

December 2 - 6



[Order Hot Lunch](#)

[Order School Apparel](#)

<https://stangela.ecsd.net/>



St. Angela School Week at a Glance



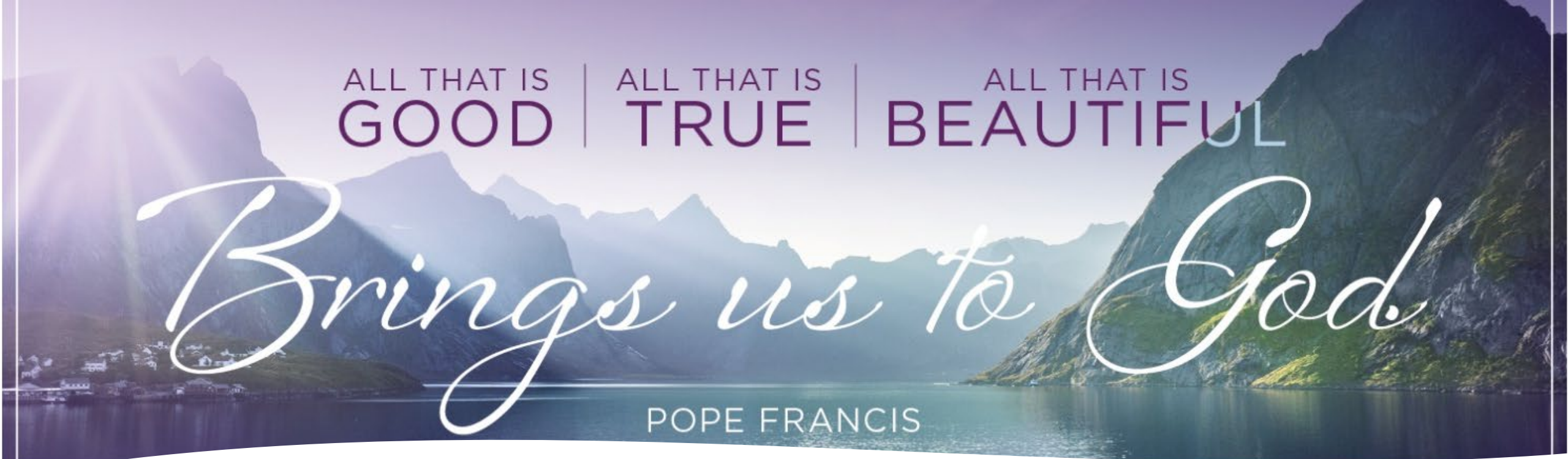
@stangelaschoolecsd



@stangelaelementaryschool



@8013stangela



ALL THAT IS
GOOD | ALL THAT IS
TRUE | ALL THAT IS
BEAUTIFUL

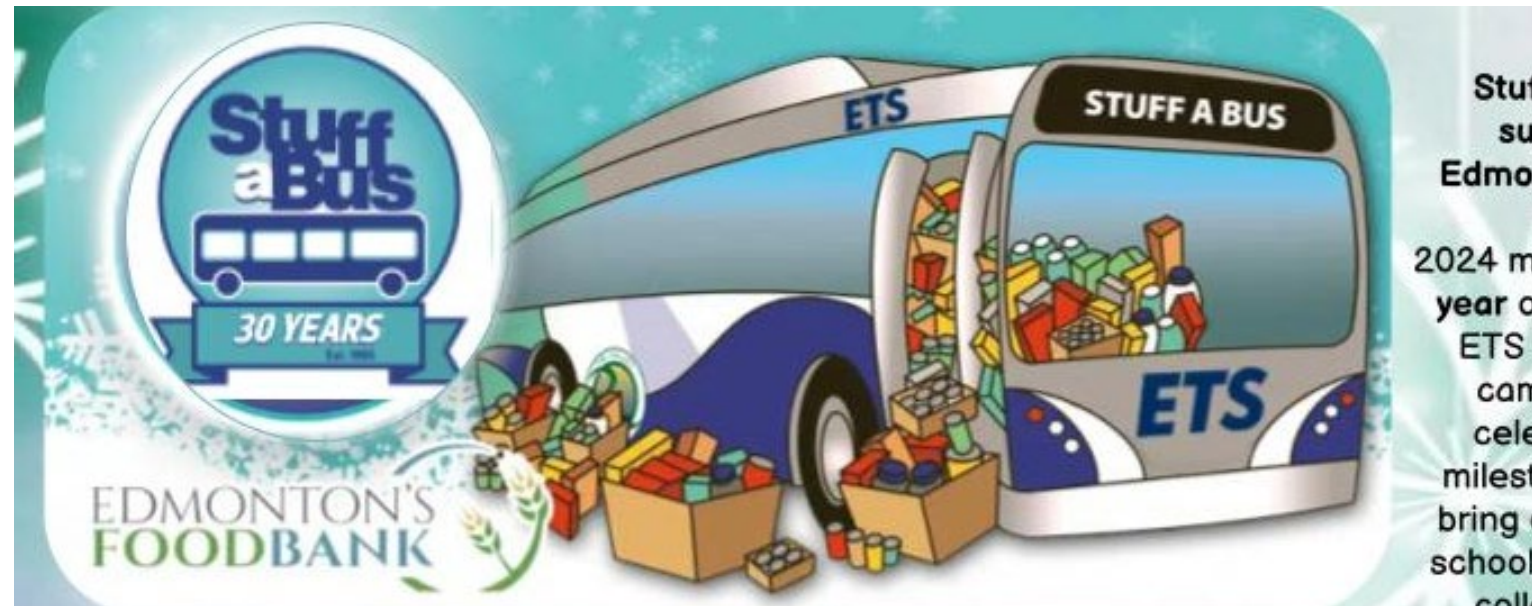
Brings us to God

POPE FRANCIS

Chief Superintendent Message

As December begins, Chief Superintendent Lynnette Anderson reflects on the themes of goodness, truth, and beauty in this month's Chief Superintendent's Message. From celebrating the Feast Day with Christ the King Catholic Elementary/Junior High School to preparing for the hope-filled Advent season, there's so much happening in our ECSD community. Don't miss updates on Division-wide surveys and how your feedback helps shape the future of our schools. [Read the full message](#) and join us in this season of gratitude and joy!

Extended
until
Monday,
December 2



The graphic features a blue and white bus with 'ETS' and 'STUFF A BUS' written on it. The bus is overflowing with various food items like cans, boxes, and jars. To the left of the bus is a circular logo with 'Stuff a Bus' and '30 YEARS' text. Below the bus, the 'EDMONTON'S FOODBANK' logo is visible. The background is light blue with white snowflake patterns.

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wants to involve **St. Angela School** Families and ECSD Schools,
s to help stuff its buses with donations to help celebrate the 30th
paign. Please bring donations to school by **November 25th**.

The Food Bank's list of most needed items are

Baby formula	Canned fruits and vegetables
Canned/dry beans	Past and pasta sauce
Canned soups, meat and fish	Hot and cold cereals
Small jars of peanut butter	School snacks

Lunch with Admin Team

Students in grades 4-6 are invited to bring their lunch and meet with the Admin Team to provide us with some feedback about the school. This is optional, but as 'active citizens' of our school, everyone is encouraged to participate. You may wish to discuss this with your child at home to help them prepare for our conversation.

Grade 5 – Wednesday, December 4

Grade 6 – Monday, December 9

Grade 4 – Monday, December 16

Questions:

- What are some things that are great about our school?
- Do you have someone you can talk to at school (student or adult)?
- What suggestions do you have for the teachers and administration to make our school even better?

Gift Card Fundraiser

Our School Council will be collecting orders for gift cards. Orders are due by Friday, December 6 and we will have them ready for you to pick up at the school office by December 18. With each gift card sold, our school receives a percentage. These profits help our School Council to sponsor items for our students.

