



Conférence annuelle des services de garde 2018 : Nourrir les esprits

La nature au bout des doigts! Tel était le message-clé véhiculé cette année lors de la conférence des services de garde axée sur le volet éducatif de sensibilisation à l'environnement B.A.S.E. Quelque 200 techniciennes et éducatrices en services de garde, réunies le mercredi 22 août 2018 au Challenger (2525, rue des Nations), ont été invitées à s'engager activement dans des initiatives environnementales au sein de leur propre service de garde de telle sorte qu'elles-mêmes et les enfants se sentent habilités à poser des gestes concrets pour un monde meilleur.

Les trois ateliers présentés à cette conférence d'une demi-journée – Cultiver des initiatives vertes B.A.S.E., Initiation à NutriTower et Activités centrées sur l'environnement – ont tous contribué à fournir au personnel en services de garde les outils et ressources nécessaires à l'intégration rapide et efficace d'activités environnementales à leur programmation quotidienne.

CULTIVER DES INITIATIVES VERTES B.A.S.E.

Au cours de la présentation d'ouverture interactive, l'équipe de jardinage B.A.S.E. – Melina Trimarchi, Ryan Oxley et Shannon Holton – a présenté des projets verts qui, au fil des ans, ont été lancés et mis en œuvre dans les services de garde B.A.S.E. L'équipe a abordé les quatre concepts essentiels à la réussite d'un programme de jardinage, soit la participation communautaire, la prise en charge par les services de garde, l'engagement de l'école et la responsabilisation des élèves.

INITIATION À NUTRITOWER

En septembre 2018, tous les services de garde B.A.S.E. ont reçu une tour Nutritower – un système hydroponique vertical de jardinage intérieur. Sitôt la présentation d'ouverture terminée, l'équipe NutriTower composée de Bryce Nagels et Cassandra Jordan y est allée d'un survol de cet appareil de culture intérieure hors-sol pouvant être

Voir CONFÉRENCE, page 2



Les éducatrices participent à l'activité de cartographie alimentaire où elles identifient le pays d'origine de certains aliments et constatent la distance à parcourir pour parvenir jusqu'à Montréal.

New Leader of B.A.S.E. Daycares



Teresa Federico, B.A.S.E. Daycare Program Manager.

The B.A.S.E. Daycare program welcomed a new manager, Teresa Federico, in May 2018. Touching B.A.S.E. Editor, Léah Hendriks, sat down with Teresa to discuss her journey leading to this new position.

Léah Hendriks: What inspired you to become a daycare educator?

Teresa Federico: From a very young age, I always knew I wanted to work in the field of human relations. I didn't know if I wanted to be an educator, a teacher, a counsellor or a psychologist; I just knew I wanted to work with people—especially children.

When I was 17 years old, I enrolled in the Special Care Counselling pro-

gram at Vanier College. I worked with children, adults and elderly with special needs in my stages. After my first field experience I knew working with children was my calling.

To this day, whenever I spend time with children it makes me smile. There's just something about them that just makes me feel good. So not only am I giving to them but they are giving to me.

When you think about teachers or educators that inspired you growing up, what are some of the qualities that stand out?

The adults I encountered growing up who had an impact on my life were very open-minded, flexible and caring. They made me feel special and good about myself.

They always seemed so happy in their jobs and I always thought to myself—that's the type of person I want to become.

What do you miss most about working with children and interacting with them on a daily basis?

I miss the children incredibly. I miss their smiles and their excitement. I miss the silly little things and the cute things, like seeing a child helping another child tie their shoelaces, or seeing a child who doesn't want to participate and another child says, "Hey, why don't you come and play with us?"

How did you begin working in schools?

See INTERVIEW page 12

Green Club Fun at General Vanier

Green Club is fun because we learn a lot of things that are interesting!

Every Friday after school, the General Vanier Grade 5 and 6 B.A.S.E. Daycare students, along with Ms. Giovanna, Ms. Sabrina and Ms. Lisa, have Green Club. Our Green Club instructor, Ms. Shannon is great and always has fun things for us to do. One of the activities we do weekly is check on the growth of the plants in our Nutritower. There is a group of students that add the water and nutrients in the bucket each week. There are plants up to several centimeters long!

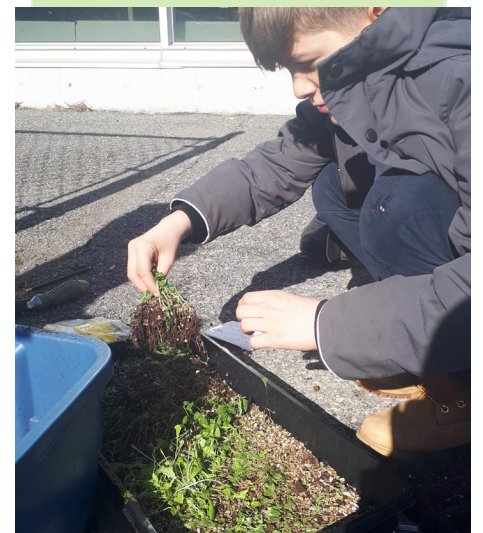
On March 29, 2019 Green Club partially reopened our schoolyard garden. The students put four metal bars in the ground in order to put a protective cover over the plants and start growing flowers and vegetables even though it was still cold. Green Club students also created a vermicomposter bin by taking a storage bin, making a lot of holes in the lid, and adding dirt, shredded paper, empty egg cartons and worms.

The students also worked on planting some vegetables and flowers in some planters and then putting them under lights that are on from 6am to 6pm.

On April 5, 2019 the students spent time fixing the soil, removing any existing plants and planting new seeds. Ms. Shannon divided the students into groups and each group worked on one planting box.

"It's a good time to spend with my friends and have fun," said Grade 6 student Anthony Fontanarosa.

"Green Club is very fun to do with friends," said another Grade 6 student,



Green Club student at General Vanier transplants seedlings.

Eva Pasquino.

In addition, there were a lot of things to see in the garden, such as progress on the compost bin.

"The exterior compost bin is do-

See PLANTING page 12

Inside

| | |
|-------------------|---------|
| Professional Dev. | Page 2 |
| Bulletin Board | Page 3 |
| Nutritower | Page 4 |
| Green Initiative | Page 5 |
| Activities | Page 8 |
| PED Days | Page 11 |
| Interactive | Page 12 |

CONFÉRENCE : En quête de nouvelles idées

SUITE DE LA PAGE 1

utilisé tout au long de l'année scolaire pour cultiver des fines herbes, des fruits et des légumes frais.

