center for Injury Research and Prevention, Children's Hospital of Philadelphia; Research Associate Professor of Clinical Psychology, Division of Emergency Medicine, Department of Pediatrics, University of Pennsylvania Perelman School of Medicine.



Dr. Anne Kazak

Co-Director of the Center for Healthcare Delivery Science, Nemours Children's Health System, A. I. du Pont Hospital for Children; Co-Director of the Center for Pediatric Traumatic Stress; Editor-in-Chief of the American Psychologist.



MODERATOR

Dr. Caroline Piotrowski

Director, Violence & Injury Prevention Research Group; Scientist, Children's Hospital Research Institute of Manitoba; Associate Professor, Community Health Sciences, Max Rady College of Medicine, University of Manitoba.

ABOUT THE EVENT

Join a panel of child health experts and parents sharing valuable information and firsthand experiences on healing from trauma at the Child Health Research Days public forum. This event will be held at the Canadian Museum for Human Rights, is free to attend, and is open to everyone.

You'll have the opportunity to participate in an open and accepting discussion focused on the healing process, get inside information from medical experts, ask questions, and hear from parents about their experiences with trauma and how they came through the healing process.

This public forum is part of the larger Child Health Research Days conference, presented by the Children's Hospital Research Institute of Manitoba. For more information, visit chrdmb.ca.

6:30PM

DOORS OPEN

MTS Foyer

7:00PM

PUBLIC EVENT

*Panel Discussion:
Healing from Trauma*



UNIVERSITY OF MANITOBA

Rady Faculty of Health Sciences

