



Ochre Park School

MARCH 2021



Pink Shirt Day



Pink Shirt Day is about working together to celebrate diversity and promote positive social relationships. It is about creating a community where all people feel safe, valued and respected, regardless of age, gender, ability, or cultural background.

I want to take this opportunity to thank everyone who participated in Pink Shirt Day. It was great to see so many students and staff take a stand for kindness! As always, if you have any questions, please call me at the school (780-942-2901). Enjoy Spring Break,

Nut Allergies

Please be aware that Ochre Park School has students with severe **NUT ALLERGIES**. We ask everyone's cooperation to minimize the risks that these children face on a daily basis. Please **TRY NOT** to include any items containing nuts or nut by-products in snacks or lunches sent to school. Thank You for your attention to this very important matter!

Don'ts

Don't share food with a food allergic friend.

Don't share straws, drinks or utensils.

Don't tease someone with food allergies.



SCREENING ASSESSMENTS FOR PRE-KINDERGARTEN FOR THE 2021/2022 SCHOOL YEAR

PRE-KINDERGARTEN PROGRAMS 2021-2022

Thinking your child may benefit from a Pre-Kindergarten program? Screening begins March 1, 2021. We are doing both remote and in-person screens.

Children born 2017 with mild/moderate or severe needs, or those who are cognitively advanced/gifted are eligible.

Children born 2018 with a severe need (PUF) are eligible.

Play Partners may be considered.



Sturgeon
Public Schools

CALL STURGEON PUBLIC SCHOOLS AT
780.939.4341 ext 1257
TO BOOK A SCREENING ASSESSMENT

Children must be screened and qualify for this program under
Alberta Education guidelines



www.sturgeon.ab.ca

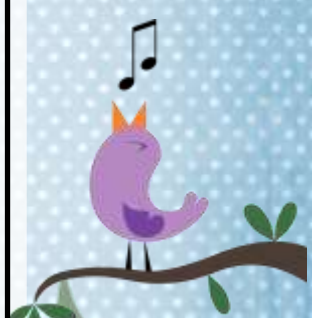
Parent Teacher Interviews - we are looking forward to meeting with you ***virtually or by phone call during our parent teacher interviews*** on March 23 and 24 from 4-7 pm. If you have not yet signed into the Power School Parent Portal to check on your child's progress, please contact the office for assistance at 780 942-2901 **Sorry no one can come into the school for interviews.**

Teaching independence to students is a daily focus within our classrooms. Allowing your child to take the lead, showing them the ropes, letting them pitch in, and resisting the urge to jump in and help them are all things that parents can do to promote independence in their child.

The Importance of Being Independent

As children we have to rely on others. We need them to provide food, shelter, safety, and the right environment for us to grow and achieve our potential. Some of us receive more support than others. Some of us thrive better than others.

But as we get older, we have to learn to make the best decisions and choices that suit us and the way we want to progress in the world. Making the wrong choices, either to please others, or because we feel that we ought, benefits no one long-term. Becoming an independent, functioning human being is the most worthwhile outcome we can hope for ourselves.



Nutrition Month

MARCH 2021

Grocery shop Sunday

Check out these links, tips, ideas and activities to get you eating well for nutrition month and beyond!

7 [Plan your meals](#) for the week and make your grocery list based on your plan.

14 Shop the [healthy aisle](#). Try reading one food label at the store this week.

21 Beans, peas, lentils and chickpeas are a budget-friendly pantry staple! Try this hearty [Three Bean Salad](#) recipe.

28 Want more tips on how to save money on food? Check out this [page](#) for more information.

Mindful Monday

1 Good nutrition isn't just about what you eat, it's also about HOW you eat! Watch this [video](#) to learn about mindful eating!

8 [Spice up family meals](#) by adding one new herb or spice today! Notice how this changes the taste of your food.