ACTIVITÉS CENTRÉES SUR L'ENVIRONNEMENT

L'éducation environnementale étant interdisciplinaire, elle peut donc être dispensée par le biais de diverses méthodes et disciplines. Inspirés par les trois piliers de l'éducation environnementale – conscientisation, attitude et action – les membres de l'équipe B.A.S.E. ont guidé les éducatrices et les techniciennes en organisant une foule d'activités accessibles et pratiques que ces dernières peuvent mettre en place dans leurs services de garde en vue d'amener les enfants à réfléchir aux enjeux environnementaux et à découvrir comment prendre des décisions responsables et éclairées en ce qui a trait à l'environnement. Aux diverses stations, des éducatrices ont pris part à un débat sur l'environnement, une course à relais sur le compostage et une activité de cartographie alimentaire. Pendant ce temps, d'autres éducatrices ont créé des boules de graines, concocté des tisanes médicinales et des produits exfoliants pour le corps à base d'herbes, et préparé un pesto et des smoothies du jardin à l'aide d'un mélangeur propulsé par une bicyclette.

Les éducatrices ont participé activement aux activités proposées et nous avons reçu de nombreux commentaires positifs. Rita De Luca de l'école Our Lady of Pompei a déclaré que « l'exfoliant corporel à base d'herbes était une idée géniale – les ingrédients sont accessibles et l'utilisation de la lavande permet de créer un lien avec les questions environnementales et la récolte d'herbes dans notre jardin. » Elle a ajouté que « la référence aux récoltes est également utile pour élaborer des plans de leçon. » Plusieurs éducatrices, dont Lorane Griffin, Joumana Soudah et Adelaide Agne Kyei-Boahen de l'école Gardenvue, ont apprécié l'aspect social et collaboratif de côtoyer des éducatrices provenant d'autres services de garde. Franca Del-Duca Maurati de l'école Dante a déclaré qu'elle « a bien aimé les conseils de jardinage et la fabrication de boules de graines », tandis que Catherine Cottis de l'école Cedarcrest a souligné qu'elle « a particulièrement aimé le côté pratique » des activités. Toutes étaient unanimes pour dire que l'éducation environnementale, c'est fort amusant!

Grâce aux jardins, aux clubs verts, aux programmes culinaires et autres initiatives écologiques des services de garde B.A.S.E., les enfants acquièrent de précieuses aptitudes de vie tout en assimilant



des connaissances qui les aident à devenir des citoyens plus sensibilisés à l'environnement. Les connaissances et les compétences acquises ont un effet d'entraînement puisque les enfants les partagent avec leurs parents et les membres de la communauté scolaire.

Léah Hendriks
Rédactrice du journal Touching B.A.S.E.

Les éducatrices font la file lors de la course à relais pour le compostage; les éducatrices en services de garde mélangent leur pesto du jardin; Tina Nardolillo, technicienne en services de garde à l'Académie John Caboto, présente la tisane médicinale qu'elle a préparée à Jennifer De Freitas, la responsable du développement de projets B.A.S.E.

Colloque national 2018 d'Equitas « On ne joue pas avec les droits! »

ÉQUITAS

Cette année, deux représentants du programme des services de garde B.A.S.E. de la Commission scolaire English-Montréal ont été invités à prendre part au Colloque national d'Equitas « On ne joue pas avec les droits », qui a eu lieu à Montréal du 26 au 28 septembre 2018. Cet événement a rassemblé 21 leaders de programmes pour enfants de 16 organisations issues de cinq provinces canadiennes, soit l'Alberta, la Colombie-Britannique, le Manitoba, l'Ontario et le Québec. À cette occasion, les membres ont pu parfaire leurs connaissances et partager des idées et des stratégies dans le but d'inciter les enfants à jouer un rôle actif au sein de leur communauté, et ce, partout au Canada.

Au cours de ce rassemblement, les membres ont abordé trois thèmes qu'ils développeront au sein des groupes de travail : le leadership des enfants dans la prise de décisions; le bien-être et la connexité des enfants; l'inclusion des nouveaux venus et des enfants réfugiés.

Les membres des groupes de travail formés de représentants des différentes provinces collaboreront en vue d'élaborer et de mettre sur pied des projets qui appuient les droits des enfants ainsi que leur participation communautaire d'un bout à l'autre du pays.

Léah Hendriks
Rédactrice du journal Touching B.A.S.E.



Des leaders d'un peu partout au Canada participent au Colloque national 2018 d'Equitas « On ne joue pas avec les droits! »

New Engineering Program

ENGINEERING FOR EVERYONE

Engineering for Everyone is a new program developed by B.A.S.E. Animator Jodi Schwartz that began in the winter session of the B.A.S.E. daycare extracurricular activities programming. Students build air-powered vehicles and explore structure and stability, small machines, handheld patterns, marble mazes, a personal pulley, a roller coaster of recyclables, a cardboard crane creation and even a ping pong ball pathway.

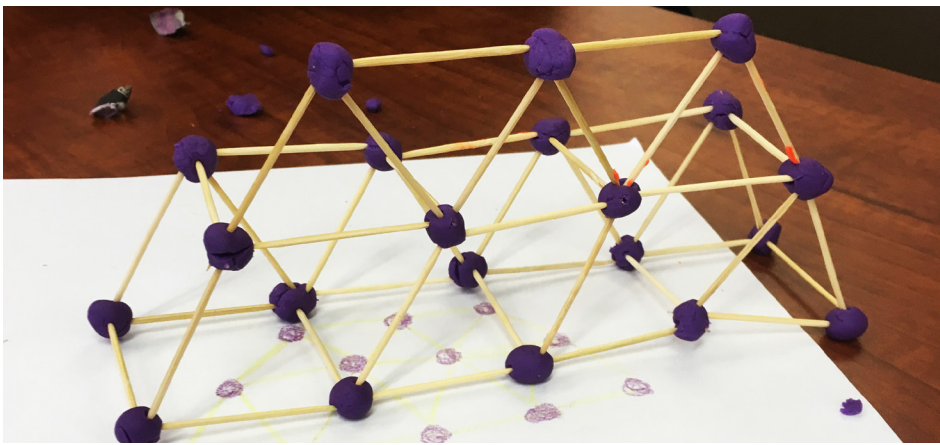
They design, build and invent structures and machines in a collaborative environment that fosters teamwork. The main goal is to allow their creativity and design skills to flourish through fun and educational activities while working with their peers in ways that allow them to explore engineering concepts. Students acquire important life skills, express themselves through open-ended activities and work as a team in a collaborative setting.

One of the program's goals is to foster the students' thirst for knowledge. Students develop mechanical skills, learn about how structures are designed and built and learn about famous buildings and bridges. By the end of this 10-week program, students will be more informed about the engineering basics needed to understand the world around them.

People, especially young children, retain information better by doing activities versus someone talking to them about concepts. In this program, students learn about various aspects of engineering through hands-on activities, putting their skills to the test and inventing more designs and structures than they may have thought possible. Creativity is limitless! Engineers, design and build on!

Jodi Schwartz

Touching B.A.S.E. Contributing Editor



Above: Prototype of an Engineering for Everyone three-dimensional bridge!

