



SCHOOL NEWSLETTER

NOVEMBER 3, 2023

Message from the Administration

October has gone by quickly and we were fortunate to have nice weather for most of the month. Looking back at the past month there are many things going on in and around the school to highlight including:

- Walk for Wenjack
- Cross Country Running
- Little Spot Story Walk
- Terry Fox Wrap Up Assembly
- Grade 1 & 2 Firehall Tours
- Book Fair
- Grades 1-5 Student Learning Conferences

Thank you for your continued support and for using the Edsby communication tool to keep your child's teacher and the school office informed.

TES Administration Team

Thank You Royal Canadian Legion

All Traditions Elementary students will be offered a poppy sticker to wear on the day of our school assembly - Thursday, November 9. These have graciously been provided by the Royal Canadian Legion. Our school will be accepting donations for the Legion from November 6 -14. Students may submit donations to their homeroom teacher during this time. Thank you for your support.

Save The Date – Christmas Programs in December

Traditions Elementary Christmas programs are scheduled for December 6 and 7.

- ❖ Wednesday, December 6 - Kindergarten A, Grades 1 and 2
- ❖ Thursday, December 7 – Kindergarten B, Grades 3-5

On these dates there will be an afternoon performance at 1:15 which is open to the public (doors will open at 1:00) and an evening performance at 7:00 (doors will open at 6:30). Crowd sizes are expected to be large, so we encourage all to attend an afternoon performance if possible. We also ask for everyone's cooperation in keeping evening attendance to immediate family so that we will have a spot for everyone.

Preparing for Colder Weather

As we move further into the fall season it is important that students come to school properly dressed to be comfortable when outside at recess breaks. We try to get students outside whenever possible – a little light rain, snow or wind will not preclude us from holding outdoor recess breaks. As the weather turns colder, we use –25 degrees Celsius as the coldest temperature at which we will go outside. At –26 degrees Celsius, students must remain in their classrooms for recess breaks (wind chill included).

A reminder to label outdoor clothing and footwear with the child's name. This reduces confusion about 'whose is whose' and helps get lost items back to their owners.

Changes to PSSD Bussing Procedures/Inclement Weather Bussing Plans

There have been a few changes to [PSSD AP-805 Bus Service Cancellation Due to Inclement Weather](#) we want to ensure parents are informed about.

- Buses will be cancelled when the temperature reaches -40 degrees Celsius or -45 degrees Celsius with the windchill. (Note: the AP previously stated buses were cancelled when the temperature was -40 degrees Celsius with windchill).
- There is no change for students using wheelchair lifts on buses. They will have services cancelled when the combined temperature and windchill are at or below -35 degrees Celsius.
- Buses may run at the end of the school day if temperatures are above -40 degrees/-45 degrees with windchill - and road conditions are safe.

There have also been some changes to the communication tools that PSSD uses to keep families informed of alterations to regular bus routes:

- Run status, including cancellations and delays, will continue to be posted on the Prairie Spirit website. Updates can be found by clicking here: [Home Page – BusPlanner Web \(mybusplanner.ca\)](#), then "[View Alerts](#)" (top of page).
- Communications regarding run status will occur via the Swift K-12 tool. This provides Transportation staff with a tool to communicate with families via text messages, email, and voice messages, without families needing to sign up for notifications in a separate app. 2023/24.
- The MyStop app has been discontinued; as a result, the live "bus location" features will no longer be available.

- Rural route drivers will continue to communicate with parents directly, as in previous years.
- We locally refer to our urban buses by colour so that they are easily identifiable by all children, but the BusPlanner Web is not able to currently report alerts by the colour designation – only the assigned route number. To reduce confusion with notifications we want to highlight that bus route numbers are indicated on each bus pass. You may also refer to the chart below that shows buses by route and colour designation.

Supporting Social Emotional Learning at Home

In last month's newsletter, we introduced the CASEL model of Social Emotional Learning to families.

In each month's newsletter, we aim to provide information to families on how you can help support the social emotional development of your child.

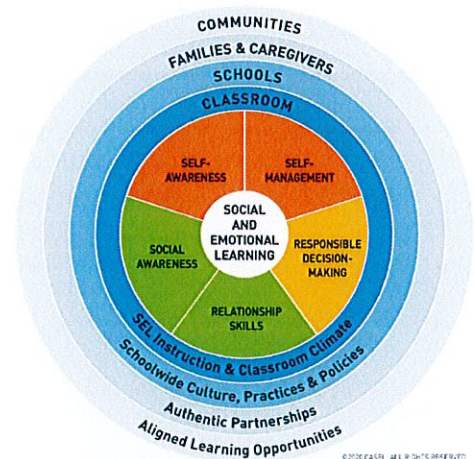
The following excerpt is taken from the [Getting Smart website](#):

Extending social emotional learning into the home broadens the array of real-world experiences for students to learn and practice social-emotional skills. Engaging families as partners in that learning can also add greater meaning and relevance to the lessons happening at school. Social-emotional learning outside of school can be dynamic and responsive, growing and changing depending on what EACH child needs. Furthermore, extending SEL conversations into the home allows for instruction that is mutually reinforcing with what is happening in the classroom.

