



Parent's Bulletin

www.edu.pe.ca/georgetown

Norbert Carpenter, Principal - Georgetown Elementary School
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Literacy Bits:

Talk with Your Child Make Reading Enjoyable

You can help your child enjoy reading by helping him or her find interesting things to read. If your child enjoys reading, he or she is likely to read a lot and become a proficient reader.

Here are some suggestions for encouraging your child to read:

- Read with your child. Talk about what you are reading together – for example, compare characters in the story with people you both know.
- Make sure that you have books, magazines, and other reading materials on hand for long car rides.
- Encourage your child to look at the graphic features in reading materials, such as photos, illustrations, and charts. Help your child understand how they are used and what their purposes are.

Many children like to read such materials as these:

- Stories that reflect their image of themselves
- Materials that are amusing, such as jokes or funny stories
- Fiction that focuses on action or plot
- Books in a series that allow the reader to connect with the characters

(Source: The Literacy and Numeracy Secretariat)

Talent Show:

The Georgetown Elementary School Drama Club will be having a Talent Show at the King's Playhouse on Thursday, May 24th at 6:00 p.m. Everyone is welcome to attend. A donation box will be set-up at the door.

Volunteer Appreciation Assembly:

There will be a volunteer assembly on May 18th at 10:45 a.m. in the school gym. We would like to thank all the volunteers who helped out our school during the 2011-2012 school year.

200's Club Winner:

April's 200's club winner was Wilf Standing, ticket #46. Congratulations, Wilf!

No School Reminder:

There will be no school on Monday, May 21st, Victoria Day.

Island Gymnastics Academy Summer Camp 2012:

Join us this summer at the longest running gymnastics camp on PEI. We have four weeks of full day camps and 5 weeks of half day camps running in July and August. For everyone school age and up, beginners to advanced, it's a fun-filled way to spend your summer. For more information or a registration form, please see our website (islandgymnasticsacademy.com) or call the office (566-3935).

Healthy Lunches for Kids:

Attached is a sheet from the PEI Healthy Eating Alliance with information regarding healthy lunches for kids.

Invite the world home ~ Be a host family:

Looking for an experience where the whole family can have fun and grow together? Ten Japanese youth aged 12 to 16 are dreaming of spending a month this summer with an Island family. Host families are simply asked to welcome the exchange into their home and treat him / her like one of the family. We provide lots of support for this volunteer opportunity. Develop a friendship that reaches around the world. For more information call: Michelle at 887-3299 or Nola 859-3684.

Georgetown Minor Hockey AGM:

The Georgetown Minor Hockey AGM will be held on Tuesday, May 15th @ 7pm at Three Rivers Sportsplex. All parents are encouraged to attend. Agenda items include teams, coaching, registration rates and calendar fundraiser

Atlantic Regional Synchronized Swimming Championships:

Come out and watch Atlantic Canada's best synchronized swimmers! Swimmers from all four Atlantic Provinces, including the Charlottetown Naiads, will be competing in the 2012 ATLANTIC REGIONAL SYNCHRONIZED SWIMMING CHAMPIONSHIPS at the CARI Complex May 18-20. Admission is free and all are welcome. View the schedule (tentative) at: www.synchropei.goalline.ca

2012 Rotary Provincial Spelling Bee:

The Summerside Lobster Carnival presents the 13th Annual Rotary Spelling Bee to be held on July 9th at the Royal Canadian Legion, Summerside. Open to PEI students in the following categories; 8 years & under, 10 years & under, 12 years & under. Participating students will receive keepsake medallions while first, second and third place finalists in each category will receive a cash prize. Entry deadline is by 5:00 p.m. on June 30th. Entry forms are available at the school office. For further information call (902) 724-4925; coordinator@summersidelobstercarnival.ca. www.summersidelobstercarnival.ca

CANADIAN RED CROSS – SUMMER WATER SAFETY DAY CAMPS-SOURIS

Hey Parents and children, it is time to start planning your summer fun! The Canadian Red Cross is holding a half day camp at Red Point Provincial Park during the weeks of July 30th- August 10th

Learn to save a life this summer! It's more than just a summer camp; we teach skills that last a lifetime. Our day camp is unique to PEI and provides 1 level of swimming lessons along with either the JOC (Junior Outdoors Club), Nature Kids, or the Small Craft Water Safety program.

The program fee per participant is \$85 (or \$215 a family of 3 or more) and transportation at various pick up points is included! Early registration is important, so act fast!

For more details on this program or others being offered across PEI and early registration please call Canadian Red Cross 1-902-628-6262 ext 0 or email us at meagan.macdougall@redcross.ca

Healthy Eating Tips from the PEI Healthy Eating Alliance:

Lively Legumes

Legumes are dried beans, peas and lentils; they fall into the Meat and Alternative group in Canada's Food Guide. Legumes are excellent sources of protein and fibre while being very low in saturated fat. For these reasons, it's recommended to include legumes often when planning your family meals.

Legumes can be found dried or canned. Dried legumes take longer to prepare but are less expensive than the canned versions. When using canned legumes be sure to drain and rinse well to reduce sodium.

Not only are legumes healthy, but they are also inexpensive and easy to use! Challenge your family to have a meatless meal at least once a week. This is a good way to introduce meat alternatives to your kids and save money at the same time. When introducing legumes to your family for the first time, have fun! Start by adding them to family favourite dishes so your children will get used to the texture slowly, eventually make them the star of the dish!

Below are some ideas on how to include legumes into your family's favourites:

- Add lentils to spaghetti sauce
- Make chili with kidney beans
- Replace mayonnaise with hummus as a spread on sandwiches
- Add a layer of refried beans on tacos
- Use chickpeas on salads

Hummus

Ingredients:

1 can Chick peas, drained, rinsed
¼ cup Lemon juice, fresh
¼ cup Tahini
2 cloves Garlic, chopped
2 tsp Extra virgin olive oil
2 tbsps Parsley, fresh, chopped
Garnish Paprika

Directions:

1. Place chick peas, lemon juice, tahini, garlic, oil and parsley in a food processor. Blend to desired consistency.
2. Add a bit of water to smooth consistency if desired.
3. Garnish with paprika.

**Source: Sobeyes Dietitians,
Charlottetown**