

Perdue School News

Principal – Mr. Jeff Chilibeck

Vice Principal – Mrs. Kristal Mason

Important Dates to Remember

- 1. Wednesday, February 4 – Report Cards (Grade 7 – 12)**
- 2. Monday, February 16 – No School (Family Day)**
- 3. Tuesday, February 17 – Friday, February 20 – No School (February Break)**
Monday, February 23 – School resumes – Day B2

Principal's Message

Happy New Year!!!

Final exams for Grade 10 – 12 students will be written from January 26th – 30th. Report cards for students in Grades 7 – 12 will be given out on February 4th. Once again, we are asking that students in Grade 12 check their transcripts and report cards to ensure that marks are accurate. Please see Mr. Chilibeck if there are any discrepancies.

For all parents of students in Grades 7 – 12, please review our new Homework / Late Assignments Policy posted later in this newsletter. As you can read, we are trying to do a better job communicating with parents around their child's missing assignments, while stressing the importance of due dates. If you have any questions about this new policy, please contact Jeff Chilibeck.

The elementary staff of Perdue School spent the week of January 19th – 23rd working with Prairie Spirit School Division personnel on various assessment tools to use in the classroom. In addition to focusing on assessment staff will be supported by Sandra Herbst, who will be modeling a lesson in the Grade 3 / 4 classroom on February 4th.

Congratulations to the Senior Girls Basketball Team!! After winning their home tournament on December 5th and 6th, the girls placed 1st at the Senior Girls Aberdeen Tournament on December 12th and 13th, while winning the consolation side of the Biggar Senior Girls Tournament on January 16th and 17th. So far, the girls have amassed a 9 – 2 record this year. Keep up the hard work girls!!

Hot Meal Order Forms

Each time we have a hot meal at school every student is given a form to fill out. If they have lost or misplaced the form given to them there are more available at the office. We would appreciate so much if you would use one form per student. The reason for this is, we are so afraid with more than one name on the form someone is going to get forgotten and we don't want this to happen.

Perdue Wheatland Library Board

Perdue Wheatland Library Board would like to THANK the Community for their continued support in making our Bake Table Fundraiser a Huge Success!!!

Band

Our two senior band students Rylee Fyson and Jessica Nicholls are in the University of Saskatchewan High School Select Wind Ensemble. This is a group made up of the top band students in Grade 11 and 12 across Saskatchewan. They will be having a concert at the University at the Education building on February 1 at 1:00pm.

Homework/Late Assignments

It is important that we clarify for our students and parents our policy on homework and late assignments. There has been much dialogue in the media over the last couple of years related to homework, late assignments and the issue of no zeros. The purpose and the spirit of our policy is to demonstrate and emphasize to our students that we expect homework/assignments to be handed in on time and that there are measures that are taken if work is not handed in on time (Due Dates are Important). Our expectation is that teachers speak with students regarding the homework/assignments that were overdue and to create a plan as to how students are going to complete the work through coming in at noon or before/after school. It is also our expectation that teachers are calling/emailing parents to let them know that their children had homework/assignments that are overdue. It is also our expectation that Administration will be informed if students do not show up for their assigned time at noon or before/after school.

Ultimately we want and need to see evidence of student learning. The purpose of assessment is to inform instruction, not for marks to be used in a punitive manner. Homework should be meaningful for the student and support curriculum objectives. We also are asking staff to be reflective on the amount of homework that is assigned. Our policy is not about giving zeros (O's); it is about working with students to get their work done. Ultimately if students choose to hand nothing in after all interventions have been tried collaboratively by the school and home, then a student may receive a zero for not submitting the required work.

ANNOUNCEMENT!!!!

