

CLEARPOINT HANDS

Clearpoint Home & School Association's
Email Newsletter

In this newsletter:

A Note from our President

Page 02

Family Recipe:

Carrot and Oat Muffins

Page 02

Principal's Message

Page 03

IB Corner

Page 03-04

Family Recipe:

Hungarian Style Sausages
and Peppers

Page 04

Grade 5 Reading Poll

Page 05

Family Recipe:

Tracey's Pancakes

Page 06

Family Recipe:

Black Bean Cocoa Muffins

Page 06

Kids Corner

Pages 07-13



Source: Dreamstime.com Copyright: © Nd3000

CAN'T WAIT FOR MARCH BREAK

Things have changed considerably since I was in school. For one thing, March Break was called Spring Break — and it actually took place in April, when it *felt* like spring. Since the weather was considerably warmer, we weren't planning for winter activities. We were just hoping it wouldn't rain. But if it did, there was always a favourite book, great movie and cozy comfort food to be had. I was an avid reader, so book selection ranged from Archie Comics, Baby Sitter Club books, Nancy Drews and anything by Christopher Pike or Agatha Christie. Movie selections were rented on VHS and largely depended on if you were watching it with your family or friends. Back then, you spent it mostly with your family.

Things that haven't changed? How much we are all looking forward to the break! This issue we'd like to shine the spotlight on the comfort of family and food during break time — the food we love and the food we prepare for *and with* the ones we love.

I'll start us off with a new version of Carrot and Oat Muffins that I recently made for family. It's quick and easy to prepare, even the kids can do it! Since one child scarfed down 3 muffins in one sitting and came back for a fourth later in the day, I think it was a hit.

Aalia Persaud

Editor

Clearpoint Hands E-News

A NOTE FROM OUR PRESIDENT

by Tayba Huot



Home & School has been hard at work trying to maintain as much of the normal fundraising and volunteer participation as possible given the COVID restrictions. Our regular meetings are continuing monthly and most of us are now Google Meet and Zoom experts. Over the past few months we have delivered Vegetable Baskets thanks to our Equiterre Fundraiser, hosted our Annual Holiday Fair virtually and held a Pink T-Shirt Anti-Bully fundraiser. We raffled off some prizes as part of our cookie decorating contest, helped with rounds 1 and 2 of vaccines and opened the second round of Pizza Lunch. We also provided Bad Monkey Popcorn and hot chocolate during Carnival Week, wrapping up a sweet week before Spring Break. **We are very proud to announce that the Quebec Federation of Home & School Associations recognized Clearpoint Home & School Association and featured us in their Newsletter.** Way to go team! As always, active volunteer participation is super important at Clearpoint. That's what sets us apart from other schools and provides us all with that Clearpoint Family feel. Our monthly meetings are open to all Clearpoint parents and, as always, we encourage you to join us commitment-free. The next meeting is March 8th @ 6:30pm. We also suggest following our social media pages for all updates and notices.

FAMILY RECIPE: CARROT AND OAT MUFFINS

submitted by Aalia Persaud

A quick and tasty way to include more vegetable in your day.
Great as part of breakfast or for a snack.

Prep Time: 15 mins
Cook Time: 25 mins
Serves: yields 24 small- to medium-sized muffins

INGREDIENTS:

2 cups all-purpose flour
2 tsp baking soda
1 tsp baking powder
¼ tsp salt
1 tsp cinnamon
¾ cup white sugar
¾ cup brown sugar
1 cup canola oil
3 eggs
1 tsp vanilla extract
½ cup uncooked rolled oats
2 cups shredded carrots



Carrot and Oat Muffins
Photo Credit: Aalia Persaud

DIRECTIONS:

1. Preheat oven to 350°F.
2. In a large bowl, mix dry ingredients thoroughly.
3. In a smaller bowl, beat eggs with vanilla extract.
4. Add oil to the dry ingredients, then eggs. Mix thoroughly.
5. Spoon into greased muffin tins. Bake for 25 mins.

NOTES & TIPS:

- Using individual silicone cupcake holders is great for this recipe. No greasing required and the muffins slide out easily! The downside? Washing 24 individual cupcake holders is a pain.
- You can easily cut down on the sugar and oil without affecting the taste or texture with a good replacement. In my case, I grated 2 large carrots and got nearly 4 cups of carrot. No problem! Tossed it all in! The amount of sugar you use is about your taste. You could probably trim both to ½ cup each or only use one type of sugar instead of both. I've cut down to ¾ cup of oil, but you may even be able to go lower.
- Want more sweetness or texture? Add some raisins or grated coconut. Or increase the quantity of oats. Or add some nuts or seeds. Grate a little nutmeg to adjust the flavour and make it more aromatic. Use what you've got or what you're craving. It's pretty hard to go wrong. Experiment! Just remember that you may need to adjust your wet ingredients to balance with an increase of dried ingredients if you want moist muffins.
- Looking for another way to increase the moisture? Grate in some zucchini! Not only will you increase the moistness, you'll get in another vegetable and more nutrients!
- Replace a portion or all the all-purpose flour with whole wheat flour (or another substitute) for a more enriched and heartier muffin. Disclaimer: I haven't vast experience with other types of flours, so you may want to adjust the quantity based on trial and error.

PRINCIPAL'S MESSAGE

by David Estok



March Break is coming, and many of our families will be taking advantage of the week to spend more time together doing one of the most important social activities we have: sharing a family meal. March break affords us the time to shift gears a bit and savour the time it takes to prepare a meal and sit down together as families, taking pleasure in the food and the spirit of being together. Unfortunately, this is something that our busy schedules don't allow for far too often.

