

# STORM NEWS

Warman Community Middle School

December 2014

Season's Greetings! We hope this final newsletter of 2014 finds you well and making joyful preparations for the upcoming holiday season. The Christmas break is often a time of transition for schools and we would like to take an opportunity to say thank you, farewell, and best wishes to a number of staff at WCMS who will be moving onto other things in 2015. Those individuals include our intern teachers, Mr. Zapotoczny and Ms. Mah, and Mrs. Kulcher and Ms. Kjargaard, who are finishing up temporary contracts. It was good to see so many parents and guardians at our student led conferences in mid-November. We had an overall attendance rate of about 87%, which we feel reflects very positively on the engagement level of our parents and guardians. A big thank you to students and teachers in their preparations to have students involved in leading those conferences in whole or in part. There continue to be many things going on around our school. Students involved in our extra-curricular music programs will be holding a Christmas program on the evening of December 10. What a great showcase for those students who have been working very hard in those clubs/activities throughout the fall. On behalf of the staff at WCMS, we wish you and your family a safe and restful holiday and look forward to seeing you back at school on Monday, January 5<sup>th</sup>.

WCMS Admin Team



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Handmade Crystals



Engineering for Kids Class

## WCMS Storm Wrestling

The WCMS Storm wrestling program is gearing up for another season. There is a lot of excitement and interest in this program from our grade 6 and 7 students. Our first meeting will happen in December for those who have expressed an interest in coming out. Practices will happen twice a week. The season will run from January to the end of February with the Pupsel (a tournament held at Warman High School) as our final event on February 28, 2015.



We are looking for an additional coach to help out this season. If you are interested in taking an active role supporting this program please contact Erin Hoffman at WCMS for more information.

## Notes from the Music Room

Music 4: Students are stretching their vocal chords by learning to sing some First Nations and Métis music.

Music 5: Students who have recorded have discovered that it's not as easy as it looks to record their parodies!

Music 6: Students are putting the finishing touches on their scripts for their audio collages and will soon be ready to start recording and mixing in the recording studio!

## Extra-Curricular Music Events

**WCMS Band Rehearsal with the Warman Community Band: Monday, December 1, 7:00 pm**

**(Warman Gospel Church, Centennial Ave.)**

Band:

- This is our only practice with the WCB before our joint performance at the Carolfest
- Please arrive a few minutes before 7:00 pm to get your instrument put together
- Bring your instrument and music (book and sheet music- I'll bring extra sheet music)

**Carolfest 2014: December 7, 7:00 pm**

**(Brian King Centre)**

Choir and Band:

- Wear all black (with a bit of Christmas flair... ☺)
- Choir will be singing: Up On The Housetop, Jingle Bells, Huron Carol, Go Tell It On The Mountain
- Band will be playing: Jingle Bells (separate sheet music, not the one in the book), We Wish You A Merry Christmas, Good King Wenceslas (Pg. 9 #27), Jolly Old St. Nicholas (Pg. 12)
- Please plan to arrive at the Brian King Centre for 6:50. Sit in the audience and wait for Mrs. Styles to bring you on stage. We are performing after the first 3 or 4 acts.

**WCMS Christmas Concert: December 10, 7:00 pm (Theatre at WCMS)**

Choir, Band, and Percussion:

- Wear all black (with a bit of Christmas flair... ☺)
- Band: Bring your instrument and music (book and sheet music)
- Choir will be singing: Up On The Housetop, Jingle Bells, Huron Carol, Go Tell It On The Mountain
- Band will be playing: Jingle Bells (separate sheet music, not the one in the book), We Wish You A Merry Christmas, Good King Wenceslas (Pg. 9 #27), Jolly Old St. Nicholas (Pg. 12)
- Percussion will be playing: Row, Row, Row Your Boat, Amazing Grace, Jolly Old St. Nicholas (Pg. 12, with band)

Contact Mrs. Styles with any questions, or to get a copy of the music activities schedule: [michelle.styles@spiritsd.ca](mailto:michelle.styles@spiritsd.ca)

## Emergency Response and Preparedness Plan (ERPP)

### Information for Parents/Guardians

Should an emergency or disaster situation ever arise in our area while school is in session we want you to be aware that schools have made preparations to respond effectively to such situations. WCMS has established and routinely practices response procedures for the following emergency situations:

- A. Evacuation of the building
- B. Lockdown (a threat/hazard within the school building)
- C. Hold & Secure (a threat/hazard outside of the school building)

Our plans are consistent with Prairie Spirit School Division policy and protocols and have been developed in consultation with the City of Warman and RCMP.

