



J.A. Cuddy News

May 2023

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Absent today?
Please contact us
before 8:45 am.
204-736-2282 or
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In our classrooms, learning spaces, and during special events our days continue to be busy and filled with many stimulating learning opportunities. At this time of year, it is exciting to see how our students have improved. They are proud of their accomplishments as I am sure you are too. Thank you for your ongoing support and for being an important member of our team.

Speaking of our team, I would like to thank our PAC and all our parent volunteers for fundraising and volunteering to support our school. The numerous fundraisers, including the “Hot Lunch” days, help the school tremendously. We are fortunate to have such a dedicated and hard-working group of parents volunteering.

This month students will participate in a community clean-up on May 12th with the intention of developing citizenship and community spirit by taking action to the benefit of the whole community.

As the spring weather warms, we see many students riding their bicycles to school. We want to remind parents that the law in Manitoba makes it compulsory for cyclists under the age of 18 to wear a suitable helmet while cycling. Parents are responsible to ensure their children are wearing bicycle helmets while cycling.

From the school team to your family team, we wish you a wonderful spring season; enjoy your time together, go outside and play with your children!

Mr. Thomson
Principal

Staff Changes

The school would like to thank Mrs. Kirkness for her dedication to the learning needs of students throughout her years at J. A. Cuddy School. We congratulate her on her new position as the Divisional Support Teacher next year. We are excited that she can now help even more students with her skills and knowledge in her new role.

A Big Thank You to the J.A. Cuddy Community!

"I wanted to take a moment and say thank you to the students, parents, and community members of Sanford and the surrounding areas. You have all been supportive to enable me to provide educational support to the students and staff of JA Cuddy School. I have truly enjoyed working at JA Cuddy School, and being a part of the community!"

- Mrs. S. Kirkness



We also want to thank Ms. Laroque for stepping into the grade 6 classroom this year; we know that she has a bright future ahead of her as a teacher. We hope that her future will bring her back to J. A. Cuddy School in the near future

Dee Mitchell has joined our team as an Educational Assistant - Dee has almost 20 years of experience as an Educational Assistant in the Winnipeg School Division, bringing with her numerous certificates and professional development workshops attended.



J.A. CUDDY CALENDAR OF EVENTS

May 4 - Grade 8's - Agri Ecosystems in Fort Whyte

May 4 - Grade 7's Middle Years Technology Fair in Rosenort

May 8- Grade 5's - Oak Hammock Marsh

May 11- Grade 6-8 Softball Tournament in Starbuck

May 12 - Community Clean up

May 22 - Victoria Day (no classes)

May 31 - Grade 6's - Fort Whyte Alive



Staffing Announcement



We are happy to share the following staffing announcements for next school year!

Lori Pasosky - Resource Teacher - Lori has over 20 years of experience teaching in the Winnipeg School Division. The last seven years have seen her as a Resource Teacher, English as an Additional Language Teacher, and an inclusive Education Resource Teacher.

Erin Westra - Teacher - Erin is a recent graduate of the University of Winnipeg with practicum teaching in the Winnipeg School Division and the Seine River School Division and brings an additional seven years of experience working as an Educational Assistant.

Student council news



The student council has raised a whopping total of \$726.00 dollars in canteen sales. We are currently looking at ways to spend it on our excellent students here at JAC. Popular ideas are a bouncy castle obstacle course, donations to charity, and a carnival day! Another thing we're looking into is a lemonade stand fundraiser. We are looking forward to spending the money raised in a way that pleases everybody. If you have any other ideas, you can bring them to any members of the student council, or contact Mrs. Thiessen or Mrs. Campbell.


-Naomi and Cali

MENU


The current \$1.00 items are as follows:

Fruit Cups
Goldfish crackers
Granola Bars
Oat Bites
Cheese Strings
Frozen Yogurt Tubes
Bear Paws


SPORTS REPORT



Floor hockey intramurals have wrapped up - the winning team included Alex, Claire, Liza, Ashley, Dustin, and Liam. Way to go!



