

ELIOT RIVER NEWS

October 20, 2010

SCREAM PARK FUNDRAISER - OCTOBER 29th & 30th

Plans for the 6th Annual "Scream Park"

Again plans to turn our Dream Park into a "Scream Park" are well underway. It will take place Friday, October 29th and Saturday, October 30th.

From 5:30 to 7:15 pm the Scream Park will feature a lighter theme (Super Heroes, cartoon characters, etc.) for younger children.

From 7:30 to 9:00 the theme will change and the Scream Park will be very scary indeed!!!!

We need lots of help with building props and getting materials. As well, any groups who would like to be "actors" in The Nightmare Park, please call here at the school at 368-4270

It is going to be a great family event, with lots of scary stuff to create a Halloween experience to remember.

There will also be a canteen on sight, so you can enjoy a snack or a coffee/hot chocolate or other treat.

Cost is \$3.00/person or \$10.00/family(maximum 5 person). All proceeds go to programs at Eliot

River.

Parent/Teacher Conferences

will take place on Thursday evening, October 28th and all day Friday, October 29th, 2010 (no classes on the 30th). Interview times will be going out by October 20th. Please sign and return to your child's teacher by the deadline indicated. Thank you.

Music - Mrs. MacEachern will be unavailable for interviews on the evening of Oct. 28th. She is playing in a concert in Montague. Please contact her if you need an interview time rescheduled.

Book Fair

The library will be holding a Book Fair during our parent-teacher conferences. It's a great chance to start your Christmas shopping early. As well, all students will have the opportunity to visit the fair and purchase books for their reading pleasure.

Remember volunteers are needed to look after the fair.

Picture Retakes

Student picture retakes will be done on Thursday, October 21st.

Thank you!!!

for your donations of can tabs. We are still collecting them towards the purchase of a wheelchair, so your continued support is appreciated. Keep sending in the tabs! This is a long term project and we appreciate your help. We also appreciate your donation of soup labels, which go toward a computer for the school and for Canadian Tire money, which we use for sports equipment.

Thanks to Tait Tierney from Meadowbank Pumpkin Pick for donating the pumpkins in our great fall display in the front lobby.

QSP Home and School Fundraiser

Monies and orders are due in for the Home and School Fundraiser. Volunteers are still needed to help with the orders. Please call the school if you can help out.

Recyclables

We are still collecting recyclables to raise funds for our school programs. We will take any beverage containers, with the exception of milk products. Thank you for your support.

Lost and Found

Reminder to parents to have students check the school lost and found for any items they may have lost. The lost and found box is getting quite full.

Healthy Eating Tips for October

Squash can be used for more than just your Jack-O-Lantern!

Squash comes in many varieties that can be divided into two categories; summer and winter squash. Squash is a part of the Vegetables and Fruit Food Group. *Eating Well with Canada's Food Guide* recommends eating one orange vegetable everyday; some varieties of squash are orange such as pumpkin, butternut, acorn, spaghetti squash, and yellow squash. There are basically two types of squash, summer (eat right away) squash and winter (good keeper) squash.

Preparation: Summer squash needs only to be washed and trimmed and can be stuffed, skewered, baked, steamed, sautéed, shredded or eaten raw. Summer Squash such as zucchini can be grated or cubed and added in pancakes, cakes, breads, rolls, muffins, added to kebobs, casseroles and stir fry.

Winter squash needs to be washed, peeled and seeded. It may be best to cut squash into smaller chunks due to their larger size

Bake, Roast, Microwave and Steam

To bake or roast winter squash you need to wash, slice in half, seed and pierce with fork. Place in pan with a little water, lightly brush with oil, and season to taste. Bake for 30-60 minutes (depending on size and variety) at 350 F or until squash is tender. You can cook in skin or peel and cut into cubes. Season and serve as side dish or added to soup.

To steam squash you need to wash, peel and cut into chunks and place in a steamer.

To microwave whole squash or pieces you need to wash, pierce, slice in half or quarters, remove seeds and place on plate.

Cooking times will vary depending on variety and size.

As you can see there are many ways to use squash. Search out some squash recipes to try this fall. You will be happy you did! Try this easy recipe to start on your squash adventure!

Garlic Baked Squash

2 lbs winter squash, such as acorn or butternut

2 tablespoons flour

1 tablespoon oil

7-8 garlic cloves, chopped

2 tablespoons fresh parsley, chopped

Salt and pepper to taste

Preheat oven to 325F.

Wash and peel the squash and cut into bite sized pieces. Coat the squash cubes with flour that has been seasoned lightly with salt and pepper. Grease a casserole dish with oil or vegetable spray. Put the squash into the pan, and top with garlic and parsley. Season with salt and pepper. Bake for 60 to 80 minutes, or just until squash is tender. Yield: 6 servings

We need...

Guitars for our Guitar Club. If you have a guitar that you meant to learn how to use but never got around to it, why not donate it to a student who is in need.

Community Notes:

PEI TAEKWONDO has evening classes on Monday, Wednesday and Thursday nights. Back to School special of \$80 includes the first month and uniform. They also have an after school program at the Royalty Centre. For more info call Mike Ives at 314-5425 or check www.peitaekwondo.com

IODE Lady Holland Chapter - Pancake Breakfast - Cornwall United Church on Sat, Oct 30, 2010 from 8 to 10:30 am Tickets \$6 for adults, and children under 12 \$3.00. For more info call Donna at 566-5540.

Children's Spooktacular Halloween Dance

Saturday, October 30th Admission \$5 per child. Winsloe Lions Club Hall

DJ music provided

6- 7:30 pm for ages 11 and under *(adult accompanied) *

8- 10:30 pm for ages 12 to 15 *(adult chaperons will be in attendance)*

Costumes welcome!

Canteen service available.

Food Bank Food Drive - Monday, Oct 25th!!! Volunteers are asked to meet at the Cornwall Curling Club, on Cornwall Road, at 6 pm, where areas will be assigned. For more info call Paul Knox at 314-5533.

APM CENTRE PUBLIC SKATES, start October 16th following times:

Family Skate Sunday - 1:20 to 2:20

Adult Skates Mon 9am to 10:15 am

Thurs 9am to 10:15 am

Sat 9:10 pm to 10 pm

Pre-school Skates

Mon 10:15 am to 11:30 am

Thurs 10:15 am to 11:30 am

Fees: \$2.00 for adults, \$1.00 for students & preschoolers or \$5.00 per family.

Dates to Remember

Oct 21 - Picture Retakes
QSP Monies and Orders are due in to schools

Oct 28&29 - Parent Teacher Interviews (no classes on the 29th)
Scholastic Book Sale in the Library

Oct 29 & 30 - Scream Park

Nov 9 - Lunch Token Sale

Nov 11 - Remembrance Day (no classes)

Nov 26 - Professional Development Day (no classes)