Michelangelo International



CTV MONTREAL'S "SPIRIT OF GIVING" CAMPAIGN

In preparation for the holidays, Michelangelo International Elementary School once again teamed up with CTV News Montreal for its annual "Spirit of Giving" campaign, which brings assistance to people in need throughout Montreal. Children, along with their educators, decorated, baked and used their creativity to come up with different crafts and handmade decorations to be displayed in the gymnasium for the CTV Broadcast. The Michelangelo International Elementary School community generously donated food and toiletries so that those in need could have a memorable and happy holiday. Our students were excited to contribute. "I love doing these crafts Miss Sabrina," said daycare student Christian. Sebastiano, another daycare student, explained, "Miss Anna, it is about sharing and giving food to the less fortunate." I am so proud to be part of an extraordinary group of students and staff. Michelangelo International truly has the spirit of giving!

Sabrina Francischiello
Michelangelo International
B.A.S.E. Daycare Educator

Letters to the Editor



What did you think of this issue of the Touching B.A.S.E. Newspaper? Which article(s) did you like or not like? Why or why not? Any other ideas or thoughts to share? Send in your letters to jdonovan@emsb.qc.ca and you might see yours printed in the next issue!

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Touching base
on Daycare Matters

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Nutritowers Empower Children to be Gardeners Year-Round



Parkdale

EXPERIENCED GARDENERS LEARN THE MAGIC OF INDOOR GARDENING

In late September as the autumn winds began to blow and the leaves began to fall, the students of Ms. Lorena's daycare classroom were busy planting seeds for what would become their first ever winter garden. Even more special was that this was the first time the students planted seeds in a Nutritower, which is an indoor vertical hydroponic gardening system.

The Nutritower brings gardening to a whole new level. It is an indoor gardening system that does not require soil, and in which sunlight is augmented (or replaced) by full spectrum T5 fluorescent white lights. This tower is an unconventional garden that left many of the students wonderstruck! As they mounted the Nutritower in all its elegance and beauty, the students were enthusiastic but also somewhat skeptical. They were uncertain as to whether they would be able to grow a successful garden using their new tower.

The students of Parkdale Daycare are no strangers to gardening. For several years, they have participated in weekly activities with our Green Club and with the help of Mr. Ryan and Ms. Lorena, the students have produced successful gardens in our own schoolyard! However, they had never grown an indoor hydroponic garden over the winter!

As October came to an end, we noticed that the fragile little stems that had begun to sprout just a few weeks earlier were picking up volume and strength and we realized that it might be possible to grow a garden without soil or direct sunlight! We watched and waited, and the sprouting magic began to unfold before our eyes! As the days and weeks passed, the plants continued to grow and, just as the snow began to fall, our plants were in full bloom.

When Ms. Lorena asked a few students what they liked most about the Nutritower, Mayer, a Grade 3 student, explained how useful it was to be able to grow vegetables during the winter months without having to worry about weather.

"It is fun to watch the plants grow without earth and sunlight. I am anxious to eat the fresh vegetables," Mayer explained. But as her younger brother looked on he expressed that he preferred growing vegetables in their outdoor garden. When asked why, he answered, "I just like playing outside in the garden."

At the end of November, it was hydroponic harvest time in Parkdale Daycare's Room 1 and our winter harvest party was underway. To everyone's delight, the students made spring rolls from the vegetables they grew in their tower! Although nothing can replace the beauty of nature and the outdoors, it is nice to have an alternative so that we are able to garden during the long winter months.

Lorena De Lucia
Parkdale B.A.S.E. Daycare Educator



Clockwise from top left: Parkdale student admiring winter yield; St. Dorothy indoor gardeners; cucumber grown by St. Dorothy students; basil and kale ready for harvest; Parkdale student examining Nutritower; seedlings sprouting and General Vanier student tending to seedlings.

Dalkeith

LEARNING ABOUT GROWING PLANTS WITHOUT SUN OR SOIL!

On Friday October 19, 2018, two Nutritower employees, Cassandra Jordan and Jesse Shea-Cowper, came to Dalkeith B.A.S.E. Daycare to install our new Nutritower and show us how it works.

The Nutritower uses hydroponics, which means that it grows plants in water instead of soil. Cassandra and Jesse taught us about how the tower waters the plants (like the rain does for outdoor plants) through tubes built into the tower, and explained that the built-in lights are the plants' sunshine. During the lesson, an enthusiastic Grade 1 student named Syllas exclaimed that "the water makes the plants grow, and the lights do too!"

Kassandra showed us a foam board that looked like a chocolate bar. She broke it into cubes and we got to put seeds inside the holes in the middle. Logan, a Grade 1 student, really enjoyed the planting part of the presentation and said, "You get to plant seeds and feel creative by growing something."

Next, Kassandra poured some water mixed with fertilizer onto the plants, covered them with plastic, and plugged in a special lamp so that they could sprout. Once the seeds started to grow, we transferred them into the special pots in the Nutritower and put rocks all around so that they would not fall out.

Since this tower uses a system to mimic rain and sunshine, we can grow vegetables and herbs all year long inside our warm classroom. Grade 1 student Téo explained that his favourite part of the Nutritower is "learning about how the plants grow because we will get to eat them all year long!" It uses less energy than the ceiling lights in our classroom. We cannot wait to see our plants grow!

Michael Spedaliere, Grade 4
Dalkeith B.A.S.E. Daycare

Célébrer le temps des récoltes!

LE CLUB VERT ET LE TEMPS DES RÉCOLTES

Les Clubs verts du programme des services de garde B.A.S.E. (Before and After School Enriched) célèbrent chaque automne le temps des récoltes en organisant une grande fête. Les festivités ont pour but de créer un rapprochement entre la communauté scolaire et son jardin, en plus de promouvoir une saine alimentation en cuisinant des repas nutritifs. Cette activité contribue notamment à stimuler la participation du personnel, des élèves et des parents, et permet aux élèves d'acquérir des habiletés fondamentales grâce à des expériences pratiques de jardinage et de cuisine.

En compagnie de Ryan Oxley, animateur de la programmation verte B.A.S.E., les élèves des Clubs verts B.A.S.E. ont célébré cette année le fruit de leur dur labeur dans leurs jardins lors de la fête des récoltes. À cette occasion, ils ont préparé de délicieux aliments et ont participé à des jeux. Les jardins ont permis de récolter cette année des carottes, du chou frisé (kale), de la laitue et des citrouilles. Pour donner le ton aux célébrations, les élèves ont décoré l'endroit avec des citrouilles, des épouvantails et des légumes afin de créer une atmosphère festive, et ce, en utilisant du matériel recyclable.

Les élèves de l'école primaire Parkdale à Saint-Laurent ont concocté une pizza, tandis que ceux de l'école primaire St. Monica à NDG ont préparé une soupe à même les légumes récoltés dans leur jardin. Les élèves de l'école primaire Cedarcrest à Saint-Laurent et de l'école Hampstead ont organisé des jeux amusants, soit l'empilade de citrouilles et le lancer de la balle, avec des citrouilles provenant toutes de leur jardin!

