



Safe... CaRING... LEARNING...

January 29th, 2024

Warm... then cold... warm... then windy!!!

It has been a January; I don't think I have ever had a year where we started a week at -45 and no buses to only have students taking off their jackets the following day at recess because they were too warm.

I want to talk about working towards our new playground. For the last two years, the SCC and our school have been working hard to update our space. For all of those who have given financially, time in volunteering, or organizing fundraisers... the hugest of thank you's from all DES staff and students. The support from this community is unmatched.

Our one structure, I think it is the older of the two, has seen better days and with no slide and constantly replacing the wood boards, we will be getting rid of it as soon as the snow is gone. This may be the one all of the families grew up on in Delisle and you probably all have an epic wipe out story that you can tell your children, maybe even your future grandchildren.

I was fortunate enough to grow up in the area my father and his family grew up in. As kids, we would hit the St. John Bosco playground, and my Dad and uncles would tell us stories about broken windows, falling off the tire swings, and all the scars they accumulated from the choices they made. I remember changing the playground. The old timber structures that we thought were so fun were taken away one summer. It's funny because I can still remember the smell of the chemical or stain from the logs and lumber. The crazy piece is, as the playground changed and school changed, the stories still stayed the same. We played the same games, we had the same wipe outs, usually because we did something we shouldn't have.

Prior to moving last December, where Kelly and I built our house backed a school in Martensville. From our backyard we could hear the conversations of the children at the park, sometimes funny... sometimes very inappropriate. For

us, being able to send Grady, Isla and Lawson to these spaces, was a huge reason why we built there.

I think about this in our school... actually all schools. The balance between history and change. I have said this many times before, the schools that our students attend, are different than the ones we attended. This is not just the physical structures, but how we teach and how we understand learning and our students. How we offer education has changed, but schools really haven't, and the reason for this is the people. We must learn to keep up with some of the changes but when I deal with situations at school, I can always make connections to memories of when I was a student. The classroom looks different, the overall experience doesn't seem that way.

As we make changes to the playground area, there will be some emotion, but the change in structure doesn't mean change in experience. This space will open the door for more people to create their own memories and stories to pass down. Let's just hope they are safe ones!

As we start to plan to get this playground in the ground, we are still looking for support. Both financially and with volunteer time. We will be reaching out in the next few months to organize. Regardless of the amount, we are looking for anything our community can provide. We are almost there; I can almost hear the children, and I wonder what stories will they tell their children.

Jesse Reis
DES Staff

DELISLE ELEMENTARY SCHOOL

Box 310, 300 4th Avenue East, Delisle, SK S0L 0P0 | des.spiritsd.ca | delisleelementary@spiritsd.ca

Jesse Reis | Principal | jesse.reis@spiritsd.ca | **Amy Korver** | Vice-Principal | amy.korver@spiritsd.ca

Teresa Shirley | Administrative Assistant | teresa.shirley@spiritsd.ca

School Phone: **306.493.2451**

Important Dates:

- Wednesday, Jan. 29th— SCC Meeting—7pm—all welcome to attend
- **Friday, Jan. 31st—No Classes**—Preparation Time for staff
- Monday, Feb. 3rd—Ski Trip Info being sent home with all Gr. 5 and Gr. 6 students
- Tuesday, Feb. 4th—deadline SCC B ingo Raffle Prizes—classroom baskets
- Friday, Feb. 7th—School Skating—Grade 1 & Grade 2
- Friday, Feb. 7th—Progress Reports published through Edsby for Kindergarten students
- Friday, Feb. 14th—School Skating—Kindergarten ACE
- **Monday, Feb. 17th—Friday, Feb. 21st—No Classes—Winter Break**
- **Wednesday, Feb. 26th—Pink Shirt Day**
- Thursday, Feb. 27th—Ski Trip Forms for Gr. 5 & Gr. 6 students due
- **Friday, Feb. 28th—DES SCC BINGO @ Delisle Town Hall—doors open at 5:30—games at 6:30pm—concession for snacks available**
- March 3rd—7th—Scholastic Book Fair at DES

Thank you!

- Ellen Fraser for donating baking for our breakfast program a few times a month
- To the very generous financial (and anonymous) donation to our HBHM Breakfast Program
- Prairie Centre Credit Union—Delisle Branch—for the \$10,000.00 donation to the Accessible Playground!



