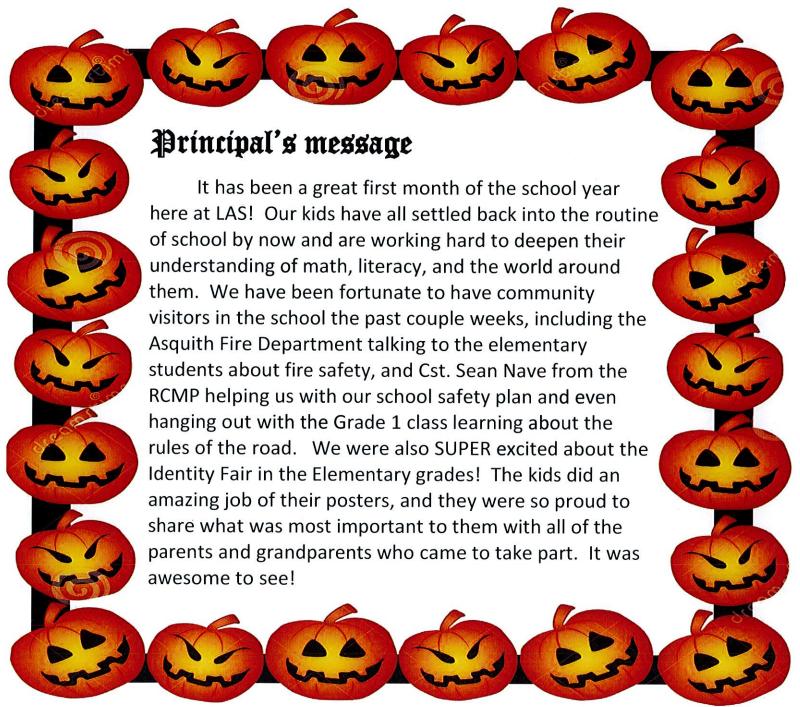
# Lord Asquith School Rewsletter



TO EMPOWER A COMMUNITY OF LEARNERS

BY PURSUING SUCCESS FOR ALL

October 15, 2019: Number 2





# Want to know what's going on at Lord Asquith School?

Check out the LAS Community Calendar on our website (spiritsd.ca and follow the links) to find out what events are happening in our school. When you get to our site, you just click on the event and it brings up all the information about times and location.

# ATTENTION ALL PARENTS/GUARDIANS!!! Student Fees

STUDENT

We have almost 69.9% of the 2018-19 School Fees paid for this year!! Thank you SO much for getting your fees paid promptly! I appreciate it! We've had a few extra students enroll at LAS over the last month so the numbers have changed a bit. The Grade 3/4 class still leads the way to completion with

85.% of their fees paid. That's just SUPER!!

ALL OUTSTANDING FEES FROM 2018/19 WILL NOW BE ADDED AS A 'START OF YEAR' (SOY) TOTAL TO THE AMOUNT OWING LAS FOR 2019/20 ACADEMIC YEAR!!

# ATTENTION ALL PARENTS/GUARDIANS!!!

### **Necessary Documents Required For Your Child's Registration to LAS**

<u>Dear Parents and Guardians</u>: Prairie Spirit School Division requires that parents provide legal documentation to show correct spelling of name and complete birthdates. Our Saskatchewan Health Card does not have sufficient space to allow for complete names and only state the month and year the child was born.

Prairie Spirit requests that parents provide a **Birth Certificate**, **Passport or a Change of Name** document to be attached to your child's records. A copy provided by the parent is sufficient or a copy can be made here at the school.

# Get your LAS SCHOOL PRIDE Official Gear!!

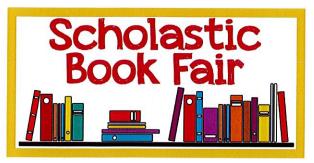
LAS now has its own online clothing website available to you 24/7 at: <a href="http://lordasquithschool.entripyshops.com">http://lordasquithschool.entripyshops.com</a>.

Enjoy browsing a wide selection of products from a variety of brands that you can then customize with the approved logos and graphics found on the site. Display your pride in fantastic apparel customized entirely by YOU! The site lets students, parents, fans, and staff choose from approved merchandise to fit your needs 24/7 with non minimum order quantities. You are free to customize your own clothing through the website to make sure you get the style, logo and colours you want,

delivered right to you! If you are ordering for Christmas, your order needs to be placed before December 2019 to ensure Christmas delivery.