Ryan Oxley

Animateur de la programmation verte B.A.S.E.



Les élèves du service de garde B.A.S.E. à Général Vanier, Gerald McShane, Edward Murphy et St. Monica participent pleinement et s'en donnent à cœur joie lors de la fête des récoltes!



Michelangelo International: Abundance of Produce at Harvest Party



SPIRIT OF CELEBRATION

Michelangelo International Elementary School B.A.S.E. Daycare began the new school year in the spirit of celebration by hosting its annual Harvest Party.

Last year, Michelangelo's Green Club took on a wonderful project in which the children and their educators planted a vegetable and herb garden in the schoolyard. This initiative taught the children how to grow fresh, wholesome produce while learning about the importance of healthy eating habits. The children, along with their educators, tended to the care and upkeep of their garden over the course of the school year.

This fall, the efforts of their labour were rewarded with an abundant yield of a variety of fresh vegetables and herbs! With this abundance, staff and students decided to host a Harvest Party and prepare delicious meals using what they had cultivated in their garden!

"Wow, we have lots of kale, let's make chips!" exclaimed daycare student Cristian at the event. Inspired by his suggestion, we made kale chips!

In addition to the chips, we prepared an impressive menu that included carrot cake, beet cake, tomato bruschetta, herb cheese spread and cucumber salad. Staff and students celebrated the harvest with balloons, music and healthy food prepared from produce grown in our school garden. Everyone had a great time and left with a full, happy belly!

Anna Colella and Sabrina Francischiello
Michelangelo International
B.A.S.E. Daycare Educators



Michelangelo International B.A.S.E. Daycare students tending to the garden, preparing food and enjoying a Harvest Party with their educators!

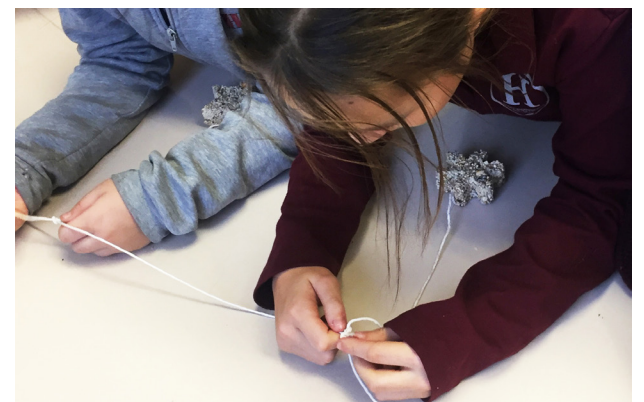
Hampstead

HELPING LOCAL BIRDS WITH DIY FEEDERS

Hampstead Elementary School B.A.S.E. Daycare Green Club students helped the local Montreal bird population that does not migrate for the winter by creating bird feeders. The students prepared a simple recipe and pressed the bird seed into cookie moulds along with some twine. The moulds took three days to harden and were then hung in trees surrounding the school.

The students then took to the Internet to research the varieties of local Montreal birds that would be attracted to their bird feeders. An interactive database of local Montreal birds on the "Oiseaux par la couleur" website helped students identify and learn the names of birds such as Cardinal, Chickadee, Sparrow and Finch (www.oiseauxparlacouleur.com/birds.html).

Ryan Oxley
B.A.S.E. Daycare Green Club Animator



Recipe for Bird Feeders

INGREDIENTS

- ½ cup water
- ¾ cup flour
- 3 tablespoons corn syrup
- 2 ½ teaspoons unflavoured gelatin
- 4 cups birdseed

SOURCE: "How to Make Birdseed Ornaments" by Melissa Mayntz on The Spruce; www.thespruce.com/how-to-make-birdseed-ornaments-385631

Clockwise from top left: Bird feeders formed in moulds; Students preparing bird feeders and students hanging their bird feeders outside.



Blending Fun Physical Activity with Environmental Learning

BIKE BLENDERS PROMOTE HEALTHY EATING

Making smoothies with their own two feet has been a new experience for B.A.S.E. Daycare students this school year with the introduction of two bike blenders! Fall garden harvest parties and Green Club workshops throughout the year featured the student-powered blenders, and all of General Vanier's students got to pedal their way to a delicious blend of fruit and vegetables during a pedagogical day in October.

The bike blenders combine physical activity, healthy eating and a little engineering into a fun, hands-on learning experience. Students need to pedal the bike to generate friction to engage the cog that drives the blender's motor. The faster students pedal, the quicker the blender blends! Lots of encouragement from fascinated watchers often helps quicken the blending!

At each event, students have the added fun of creating their own recipes. The carrot, mango and honey combination has received rave reviews.

Be on the lookout for a bike blender at your school. For more information or to request a bike blender, please contact Ryan Oxley at roxley2@emsb.qc.ca.

Ryan Oxley

B.A.S.E. Daycare Green Club Animator

Carrot, Mango & Honey Smoothie

INGREDIENTS

- 3 cups of carrot juice
- 1 cup of frozen mangos
- 1 tablespoon of honey
- 1 teaspoon of vanilla extract

Top Row: General Vanier students with their bike blender; Bottom Row (from left): Ms. Lorena De Lucia and Parkdale student; Ms. Sandy with Cedarcrest student; Cedarcrest students enjoying a smoothie.



Elizabeth Ballantyne Visits a Local, Fresh Greens Producer



HYDROPONIC GARDENING 365 DAYS A YEAR

Elizabeth Ballantyne Green Club students were curious to explore what food systems can be cultivated during Montreal's cold winter. The curiosity began after the students engaged with their school's B.A.S.E. Daycare Nutritower by growing a variety of vegetables indoors. The Nutritower grows plants in an indoor, vertical hydroponic system, which can operate all year round.

On a mildly cold morning in December, Green Club students took a short walk to La Ferme Pousse Menu located nearby in Montreal West. At the urban farm, students had the opportunity to learn about thousands of different fresh foods from microgreens to sprouts. While on the tour, Philippe Robillard, the president of the farm, shared techniques learned from his 30 years of experience in hydroponic gardening by showing the students each step involved in growing healthy organic sprouts. The Farm produces 1000 kg of fresh greens in one week and harvests and delivers them to clients the same day.

Phillippe also showed the students an interesting and important decomposer: the earthworm. The farm breeds earthworms for vermicomposting systems. The earthworm is a social creature that helps to break down tons of organic matter to create rich vermicompost as well as clean soil, as they help remove bacteria and fungi from decomposing organic matter.

"I enjoyed tasting the fresh wheatgrass that tasted sweet," said Bramman Inpagaran. Bramman also held an earthworm in his hand, which he said was one of his highlights of the tour of the farm.

SALAD ENTREPRENEURIAL PROJECT SUCCESS!

Green Club students took everything they learned from their field trip experience and embarked on an entrepreneurial project. They grew microgreens and sprouts along with the vegetables from their Nutritower and created a salad company. The Green Club received a grant for the project, created a website with the help of their science teacher and held a waste-free event in April where they sold their salad produce to teachers and raised \$85 for their future green projects!

