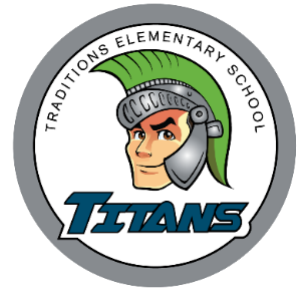


TRADITIONS ELEMENTARY SCHOOL

May 2023 Newsletter



Admin Team Message

It has been so enjoyable to see the weather warm and dry up. The final months of school are always an exciting and busy time with many special events and activities on the schedule.

OurSCHOOL Parent Survey

Thank you to parents and family members who took some time this past month to complete the OurSCHOOL Parent Survey. The survey is now closed. We look forward to sharing the survey information with our stakeholders in the fall.

School Community Council Elections

The Traditions Elementary School Community Council held its annual general meeting on May 1. We thank the following departing members of Council who will end their term of service at the end of June:

- Carlene Bacon-Peterson
- Leanne Jenson

Our 2022-2023 SCC includes:

- Elected Representative Members
 - Brittany Hadley (term to June 2025)
 - Brittany Jullion (term to June 2025)
 - Charity Lindsay (term to 2024)
 - Kim Kenke (term to June 2025)
 - Amanda Gara (term to June 2024)
 - Garrett Mathiason (term to June 2025)
 - Andrea Spezowka (term to June 2024)
 - Kristie Virog (term to June 2024)
- Appointed Members
 - Adin Dereniwski (PSSD Board Trustee)
 - Dan Howie (School Staff Member)
 - Twyla McNeil (School Staff Member)
 - Greg Tebay (School Principal)

The Council has two open positions remaining for representative members. Contact a member of the Council or Mr. Tebay if you would like more information on becoming a part of the SCC.

Successful schools don't just happen.

They need parent and community involvement!

Arrival/ Departure Time and Routines

The spring season brings more hours of daylight, and it is a treat to begin each school day with the sun already up! Students are asked to not arrive at school until 8:35AM, as this is the time that staff supervision begins on the playground.

School dismisses at 3:05PM. We ask that students promptly make their way home or to after school care following dismissal. Supervision of students occurs until approximately 3:15, with the focus being on supporting transitions. School staff does not supervise children playing on the playground after school. Children wishing to play at the park after school are asked to first go home to check in and then return to the playground/park.

Bikes/Scooters

Many students are taking advantage of spring by biking or scooting to and from school. Students are reminded to ensure that:

- Bikes and scooters are secured with a lock.
- Students are not to ride or sit on bikes/scooters at recess.
- Students are to push bikes/scooters until they are away from the school and congested pedestrian traffic. Bikes and scooters are not to be in the bus loading/unloading area in front of the school.

SLT Spirit Week

The student leadership team has organized some fun days for the end of May. Students love to take part in these events. Mark your calendars for -

- PJ/Stuffy day - May 23rd - come to school comfy and cozy after May Long Weekend
- Career Day - May 24th - What would you like to do when you grow up? Dress the part!
- Beach Day - May 25th - Wear your beach clothes! Shorts, tank-tops, sunglasses, sun hats... must be able to participate outdoors for the Indigenous Games!
- Rainbow Day - May 26th - Choose one color and dress head to toe OR wear every color of the Rainbow!

PSSD Calendar for 2023-2024 School Year

Prairie Spirit School Division has released its operating calendar for the upcoming 2023-2024 school year. It can be found under the [Calendars section of the PSSD website](#). Schools are continuing to work on school level dates for next year including progress reports, student learning conferences, non-contact days in lieu of the learning conferences, and other special events. These will be forwarded to families before the end of the school year.

No Kindergarten Classes on June 2

A reminder to Kindergarten families that there will be no classes for Kindergarten students on Friday, June 2 to facilitate orientation programming for next year's Kindergarten families.

Indigenous Games

The Annual Indigenous Games at TES will take place on May 25th and 26th this year. The grade fives will be teaching a variety of Indigenous Games to small groups of students outdoors over the two days. Each grade group will start the Games with a Smudging lesson with the intention to begin the games in a respectful way.

School Clothing Available

Traditions Elementary School is pleased to offer families the chance to purchase Traditions Elementary School clothing and other items. Place your order online and it will be delivered right to your home! You can choose your logo, choose your color and choose what brand you would like! Please go to <https://traditionselementaryschool.entripyshops.com/> to place your order today! There is no deadline to order, the store is open 24/7, 365 days a year!

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.



07/2018

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 *Eating Well with Canada's Food Guide* <http://www.canadasfoodguide.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-school-nutrition-standards-for-saskatchewan-schools.PDF>



07/2018

Mosquito Precautions

Reduce mosquito populations by:

- Draining any standing water in old tires, wading pools and eaves troughs.
- Aerating ornamental ponds and stock fish that eat mosquito larvae.
- Covering rain barrels with screens. Mesh size should be less than 1.5 mm.
- Keeping grass cut short.
- Keeping swimming pools cleaned and chlorinated. Ensure water does not collect and stagnate on the pool covers.

Personal protective measures

- Dress in light colored, loose fitting clothes with long sleeves and pants.
- Put mosquito netting over baby carriages, strollers and playpens.
- Stay away from wooded, bushy or tall grass areas.
- Make sure that window and door screens fit tightly and are free from holes.

Insect repellents

- Apply insect repellent, with DEET or Picaridin 20% (Icaridin), to clothing and exposed skin, especially neck, wrists and ankles.
- Apply sparingly to forehead. Sweat mixed with repellent may run into eyes causing irritation.
- Use lotions or sticks on skin rather than sprays to avoid children breathing in the spray.
- Keep out of reach of children.
- Do not apply to open cuts or sores.
- Wash off once indoors or if redness or itching occurs.
- Read product instructions.

DEET Recommendations	
Age	Recommendation
0 – 6 months	Not recommended
6 months – 2 years	10% or less <ul style="list-style-type: none"> ▪ Limit use to once a day; avoid hands and face
2 – 12 years	10% or less <ul style="list-style-type: none"> ▪ No more than 3 times per day, avoiding parts of the hands which may have contact with eyes or mouth
12 year and up	Up to 30%
Pregnant and nursing mothers	Consult physician

DEET Percentage	Effectiveness
5%	2 hours
10%	3 hours
15%	5 hours
30%	6 hours

05/2018