SEL in the home means that families can use moments that happen organically to grow students' SEL skills. Trips to the grocery store, playing a board game, responding to a family experience, opportunities to meet new and different people while out and about, and other experiences that happen every day add breadth and depth to social-emotional learning instruction and practice. In short, homes and their surrounding communities are ripe with opportunities for social-emotional learning growth. This type of highly personalized learning allows families to utilize students' strengths as SEL superpowers and fill in gaps that emerge in everyday life, empowering students to independently apply these lessons as needed.

To extend social-emotional learning into the home, families can:

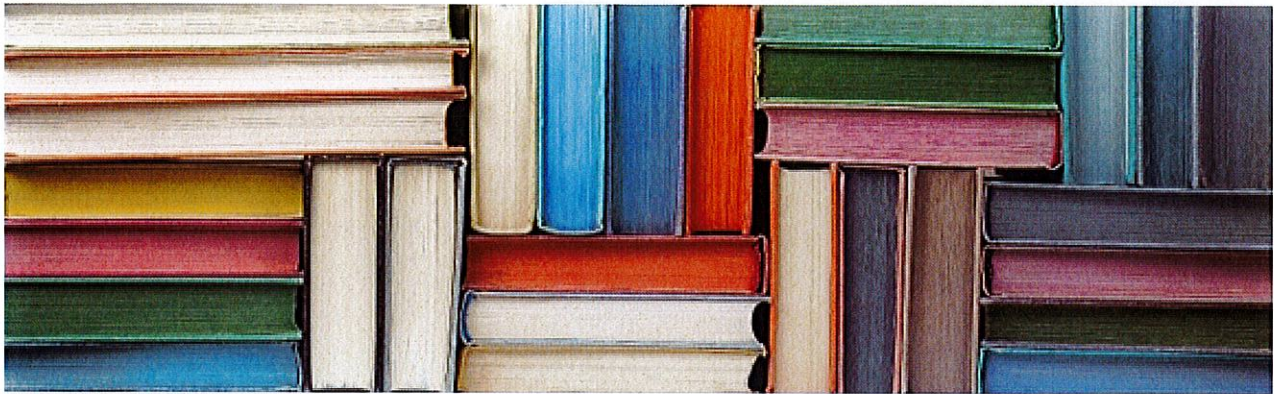
- Create avenues for learning. Use family experiences as springboards for conversations. When visiting a park with your family, watch and observe your child. How does your child meet new friends? How do they respond when they're frustrated? How do they share or take turns? Notice what your child does well and find something they need to refine. Make a mental note of specific moments and even take a few pictures. Use these to help your



child reflect on their own social-emotional skills and growth over time.

- Books are another platform for conversations around social-emotional learning. While there are a plethora of books about specific SEL topics, the books you already have in your home contain examples of friendship, conflict, and dialogue. These books can serve as visual models for social experiences. Talk about the characters and what is happening in the story to give your child access to the words and language used to describe different feelings.
- Anticipate and preview experiences. Talk aloud about what a particular experience might be like to build your child's ability to recognize their own feelings and develop their own methods to prepare for a situation.
- Listen. When your child has a tough moment, create a space to listen. Listening is a simple and easy way to validate the feelings that kids experience, regardless of the size of the problem.
- Reflect. As things happen in the world around you—whether it be a relatively insignificant moment at a sports game or something that makes national headlines—engage your child in conversations that help them identify problems and design solutions. When kids work through the problem-solving process with you, they grow their ability to think critically on their own.
- Self-talk. When you're feeling frustrated in the grocery store checkout line and take a deep breath to keep your cool, invite your child into your world by using self-talk. Say, "We are in a hurry, and this line is not moving very fast. I am feeling frustrated, so I'm going to take a deep breath." This quick exchange teaches your child words to associate with their feelings as well as strategies like taking deep breaths. SEL does not need to be complex to be effective. The words you use will become your child's inner monologue when they're faced with similar situations.
- Personalize your conversations. Your family's background and experiences will inform how you talk with your child about their world. The more you personalize conversations about social-emotional learning, the more relevant that learning becomes.
- Build up your child. Social-emotional learning is about helping your child learn and apply the skills and understanding needed to manage their feelings. When your child is struggling with something new, remind them of a time they worked hard to overcome obstacles. By shining a light on your child's past successes, their path forward is a bit clearer.





