

Perdue School News

Principal – Mr. Jeff Chilibeck

Vice Principal – Mrs. Kristal Mason

Important Dates to Remember

1. October 3 – Junior Girls Volleyball Tournament
2. October 4 – Senior Boys Volleyball Tournament
3. October 10 – No School – Teacher Prep Time
4. October 13 – Thanksgiving Day – No School
5. October 18 – Senior Girls Volleyball Tournament
6. October 28 – Picture Day
7. October 31 – Halloween

Principal's Message

School is back in full swing and I would like to thank all staff and students for the positive start to the new school year.

Education Week runs from October 19th to the October 25th. This year's theme is "Supporting and Celebrating Success". We are looking at running various activities throughout the week to support and celebrate success at Perdue School.

Reminder to parents that parent-teacher interviews will be held on October 22nd and 23rd. As part of our school goal of increasing our communication with parents, we will be changing our format. We will be conducting 3-way conferences for all students in Grade K to 12. We hope to see as many parents and students as possible during our interview dates.

The Graduating Class of 2015 has chosen May 30th as their date for graduation.

Any parents with students in grade 10 – 12 wishing to meet with Mr. Chilibeck about their child's credit standing and course selection can call and request an appointment. I would be happy to sit down with you and your child to discuss their progress and direction. Any parents wishing to drive students to extra-curricular activities need to update their Criminal Record Check and complete Policy 807. This is now a yearly requirement of Prairie Spirit School Division. Please see Brenda Williams for the proper forms to fill out.

Picture Perfect will be at Perdue School on October 28 to take student pictures. If you have small ones at home you are welcome to have their picture taken also.

The child must:

- . be at least 2 years old
- . be able to sit for 3 or 4 minutes without being afraid

The photographers do not bring all their toys to amuse small children like they normally would at their studio. They would like to have these pictures completed by 9:15am, so, please bring your child shortly before 9:00am.

Pancake Breakfast

The SCC held their annual School/Community Pancake Breakfast on September 17, 2014. The food was delicious. In conjunction with the pancake breakfast was our Terry Fox event. After the students were finished eating they headed outside for a 3km walk/run in support of Terry Fox. Community members joined in as well. There was a silver collection at the door to the pancake breakfast which collected \$196.50 and the students raised \$871.65 through pledges. For a **Grand Total of \$1068.15 donated to the Terry Fox Foundation. WAY TO GO...**

The SCC would like to thank the following for taking time to help prepare the fantastic breakfast:

Michlya Keilo, Deanna Wegwitz, Janet Thingvold, Larry Pavloff, Grade 10 Commercial Cooking class and staff at Perdue School.

Thank you so much!!!

Perdue School Community Council

SRC – Phonebook Recycling

Please drop your old phonebooks off at the front office prior to November 15. The SRC is taking part in the phonebook recycling project and all proceeds will benefit our SRC. Thanks in advance!

Cross Country

This year the cross country team consisted of 14 runners. Josh Baduik, Rylee Moody, Cade Shields, Trystyn Wegawitz, Jade Montgomery, Santanna Anderson, Jerzie Bilawchuck-Richards, Anjelica Morash, Janeeva Morash, Luke Gray, Carter Mason, Wyatt Pavloff, Wyatt Ivanco, and Hilary May. The team travelled to Langham and Biggar for meets this year. We were fortunate to have fantastic weather for each of these meets. All runners put in a great effort. Thanks to the volunteers who drove us to each of these events. On Wednesday September 24 the team went to Delisle for the District Meet. Every runner on the team had personal bests. It was a beautiful day. We had a few top ten finishes at districts. Cade Shields placed ninth and Josh Baduik placed 7th in the Bantam division and Carter Mason placed first in the Atom Boys division. A big thank you goes out to Mr. Chilibeck who ran with the team for practice sessions! We hope to see all of these runners out again next year!

Mr. Smith and Mrs. Mason



Heartland Health Region

Healthy people, Healthy Communities, and Service Excellence in an Enduring Health System.



SEPT 18 2014

Dear Parents and Teachers:

Re: Molluscum Contagiosum

Several cases of Molluscum Contagiosum have been reported in our community.