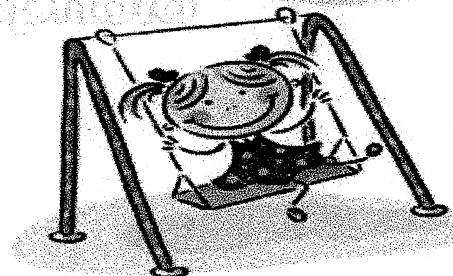
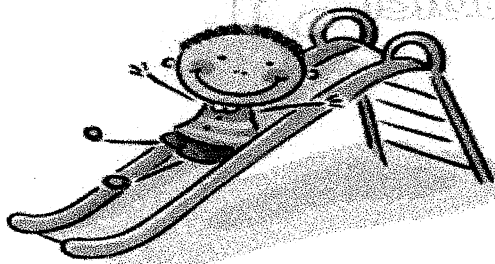
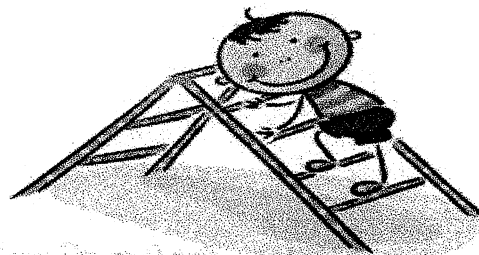
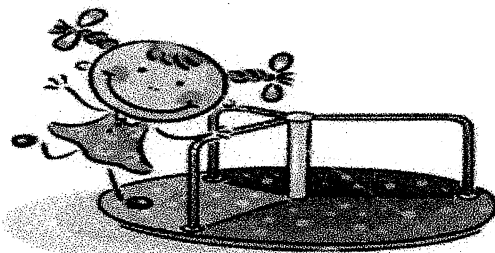
NEW School Playground/Community Park

The Perdue School SCC is looking for people to come on board and help organize and build additions to our school yard and create a great place for students and community of all ages to go.

Whether you would like to join the playground committee, help with fundraising, donate time or equipment to help make our school grounds a place for everyone to go., please contact:

Jackie Nixey at 1-306-380-2466

Tanya Fyson at 1-306-220-5719



Perdue Arena Schedule

***Please note changes may occur to the
schedule***

January

28- Public Skating 3pm-5pm

30- Public Skating 3pm-5pm and 7pm-9pm

31- Public Skating 1pm-3pm

February

1- Public Skating 1pm-3pm

4- Public Skating 3pm-5pm

Senior Pirates Game 8pm

6- Public Skating 3pm-5pm & 7pm-9pm

7- Perdue Initiation Home Tournament (all day)

8- Public Skating 1pm-3pm

11- Public Skating 3pm-5pm

13- Public Skating 3pm-5pm & 7pm-9pm

14- Initiation TBA

15- Public Skating 1pm-3pm

16- Public Skating 1pm-3pm

17- Public Skating 1pm-3pm

18- Public Skating 3pm-5pm

19- Public Skating 1pm-3pm

20- Public Skating 3pm-5pm & 7pm-9pm

21- Initiation TBA

22- Public Skating 1pm-3pm

25- Public Skating 3pm-5pm

27- Public Skating 3pm-5pm & 7pm-9pm

28- Public Skating 1pm-3pm

Check out
PERDUE ARENA ASSOCIATION
on Facebook for daily up-dates
regarding events at the rink,
added events and
cancellations.

Miss. Kay's Kitchen

OPEN

Mon- Fri: 11am-7:30pm

Sat: 12pm-5pm

Sun: CLOSED (except when
an event is scheduled)



Storing Fresh Vegetables

Fresh vegetables are an important part of a healthy diet. Storing them properly is the best way to ensure they stay fresh and taste great when you go to use them. It can also save money on your grocery bill by reducing waste in your kitchen.

The chart below summarizes the best way to store some common vegetables. A couple of them might surprise you!

Vegetable	How to Store	How long the veggie should last
Bell Peppers	Store peppers in a loosely closed plastic bag in the fridge.	Up to 1 week
Broccoli	Store broccoli unrinsed in an open plastic bag in the crisper drawer in the fridge.	Up to 1 week
Carrots	Store carrots, green tops removed, in the crisper drawer in a loosely closed plastic bag or in their original plastic bag.	Several weeks
Cauliflower	Store cauliflower in a plastic bag in the crisper drawer of the fridge.	Up to 1 week
Celery	Wrap celery in aluminum foil and store it in the fridge.	Several weeks
Cucumbers	Store cucumbers in a loosely sealed plastic bag in the fridge.	Up to 1 week
Garlic	Store garlic heads in a cool dark place with plenty of air circulation – a small basket in the pantry is ideal.	A couple of weeks
Lettuce Romaine, Green Leaf	Separate the leaves, wash in cold water and dry. Wrap in paper towel and store in a sealed plastic bag in the fridge.	1 to 2 weeks
Mushrooms	Store loose mushrooms in a paper bag in the crisper drawer of the fridge. Wash just before using.	Several days
Cooking Onions	Store onions in a cool, dark, place such as the pantry.	3 to 4 weeks if stored properly
Potatoes	Keep potatoes in a paper bag in a cool, dark, well ventilated location such as a cellar or pantry, away from onions.	Several months if stored properly Except new potatoes
Sweet Potato	Store sweet potatoes in a cool, dark, well-ventilated spot such as a cellar or pantry. Do not store them in a plastic bag.	1 to 2 weeks
Tomatoes	Do not refrigerate tomatoes. The cold damages the flavour and texture. Store tomatoes in an open container at room temperature.	3 to 4 days until ripe, then use in 1 to 2 days
Zucchini	Store zucchini in a loosely closed plastic bag in the fridge .	Several days



Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2014)

Distributed by Saskatoon Health Region

Public Health Nutritionists
of Saskatchewan



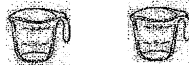




Better Beverages



Canada's Food Guide Recommends

- To satisfy your thirst with water; drink more water in hot weather and when you are very active.
- To limit beverages high in calories and low in nutrients.
- To drink lower fat milk and water with meals.

	Examples	How Much?
	<ul style="list-style-type: none">▪ Milk – choose skim, 1% or 2%	<ul style="list-style-type: none">▪ 2 cups (500 mL) a day for adequate vitamin D 
	<ul style="list-style-type: none">▪ Water	<ul style="list-style-type: none">▪ Drink throughout the day to quench thirst
YIELD Choose Sometimes - Nutritious - Contain more sugar (natural or added sugar)	<ul style="list-style-type: none">▪ 100% Unsweetened Fruit Juice	<ul style="list-style-type: none">▪ 3 years old and up: maximum 1 cup (250mL) per day▪ 1-2 times a week 
	<ul style="list-style-type: none">▪ Flavoured Milks	<ul style="list-style-type: none">▪ 1-2 times a week
	<ul style="list-style-type: none">▪ Pop▪ Slush Drink▪ Fruit Punch, drink, cocktail, beverage	<ul style="list-style-type: none">▪ Occasionally▪ One serving equals 1 cup or 250mL 
NOT RECOMMENDED Contain very high amounts of sugar and caffeine	<ul style="list-style-type: none">▪ Energy Drinks	<ul style="list-style-type: none">▪ Not recommended for children and youth.



Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2015)



All in the Family

Family meals are important. Adults who have regular meals eat better, are healthier and less likely to overeat. Children who have meals with family not only eat better and are healthier; they learn to socialize and do better in school. With hectic lives and schedules, families tend to eat on the run rather than have family meals together.

*Is it a challenge to plan family meals? **Start with breakfast.** With some prep the night before and each family member helping, you can all start your day together!*

A Little More time:

EGG PIZZA

Serves 4 and takes 15-20 minutes

Ingredients

4 English muffins
vegetable oil
tomato slices
2 hard-cooked eggs, sliced
grated cheese
oregano
salt

Directions

Toast 8 English-muffin halves and place on a cookie sheet.
Drizzle each with vegetable oil.
Layer on tomato slices, egg slices (1/2 egg each), and a little grated cheese.
Sprinkle with oregano
Salt and pepper to taste.
Broil 5 minutes or until the cheese melts.



Short on Time:

BREAKFAST PARFAIT

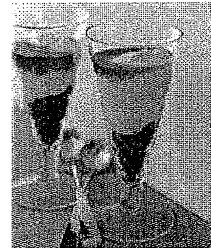
Serves 1

Ingredients

1/4 cup granola
1/2 cup plain yogurt
1 tablespoon maple syrup

Directions

Place the granola in the bottom of a parfait glass or dish.
Spoon the yogurt on top.
Drizzle with syrup.



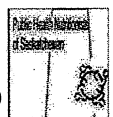
Here are more reasons to have family meals:

- Meals give a time and place to keep up with what is going on with everyone, help each other out, and tell family stories
- Meals help children learn to like a variety of food
- Meals keep food in its place as only one of life's great pleasures. You pay attention and enjoy it when it is time to eat, forget about it between times.

Everybody Does Better with Family Meals



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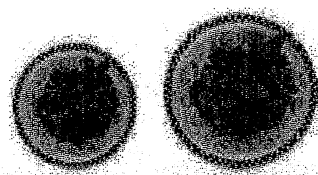


Mindless Eating

We overeat for many reasons; plate shape and size, brand names, packaging and food labels, lighting, color, and advertising as well as just to be sociable. We are influenced by many things inside and outside the home; so how can we make it work for, rather than against, us?

