



J.A. Cuddy News

June 2023

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Absent today?
Please contact us
before 8:45 am.
204-736-2282 or
jacuddy@rrvsa.ca

It is hard to believe that another school year is almost at an end. The warm weather is finally here, and our students have been enjoying the sun. We have been planning hard for the upcoming school year.

Our classrooms and staffing for the 2023-2024 school year.

Staffing for 2023-2024

Principal: Scott Thomson

Guidance: Brandi Noble

Resource: Lori Pasosky

Learning Support Teacher: Shauna Hewitt

Physical Education: Daniel Schinkel

Music/Guitar/Band: Nenad Zdjelar

Kindergarten: Brandi Noble

Grade 1/2: Rachel Thiessen

Grade 1/2: Tricia Thompson

Grade 2/3: Barbara Henderson Cox

Grade 3/4: Brenna Mahussier

Grade 3/4: John Bergmann

Grade 5: Diane Evenson

Grade 6: Jody Campbell

Grade 7: Candy Oglivie

Grade 8: Erin Westra

Custodian: Zoe Bridges

Evening Cleaner: Kieran Poshenrider

Administrative Assistant: Alison Mackenzie

Librarian: Heather Wiebe

Educational Assistants: TBD

I look forward to celebrating our students' successes and achievements at the end of the school year. We're in the "home stretch" now, and I look forward to all the fun and excitement of the last month of school before summer!

Scott Thomson

Principal

J. A. Cuddy School



School Supplies:



Kindergarten families have a **\$30.00** fee for student school supplies, payable through School Cash Online. This payment can be made in September.

Grades 1-4 families have a school supply fee of **\$60.00**, payable through School Cash Online. Please pay the fee by June 21st so that teachers will be able to purchase community supplies over the summer.

Grades 5-8 supply lists have been posted on the school webpage. Parents are responsible for purchasing the school supply list over the summer.

*K-8 families have a fee of **\$10.00**, payable through School Cash Online. This fee will subsidize field trips or special activities/projects.*

Band instrument rentals:

Band instrument rental fees will be paid by the school division. A **\$30.00** fee to offset the cost will be paid by parents of grade 6 to 8 students. The fee is payable through School Cash Online. Please pay the fee by June 28th.

J.A. CUDDY CALENDAR OF EVENTS

June 1 - Grade 5-8 Track and Field Day & Hot dog lunch

June 5 - Grade 7 Field Trip to Glenlea Research Station

June 8 - Kindergarten - Assiniboine Zoo

June 9 - Grade 3 & 4 - Living Prairie Museum

June 12 - Grade 5 Trip to Glenlea Research Station

- Welcome to Kindergarten Evening 6:00-7:00

June 14 - Grade 6-8 RRVAA Divisional Track and Field

June 15 - Grade 5-8 Band Concert (2:10 PM & 7:00 PM)

June 16 - Grade 7 - Fort Whyte Alive

June 20 - K-4 Mini Track and Field

- Grade 5 - Manitoba Museum

June 23 - Grade 1 & 2 - Assiniboine Park Zoo

- Grade 8 Field Trip Day

June 26 - Tabloid Day K-8 & PAC BBQ Lunch

June 28 - Grade 8 Farewell

June 29 - Last day of classes

- K - Gr.7 Celebrations

June 30 - Administration Day





STUDENT COUNCIL NEWS

Student council has been working hard in the canteen. We have decided to spend our student council profit on an inflatable obstacle course rental that will be featured as a tabloid day station. It will be rented from a non-profit organization that donates all of their proceeds toward good causes.

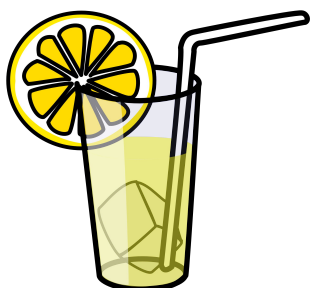
MENU

The current \$1.00 items are as follows:

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



We have hosted a lemonade and iced tea sale to raise money for Ronald McDonald House and raised \$140! We hope to have more of these, so stay tuned for more information!



