

PANTHER NEWSLETTER

DECEMBER
2024

Principal's Message

Hello, bonjour, ki7su7k kyukyit Panther families,

December has arrived and we are so grateful for all the generous and creative projects and activities that are afoot in all classrooms and corners of our school at this time of year!

Firstly, we hope to see many of you at our first ever Christmas Caroling Fundraiser next Wednesday, December 11th from 7-7:45 pm! I know staff and families are looking forward to gather and sing-along to support good holiday cheer and good causes in our community :)

As you will know from your children, there are many other fun lessons and learning continuing throughout these last 3 weeks of Term 1 so please remember to join in as volunteers on one of the many field trips and community visits aimed to spread smiles and positive panther spirit – from food drives, Christmas card and wreath send outs, to caroling visits to our nearby seniors' homes.

We are always appreciative of your support and want to wish you all the best during the final weeks of 2024 as well as a happy and healthy holiday into the new year.

Thank you, merci beaucoup and sukik7ukni everyone!

Janet Kuijt & Amy Leeden
EIDES Admin Team

MyEd Portal

When The MyEd Portal is accessed through a mobile device the only way to view Learning Updates is by switching to 'Full Site' view, then Published reports can be viewed.

The path:

- Hamburger button (top left)
- View Full Site
- Then you can see Learning Update under published reports.

Upcoming Events

- Grade 6 Volleyball Tournament in Elkford – Dec. 6th
- Old-Fashioned Christmas Caroling Fundraiser: Dec. 11th
- FSS Band Concert: Dec. 12th
- Winter Break: Dec. 23 – Jan. 5

Contact Info

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Phone: 250.423.4651

Attention Parents/Guardians at drop off and pick up



It's that time of the year! Just a reminder that before driving, please always take a moment to remove snow and ice from your car's roof, windows, mirrors, and lights. This prevents snow from blowing off and obstructing other drivers' view as well as your own, improves visibility, and helps to keep children, staff, and pedestrians safe.



Stay safe on the road!
Constable Green, Elk Valley RCMP

PAC Meeting

Tuesday, December 3rd

The meeting promises excitement, wonder
and even cookies!

AGENDA:

1. Adopt the agenda
2. Adopt minutes of November meeting
3. Actions from previous meeting
4. Principal's report- Janet Kuijt T
5. Treasurer report/budget- Sheri Earl
6. Trustee report- Nicole Heckendorf
7. DPAC report- Halina
8. French immersion liaison- Camille Neal
9. Other business
 - a. Fundraising (Plants, Book sale, etc.)
 - b. Popcorn for movie days- Janet
 - c. List of 1-3 items we want Emily to put in newsletter
10. Adjourn



- Library - in person only
- No virtual options
- Free babysitting in the kindergarten room during the meeting

Next Meeting: Tuesday, January 7th, 2025 @ 7pm



Toonies for Trees

Toonies for trees! Last chance to contribute -
another fundraising initiative for the spring when
the trees and shrubs start to bloom again!



Old-Fashioned Christmas Caroling



We are excited to invite you and your children to a special, old-fashioned Christmas Caroling Fundraiser event at École Isabella Dicken Elementary School! This festive occasion is not a performance – it's a community celebration where your family will be part of the fun, spreading holiday cheer through song!

Date: Wednesday, December 11, 2024

Time: 7:00pm – 7:45pm

Location: École Isabella Dicken School Gymnasium

How it works:

- Families will join in a joyful caroling session, singing classical holiday songs together!
- Parent attendance is required – Parents/caregivers must attend and supervise their own children, as this is a fun sing-along evening where your presence and involvement is key!
- Tickets are \$2.00 with all proceeds supporting both the Women's Resource Centre and Twin Meadows Animal Rescue.

Bring your holiday spirit and come share the magic of the season with our school community. We can't wait to sing carols, make memories, and raise funds for a good cause together!





Fernie Secondary School students and teachers are beginning to get excited for the holiday, which means exciting events for the band program: our concert, ***A Little Winter Night Music***.