Kindergarten—Monica Koroluk
Grade 1—Kendra Mason
Grade 2/3—Alyssa Willems
Grade 3/4—Terence Niedermaier
Grade 4—Paris Burgess
Grade 5—Carly Melnyk
Grade 5/6—Sarah Jackson
Grade 6—Mary Foster
Principal—Jesse Reis
Vice-Principal—Amy Korver
Learning Support Teacher—Brie Fritz

Learning Support Teacher—Anita Roston
Administrative Assistant—Teresa Shirley
E.A.—Carol Lynn Thomas
E.A.—Connie Schnitzler
E.A.—Corry Junop
E.A.—Crista Gessell
E.A.—Jami Hill-Wilcox
E.A.—Lindsay Silvernagle
E.A.—Jodi Inkster
Library Technician—Kristian dela Cruz
Custodian—Shelley Skibinsky



DES was very fortunate to receive a classroom grant from CF Industries. This grant will allow us to host the Saskatchewan Science Centre at DES

Rylan Wiens was at DES on Friday, January 17th. Rylan attended school at Pike Lake, DES& DCS. He is a Canadian diver, most recently winning a bronze medal at the Paris Olympics in July 2024. His message of goal setting, perseverance and hard work was shared with everyone at DES. We are very proud of Rylan for his achievements and feel very fortunate to have had the opportunity for him to share his journey and message with us.



REGISTERING
for
KINDERGARTEN

If your child will be 5 years old by December 31, 2025
(born in 2020), it's time to register for Kindergarten!

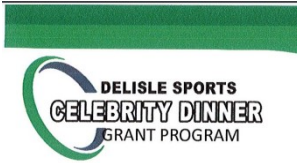
Please register online at www.spiritsd.ca/register

 PRAIRIE SPIRIT
SCHOOL DIVISION

DES Accessible Playground Fundraising Efforts

We continue to fundraise for the development of a new accessible playground that will allow all kids to play and enjoy.

The following have generously donated to our project thus far:



Barrier Free Saskatchewan
"Let's Be Accessible"
barrierfreesaskatchewan.org



O'Reilly Insurance & Financial Services.
101-407 Ludlow Street
Saskatoon, SK
S7S 1P3



Also several donations that came through the fundraising efforts of our

SCC Annual Fun Night.

Personal donations from local students and community members have also been received.

We appreciate every single penny as we collect and build this community project for all.





Cyber Safety, Online Harms & Social Media

with Laura Lawrence
Speaker | Author | Educator
www.lauralawrence.ca



Did you know?

-Youth are spending on average **6-8 hours a day** on digital devices. Research shows this is having a significant impact on their mental health, behavior, focus, learning, sleep, emotional development, and development of addiction at a young age.

-if your child has a smartphone, it's not IF they'll experience an online harm, it's 'when'.

-**3 or more hours a day spent on social media/gaming DOUBLES a youth's risk of developing anxiety or depression.** Anxiety rates have increased by 150% in youth since the introduction of the smartphone and rates of self-harm, eating disorders and suicide have risen drastically as well.

-Experts say that if your child has an iPhone and access to gaming platforms or social media they will be solicited at least ONCE by an online predator. Online luring in Saskatchewan has increased 400% since 2021

-There are 500,000 online predators DAILY that share the same online spaces as youth. If an app has a direct message component, there are predators present.

Online Spaces that pose the potential for harm for youth

*There is ZERO censorship of explicit and R rated content online so ALL online spaces pose a threat for harm. There are ZERO regulations on tech companies to censor or keep kids safe. Youth as young as 5 years old are experiencing online harms. Tech companies like META have also been exposed for actively recommending the profiles of children to predators.

Where are youth experiencing harms?

1. **TikTok** - Highly addictive. Content pushed to youth that is full of explicit violence, self-harm, suicidal ideation, disordered eating and pornographic content. Predators soliciting youth in the direct messaging feature. TikTok has the most powerful algorithm and according to internal leaked documents, has the ability to addict a child within 25 minutes of viewing videos. TikTok serves youth, on average, harmful content every 39 seconds.
2. **SnapChat** - Potentially the most harmful app for preteens and teens when it comes to safety, privacy and cyber bullying. Highly addictive for kids with features like snap streaks. Predators and drug dealers are able to seek out youth via the snapmap feature. Youth are exchanging intimate images via snapchat and some youth are being harassed and bullied when an image is screenshot and goes 'viral' amongst peers.
3. **Instagram/Facebook** - A common app used by predators to solicit, extort and sextort youth. Harmful content including explicit violence, and pornographic content. Highly addictive.
4. **Twitter (x)** - Explicit violent content pushed to youth. Highly addictive
5. **YouTube** - Explicit sexual content, violence, and inappropriate themes for youth. Young children are being exposed to pornography at the average of 10 years old. Deadly challenges for youth (ie: the choking challenge)
6. **Roblox** - Recently referred to as a 'pedophile hellscape' by experts. Can expose children to sex, violence, and extremely disturbing content with 80 million users playing the game and developing micro games inside of Roblox that are harmful to children. 80% of children that I surveyed about Roblox report that they've been exposed to inappropriate content.
7. **AI apps** - AI chatbots can distort a child's sense of reality, engage in sexualized conversation and intimate 'relationships' between AI bots and teens.

