

THE VOICE



A visit from Santa!

Housekeeping

1. Friday January 22nd: Pro-D Day-No School
2. Thursday January 28th: Spirit Day!



A Message From Our School Principal

It is hard to believe that a new year is upon us, welcome 2021! I hope that all of you had a safe and happy holiday, even if we weren't able to spend it with all of our loved ones I am sure they were close in your heart.

Mid December brought welcomed news with the rollout of the COVID-19 vaccines and we hope that over the next several months we will be able to resume pre-COVID activities. However, until such a time, we must remain vigilant and adhere to the guidelines put forth by the province of BC. I know we are all getting tired of the isolation and lack of mobility, but cases are on the rise and we all need to do our part to keep each other safe!

As we enter the winter months we must take extra precautions to stay healthy. We have amazing and highly specialised staff working at CHSC. Their expertise and our approach is what makes our listening and spoken language program so special. Let's all do our part to keep everyone healthy so that we are able to continue to provide exceptional programming.

The cold, dark months also bring one of my favourite themes, Winter! More specifically, this month we will be focusing on winter animals, winter sports, and winter activities. Now all we need is a little snow!

Happy January!



Loretta Richardson
Principal



Recipe Corner

Healthy Vegetarian Chilli

Let's spice things up in the kitchen this winter with a delicious and vegetarian chilli. This is sure to be a crowd pleaser at the dinner table!



Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium red onion, chopped
- 1 large red bell pepper, chopped
- 2 medium carrots, chopped
- 2 ribs celery, chopped
- ½ teaspoon salt
- 4 cloves garlic pressed or minced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1½ teaspoons smoked paprika
- 1 teaspoon dried oregano
- 1 large can (28 ounces) or 2 small cans (15 ounces each) diced tomatoes with their juices
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (15 ounces) pinto beans, rinsed and drained
- 2 cups vegetable broth or water
- 1 bay leaf
- 2 tablespoons chopped fresh cilantro, plus more for garnishing
- 1 to 2 teaspoons sherry vinegar or red wine vinegar or lime juice, to taste
- Garnishes: chopped cilantro, sliced avocado, tortilla chips, sour cream or crème fraîche, grated cheddar cheese, (the possibilities are endless!).



Instructions

In a large Dutch oven or heavy-bottomed pot over medium heat, warm the olive oil until shimmering. Add the chopped onion, bell pepper, carrot, celery and ¼ teaspoon of the salt. Stir to combine and cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.

Add the garlic, chilli powder, cumin, smoked paprika and oregano. Cook until fragrant while stirring constantly, about 1 minute.

Add the diced tomatoes and their juices, the drained black beans and pinto beans, vegetable broth and bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes.

Remove the chilli from the heat and discard the bay leaf. For the best texture and flavour, transfer 1 ½ cups of the chilli to a blender, making sure to get some of the liquid portion. Securely fasten the lid and blend until smooth (watch out for hot steam), then pour the blended mixture back into the pot. (Or, you can blend the chilli briefly with an immersion blender, or mash the chilli with a potato masher until it reaches a thicker, more chilli-like consistency.)

Add the chopped cilantro, stir to combine, and then mix in the vinegar, to taste. Add salt to taste, too—I added ¼ teaspoon more at this point. Divide the mixture into individual bowls and serve with garnishes of your choice. This chilli will keep well in the refrigerator for about 4 days or you can freeze it for longer-term storage.

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Kids Corner



Kids Corner