Your cooperation is necessary in any emergency, and you can assist us by observing the following guidelines:

1. Please do not attend to the school until you receive information or direction to do so. Keeping the roadways and areas surrounding the school clear and unobstructed are important to allow emergency services personnel in responding to the situation.
2. Please refrain from calling your students on cell phones. As per RCMP/emergency services direction, cellular and electronic devices are to be turned off and given to the teacher in emergency response situations.
3. We advise you to check the school division website ([www.spiritsd.ca](http://www.spiritsd.ca)), tune into local radio stations, or call the PSSD Office at 306-683-3000 to receive updated information and directions in the event of a school emergency.
4. Students will be kept at the school or relocation site until they are picked up by an identified, responsible adult who has been identified as such on the student registration form, which parents are required to fill out at the beginning of every school year and update as needed. Please be sure you consider the following criteria when you authorize another person to pick up your child at school:
  - *18 years of age or older*
  - *usually home during the day*
  - *is known to your child*
  - *is both aware of and able to assume this responsibility*
5. Impress upon your children the importance of promptly following the directions given to them by school staff and emergency personnel in any ERPP situation.

## Severe Weather/Bus Cancellations for Warman and Martensville

### Bus cancellation announcements

- All Prairie Spirit School Division bus cancellations are prominently posted on the Prairie Spirit website ([www.spiritsd.ca/Buses](http://www.spiritsd.ca/Buses)) by 7 a.m. each school day. Please keep in mind that you will need to refresh your computer in order to ensure you are able to see the most current updates to the website.
- Prairie Spirit has a new bus hotline: **306-683-2805** that will list bus cancellations every day.
- The following radio stations will also make sporadic announcements of bus cancellations in our school division: The Bull 92.9 and C95 (FM) and CKOM 650 and 600 CJWW (AM).

### Policy

Buses in Prairie Spirit School Division will not run if the combined temperature and wind chill factors result in a reading of -40 degrees or below at 6 a.m. (as reported by Environment Canada for Saskatoon at [www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca)).

In stormy conditions, bus drivers will use their discretion to determine whether or not to run. Buses are not to operate if weather conditions such as freezing rain, dense fog, heavy rain or severe dust storms impair visibility or otherwise cause dangerous travel conditions. Bus drivers are to decide whether or not to run by no later than 30 minutes before the first scheduled morning pick up, and by no later than one hour prior to the scheduled afternoon dismissal. Buses that do not run at the regular time in the morning due to weather conditions are not to run at all on that same day.

Even if the buses are not running, parents are welcome to transport their children to school. School is closed to students only for reasons such as health and safety.

The complete Severe Weather policy (AP 805) can be found under **Administrative Policies and Procedures** at <http://www.spiritsd.ca/schoolboard/policies.asp>.



## Tips to assist with STRESS MANAGEMENT:

## What is stress?

Stress is the body's reaction to physical, chemical, emotional, or environmental factors. These can range from extreme, life-threatening situations to the simple and everyday challenges of life.

School should be a fun time for children as they learn new things and make new friends. For some kids though, school equals stress. Since children are still developing, they likely have fewer coping skills than adults. If they experience stress, they may show signs even though they may not be able to verbalize what they're feeling. Here's how to recognize stress in your school-aged child and, more importantly, what to do about it.

## The signs of school-related stress in kids

While some kids may show the same signs of stress as an adult - such as anxiousness and sweating - others may show physical and emotional signs that are sudden and/or not typical for them:

- consistent **problems sleeping** or having **nightmares**
- **withdrawn** or have become **less talkative**
- **angrier** or **crankier** than usual
- frequent **stomach aches** and **headaches**
- **loss of appetite** - even for their favourite foods
- acting in **aggressive behaviour**
- started **dressing differently** or **stop caring about their hygiene**

## How to help your kids

Fortunately, there are ways you can help your kids cope with the stress they feel- whether it be real or imagined.

- **Communicate openly with them.** Run through a typical day of school with your child and try to find out about your child's greatest fears and anxieties and address these concerns openly and honestly.
- **Talk to the teacher.** Speak to their teacher to find out if they're showing the same signs at school.
- **Exercise with them.** Getting fresh air and exercise are well-known stress relievers. Help your child de-stress with physical activity (whether it's playing with the dog, hitting the park for active play or taking a bike ride around the neighbourhood.)
- **Stick to a routine.** Children feel more secure when they stick to a schedule. Try to be consistent with how their days are structured, from wake up to bedtime.
- **Get mellow.** If your family is always on the go, enjoy some down time with your kids.



