

ADAM SCOTT INTERMEDIATE SCHOOL

SPRING NEWSLETTER



HAPPY SPRING EVERYONE! JOYEUX PRINTEMPS!

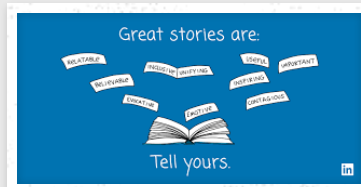
We recognize that our school is located on the traditional territory of the Mississauga First Nations. We seek to appreciate and care for the land and nature around us.

We hope this message finds all our students, families, and community partners doing well and staying healthy! Adam Scott Intermediate students have continued to be very busy with lots of awesome learning and lots of exciting activities! Each day, announcements are shared with students through their google classrooms and meets. We hope all our students will continue to take risks to try new things and be engaged in creative ways!



VIRTUAL STORY TELLING

Each Friday, we have the fortune of listening to tales and legends from the talented Leslie Ogilvie. Our students are developing an increased appreciation for using their imaginations and activating their powerful listening skills as we are captivated by the stories each week, long and short!



SCHOOL- WIDE BOOK PUBLISHING!

Later this month, we will endeavour to compile a compendium of our true life stories. Students have been invited to write or videotape themselves to share a real story from their own life. We believe we all have a story worth telling and that by sharing our stories we can connect with one another and deepen our sense of belonging.



GUEST SPEAKER COMING VIRTUALLY FROM THE YUKON!

We are in the process of confirming the date for a First Nations guest storyteller who is from the Yukon. We look forward with anticipation to hearing the stories from Louise Profeit-LeBlanc soon!

**CLICK HERE TO VIEW A VIDEO OF ASIS
LEADERS TEACHING YOU HOW THE 5
CORE TRAITS OF RESILIENCE HELP US
STAY STRONG AND HEALTHY!**



ASIS LEADERSHIP IN ACTION!

We have been exploring how the traits of resilience keep us strong and healthy in our school in all grades 7 to 12. The traits include having a sense of humour, being a part of a community and having a sense of belonging, keeping a healthy sense of perspective and not letting challenges get blown out of proportion, hope and acceptance of ourselves and others. Thank you very much to our grade 7 and 8 leaders Dylan, Jude and Connor who made the above video 100% on their own using their own creative planning and organization. Merci beaucoup!



ASIS LEADERS ARE CONNECTED VIRTUALLY WITH FAIRHAVEN RESIDENTS!

Thank you to all the amazing students who have taken the initiative to join the virtual pals group in which we connect on facetime with the elderly residents of the neighbouring Long Term Care facility. It is so heart warming to see the connections blossoming and we look forward to our weekly sessions to chat, discuss what is new and exchange funny stories!



ATTENTION GRADE 7 LIONS!

Do you have a passion for athletics? Outdoor leadership? Sports leadership? We are looking for a dynamic crew of motivated students to join our inaugural interLEADS program which will be starting this Fall.

Participants will gain knowledge, skills, and experience to prepare them for the Junior and Senior LEADS programs offered at the high school level. If you are interested, please complete

the application form by June 1st.

https://docs.google.com/forms/d/1sejwDdFm2sC-ThdO8_FcRyNUzRhds0R3DfdkxBcPMpU/edit



GRADE 8 GRADUATION DETAILS ARE COMING SOON!

Our staff are working hard to plan for our graduation celebration and we will be sharing details very soon!



ADAM SCOTT VIRTUAL CROSS COUNTRY TREK CONTINUES!

We have many teams who have taken on the challenge of trekking across Canada virtually! For every 15 minutes of active movement, we earn 1 km for our teams! Sometimes we have challenges that earn participants double or triple points! Way to go!



YUMMY RECIPE FORM ASIS PARENT MAGGIE SAVAGE!

Chocolate Chip Granola Bars!

I created these granola bars in an attempt to encourage my rapidly growing teenager to reach for snacks with a little less sugar. He prefers store-bought granola bars, but a Mom can try!

Thankfully he approves of this recipe too!

These Chocolate Chip Granola Bars are high in protein, thanks to the almond flour and egg . They're also high in fibre, thanks to the oats and flax. Last, they're low in sugar – most of the sweetness actually comes from the chocolate chips.

As always, I like to support locally owned stores. In fact, it's never been more important to support the people who live in our community. I get most of these ingredients from our locally owned bulk store, The Main Ingredient. The bonus is, it's one-stop shopping too!

2 cups certified gluten-free oats

2 cups almond flour

½ tsp sea salt

1 tsp ground cinnamon ½ cup coconut oil, liquefied

1 tbsp ground flax

½ cup pure maple syrup

1 egg OR 1 tbsp ground chia combined with ¼ cup water

1 tbsp vanilla $\frac{3}{4}$ cup chocolate chips

Preheat oven to 350 degrees.

Line a 9×13 pan with parchment paper (put a little oil under the parchment to make it stick to the pan).

In a large bowl stir together the oats, almond flour, sea salt, cinnamon.

In a smaller bowl, combine the coconut oil, flax, maple syrup, egg and vanilla.

Stir the wet ingredients into the dry ingredients and combine.

Stir in chocolate chips.

Use a wet spatula to press the mixture into the prepared pan.

Bake at 350 degrees for 30-35 minutes (watch them).

Cool in the pan.

Once cooled, remove the granola bars (still in parchment) and cut into desired sizes.

Refrigerate granola bars in an air-tight container or wrapped in saran.

These can easily be stored in the freezer for future use.

Find more healthy gluten-free recipes at www.sheletthemeatcake.com



CONTACT US!

 @asisprincipal

Please reach out to the Principal, Jennifer Murphy, with any questions you may have. Please use email during the remote learning period for faster response time. Merci!

 175 Langton Street, Peterboro...

 jennifer_murphy@kprdsb.ca

 7057437373

 adamscottintermediate.kprds...