Kids will no doubt be helping in the kitchen, as so many love to do. One of my favourite things to do as a boy growing up was to help my parents do some of the cooking. To this day, planning, preparing, and most of all, serving a family meal is one of the things I like to do most. Food connects us all. We all appreciate the work, the time and the love that goes into preparing a meal that we enjoy. We all have special comfort food recipes — the tried and true dishes that we turn to again and again. We know they will please everyone around the table, and are inevitably connected to the fond memories we all have of gathering together with those we love and hold dear. There were many favourites in our home: Poulet Marengo, as legend has it, was first prepared by Napoléon's chef to celebrate his victory after a famous battle; macaroni and cheese — almost every family has a version of this one; seafood chowder; to name a few. One recipe that I would like to share is very simple and very versatile.

My father's side of the family is Hungarian, and whenever there were Hungarian style sausages on hand, this dish is one that would be served. It can be served with fresh bread or rolls, noodles or potatoes. It is one of my favourite comfort food dishes.

IB CORNER

by Layla Barroca

If you are a parent of a Grade 6 student, you have definitely heard the word Exhibition being spoken at home recently. If you aren't, however, you may be wondering, What exactly is the PYP Exhibition?

The PYP (Primary Years Program) describes the exhibition as "the culminating, collaborative experience in the final year of the IB Primary Years Programme. Students explore, document, and share their understanding of an issue or opportunity of personal significance." (<https://ibo.org/>)

The exhibition journey is an integral part of Grade 6. It is an experience students look forward to throughout their time at Clearpoint. It has become almost like a rite of passage for our students as they prepare to head off to high school.

For the exhibition, students are asked to select a real-life issue and carry out an inquiry, asking questions that reflect an understanding of the concepts of the PYP. They work collaboratively in teams, to research, explore and take agency, creating learning opportunities where they can demonstrate their understanding of the key elements of the PYP. These include the learner profiles, key concepts, approaches to learning and the action cycle.

Continued from page 03

Preparing for the PYP Exhibition can take approximately three months of dedicated focus, commitment and overcoming challenges and our Grade 6 students are nearing the finish line! On March 15th, 16th and 17th, students will share their findings and discoveries via a live-stream zoom. We are so excited to celebrate their learning with them and for them to share the knowledge they have gained over the past few months.

This year the students have inquired into some very important issues all under the transdisciplinary theme of "How We Organize Ourselves". Using this theme as their jumping off point, students have delved into inquiries and research on space exploration, LGBTQ+ rights, Gender Equality, Communities, Animal Rights, Mental Health, Climate Change and Human Rights. The students have shown great passion and dedication as they have continued to gain knowledge, developing an action and impact positive change in the process.

If you are interested in attending and seeing first-hand what your child can look forward to as part of the PYP Exhibition, stay tuned for the digital invite that will be shared with the whole of the Clearpoint community through Mr. Estok's weekly newsletter, as well as on our social media pages.

We wish the class of 2021-2022 the best of luck on presentation day! We are very proud of you!

FAMILY RECIPE: HUNGARIAN STYLE SAUSAGES AND PEPPERS

submitted by David Estok

A hearty family tradition, this food wraps us in the comfort of home.

Prep Time: 20 to 30 mins

Cook Time: about 1 hour

Serves: yields 4 to 6 adult-sized portions

INGREDIENTS:

4 x 12"-14" Smoked paprika pork sausages
(you can get amazing ones at Charcuterie Fairmount on St. Lawrence Blvd.)

1-2 tbsp olive oil

2 large green bell peppers, sliced into narrow strips

2 large red bell peppers, sliced into narrow strips

1 large onion, sliced into narrow strips

4-5 cloves of garlic, minced

½ cup red wine

1 cup white wine

1-1½ cups Hungarian "Letcho" Hagymás lecsó

(canned diced tomatoes are an excellent alternative)

DIRECTIONS:

1. Slice sausages into ½-inch discs and sauté in olive oil until browned (approximately 20 minutes).
2. Set sausages aside. Pour off all but 1-2 tbsps of fat.
3. Sauté onion and garlic until wilted (approximately 10-15 minutes).
4. Add peppers and continue to sauté 5-10 minutes more.
5. Add lech or canned tomatoes and wine. Allow to reduce until you achieve a consistency you like.
6. Return sausages to the pan and simmer until sausages are fully cooked through.
7. Serve over fresh rolls, noodles or boiled potatoes. Garnish with chopped parsley.

TASTY TIPS!

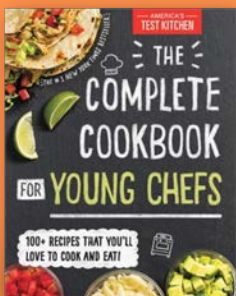
- This recipe feeds 4 adults generously, but can easily feed 6 people depending on the start you serve with it.
- If you're considering serving with rolls, stuffing it into a fresh Italian-style roll is a great idea!
- A more traditional way of serving it is over spatzle. Spatzle is an Eastern European type of noodle.



Source: Dreamstime Copyright: © Arkadiusz Fajer

Are your kids showing interest in the kitchen?

