



## St. Jean Elementary School Newsletter March 2021

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

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

The mission of St. Jean Elementary School is to create a positive, safe and caring environment, where quality instruction promotes life-long learning. In partnership with parents and community, staff will establish a climate where all students can work to the best of their ability to achieve academic and social success.

### **Parent-Teacher Conferences are this month – March 4<sup>th</sup> and 5<sup>th</sup>! We look forward to the chance to talk with you about your child’s progress. Here are a few tips to help you make the most of your conference time:**

- **Get ready.** Jot down notes about that you want to share or ask about.
  - Any questions about the school’s programs or policies.
  - Things you can share with the teacher about your child and his/her life at home.
  - Questions about your child’s progress.
- **Ask questions.** Don’t be afraid to ask the teacher directly if there is a concern or something is unclear.
  - What are my child’s strengths and weaknesses?
  - How does my child get along with classmates?
  - Is my child working up to his/her ability? Where could he/she use improvement?
  - What can we do at home to support what you are doing in the classroom?



#### **March**

4<sup>th</sup>-5<sup>th</sup> – Parent-Teacher Interviews  
25<sup>th</sup> – H&S Meeting 6:00 p.m.  
12<sup>th</sup> – PA Bingo  
14<sup>th</sup> – Daylight Savings  
15<sup>th</sup>-19<sup>th</sup> – March Break  
25<sup>th</sup> – H&S Meeting 6:00 p.m.  
31<sup>st</sup> – Recipes Due

#### **April**

2<sup>nd</sup>-5<sup>th</sup> – Easter Weekend, no classes  
16<sup>th</sup> – School Goals Day K-9, no classes

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](mailto:stjeanhomeschool@gmail.com)

Please include

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

Deadline for submissions is March 31, 2021

The staff at St. Jean would like to thank all of our H&S executive for the time and effort they spent preparing delicious food throughout our teacher appreciation week. The show of appreciation was tremendous and we feel privileged to have such a strong and supportive parent community.

Thank you for helping to celebrate, so beautifully, our teachers continued dedication and love for your children!

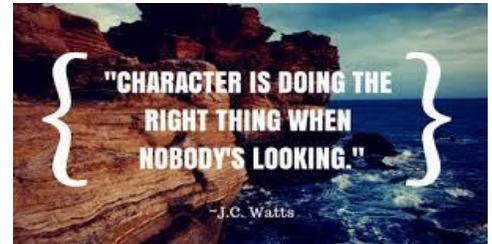
“True teachers are those who use themselves as bridges over which they invite their students to cross; then, having facilitated their crossing, joyfully collapse, encouraging them to create their own.”



**AFTER SCHOOL PICK UP/BUSSING** - If you need to make a change to after school pick up or bussing, please contact the school **no later than 1:00 p.m.**, so that we can guarantee that the information gets to you child's teacher.



**Imaginative** is our Character Trait for the month of March. At SJ we show this trait by being creative. Being creative allows us to be independent in our thinking, open-minded and a risk taker.



### **KINDERGARTEN REGISTRATION FOR SEPTEMBER 2021 ~**

**REMINDER!!:** If you know someone in our school zone who has a child who will be 5 years old by December 31, 2021, please let them know that it is kindergarten registration time. We are in the process of looking at staffing for the upcoming school year, and to make sure we are adequately staffed for next year, we need to have our new kindergarten students registered. Please ask parents to drop by St. Jean Elementary School to fill out the registration form (child's PEI Health Card and Birth Certificate, as well as, proof of home address e.g. utility bill, etc.).

**PHYSICAL EDUCATION** - It is hard to believe that it is already March. Badminton season is upon us for the Grades 4-6 students. Mr. Ralph and Mr. Bromley will be running a badminton club for five Thursdays starting March 11th and ending April 15th. Check the school monthly calendar for dates and times. If there is inclement weather on a Thursday, then the club will be cancelled for that date. K-3 students will be learning some racquet skills also and then playing parachute games at the end of March and early April. Have a great March Break! Stay active, have fun and get outdoors!



### **Attention Parents/Guardians:**

The Dental Public Health Preventative Clinic will be at St Jean school starting March 22/2021.



**Purpose of Dental Clinic:** Screen children to assess risk of oral disease; provide oral health education, topical fluoride, scaling/polishing and sealants, according to your child's individual needs.

**Screening:** All children will be seen for a two-minute screening to determine their risk of oral disease. If you do not wish your child to have this dental screening, please notify the school secretary or classroom teacher.

**Consent:** After the screening, all children will be given a consent form which will be necessary for you to complete and return before services are provided.