All the band classes, Grades 6–9 and Jazz Band, will perform in a concert at 7 pm on the evening of December 12th, 2024, in Traynor Hall at Fernie Secondary School.

The actual performance will start at 7:00pm and end by 8:00pm. Participation in a performance is an important part of any music education and is a course requirement. Students are proud of what they've been working on over the year, they get to share their skills with their parents, they get to experience the thrill of performing for a live audience, they develop the skills of professionalism with an audience, as well as being depended on by their peers in their band.

Where: Traynor Hall, Fernie Secondary School
When: 7:00pm, Dec 12th
Who: Grade 6 – 12 instrumental music students
Cost: \$5 cash ticket at the door

We look forward to sharing everything we've been working on!

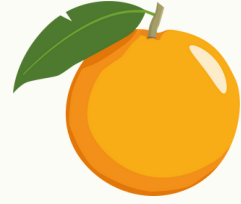
Sincerely,
Ms. B. Bassett



Snacks for School



Health



CHEESY BROCCOLI TOAST



Ingredients:

- 1 cup of fresh or frozen broccoli
- 2 slices of whole grain bread or rice cake
- 1/4 tsp red pepper flakes
- 1/2 tsp garlic powder
- 1/4 cup shredded cheese

Directions:

1. Preheat oven to 400°F (200°C)
2. Place fresh or frozen broccoli in microwave-safe bowl, cover with a plate and microwave until soft
3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134. 135. 136. 137. 138. 139. 140. 141. 142. 143. 144. 145. 146. 147. 148. 149. 150. 151. 152. 153. 154. 155. 156. 157. 158. 159. 160. 161. 162. 163. 164. 165. 166. 167. 168. 169. 170. 171. 172. 173. 174. 175. 176. 177. 178. 179. 180. 181. 182. 183. 184. 185. 186. 187. 188. 189. 190. 191. 192. 193. 194. 195. 196. 197. 198. 199. 200. 201. 202. 203. 204. 205. 206. 207. 208. 209. 210. 211. 212. 213. 214. 215. 216. 217. 218. 219. 220. 221. 222. 223. 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Recipes to get you Started!



YOGURT PARFAITS

Ingredients:

- 1 cup greek yogurt
- 1/2 cup fresh or frozen berries
- 1/2 cup granola

Optional toppings:

- 1 tsp maple syrup or honey
- 1-2 tsp nuts and/or seeds of your choice
- 1 tbsp nut butter of your choice

Directions:

1. In a medium glass, place half of the yogurt in
2. Layer the granola and berries and add the rest of the yogurt to the top
3. Top with your choice of toppings and enjoy!

BLACK BEAN & CORN SALAD

Salad Ingredients:

- 1 can black beans, rinsed and drained
- 1 can corn, rinsed and drained
- 2 tomatoes, finely chopped
- 1 bell pepper, diced
- 3/4 cup cooked chicken, diced
- 1/4 cup cilantro (optional)

Dressing Ingredients:

- 1 tbsp lime juice
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- 1/2 tsp garlic powder
- salt and pepper to taste

Directions:

1. In a large bowl, combine black beans, corn, tomatoes, bell pepper, chicken, & cilantro
2. In a small bowl, whisk dressing ingredients
3. Drizzle dressing over salad & toss



