



St. Jean Jaguar Newsletter

April 5, 2021

Principal: Maureen Cassivi
Vice-Principal: Mark Kelly
Administrative Assistant: Dale MacInnis
Guidance Counselor: Louise Doucette

School Web Page: <https://stjeanelementary.wordpress.com/>

April is here, and hopefully we will soon say goodbye to winter weather for another year! The temperature continues to fluctuate day to day, so please make sure your children wear the proper clothing so they stay warm and dry over the next few transition weeks. I would like to take this opportunity to celebrate our volunteers during this COVID time; a big thanks to our numerous community partners and volunteers who provide so much to enrich the lives of our students. We appreciate everything you do!

Important Dates...

April
2nd – Good Friday, (No Classes)
5th – Easter Monday (No Classes)
7-8th – Bus Evacuation Drill
16th – School Goals Day K-9, (No Classes)

May
7th – Area Association Day, no classes
24th – Victoria Day (No Classes)



HOT LUNCH PROGRAMS:

Province of PEI
Healthy School Food Program

<https://www.peischoolfood.ca/>

St. Jean Elementary

<https://stjeanelementary.hotlunches.net>

Positive Questions to Ask about Your Child's Day:

Try asking your child some of the following questions to get a conversation started about their school day:

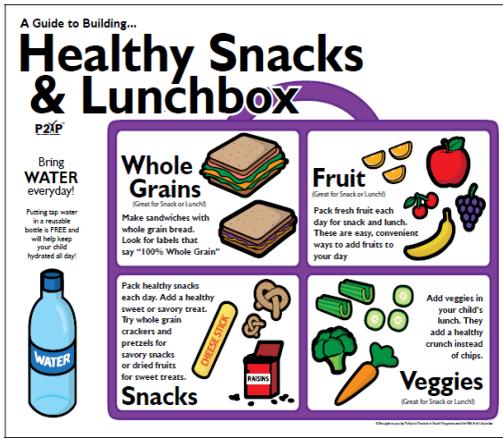
- * What was the best thing that happened at school today?
 - * Tell me something that made you laugh today.
 - * How did you help somebody today?
 - * How did somebody help you today?
 - * Tell me one thing that you learned today.
 - * When were you the happiest today?
 - * Tell me something funny that happened today.
- * What do you think you should do/learn more of at school?
 - * Where do you play the most at recess?
 - * What was your favorite part of lunch?
- * If you got to be the teacher tomorrow, what would you do?
- * Tell me about three different times you used your pencil today at school.



Physical Education News

Badminton season is in full swing for the older grades. Zone competitions will take place later in the month. Dates are still being finalized. Students from Grades 5 and 6 can compete in singles or doubles categories. Mr. Ralph and I are still hoping to have an After School Badminton Club. More information will be sent home if we are able to have it take place.

K-3 students are learning basic racquet skills and will be playing parachute games during the second half of April. Enjoy spring and I encourage you to get out and be active with your child!



St. Jean Home & School News

St Jean Home & School is starting a cookbook project as part of our fund raising efforts and as a celebration of our diversity. We want to create a cookbook full of your favorite family recipes. Feel free to submit the recipe in your first language. Email your favorite family recipe to:

stjeanhomeschool@gmail.com

Please include

- The Student's name
- Recipe name
- Recipe category in subject line

St Jean is practicing the FOCUS Sequence where we spend 10-20 seconds with a movement like running on the spot, then a hold a position, like the tree pose, for 10-20 seconds. We then focus on our breathing for 5 breaths and end with a pause for 10-20 seconds. This sequence is done twice and allows the mind and body to refocus and concentrate better.

PEI Home and School Federation Home and School News, April 2021

1. 68th Annual Meeting:

Mark your calendar! You are invited to attend the Annual Meeting, virtually on Zoom, Monday, May 10, 2021, 6:30 p.m. Home and School Associations are encouraged to appoint up to five voting delegates to represent their school with all parents, educators/school staff and students welcome to attend. Registration information will be circulated to presidents and posted online soon.

2. Board of Directors Nominations:

The P.E.I. Home and School Federation is the umbrella organization of Home and Schools across P.E.I., and is overseen by a volunteer board elected by delegates from member Home and Schools. Every year at the annual meeting elections are held for vacant positions on the board, and members are encouraged to nominate candidates who, in your opinion, have the necessary qualifications to do the work of the provincial Federation. Access the nomination form [here](#).