**Fees:** There is no cost involved as the preventative services are covered by the Children's Dental Care Program.

**COVID-19 Considerations:** While receiving dental treatment it is not possible to maintain a distance of 2 meters (6 feet). In addition, there may be an elevated risk of contracting Covid-19 while in the dental setting. Please note that we will be using enhanced infection control protocols.

**Further Information:** Please note that only preventative services will be provided and the screening is not a substitute for an annual dental examination. It is strongly recommended that parents take their children to a dentist for regular examinations and treatment. The Children's Dental Care Program assists with the cost of basic dental care delivered in private and public dental offices for children from ages 3 -17. For more information, please visit <http://www.healthpei.ca/dentalhealth>.

## **St. Jean Celebrates Diversity: Diwali**

Diwali is India's biggest most important holiday of the year. Christina, a leadership student, met with Matalli, a 6th grade student to talk about some important aspects of Diwali. Diwali is a multi-day celebration that begins between mid-October to mid-November. In 2021 it will begin on November 4th! Diwali is the day that Lord Ram returned to his home after 14 year of exile, his defeat of the demon king allowed him to return home. The villagers lit candles to lead him back. Today's celebrations still showcase lit candles, and these are used to symbolize light defeating darkness and positivity overcoming negativity. Traditions today include candles, wearing and gifting new clothes and eating sweets. A popular sweet that is had during Diwali is Ladoo!

## Ladoo Recipe:

### **Ingredients:** for sugar syrup

1 cup sugar

½ cup water

a generous pinch of saffron powder or crushed saffron (kesar)

for making boondi

1 cup besan (gram flour)

a generous pinch of saffron powder or crushed saffron (kesar)

¾ cup water

2 to 3 black cardamoms - seeds removed and the skins discarded

½ tablespoon magaz (melon seeds)

oil for deep frying

a bit of oil or ghee for applying on the palms while shaping the ladoos

### **Instructions:**

Preparing sugar syrup:

1. Dissolve sugar, saffron threads and water in a pan and keep it on the stove top.
2. Cook the sugar solution till it reaches one thread consistency and then switch off the flame. Keep the sugar solution aside.)

### **Making boondi for motichoor ladoo**

3. Make a smooth flowing batter of the gram flour/besan, crushed saffron and water. The batter should neither be thick nor thin. It should be a flowing batter without any lumps. The amount of water to be added depends on the quality of the the gram flour. So you can add more or less than what is mentioned in the recipe.
4. Heat oil for deep frying in a kadai or pan. The oil has to be moderately hot. Take a perforated ladle/spoon. With your hands position the ladle above the oil. You will need one more large ladle/jhara to remove the fried boondis.
5. Take a large spoon of the besan batter and pour it on perforated ladle/spoon. Press with the other spoon so that the batter falls down from the perforations into the hot oil.
6. Fry the boondi (gram flour balls) till they become golden. Don't over fry or make them crisp. When the oil stops sizzling, remove the boondis. About 45 seconds to 1 minute is enough to get the correct texture in the boondi. This step is important because if boondi becomes crisp then motichoor ladoos won't be soft and they won't be able to absorb the sugar syrup.



### **Making motichoor ladoo**

1. For collecting the fried boondi use a large slotted spoon/jhara. Drain the oil very well after removing the boondi and then add them directly to the sugar syrup. Also note that the sugar syrup should be hot.
2. If the sugar syrup is not hot, then just heat it. In case, the sugar syrup crystallizes, then reheat again. No need to bother about the tailed boondis as we will be pulsing them in the blender later.
3. Make all the boondis like this and keep on adding them immediately to the sugar syrup. Stir and mix well. The boondis should get softened in the sugar syrup.
4. In a blender or mixer add the boondi and the sugar syrup. Add 1 tbsp of hot water and pulse the boondi mixture for a few times to get a smaller shape.
5. Don't pulse too much otherwise you won't be able to shape the motichoor ladoos. The amount of water to be added depends on the texture of the boondis. If the boondis are a bit crisp, then add 1 or 2 tbsp more of the hot water. The boondis absorb the hot water and remain soft and moist.
6. Add the magaz/melon seeds and black cardamom seeds. Mix well.
7. Apply some oil or ghee on your palms and shape the motichoor ladoos. The mixture would be warm when preparing the ladoos. On cooling they become firm.
8. You can garnish the motichoor ladoos with melon seeds/magaz or raisins. These motichoor ladoos can also be refrigerated since they are not made from ghee. If you fry them in ghee then the ghee will solidify on refrigeration.

**Clocks go forward on March 14<sup>th</sup>**