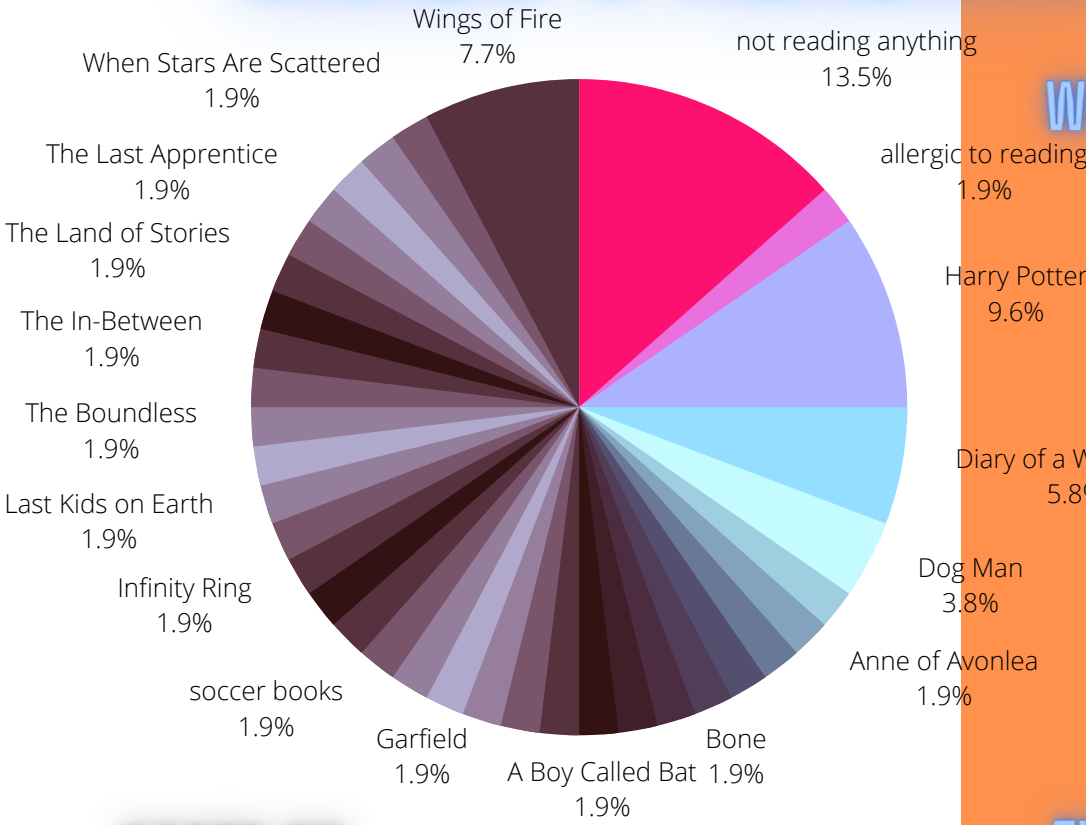
If you're looking for simple recipes for your young foodies to sharpen their knives on, try *The Complete Cookbook for Your Chefs*. With easy and delicious recipes, your kids can take pride in contributing to family meals.



Creamy Dreamy Tomato Soup prepared by Tristan Huot, 10 years old
Photo Credit: Tayba Huot

Tomato and Mozzarella Bites prepared by Paisley Huot, 8 years old
Photo Credit: Tayba Huot

GRADE 5 READING POLL

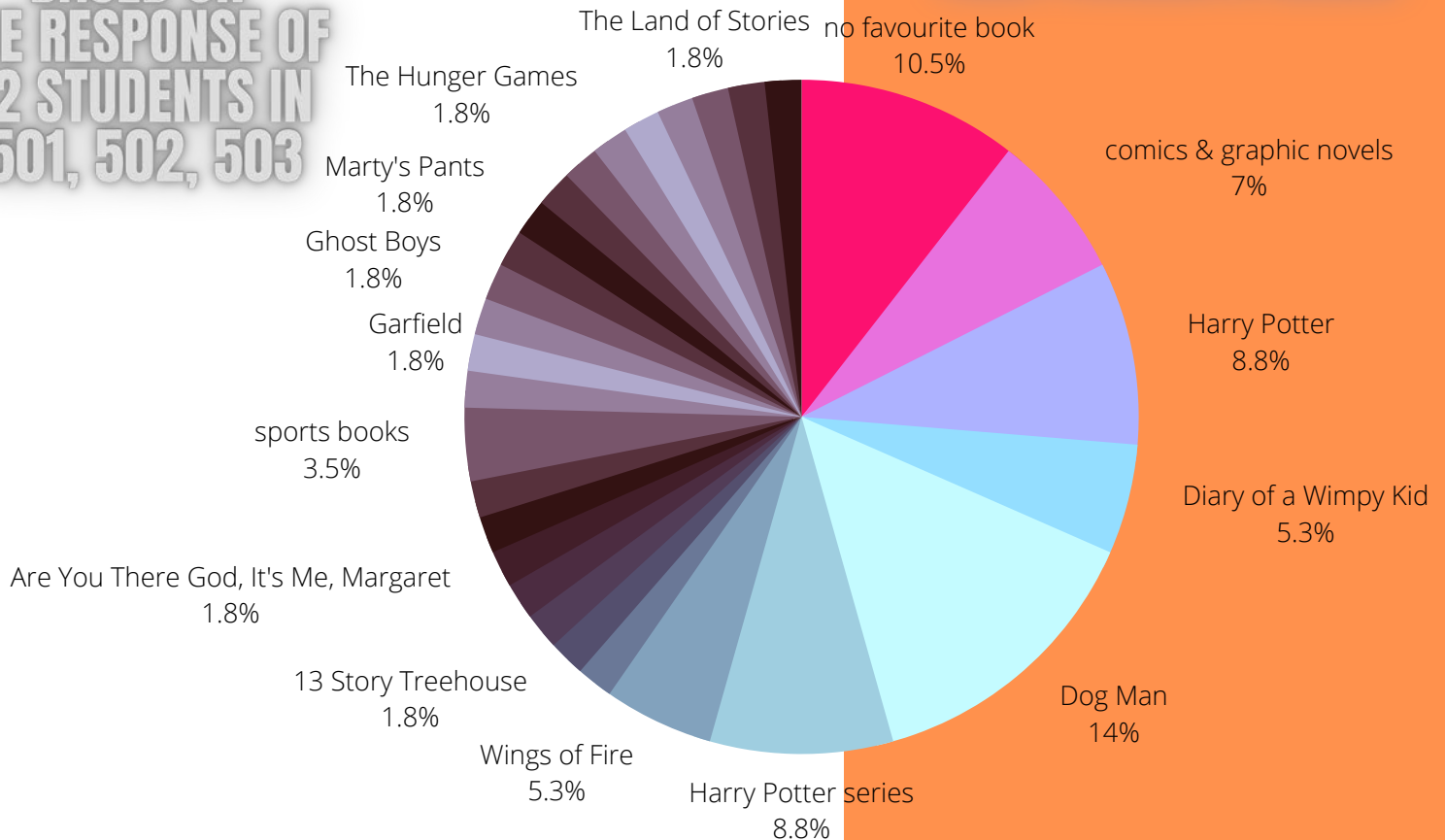


WHAT THEY ARE READING RIGHT NOW

The vast majority of Grade 5 students have indicated that they plan on reading during March Break. Popular books with this group includes the Harry Potter series, the Dog Man series, Wings of Fire and the Diary of a Wimpy Kid series.