The school will be receiving a 10% rebate from every item sold through our shop, which will go to supporting athletic programming at LAS!

# Thank you for supporting LAS Athletics!



### **BOOK FAIR NEWS**

The Scholastic Book Fair is coming to LAS November 4<sup>th</sup> to 8<sup>th</sup>. The Book Fair will be open to the public during the Student Led Conferences from 3:30 to 7:30 PM.

### **Breakfast Clubs of Canada**

Dear Parents/Guardians,

It's that time of year again when we ask students to bring grocery items to help curb the costs of the Breakfast Program. Please have your child give the following donations to their classroom teacher:

PreKindergarten – any nut-free cereal (plain Cheerios, Rice Krispies, etc...)

Kindergarten – 1 pkg (400 count) napkins

Grade One – any nut-free cereal (plain Cheerios, Rice Krispies, etc...)

Grade Two – large jar of jam

Grade Three – brown sugar

Grade Four – 1 pkg (400 count) napkin

Grade Five – (200) baking cups and 2L bottle of pancake syrup

Grade Six – large bag of chocolate chips (1 kg)

Grade 7 – 2 L tub of margarine or 1 pkg (400 cc

Grade 8 – 1 box of disposable gloves

Grade 9 – Cheez Whiz

Grade 10 - 2 L tub of margarine

Grade 11 - 2 L jug of canola oil

Grade 12 - 1 bag of pancake mix

### All donations are greatly appreciated!!



# Allergy Aware School

Halloween is just about here!!! Please remember that we are allergy aware at Lord Asquith School.

Please do not send anything to school that has peanuts or any kind of tree nut in it.

Here are a few treats that are safe

to come to school: Cheezies, Old Dutch chips, Lays potato chips, skittles. Please check labels, they can change at any time. Hope you have a safe and Happy Halloween!!!



















# Academics

## **2019/2020 Bell Schedule**

LAS Bell Sche	edule 2019-2020	
8:45	Warning Bell	
8:50-9:48	Period 1 (58 mins)	
9:50-10:48	Period 2 (58 mins)	
10:48-11:03	Recess	
11:07-12:05	Period 3 (58 mins)	
12:05-12:45	Lunch	
12:49-1:47	Period 4 (58 mins)	
1:47-2:07	Reading Break/Homework Time (20 mins)	[
2:07-2:12	Five Minute Break (Grades 6-12)	T'
2:07-2:22	Recess (Grades K-5 ONLY)	
2:12-3:12	Period 6 (60 mins)	2
	312 Minutes	/

# **Student Leadership Conferences (SLCs)**

SLCs (Student Led Conferences) will be held on November 5 and 7 from 3:15 to 6:45. On each of these evenings, the SCC will be providing a *FREE* support to students and parents.

## Extracurricular

### **Cross-Country News**

A big 'congratulations' to all of the members of the LAS Cross Country Team who had a fantastic season and final meet in Martensville. Hats off to all of their hard work and persistence through wind, and snowflakes, and sunshine.



Our team this year was made up of grade 4-7 runners: Alexis Bec, Liam Chilliak, Braylin Domoshovitz, Davin Domashovitz, Alley-Anna Elliott, Claire Huber, Livia James, Cooper Jewsbury, Kiera Jewsbury, Bethany Kindt, Harlie Kowalchuk, Mikaela Kowalchuk, Jeynessa Magnus, Kelsie Maskwa-Handley, Mitchell Maskwa-Kerbs, Shelby Peacock, Brielle Reid, Cash Rosin, Audrey Rush, Elizabeth Shaw, Ava Taylor, Bree Walerius.

Coaches: Kristy Campbell & Gale Stack

### Taco-in a-Bag Sale

The Wellness 10 class will be having a Taco-in-a-Bag Sale on Oct. 25 to raise \$\$ for upcoming field trips. Bring your appetite!!!

## Jr. Girls Volleyball News

The Jr. Girls volleyball team will be hosting a mini-tournament on Friday, October 18<sup>th</sup>, after school. They will be hosting Perdue and Delisle in a 4-team round robin. Come on out and cheer us on. We will have a booth with pizza and baking.

# Other News:

# **Remembrance Day Service**

Lord Asquith School will be holding a Remembrance Day Service on Thursday, November 7<sup>th</sup>, at 1 PM. Everyone is welcome to attend.

