

Parent Council Update

May 2014

Website: www.mpsc.info

E-mail: manorparkschoolcouncil@yahoo.ca



SCHOOL COUNCIL NEWS

Join us for our next School Council meeting. The meeting takes place **Wednesday June 11th, 2014, at 7 pm** in the school library.

All welcome. Hope to see you there!

Interested in receiving updates from School Council? Send your email address to manorparkschoolcouncil@yahoo.ca. Don't forget to check out the School Council website: www.mpsc.info.

Speaker Series

Thank you to all the parents who came out to participate in our Speaker Series programs as well as to the team of volunteers who researched and coordinated these events. Based on feedback from our parent survey, we hosted two evening sessions this year. The first was related to our children safely navigating the internet. The second pertained to child and youth mental health issues and resources in our community. Council was able to offer these sessions as part of a Parents Reaching Out grant offered by the Ministry of Education.



MAY FAIR 2014

COME AND CELEBRATE MAY FAIR ON SATURDAY, MAY 24 - 9:30 a.m. to 2:00 p.m. - RAIN OR SHINE!

Only a few days to go to May Fair! This fun-filled family event will take place on Saturday, May 24th, on the grounds of the Manor Park School.

The day will be filled with many fun activities, including the traditional cake walk, bean bag toss to win surprise jars, silent auction, inflatable rides, and much, much more.

This year's entertainment line-up includes music, the Rideau High School Band, and the Manor Park School Dance Troupe. Full Cycle will be out to provide light service for kids' bikes and helmets. The Magic Photo Truck will be a brand new attraction (be ready to be surprised!). Food and drinks will be available for purchase.

We encourage everyone's participation and continue to look for volunteers who would like to help out. If you are interested, please contact the organizers. We continue to seek cakes for the cake walk (required the day before or the morning of May Fair to be placed in the School staff room) and drinks (soft drinks, bottled water, juice boxes). One of the best things about May Fair is the Surprise Jar competition. This is a big tradition at the School and the collection of surprise jars has been going well!

Don't miss this fun day. We hope to see you on May 24th- rain or shine!
Contact information: Jutta, Wesley or Gael at (613) 745-6270 or manorparkschoolcouncil@yahoo.ca

Fundraising Coordinators – 2014-2015

We are very pleased to announce that almost all of our coordinators are in place for our fundraising activities next year. These parents are:

- Pizza – Wendy Colthart and Mary Ruth Endicot
- Bookfair – Sue Noble
- Dance-A-Thon – Sue Noble
- Plant Sale – Emily Beedell



Thank you so very much to all of you for making this commitment to help our school next year!

We do not have anyone to Coordinate May Fair next year. Although we are hopeful that someone will step up to coordinate this event, we are very open to looking at different ways to raise funds for our community. Any ideas you have to share are always welcome!



NUTRITION BREAK ART AND SCIENCE PROGRAMS

The third and final Nutrition Break session of the school year is wrapping up. Thank you to all the participants! We hope you had a great time. Please watch for more Nutrition Break programming in the fall with great new cooking, yoga, chess, art, science and origami classes. Until then, you can try at home this wonderful child-approved recipe from the cooking program.

Banana Strawberry Muffins with a Secret Ingredient

Ingredients:

- 2 ripe bananas, peeled and cut into small chunks or mashed
- 1 zucchini, unpeeled and grated
- ¼ cup strawberries - diced
- 2 eggs
- 2/3 cup sugar
- 2/3 cup olive oil
- 2 teaspoons vanilla extract
- 1 teaspoon cinnamon
- 1 ½ cups whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon salt

Directions:

1. Preheat oven to 400°F.
2. Combine the whole wheat flour with the baking powder and salt and set aside.
3. In bowl of electric mixer, beat eggs and sugar on medium-high for about 3 minutes. Add the oil, vanilla and cinnamon and beat for 30 seconds.
4. Add the banana and zucchini to the bowl and mix until incorporated.
5. Add in the flour mixture and stir until combined.
6. Lastly, add the strawberries and mix only until incorporated.

Pour into greased or paper-lined muffin cups and bake for about 15-20 minutes or until golden.

FREE SPORTS PROGRAMMING FOR STUDENTS IN GRADES 3-6 DURING MORNING NUTRITION BREAK!

Children in Grades 3-6 are welcome to come out for sports during their



morning nutrition break – for free!

Since 2003, the Home and School Association has offered the opportunity for all interested students in Grades 3-6 to play team sports, regardless of sports ability or financial means. We gratefully acknowledge the support of the administration and teachers of Manor Park Public School, and the partnership with the Manor Park Community Council. Students at MPPS can voluntarily sign up for sports such as soccer, handball, badminton, basketball, and volleyball. New this semester we added cricket and rugby and re-introduced girls only sports and had great turn outs!!

What parents should know:

The program is not operated or supervised by the staff of Manor Park Public School or the Ottawa-Carleton District School Board.

- Any child in Grades 3-6 can participate – for FREE!
- All sports are played on school property
- Equipment provided. Running shoes required
- Instruction and supervision is provided by the Manor Park Community Council
- This program is paid for by the Manor Park Home and School Association



PIZZA THURSDAY

Pizza Thursdays are always a favorite with children!

We are now in our last pizza session of the year which began May 1st and will end June 26th. Thank you to all the students/parents who participated in Pizza Thursdays. With your support we were able to raise money that will help to provide resources and activities for all the students at Manor Park School.