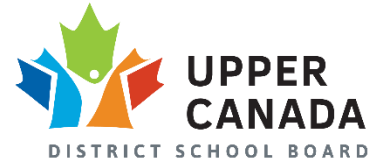




Arklan CPS News



Message from the Principal

We would like to welcome Mr. Rhys Solymar to Arklan. Mr. Solymar is teaching Grade 4 in the morning and Grade 3 in the afternoon. We would also like to welcome Mrs. Renee Villeneuve, Education Assistant to Arklan.

Pizza Day will be returning to Arklan, with a tentative start date of March 27th. To make this happen, we are looking for volunteers to sort and deliver pizza to classrooms. We are looking for volunteers to support Primary Lunch (arrive at 11:25am to sort and deliver pizzas to classrooms at 11:55am) and volunteers to support Junior Lunch (arrive at 11:45am to sort and deliver pizzas at 12:15pm). Please keep an eye out for a Volunteer Survey sent via My Family Room if you are available or complete the [Pizza Volunteer Survey](#)

What's Happening at Arklan

The week of March 6-10, student council will be hosting a Spirit Week with various activities for students to complete.

Mon. March 6: Career Day (dress as what you want to be when you grow up. Activity: colour picture of self for "The Future of Arklan")

Tues. March 7: Tourist Day (dress as tourist, scavenger hunt around school, different themes for each division)

Wed March 8: Wildcat Wednesday (school spirit)

Thurs. March 9: Dynamic Duo (dress as any pair (e.g., salt and pepper, or team up with someone)

Fri. March 10: Cinema Day (dress as book/movie/game character...no props or masks please)



Triple P Parenting Cafés

We would like to gather interest in providing a Parent Info Night with Triple P Parenting on one of the following topics. The sessions are 60 minutes in duration and would take place at Arklan Community Public School.

Fears and Anxiety:

Fear and anxiety are common for children (and those older) to experience. Discuss coping tools to teach your child to cope with and reduce their fear and anxiety.

Balancing Screen Time Use:

Raising children in a digital age brings both benefits and challenges for children and parents. Discuss parenting tips to help your family establish healthy screen time habits and routines, help your children stay safe online, and deal with any conflict that comes up.



Top Ten Tips for Parents:

Positive parenting helps parents and caregivers feel more confident and less stressed about raising children. Discuss positive and practical strategies to help your family life run smoother.

Possible dates for the Parent Night are as followed: April 18/19/20 or May 16/17/18, beginning at 6:30pm. **Please take a moment to complete the [SURVEY](#) to express your interest in date/topic for the Café.** Please complete the survey by March 31. More information to follow once dates/topics have been finalized.

Survey link can also be found here: <https://forms.office.com/r/d5zD3U9SQW>

E-Bits for Parents from the Health Unit

March is Nutrition Month! Look at our "What's for Lunch?" resource for lunch ideas that meet Canada's food guide.

What's For Lunch?

Tips for packing a healthy school lunch!

Make it Balanced

- Include one fruit and one vegetable.
- Pack at least 1 food from each of the 3 food categories every day - vegetables and fruit, protein foods, and whole grain foods!



The foods children eat during the school day give them the energy and nutrients they need to learn and play at school!



Make it Kid-able

- Children are more likely to eat meals and snacks they helped make – let them help prepare and pack their lunch.
- Use easy to open containers, and remove peels and packaging. Pack bite-sized and finger foods.
- Pack portions of foods matched to your child's appetite. Large portions can be overwhelming.
- Involve children in lunch packing. Visit www.unlockfood.ca for ideas.



Be Temperature Safe

Keep Cold Foods Cold

- Use an insulated lunch bag – paper and plastic bags do not keep foods cold.
- Pack an ice pack or a frozen water bottle.
- Keep lunches in the fridge until your kids are leaving for school.



Keep Hot Foods Hot

- Use a thermos. Heat the thermos before using it by filling it with hot water. Leave it for 3-5 minutes, and then empty it before adding steaming hot food.



Be Food Safe

- Wash hands, utensils and surfaces with hot, soapy water before and while preparing food.
- Wash all fruit and vegetables thoroughly.
- Do not re-use perishable foods (sandwiches, hot foods, milk products) or plastic wrappings and foil.
- Wash reusable containers and water bottles daily with soap and hot water.



ALLERGY ALERT!

Check with your school to find out which foods aren't allowed. Be sure to read the ingredients list.

HEALTHY DRINKS



March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 Career Day 	7 Tourist Day  <p>Grade 6 CPHS Info session for students with Arklan Alumni and CPHS Staff</p> <p>Parent Council Meeting 6:30pm</p>	8 Wildcat Spirit Day 	9 Dynamic Duo 	10 Cinema Day 
			Online ordering for Pizza Day. Please refer to email sent via My Family Room	
13 	14	15	16	17
	 <p>Online ordering for Pizza Day. Please refer to email sent via My Family Room</p>			
20	21	22	23	24
27 Pizza Day 	28	29	30 CPHS Open House for Grade 6 Students 	31 Student Elective Afternoon Expected Behaviour Draw