[Gift Card Order Form \(Christmas 2024\).pdf](#)



ST ANGELA SCHOOL COUNCIL CHRISTMAS GIFT CARD FUNDRAISER 2024

A great way to combine Christmas
shopping and gift giving
and support the students and community at
St. Angela School.



**Orders can be made through email or returning
the form to the school with cash.
Please ensure to include your child's name, grade,
and
a contact number.**

Cards distributed approximately December 18th



Inquiries and e-transfers to:
stangelaselementaryparentcouncil@gmail.com

Family Christmas STEM Night

DECEMBER

11

FROM 6:00 –
7:30 PM

At St. Angela Catholic School
13430 132a St NW, Edmonton, AB T5L 1S3



Need Language Support?

ECSD offers translation in multiple languages like Tagalog, Arabic, and more. Reach out to our school for details on how we can access translation services to support important interactions such as parent-teacher meetings, registration processes, understanding school policies, and helping families engage in their child's learning journey!

NEED LANGUAGE SUPPORT?

Our Intercultural Staff can help with translation



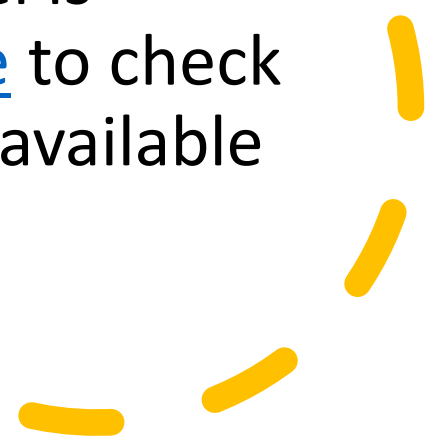
Contact your school for assistance





St. Angela School Apparel

Did you know that school apparel is available all year long? Click [here](#) to check out the variety of items that are available just in time for Christmas!



Reading Stars – November Winners

- KA – Tadala
- KB – Audrey
- 1A – Greyson
- 1B – Kal
- 2A – Luca
- 2B – Christian
- 3A – Prince
- 3/4 - Viktoria
- 4A – Mikal
- 4/5 – Sara
- 5A – Cambrie

Our pizza lunch will be on Wednesday, December 11! Keep reading, everyone!



A decorative image on the left side of the slide. It features two ornate, dark-colored lanterns with intricate cut-out patterns. The lanterns have colorful glass panels in shades of orange, red, and green. In the foreground, there is a small plate of dates. The background is a warm, orange-toned wall.

Upcoming Dates in December

- 6 – Hot Lunch
- 6 – Christmas Sweater Day
- 9 – Grade 6 Lunch with Admin Team
- 9-13 – Hour of Code Week
- 10 - Grade 4 Lunch with Admin Team
- 11 - Reading Stars Winners Pizza Lunch
- 11 –Family Christmas STEM Night – 6:00 – 7:30 pm
- 13 – Advent Mass - St. Joseph Basilica – 9:45 am
- 16 – North Pole Day
- 16 – Grade 5 Lunch with the Admin Team
- 17 - STEM Assembly and wear GREEN Day
- 19 – Full Day of School
- 19 – Popcorn and Pajamas
- 20 – Early Dismissal at 11:40 am

May 29 – Spring Concert

Nutrition Newsletter

November 29th 2024



Nutrition Made Easy

There are a lot of myths about what foods are “good” or “bad” for you. But nutrition doesn’t have to be complicated. A balanced diet of fruits and vegetables, protein foods, and grains is healthy and easy to follow. It’s important to remember that there is no magical cure for being healthy.

Healthy eating is more than the foods we eat. Canada’s Food Guide 2019 explains how food involves eating with others, traditional and cultural practices, and enjoying what we eat.

Holiday Season: As the holiday season approaches it’s important to not comment on friends’ and family’s food intake as everyone’s relationship with food is different.

We have attached some resources of common phrases to use with elementary kids and some easy nutritious recipes as well.