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What can you do as a parent?

1. **DELAY social media as long as you can.** Experts recommend age 16 minimum. The US Surgeon general recommended that a warning label be put on social media apps similar to tobacco.
2. **REMOVE all phones and devices from bedrooms at night.** The majority of online harms of a sexual nature happen when a child/teen is isolated, at night and vulnerable. Kids with devices in their rooms are not sleeping restfully. 50% of students who keep their phones in their rooms at night report that they are often on their devices throughout the night.
3. Have **privacy settings on apps to PRIVATE**, not public accounts for youth.
4. **Speak to your child about online luring** and to never accept a friend request or engage in conversation with anyone online that they do not personally know.
5. **Regulate app and online time** in apps using iPhone family sharing settings or use an app like Family Link or Bark. **Apps like BARK & GAME SAFE** will monitor your child's phone for explicit content and alert you if there is content or conversation of a threatening nature.
6. **If your child is gaming, have them game in an open space in the home** and encourage that they do not use headphones. The language, harassment and online luring that happens to children within gaming platforms is very prevalent.
7. **Regularly spot check your child's device** - check the dm's, history, feeds, etc.
8. **Be a safe place for your child to talk to** you about digital spaces. Engage in curious conversations about what they're seeing or who is reaching out to them. Talk about the impact of digital time on behavior, focus, sleep, etc.
9. **Model healthy tech use and engage in conversations** about how often you, and other members of your family are online daily. Replace online time with authentic and genuine family connection time.

Safe Tech Advocacy Steps

- Speak to your provincial and federal government representatives about your concern for the need to regulate big tech and push for stricter enforcement to ensure online spaces are safe for children. (Turn off powerful algorithms for teens, increase the age restriction to 16 for social media apps & enforce age verification.)
- Speak to your school boards about a bell to bell ban on cell phones in schools.

Saskatchewan support services for youth and families in crisis:

<https://sk.211.ca/> (Call or text 211 to be connected with Service Navigators ready to help 24/7/365)

Kids Help Phone - Text 989898

Suicide Crisis Support - 988

RESOURCES

The Anxious Generation - Jonathan Haidt (book)

HeartTalk with Laura Lawrence podcast - Find it on Apple/Spotify

Scrolling to Death Podcast with Nikki Reisberg - Find it on Apple/Spotify

www.protectchildren.ca - website

www.cybertip.ca - website

FOLLOW @youthmattercanada and @itslauralawrence on Instagram

FOLLOW @thesmartphoneeffectmd and @scrolling2death in Instagram

Scan the QR code
and sign up for
awareness/education emails.





Raffle
Prizes

50/50

42 26
BINGO

12 15 30
Night

Gather your family and friends for an evening of thrilling games, fabulous prizes, and unforgettable memories all in support of the Delisle Elementary School.

**FRIDAY
FEBRUARY 28TH
AT THE DELISLE
COMMUNITY HALL**

**GAMES
START
AT 6:30PM**

**DOORS
OPEN AT
5:30PM**

**Kids
Games**

*All proceeds from our
Bingo night are going
towards our new
Accessible Playground*

**Popcorn
Drinks &
More**

How are the Children?

Early Childhood Development Information



January is

FAMILY LITERACY MONTH



"The more you read, the more things you will know.
The more that you learn, the more places you will go." -Dr. Seuss

Literacy is more than just reading. Enjoy talking, laughing, visiting, drawing, singing, and cooking together every day.



Tell stories using puppets, pictures, sounds and actions.



Make storytelling a regular activity in your home.



Listen to your children tell stories and ask them questions





Valentine's Day

Story Time

**February 14
10:00 - 10:30 a.m.**

Delisle Library

201-1st Street West



February 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Kinder BDF Ski Trip Info sent home with Gr. 5 & Gr. 6 students	4 Kinder ACE	5 Kinder BDF Wanuskewin Outreach Sessions @ DES	6 Kinder ACE	7 Kinder BDF School Skating— Gr. 1 & Gr. 2 Kinder Progress Reports—Edsby	8 
9	10 Kinder ACE	11 Kinder BDF	12 Kinder ACE	13 Kinder BDF	14 Kinder ACE School Skating— Gr. K ACE	15 
16	17	18	19	20	21	22
Winter Break—No Classes						
23	24 Kinder BDF	25 Kinder ACE	26 Kinder BDF  PINK SHIRT DAY	27 Kinder ACE Ski Trip Forms Due Don't Miss the  DEADLINE!	28 Kinder BDF School Skating— Gr. K BDF DES SCC BINGO 	