

# ADAM SCOTT INTERMEDIATE NEWSLETTER

October, 2020

## **WAY TO GO, LIONS! BRAVO, LES LIONS!**

October is upon us and I am delighted with the efforts of the students to do their part to meet our daily expectations and follow our routines in our best effort to stay safe and healthy! It has been a very busy few weeks and I am so thankful to the students, staff and our ASIS parents and guardians for all their support and hard work.



## TERRY FOX ROCK, WALK AND ROLL!

*This year is the 40th Anniversary of Terry Fox's Marathon of Hope and Adam Scott Intermediate School is proud to be continuing the legacy of one of our greatest heroes.*

*We are already at \$840!  
Together, we can all make a difference!*

## WE ARE ALREADY AT \$840!

As promised, Ms. Murphy committed to green hair, our Adam Scott colour, for a week if the students raised the equivalent of \$1 per student. We achieved that within 24 hours! Thank you so much Lions!

## MR. ALLEN WILL BE SLEEPING IN THE COURTYARD!

Thanks to the fact our Lions already surpassed the \$500 Terry Fox goal, Mr. Allen will be spending the night in the courtyard one day soon! Way to go Lions! Look out Mrs. Gardner! You will be getting a pie in the face soon as we reach our \$1000 marker!



## ORANGE SHIRT DAY SEPTEMBER 30TH LA JOURNÉE DU CHEMISE ORANGE

ASIS recognized Orange Shirt Day on September 30th as a day to honour the Indigenous children who were sent away to residential schools in Canada and learn more about the

history of those schools. Our students both wore orange shirts and designed art work to line the hall of our school. To us, every child matters.

## DONATE TO OUR TERRY FOX FUNDRAISER HERE!



## ROCK, WALK AND ROLL ON OCTOBER 7TH!

*We will participate in student class cohorts on the track.*

*Students are encouraged to show their spirit in every way possible!*

*Participating students will receive a popsicle.*

*(If any parents have concerns about this, please contact the principal or class teacher.)*

*\$280 = Ms. Murphy will dye her hair green for a week to show Adam Scott Spirit! DONE!*

*\$500 = Mr. Allen will sleep in the courtyard! READY TO GO!*

*\$1000=Mme Garder will get a pie in the face! ALMOST THERE! We are already over \$800!*

*\$2500=7F will dress in Fantasy costumes for a day and staff get to spray them with silly string!*

*\$ 5000 = Mme Ilkiewicz, Mr. Ivey and Mr. Colling will shave their heads!*

*The student who raises the most money wins inpod wireless ear buds!*

*If parents or any other community members wish to donate or join the challenge, please let us know!*

*Principal*

*[jennifer\\_murphy@kprdsb.ca](mailto:jennifer_murphy@kprdsb.ca)*





## **ROCK, PAPER, SCISSORS CHAMPION! FÉLICITATIONS!**

Congratulations to Julian for winning the RPS school wide competition! Thank you to Mr. Ivey for all the work that went into arranging the competition at a safe social distance and thank you to Mr. Allen for designing the awesome trophy!

## **WELCOME PARENT COUNCIL! BIENVENUE!**

Principal Wilf Gray, Vice Principals Courtney Chartrand and Laura Doucette and myself would like to extend a huge thank you and welcome to our new parent council! We were absolutely delighted by the turnout of almost 50 parents at our parent council Webex meeting last week and we are excited to work together to make our school even better with the support of our council. We do have a little token of appreciation for our new elected council members! Stay tuned!



**PICTURE DAY IS THURSDAY, OCTOBER 8TH!**

**Leaders  
Wanted**

## **STUDENT LEADER(S) WANTED FOR PARENT COUNCIL**

### **Student Leaders Wanted!**

Student leaders are invited to share their interest in becoming the student representative for Parent Council. The position will entail attending monthly meetings (Virtual) which usually take place at 6:30 p.m. The student rep(s) will share ideas and represent the Intermediate student voice regarding all the great things happening at our school such as events, fundraisers, celebrations, learning and how to make our school even better.

In order to express your interest in being a candidate please submit the following:

- either one written page or one minute video maximum
- submit via email or Edsby
- introduce yourself, your class and little about who you are
- share thoughts about why ASIS is great and a few ideas about how to make it even better
- students may submit interest on their own or in a pair
- please submit your intent to run for the position of student leader on the parent council by Friday, October 9th, 2020
- The vote will take place during the week of October 13th-16th after chosen candidates will introduce themselves to the whole school over Webex during a virtual assembly

Any questions!? Just ask Ms. Murphy!

Thank you awesome ASIS Lions for your interest in growing as leaders and helping to make our school the best it can be!

**PLEASE SHARE YOUR FEEDBACK AND SUGGESTIONS WITH OUR TEAM! S'IL VOUS PLAÎT!**

<https://forms.gle/kezecSDkjLsedpUgZ>



## **AUTUMN BREAKFAST CAKE RECIPE FROM ASIS PARENT MAGGIE SAVAGE!**

Did you know that pumpkin is a locally grown super food?

It's high in beta- carotene, fibre, anti-oxidants, and vitamin C. Pumpkin also adds a little sweetness and a lovely flavor to baked goods.

Pumpkin can also be used to replace oil or eggs, which is another reason why I call it a locally grown super food. It's basically got multiple super powers!

I called this *breakfast cake*, mostly because it's healthy enough to be eaten for breakfast. Add a drizzle of peanut butter or butter, and you'll be fueled till lunchtime. That said, you could make this cake and serve it for an after school snack too. If you feel called to make it an official cake, feel free to top it with some vanilla icing.

We're chocolate chip fans in this house, but this cake is also delicious with raisins and walnuts.

Pumpkin Chocolate Chip Breakfast Cake

1 cup oat flour (use certified gluten-free oats if you have celiac disease)

1½ cup oats (use certified gluten-free oats if you have celiac disease)

1 tablespoon psyllium seed husks



1 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon sea salt  
2 teaspoons cinnamon  
1 egg  
1 tablespoon vanilla  
3/4 cup sugar (I use coconut sugar)  
1/2 cup melted coconut oil, plus 1 tablespoon more for brushing  
1 cup pumpkin puree (not pumpkin pie filling)  
1/2 cup chocolate chips or raisins or walnuts

#### Instructions

Preheat the oven to 350 degrees.

Lightly oil an 8x8 pan.

Combine the dry ingredients in a large bowl (except the sugar). Mix well to combine.

Combine the egg in a medium-sized bowl.

Add the vanilla, coconut sugar, oil, and pumpkin puree. Stir well to combine.

Add the wet ingredients to the dry ingredients and stir just until combined.

Fold in chocolate chips or raisins or walnuts (or a delicious combo of all three).

Pour into prepared pan and bake at 350 degrees for 18 minutes. Remove from oven and brush with melted coconut oil.

Return to oven and bake for 15-20 minutes. Remove from oven and check with a knife to make sure it's done.

Let cool completely in pan.

Cut into pieces and serve.



## UPDATED COVID SCREENING TOOL