Tips to be mindful while eating at home

- Serve meals on an 8" dinner plate instead of a 10" one. A plate just 2" smaller means about 22% less calories are put on a plate.
- Serve smaller portions of the meal. Enjoy the meal, rest a few minutes and then, if you or the children are really still hungry, take seconds.
- Leave the serving dishes in the kitchen. The distance between the family table and the kitchen is often enough to make us consider if we are really hungry.
- Look at what you eat *before* you eat it. Instead of eating right from the box, put your portion in a small bowl and leave the box in the cupboard. It is less tempting to eat the whole box!
- Plan meals. Knowing what is on the menu and when a meal and snack is planned, helps to manage hunger and prevent the overeating that happens when you skip meals.
- Dim the lights and play soft music. Make your family table a fine dining experience! We eat slower and enjoy food more in this kind of environment. Our body then has time to signal fullness and we eat less but are satisfied.
- Separate food from technology. We are less mindful and eat much more food when we eat while sitting in front of the TV or computer; or while we scan a cellphone or read a newspaper. Leave the distractions behind and eat at the family table.



Making healthy food choices is different from deciding how much to eat. Most of us think we are not affected by mindless eating. The truth is we do not know it is happening. Be aware, make a few simple changes and enjoy family meal time.



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March is Nutrition Month

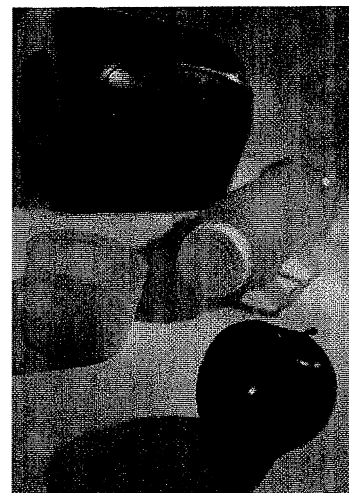
Eating Well 9 to 5!

Eating well can help you work better and feel great. A rushed morning without breakfast, the same boring lunch and a long drive home can make eating well challenging. Here are a few simple and quick ideas to help spice up your daily routine.

Make breakfast a breeze

Missing breakfast can leave your body and brain low on energy and lacking focus and concentration. Try these quick breakfast ideas:

- Warm up leftover brown rice or quinoa topped with nuts and a banana for a quick meal.
- Make your own breakfast sandwich with a whole wheat English muffin, egg, cheese, lettuce and tomato.
- Sprinkle granola on yogurt and grab an apple on the go.
- On a less busy day, bake and freeze whole grain muffins or pancakes for a quick meal on the go later in the week.



Think outside the lunch box

Sandwiches can get boring. Invent a few lunchbox favourites. Try:

- A wrap with leftover chicken, avocado, lettuce and cheese.
- Black bean or lentil dip with crackers and carrot sticks.
- Leftover roasted vegetables + feta cheese + lentils + a drizzle of olive oil and balsamic vinegar = savoury dish that's tasty hot or cold

Fill the gaps with healthy snacks

Pack a snack for the afternoon before your ride home so you aren't over hungry when you get home. A handful of grapes and a piece of cheese or whole grain crackers with peanut butter or tuna and veggie sticks can help to fill the gap between lunch and supper. If you wait too long to eat, you may overeat later on. Before heading home, fill up your water bottle. Staying hydrated can help you feel refreshed and energized.

5 Minute Lentil Dip (Recipe Courtesy of HealthY Alberta at <http://www.healthyalberta.com/>)

- | | |
|-----------------------|-----------------------------|
| 1 can, 19 oz (540 ml) | Lentils, rinsed and drained |
| 1/2 cup or 125 ml | Ranch dressing, low fat |
| 1 tsp or 5 ml | Hot curry powder |
| 2 | Garlic cloves |

Directions

1. Place lentils, ranch dressing, curry powder and garlic cloves into a food processor or blender. Blend to desired consistency.
2. Dip with vegetables and whole grain pita bread or crackers.