Ryan Oxley, B.A.S.E. Daycare Green Club Animator



Clockwise from top left: Elizabeth Ballantyne Green Club gets lesson in soaking sprouts; growing room; lesson about the growth phases of various insects; earthworm.

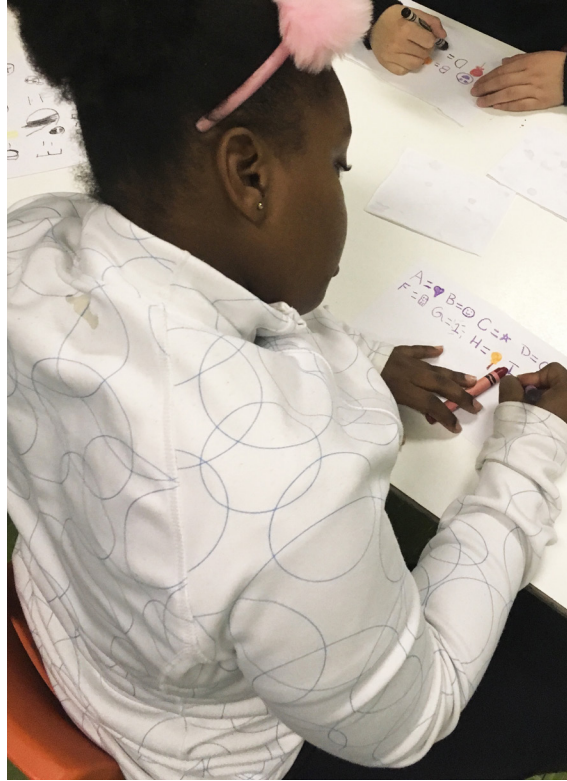
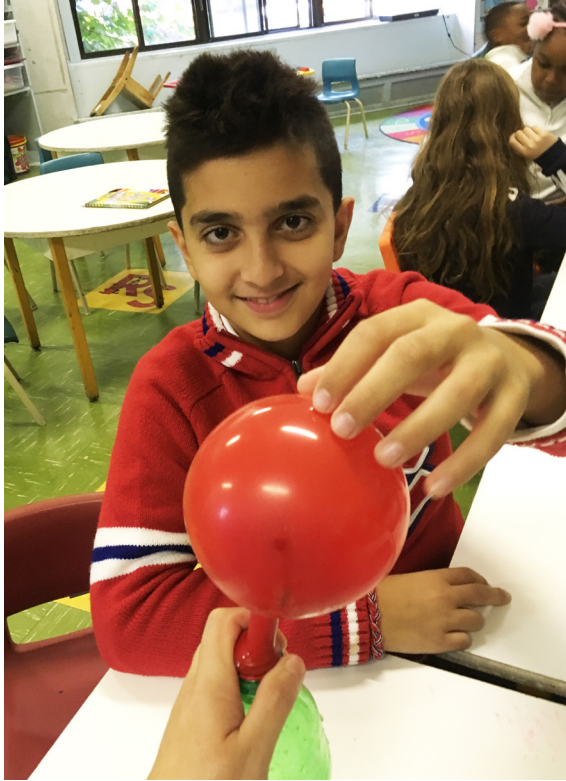


Project Monarch at Coronation

Green Club at Coronation promoted a habitat for monarch butterflies by facilitating fun pollination-related games, saving seeds, and building this beautiful billboard that includes tips on how to protect monarchs. Next is planting!



Parkdale: Budding Scientists Revel in a Multitude of Experiments



Above from left: Parkdale students inflate a balloon with CO₂; Parkdale student creates her own code using drawings; Clay fossil imprints. Below from left: Baking soda image is drawn; Image is revealed using grape juice!

THE MAGIC OF SCIENCE

A science lesson early in the morning is one of the best ways to start the day. Luckily for the Parkdale B.A.S.E. Daycare children, Ms. Jodi comes prepared with many hands-on science experiments for the children to explore every week. There is never a dull moment!

DISAPPEARING MESSAGES

With the Disappearing Messages experiment, the Budding Scientists became magicians as they created messages that disappeared, and used science to make them reappear!

First, Ms. Jodi gave everyone a piece of blank paper. In a bowl, she mixed $\frac{1}{4}$ cup of baking soda with $\frac{1}{4}$ cup of water. She prepared three other bowls so that all students could participate. Students used Q-tips as paintbrushes and used the baking soda and water mixture as paint to create pictures and messages.

While the students waited for their creations to dry, Ms. Jodi taught them how to invent their own secret codes by drawing a different image next to each letter of the alphabet on a blank sheet of paper. For example, the letter A could be symbolized by a heart, the letter B by a smiley face, and so on. Next, students used their secret codes to write out their names as well as different messages. Their names ended up looking like a series of pictures placed next to each other, but could be decoded by following the invented code to “read” the words.

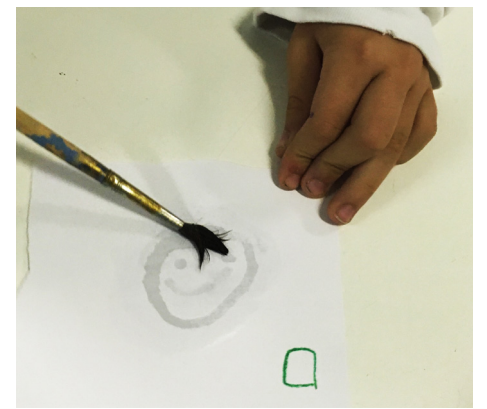
As the pictures and messages dried, the papers appeared blank once again. Then came the magic! Ms. Jodi passed around a cup of grape juice and paint brushes. She instructed the students to use the grape juice and paint brushes to cover the drawings and messages that they had drawn with the baking soda and water mixture. Just like magic, the pictures reappeared! This is because the baking soda is a base and the grape juice is an acid. When you mix bases and acids together, they create chemical reactions. In this case, they reveal secret messages!

BAKING SODA AND VINEGAR VOLCANOES

In a baking soda and vinegar experiment, students drew personalized volcanoes onto strips of paper, wrapped their drawings around styrofoam cups, and then made their miniature volcanoes explode into a bubbling mess! To achieve this effect, Ms. Jodi added vinegar and red food colouring to the cups and the children added a teaspoon of baking soda to set off the eruptions, which evoked laughter and squeals of delight!

CARBON DIOXIDE BALLOON INFLATION

The students used baking soda and vinegar in another experiment in which they were able to inflate a balloon through a similar chemical reaction. Ms. Jodi



poured a small amount of water and vinegar into an empty individual sized plastic soda bottle. Using a funnel, she added two teaspoons of baking soda inside a deflated balloon. She stretched the opening of the balloon over the neck of the bottle. One by one, the children had a chance to flip the contents of the balloon into the bottle. The baking soda and vinegar mixture created a bubbling chemical reaction that in turn produced carbon dioxide gas (CO₂), which rose inside the bottle and inflated the balloon.

