

Sangudo Community School

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FEBRUARY

2018

Principal's Corner



January has blown by and February has brought us some snow and cold and it sure is feeling like winter out there. It is unfortunate when the temperatures are too cold and we can't get outside, but when we can, students are really enjoying the snow. We did not get out for our winter walk today as planned, because of the cold, but we will reschedule and provide some alternative dates as we are looking forward to the walk. Please continue to ensure that children are dressed for the cold.

February is a very busy month here at Sangudo. Tomorrow we are all going to Sherwood Park to Festival Place to see a musical production of Shrek. On Wednesday we have a spaghetti lunch from the donation money provided by Ste. Anne Natural Gas Co-op from the food bank campaign before Christmas. Farm Safety presentations, Valentine's Day and 100 Day Celebrations are all taking place next week. Some of the students have been skating and this too will continue for some classes over the next few weeks.

The Teachers' convention is taking place February 8th and 9th and all of our staff will be attending. The Learning Showcase is on February 13th and we would invite all families to come out and see all of the great learning that has been happening here at Sangudo. We have Hockey Hooky on February 27th and Pink Shirt Day on February 28th. The month will be here and gone before we know it.

If you have any questions or concerns, or just want to find out more about what is happening at school, I am always excited to share! Give the school a call.

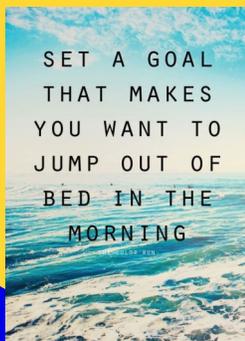
Jo-Ann McLaren
Principal



We're on the Web!
sangudoschool.ca

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Scholastic Book Fair is coming to our school!

February 13 9:00 am—7:00 pm

February 14 9:00 am—4:00 pm

February 15 9:00 am—2:00 pm

Mrs. Moon is looking for volunteers to assist with the book fair to do sales during the times above. As well, assistance with packing up and taking down will be needed from 5-7pm on Thursday night. By holding a Book Fair in February, and due to the fact it is our second book fair, we automatically earn 20% worth of product from net sales at this book fair, no matter what the total sales. On top of that, regular bonus rewards will also be earned. This means a lot of new books being added once again to the SCS collection!

In order to be entered for the 6 Book Fair Draws and the free poster draws, Mrs. Moon is challenging all students to have a parent take a picture of them reading in their favourite place, with their favourite pet or stuffed animal, or with a family member or friend. Pictures will be on display outside the Learning Commons, and all students who participate will be entered for their chance to win a \$10 gift certificate to spend at the book fair! Pictures can be emailed to melody.moon@ngps.ca with the subject "**Book Fair Photo (Child Name)**" or to help Mrs. Moon out, please feel free to print the picture off and send in with your child. All entries must be in by Wednesday, February 14th to qualify for the draws.

Milk Program

The current milk session ends on January 30th. Forms were sent home on January 18th. The next milk session will begin February 5th and run until March 29th. A special thank you to Miss Duplessie's mom Sherry Duplessie for volunteering her time to pick up the milk in Edmonton each week.

SCS Track Team—Journal Games

Track team tryouts were held at the beginning of January. We had enough students to create 2 mixed teams, a boys team, and a girls team. Students have started training for the relay, which will take place February 21. Big thanks to Becky Hull for volunteering her time to help Miss. Duplessie and Mrs. Erickson train the teams. We are looking forward to making this an annual event and hoping to attract even more members next year!



Stormin' the Stage Drama Production

After a few delays, and a lot of rescheduling the production date is set! February 22, 2018 Stormin' the Stage will be presenting two one act plays. The cast of 40 students are extremely excited to provide an evening of entertainment for you! Supper will start at 5:30pm followed by "Snow Queen" at approximately 6:30pm. At the end of the first show, dessert will be served while set changes are made, and the second show "Big Bad" will begin as soon as possible. Tickets go on sale February 5th, and can be picked up from Pit Stop Gas or at the office. Cost is \$15 for all tickets.