Molluscum Contagiosum is a viral disease of the skin resulting in smooth-surfaced, firm and spherical papules. The lesions may be flesh-colored, white, translucent or yellow. Without treatment, the papules may exist for 6 months to 2 years. Lesions may eventually typically resolve spontaneously and may persist from six months to two years, or you can seek medical attention for specific treatment (mechanical removal of the lesions) may shorten the duration of illness.

Lesions may occur anywhere within 1 week to 6 months after a person has been in contact with someone with the disease. Most cases of Molluscum Contagiosum are contagious as long as the lesions persist. The disease is spread by direct contact to the lesions.

Molluscum Contagiosum can affect both children and adults, but is most often seen in children.

Children with Molluscum Contagiosum may attend daycare or school, but could be excluded from close contact sports and activities if they have visible lesions.

There is no vaccine for Molluscum Contagiosum. For most people the disease is not serious. Prevention is difficult because you may be exposed through direct contact.

To prevent the likelihood of spreading Molluscum Contagiosum virus:

- Practice good hand washing,
- See your physician for specific treatment of lesions,
- Individuals who have any immune disease should avoid contact with anyone with the disease.

If you have any questions about Molluscum Contagiosum, please contact your local Public Health Nurse.

Building a province of healthy people and healthy communities

COMMUNITY PROGRAMS

Child and Family Centers

The centers' staff provide quality care that meets the individual needs of each child while working in partnership with the child's parent(s). Support programs and activities are offered to help parents navigate their way.

E.D. FEEHAN CHILD & FAMILY CENTRE

This centre has 22 teen parent spaces and 25 community spaces. These 47 spaces include care for infants, toddlers and preschoolers. The centre is open from 7:00 am—6:00 pm. Our purpose is to provide support for the entire family unit while providing excellent quality childcare.



E.L. NELSON

Child and Family Centre



TEEN PARENT/EARLY CHILDHOOD CENTRE BISHOP MURRAY HIGH SCHOOL

This centre has fourteen teen parent spaces for infants, toddlers and preschoolers. The children are able to attend the centre while their parent(s) pursues their education.



Family Ties/ Teen & Young Parent Program

Are you a teen or young parent?

- Have you ever questioned your ability to raise a child?
- Do you have questions or concerns about having a healthy parent/child relationship?
- Are you looking for support for yourself and your family?
- Would you like help in learning to manage day to day tasks and responsibilities?

The Family Ties program came into being because many families are motivated to become more self-reliant, yet lack the resources or support to move forward. The Family Ties program is open to parents under the age of 30 years.

Parents have the opportunity for personal connections to the Family Ties staff, educational opportunities, parenting groups, and referrals to community resources. Families grow and develop, becoming more self-sufficient and ultimately more engaged with the community in which they live.

Please call coordinator at 306 244-7773

Fee: No fee for this service.



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Vision:

Strong and healthy individuals, families and communities.

Mission:

Grounded in the Catholic tradition of service, CFS builds on and supports people's inherent strengths through professional counselling, education and community programs, accessible to all.

www.cfssaskatoon.sk.ca

phone 306 244 7773

fax 306 244 8537



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Saskatoon, SK S7K 4A7

Phone: 306 244-7773

www.cfssaskatoon.sk.ca

Email: staff@cfssaskatoon.sk.ca



Counselling

At CFS, we provide individual (ages 6 and up), couple and family counselling to assist in building strength and overcoming challenges across the lifespan.

CFS provides services under a growing number of Employee and Family Assistance Plans (EFAP/EAP). Costs may also be covered by Extended Health Benefits (eg, Blue Cross, Manulife, etc.). Otherwise, our sliding fee scale may be used to assess fees based on ability to pay.



"...it was hard for me to find someone that I could trust to talk to about my problems. I feel so much better knowing that I have help and can start to deal with everything going on in my life..." Counselling Client

GROUP PROGRAMS

FALL 2014

Prior intake required for all groups unless otherwise specified. Phone 306-244-7773
These group programs take place at the Saskatoon Community Village, 506—25th St East unless otherwise noted.