A wide-eyed student named Ryan exclaimed through a smile, “The reason that I love science so much is because it is full of surprises! Science can be magical!”

FOSSILS AND FINGERPRINTS

The children briefly discussed dinosaurs and how after they became extinct only their footprints were left behind. The children were instructed to press the feet of a multitude of plastic animals into a flattened piece of clay to create footprints of different shapes and sizes. They compared the assorted shapes and sizes and marvelled at the diversity.

This experiment led to a discussion about human fingerprints, and how every single person’s fingerprints are unique to them. Nobody in the entire world has the same fingerprints as someone else. Ms. Jodi had the children press their fingers one by one onto a paint-soaked sponge, and then immediately onto a handprint stencil. After doing this, the personalized fingerprint designs were left on each child’s paper and everyone was able to inspect their own set. They counted how many whirls, loops or arches they saw. What an interesting forensic science experiment this was!

Jodi Schwartz

Touching B.A.S.E. Contributing Editor

Pound and Kangoo at St. Monica

A UNIQUE WAY TO EXERCISE

At St. Monica Elementary School Daycare, we strive for children to be physically active while having a good time. On the last day of November, St. Monica’s B.A.S.E. Daycare held a special fun day in the school called “Pound and Kangoo.” This activity was organized by Enfant & Compagnie, a dynamic extracurricular activity company based in Montreal.

“Kangoo Jumps” is a way to exercise with special bouncing shoes. Kangoo Jumps is a unique and fun way to workout that was originally developed by athletes.

Students from Grade 3 to 6 participated in this activity and they enjoyed it tremendously! They even played a game of basketball while wearing the Kangoo Jumps shoes!

Pre-K to Grade 2 students did another activity named “Pound Fit.” Pound Fit is a dance exercise choreographed with special sticks. Lots of fun was had by all!

Zahra Amini

St. Monica B.A.S.E. Daycare Educator



Above: St. Monica B.A.S.E. Daycare students playing basketball using Kangoo Jump shoes and playing Pound Fit.

Bringing Puppet Creations to the Stage!



PUPPET IMPROVISATION SKILLS

Over the course of the B.A.S.E. Daycare fall 2018 session, students from five B.A.S.E. daycares (Bancroft, Dalkeith, Hampstead, Pierre Elliott Trudeau and St. Monica) worked with Ms. Jodi to create a multitude of puppets. The puppets came in all shapes and sizes: Paper bag puppets, plate or cup puppets, egg carton bugs, pop-up puppets, and popsicle stick animals complete with their habitats.

Throughout the session, creativity flowed around the classroom. The students used their imaginations to the fullest and brought some amazing creations to life! Ms. Jodi guided the students to conceive their characters' histories, what they liked to eat, where they lived and what they liked to play. In addition, they thought up voices and personalities for their characters and some students even created their own puppet languages.

The students practiced their improvisation skills through playing games that encouraged imagination and thought, and fostered collaboration. Charade and acting games helped them invent unique situations and complex, intertwined stories to act out with their peers. The games also encouraged physical movement and vocabulary expansion.

These activities and games led to the students using their newly acquired skills to put on a short puppet show comprised of mini skits for their peers and daycare staff to enjoy. The skits had a beginning, a middle containing a problem, and an end that provided a solution. Throughout this process, they developed their collaboration and social skills, became more in touch with their emotions, and worked on their ethical development by helping their puppets get out of some troublesome situations. There are no limits to what the imagination can create!

Jodi Schwartz
Touching B.A.S.E. Contributing Editor



Clockwise from top: St. Monica improvisation game; Dalkeith "eat an apple" improvisation game; Hampstead pop-up puppets; Dalkeith sock puppets; paper bag puppet at Hampstead; Pierre Elliott Trudeau bumblebee popsicle puppet in a house; "Follow the Movement" game at Dalkeith with Ms. Jodi. Left: Bancroft puppet show. Above: St. Monica Minion finger puppets; St. Monica students with egg carton puppets and Ms. Jodi.

Nesbitt and Pierre Elliott Trudeau: Students Work Their Magic Tricks!

MINI MAGICIANS

Over the course of 10 weeks last Fall, B.A.S.E. daycare students at Nesbitt and Pierre Elliott Trudeau Elementary Schools transformed into mini magicians under the guidance of Ms. Jodi. The card tricks that were learned not only fooled the audience, but also the children performing them. They thought they were only acquiring new and fun magic tricks, but in reality, they were gaining mathematic and linguistic skills, too! The magic tricks involved spelling, adding and counting, but presented academic learning in hidden and captivating ways.

Every week, the children worked in small groups practicing the magic tricks Ms. Jodi presented to them. Fun was had by all through card tricks, walking through paper and tricks using objects that deceived the audiences optical and auditory senses.

Some of the children at Nesbitt were inspired to create their own booklet to record all of their new tricks. Learning magic motivated and inspired the groups to work collaboratively and to construct the narratives for their tricks to make them seem believable.

Children got lost in the illusion that magic conjures by designing their own magic wands, and had fun decorating their name plate signs complete with self-assigned magician names. They had the opportunity to invent a name with magical essence that they felt suited their persona. Students at

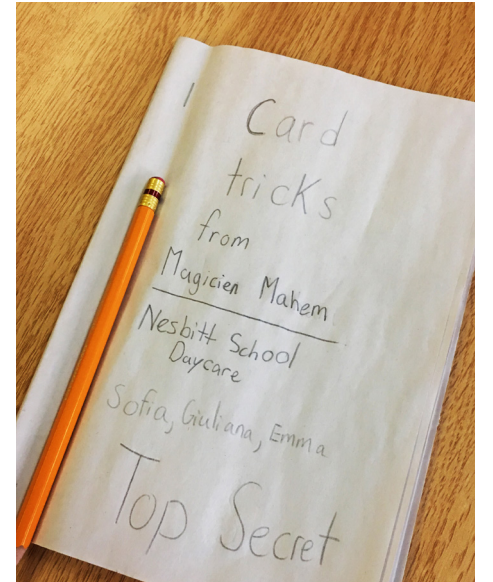
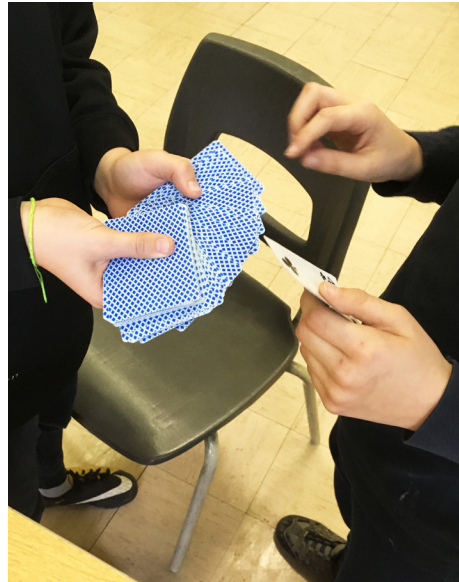


Pierre Elliott Trudeau dove headfirst into the Harry Potter related themed references; they came up with names inspired by Harry Potter characters and decorations for their name plate signs, as well as magic sentences that they recited while practicing. Children at Nesbitt produced beautiful wands and dreamed up accompanying imaginative magical phrases to use in their show to help dazzle the audience.