BASED ON THE RESPONSE OF 52 STUDENTS IN 501, 502, 503

THEIR FAVOURITE BOOKS



TIPS

- Cooking time is about 2 minutes per side. Flip when you see small bubbles on the top.
- Use an ice cream scoop to put the batter in the pan and make sure they are somewhat the same size.

DON'T FORGET TO FOLLOW AND LIKE US ON SOCIAL MEDIA!



[Clearpoint-Elementary-Home-and-School-Association](#)



[Clearpoint_Homeandschool](#)

NOTES & TIPS

- A quick and healthy snack, these allergen-free, chocolatey, muffins are an easy pick for school, sports and activities.
- Need to save some time? Skip the mixer, hand blender and spoon. Dump your ingredients into a blender and hit the switch!
- **6 g of protein** in each muffin.
- Can be modified to be **egg-free** by substituting for flax meal.

1 tsp flax seed + 2 tsp water = 1 egg
3 tsp flax seed + 6 tsp water = 3 egg

FAMILY RECIPE: TRACEY'S PANCAKES

submitted by Tracey Murdoch

Great for breakfast, brunch, snack or after playing out in the cold!
Delicious and fluffy, even the kids can make the family this comfort food!

Prep Time: 5 mins

Cook Time: about 2 mins
per side

Serves: yields 12 pancakes

INGREDIENTS:

2 cups all-purpose flour
(you could try half white and half whole wheat flour)
2 tbsp baking powder
1 tsp salt
4 tbsp sugar
2 eggs beaten
2 cups of milk
4 tbsp oil

DIRECTIONS:

1. Preheat and grease a frying pan.
2. Combine all the ingredients until there are no lumps. Make sure not to over mix.
3. Pour about 1/3 cup of the batter. When the edges become dry and the top is bubbly flip the pancake and cook the other side for about a minute.



Tracey's Pancakes
Photo credit: Tracey Murdoch

FAMILY RECIPE: BLACK BEAN COCOA MUFFINS

submitted by Holly Simpson

Gluten-free, lactose-free, nut-free! (You can even do egg-free!)
These deliciously moist flourless muffins hide substantial amounts of protein, fibre, vitamins and nutrients.

Prep Time: 15 mins

Cook Time: 18-20 mins

Serves: yields 12 portions

INGREDIENTS:

1 can black beans
3 eggs
1 tsp vanilla
1 tsp baking powder
½ cup maple syrup
½ cup cocoa powder

DIRECTIONS:

1. Blend ingredients together and pour into greased muffin holders.
2. Bake at 350°F for 20 minutes.



Holly's Black Bean Cocoa Muffins
Photo credit: Holly Simpson

KIDS CORNER



		First Names				Soft Drinks				Costumes			
		Kirsten	Martin	Raul	Tristen	cherry cola	cola	diet cola	root beer	mad scientist	vampire	werewolf	witch
Orders	second												
	third												
	seventh												
	ninth												
Costumes	mad scientist												
	vampire												
	werewolf												
	witch												
Soft Drinks	cherry cola												
	cola												
	diet cola												
	root beer												

Logic Puzzles presented by Puzzle Baron
 Source: <https://www.printable-puzzles.com/>
 Printed with express permission.
 Copyright © 2022 Puzzle Baron | All Rights Reserved.

Orders	First Names	Soft Drinks	Costumes
second			
third			
seventh			
ninth			

1. The one who is ninth in line didn't dress up as a werewolf or vampire.
2. The trick-or-treater who dressed up as a mad scientist never drinks cola.
3. The one who is second in line is Martin.
4. Of the trick-or-treater who dressed up as a mad scientist and Tristen, one is seventh in line and the other loves to drink cherry cola.
5. Kirsten is closer to the front of the line than Tristen.
6. The one who is third in line loves to drink root beer.
7. The one who drinks cherry cola is farther down the line than Raul.
8. Either the trick-or-treater who dressed up as a vampire or the trick-or-treater who dressed up as a werewolf is Martin.
9. The one who drinks diet cola is not Kirsten.
10. The trick-or-treater who dressed up as a vampire never drinks root beer.

KIDS CORNER



		First Names					Subjects					Detectives				
		Devon	Dustin	Gage	Talon	Wesley	art	drama	english	home economics	science	Miss Marple	Nancy Drew	Poirot	Sam Spade	Veronica Mars
Anniversaries	February 25															
	March 27															
	May 22															
	November 28															
	December 9															
Detectives	Miss Marple															
	Nancy Drew															
	Poirot															
	Sam Spade															
	Veronica Mars															
Subjects	art															
	drama															
	english															
	home economics															
	science															

Logic Puzzles presented by Puzzle Baron
 Source: <https://www.printable-puzzles.com/>
Printed with express permission.
 Copyright © 2022 Puzzle Baron | All Rights Reserved.

