

# ELIOT RIVER NEWS

## Lest We Forget

### Dates to Remember

Nov. 9 - Food Token Sale  
 Nov. 10 - Remembrance Day Assembly  
 Nov. 11 - Remembrance Day - NO CLASSES  
 Nov. 12 - QSP orders go home today  
 Nov. 23 & 24 - Coupon Booklet order forms and money to school  
 Nov. 26 - Professional Development Day - NO CLASSES  
 Dec. 3 - Coupon Booklets go home  
 Dec 9 - Report Cards go home  
 Dec. 15 - Grade 4 Christmas Concert - 7:00 pm  
 Dec. 16 - Ensemble Christmas Concert  
 Dec. 14 - Food token sale  
 Dec. 22 - Last day for 2010

### Remembrance Day Assembly

On November 10<sup>th</sup> our students will gather to remember our Canadian veterans and those who presently protect our country . We will take this opportunity to show how grateful we are for their service and we will take the opportunity to serve others by collecting food items to be donated to the Upper Room Food Bank.

### Winter Clothing

Please talk to your children about dressing appropriately for the colder weather. Weather permitting, all students go out at morning recess and noon break and our students need to dress for the colder weather.

### School T Shirts

We are now selling our Eliot River T-Shirt featuring our mascot, Ozzie. They come in three colours, orange, white and blue. The cost is \$12.00 and they are available in sizes youth large to adult x-large. Contact Mr. MacDougall to order.

### Shop at Indigo

Shop at Indigo Charlottetown, between 7:00 pm and 9:00 pm, on Friday, November 5<sup>th</sup> to support Eliot River Elementary . Help Eliot River students further their love of reading! Ask your family, friends and acquaintances to start their Christmas shopping early... Indigo's Adopt a School Program will make a donation to our school of 10 - 15% of the profits from the sale of regularly priced items. (Purchases made using Irewards cards are not eligible.)

### Board Games Club

Mrs. Godfrey and Mrs. Macdonald will be starting a Board Games Club in the library on Day 3. Our first session will take place this Thursday. If you have board games that you could donate to the club, please send them in. They will be greatly appreciated.

### Breakfast Program

We are still serving approximately 100 students. Donations of money, margarine or jam will be gratefully appreciated..

### Report Cards

Student Progress Reports will go home with students on December 9th. Please review them with your children. Please sign and return the enclosed form to indicate you have reviewed the report. You do not need to return the actual report.

### Million Minute Reading Challenge

Congratulations to all of our staff and students who made our Million Minute Reading Challenge, which took place on Monday, October 25<sup>th</sup>, such a tremendous success! Together we read for 100,905 minutes. That's an average of 227.2 minutes per reader! Our efforts were rewarded with a second place finish of all the Island Schools. Keep up you wonderful enthusiasm for reading everyone!! Great job!! Prince Edward Island schools recorded 1,234,151 minutes

reading in one single day!

### From the Student Nurse ....

How fast is your heart? It pumps 75 to 110 times every minute. It pumps the blood that carries the oxygen and food to fuel your body. So play hard to make your heart beat fast and eat healthy to fuel your body.

### Parent Teacher Interviews and Book Fair

Thank you to all parents who attended their child's parent teacher interview. Your participation is very important to your child's success at school and an important communication between home and school. As well, thank you to all who purchased books at our Library Book Sale.

### Scream Park Thank you...

To all Eliot River staff, students, parents and community members who helped out the with **SCREAM PARK!** It was a great success and much enjoyed by one an all.

We also want to thank the following community friends of Eliot River who we can always count on to help with our various activities:

Ken McGuigan, Wade Johnson, Robert Lewis, Duncan MacPhee, Paul Hoar (Hearse), Bill Hogg, Holland College Students and East Wiltshire Students (Characters).

Bus 39 - Steve Phillips

Also the following business:  
 Cat Rentals, Kingston Electric, Dave's Snowmobile Repairs, Cornwall Save Easy, Mary's Bakery, JR'S Pizza, Town of Cornwall, Dept. of Transportation & Public Works, CK Kleaning, North River Fire Dept., Bulk Carriers.

**Congratulations** to Alexa MacPhail from 4E as the winner of the "Guess How Many" Game at the Scream Park.

## Do You Worry About Your Kids ?

Do you worry about the effects that separation, divorce and parenting from two homes have on your children? If so, Why not provide them an opportunity to talk with other children their own age going through similar situations? Starting soon, "Positive Parenting From Two Homes - For Kids" is a program that provides information about separation and divorce through age-related activities and discussions in a small group format. This is a cost free program presented over 5 sessions during the school day.. If interested, contact School Counsellor, Lisa Cheverie, 368-4270.

## French Phrases

Here are November's French phrases:

Répétez, s'il vous plaît. Can you repeat that please?  
Je comprends. I understand. Je ne comprends pas. I don't understand.  
Quel est la date aujourd'hui? What is the date today? C'est hour le numero novembre.  
Quel est ton couleur préféré? What is your favorite colour?  
Quel est la date de ton anniversaire? When is your birthday?

## Stocking Stuffer Coupon Books

Order forms went home with students yesterday for the 2010 Super Stocking Stuffer Coupon Books. As usual the coupon book offers great savings in many local restaurants and businesses. The list of coupons in the booklet is available on our website, on the Eliot River Fundraising page.

## Healthy Eating Tips for November

**5 to 10 servings of vegetables a Day  
During the Winter Months.**

Winter is quickly approaching. It can be challenging to get affordable, good quality, fresh vegetables and fruit during the winter months. Consider these tips to help you and your family get your 5 to 10 servings a day.

- ▶ Buy fresh vegetables and fruit when they are in season and then freeze or bottle them for the winter months.
- ▶ Buy frozen vegetables and fruit without any added sauces or sugar. In terms of nutrient value, frozen vegetables and fruit are almost identical to fresh vegetables and fruit.
- ▶ Check out local farm markets that stay open during the winter months. The vegetables and fruit available are reasonably priced and help to keep business local.
- ▶ Watch the flyers for vegetables and fruit that are on special in a supermarket.
- ▶ Buy frozen 100% juices.
- ▶ Choose canned fruit packed in juice.
- ▶ Take advantage of schools, sports teams, and other organizations that sell citrus fruit for fundraisers. You'll be supporting a great cause while getting excellent quality fresh fruit.

Sweet potatoes are packed with nutrients and fibre. White potatoes can also be used in this recipe, which is from [The Ultimate Healthy Eating Plan](#)

Oven Roasted Sweet Potatoes (Serves 4)  
2 sweet potatoes, peeled and sliced into 1/4 inch coins  
1 & 1/2 tbsp. (22 ml) vegetable oil  
1 tsp. (5 ml) of onion powder  
1 tsp. (5 ml) of paprika  
1/4 tsp. (1 ml) cumin or chili powder

Preheat oven to 425 °F/220°C. Line a cookie sheet with parchment paper or foil. Combine oil and spices and toss the sweet potatoes in the oil mixture. Spread sweet potatoes out in the prepared sheet. Roast for 15 minutes. Flip over. Continue roasting for another 15 minutes or until cooked through.

## Community Notes:

**Thank You** - The Food Bank would like to extend its thanks and appreciation to the generous people of Cornwall and Area for your donations and to those who helped make this

year's Food Drive a success. Thank you all.

