



# March

We have blinked and the month of February has vanished! We welcome March with excitement as there are many opportunities for our students to learn and grow! Thanks to all the families for reinforcing daily attendance and completing of all assignments. It is so great to see the amount of home reading that is being completed. Well done! Also, thank you for calling in when your child(ren) are absent.

## Kindergarten Open House

Did you know that our kindergarten open house is coming up? It will be on **March 7th from 6:30 - 7:30pm**. If you have a child(ren) that is kindergarten age, born before December 31, 2014 please come and see us. We would love to have you join our Exshaw family! As well, we will be accepting registrations for grades 1 - 8 for the upcoming 2019 - 2020 school year. Please stop in and introduce yourselves!



## Hands-on Learning

Did you know that our students engage in many hands on, problem solving activities? A number of our students have been involved in our EDUKITS. The students are presented with a problem and have to use their collaborative knowledge to solve the problem. It is amazing to see!

Here is a picture of our grade eights working hard to solve the problem:



## IMPORTANT DATES:

- Thu Mar 7 - Kindergarten Open House
- Fri Mar 8 - Half Day / Early Dismissal
- Mon Mar 11 - Eye Exams
- Tue Mar 19 - 1pm Independence Assembly
- Tue Mar 19 - 7pm CRPS Board meeting at Exshaw School
- Wed Mar 20 - Parent-Teacher Interviews
- Thu Mar 21 - Parent-Teacher Interviews
- Fri Mar 22 - **NO SCHOOL** (Parent-Teacher Interviews)
- Wed Mar 27 - 1:30pm Talent Show

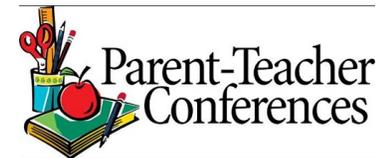
## Parent-Teacher Interviews

We are excited to welcome families to our parent/teacher/student conferences on

- March 20th from 4:00 - 7:00 pm
- March 21st from 5:00 - 8:00 pm
- March 22nd from 8:30 - 11:30 am

Please make sure that you visit us during one of those days as we want to celebrate the growth of your child(ren).

Dinner for all will be provided on the nights of March 20th and March 21st.



## National Nutrition Month

Did you know that March is National Nutrition Month? There's no better way to celebrate the occasion than to begin each day with a good breakfast. Breakfast fuels the body for the challenges of the day. Studies have shown that children who start the day with breakfast are able to learn quicker, focus longer, and do better tests. Although mornings are often hectic, finding time for breakfast can really make a difference in a student's day.



No time to eat? Why not try the breakfast program offered at school each morning? With so many tasty and healthy choices, it's easier than ever to start the day off on the right foot! So take a few minutes each morning to give your child a simple gift that can last for hours. Remember to celebrate the nutrition month by eating breakfast.

## Winter Clothing

Our students have so many opportunities to explore the outdoors and learn. Our kindergarten, grade one and grade twos have been snowshoeing with the outdoor learning centre. Our grades four and five have been cross country skiing. Our grade sixes have been climbing at Elevation Place. Grades 7 and 8 are downhill skiing or snowboarding as well. We are so lucky to have so many opportunities.



This definitely has been a cold winter! Thanks for making sure that your child(ren) has a coat, mittens, hat and boots. We want our students to enjoy the weather outside! Thanks for dressing the child(ren) warmly.

Yours in education, Nadine Dack-Doi (Principal)



@Exshawschool



Find us on Facebook: Exshaw School



<http://exs.crps.ca/>

## Hearty Overnight Oatmeal Breakfast

You will need:

- 1 cup (250 mL) milk
- 1 cup (250 mL) plain yogurt
- ¼ tsp (1 mL) vanilla extract
- 1 tbsp (15 mL) natural peanut butter
- 2 tsp (10 mL) honey
- 1 ripe banana, mashed
- 1 cup (250 mL) large flake oats
- 1 cup (250 mL) fresh mixed berries (blueberries, raspberries and blackberries)

### Instructions:

**STEP 1** In a medium sized bowl, mix together milk, yogurt, vanilla, peanut butter, honey, banana, and oats until well blended.

**STEP 2** Split in two and pour in two separate Mason jars. Top each jar with ½ cup (125 mL) mixed berries. Refrigerate for at least 8 hours. Enjoy!

**Tips:** This recipe can be served warm as well. To enjoy hot, microwave for 1 minute with Mason jar lid off.