Volunteers are needed to assist with the meal. Please contact Kristina Vandersteen at 780-265-5545 or Mrs. Moon if you are available to help.



As the Division Social Worker, I have the honor of working in each school within Northern Gateway Public Schools. January seems to be a month where we hear about “Blue Monday” and the “Saddest Week of the Year”. Days are shorter and dark, the weather is foul, people feel stuck indoors more than they would like, there may be family stress, or worries about midterms, finals and diplomas. Whatever the reason, I think all of us can use a little reminder on how to help children be more resilient in stressful times.

5 HABITS OF RESILIENT KIDS

By SOS Magazine July 21, 2017

Every child has the capacity for greatness. There is no gene that can determine whether they will be successful or happy. They all have the ability to do extraordinary things. Despite our best efforts, however, they will encounter difficulties on the way. There is nothing we can do to change that. All we can do is help equip them with the skills they need to remain unbroken by these trials.

We need to teach them resilience.

All children have different natural levels of resilience. They also have different ways of showing when they can no longer cope with the stress. They may express this through anger, resentment, withdrawal or emotional outbursts. Children with lower resilience will display these behaviors more often.

Don't despair! Resilience is not a fixed trait. It can grow with the child or be strengthened at any age. The way to do this is not to clear the path ahead for them, but rather, to teach them to cope with the stress and to deal with it; instead of covering it up.

1. Resilient kids need relationships.

It's not the kids that “don't need anyone” who are the most resilient; it's the kids who have a reliable presence of support. Knowing people support and care for them increases a child's positive emotions and their confidence. However, kids aren't always so great at noticing that the people around them care, so make sure to remind them on a regular basis.

2. Resilient kids know they can ask for help.

Kids will often believe that they need to figure things out for themselves – and while that is partly true, they need to know they are not alone. They need guidance. Try to help them, without carrying them.

3. Resilient kids foster optimism.

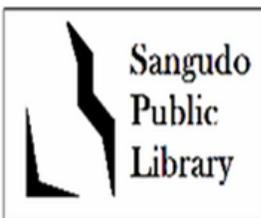
Optimism is not about having a Pollyanna-esque outlook on life, it is more about allowing feelings of sadness to exist alongside feelings of gratitude. Optimistic kids are also able to view a situation from a different viewpoint and figure out how to make the best of things.

4. Resilient kids face their fears. There is something about conquering that will give a rush of confidence and empowerment. Self-preservation is important too, so healthy fears are OK to maintain. When children discover something that challenges them or frightens them, they often approach it in one of two ways: *a) Face it* OR *b) Avoid it*. What you can help them see is a third option: *Gradually move towards it with people to support you*. This can gently push them towards mastering the things that challenge them, and the morale boost that comes with it.

“How can I fix this? Or What can I learn from this?” Not, “Why is this happening to me?” This kind of thinking encourages problem-solving. You can model this when your child misbehaves (i.e. colors on the wall). Don’t ask your child why they colored on the wall – ask them how they will fix it.

Above all else, **resilient kids are loved unconditionally**. This is their solid foundation that they can rely on when their world is falling apart. One of the most important factors in their resilience is their ability to believe in themselves. **And if you believe in them, they’ll believe in themselves too.**

This article was submitted by Tammy Charko BA, BSW, RSW with permission given by sossafetymagazine.com. Tammy is Northern Gateway Public School’s Division Social Worker. She is a support for schools, students, parents and caregivers to encourage success in school. Tammy advocates for students and provides a link between the student and other supports within the community. Tammy has been a social worker for nearly 20 years and is a mother to 4 children, 3 of which are teenagers.



FEBRUARY 2018



LIBRARY HOURS:

Tuesday & Thursday: 3:45 – 8:00 p.m.

Saturday: 12:00 – 4:00 p.m.

CLOSED Thursday, February 15, 2018 due to Scholastic Book Fair

FEBRUARY’S SPECIAL EVENTS:

MOVIE TIME: SATURDAY, FEBRUARY 10 at 1:00 p.m.: DESPICABLE ME 3 at Connections Coffee House. Refreshments included!