SPORTS REPORT

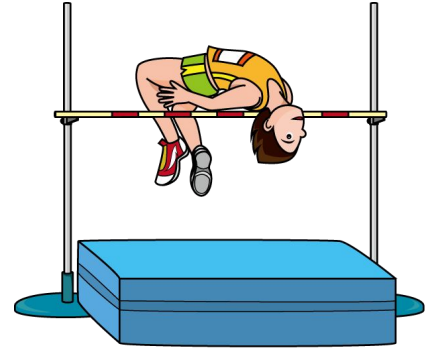
A **BIG** shout out to our J. A. Cuddy students who have broken **25** new J. A. Cuddy records this year! We would like to congratulate these students (# records they broke):

Gr. 5 - Owen (2), Kinley (1)

Gr. 6 - Riley (1), Keagan (1), Connor (2), Mykenna (2)

Gr. 7 - Alex (2), Cali (6), Jessica (1)

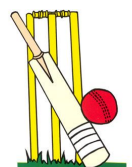
Gr. 8 - Eli (2), Aiden (1), Ava (3), Liza (1)

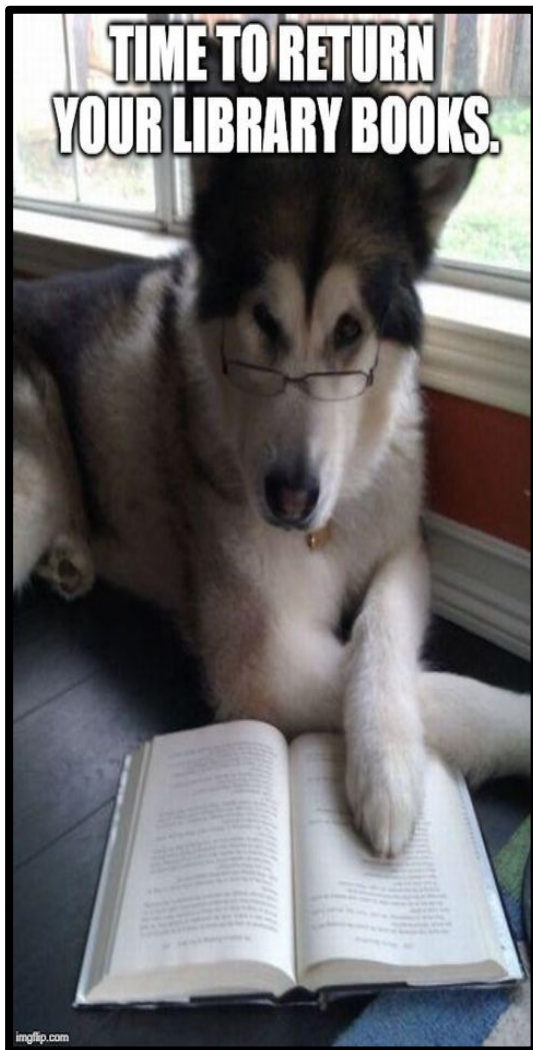


CRICKET

Cricket club finished with a Jamboree on Saturday, May 27 with students participating from JAC, Oak Bluff and Starbuck. Students played their best and demonstrated improvement from the beginning of the season playing the game with enthusiasm and passion. A very special thanks goes out to Mr. Karran Bayney who volunteered his time with all three schools. He shared his love for the sport and celebrated student success taking joy in the fun they were having. We would regularly have 15-20 students attend our after school club which ran for 5 weeks.

Well done cricketers!





All library books are due back by
June 12.

After this day, please check your child's backpack, or lunch kit for notices that they still have a book out.

Please keep an eye on JA Cuddy
instagram page all summer long
for fun ideas on how to keep your
kiddos reading all summer long!

@jacuddy_library

- A big thank you to
- Firefighter
- Bjornson and
- Langlois who
- were kind enough
- to deliver the rest
- of the books from
- our book swap to
- the Children's
- Hospital Used
- Book Market.

AGRI-ECOSYSTEMS DAY

On May 4th, 2023, our grade 8 class went on a field trip to FortWhyte Alive to learn all about agriculture. There were six different stations with many hands-on activities. We started our day at the important pollinators station. At this station, we got to learn about different types of bees and how they are important to agriculture. There were microscopes that we got to use to look at all the details of bees. Our job was to identify which of the bugs were bees and which ones were flies.

After we were done at that station we headed to the next station, which was the introduction to composting. We learned what foods/materials were the best to compost and if they were green or brown compost. There was a hands-on section where we got to test the pH level of soils which was very fun.

