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NOTRE DAME SCHOOL

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

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

www.notredameschool.ca notredame@cispg.ca



PHE Term 3 Newsletter

Dear Notre Dame Families and Guardians,

I hope you had a wonderful spring break and enjoyed time with your family. We are looking forward to all this nice weather that is upon us and spending many gym days outside.

Learning this term for Primary students:

- I can describe my feelings
- I can talk about what makes me feel happy and what can make me feel worried
- I can play fairly when playing games
- I can kick a ball at a target

Learning this term for Intermediate students:

- I can learn about the changes my body and mind will go through as I get older
- I can promote positive well-being for myself and others around me
- I can dribble, pass and shoot a soccer ball
- I can throw, catch, and strike a ball

May 30th- June 1st: The Grade 7's will head to Prince George to represent Notre Dame School at the Terry Wilson Memorial Soccer Trip

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

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

Easy Healthy Fruit Pizza Dessert Recipe

Ingredients

- 1 cup whole wheat flour
- 3/4 cup old-fashioned oats
- 1/2 tsp cinnamon
- 1 tsp baking powder
- 1 large egg
- 1/3 cup brown sugar
- 1 tsp vanilla
- 1/3 cup vegetable oil
- 3/4 cup plain Greek yogurt
- 3 oz light cream cheese
- 2 tbsp sweetener of choice (maple syrup (honey, very ripe banana, etc))
- 1 kiwi (sliced)
- 1/2 banana
- 1 peach
- 1 pint blueberries
- 1 pint strawberries (sliced)
- 1 pint raspberries

Directions

1. Preheat oven to 350 degrees and line a round pizza pan with parchment paper.
2. Combine flour, oats, cinnamon, and baking powder in a large bowl. Whisk egg, brown sugar, vanilla, and oil in a small bowl. Add the wet mixture to the dry mixture and stir until ingredients combine.
3. Pour batter onto a pizza pan lined with parchment paper, gently spreading it into a circle. The dough may be too small for the size of your pan. If so, form the dough into a round shape. Bake for 10 minutes or until the “crust” is golden brown.
4. While the crust is baking, combine Greek yogurt, cream cheese, and sweetener of choice in a small bowl.
5. Allow the crust to cool, spread the yogurt mixture on top of the crust, and decorate it with fruit.

Enjoy! <https://holleygrainger.com/healthy-fruit-pizza/>