FAMILY DAY: Monday, February 19: SNOW PAINTING

As part of the Lac Ste. Anne Historical Society Free Family Fun Events, Sangudo Public Library is hosting Snow Painting from 1:00 to 2:00 p.m. We will be using spray and squirt bottles with food coloring and water.



SANGUDO TALENT SHOWCASE: Saturday, February 24 AT CONNECTIONS 1:00 – 4:30 pm

Dance! Sing! Juggle! Whistle! Bring your band! Whatever your talent, we are looking for you! We have three categories for our entries and prizes. Please contact the library to register by February 10.

Ages 7 & under

Ages 8 – 12

Ages 13 - 18

Behind the Red Door

Crazy Hair Day! A big shout out to Mrs. Erickson for organizing the fun. We had a great time in grade 3 on Crazy Hair Day. Here's the crazy picture to prove it.



Behind the Red Door, we are in the middle of learning about plastic pollution in the ocean and as “Global Citizens” we are doing a letter writing blitz to major corporations such as Boston Pizza and Walmart to persuade them to replace plastic take-out containers and utensils with biodegradable ones. We are also trying to make some changes within our school by contacting the Parent Council to do the same.

You will also find an interesting science/social studies project in the room. We are doing an experiment to see if we can get super worms to break down Styrofoam and turn it into a biodegradable by-product. The research says that the Styrofoam is turned into a completely natural and healthy soil-like material thanks to a very strong bacteria in their stomach. So far this is proving to be mildly successful. We will change a few variables to improve the results. The worms are eating and building tunnels at the same time. It's a very interesting project! FYI, no worms were harmed in this experiment.



Ukulele Music Mentor “Andrew Scott”

Thanks to our Parent Council, we were able to invite a well known ukulele player, Andrew Scott, to visit our school. Andrew brought some beautiful and colourful ukuleles and taught students from grade 1 to 9 how to play “You are My Sunshine”. It was a great day and Andrew had amazing things to say about our students and staff and said he would like to come back to Sangudo School to substitute teach in the future. We think that would be awesome!



Choose Like a Champion!

The beverages that your child drinks have an effect on his or her health. Children need plenty of fluids to prevent dehydration and provide nutrients for good health and growth. Having healthy options available before and after sporting events can help your child choose like a champion!

What are some healthy choices?
What beverages would the champions drink? Offering your child milk or fortified soy beverage will help your child get enough calcium, vitamin D and protein to perform like a champion! Water is also an excellent choice when your child is thirsty.

Making it easy!
Making sure that kids have a personal water bottle (for sanitary reasons) when they are playing, involved in sporting activities, in school or traveling can keep them alert, active and hydrated! Did you know most healthy beverages come in a *to-go* option? This makes it easier to grab a healthy beverage and get active!

Adapted from Alberta Health Services - Sugar Shockers.

Don't forget to reuse or recycle plastic water bottles. Or better yet, use a refillable, stainless steel water bottle. The environment will thank you!

Do you know who this famous Olympian is? Choosing milk is choosing like a champion!



Milk or Juice?

Registered Dietitians recommend you serve milk for many reasons:

- 1) Milk has less sugar than juice
- 2) Milk has vitamin D for healthy bones
- 3) Milk products provide up to 16 essential nutrients

WHAT ABOUT SPORT DRINKS?

Plain, cool water is the best source of fluid during sports or other activities that last less than one hour. Fluid replacement beverages or sport drinks can be used during intense sports or activities that last more than one hour. Keep in mind that these drinks are high in sugar and shouldn't be offered when your child is not active. *Fight dehydration* (or a lack of fluid) by encouraging your child to drink water before during and after sport.

Give your children a water bottle to sip from when they are not active. Encourage your children to bring a water bottle to all exercise or sporting activities. Remind them to take a break every 10 to 15 minutes when they're exercising to drink. Make sure that water is available after games or practices.