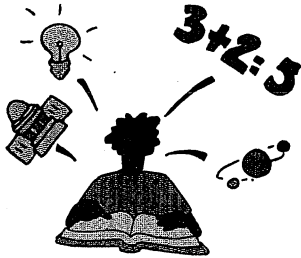
Check out more recipe ideas <http://www.healthyalberta.com/recipes.htm>



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Healthy Foods for my School



School and home environments that support healthy food choices can help students do better in school and be healthier over all. The food students eat has a direct effect on how well they do in school and on their health. Students who eat the right amount of healthy food do better in school and are healthier. Create a healthy food environment at school and home with these ideas.

Teach and practice healthy eating

- Teaching about healthy eating at school and at home is important. Part of learning about healthy eating is practicing. Offer healthy foods in school nutrition programs and canteens, involve your student in planning and preparing healthy meals at home. Talk to your school administration about incorporating healthy foods in cooking classes or afterschool programs. If your student's school does not offer these classes, ask how you can help to support offering food preparation classes. This way, children can practice what they learn about healthy eating.

Make the healthy choice the easy choice

- Convenience foods, like frozen meals, tend to be short of vegetables, fruit, and milk products and so should be very occasional choices rather than every day lunch items.
- Snack foods like chips, candy, and pop fill children up, but don't supply any of the nutrition they need to grow and learn.
- Provide healthier choices, such as trail mix, yogurt, milk, or fruit cups, in school canteens or vending machines.
- Healthy drink choices include milk, 100% juice and water.

Rewards not "treats"

- Use non-food items for rewards in the classroom and at home. Be creative.

Make it last

- Talk to your school community council and school administration about creating a school food policy to promote healthy foods in your school.



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Home & School

Working Together for School Success CONNECTION®

February 2015

Sponsored by your School Community Council



SHORT NOTES

What could it be?

Use magazine pictures to sharpen your child's powers of observation. Cut a small circle from the center of a photo. Have him look closely at the circle. What does he think it's showing? Let him glue the circle to paper, draw a scene around it, and compare his picture to the original.

Appreciate thoughtfulness

Encourage your youngster to consider the thought that goes into gifts she receives. *Example:* "Aunt Lisa must have noticed your dollhouse didn't have patio furniture. How thoughtful of her to give you some." This will help her know what to say in a thank-you note—and how to make others happy when she gives gifts.

Talking about current events

If a scary event is in the news, you may wonder whether to discuss it with your child. In general, wait for him to bring up the topic. Concerned he'll hear about it in school? Try starting a conversation by asking what people are saying. Then, stick to the facts, and talk about what you're doing to help him stay safe.

Worth quoting

"There are many little ways to enlarge your child's world. Love of books is the best of all."

Jacqueline Kennedy Onassis

JUST FOR FUN

Q: What does a snail say when it's riding on a turtle's back?

A: "Wheel!"



Conversations about school

When you think of parent involvement, do you picture moms and dads volunteering in classrooms? That's one way to help—but research shows that supporting your child's education at home is even more important. Here are four conversations that will help you stay involved.

"Let's see what you brought home."

Look at completed work to find out what your youngster is learning and how well she's doing. You could comment on her geography report or pottery project, for instance. ("You know a lot about our state's history!") Also, respond to notes from her teacher, and sign her weekly folder or daily planner if required.

"Show me what you have for homework."

It's your child's job to do her homework, but you play a role, too. Make sure she knows what she's supposed to do by having her explain the assignments to you. After she's done, glance over the work to see that it's complete.

"Describe a book you enjoyed today."

This gives you an idea of what your youngster prefers to read. Then, build a daily reading habit by asking what she'd like to read tonight. Encourage her reading and listening skills by reading aloud to her and letting her read to you.

"Tell me what you learned that you'd like to know more about."

Use her interests as jumping-off points for activities to share. If she likes geometry, you might do tangrams



together. If she's fascinated by how animals adapt to winter, take her to the library to research the subject or to the zoo to see live animals.♥

After-school questions

Asking "How was school today?" might not get you very far. Instead, try these questions for a better picture of your youngster's day:

- "What's the coolest thing that happened? What wasn't so cool?"
- "Pretend you're the teacher—how would you describe the day?"
- "What made you laugh?"
- "What was the most creative thing you did?"
- "How were you kind or helpful today? Was anyone kind or helpful to you?"
- "What new word did you hear today?"♥