### Hot Meal News....

November's Hot Meal on November 20<sup>th</sup>. On offer will be Lasagna, garlic toast, Caesar salad, and a Chocolate Chip Cookie. Cost is \$5.00. Keep a look-out for order forms coming to your classroom. You don't want to miss out!!! It's a good meal! Mmmmmm!!

<u>NOTE:</u> The Hot Meal Program has not increased their price in **10** years. Due to rising costs, drinks will no longer be included **BUT** will be available for and extra \$1.00.

# **School and Community Council**

The next SCC meeting is Tuesday, October 15, at 6:30 PM at the school. This is a great opportunity to hear about the events going on in and around the school, and to meet parents in the community. Childcare is available upon request.

Subsequent meetings are the third Thursday of every month unless otherwise specified. Please follow us on Facebook @ Lord Asquith School Community Council.

# 2019/20 Lifetouch School Photo Dates

<u>Fall Retake Date</u>: Monday, November 4, 2019 @ 1 PM (plus Grades K and 2 classes)

**Grade 12 Grad Photo Date:** Wednesday, February 12, 2020

**Grad Retake Date:** By appointment only. Call Saskatoon Office @ 306-956-3040.

Please mark these dates in your calendars!!



# October Birthdays

Saharra (11), Brennan (10), Liam (1), Trinity (10), Sarah (3), Lincoln (PK), Emerson (PK), Felix (K), Aleah (6), Jon (3), Jonah (2) and Silas (3).

HAPPY BIRTHDAY!!!





# Dear Parents/Guardians:

currently signed up for our e-mail list, please fill out the information belo	C. ALLONCO MESSAGE DON'T THE PURE STREETS INCOMES
office as soon as possible to receive these notices electronically.	
Name:	
Name of child/ren and grade/s:	/=
	SCHOOL NEWS
Email Address:	

Thank You!



# Community News:

306-371-6160

Mission: to help you accomplish your goals in health and fitness - whether that's losing weight, putting on muscle, or increasing balance, and everything in between. Sport specific training also available. Contact for pricing and other details!

### ONE ON ONE PERSONAL TRAINING OR PARTNER SESSIONS

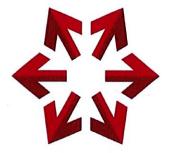
Location: Lord Asquith School Weight Room

# **Fitness Training**

With Graduated Fitness Technician Evan Stack







# DOES YOUR STUDENT HAVE QUESTIONS ABOUT THEIR FUTURE?

### The SIEC offers high school students:

Hands-on Skill Development
Career Exploration
Paid Internship Opportunities
High School Credits

For 2019 – 2020 programming info, visit our website and follow us!















# What is the Saskatoon Industry Education Council (SIEC)?

The Saskatoon Industry- Education Council (SIEC) is a non-profit organization working with three school divisions (Saskatoon Public, Greater Saskatoon Catholic and Prairie Spirit), and the Saskatoon Tribal Council.

Through a partnership among business, secondary and post-secondary schools, the SIEC provides unique hands-on career exploration programing, helping students find a career that connects their passion and natural talents with current and future workforce needs.

Last year, the SIEC worked with over 30,000 youth, 1,600 educators and career practitioners, and over 2,000 business and post-secondary representatives to co-create over 40 programs and events.



# When should your child stay home from school?

What are some reasons I should keep my child home from school?

### Fever

- children with fevers, even slight fevers, should not be sent to school
- a fever is a sign of illness.

### Vomiting and/or diarrhea

- within the last 24 hours
- children should not return to school until 48 hours have passed since their last symptom

### Respiratory infections

 sore throat, coughing, earaches or persistent cough with discharge from nose and/or throat

### Rashes

- skin rash may be a sign of illness.
- rashes have different causes
- if your child has a rash, see your doctor
- some rashes require antibiotic treatment

### Pink eye

 your child can return to school after 24 hours of appropriate antibiotic treatment

### **Sweet Enough**

There is nothing better than a nice, cool refreshing drink after being outside in the sun or after an activity. For many families, it can be confusing which fluids are full of sugar and which fluids are healthy.

Drinks that are full of sugar may cause:

- less calcium and other nutrients in your diet
- weight gain because of high calories
- tooth decay

Try to avoid pop, sport drinks, vitamin-enriched or flavoured waters, energy drinks, fruit punch, fruit cocktail or candy-bar flavoured milk. These fluids are often full of sugar and some even have caffeine, which children are sensitive to.