LAC STE ANNE HISTORICAL SOCIETY
presents

FREE FAMILY FUN DAY

FUNDED BY FCSS

MONDAY, FEBRUARY 19TH
11:00 A.M. TO 4:00 P.M.



SANGUDO ARENA & GROUNDS



FREE WEINER ROAST,
DONUTS AND REFRESHMENTS

BRING THE WHOLE FAMILY AND JOIN THE FUN

FREE HORSE AND SLEIGH RIDES
1 P.M. TO 3 P.M.

FREE INDOOR SKATING
BRING YOUR HELMETS



JACQUE PAUL FACE PAINTING, CRAFTS & GAMES
TRAINED DOG DEMOS WITH "PET ADVENTURES" 11:30

WE WILL HAPPILY ACCEPT FOOD BANK DONATIONS
ICE SUPERVISION AND ASSISTANCE
PROVIDED BY LOCAL STUDENTS

SCHOOL BUS TRANSPORTATION AND WINTER WEATHER

The decision to run or cancel school bus transportation due to weather concerns or road conditions is made by our Director of Transportation, Mr. Rhett Czaban. It is not a decision that is made lightly. There are a number of factors the Transportation Department considers when making the call. In addition to traveling and scouting roads himself, Mr. Czaban has a number of local contacts in all Northern Gateway communities with whom he is in contact with in the early hours. He is also in contact with NGPS school bus drivers who may already be on the road.

Environment Canada, 511 and cameras located up and down the Highway 43 corridor are consulted throughout the day. The initial determination to run or not to run is made between 6:00 am and 6:30 am and is communicated as follows:

- on our website at ngps.ca
- via Facebook <https://www.facebook.com/northerngatewaypublicschools>
- via Twitter <https://twitter.com/ngpschools> (follow @ngpschools)

- announcements on local radio stations; and,
- through phone calls to parents by bus drivers

If you do not see a cancellation message on ngps.ca, facebook or twitter, buses are running.

NGPS Administrative Procedure 131 refers to -40 degrees Celsius, including wind chill, as one determination factor. This point is based on area data, not specific site information. While individual homes may have thermometers indicating a temperature below the specified -40 degrees Celsius, the data that is collected for each area is the evidence that is used to support the decision made by the Transportation Department.

The Director of Transportation utilizes his best judgment, based on the combination of temperature, visibility, and road conditions, when making his decision about running buses. The primary consideration in the event of severe weather conditions is whether it is SAFE to be transporting children. The expanse of the Division (375 km along Highway 43) means that running buses is not an all or nothing response as conditions can vary greatly from school area to school area. NGPS is committed to being reasonable, responsible, and attentive to the information that is available throughout the day in all areas.

What can parents do?

During inclement weather, the final decision to send a child to the bus stop or to school rests with parents, even though buses and schools may be operational. Parents are expected to exercise good judgment and care when deciding whether or not to send their child(ren) to school when weather conditions are extreme.

FEBRUARY

2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Skating for Grade 1 to 3	3
4	5 School Council Meeting 9:00 am	6 Shrek Play in Sherwood Park	7 Winter Walk Kinders start 3 days a week FREE Spaghetti Hot Lunch Skating for Grade 4 & 5	8 NO CLASSES Teachers' Convention	9 NO CLASSES Teachers' Convention	10
11	12 Farm Safety Presentations Grilled Cheese Hot Lunch	13 Learning Showcase 4:30 to 7:00	14 <i>Happy Valentine's Day</i> Skating for Kinders to Gr 3 Skating for Grade 4 & 5	15 Pancake Breakfast 100 Day Celebration	16	17
			BOOK FAIR			
18	19 NO CLASSES Family Day	20	21 Journal Games for Track Team Skating for Grade 4 & 5	22 Drama Production	23	24
25	26	27 Hockey Hooky	28 Pink Shirt Day Skating for Grade 4 & 5	1 MARCH Dr Seuss Day	2	
					LIFE BEGINS AT THE END OF YOUR COMFORT ZONE. <small>Art Roy Remy</small>	
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