Reminders

- Food is our friend! We should feel happy when we eat
- Fruits and vegetables should be eaten every day
- We **should not** cut out foods and instead eat a variety of food groups

Links:

[Canada Food Guide 2007](#)
[Canada Food Guide 2019](#)
[Canada Food Guide 2019 in other languages: Tagalog, Arabic, Somali, Ukrainian, etc!](#)

Contact Info

Email:
agcraig@ualberta.ca
apasaran@ualberta.ca

LET'S TALK ABOUT FOOD in Elementary School



Children and youth are curious about their world. When you respond to questions about food, focus on their interests and keep discussions neutral and respectful. By approaching these conversations with curiosity, we can promote a healthier relationship with food that can have lasting positive outcomes.¹



How to Start the Conversation

IF A STUDENT...	RATHER THAN...	CONSIDER...
Brings a juice box for snack	Labelling the food as "unhealthy," "sometimes food," or "junk food," <i>"It's okay to drink juice sometimes but not every day."</i>	Not commenting with a value judgement about the food. Speaking about all foods in an inclusive way can promote a respectful and positive food environment in your classroom. <i>"I see you brought juice in your snack today. Is apple your favourite flavour? Do you need help unwrapping your straw?"</i>
Says "Yuck! That food is gross"	Encouraging students to try a food or convincing them they might like it, <i>"How can you not like this food? It's so yummy!"</i>	A neutral response that supports the student's role and demonstrates behaviour expectations. Staying calm also makes the word "yuck" lose its power. <i>"It sounds like you don't want this food right now. Let's pass it along."</i>
Eats very slowly or is still eating when the mealtime is coming to an end	Rushing the student to eat faster, <i>"Hurry up, the meal is almost over."</i>	Letting students know in advance what to expect during mealtime routines. Tell students how much time is left and ask if they need any help before the meal ends. <i>"We have a few more minutes to eat. Is there anything I can help you with?"</i>

IF A STUDENT...	RATHER THAN...	CONSIDER...
Demonstrates distracting behaviour (e.g., throwing food, standing on their chair)	Reprimanding the student for their behaviour, <i>"Don't be naughty!"</i>	Acknowledging that students engage in distracting behaviours for many reasons. Calmly respond to make the behaviour less interesting and to set expectations for mealtime behaviour. <i>"It makes me think you're finished eating when you throw food. Is that right?"</i> <i>"I see that you are finished eating. Let's put your lunch box away and get ready to go outside."</i>
Asks, "What is healthy eating?"	Talking about health as the result of personal choices, <i>"Healthy eating is part of a healthy lifestyle. That's when we choose foods that are full of nutrients and get lots of exercise."</i>	Being mindful that health is influenced by a variety of social factors, including income, education, and access to health care. Many factors that influence health may be out of one's control. <i>"Healthy eating is more than the type and amount of food we eat. It is different for different people, depending on what your body needs, what is available, and what you enjoy eating."</i>
Comments that a certain food being discussed or explored is "bad" for you	Categorizing foods in a lesson as "good" or "bad," <i>"You're right, chocolate is bad for you and we should only eat it occasionally."</i>	Continuing to provide opportunities to learn about and prepare many different foods at school. <i>"What makes you say that? Sometimes we eat foods because we enjoy how they taste. Our bodies need lots of different foods to grow, think, and play. Let's continue our food exploration activity."</i>

We are all on a learning journey with our language around food and eating. Thank you for prioritizing a positive classroom environment for your students. There is always more to learn. Let us know how we can support you by emailing us at albertanutrition@dfc-plc.ca.

1. Satter, E. Eating competence: nutrition education with the Satter eating competence model. *J Nutr Educ Behav* 2007;39(5):S189-S194.