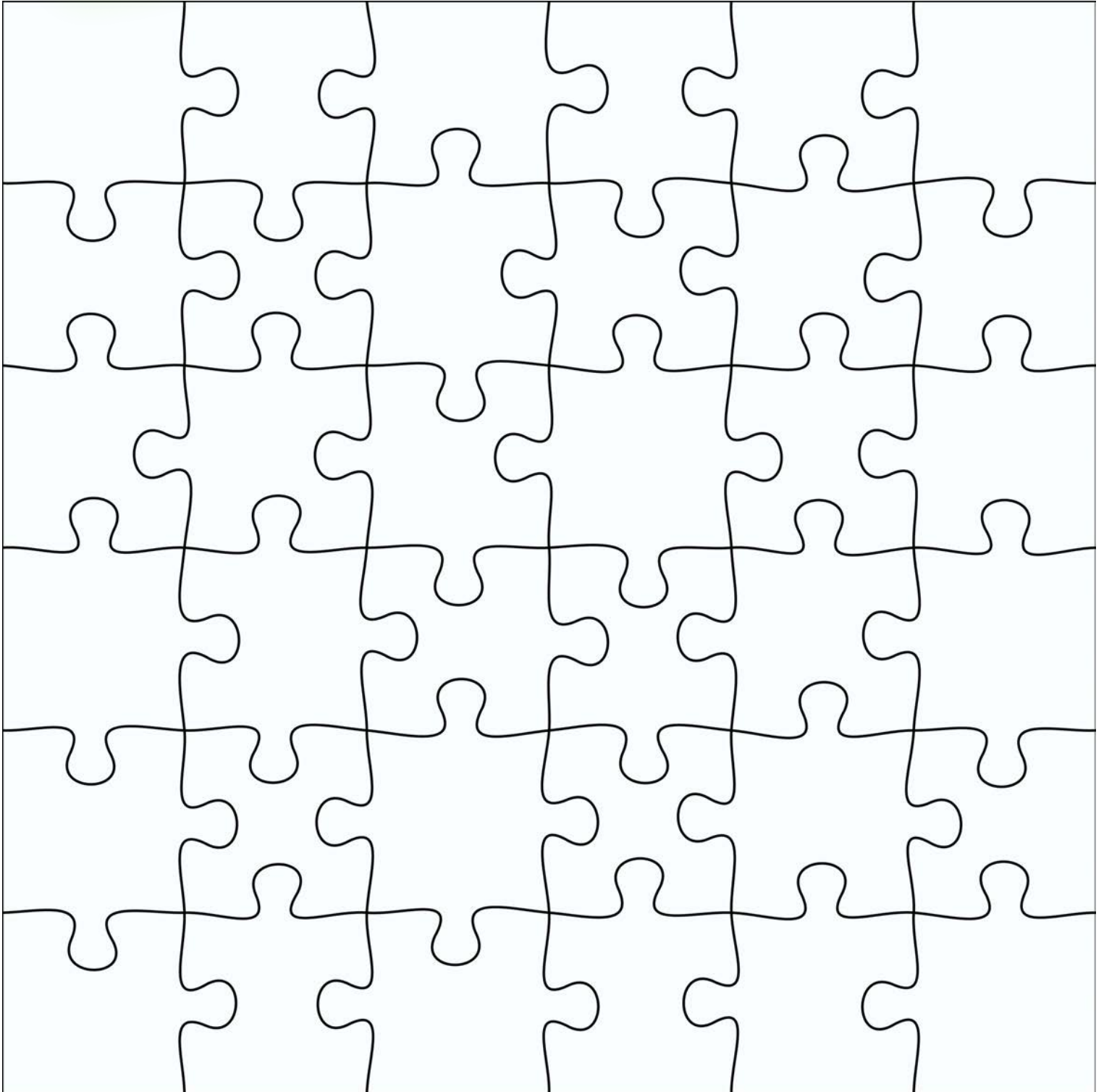
Anniversaries	First Names	Subjects	Detectives
February 25			
March 27			
May 22			
November 28			
December 9			

- The person whose favorite detective is Poirot has an anniversary after the person whose favorite detective is Nancy Drew.
- Either the person whose favorite detective is Poirot or the person whose favorite detective is Sam Spade is Gage.
- The person whose anniversary is on December 9 is Devon.
- The 5 people were the person whose favorite detective is Poirot, Dustin, the person whose anniversary is on February 25, the person who taught art, and the person whose favorite detective is Nancy Drew.
- Of the person who taught science and the person whose favorite detective is Veronica Mars, one has an anniversary on March 27 and the other has an anniversary on May 22.
- The person whose favorite detective is Veronica Mars taught home economics.
- The person who taught english has an anniversary before the person whose favorite detective is Nancy Drew.
- The person whose anniversary is on March 27 didn't teach home economics.
- The person whose favorite detective is Miss Marple is not Devon.
- The person who taught science has an anniversary after Wesley.
- The person whose favorite detective is Sam Spade is not Gage.

KIDS CORNER

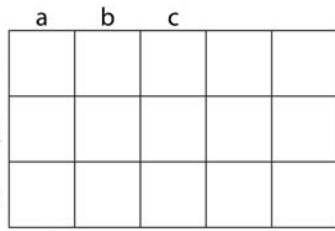
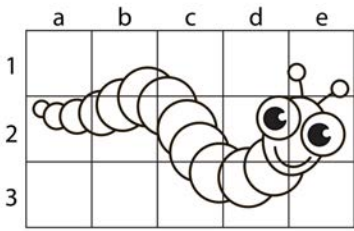
**MAKE YOUR
OWN PUZZLE!**

Draw and colour your own picture in the space below.
Paste this page on heavier paper or poster board and
let dry. Then cut out your puzzle piece and have fun!