<https://food-guide.canada.ca/en/recipes/black-bean-corn-salad/>

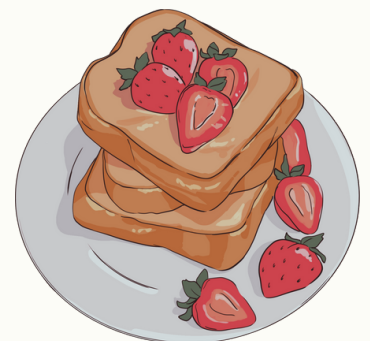
EGG WRAP

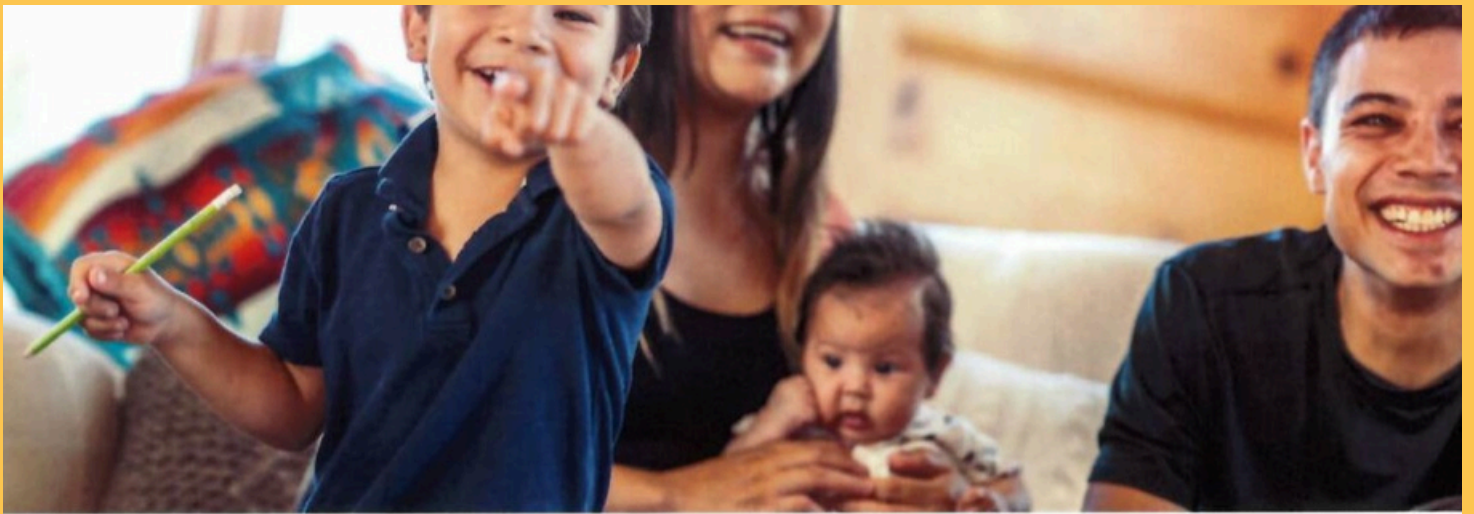
Ingredients:

- 1 egg or 2 egg whites
- 30mL (2tbsp) diced bell pepper
- 30mL (2tbsp) grated zucchini or carrot
- pinch of ground black pepper
- 1 small tortilla
- 15mL (1tbsp) grated cheese

Directions:

1. In a small bowl, beat egg with a fork
 2. Add bell pepper, zucchini or carrot, and black pepper into egg
 3. Spray a small pan with cooking spray and place on medium heat
 4. Pour egg mixture into pan, swirl to coat evenly
 5. Cook for about 2 minutes or until edges are light golden
 6. Using a spatula, lift around edges, flip egg over, and cook for another 30 seconds or until set and light golden
 7. Slide egg onto tortilla and sprinkle with cheese
 8. Roll up tortilla and enjoy!
- <https://food-guide.canada.ca/en/recipes/good-morning-egg-roll/>





Join our Circle of Caregivers

BECOME A FOSTER CAREGIVER

Children and youth in B.C. need caring people like you who:

- Have capacity to provide care for sibling groups
- Are passionate about caring for youth
- Are interested in supporting children and youth who identify as LGBTQ2S+
- Identify as Indigenous
- Are skilled in caring for individuals with complex support needs
- Are able to provide weekend respite care for children and youth

Remuneration and other supports are provided to all caregivers.



To learn more, scan or visit
gov.bc.ca/fostercaregiving





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Lodge

FYSA AGM

Wednesday, December 4th 2024

The Fernie Pub 7:30PM – 8:30 PM

www.ferniesoccer.com

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*Door Prize: must be present to win



Advice from a SNOWFLAKE™

Keep your cool
Appreciate small wonders
Let your plans crystallize
Take time to chill
Sparkle!
Celebrate your uniqueness
It's OK to be a little flaky!

