

February 2009
Volume 6, Issue 1

CLC Newsletter

St-John's Elementary School Community Learning Centre

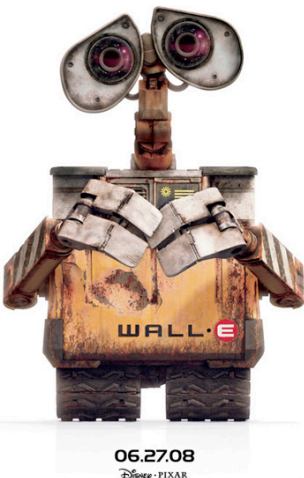
Special Interest
Articles:

- See Inside for great recipe ideas!!
- Learn more about our exciting new lunch box workshop coming soon in March!



Individual Highlights:

Family Fun Day	2
Basic Computer classes	2
Lunch box workshop	3
Reading Buddies	4
Bikes in the Bay	4



06.27.08
Disney • PIXAR

Free Parent Workshops: Building Your Child's Self Esteem

Come and join us at the St-John's Community Learning Centre for an interactive and free parent workshop!

February 25th, 2009

7:00 pm

In the Video Conferencing room

Workshop description:
Understand the importance and interconnection of self-esteem in your life and in your child's life. Recognize the connection with success in school.

If you are interested in participating in this workshop or would like more information please contact Michele by phone at 819-648-2408 or by email at stjohnsclc@wqsb.qc.ca

Free refreshments will be served!



Afternoon Theater: Movie Showing in the VCN room for Students

The CLC will be showing
Wall-E

Thursday, February 19,th
2009

3:15 pm to 5:15 pm

Video Conferencing room

St-John's Elementary

Places are limited! The first 60 students to hand in their registration form will be able to

participate in this activity.

Popcorn and beverages will be sold for \$1.00 each to raise money for CLC projects and events.

To register your child call 819-648-2408 or fill out and return the registration form sent home with your child.

All registrations must be received by February 13th.



Family Fun Day: Snow Ball Samedi Famille: Balle d'Hiver



Come out and have fun in the great outdoors!.

Has your family been cooped up indoors all winter? Feeling the winter blahs? Then come and have a ball outdoors at our snow-filled family fun day!

The Community Learning Center along with our partners at Les Maisons des Jeunes du Pontiac and Quebec en Forme have organized a day filled with snowy fun for the whole family.

Dress warmly and come out on

Saturday, February 21st 2009

From 1:00 pm to 3:00 pm

At St-John's Elementary School

for this great **free** activity!

We'll be serving hot chocolate!

Children must be accompanied by at least one participating adult who will be held responsible for them.

To register your family in this event please contact Michele by phone at 819-648-2408 or by email at stjohnsclc@wqsb.qc.ca.

Votre famille a besoin de divertissement hivernal? Venez nous rejoindre pour une balle d'hiver qui est sûr de vous oxygéner!

Le CLC, en partenariat avec Les Maisons des Jeunes du Pontiac et Quebec en Forme, organisent un après-midi familial dans la neige. Alors, habillez-vous chaudement et venez nous rejoindre

Samedi, le 21 février 2009

De 13h à 15h

À l'école St-John's (l'édifice JPII)

pour cette activité **gratuite!**

Du chocolat chaud sera servi!

Les enfants doivent être accompagnés d'un adulte participant responsable.

Réservez votre place par inscription en communiquant avec :

Michèle au 819-648-2408
stjohnsclc@wqsb.qc.ca



Need to brush up your computer skills? Give us a call!

Basic Computer Classes Beginning now!

The Community Learning Centre will be offering basic computer classes to the community.

The classes will begin on Monday, February 16th 2009 from 6:30 pm to 8:30 pm. Classes will cost \$4.00 each or \$20.00 for the six week session.

The classes will teach students the basic of a word processor, how to navigate the internet, how to upload photos onto your computer, and much more.

If you are interested or would like more information please contact Michele by

phone at 819-648-2408 or by email at stjohnsclc@wqsb.qc.ca

Places are limited!

There is a possibility of another six week session in the spring for those interested in learning even more!



Lunch Box Workshop for Parents!

Wednesday,
March 18th

And

Wednesday,
March 25th

At

St-John's Elementary

6:30 pm to 8:30 pm

Let the CLC and Bouffe Pontiac help you get your children excited about eating healthy!

Come and taste test nutritious and delicious recipes the whole

family will love!

Discover new recipes and strategies!

Learn how to save money and still make exciting lunches!

Plan, create, and bring home a free healthy lunch for each of your children to bring to school the next day!

Get your children involved in the process! Bring them along to the workshop.

Everything is absolutely free! Places are limited please register your name and number of children in your household by filling out the form sent home from school or by contacting Michele at 819-648-2408.



Healthy lunches can be fun and delicious!

Healthy Recipes your family will love from Bouffe Pontiac

With the help of our partners at Bouffe Pontiac, the CLC will be including a new healthy recipe idea in every newsletter. These recipes are easy and fun. They are a great way to incorporate nutritious foods into your everyday menu. Bon appétit!