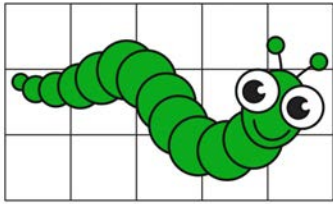
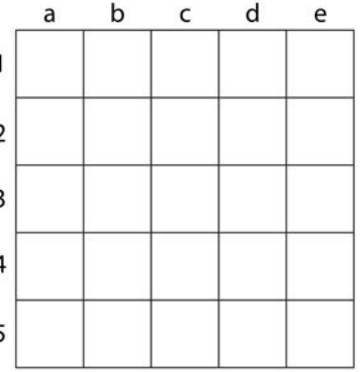
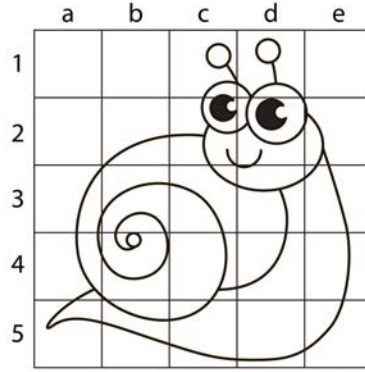


Source: Dreamstime.com
Copyright © Tartilastock

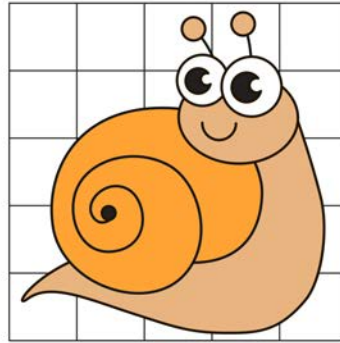
KIDS CORNER



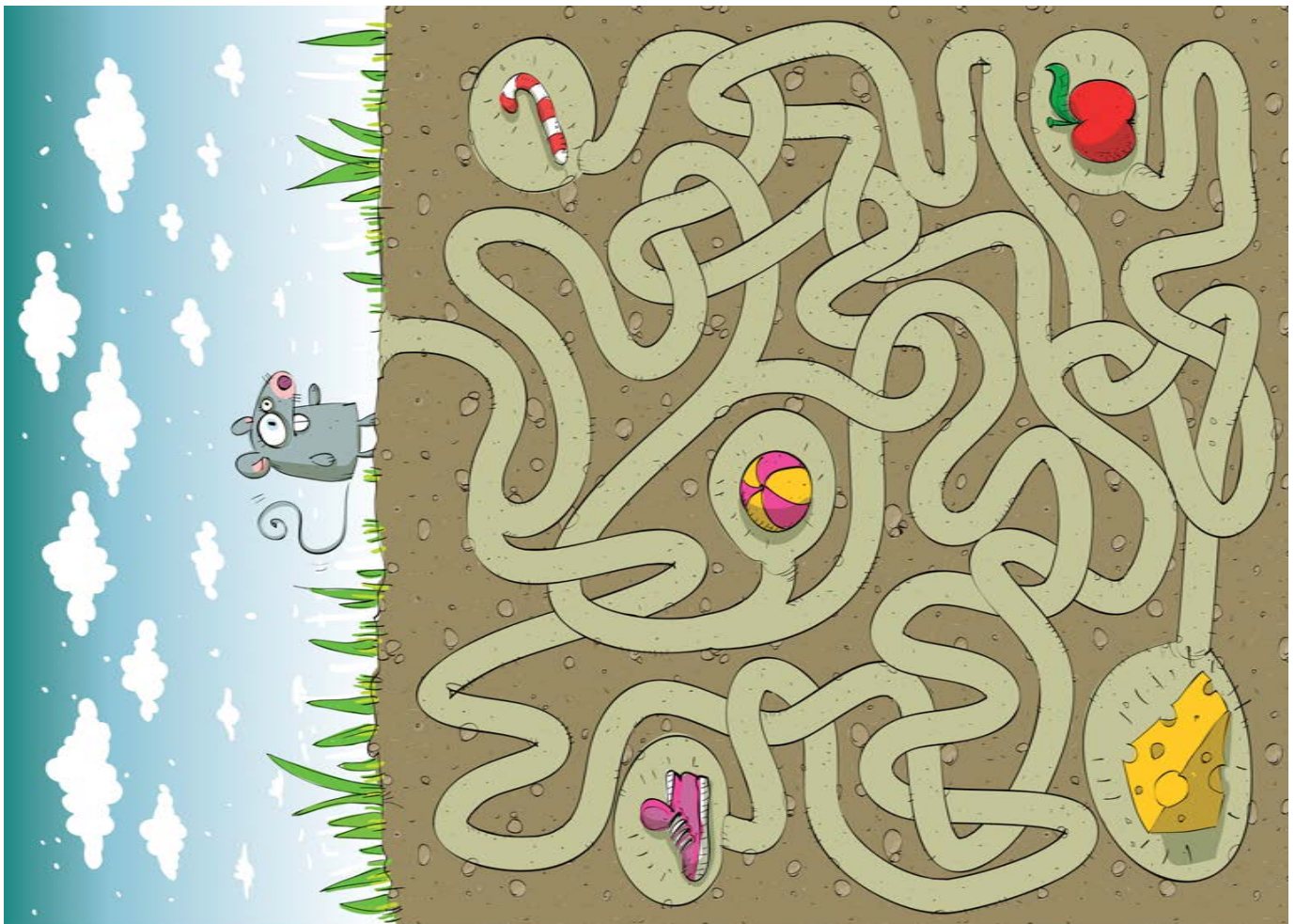
Source: Dreamstime.com
Copyright © Anna Mikhaylova



↑ Here is your drawing!
Copy the picture using the grid.



↑ Here is your drawing!
Copy the picture using the grid.