We then went to a station where we learned what plants need to eat and how it helps them grow. After that station, it was time for lunch, we got to go for a walk exploring FortWhyte. While we were coming back from our walk, we ran into a goose that did not like us and almost attacked us, so we decided to go the long way around, where we met Manitoba cricket player Mr. B who also teaches us cricket.

We then went to the amazing rain and snow show. We learned how different types of land can affect how water and snow react on them, and how deep the water went into the fields. We also learned that land with more or less clay can be affected differently. Our classmate, Carson even got to help out with the presentation.

After that, we headed to the next station. At this station, we got to test 4 different soils for different tests. We got to This station was super fun because we all got our own soil which had multiple steps we had to complete.

For the next and final station, we got to go watch some bison. We saw the only male bison and a bunch of female bison. We had to leave early though because we were running out of time.

The people there were all very nice and were very educational. We all had lots of fun and we learned a lot.

By: Hunter and Liza



Optics Workshop with WISE Kidnetic

By Keira, Artem, and Eli

On May 23, 2023, the Grade 8 class had the opportunity to dissect sheep eyes and use small robots called Ozobots here in our classroom. While dissecting the eye, we got to see lots of the parts like the lens, optic nerve, vitreous humor, retina, and cornea.

The first step to dissecting the eye was cutting the fat off around the eye to make the shape more of a sphere. Once that step was done, we cut around the cornea so we could see the lens, retina, and vitreous humor inside.

After cleaning up our classroom, we got to make a path by coloring on paper to control what the Ozobot does through coding. Certain colors and patterns that the robot drove over made it do different things like spinning, going faster, or going in zigzags. This was a fun and educational experience for the Grade 8 class.



NUTRITION BITS AND BITES

Summer Food Safety



The Temperature 'Danger Zone'

Have you ever heard of this term? Harmful bacteria grow best in what is called the temperature danger zone, which is 4°C to 60°C. It is important to keep foods chilled below 4°C before cooking, and after cooking keep the hot food above 60°C. Do not let food sit in the danger zone for more than one hour on hot summer days.

Keep your family safe during the hot summer months

If your family enjoys beach days, camping, picnics, and going to the cabin, these tips may help you reduce your risk of food poisoning!

- People are at higher food poisoning risk during summer because the warm, moist conditions are favourable for bacterial growth.
- Foods high in protein, low in acid, and/or high in moisture content can spoil easily. Examples include meat, seafood, and dairy products.
- Most opened sauces, dips, and spreads need to be stored in a cooler (refer to product packaging).
- Keeping perishable foods in coolers filled with ice helps the food stay out of the danger zone. Freezing foods like raw meat can help keep the cooler at a safe temperature.
- Putting raw meats at the bottom of the cooler in sealed containers will help prevent the transfer of harmful bacteria onto other foods in your cooler.
- Keep coolers in the shade and limit the amount of time the cooler is open.
- It is important to wash your hands with soap and warm water before and after handling food. If you do not have access to soap and water while you are out and about with your family, be sure to bring hand sanitizer along that has an alcohol content of at least 60%.

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.

Campfire Mexican Street Corn

This fun and flavourful dish is a great side dish to any campfire meal!



Ingredients:

- 3 tablespoons vegetable oil
- 6 ears of corn, kernels removed
- ¼ cup of mayonnaise
- ½ cup fresh cilantro, finely chopped
- ½ cup scallion greens, finely sliced
- ¾ cup feta cheese, crumbled
- 2 fresh limes, juiced
- 1 clove garlic, minced
- Chili powder and/or hot chili flakes, to taste
- Salt to taste

Directions:

- Heat oil in a cast iron pan over the fire until shimmering. Add corn kernels, season to taste with salt, toss once or twice, and cook without moving until charred on one side, about 2 minutes. Toss corn, stir, and repeat until charred on second side, about 2 minutes longer. Continue tossing and charring until well charred all over. Transfer to a large bowl.
- Add mayonnaise, feta, scallions, cilantro, garlic, lime juice, and chili powder and toss to combine. Taste and adjust seasoning with salt and more chili powder to taste. Serve immediately.

Tips on getting the kids involved:

- Get your kids to help you prep the ingredients by allowing them to crumble the feta cheese, squeeze the limes, and portion out the mayonnaise.
- Let your kids retrieve foods from the cooler and teach them about keeping it closed to maintain a food safe temperature.
- Allow the kids to stir the corn together with the other ingredients.



**** 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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