FOR PARENTS

BRIDGING THE GAP : FOR PARENTS OF OUT-OF-CONTROL TEENS

An ongoing support group for parents whose adolescent is having severe behaviour and/or relationship problems.
No Fee | Thurs | 7:00pm—9:00pm | Sept 4—Dec 18

REACHING OUT : WHEN TEENS ARE OUT-OF-CONTROL

Reaching Out is a ten-week educational group designed for parents whose teen is having severe behaviour and/or relationship problems.

No Fee | Thurs | 7:00pm—9:00pm | Oct 2—Dec 4

BUILDING HEALTHY FAMILIES JOHN LAKE PARENT CENTRE

2606 BROADWAY AVENUE

A variety of parenting topics will be discussed
phone 306 244 7773 for topics.

No Fee | 1st and 3rd Wednesday of every month | 9:30am—11:30am | Starting Sept. 17 | Drop In
No childcare available

PEACEFUL PARENTING

OPEN TO PARENTS UNDER 30 YEARS OF AGE
WHITE BUFFALO YOUTH LODGE
602 20TH ST. W.

This group is designed for teen and young parents to discuss parenting issues and solutions in a safe, supportive environment.

No Fee | Wed | 3:30pm—5:00pm | Sept. 3—Dec 17
No group Sept 10 | Drop In |
Childcare available



GROUPS FOR PARENTS AND CHILDREN

TAMING THE WORRY DRAGON (FOR PARENTS AND CHILDREN AGES 8—12)

Children explore their feelings of fear, anxiety, and worry in a supportive environment.
There is a concurrent parent group.

Fee \$140.00 | Wed | 6:30pm—7:30pm | Oct 15 —Dec 3

FOR ADULTS

MARRIAGE PREPARATION WORKSHOP

This interactive, educational workshop is designed to assist couples in identifying their strengths and communicate their feelings and ideas on relationship issues. The workshop is open to couples of all religious affiliations.

Fee \$225.00/couple | Friday & Saturdays |

October	17 & 18	2014
February	6 & 7	2015
March	13 & 14	2015
April	17 & 18	2015



PROFESSIONAL TRAINING 2014

WHEN TEENS ARE OUT-OF-CONTROL: WORKING WITH THEIR PARENTS

This workshop is for professionals who work with parents, children and/or youth. This workshop will cover:

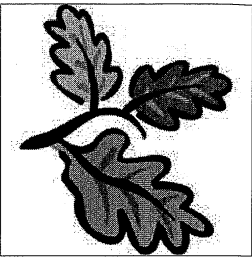
- How to help parents set appropriate boundaries that they can uphold.
- How to help parents hold their teens accountable.
- How to use discipline that is effective.
- How to empower parents when their teen is in trouble with the law, violent or aggressive, using drugs, not attending school, or blatantly defying household rules.

Fee \$250.00 | Oct 22 & 23 | Tues & Wed | 9:00am-4:00pm
Includes 2 manuals.


GUIDING TOWARD PEACE: EQUIPPING PROFESSIONALS FOR WORKING WITH ANXIOUS CHILDREN AND YOUTH

This workshop is for professionals who work in various settings with children and youth affected by anxiety.

- This workshop will cover:
- Definitions of anxiety
 - Signs and symptoms of childhood anxiety
 - Causes of childhood anxiety
 - Interventions and best practices
- Fee \$125.00 | Nov 18 | Tues | 9:00am-4:00pm



OCTOBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Day C3	2 Day D4 Kindergarten	3 Day E5 Jr. Girls Volleyball Tourney Perdue—4PM	4 Sr. Boys Volleyball Tourney Perdue
5 Day F6 Kindergarten	6 Day F6 Kindergarten	7 Day A1	8 Day B2 Kindergarten	9 Day C3	10 No School Prep Time	11
12	13 No School Thanksgiving 	14 Day D4 Kindergarten	15 Day E5	16 Day F6 Kindergarten	17 Day A1	18 Sr. Girls Volleyball Tourney Perdue
19	20 Day B2 Kindergarten	21 Day C3	22 Day D4 Kindergarten Parent/Teacher Interviews (K-12) 4PM—7PM	23 Day E5 Parent/Teacher Interviews (K-12) 4PM—7PM	24 Day F6 Kindergarten	25
26	27 Day A1	28 Day B2 Kindergarten Picture Perfect Day	29 Day C3	30 Day D4 Kindergarten Halloween Parade	31 Day E5 Halloween 