3. Community News:

- **EDUCATION SAVINGS FOR CHILDREN** offered by the federal government = Families are encouraged to sign up for Canada Learning Bond (CLB). News release: [Government of Canada invests in making post-secondary education more affordable to all](#). The CLB consists of up to \$2,000 that the Government of Canada deposits directly into Register Education Savings Plans (RESP) for children from low-income families, born on or after January 1, 2004, to help pay for their post-secondary education. This includes \$500 for the first year of eligibility and \$100 for each subsequent year of eligibility, until the calendar year they reach the age of 15. Visit: canada.ca/education-savings
- **POWERSCHOOL** = Island students, parents and teachers will have a more accessible and up-to-date way to keep track of student information later this year. [P.E.I. schools moving away from StudentsAchieve, older data systems this fall](#)
- **PROTECT CANADIAN KIDS: Nicotine levels in e-cigarettes must be reduced to protect Canadian kids.** Kids who try vaping products are at high risk of becoming addicted users. By the time kids finish high school, 1/3 are vaping. Health Canada is proposing to limit the amount of nicotine that can be sold in vaping liquids to 20 mg/ml. This is the level that the European Union adopted several years ago. The vaping rates among young people in the European Union are far lower than those in Canada. In Canada, some e-cigarettes have nicotine levels of 59 or 57 mg/ml, placing Canadian kids at risk and contributing to very high levels of youth vaping in Canada. You can help protect Canadian kids by letting Health Canada know that you support this important regulation. For more information: info@ProtectCanadianKids.ca

Celebrating SJ Diversity!



Ramadan



Ramadan is a very special holiday that is celebrated by Muslims all over the world! Ramadan is the 9th month on the Islamic calendar, during this month people who celebrate will fast from dawn to sunset, as well as pray, reflect, and give back to their community. Ramadan falls on a different date every year, this year it begins on April 12th and ends on May 12th. Ramadan has been a large celebration for many years, dating back to 610 A.D. when the prophet Muhammad began receiving revelations from God that were collected to create the holy book of Quran. There is a large 3 day celebration every year called Eid al-Fitr, this marks the end of Ramadan and is celebrated by a large feast lasting for days, new clothing is worn and gifts are handed out to each other. A special food that is eaten after Ramadan is Baklava!

Ingredients

16 oz. phyllo dough thawed by package instructions
1 1/4 cups unsalted butter 10 oz. or 2 1/2 sticks, melted
1 lb. walnuts, finely chopped (about 4 cups)
1 tsp ground cinnamon
1 cup granulated sugar
2 Tbsp. lemon juice (juice of 1/2 lemon)
3/4 cup water
1/2 cup honey
Melted chocolate chips & chopped walnuts for garnish (optional)



Instructions (Prep)

1. Thaw phyllo dough by package instructions (this is best done overnight in the fridge, then place it on the counter for 1 hr. before starting your recipe to bring it to room temp).
2. Trim phyllo dough to fit your baking dish. My phyllo package had 2 rolls with a total of 40 sheets that measured 9x14 so I had to trim them slightly. You can trim one stack at a time then cover with a damp towel to keep from drying out.
3. Butter the bottom and sides of a 13x9 non-stick baking pan. Start with your honey sauce (which needs time to cool as baklava bakes).
4. In a medium saucepan, combine 1 cup sugar, 1/2 cup honey, 2 Tbsp. lemon juice, and 3/4 cup water. Bring to a boil over med/high heat, stirring until sugar is dissolved, then reduce heat to med/low and boil additional 4 min without stirring.
5. Remove from heat and let syrup cool while preparing baklava.

How to make Baklava: Preheat Oven to 325°F.

1. Pulse walnuts 10 times in a food processor until coarsely ground/ finely chopped. In a medium bowl, stir together: 4 cups finely chopped walnuts and 1 tsp cinnamon.
2. Place 10 phyllo sheets into baking pan one at a time, brushing each sheet with butter once it's in the pan before adding the next (i.e. place phyllo sheet into pan, brush the top with butter, place next phyllo sheet in pan, butter the top, etc. etc.). Keep remaining phyllo covered with a damp towel at all times. Spread about 1/5 of nut mixture (about 3/4 cup) over phyllo dough. Add 5 buttered sheets of phyllo, then another layer of nuts. Repeat x 4. Finish off with 10 layers of buttered phyllo sheets. Brush the very top with butter.
3. Cut pastry into 1 1/2" wide strips, then cut diagonally to form diamond shapes. Bake at 325°F for 1 hour and 15 min or until tops are golden brown.
4. Remove from oven and immediately spoon cooled syrup evenly over the hot baklava (you'll hear it sizzle). This will ensure that it stays crisp rather than soggy. Let baklava cool completely, uncovered and at room temp.
5. For best results, let baklava sit 4-6 hours or overnight at room temperature for the syrup to penetrate and soften the layers. Garnish baklava with finely chopped nuts or drizzle with melted chocolate. Store at room temp, covered with a tea towel for 1 to 2 weeks.