Congratulations to our badminton players who qualified for divisionals: Hunter B. and Claire (mixed doubles), Liza and Payton (2nd place girls doubles), Kysen and Hunter W. (3rd place boys doubles), Cali (3rd place girls singles), and Artem (3rd place boys singles).





MRS. NOBLE'S GUIDANCE CORNER



The Genders and Sexualities Club is in full swing at J. A. Cuddy. This is a club that began last year and was spearheaded by students in our school. The club's purpose is to provide a safe space where middle years students can build a community that supports and includes all people, regardless of their identity. Students determine what events and activities will take place in the club, and aim to share knowledge and promote acceptance of others. Parents are encouraged to talk to their children at home about the club if they want more information. As a teacher involved in the GSA, my hope is that when our children leave our homes and enter the ever changing world they will be the kind of people who feel safe and accepted, and who help others to feel safe and accepted as well.

If you are looking for further information about GSAs, please visit Government of Manitoba Website:

https://www.edu.gov.mb.ca/k12/safe_schools/mygsa/index.html

If you would like more guidance on how to speak to your child visit: <https://serc.mb.ca/>

NUTRITION BITS AND BITES

Fueling for Sport Activities



Do kids need a Sports Drink?

Little athletes need to drink plenty of fluids before, during and after exercise to help with performance and concentration:

- Sports Drinks can help restore electrolytes and energy after exercising in the hot summer heat or participating in activities that are longer than 90 minutes
- Children in recreational activities and sports **do not** need the extra sugar from a sports drink
- Water or a homemade sports drink will provide the hydration needed during or after exercise

Homemade Sports Drink

1 cup of water

¼ cup of any flavored juice

Pinch of salt

Food for Fuel

Good nutrition for little athletes helps:

- ✓ Prevent injuries
- ✓ Improve performance
- ✓ Improves strength and endurance
- ✓ Feel more energetic and less tired

• Before Activities

○ 3-4 Hours Prior

- ✓ Eat a full meal including whole grains, protein and vegetables to prevent upset stomach and have extended energy for the activity

○ 1-2 Hours Prior

- ✓ Have a small snack to allow for digestion and provide quick energy to perform your best

• During Activities

- If activities are longer than 60 minutes it is recommended to have an easy to digest, small snack

- Small piece of fruit, apple sauce, a couple energy bites (recipe on next page)

• After Activities

- Have a snack with carbohydrates and protein 30 minutes after activity to help restore energy and repair muscles
- Try a smoothie, nuts or nut butter and fruit, yogurt and granola, crackers and canned tuna

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

No Bake Energy Bites

Easy grab and go energy source to take on the run

Ingredients:

- ½ cup quick or rolled oats
- ½ cup rice krispies
- ¼ cup ground flax
- 2 tbsp hemp hearts
- 2 tbsp slivered almonds
- 2 tbsp dried cranberries or raisins
- sprinkle ground cinnamon (optional)
- ½ cup peanut butter (nut butter)
- 2 tbsp maple syrup or honey
- 1 tsp vanilla



Instructions:

- In a medium mixing bowl combine: quick or rolled oats, rice krispies, ground flax, hemp hearts, slivered almonds, dried cranberries/raisins, sprinkle cinnamon (optional)
- Add in softened nut butter (room temperature works fine), maple syrup or honey, and one tsp of vanilla (or more if you like vanilla). Mix until well combined (using your hands works best)
- Form into balls (using an ice cream scoop usually makes consistent size balls). Makes 10-12 balls. Refrigerate or freeze in an airtight container.

Kids can help by:

- ✓ Mixing ingredients together
- ✓ Rolling into balls
- ✓ Older kids can measure ingredients

Want more tips for sport nutrition? Scan the QR code for more info.



**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health-Santé Sud

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