Easy Tzatziki

Makes 1 ½ cups

Ingredients:

- 1/3 of an English cucumber, peeled
- ½ cup plain yogurt, 2% m.g.
- ½ sour cream, 14% m.g.
- 1 garlic clove, minced
- 1 tsp of dried dill
- A pinch of salt



1. Grate the cucumber.
2. Place grated cucumber in cheese cloth or paper towel and squeeze dry.
3. Combine all ingredients in a bowl and mix until smooth.
4. Serve with pita bread, vegetable sticks and cheese.

This recipe is a fun way to get dairy products into your family's diet!





Help our young people learn to love reading!



The technology available at the CLC enabled us to do a first-rate presentation complete with power point and DVD show!

Reading Buddies Volunteers Needed

The Reading Buddies program has been launched for the 2009 school year. Students have been paired up with adult volunteers for one hour of one-on-one reading time a week.

This program offers students the chance to read in a low pressure environment outside of the classroom.

We are presently in need of reliable and dedicated volunteers from the

community to offer one hour of their time a week.

If you are interested in volunteering or would like more information about this great program please contact Michele phone at 819-648-2408 or by email at stjohnsclc@wgsb.qc.ca

Bikes in the Bay Community Information Meeting

By Rhonda Morrison- CEDEC interim director

On Feb 2/09, a community meeting, hosted by Outaouais CEDEC and the *Bikes in the Bay* committee was held at the St. John's CLC to inform the community about the success of Bikes in the Bay 2008 and details of the 2009 event. There was a great turnout of almost 50 people! One purpose of the meeting was to inform the community of the event's newest partner, the Canadian Army Veterans' (CAV) Motorcycle Unit. After being so impressed with the beauty, hospitality and potential of the municipality of Campbell's Bay the CAV approached *Bikes in the Bay* to partner and hold a larger event in 2009 and to relocate the CAV's rally that was held previously in Gatineau. Funds raised will go towards community improvements and the building of a memorial to the Canadian casualties of the war in Afghanistan.

This event will generate economic and tourism spin-offs for the municipality of Campbell's Bay and the MRC Pontiac. Local businesses will profit from the more than 800 bikers expected to attract upwards of 3000 visitors that weekend. These visitors' repeat visits to the region and their subsequent recommendation of MRC Pontiac as a tourist destination will benefit our restaurants, accommodations and every local business.

This year's *Bikes in the Bay* will include many of the popular activities from last year such as the biker games and historical tours of the Ottawa River by pontoon boat; but will also include a parade of bikes and veterans, Military Ceremony, demo by the Skyhawks parachutists, music by Ambush, Mick Armitage Band and Streamer. You can read more about it at www.bikesinthebay.com.

Even more importantly, *Bikes in the Bay* needs volunteers! There were 200 volunteers last year and more will be needed this year to ensure the weekend runs smoothly. If you are interested in helping with the activities, please call 819-648-5811! Help make Campbell's Bay "the place to be" the weekend of **JUNE 12, 13 and 14, 2009!**



Green Entrepreneurship Workshop

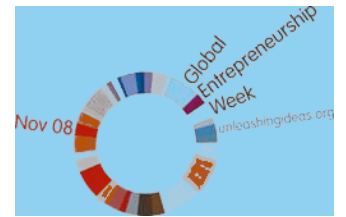
The Community Table and the your local CEDEC will be presenting a workshop on Green Entrepreneurship on

**Tuesday, February 17
from 6:30 pm to 8:00 pm**

In the VCN room at St-John's Elementary

Everyone is welcome! To register, or for more information please contact Rhonda Morrison at 819-647-2007.

For more information on the guest speaker please visit www.buildingcommunities.ca



Your CLC: Striving to provide quality community based learning for all!

The St-John's Community Learning Centre continues to strive to incorporate community-based learning into our students' educational experience. We are also continually looking for new ways to offer information, strategies, and support to our students' parents and the community at large.

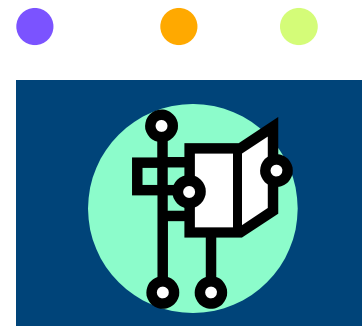
Because of our video conferencing technology students are able to benefit from new interactive ways of learning. Cycles 3 and 4 students were able to virtually visit the Carnegie Museum of Natural History in Pittsburg this January; their eyes lit up as they were able to view dinosaur bones and fossils while sitting in the VCN room.

The adults in our community are also able to benefit from our video conferencing technology. Parent workshops and information sessions are regularly offered at the community learning centre. These workshops are

presented by experts that our community would not have regular access to. Travelling distance is not an issue when you are able to video conference!

In order to raise funds for community programs such as our lunchbox workshops, virtual field trips, and many more, the CLC rents out the beautiful space and practical technology of our VCN room to local businesses and organizations. Our prices are competitive, and the space is hospitable and welcoming!

If you are interested in contributing or participating in any of our community-based learning projects or if you are interested in renting the VCN room for your event please contact us! We always look forward to forming new partnerships!



St-John's Community Learning Centre
10, Leslie street
Campbell's Bay
Qc, J0X 1K0

Phone:
819-648-2408

Fax:
819-648-2140

E-Mail:
stjohnsclc@wqsb.qc.ca

*Community Partnerships to
enhance student learning and
ensure success for all!*