By: Saskatchewan Collaborative  
Bachelor of Science in Nursing  
Students— Brooke, Chantal, &  
Melissa

Resources:

<http://youth.anxietybc.com/anxiety-101>

<http://students.ubc.ca/livewell/topics/stress>

## Hand Washing— “Clean hands are Caring hands”

It's that time of year again: the season of coughing, sneezing, runny noses and time spent with friends and family. We are sending out a reminder regarding the importance of hand washing. Everyday items all contain germs that can lead to sudden illnesses and absenteeism from school. One way to eliminate your chances would be to perform proper hand washing steps.

The steps to proper hand washing:

1. Wet Hands
2. Soap (for at least **15** seconds)
  - Scrub Palm to Palm
  - Palm to Back
  - Thumbs
  - Between Fingers
  - Knuckles to Palm
  - Fingertips
3. Rinse
4. Dry
5. Use Towel to turn off tap and open door



Check out the hand washing bulletin board in the WCMS hallway by the gym.

- Saskatchewan Collaborative Bachelor of Science in Nursing— Brooke, Chantal, Melissa

# Saskatchewan Collaborative Bachelor of Science in Nursing

## University of Regina/Saskatchewan Polytechnic



As a nursing student group at WCMS, we have been fortunate to spend 2 days a week in your school from September-November as part of our fourth year nursing course on Population Health and Community Partnerships. We have greatly enjoyed our time and thank all those who have welcomed and invited us into their classrooms! We appreciate the students and teachers who also participated in our planned events; without your support, our activities would not have been as successful. As a group, the main foci of the majority of our activities were related to nutrition and relationships. Some of our activities included:

- Introductory bulletin board “Just Popping In to WCMS”
- Staff meeting introductions
- Classroom introductions to 22 classes: provided popcorn (with coconut oil alternative) as a means of “popping in”, creating visibility, and by inviting future approaches
- Bulletin Board: “Don’t Bug Out” on Lice
- School Newsletter: “Heads Up” on Lice
- Bulletin Board: Handwashing
- School Newsletter: Handwashing Reminder and Tips
- Addition of Handwashing Posters to Home Ec rooms
- Created anaphylaxis posters, disseminated to each classroom
- Anaphylaxis Review 1-on-1, as per requests
- Grade 4 theatre presentation on “Sugars”
- Grade 5 classroom presentations on “Food Guide Review and Building a Healthy Lunch” (x 5)
- Grade 6 & 7 theatre presentation on “Portion Control/Reading Labels”
- Interactive Display and Contest: “What’s in Your Treat Bag” on sugars
- Grade 4 classroom presentations on “Healthy Relationships” (x 5)
- Grade 5 & 6 theatre presentation on “Healthy Relationships”
- Grade 7 classroom presentations on “Healthy Relationships and the Effects of Technology on Relationships” (x 4) including custom Survey Monkey responses
- THINK posters/cards as reminders for appropriate technological communication (Grade 7)
- School Newsletter: Sugar Substitutions and Recipe
- New healthy recipes added to last year’s nursing/SRC binder on healthy food fundraising
- School Bulletin Board: “Don’t Get Hooked” (unhealthy food choices)
- Participated in Grade 6 School Immunizations with SHR public health nurses
- Judges for School Intramural Cheer Contest
- “Spooky Servery” Hallowe’en Activity; ‘Feel and Guess’ Contest
- Participated in Hallowe’en School Events
- Positive Friendship Spirit Day/collaboration with SRC: wear class assigned colors, poster promotion, unveiling of visual school art display (rainbow of hands of individual healthy relationship characteristics)
- Pita Chip and Dip Sale/collaboration with SRC: shopping, preparation, delivery, promotion of healthy fundraising
- School Newsletter: Tips to Assist with Stress Management
- School Bulletin Board: “Don’t Be an Angry Bird...Stress Management”
- Stress Management Kits created for In-Classroom Use including Apps, strategies, and resources
- Grade 7 “Foods” group classroom presentations on Sugar and Sugar Substitutions
- “Positive Rewards” Binder to encourage alternate reward systems (besides candy)
- Participated in child health clinics with SHR public health nurses
- Wrap Up evaluation meetings



**WARMEST WISHES FOR A SAFE AND HEALTHY HOLIDAY SEASON!**





# WCMS School Goal:

All students will improve in their ability to assess their reading comprehension and reflect to set individual goals.

All teachers will be engaging in strategies to teach literacy across subject areas by explicitly teaching reading comprehension strategies to support students in their ability to comprehend what they are reading.