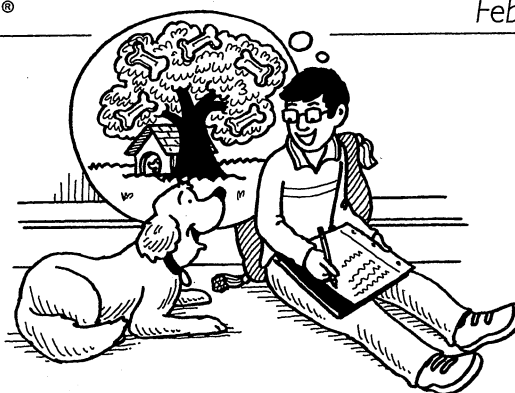


Finding a story topic

"But I don't know what to write about!" If this is your youngster's response when he has a creative writing assignment, share these ideas.

Think of an audience. What kind of story would his dog or his best friend want to read? Your child might come up with an idea for a tree that grows dog biscuits or one about the baseball game where he and his friend each hit a home run.

Catch your dreams. Sometimes good ideas come to writers in their sleep. Encourage your youngster to keep a pencil



and a notepad by his bed and write down his dreams as soon as he wakes up. That dream about driving an ice cream truck may spark an interesting tale!

Get inspired by books. Suggest that your child browse

through books at home or at the library—a topic or an idea could jump out at him. For instance, a funny school story might remind him of the time the class guinea pig escaped from its cage. Or a book about Mars can get him thinking about an outer space adventure.♥

ACTIVITY CORNER



Collecting objects... and more

Children who collect rocks, stuffed giraffes, or just about anything also collect a lot of personal skills along the way. Here are three.

1. Organization.

Will your youngster arrange her key chains alphabetically by where they came from? Should she group her erasers according to color or size? As she decides how to store or display her collection, she'll practice sorting and organizational skills.



2. Responsibility. Your child won't want her snow globes to get dusty or her marbles to roll off her dresser and get lost. Keeping her collection in good condition will encourage her to be responsible for her possessions.

3. Personal finance. It's fun to watch a collection grow. If your youngster gets birthday money or an allowance, she could budget for additions. Also, you can help her research how much the items she owns are worth.♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Q & A

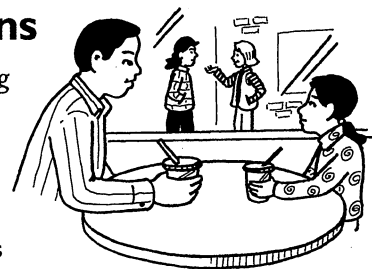
Peer pressure concerns

Q: As my daughter gets older, I'm worrying more about peer pressure. How can I help her handle it?

A: It's true that friends' opinions become more important each year. But your values and beliefs will continue to influence her, whether she shows it or not.

Look for regular opportunities to talk about what matters to you, such as staying healthy and being kind to others. If she sees someone smoking, you could quietly say, "I hope you choose not to smoke when you grow up." Or if you hear a mean remark on TV, you might say, "It's sad when people make fun of others." Knowing where you stand can help her withstand peer pressure.

If she mentions a friend is pressuring her, help her practice how to respond. ("I'm not going to cheat on homework. I'll see you later.") Remind her that friends should make her feel good about herself—if they don't, it's time to find friends who do.♥



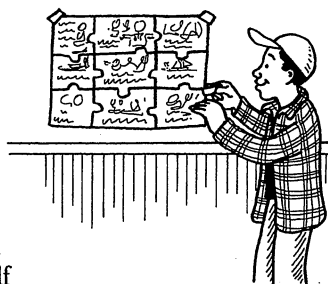
PARENT TO PARENT

A perfect fit

My son William told me about a project his class did to celebrate differences. His teacher cut a big sheet of paper into puzzle pieces, and each child decorated one to show what makes him interesting or different. Then, they put the puzzle back together.

William thought this would be fun to do with our family. He cut up a poster board and mailed pieces with instructions to relatives. Meanwhile, we drew and wrote on our own pieces. William drew himself

doing a science experiment with his guitar nearby. My husband wrote that he has a birthday only every four years because he was born on February 29. And I put that I travel a lot for work and have been to 45 states.