Diet drinks should also be avoided as they are very sweet due to the addition of artificial sweeteners and may also contain caffeine.

Healthy Fluids: Drink water anytime!

- Try serving water at temperatures that you and your family enjoy.
- Add-in some tasty flavours like orange slices, limes, lemons, cucumbers or mint.

Other nourishing fluids include milk or small amounts of 100% fruit juice with no sugar or sweetener added.



05/2018



### Healthy Eating for School Staff and Parent Meetings

### Why Provide Snacks?

- Snacks provide nutrients that are missed in a day, because of busy schedules
- They will help keep you full until your next meal
- Snacks help you eat less at meal times
- They can put you in a good mood

### Why Provide Healthy Snacks?

- Events are an easy way for schools to show leadership in healthy eating
- School staff and parents are role models for children. School staff and parents who eat healthy food will help children with their healthy eating
- School staff and parents who are trying to control diabetes, blood pressure, or cholesterol will be happy when healthy snacks are provided

### How to Provide a Healthy Snack

- Follow Lating Well with Canada's Food Guide http://www.canadasloodguide.org
- Offer a variety of foods in order to get all the nutrients needed
- Choose foods that are low in added fat, sugar, and salt
- Choose more vegetables, fruit, low-fat milk products, and whole grain products
- Follow the standards from Healthy foods for my school –

http://publications.gov.sk.ca/documents/13 /106356-Healthy-foods-for-my-schoolnutrition-standards-for-saskatchewanschools.PDF







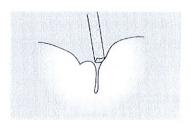
# Seal Out Tooth Decay

### What is a dental sealant?

A dental sealant is a clear or white plastic material that is applied to the chewing surfaces of back teeth.

### What does a sealant do?

A sealant prevents tooth decay. It covers the pits and grooves of chewing surfaces and seals out decay-causing food and germs.



Side view of narrow groove on top surface of tooth compared to single toothbrush bristle.

# When should sealants be placed?

Sealants are most useful if they are placed on permanent molars within six months of them coming into the mouth.

The first permanent molars erupt between the ages of 5 and 7, while the second permanent molars grow in between the ages of 11 and 14.

### How is a sealant placed?

The procedure is simple and painless. It takes only a few minutes. The tooth is cleaned and treated with a solution that allows the sealant to stick to the tooth. Sealants are applied as a liquid and a light is used to quickly harden the sealant material.

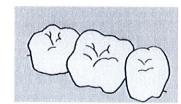
# Sealants + Fluoride = Best Protection Against Cavities

### How long will a sealant last?

Sealants can last for up to 10 years however they need to be checked regularly to determine if they need to be repaired or replaced.

### What about the fluoride?

Fluoride makes teeth more resistant to decay and can repair tiny areas of early decay before they become big cavities. The most common sources of fluoride are toothpaste, fluoridated water, and professionally applied fluoride (e.g. fluoride varnish). Both sealants and fluoride are recommended for best protection against tooth decay.



Chewing surface of teeth before sealant is applied



Chewing surface of teeth when sealant is applied Source: Gregory F. George, Look Mom... No Cavities!





### Help Your Children be Cavity Free

Children need to have their teeth and gums cleaned daily to prevent tooth decay and gum disease. Parents need to help children learn oral hygiene skills.

### **Brushing Basics**

- A parent should supervise brushing for children under age 8.
- Brush twice a day in the morning and at bedtime. A
- thorough brushing takes
   2-3 minutes.
- Use a soft-bristled toothbrush.
   If you are not sure if your child is at risk for tooth decay, ask a health professional. Use a
- pea-size portion of fluoride toothpaste for children over age 3. The toothpaste should be approved by the Canadian Dental Association.

- Children should spit out toothpaste. Swallowing toothpaste should be discouraged.
- Replace toothbrushes every three months. Or, if your child has just recovered from an illness, use a new toothbrush.

### **Flossing Facts**

- Flossing helps to prevent gum disease and cavities from starting between teeth.
- Flossing cleans between teeth and under the gums where the toothbrush cannot reach.
- A parent will need to floss their child's teeth until around age 9.
   Usually by this time the child should be able to floss on his/her own.

### **Beat Sweets**

- Encourage healthy snacks.
- Reduce how often snacks are offered, especially sticky foods that cling to teeth.
- Eat sweets at the end of a meal. Increased saliva flow during meals helps reduce the effects of harmful acids.
- Choose milk or water more often than sugary drinks.