## SUPPORT READING AT HOME

How many of these items can you complete at home with your child this month?



Goofing around with Mr. Read



6Georgacacos engaged in Learning



Cosmetology Class

## Ways a Parent Can Help with READING

- 1 Let your child see you reading!**  
Have magazines and books in your home.
- 2 Help your child find appropriate word & reading games on the computer.**  
Keep a dictionary on hand. Help your child look up new words they read or hear.
- 3 Read mysteries with your child and try to figure out the clues together.**
- 4 Movie version coming out?**  
Read the book together first, then talk about which you each liked better.
- 5 Set aside a time and place for your child to read -**  
like a comfy chair and a reading light in a quiet place
- 6 Visit your public library regularly.**  
Look for and read together the books that were your favorites when you were a kid.
- 7 Encourage your child to write -**  
letters, thank you notes, emails, journals, lists, stories about their own trips, events, and daily life
- 8 Ask your child questions about what he or she is reading, such as:**
  - What is the story about?
  - Who are the important characters in the story?
  - Where does the story take place?
  - Why do you think the character made that choice?
  - Why did that happen?
  - How did you know about...?
  - Would you recommend this book to your friends?
- 9 Ask your child to draw a comic strip about what happens in the story.**  
Provide word searches, crossword and other word games and puzzles, or help your child make his/her own

**Share with your child about what you're reading... and encourage your child to do the same**

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# Library News

Please remember that you can always check your child's library account by logging on to **wheatland.sk.ca** with the library card number. The pin number is defaulted to the last 4 digits of your phone number.

**Library Fines:** WCMS students are charged fines for overdue and missing books. Please check your child's account regularly to ensure they are returning books on time.

**Magazines online!** Magazine are available through the free app "Zinio." Find the link at: **[http://www.wheatland.sk.ca/elibrary\\_subject.html](http://www.wheatland.sk.ca/elibrary_subject.html)**

Do you love Diary of a Wimpy Kid  
and don't know what to read next?

**Try these!**

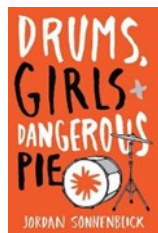
**The Strange Case of Origami Yoda**  
by Tom Angleberger



Sixth-grader Tommy and his friends describe their interactions with a paper finger puppet of Yoda, worn by their weird classmate Dwight, as they try to figure out whether or not the puppet can really predict the future. Includes instructions for making Origami Yoda

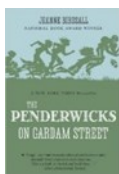
Did you love "The Fault in Our Stars", but are finding the book too difficult? **Try these:**

**Drums, Girls, & Dangerous Pie**  
by Jordan Sonnenblick



Steven is an average eighth grader: he plays drums in the school band, has an unrequited crush on the wrong girl, and gets very annoyed with his five-year-old brother. But when his brother is diagnosed with leukemia, Steven's whole life flips upside down and he learns some hard lessons about what really matters

**The Penderwicks on Gardam Street**  
by Jeanne Birdsall



The four Penderwick sisters are faced with the unimaginable prospect of their widowed father dating, and they hatch a plot to stop him

**After Eli** by Rebecca Rupp



Daniel is trying to figure out what "kind" of death his older brother Eli had – was it a heroic death or an accidental one? Daniel creates his own Book of the Dead to figure death out but it's not as easy as he thought

**Frindle**  
by Andrew Clements



When he decides to turn his fifth grade teacher's love of the dictionary around on her, clever Nick Allen invents a new word and begins a chain of events that quickly moves beyond his control

**Warp Speed** by Lisa Yee

Marley has always been the quiet, nerdy kid who blends into the background. But all that changes with a BANG in the seventh grade when he becomes the target of the school's biggest bully and must decide if he's ready to stand up for himself and make a change





The Collection of Operation Christmas Child Boxes

## SRC Update

In the month of November, WCMS students showed the true meaning of Friendship. In partnership with our Student Nurses, students decorated the school wearing different colors in each grade to form a humongous Friendship Rainbow Banner that is proudly displayed in the main foyer. The SRC and student nurses also put on a healthy pita chip and dip sale that turned out to be a great success!

Our students should be very proud to have donated 196 Operation Christmas Child Boxes that were picked up on Friday, November 21 by the Warman Fire Dept. Way to GO! Thanks again to everyone who packed a box and made a child's Christmas a whole lot brighter!!

Minute to Win it! Students participated in a number of classroom Minute to Win it Challenges throughout the week of November 26-28, there was definitely some friendly competition and fun was had by all. Students dressed up on Friday November 28<sup>th</sup> for a school wide Team/Sport Jersey Day. It was great to see lots of participation and all those HAB FANS!!