15 Is stress or boredom driving your eating? Listen to your [body cues](#) to help you decide when and how much to eat.

22 It's time to unplug! Make mealtimes a screen-free zone to avoid distractions while eating.

29 Family meals are a great way to enjoy quality time together. Try these [conversation cards](#) to encourage discussion.

Timesaving Tuesday

2 Struggling to fit breakfast in before going to school or work? Try these [quick and easy breakfast ideas](#).

9 Want to eat healthy but short on time? Making healthy meals can be quick and easy with this [guide](#).

16 Learn how to cook in batches and more, in this [video](#) about tips for saving time in the kitchen!

23 Need a quick and easy lunch idea for work or school? Give these tasty [freezer meals](#) a try!

30 Get the whole family involved in making these quick, crispy, and fun [frozen pizzas](#).

No-waste Wednesday

3 Leftovers can be used in many different ways! Try these [tips](#) to make the most out of your leftovers.

10 Reduce food waste by keeping the odds and ends of vegetables to make your own [vegetable soup](#).

17 Do you have leftover tomato sauce? Use it up in this [delicious chicken vegetable pasta recipe](#).

24 Freezers can reduce waste and save time and money! Revisit your freezer's potential with these [tips](#).

31 A best before date and an expiry date are not the same. [Click the links](#) to prevent food waste at home!

Thirst-quenching Thursday

4 Tally up how much fluid you are drinking including water, milk, & more! [Click the links](#) on how to stay hydrated.

11 Add strawberries and cucumbers to your water for flavour! [Find recipe](#) to make water your drink of choice!

18 Sports drinks have a lot more sugar than most people need during exercise. [Find tips](#) on your favourite drinks.

25 What about energy drinks? From sugars to caffeine and herbs, here's the [lowdown](#) on energy drinks!

Access online calendar at: <http://bit.ly/nutritionmonth2021>

Flexible Friday

5 Restaurant meals can be lower in vegetables, fruit, and whole grains. Making [healthy choices](#) while eating out.

12 Eating out during your workday? Make the shift to [healthy eating at work](#).

19 Choose a menu item that fills half your plate with vegetables and fruits.

26 Trying new restaurants can be fun and exciting. Here are [tips](#) for choosing healthier menu items.

Healthy snack Saturday

6 Try making this creamy dreamy [hummus](#) for a snack. It's high in protein and fibre!

13 Children need healthy meals and snacks to grow well. Try these [healthy snack ideas](#).

20 On the go this weekend? Try one of these dietitian-approved [snack ideas](#).

27 Creativity in the kitchen is great for kids! Try making this fresh and fun [vegetable mountain](#).

Alberta Health Services



Developed by Calgary Zone Public Health Dietitians



Sturgeon Public Schools

Dare to reimagine learning

ACCEPTING REGISTRATIONS FOR THE 2021-2022 SCHOOL YEAR

If you have not registered for 2021-22 yet, please log on to your Parent Portal and complete. Thank you

ACHIEVING
CONNECTED
VIBRANT
CREATIVE
CARING
WELCOMING



March 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Cheerios, hard boiled egg, fruit	2 Veggie tray, hummus, crackers	3 Muffins and Melon	4 Yogurt , granola, berries	5 K1 Hot dogs, carrot sticks	6
7	8 No PreK Rice Krispies, HB egg, fruit	9 Bagels with cream cheese, fruit	10 Smoothies & cereal bar	11 Turkey pepperoni, cheese, crackers, and fruit	12 K2 Taco Salad	13
14`	15 Cheerios, HB egg, fruit	16 Yogurt, granola, berries	17 St Patricks Day  Devilled Eggs & pickles	18 Veggies, Hummus, crackers	19 K2 Turkey Sandwich	20
21	22 Rice Krispies, HB egg, fruit	23 PT Interviews 4-7 Virtual Smoothies & cereal bar	24 PT Interviews 4-7 Virtual Waffles, turkey sausage, berries	25 PD Day No School	26 Day in Lieu of PT Interviews No School	27
28	29	30	31			
						
						

2% Milk available every day