Yummy Hummus

Ingredients



Chickpeas
19 oz can (540 mL)



Tahini
(sesame paste)
1/4 cup (60 mL)



Lemon juice
1/4 cup (60 mL)



**Ground cumin,
salt and pepper**
1/2 tsp each (2.5 mL)



Plain yogurt
1/4 cup (60 mL)



Olive oil
1/4 cup (60 mL)



2 garlic cloves
minced

Directions

1. In a blender or food processor, puree chickpeas and olive oil.



2. Add tahini, lemon juice, spices, yogurt and garlic. Blend after each addition.



3. Add a little more yogurt or olive oil if the mixture is too thick.



4. Serve with whole-wheat pita wedges, crackers and fresh vegetables for dipping. Makes 3 cups (750 mL).



Mini Pizzas

Ingredients

One English Muffin



Assorted Toppings



Sauce



Directions

1. Pre-heat oven or toaster oven to 375 F (190 C).

2. Place the English muffin halves onto a baking sheet, cut side up.

3. Spoon 1-2 Tbsp of the pizza sauce onto each muffin half.

4. Shred, chop or slice toppings and add what you would like.

5. Bake for 10 minutes or until cheese is melted and lightly browned.

6. Cool for about two minutes. Then enjoy!



Easy Yogurt Parfait

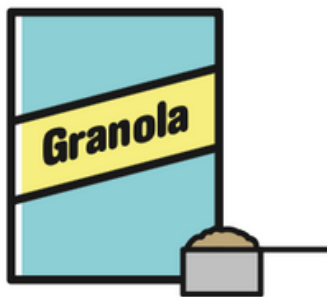
Ingredients



Yogurt



Fruit



Granola or whole grain cereal



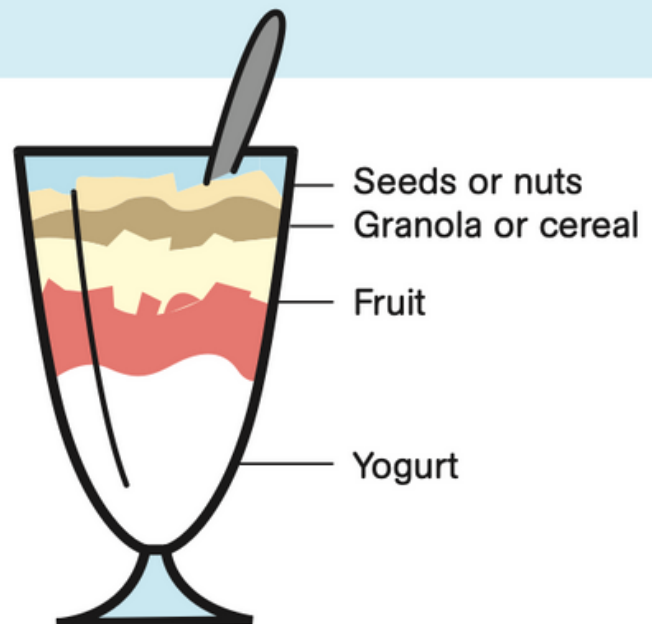
Chopped seeds or nuts

Directions

Place the ingredients in a bowl in the following order:

1. Yogurt
2. Fruit
3. Granola or cereal
4. Seeds or nuts

Enjoy!



December 20 24

Calendar of Events

St. Angela School



**13430—132A St. NW
Edmonton, Alberta
T5L 1S3
PHONE: 780 455-9743**

**PRINCIPAL EMAIL
Heidi.Maas@ecsd.net**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1 st Sunday of Advent	2	3	4	5	6 Hot Lunch Christmas Sweater Day	7
8 2 nd Sunday of Advent	9 Grade 6 Lunch with Admin Team Hour of Code Week	10 Grade 4 Lunch with Admin Team	11 Reading Stars Winners Pizza Lunch Christmas Family STEM Night 6:00 – 7:30 pm	12	13 Advent Mass at St. Joseph Basilica 9:45 am	14
15 3 rd Sunday of Advent	16 North Pole Day Grade 5 Lunch with Admin Team	17 STEM Assembly and wear GREEN Day	18	19 Full Day Popcorn and Pajamas Afternoon	20 Early Dismissal at 11:40 am	21
22 4 th Sunday of Advent	23	24 Christmas Eve	25 Merry Christmas! 	26	27	28
29	30	31 -----	Christmas Break -----			