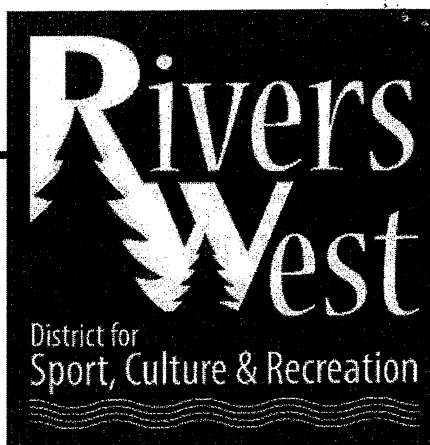
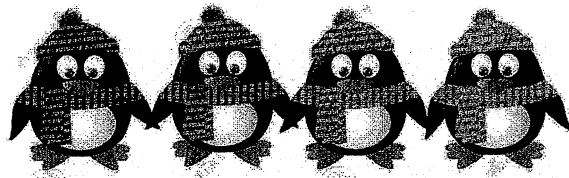


Once everyone mailed back their pieces, William taped the puzzle together so we could hang it up. It's a great reminder of how we are all different—and yet still "fit" together as a family!♥

January 2015 E-Update

Our Values:

Respect Participation Leadership Inclusion Transparency



Upcoming Rivers West District Meetings/Workshops

Municipal Cultural Engagement and Planning Grant Workshop

The Municipal Cultural Engagement and Planning Grant (MCEP) aims to support Saskatchewan Urban and Rural Municipalities and First Nations Bands wanting to explore and plan for the creative and cultural potential of their community through cultural engagement and planning initiatives. [See more information here.](#)

Communities in Bloom Workshops

Rivers West District is looking forward to holding two Communities in Bloom Workshops this coming February to ensure you are ready for the 2015 Communities in Bloom season! Meadow Lake will hold a workshop on February 7, 2015 and Rosetown will hold another on February 28, 2015. [See more information here.](#)

Other Upcoming Workshops

Are you interested in becoming a track and field official? Please [click here](#) for details on how to register.

For information on how to book an Ultimate Frisbee Clinic [click here](#).

5 Session Pitching Clinic taking place in Saskatoon. Registration details and dates are [available here](#).

For information of the 2015 winter/spring NCCP Level 3 schedule [click here](#).

Rivers West District Staff and Office Locations

Rivers West – Rosetown Office

Donna Johnston-Genest
Executive Director

[email](#)

Janae Dawson

Administrative Assistant

[email](#)

P.O. Box 1480

Room #45 – 1005 Main Street

Rosetown & District Civic Centre

Rosetown, Sask S0L 2V0

Phone: (306) 882-3030

Fax: (306) 882-2744

Rivers West – North Battleford Office

Cynthia Tymorwski

Community Development Coordinator

[email](#)

Lacey Taylor

District Dream Broker

[email](#)

P.O. Box 822

Room #95 – 891 99th Street

Don Ross Centre

North Battleford, Sask. S9A 2Z3

Phone: (306) 446-6776

Fax: (306) 446-7172

Rivers West – St. Walburg Office

Bonnie Mills Midgley

Community Development Coordinator

[email](#)

P.O. Box 717

St. Walburg, Sask. S0M 2T0

Phone: (306) 248-3518

Fax: (306) 248-3484

For more information on other programs visit:

www.riverswestdistrict.ca



Rivers West District for Sport,
Culture and Recreation



[@RiversWestDistr](https://twitter.com/RiversWestDistr)

News

Sask Aboriginal Indoor Track Meet

The event will be held in Saskatoon at the Field House and the date of the competition is February 27 & 28, 2014. There is a \$60 fee to register. For more information [click here](#).

SLGA Monies distributed within Lloydminster—[Article from the Lloydminster Source](#).

Dylan Joachim, former 2014 Saskatchewan Winter Games Rivers West District Snowboarding Athlete, is the 2014 Battlefords Junior Citizen of the Year—[Article from the The Battlefords News Optimist here](#).

Aboriginal Youth Grow Leaps and Bounds Thanks to the Gen7 Program—[Article from Motivate Canada here](#).

Government Provides \$1.5 Million in Charitable Gaming Grants—[Article from Government of Saskatchewan here](#).

Help Your Community Win \$10,000 To Get More Kids, More Active, More Often! Take part in the 2015 GET OUR COMMUNITY MOVING CHALLENGE, powered by Saskatchewan Blue Cross—[Registration details found from inmotion here](#).

