



DECEMBER 2020



December

1 (Tues) PD Day– no classes
18 (Fri) Last day of fall term

Christmas Break

Dec 21– Jan 1

January

4 (Mon) First day of fall term

February

1 (Mon) Divisional Pd– no classes
3 (Wed) Kindergarten registration
15 (Mon) Louis Riel Day– schools closed

March

22 (Mon) PD Day– no classes

Spring Break

March 29–April 2

April

15 (Thurs) Student Leds 5-7:30
16 (Fri) Student Leds 10am-1pm

May

24 (Mon) Victoria Day– schools closed

June

29 (Tues) Last day for student



PRINCIPAL'S MESSAGE

As we prepare to greet 2021, I'd like to take this opportunity to say thank you to all of our students, staff and families for their flexibility and resilience this year as we weather the ongoing changes in response to the pandemic. Like all schools throughout the division, EAMS has done a terrific job respecting all protocols put in place for everyone's safety, from wearing masks properly, sanitizing/handwashing frequently, distancing, and staying home when sick. We truly appreciate everyone's diligence and support. Currently in Critical (Red) Level, we will continue to follow the directives set out by Public Health and Manitoba Education.

As you know, effective Mon., Jan. 4 until Friday, Jan. 15, schools will be open only to K-6 students (in EAMS' case, only our Gr. 5's and 6's). Grades 7-12 students will be participating in remote learning for these two weeks (our Gr.7's and 8's will be learning from home virtually). Teachers will be delivering learning and lessons through Google Classroom, a platform our students are familiar with and used to. Thank you to all of our parents and guardians for completing the surveys over this last while--this has greatly helped with our planning. We look forward to seeing all of our students Jan. 18th!

This month sees the beginning of our renovation project in the former Power Mechanics area of EAMS, as well as the transition of our Gr.8's to PCI until June. Construction will begin at the end of this month and is slated to be ready by Sept 2021. Our custodians, staff, and Operations Dept. have been hard at work cleaning out this area to prepare for this project; thank you to everyone for their help. This renovation will provide EAMS with 6 new classrooms and two single-use washrooms. We are very excited about this, particularly as our student population continues to grow. As a result of this, however, our Gr.8 classes will be relocating to PCI after the remote learning period, on Jan. 18. These teachers and classrooms have been working hard to prepare for their move as well. Many thanks to the teachers, Gr.8 students, and parents for their understanding and patience throughout this journey. We will see the following homerooms over at PCI in the new year: 8 de Vries, 8Green, 8Hartnell, 8KHorning, and 8Lacroix.

EAMS gives a fond farewell to 7B's homeroom teacher, Adam Sevchenko, who will be heading to YQS in January to teach Gr. 6. We thank him for his time with our Gr.7's and wish him well. We also say goodbye to teachers Harvey Bridgeman and Tim Laing, who have been regularly supporting our classrooms this last month. A warm welcome back to Mrs. Randi Braun, who will be returning to 7B in January from her maternity leave and to the new EAs who have recently joined us, Béril Sabourin, Maegan Inman, Brady Grasdahl, and Janelle Booker.

At this time, and in a year unlike any other, I would like to wish you all a safe and happy holiday. I hope you are able to find moments of peace amid the challenges and celebrate the joys of the season.

Warmest wishes,
Kristin Zwarich



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Our Websites:
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PHYSICAL AND HEALTH EDUCATION FOR DECEMBER

We have been very lucky that the weather has been mild so far this year. A reminder for students to dress appropriately for the weather. Living in Manitoba we all know the cold weather is coming at some point....

The importance of taking responsibility and action for our health and wellness has grown with the pandemic we are all dealing with. Below are guidelines given by the Canadian Society of Exercise Professionals (CSEP). Follow these along with healthy eating habits will help keep your immune system in tip top shape.

A healthy 24 hours includes:

SWEAT : Moderate to Vigorous Physical Activity

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week

STEP : Light physical activity

Several hours of a variety of structured and unstructured light physical activities.

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times

SIT : Sedentary behavior

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviors and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.

STUDENT-LED CONFERENCES

Though this year's St-Led Conferences were conducted in a different manner this year (virtual or over-the-phone format as opposed to in-person), the 'turnout' was great--we thank you for your participation! If you were not able to attend a conference during that time, or are fairly new to our school, please feel free to contact the teacher to make an appointment to discuss your child's progress.

DROP OFF/PICK UP

Thank you to everyone for driving carefully and slowly when entering or exiting our parking lot. Traffic in and out is running very smoothly. Just a reminder to please avoid dropping off/picking up your child across River Road/the highway in other parking lots or pulling over onto the side of the road/highway to do so. Coming in to the parking lot for drop off or pick up is the best way to ensure your child's safety.

*Happy Holidays to all of our
EAMS families!*

