

# General Stewart Weekly Update

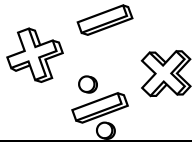
March 7, 2025



## Week at a Glance:

### Math Night!

We had a great turn out at Math Night on Wednesday evening. The Winston Churchill High School Math Club put on a great night for our students and their families.



Golden Broom Award went to the Grade Three class! Great work Mrs. Huckabay's class!



LOST &  
FOUND

Our lost and found has a new home! It is now located in the grade 4/5 wing leading to Mrs. Beglaw's office. Check it out for lots of winter wear!

Registration information has been sent out. Please see the emails from Ms. G regarding how to register your student(s) for next year.

**Registration Info**

Grade 1-5 Registrations will begin March 3, 2025 through...

[gs.lethsd.ab.ca](http://gs.lethsd.ab.ca)

**Student Led Conferences are coming quick!**

**Please find the link on the school website for a great opportunity for your student to share their learning journey with you!**

**These time slots will have other students and their families in the room as well. If you require a 1:1 meeting with your classroom teacher, please reach out to them directly.**

## Donations!

Did you know that you can donate to our school? We have a link on our school website where you can donate through the School Division and receive a tax receipt for all donations over \$20.




These donations would help to support various school initiatives including: resources for our Learning Commons, self-regulation and sensory supports, special school events, and many more things!

**Alberta Education Survey information has been sent home for grades 4 and 5 parents. Please complete this short survey as is a key source of feedback for the school, Lethbridge School Division and the Province of Alberta**

March is Nutrition Month!

See the attached information in the main email as well as this calendar to support healthy eating

## Nutrition Month Calendar for Children- March 2025

Slow Down Sunday	Make it Monday	Tips Tuesday	Wacky Wednesday	Trivia Time Thursday	Fun Friday	Supportive Saturday
<p>Visit: <a href="http://bit.ly/NM2025CalendarChildren">bit.ly/NM2025CalendarChildren</a> or scan here</p> 		<p>Celebrate Nutrition Month with a calendar full of nutrition tips, tricks, and take-homes.</p> <p>Click on the underlined links to learn more!</p>		 <p>Created by Registered Dietitians, Essential partners in health</p>		<p>1 Questions about nutrition? Phone 811 to speak to a registered dietitian for FREE.</p> 
<p>2 Try vegetable and fruit yoga! Mimic the shapes of fruits or veggies. For example, stretch tall like celery.</p>	<p>3 Blend up some fun! Smoothies are a fun and tasty way to pack in your vegetables and fruits.</p>	<p>4 Aim to fill half your plate with vegetables and fruits at each meal and include at least 1 with each snack.</p>	<p>5 Click <a href="#">here</a> for creative ideas to offer vegetables and fruits!</p>	<p>6 Eating plenty of colourful vegetables and fruits gives your body different vitamins and minerals that help you stay healthy!</p>	<p>7 Did you know that bananas are actually berries, but strawberries aren't?</p>	<p>8 To learn more about vegetables and fruits, check out <a href="#">Canada's Food Guide</a> website!</p>
<p>9 Plan to use <a href="#">recipes</a> that use up leftovers.</p>	<p>10 Plant your own vegetable garden with <a href="#">these tips!</a></p>	<p>11 Canned foods are budget-friendly and nutritious! Click <a href="#">here</a> for 8 staple canned goods.</p>	<p>12 Use coupon or discount food apps to compare prices before shopping.</p>	<p>13 Did you know that frozen vegetables and fruits are often less expensive and just as nutritious as fresh ones?</p>	<p>14 Try out imperfect produce when grocery shopping. They are often cheaper, but just as tasty!</p>	<p>15 Wondering how you can eat healthy on a budget? Read <a href="#">here</a> for tips.</p>
<p>16 Follow a father and child as they plant seeds and watch them grow in <a href="#">Growing Vegetable Soup</a>.</p>	<p>17 Start and decorate a compost bin for your vegetable and fruit scraps!</p>	<p>18 Use overripe bananas for muffin recipes or freeze them for smoothies.</p>	<p>19 Vegetable scraps can be stored in the freezer until you have enough to make a soup broth.</p>	<p>20 Fun Fact: Beet before date and expiry date aren't the same thing! <a href="#">Learn more before you spend more!</a></p>	<p>21 Did you know you can regrow celery? Just cut the stalks, place the base in water, and plant it once roots grow!</p>	<p>22 Wondering how to reduce your food waste? Look no further than <a href="#">this handout</a>.</p>
<p>23 Have a vegetable dipping station! Check out these <a href="#">colouring pages!</a></p>	<p>24 <a href="#">Get your kids involved in prep!</a> Try cutting vegetables and fruits into fun shapes.</p>	<p>25 Need some child friendly recipes? See the following resources: <a href="#">AHS</a> and <a href="#">Have A Plant</a>.</p>	<p>26 Fruit detectives! Teach kids how to identify vegetables and fruits by their colour, smell and taste with their eyes closed.</p>	<p>27 Don't forget about Avocados! Avocados are fruits too.</p>	<p>28 Check out the 'Toolkit for Educators: <a href="#">Explore Fruits and Veggies!</a>' for fun ideas and resources!</p>	<p>29 Adults offer different foods; children decide whether to eat them. Learn more about feeding roles <a href="#">here!</a></p>
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2025-2026 Kindergarten Registration will remain open. We will be running an AM Kindergarten program. Please contact the office if you require more information.



### Lethbridge Police Service Pedestrian Safety

We were excited to see the LPS at our school this week supporting our families with pedestrian safety. Here are some key things to remember:

To help pedestrians cross safer, it's crucial that we encourage a greater level of awareness and responsibility. Pedestrians should be reminded to:

1. Always use designated crosswalks when available and wait for a clear signal, if applicable.
2. Make eye contact with drivers before crossing, ensuring they are seen and acknowledged.
3. Avoid distractions such as mobile phones or headphones when crossing the street.
4. Look both ways even when at a crosswalk, as some drivers may not stop or may be unaware of the pedestrian right-of-way.

## Important Dates:

March 7- Report Cards go home

March 10- School Council Meeting 6:30pm

March 12- No School for Kindergarten-  
Celebration of Learning

March 13-No School for Kindergarten

School AM only for Grades 1-5

1:00-7:00pm Celebration of Learning

March 14-No school for students. Professional  
Learning Day for staff

March 17-No school for students. Professional  
Learning Day for staff.

March 18- Panago Pizza Fundraiser

March 21- Enrichment Day!



### **GRADE 4 AND 5 CODING CLUB WITH MRS. CHRISTINE**

Wednesdays at Lunch Recess. Grade 5 Room





For questions and clarifications, you may reach out to your classroom teacher or

Mrs. Croil at [ainsley.croil@lethsd.ab.ca](mailto:ainsley.croil@lethsd.ab.ca)