2015 National Volunteer Week is April 12-18—[Article from Volunteer Canada here](#).

2015 SPRA Awards Nominations being accepted until May 15, 2015—[Nomination Brochure from SPRA here](#).

2015 is the Year of Sport in Canada—[Article from the Government of Canada here](#).

Sport Matters Group, supported by the J.W. McConnell Family Foundation, will conduct two one day Sport 4 Development gatherings in Saskatoon and Winnipeg on the following dates:

- Saskatoon Gathering on Tuesday, February 3, 2015.
- Winnipeg Gathering on Thursday, February 5, 2015.

Each gathering will be hosted from 10 AM to 3:00 PM local time. The Sport for Development (S4D) Gatherings bring leaders and innovators in the field of sport for development together to exchange ideas, to advance the field and to focus our collective efforts.

For more information and registration details please [click here](#).

Would your community/organization be interested in having a Rivers West DSCR representative visit you to go through exactly what Rivers West DSCR has to offer?

If so, please contact Donna at (306) 882-3030 or [email](#).

Events Calendar

If you would like Rivers West District to add events going on in your community, please contact Donna at (306) 882-3030 or [email](#) to have it added to our Events Calendar which can be found on the [Rivers West District website](#).

Other Funding Opportunities

Green Shield Canada

Deadline: January 26, 2015

Canada Summer Jobs Grant

Deadline: January 30, 2015

High Five

Deadline: January 30, 2015

Culture on the Go

Deadline: January 31, 2015

Forever... in motion Grant

Deadline: January 31, 2015

Investors Group: Amateur Athletes Fund

Deadline: January 31, 2015

MultiCultural Initiatives Fund (Project & Annual)

Deadline: January 31, 2015

S'Cool Life Fund

Deadline: January 31, 2015

CIF Community Grant Program (Summer Grant)

Deadline: February 1, 2015

SPRA Leadership Development Grant

Deadline: February 1, 2015

Creative Kids

Deadline specific to each committee

Walmart Evergreen Green Grants

Deadline: February 2, 2015

Young Canada Works

Deadline: February 2, 2015

Heart & Stroke Foundation: My Healthy Community

Deadline: February 10, 2015

Municipal Cultural Planning and Engagement Fund

Deadline: February 15, 2015

Summer Student Works

Deadline: February 17, 2015

Good Life Kids Foundation

Deadline: February 20, 2015

Stacey Levitt Memorial Award

Deadline: February 27, 2015

Toyota Evergreen Greening Grant

Deadline: February 27, 2015

SGI: Community Grant

Deadline: February 28, 2015

SLTF Community Grant Program

Deadline: February 28, 2015

KidSport

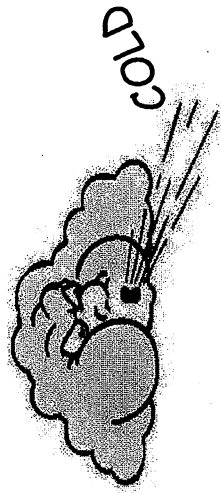
Deadline specific to each committee

Rivers West District Funding Opportunities

Grants available through Rivers West District include the Sport, Culture & Recreation Community Event and Partnerships Building Grant, Aboriginal Community Sport Grant, Facility Operator Support Program and the Coaching Assistance Program. All grants through Rivers West District are available year round to members on a first come first serve basis and funding is dependant on availability from the Saskatchewan Lotteries Trust Fund. Check out the funding documents which outline grants from other organizations as well.

For more information on our grants, visit our website or contact Donna at (306) 882-3030 or by email.

If you wish to be added or removed from our distribution list, please contact Janae at rwdsr.admin@sasktel.net to make these changes. We apologise if you receive more than one copy of this E-Update as you may be on more than one of our distribution lists.



February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Day D4 Kindergarten	3 Day E5	4 Day F6 Kindergarten Report Cards Gr. 7—12	5 Day A1 Soup / Bun—2.50	6 Day B2 Kindergarten	7
8	9 Day C3	10 Day D4 Kindergarten Subway Meal	11 Day E5	12 Day F6 Kindergarten Soup / Bun—2.50	13 Day A1	14
15	16 No School Family Day	17	18	19	20	21
		FEBRUARY BREAK				
22	23 Day B2 Classes Resume Kindergarten	24 Day C3	25 Day D4 Kindergarten Pizza	26 Day E5 Soup / Bun—2.50	27 Day F6 Kindergarten	28