Magic is a type of storytelling combined with sleight of hand, a hint of illusion and teamwork, but you must always remember the golden rule: magicians never reveal their secrets! Abracadabra!

Jodi Schwartz

Touching B.A.S.E. Contributing Editor



Clockwise from top: Nesbitt magic wands; Nesbitt "Find All the Aces" trick; Nesbitt students practicing a card trick; Student-made card trick booklet.

National Child Day Activity

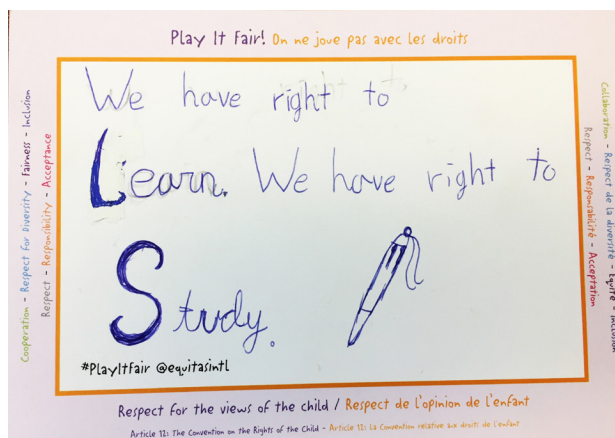
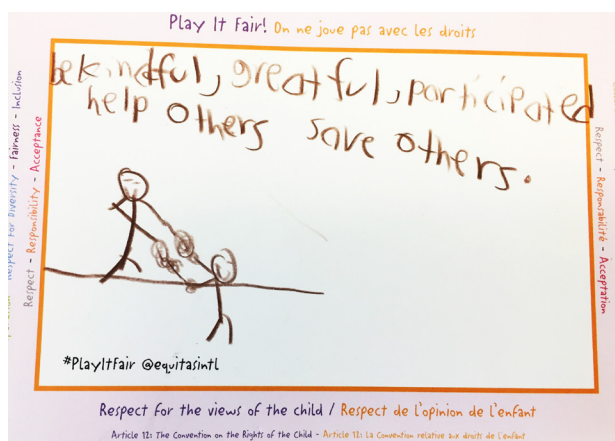
POSTCARDS TO PARLIAMENT

National Child Day is celebrated on November 20th each year. National Child Day has been celebrated across Canada since 1993 to commemorate the United Nations' adoption of two documents centered on children's rights: the United Nations Declaration of the Rights of the Child on November 20, 1959 and the United Nations Convention on the Rights of the Child on November 20, 1989.

Celebrating National Child Day is about celebrating children as active participants in their own lives and in their communities; it is about celebrating children as active citizens who can and should meaningfully contribute to decision-making in society.

This year, several B.A.S.E. daycares celebrated National Child Day by participating in the Equitas annual Postcard to Parliament Campaign and wrote postcards to Prime Minister Justin Trudeau. The postcards were supplied by Equitas, and the goal was to allow students to exercise their own voice and to advocate for their rights and the rights of other children living in our country.

In Ms. Melina's Green Club at John Caboto Academy, the students looked over the United Nations Convention on the Rights of the Child and as a group discussed the meaning of some of the rights. The students engaged in a thoughtful and comprehensive discus-



sion about their rights.

"It says we have a right to practice our religion and it also says that we have the right to not be harmed, but we hear that some people harm others because of their religion. So, what happens when rights seem to be conflicting?" asked Ryan, a Grade 6 student.

We spoke about how your religion, cultural background or any part of your identity should not be used as a tool for hurt. You always have the right to be safe both inside and outside of school but, as Ryan pointed out in the discussion, not everything is as clear cut and

See POSTCARDS, page 12

Carlyle International

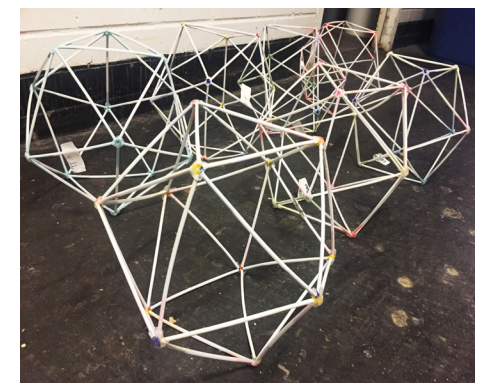


GEODESIC DOMES

Last fall, Carlyle International Elementary School B.A.S.E. Daycare students learned about the geodesic dome, an important invention popularized by American architect Richard Buckminster Fuller. This captivating architect thought that strong, spacious and easy to build housing structures could be manufactured in a factory and flown by helicopter to any suitable plot of land. To accomplish this goal, he redesigned Dr. Walther Bauersfeld's geodesic dome, a spherical structure composed of triangular elements. The best way for us to explore his unique architectural designs in daycare was to build a model of an icosahedron—a geodesic dome building designed by Fuller—using our creativity and ingenuity with straws and pipe cleaners.

When we saw photographs of an icosahedron, we thought it looked interesting, but when we saw a video of how it was constructed, we wanted to try it and create one ourselves!

Here are some opinions expressed by the daycare students about this project: "I think it was very fun to build the icosahedron. I think it's amazing and it's easy to make. I liked building it and see how beautiful it was at the end,"



Above: Carlyle B.A.S.E. Daycare educators and students pose with model geodesic domes; geodesic domes.

commented an enthusiastic student. "I think all the icosahedrons I made were very nice. The first time I built one, it looked difficult to make, but once I finished my first model I knew I could build two more," explained a student. "It was fun! It was interesting! I was impressed that to build it, we only needed straws and pipe cleaners!" exclaimed another student. "It was amazing, creative and entertaining. It was difficult but fun," explained a student in a sentiment shared by all.

Many of us built two, and even three, icosahedrons. Also, our friends from Grade 5 and Grade 6 wanted to join us and build their own. Why was this project important? Because we are learning about architecture through building structures ourselves, and remembering people who made great contributions to society!

Buckminster Fuller. Wikipedia. Retrieved from https://en.wikipedia.org/wiki/Buckminster_Fuller

Grade 4 students and Ms. Patricia Carlyle B.A.S.E. Daycare Educator

Luau Party at Westmount Park



Westmount Park Elementary School B.A.S.E. Daycare students and staff enjoying Luau Party pedagogical day activities.

