



# JANUARY

## Welcome Back

Happy New Year! Welcome back to school! We are so happy to see you in 2019! We cannot wait to start the **fantastic journey of learning** with all of our students again! This is when we see many students take giant leaps in their learning. This is a true testament to all the work done at school and at home since the start of the school year.

Well, I blinked and now it's January! Each year that goes by seems to go faster than the one before & this school year has been no exception. Did you have a chance to see one of our **absolutely awesome music programs** in December? Congratulations to Mrs. Mulligan & all of our students for such a successful Christmas concert. The talent of our boys & girls is always amazing to see. January brings a fresh start for each of us and is a time to set goals & prioritize for the year. We are no different at school. Batten down the hatches for more crazy winter weather, read some new books, & stop by to see the great things happening at Exshaw School!

## Attendance

Let's definitely keep that positive growth going with the coordinated efforts between home and school. Please keep that **attendance up to 90%** and above for each and every month. As well, as each child reads nightly they practice the strategies and skills learned at school and see that families value the practice needed to grow as a reader. This also provides quality time for families! Thank you so much for your continued support at home!

Did you know that Exshaw School has a **collaboration with Elders to support attendance** in our school? We are so lucky to have Elders work with the school to support our families. Thanks to Virgle, Phillomene & Tracey for helping support our families to attend our school.



## IMPORTANT DATES:

Mon Jan 7 - First Day back at School

Fri Jan 11 - Half Day / Early Dismissal

Fri Jan 18 - Generosity Assembly at 9:15

Wed Jan 23 - Elders Attendance Meeting

Wed Jan 23 - 1pm Parent Advisory Meeting

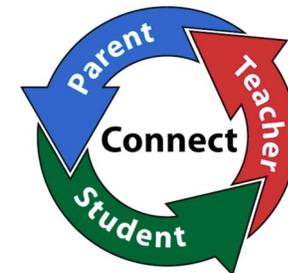
Fri Jan 25 - Half Day / Early Dismissal

## Parent Advisory Meeting

Did you know that we are trying to start a parent advisory at Exshaw School? We would love to have your input!

Our next meeting is **January 23rd** at 1:00 pm.

Please join us!



## Clubs

Did you know that Exshaw School has some amazing opportunities for our students ranging from yoga club, run club, games club, basketball club and leadership club to name a few? We are so lucky at Exshaw School!



## Winter Clothing

As the weather gets colder, it is important that all students are **dressed for the weather**.

Please make sure that your child(ren) have a winter jacket, boots, hat and mitts for the cold weather.

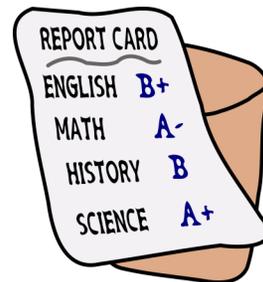
We definitely want them warm!



## Report Cards

Students will be receiving their report cards on **January 30th** this year.

Please expect those coming home.



Yours in education, Nadine Dack-Doi (Principal)

## Healthy Meatballs With Hidden Vegetables

As part of our newsletter and now that we have a greenhouse too, we are trying to give some recipes that are tasty, healthy and include some vegetables that can be grown in our greenhouse. This recipe is from Amy Palanjian and is called Healthy Meatballs with Hidden Vegetables.

You will need the following:

- 1/2 cup carrots, roughly chopped
- 1/2 cup parsley leaves, lightly packed
- 1 small onion, peeled and halved
- 1/2 cup Italian flavored breadcrumbs
- 1 pound ground beef
- 1 egg
- 2 tablespoons milk
- 1/2 teaspoon salt

Preheat the oven to 375 F and line a rimmed baking sheet with foil. Coat with nonstick spray. Place the carrots, parsley, and onion into a food processor. Grind well, stopping to scrape down the sides of the bowl as needed. Add the remaining ingredients and grind to combine into a smooth mixture. Portion into 2-tablespoon size meatballs and place on the prepared baking sheet. Bake for 22-25 minutes or until cooked through. Serve with warm marinara sauce and pasta (or ketchup and other simple sides!) as desired.

To store, let cool fully and store in an airtight container in the fridge or up to 3 days or in the freezer for up to 3 months. Enjoy!



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