

ST. Agnes School

April 2017 Newsletter

This Year We Will Make Mistakes and
from them we will Learn and Grow

Hello Parents/Guardians,

April, 2017

This week, St. Agnes School is the featured school of the week on our school board website. Please take some time to view the great video created by students at our school. Also, please read the write up about St. Agnes to learn about the history of our wonderful school. I wish to thank Leon N. and Maddie S. for their dedication and efforts in creating our school video which highlights why we continue to be known as "The Little School with a Big Heart".

As part of the WCDSB's 3-year pastoral plan, 2017 has been named "People of Hope". Each school community is committed to bringing this "People of Hope" theme to life in the actions and learnings of the students in our care. At St. Agnes, we continue to highlight for our students what this means in our actions and in our words:

Being a person of hope means that we desire God. Hope is a theological virtue, meaning that we can't hope by our own power. Through Baptism, God infuses the virtue of hope in us. God gives us the power to desire God ... above all creation ... even in the darkest times.

Hope is a habit in our souls, which we do over and over, as we continue to hope in God.



I would like to remind you of the following information regarding school transportation for next year: Please go online to www.stswr.ca and check for your child(ren)'s transportation eligibility for next year. There are step by step instructions on the website. This is especially important for students moving from Grade 3 to Grade 4 as the walking distance changes from 0.8 km to 1.6 km as per board administrative procedures.

As always, if you have any questions or concerns, please do not hesitate to call me at school.

Sincerely,

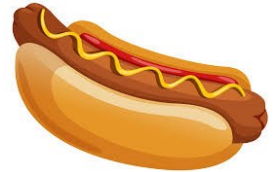
Gloria Lasovich



Annual Bike Rodeo

Mark your calendar for this year's Bike Rodeo! This year on **Saturday, April 29th from 10am-1pm** in our **schoolyard**, the Grade 8's are hosting the annual Bike Rodeo to raise

money for their end of the year trip. This year's Bike Rodeo will include a bake sale, obstacle course, bike check-up / repair, helmet safety check, BBQ hotdogs and sausages as well as door prizes and raffles. Show your support and bring friends and family to help our Bike Rodeo be a success!



LIBRARY MATTERS



Thank you to everyone who sent in yarn for our knitting club. We're expanding the group slowly and hope to reach all grades soon. Thank you so much to Sue Fitzgerald for joining us each week.

Voting for the Forest of Reading will take place on Friday April 28th. Mrs. DiMarco's class will be representing each of the Blue Spruce books. They will remind the primary students what the stories were about and try and persuade them to vote for their book. Should be a fun way to wrap up our Forest of Reading.

A new activity that we have been doing in the library is the 'St. Agnes Mystery Box'. The boxes are made of wood and are closed with a hasp; six locks are then locked to the box. Students are given a series of clues to attempt to open the box. This has been a HUGE success. It is fun to watch the students solve the puzzles and work hard as team. The puzzles and riddles can be customized allowing us to have fun with all grades.

Shonna Bechtel
Library Technician
St Agnes

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Waterloo Catholic District School Board

Fit Bit March 2017 – 10 Ways to Eat More Vegetables and Fruit

Making Smart Choices from the Kids' Menu

Going out to a restaurant can be a fun opportunity for kids to learn about different foods and eat in a new environment. Unfortunately the options on the kids' menu can be very limited and usually don't offer up much nutrition. Here are some ideas to help make healthier choices when eating out:

- ◆ Choose a restaurant with a kids' menu that offers more than the standard fare. Many only have nutrient-poor choices like fries, chicken fingers, grilled cheese, pizza or pasta with butter.
- ◆ If you do choose an item from the kids' menu, ask for veggies, rice or baked potato on the side instead of fries. You can also ask for fewer fries, or half fries and half veggies as other options.
- ◆ Consider ordering an appetizer for your child instead of a kid's meal. Fresh spring rolls, quesadillas, bruschetta or a salad with grilled chicken could be healthier options.
- ◆ A regular entrée might be large enough to share between you and your child (or between two children). Consider options like a vegetable soup and sandwich, a stir-fry or grilled salmon.
- ◆ Bypass the sugary drinks and order water or milk to drink.
- ◆ If the meal comes with dessert, ask for extra spoons for sharing or substitute a fruit salad.

Restaurant meals tend to be high in fat, sodium and sugar so try to limit eating out to no more than once a week (or 2 to 3 times per month). When you have indulged in a less than healthy restaurant meal, focus on healthier fare with lots of vegetables for the rest of the day. For more smart solutions when eating out with kids visit EatRight Ontario at: <https://www.eatrightontario.ca/en/Articles/Child-Toddler-Nutrition/You-can-ask---for-healthy-foods-for-your-kids.aspx>

Try this recipe for a kid-friendly and healthier twist on egg fried rice, a popular restaurant dish.

Egg Fried Rice

Preparation time: 15 minutes

Cook time: 15-20 minutes

Makes: 6 servings

Ingredients:

2 cups (500 ml) brown or basmati rice, dry

6 cups chopped vegetables (carrot, green onion, broccoli, celery, cabbage, mushrooms, etc.)

2 Tbsp (30 ml) canola oil

4 eggs

6 Tbsp (90 ml) low sodium soy sauce

Directions:

- Cook rice according to package directions.
- Meanwhile, heat oil in a large wok or non-stick fry pan over medium-high heat. Add chopped vegetables and stir-fry until crisp tender, approximately 10 minutes.
- Remove vegetables from pan and set aside. Add eggs to pan and scramble while cooking.
- Once eggs are cooked add rice, vegetables and soy sauce to pan and combine well.

(This recipe meets the criteria for Maximum Nutritional Value for an entrée.)