Nesbitt's Annual Holiday Outing

ANNUAL MOVIE AND CHINESE BUFFET FUN

On November 16, 2018, the students and staff in the Nesbitt Elementary School B.A.S.E. Daycare program celebrated the approaching holidays with their annual November "Movie and Chinese Buffet" pedagogical day outing. It is an annual tradition that was started by Ms. Pina, the daycare technician. This year, the students had the pleasure of viewing the much anticipated movie *The Grinch* at Cinémas Guzzo, followed by a delicious lunch at Le Buffet Mandarin.

The children were overjoyed at the prospect of seeing the movie. They prepared all week long, making Grinch inspired crafts and a Grinch snack. One group even made Grinch masks, which they brought to the theatre with them. The movie did not disappoint. Funny and heartwarming, it celebrated the spirit of the holidays and the power of love. "When the Grinch's heart grew, I felt happy," commented a student.

Once the movie was over, it was time for lunch. While the idea of inviting more than one hundred children to a buffet sounds daunting, everything went smoothly! With the help of the staff and the older children, who were amazing at helping out the younger students, everyone sat down to a delicious meal. We even received a call from the manager of the restaurant the following day exclaiming how well behaved the children had been. All in all, it was a wonderful outing that students and staff alike enjoyed and look forward to next year.

Maria Balntas
Nesbitt B.A.S.E. Daycare Educator



Above: Nesbitt Elementary School B.A.S.E. Daycare students attend *The Grinch* movie wearing Grinch masks they created.

PLANTING Up a Storm at General Vanier!

CONTINUED FROM PAGE 1

ing well right now and we just added some banana peels,” said a Grade 5 student.

Another thing to observe was the fact that some students had issues with fixing the soil because it was still partly frozen.

“It was very hard to turn the soil with the gardening tools,” said a Grade 6 student.

General Vanier daycare students planned a spring festival in late April-early May and were very excited about it. Many of the students liked this assignment.

“It’s a great opportunity to learn about gardening,” said Grade 6 student Stella Paoella.

On April 12, 2019, Ms. Shannon instructed the students to remove the tarp from the pile of dirt in the school garden. Students added some fresh soil into the planting boxes and some seeds to the ones that weren’t finished on April 5.

“It’s a fun thing to do,” said Grade 6 student Ezekiel Medeiros.

In one of the boxes was planted three rows of French radishes, four rows of lettuce and two rows of green onions. Another four boxes have buckwheat and peas, and the last one has corn salad (Valerianella locusta), spinach and lettuce. Two students

planted six rows of lettuce and five rows of spinach in the final box. An especially fun part of the April 12 workshop was finding a lot of small critters.

“These creatures are very interesting to watch,” said Medeiros. “We have found baby centipedes, millipedes, worms and a lot of larvae. This means our soil is healthy.”

Every student really enjoys Green Club on Fridays at General Vanier.



Clockwise: Students planting seeds in planter boxes on April 12, 2019; Ms. Shannon and Green Club members prepare their water reservoir garden containers; Green Club members prepare the hoop house for winter gardening.



Vincenzo Paoella, Grade 6 General Vanier B.A.S.E. Daycare

INTERVIEW with Teresa Federico

CONTINUED FROM PAGE 1

During my studies at Vanier College, I did one of my stages at Frederick Banting Elementary School, which is now closed. I ended up falling on a job that I loved and there was diversity in it. I had great support from my administrators and I learned a lot from them. I then went on to work as an educator for two years and a daycare technician for 20 years at Michelangelo International Elementary School.

When did you make the move to the Daycare Avant-Garde Technician and Manager positions?

I applied for the Avant-Garde Technician position in 2015. When Rosa Fuoco retired from the daycare manager position last April, I was ready for a new challenge and applied to the position.

What inspired you to move toward this role?

We are seeing more and more children with difficulties and I feel that our educators and technicians need extra support, so that is one of my goals and part of my vision.

I want the educators and daycare technicians to feel empowered and validated for all of the work that they do, because they do a lot. I would like to create more opportunities for professional development that would be relevant to their reality and that will empower and inspire them.

What keeps you motivated after so many years working in the education system?

What keeps me motivated is trying to make a difference and seeing the positive outcomes. I always believe we can do it; we just have to be proactive and see how we can change things for the better.

There is a quote that inspires me, and helps me to keep things in perspective: “It is not how heavy the load is, it is how you carry it.”

I love that saying, and some days that load is really heavy, but I honestly believe if you give it a positive spin and try to reflect and ask what can we do to change and improve things, we can make things better.

Léah Hendriks Touching B.A.S.E. Editor

INTRODUCING ECO-KID!

ENVIRONMENTAL SUPER HERO

Hi! I’m ECO-KID!

I help the environment by learning, listening and being proactive in my community.

Want to learn how to be an ECO-KID in your community? Visit ecokids.ca/take-action/! Stay tuned for some tips and tricks.

FIRST ECO TIP!

When recycling, check the bottom of any plastic container. If you see a number 7, 1, 3, 4, 2, or 5, you can recycle it in Montreal. *What number is missing from the sequence?*



Artwork Credit: Melina Maria Trimarchi

CONTINUED FROM PAGE 10

perfect as we would like it to be. The United Nations Convention on the Rights of the Child is an ideal. Unfortunately, not all children around the world or within Canada are afforded the rights they deserve. Activities like this are important because it gives our students an opportunity to think critically about themselves and the world around them.

Ms. Melina’s Green Club also spoke about the role of government in our lives. Ms. Melina pointed out that it is important that we remind ourselves that the government and the people we put in power through our right to vote work for us, the people. We have the right to ask for things from our government that better our lives and the lives of everyone living in Canada.

After the discussion, the students were given a postcard and were asked to draw or write the changes they would like to see in Canada. Some students wrote about the environmental health of the country, while others asked Justin Trudeau to make sure all children are safe and that their rights be protected. When they had completed their postcards, they set out to mail them accompanied by their educator.

Ms. Fil’s class at Michelangelo International Daycare took a walk with her students to drop them off themselves.

If you had the opportunity to ask our Prime Minister a question or to leave a comment or a concern, what would you say? In the empty postcard to the right, we encourage you to fill it out and send it to us!

Melina Maria Trimarchi B.A.S.E. Daycare PDO Environmental Education

POSTCARDS to Parliament

Cooperation - Respect for Diversity - Fairness - Inclusion - Respect - Responsibility - Acceptance

Intérêt supérieur de l'enfant / Best interests of the child

Article 3: La Convention relative aux droits de l'enfant - The Convention on the Rights of the Child

#PlayItFair @equitasinhl

Play It Fair! On ne joue pas avec les droits

Collaboration - Respect de la diversité - Équité - Inclusion - Respect - Responsabilité - Acceptation

Postcard courtesy of EQUITAS <https://bit.ly/1WROMIA>

Above: Equitas Postcard to Parliament. Fill it out and send it through the EMSB Internal mail or send it to us at B.A.S.E. Daycare Head Office, 6000 Fielding Avenue, Montreal, Quebec, H3X 1T4.