TRADITIONS BOOK EXCHANGE

PRESENTED BY TRADITIONS ELEMENTARY SCHOOL COMMUNITY COUNCIL

Where: Traditions Elementary School Library

When: Monday, November 6, 2023 from 6:00 P.M. - 7:00 P.M.

Families of Traditions Elementary School are invited to attend our annual Traditions Book Exchange!

How it works:

- From October 10th to November 3rd, students can bring used books that are in good condition to school for the annual book exchange. For this year's exchange we are especially looking for chapter books, but all books are welcome!
- Students/families can drop off book donations in bins located at the front lobby area.
- On November 6th, students/families can attend the book exchange where they can choose up to 4 books that were collected from our Traditions families throughout the month! All students/families are welcome to claim up to 4 books regardless of how many books you donated.
- All books leftover after the exchange will be donated.

Don't miss out on this great opportunity to trade some of your used books that you no longer read for some exciting new books. This is also a great way to continue to celebrate the importance of reading with your child!

Is My Child Too Sick To Attend School?

If you have questions call HealthLine 811 at any time.

Symptoms	Could be...	Should my child attend school?	When can my child return to school?	Should we see a Healthcare Provider? Call 811 for advise at anytime
<ul style="list-style-type: none"> High temperature or fever/chills (over 37.5° C orally) 	<ul style="list-style-type: none"> Strep Throat (usually very painful) Chicken Pox Measles Respiratory infections 	No	<p>Once the child is fever-free for at least 1 day without the help of medication</p> <p>Healthcare Provider to advise if treatment is required.</p>	Yes, if your child seems to be getting worse or if fever lasts longer than 3 days or cannot be controlled with acetaminophen or ibuprofen.
<ul style="list-style-type: none"> Rashes <p>(Rashes have many different causes and some are very contagious. Usually a Healthcare Provider must see the rash and testing may be required.)</p>	<ul style="list-style-type: none"> Allergic reaction, insect bite, heat rash Fifth's Disease/Parvovirus B19 <hr/> <ul style="list-style-type: none"> Scarlet Fever/Strep Throat Impetigo Chicken Pox/Shingles Hand, Foot and Mouth virus Scabies Measles 	<p>Yes, if allergic reaction, heat rash, insect bite, Fifth's Disease or treated scabies</p> <hr/> <p>No</p>	<p>Return to school timeline will vary depending on the cause of the rash.</p> <p>If antibiotics are prescribed for Impetigo or Strep infections, child can return to school 24 hours following the start of treatment.</p> <p>Chicken Pox - when feeling well enough to attend and all blisters have crusted over</p> <p>Shingles - if lesions are covered.</p>	<p>Yes, unless you are sure it is an allergic reaction or heat rash.</p> <p>Phone the Healthcare Provider's office before you go to prevent spreading the rash to others.</p>

Symptoms	Could be...	Should my child attend school?	When can my child return to school?	Should we see a Healthcare Provider?
<ul style="list-style-type: none"> Vomiting Diarrhea 	<ul style="list-style-type: none"> Upset stomach (caused by bacteria, virus or the toxins they produce) Gastroenteritis Norovirus COVID 19 	No	Not until it's been at least 2 days since the last episode of vomiting or diarrhea.	Yes, if the child : <ul style="list-style-type: none"> is unable to keep any fluids down for 24 hours is dehydrated has blood in stool.
<ul style="list-style-type: none"> Headache 	<ul style="list-style-type: none"> Upset/Stressed Tired Dehydrated Onset of an illness Injury COVID 19 	<p>No, stay home. Reassess for 24 hours.</p> <p>Yes, if recovered and the headache is no longer present after that time.</p>	When the child is well and able to manage school activities.	Yes, if headache is severe or accompanied by a stiff neck, or symptoms continue even with treatment; or a change is noted in the child's normal behavior (i.e.: sleepy). If not recovered call 811
<ul style="list-style-type: none"> Cough Minor Cold Runny Nose Minor Sore Throat 	<ul style="list-style-type: none"> Seasonal cold Influenza (a very contagious viral infection that attacks the nose, throat and lungs and also causes fever, weakness and severe aches.) COVID 19 	<p>No, if not able to participate fully in regular activities</p> <p>No, if it is Influenza.</p> <p>No, if it is COVID</p>	When the child is well and able to manage school activities.	Yes, If they have coughing that won't stop or anything different about the child's breathing

