

# Laird School Newsletter

# Dec 2018

## Note from the Principal

### Hello Community Members,

Some of the Grade 3 and 4 students came to me the other day to ask what they should do with their duotangs. The duotangs were bursting at the seams and they were wondering what they should do with all of their work. We spent some time reorganizing, recycling, and reflecting. It was incredible for me to see all that the students had learned and all of the work they had done in the past three months. In all of our classrooms we have collected evidence of student learning since the beginning of the year and because of our side by side learning goal, we have been able to see student progress in other ways. Through those conversations, we know that learning is happening and I am proud of how hard our staff and students work to achieve their learning goals each day. The Christmas concert is quickly approaching and even though we are memorizing lines, creating props, and practicing songs, academic learning is still a priority in our classrooms. That being said, we look forward to hosting you on Friday, December 14 at 7:00 p.m. for our Christmas concert entitled, "Pulling Christmas Together". The play begins with Santa and his reindeer landing on the North Saskatchewan River and how they must go looking for help around Laird and the surrounding community. We hope to see you there.

On behalf of the staff and students of Laird School, I wish you a wonderful holiday season.

Brent Guenther  
Principal  
Laird School  
(306) 223-4272

## Dates of Interest

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Dec 6 - Spirit Day  
(Ugly Sweater day)

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0817.deviantart.com

Dec 7 - Pizza Friday

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Dec 14 - Christmas  
Concert at 7:00 pm

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Dec 20 - No  
Kindergarten

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Dec 21 -  
Kindergarten  
attends. Spirit Day  
(Red & Green Day)

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Dec 22 - Christmas  
Break begins

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Jan 7 - Classes  
resume

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Jan 18 - Pizza Friday

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Jan 29 - Prep Day -  
No Classes

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**Our Laird School Christmas Concert will be held at Laird School on Friday December 14th at 7:00 pm.** Doors will open at 6:30 pm. We will ask students to arrive by 6:40 PM and to go to

their individual classrooms at that time. The School Community Council is organizing and serving refreshments after the performance. The SCC would ask that families bring goodies to share after the concert. If you are bringing anything containing nuts, please label it as such. All are welcome to attend and we look forward to seeing you!

***The Laird School staff would like to wish you a very safe and happy holiday season!***



**Please remember that the Laird School cell phone is for TEXT MESSAGES ONLY for attendance purposes. Please use dayplanners to communicate reminders for children.**

**LAIRD SCHOOL OFFICE HOURS:**

**MONDAY - FRIDAY (when school is in session)**

**8:30 AM - 12:00 PM and 12:45 PM - 3:30 PM**

**It's unavoidable in Saskatchewan: winter! Remember to read through the "Severe Weather and Student Transportation" policy in your child's day planner for information on when the bus will run if the temperatures drop. And don't forget to dress for the weather! As colder temperatures arrive, make sure those mittens, toques and ski pants accompany students to keep them protected from the elements. Layering is our friend in Saskatchewan.**



## **SCHOOL SPIRIT DAYS IN DECEMBER:**

**THURSDAY, December 6th: Ugly Sweater day**

**Friday, December 21st: Red & Green day**

**Scent Aware Policy:** Students and guests are asked to refrain from using strong scents (perfumes, colognes, sprays, essential oils) to ensure the well-being of those who are impacted by these scents.

[www.spiritsd.ca/lairdschool](http://www.spiritsd.ca/lairdschool)



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## Eat Better, Eat Together

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How often does your family eat together? Busy schedules can make it hard to sit down and eat as a family. On the other hand, there can be many benefits in sharing meals together as often as possible. For example, family meals may help to promote:

- communication, sharing of family values
- a sense of family tradition, feelings of security and stability
- healthy eating habits
- better manners
- better use of time by preparing only one meal and having only one mess to clean up

Children who enjoy regular family meals have been found to eat more vegetables and fruit and less fried food and soft drinks. They get more of the nutrients and fibre they need and less saturated and trans fats. Some studies have also found that children who eat regular family meals do better in school.

Get family members involved in planning, preparation and clean-up. This takes the pressure off of one person, provides a learning experience for children, and extends your time together as a family.

These days, we tend to have more choices than ever before for family activities. When scheduling these activities, consider the benefits of regular family meals as well.



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## Do More Watch Less

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Parents generally agree that their kids spend too much time watching TV or using the computer. The amount of time used up on screen-based activities, has been implicated as one of the causes for increasing childhood overweight and obesity.

### Why do we need to “Do More and Watch Less?”

- Very little energy is used while watching television compared to other activities
- Time spent in front of the screen takes away time children can spend being physically active.
- Food ads may influence children to make unhealthy food choices.
- Children tend to snack more while in front of the screen.
- Families tend to eat less healthy meals in front of the television.

### Tips to reduce your family screen time:

**Budget:** Allow children to plan and budget no more than one to two hours per day to spend on screen time.

**Develop an after school plan:** Create a list of activities your kids enjoy doing that will get them up and moving after-school.

**At meal time turn it off:** Make a “no screen” policy during family meals and make meal time family time to talk.

**Go screen free:** Designate screen-free evenings each week and use the time for a planned family physical activity like a family walk, swim or bike ride.



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# Information on the Common Cold

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Many children have 2 – 6 colds every year! A cold is caused by a virus. Look for a runny nose, scratchy throat, possibly a cough, watery eyes, loss of appetite and possibly a fever. Symptoms can last from a few days to a week.

## **What can you do to make your child feel better?**

- give plenty of fluids
- encourage rest
- a humidifier may be helpful
- treat any fever with acetaminophen (e.g. Tylenol, Tempra)
- consult your doctor or pharmacist for other medications that will relieve a cough or stuffy nose in children
- antibiotics do not work against viruses

## **How can you prevent the spread of a cold?**

- wash hands frequently, especially after blowing the nose, in warm, soapy water
- cover your cough
- promote a healthy diet and plenty of rest
- keep a child with a fever and/or persistent cough at home
- consult your doctor if symptoms persist




Saskatchewan  
**Health Authority**




Kindergarten Day

# December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3 -Day 1/A	4 -Day 2/B Kindergarten	5 -Day 3/C	6 -Day 4/D Kindergarten UGLY SWEATER	7 -Day 5/E 	8
9	10 -Day 6/F Kindergarten	11 -Day 1/A	12 -Day 2/B Kindergarten	13 -Day 3/C	14 -Day 4/D Kindergarten CHRISTMAS CONCERT 7:00	15
16	17 -Day 5/E	18 -Day 6/F Kindergarten	19 -Day 1/A	20 -Day 2/B	21 -Day 3/C Kindergarten Red & Green Day	22
23	24	25	26	27	28	29
30	31					

# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 -Day 4/D Kindergarten	8 -Day 5/E	9 -Day 6/F Kindergarten	10 -Day 1/A	11 -Day 2/B	12
13	14 -Day 3/C	15 -Day 4/D Kindergarten	16 -Day 5/E	17 -Day 6/F Kindergarten	18 -Day 1/A 	19
20	21 -Day 2/B Kindergarten	22 -Day 3/C	23 -Day 4/D Kindergarten	24 -Day 5/E	25 -Day 6/F	26
27	28 -Day 1/A	29 -Prep Day—no classes	30 -Day 2/B	31 -Day 3/C		