Source: Dreamstime.com
Copyright © Jaka Vukotić

KIDS CORNER

EASY

2	5			9			4
					3		7
7			8	5	6		1
4	5		7				
		9				1	
				2		8	5
	2		4	1	8		6
6		8					
1			2			7	8

MEDIUM

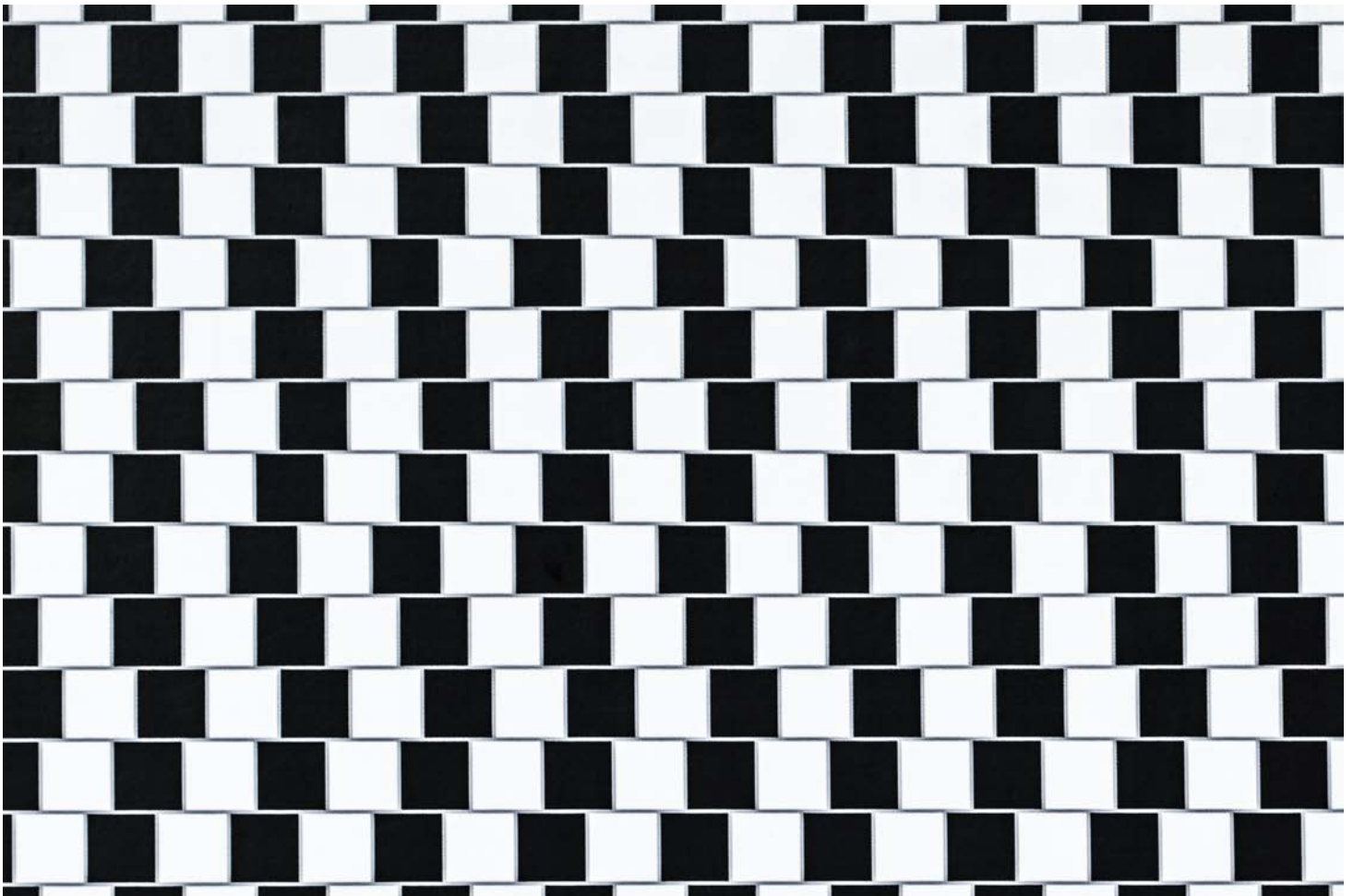
		6		9		2	
			7		2		
	9		5		8		7
9				3			6
7	5					1	9
1			4				5
	1		3		9		8
			2		1		
		9		8		1	

HARD

			8				
7	8	9		1			6
					6	1	
		7					5
5		8	7		9	3	4
	4					2	
		3	2				
8				7		4	3
					1		

Source: Dreamstime.com Copyright © Solarium

ARE THE LINES STRAIGHT OR WAVY?



Source: Dreamstime.com
Copyright © Zuberka

KIDS CORNER

Answers

Orders	First Names	Soft Drinks	Costumes
Second	Martin	Cola	Vampire
Third	Kirsten	Root beer	Werewolf
Seventh	Raul	Diet cola	Mad scientist
Ninth	Tristen	Cherry cola	Witch

Anniversaries	First Names	Subjects	Detectives
February 25	Wesley	English	Miss Marple
March 27	Talon	Science	Nancy Drew
May 22	Dustin	Home economics	Veronica Mars
November 28	Gage	Drama	Poirot
December 9	Devon	Art	Sam Spade

EASY

2	1	5	3	7	9	8	6	4
9	8	6	1	2	4	3	5	7
7	3	4	8	5	6	2	1	9
4	5	2	7	8	1	6	9	3
8	6	9	5	4	3	1	7	2
3	7	1	6	9	2	4	8	5
5	2	7	4	1	8	9	3	6
6	4	8	9	3	7	5	2	1
1	9	3	2	6	5	7	4	8