<ul style="list-style-type: none"> • Redness in the white part of the eye or along eye lids. • Itching or pain in eye • Watery eye (tearing) • Discharge from the eye 	<ul style="list-style-type: none"> • Pinkeye (Conjunctivitis) 	No	If antibiotics drops are prescribed for pinkeye, can return to school 24 hours after the antibiotic was started.	Yes, if discharge is seen from the eye.
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- Immunizations and frequent handwashing will help prevent many of these common childhood illnesses.
- Inform your school about the symptoms your child is experiencing when you call to inform them about the absence.
- See "Communicable Disease Control" for information about these and other communicable diseases at: [Communicable Disease Control | SaskHealthAuthority](https://www.saskhealthauthority.ca/system/files/2023-06/CS-G-0151-Communicable-Disease-Office-Information.pdf)
- Contact a Public Health Nurse at your local community office <https://www.saskhealthauthority.ca/system/files/2023-06/CS-G-0151-Communicable-Disease-Office-Information.pdf>

Safe School Lunches

Is your child's packed lunch still safe to eat by lunchtime? When perishable foods such as milk and meat are kept at room temperature until lunchtime (more than two hours), they can grow dangerous numbers of bacteria. These bacteria can lead to food poisoning.

The following steps can help to keep your child's lunch safe:

- Place a small ice pack in your child's lunch bag. Frozen unsweetened 100% juice boxes also work well.
- Take advantage of the *School Milk Program* if it is offered in your child's school.
- Use a Thermos™ to keep perishable items cold or hot.
- If you are sending food that needs to be heated in a microwave, be sure to pack it in a microwave safe container. Remember that food containers such as yogurt and margarine tubs are not meant to be reused.
- Remind your child to wash their hands before eating lunch.
- If your child carries a reusable lunch bag, be sure to wash it out daily. Bacteria can grow on particles of food that may have spilled in the lunch bag.
- Water bottles also need to be washed with soap daily in order to prevent the growth of harmful bacteria.
- Throw away leftover perishable food that was not eaten at lunch.



Impetigo

What is impetigo?

- a skin infection caused by a bacteria
- the bacteria gets into cuts, sores and other breaks in the skin
- usually appears around the nose, mouth and skin not covered by clothes.
- the infection begins as fluid-filled blisters
- the blisters break or weep and a yellow crust forms

What can you do if your child has impetigo?

- take your child to the doctor for diagnosis and medication
- your child can return to school after 24 hours of antibiotic treatment

How can you help prevent impetigo?

- wash hands with soap and water regularly
- keep small cuts and scratches clean
- if someone in the house has impetigo, keep their clothing, towels and combs separate - wash these items thoroughly in hot water and soap



05/2018

Meet The Staff

Name: Dave Read

Role: Grade 4 Teacher

Number of years at TES: This is my 7th year.

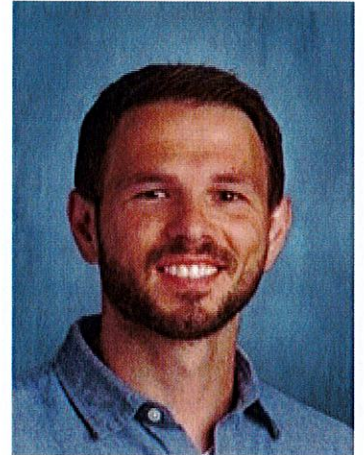
Favourite subject at school: PhysEd

Pets: I have a dog named Zoey.

If I could travel anywhere, I would like to spend a few weeks in Ireland.

Favourite thing about TES: The staff, students and positive vibes.

If I could meet any famous person from past or present, I would like to meet Robin Hood or Leonardo Da Vinci...depending on which type of conversation I am in the mood for.



Name: Mrs. Kelly Leidl

Role: Grade 1 / 2 Teacher

Number of years at TES: This is my 7th year.

Favourite subject: Growing up I enjoyed school, but I was a very shy student. My favourite subject was art.

Hobby/Special Interest: Now I enjoy kayaking and paddleboarding with my kids.

Family: I have a great husband who always puts up with me stealing his tools when I need them at school. I also have two wonderful children (Brayden- 10, Avery – 8).

Favourite way to treat yourself: My favourite way to spend a day is curled up with a warm blanket and a good book.

Number of years in Education: I have been teaching for the past 10 years.



Name: Joanne Nicholson

Role: Educational Assistant

Number of years at TES: This is my 7th year.

Favourite subject at school: Math and PhysEd

My Family: My husband is Bruce. I have three sons, Travis (25), Dallas (21) and Bryce(18).

Number of years in Education: I have been an EA for 15 years.

I treat myself by spending time at the cabin with family and friends.

If could travel anywhere I would love to go to Australia.



Name: Sheryl Doerksen

Role: Administrative Assistant

Number of years at TES: This is my 7th year.

My Family: My husband is Dale(he is a pastor). I have two daughters and one son. I also have 4 adorable grandchildren ranging from the ages of 9 months to 12 years.

Favourite subjects at school: I loved History and Literature(still do!).

Number of years in Education: I have worked in education for 25 years(Pre-school teacher, EA, AA).

Hobby or Special Interest: I love reading and watching and playing sports.

If I could travel anywhere, I would go back to Europe.

