



NOTRE DAME SCHOOL

925-104th Ave. Dawson Creek, BC, V1G 2H8

Phone: 250-782-4923 Fax: 250-782-4388

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PHE Term 2 Newsletter

Dear Notre Dame Families and Guardians,

I hope you enjoyed a blessed Christmas and a Happy New Year. It has felt slightly different with more brown outside than white; however, in Physical Education, we hope to take advantage of this upcoming weather and participate in some physical activities outside. Please remember to send appropriate clothing with your child/ren.

Learning this term for Primary students:

- I can name or label parts of the body
- I can talk about what hygiene is
- I can tell when I feel uncomfortable in situations and know who a trusted adult is
- I can use my body to become fit while learning new activities and exercises
- I can develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments

Learning this term for Intermediate students:

- I can be safe on the internet and explain what catfishing is and what groomers are
- I can set boundaries for myself and others around me
- I can explain five different aspects that influence my overall health, including muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition
- I can use movement concepts and strategies like weight transfer, speed, and force to achieve an outcome or goal in games and activities such as Basketball

Check out our school website for any new and exciting trips your classroom teacher may have planned.

notredameschool.ca

If you have any questions, please feel free to contact me at any time at nmackrell@cispg.ca

Remember, eating healthy is important. Try a quick new recipe here to help out on the busy days:



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Air Fryer Squash Soup

Ingredients

- 2 1/2 lb. butternut squash, peeled, cut into 1-inch pieces
- 2 medium carrots, cut into 1-inch pieces
- 1 large onion, cut into 1/2-inch-thick wedges
- 4 cloves garlic, 2 whole and 2 thinly sliced, divided
- 1 Fresno chile, seeded
- 4 sprigs fresh thyme
- 4 **tbsp.** olive oil, divided
- Kosher salt
- 2 **tbsp.** pepitas or pumpkin seeds
- 1/4 **tsp.** smoked paprika
- Sour cream and crusty bread for serving

Directions

1. **Step 1** In a large bowl, toss squash, carrots, onion, whole garlic cloves, chile, thyme, 2 tablespoons oil and 3/4 teaspoon salt. Transfer to an air-fryer basket and air-fry at 400°F, shaking the basket occasionally until vegetables are tender for 30 minutes. Discard thyme sprigs.
2. **Step 2** Meanwhile, in a small skillet on medium, cook sliced garlic in the remaining 2 tablespoons oil, stirring, until garlic begins to lightly brown around the edges lightly, 2 minutes. Add pepitas, paprika, and a pinch of salt and cook for 1 minute; transfer to a bowl.
3. **Step 3** Transfer all but 1/2 cup squash to a blender, add 1 cup water and puree, gradually adding 3 more cups water, pureeing until smooth. Reheat if necessary and serve topped with sour cream, spiced pepitas, and crusty bread if desired. Serve topped with remaining squash.

Enjoy! <https://www.goodhousekeeping.com/food-recipes/a38541119/air-fryer-squash-soup-recipe/>