### Coming up:

December is always a busy month. WCMS students can look forward to SRC Christmas Hot Chocolate Sale on **Wed. December 17<sup>th</sup>**.

To continue with the Spirit of Giving we will be having a Food Drive. **All items should be dropped off and donated by Thursday, December 18<sup>th</sup>.**

**Dec. 19<sup>th</sup>** will be our Spirit Dress UP CHRISTMAS STYLE DAY.

**Merry Christmas and Happy New Year from your SRC TEAM!!**

## Upcoming Events

### CarolFest 2014

*When: December 7th @ 7pm*

*Where: Brian King Centre*

### WCMS Christmas Concert

*When: December 10th @ 7pm*

*Where: WCMS Theatre*

## Sewing Supplies Needed!

WCMS will be introducing a sewing module in grade seven Practical and Applied Arts beginning in February 2015. We have sewing machines and basic supplies, but we are looking for donations of thread, buttons, felt, fabric (usable scraps are fine) and yarn (for crocheting), or any other sewing supplies that you can think of.

We hope you are as excited as we are to have your children learn to sew their own buttons on and do their own laundry and mending!

You can drop off donations at the office – thanks so much!



## Happy Holidays

*The final day of classes is  
Friday, December 19th.*

*Students will return to classes  
on Monday, January 5th.*





# **FAMILY PLAN FOR A WINTER STORM**

## **HAS YOUR FAMILY DISCUSSED**

**Safe options to wait out a storm?**

**Ways to contact each other?**

**What you will do if buses cannot run in  
the afternoon?**

**Ways to work together with your  
neighbours?**

**For information on severe weather and bus cancellation procedures, visit [www.spiritsd.ca](http://www.spiritsd.ca) (Board of Education – Manual of Administrative Policies and Procedures – Policy 805**

## **Contact Us**

Give us a call or email any time with questions, concerns or suggestions.

**Warman Community  
Middle School**  
700 Gowan Road  
Warman, SK  
S0K 4S2  
(306) 683-3000

[patty.kirby@spiritsd.ca](mailto:patty.kirby@spiritsd.ca)

**Visit us on the web  
at :**

**[http://  
blogs.spiritsd.ca/  
wcms/](http://blogs.spiritsd.ca/wcms/)**

## **Follow the Blog**

Click on the "follow" tab at the bottom of our blog (<http://blogs.spiritsd.ca/wcms/>) if you would like to receive an email each time a post is added.

## **Student Assessment: Earning to Learning**

Prairie Spirit progress reports for Grade 1 - 9 students now use a learning progression scale to report student progress.

The shift from percentages to levels of learning will provide a pathway to intrinsic motivation and continuous improvement.

*Go to the [Prairie Spirit assessment blog](http://earning2learning.ca) for more information:*

**[earning2learning.ca](http://earning2learning.ca)**



**PRAIRIE SPIRIT  
SCHOOL DIVISION**  
*Learners for Life*



# Saskatoon and Area **ENGINEERING FOR KIDS**

**CAMPS | PARTIES | CLASSES | STEM ENRICHMENT**

**WARMAN MIDDLE SCHOOL | GRADES 4, 5, AND 6**

## **ELECTRICAL ENGINEERING CLASS**

Without electrical engineers our world would be vastly different. Items from simple radios to computers and even some cars are run on electricity.

During these weekly Electrical Engineering classes, your child will learn and apply the concepts of circuit design, building and maintenance through various hands-on activities. Your child will walk away with an in-depth knowledge on basic circuits.

Wednesdays: Jan. 21, 28, Feb. 4, 11, 25, and March 4.

Time: 3:30-5:00pm

Grades 4, 5, and 6

Warman Middle School

\$200 for 6 x 90-minute classes.

## **ONLINE REGISTRATION**

Click on the 'Register' link to the left of the web page.

[www.engineeringforkids.net/saskatoon](http://www.engineeringforkids.net/saskatoon)

## **ABOUT US**

Engineering for Kids offers STEM enrichment for children ages 4-14 through a variety of camps, classes, birthday parties, and clubs. All of our programs are dedicated to teaching engineering concepts and methods through fun, hands-on activities. We continually inspire the next generation of engineers!



**Inspiring the Next  
Generation of  
Engineers**

**306.978.4186**  
[saskatoon@engineeringforkids.net](mailto:saskatoon@engineeringforkids.net)  
[engineeringforkids.net/saskatoon](http://engineeringforkids.net/saskatoon)