MEDIUM

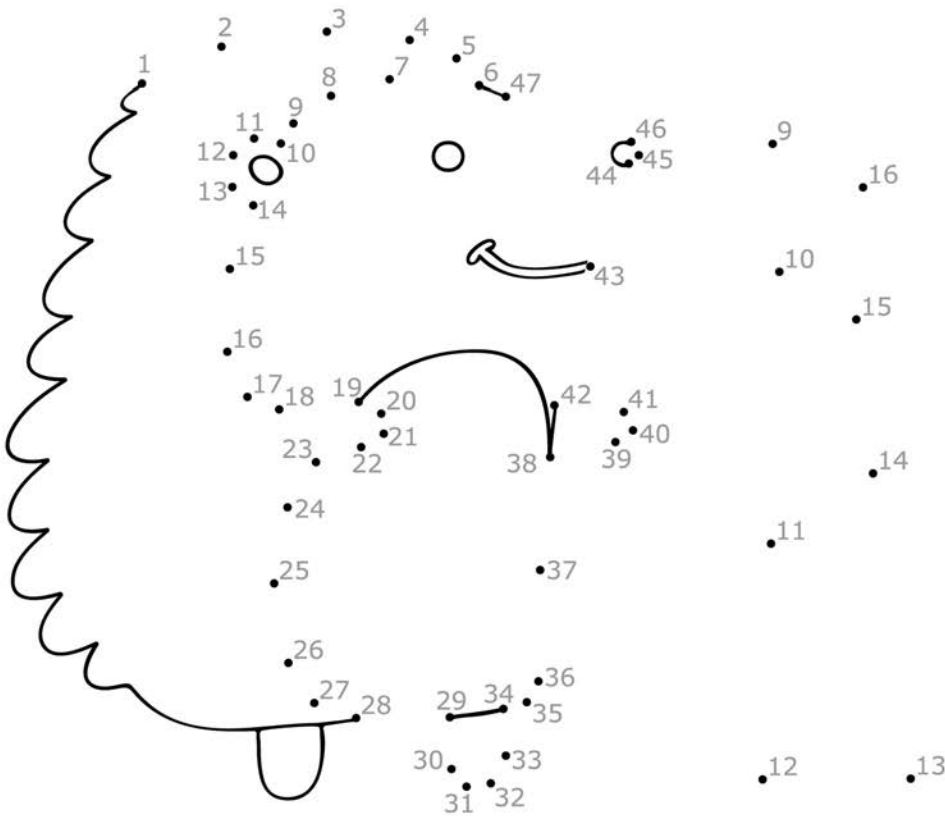
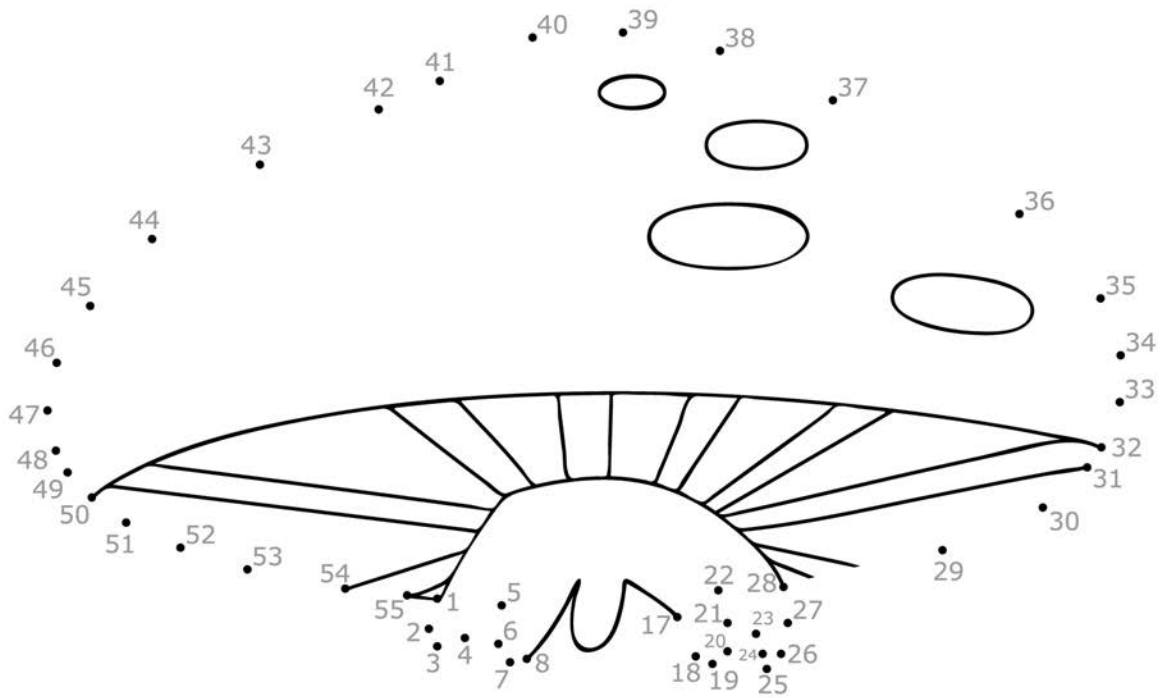
8	7	6	4	9	3	2	5	1
3	4	5	7	1	2	9	6	8
2	9	1	5	6	8	4	7	3
9	8	2	1	3	5	7	4	6
7	5	4	8	2	6	3	1	9
1	6	3	9	4	7	8	2	5
4	1	7	3	5	9	6	8	2
6	3	8	2	7	1	5	9	4
5	2	9	6	8	4	1	3	7

HARD

1	6	5	8	4	7	9	2	3
7	8	9	3	1	2	5	4	6
4	3	2	5	9	6	1	7	8
2	9	7	4	6	3	8	5	1
5	1	8	7	2	9	3	6	4
3	4	6	1	5	8	2	9	7
9	7	3	2	8	4	6	1	5
8	2	1	6	7	5	4	3	9
6	5	4	9	3	1	7	8	2

The lines are straight.

KIDS CORNER



hedgehog