### **Dental Visits**

 Visit the dentist regularly – at least once a year.

### Brush twice a day – in the morning and at bedtime.

Outside



Inside

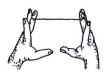


**Tops of Teeth** 



Angle brush towards your gums. Gently brush back and forth with short vibrating strokes on all sides of your

## Floss once a day. Children younger than 9 will need a parent's help.



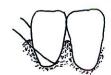
Wrap floss around middle fingers. Use about % metre or 18 inches.



How to hold floss for top teeth.



How to hold floss for bottom teeth.



Make a "C" shape against the tooth and move floss gently between the teeth and under the gums. Move up and down. Move to the next tooth.

# Fluoride Varnish Protects Teeth

### What is Fluoride Varnish?

Fluoride varnish is a protective coating that is applied on teeth to prevent cavities. It can also be applied on teeth that already have cavities. Fluoride can slow down or help stop cavities from getting bigger. This does not replace regular dental checkups at your dental office as you may still need dental treatment.

The fluoride varnish will be applied on your teeth one or two times each year.

### How is Fluoride Varnish Put On?

The varnish is painted onto your teeth using a small disposable brush. It is easy and takes only a few seconds.

### Is Fluoride Varnish Safe?

Yes. Fluoride varnish has been used for several years in many countries. Along with being safe, fluoride is an inexpensive and practical way to reduce tooth decay.

### After Fluoride Varnish is Painted On

Your teeth may look yellow or cloudy on the first day. This color will gradually go away. It is normal for the fluoride varnish to make the teeth feel sticky. This only lasts a short time.

After the fluoride varnish is painted on, you can have a drink of water any time. You should:

- · eat only soft foods for the rest of the day;
- avoid dry, crunchy and sticky foods to prevent the varnish from being scraped off too soon. (e.g. crackers, fruit rollups, toffee, gum);
- avoid hot foods and beverages for the next six hours. (e.g. soup, tea, coffee, hot chocolate); and
- not brush or floss the teeth until tomorrow morning.

### **Protect Your Smile!**

Teeth are important! Healthy teeth help you chew properly, speak clearly and smile brightly. To keep teeth healthy:

- limit sweet snacks to mealtimes
- floss and brush daily
- visit the dentist once a year

If you have questions about your teeth, visit your dental office.

For more information, call the Oral Health Program at (306) 655-4462, or contact us at oralhealthprogram@saskhealthauthority.ca.



# Dates to Remember:

October 15: Newsletter #2

SCC Meeting, 6:30 PM

October 18: Jr. Girls Volleyball Mini-Tournament, after school

October 19: Sr. Girls Volleyball Tournament

October 21: Bus Evacuation Drill, 8:40-9:00 AM

Mass Band Rehearsal, 1:00-4:30 PM

October 25: Wellness 10 Taco-in-a-Bag Sale

Gymnastics, 3:30-9:30 PM

October 26: Sr. Football Quarter-Finals

SCC Fall Orientation/Conference at Ecole Traditions, Warman

October 28: Jr. Girls Volleyball Conferences
October 29: Jr. Boys Volleyball Conferences

October 30: Jr. Boys and Girls Volleyball Conferences

October 31: Dates to Remember

November 1: Report Card Day, Grades K-12

Gymnastics, 3:30-9:30 PM

November 1-2: Sr. Girls Volleyball Conferences

November 2: Jr. Volleyball Finals - Boys at Colonsay, Girls at Venture Heights

Sr. Football Semi-Finals

November 4-8: Scholastic Book Fair

November 4: Mass Band Rehearsal, 1:00-4:30 PM

Fall Picture Retakes, 1 PM

November 5: Student Led Conferences, 3:30-7:00 PM

November 6: Take Your Kids to Work Day

November 7: Remembrance Day Service, 1 PM

Student Led Conferences, 3:30-7:00 PM

Deadline for Newsletter #3

November 8: Prep Time - NO SCHOOL

November 8-9: Sr. Boys Volleyball Conferences

November 9: Sr. Football Finals

Sr. Girls Volleyball Regionals

November 11: Remembrance Day - NO SCHOOL

November 12:

Day-in-Lieu of SLC's - NO SCHOOL

November 15:

Newsletter #3

Gymnastics, 3:30-9:30 PM

November 15-16:

Sr. Girls Volleyball Provincials

November 16:

Sr. Boys Volleyball Regionals

November 19:

SCC Meeting, 6:30 PM

November 22:

Gymnastics, 3:30-9:30 PM

November 22-23:

Sr. Boys Volleyball Provincials

November 25:

Mass Band Rehearsal, 1:00-4:30 PM

November 29:

Dates to Remember

Gymnastics, 3:30-9:30 PM



December 9:

Mass Band Rehearsal, 1:00-4:30 PM

December 10:

Deadline for Newsletter #4

December 13-14:

Sr. Boys Basketball HOME Tournament

December 16:

Newsletter #4

December 17:

SCC Meeting, 6:30 PM

December 23-

January 3:

Christmas Break - NO SCHOOL



January 10:

Deadline for Newsletter #5

January 13:

Mass Band Rehearsal, 1:00-4:30 PM

January 15:

Newsletter #5

January 17-18:

Sr. Girls Basketball HOME Tournament

January 21:

SCC Meeting, 6:30 PM

January 27-30:

High School Final Exams

January 31:

Semester Turn Around/Prep Time - NO SCHOOL

Dates to Remember





Happy Thanksgiving

February 3: Report Card Day, Grades 6-12

Mass Band Rehearsal, 1:00-4:30 PM

February 3: Jr. Girls Basketball Conferences February 4: Jr. Boys Basketball Conferences

Grade 12 Grad Photo Day (Grad Retakes: by appt. only) February 5:

Jr. Girls Basketball Conferences

February 6: Jr. Boys Basketball Conferences

February 8: Jr. Basketball Finals, HOST B League

February 10: Deadline for Newsletter 6 SCC Meeting, 6:30 PM

February 11:

February 14: Newsletter #6

February 17: Family Day - NO SCHOOL

February 18-21: Winter Break - NO SCHOOL

February 24: Mass Band Rehearsal, 1:00-4:30 PM

February 28: Dates to Remember

Report Card Day, Grades K-5 March 6:

March 6-7: Sr. Basketball Conferences

PD .5/Prep Time .5 - NO SCHOOL March 9:

March 10: Deadline for Newsletter #7

March 13-14: Sr. Basketball Regionals

March 16: Newsletter #7

Mass Band Rehearsal, 1:00-4:30 PM

March 17: SCC Meeting, 6:30 PM

March 19-21: Sr. Basketball Provincials at Regina March 30: Mass Band Rehearsal, 1:00-4:30 PM

March 31: Dates to Remember

Student Led Conferences, 3:30-7:00 PM





Jr. Badminton Pre-Conferences

Jr. Badminton Conferences at Warman High and Clavet April 6:



April 8: Jr. Badminton Districts at Warman High

April 10: Good Friday - NO SCHOOL

April 13: Easter Monday - NO SCHOOL

April 14-17: Easter Break - NO SCHOOL

April 15: No Newsletter #8

April 20: Day-in-Lieu of SLC's - NO SCHOOL

April 21: SCC Meeting, 6:30 PM

April 22: Sr. Badminton Conferences

SCC Spring Assembly

April 24: Sr. Badminton Districts at VCA, Osler

April 30: Dates to Remember

May 1: Report Card Day, Grades 6-12

May 2: Sr. Badminton Regionals at Rosetown
May 4: Mass Band Rehearsal, 1:00-4:30 PM

May 4-15: SCC Elections

May 8: Deadline for Newsletter #9

May 9: Sr. Badminton Provincials at Nipawin

May 14: Newsletter #9

May 15: Prep Time - NO SCHOOL

May 18: Victoria Day - NO SCHOOL

May 19: SCC Meeting, 6:30 PM

May 20: Track and Field Conference A at Saskatoon

May 25: Mass Band Rehearsal, 1:00-4:30 PM

May 29: Dates to Remember

Track and Field Districts at Saskatoon

June 5: PD .5/Prep Time .5 - NO SCHOOL

June 5-6: Track and Field Provincials at Yorkton

June 8: Mass Band Rehearsal, 1:00-4:30 PM

June 10: Deadline for Newsletter #10

June 15: Newsletter #10

June 16: SCC Meeting, 6:30 PM

June 17: Last Day of Kindergarten

June 23-26: High School Exams

June 26: Last Day of Classes, Grades 1-12

June 29: Prep Time - NO SCHOOL

June 30: Report Card Day, Grades K-12





# October



2019

