

STORM NEWS

Warman Community Middle School

November 2016

It is hard to believe that the first two months of the school year are already in the books. WCMS continues to be a very busy place for students and staff. Our recent school assembly seemed to go on for a long time as we recognized numerous groups and activities. As many fall activities conclude, students and parents should follow the daily announcements for sign-up information on a number of upcoming activities including basketball and curling. We want to extend a big thank you to our community for your support of our annual gift card fundraiser. The proceeds go to support our

school's extracurricular programs. We had a very successful campaign. Look for more details inside this newsletter. By the time you read this we will have seen you at the school participating with your child in our student-involved conference evenings on November 1 & 3. We hope you enjoyed discussing your child's learning. As the weather turns cooler we have included a number of items on cold weather bus-sing policy and the school plan for inclement winter weather that we hope you will find useful and timely.



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Constable Jay Slack performed for Grade 4 Rowley during Mrs. Mason's Music class.

CROSS COUNTRY TRACK

Congratulations to the WCMS Cross Country track team on a short, but very successful season! The team members practiced Tuesdays and Thursdays at noon and were able to attend two cross country meets. The first one took place in Langham where WCMS had 14 top ten finishers. Way to go

team!

Our last meet took place in Delisle where we put forth a great effort in the snowy conditions. In addition, we had 12 top ten runners which included the Atom Boys and Girls medal winners, Griffin M and Makenna S. WCMS strong finishes

in all four races allowed us to capture the Atom, Pee Wee, and the Atom/Pee Wee aggregate team plaques. Way to go WCMS! We would like to thank all of our Cross Country track team members for a great season and hope to see many of you next fall!

GRADE 5 & 6 GIRLS SOCCER

The Storm soccer girls had an excellent season. Our team consisted of mostly grade 6 girls, and four grade 5 girls. The Girls had a regular season record of 4 Wins and 0 Losses. The Girls defeated VCA, Hague, and Venture Heights from Martensville. The Girls hosted the South Division II Final Tourney at WCMS on Tuesday, October 18th. The Girls played and won their four games easily and did not allow a goal against in the tourney. The Girls defeated Stobart, Osler, and 2 teams from Venture Heights to claim top spot.

This year's Storm squad included

the following:

Grade 6: Harlee Noel, Kiana Dumais, Hannah Eshleman, Emma Kondra, Abigail Beason, Raina Clayton, Abby Konanz, Sarah Daud, Logan Tallmadge, Ashlyn Paquin, Emerson Taylor, Keira Houle, Erin Eybersen, Haley Coombes, Kaitlyn Dumaresque

Grade 5: Kaitlyn Bigler, Sienna Nimmo, Kaitlyn Soles, Elizabeth Nicholls

I would like to thank the girls for their hard work, sportsmanship, and dedication this season. Also, a

special thanks goes out to my assistant coach, Mr. Mackenzie, who helped make this team a "Storm" to take cover from.

Coach Fast

Coach Mackenzie



BOYS VOLLEYBALL

Boys Volleyball season is over! We ended up with a record of 43-23 on the season. We hosted 35 teams at Grade 6/7 tournament on October 22nd, had many parents and kids out to our wind-up that concluded with a trip to Saskatoon to watch the Huskies. Thank you

to the volunteers who helped ref and scorekeep this season and to **Subway who donated over 150.00 in gift cards to give to our volunteers!** Way to go Storm!



JR GIRLS VOLLEYBALL

The Jr Girls Volleyball Team finished up their season with their tournament on October 22nd. Mrs. Orth, Miss Harvey and Mrs Balon-Smith would like to thank all the girls who participated and all of the volunteers who made the season a success. Way to go girls!



GRADE 7 BASKETBALL

Grade 7 Basketball will be starting for boys and girls shortly. Students should listen for sign-up information the week of November 7-9, with practices to begin after Remembrance Day. Mr. Prescesky will be coaching the boys' team. Mr. Tebay and Mrs. Kelsie will be coaching the girls' team.



GRADE 6 BOYS SOCCER

The grade 6 boys wrapped up the soccer season this month. They had a successful last tournament on October 18th, they battled through the weather placing 3rd overall! Great job Storm! Thank you to all the boys who came out and participated this year!

SCHOOL CLOTHING

Additional school clothing arrived in mid-October so students who were waiting for their items should have received those by now. If you have any questions, please contact your child's teacher.


IMPORTANT REMINDERS

NO SCHOOL FOR STUDENTS

November 10 - Day in Lieu

November 11 - Remembrance Day

November 14 - PD Day



[Family Health Information](#)

[E-Cigarettes](#)

[HIV Not Your Problem Think Again](#)

[Impetigo](#)

[Safe School Lunches](#)

Find more family health info at:
www.saskatoonhealthregion.ca
(Search: school newsletter inserts)

HEALTHY STUDENTS = BETTER LEARNERS



Population and Public Health

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

Visit us on the web at :

<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.

COMMUNICATIONS PROTOCOL FOR PARENTS/GUARDIANS

It is only natural that parents/guardians are going to occasionally have questions or concerns. At Warman Community Middle School (and in our school division) we follow a communications protocol that has proven to be very effective. When there are ques-

tions or concerns the first step is to talk to your child's teacher as they are the one who knows your child best. We know from experience that when this first step occurs most questions are resolved at this point. In the event that a resolution cannot be found at this first

step, the next step would be to contact the school administration for support. Please use your child's homeroom teacher (or the specific teacher involved) as your first step when you have a question or concern.

OURSCHOOL (TELL THEM FROM ME) SURVEY

Warman Community Middle School will be participating in an online school survey for students called the OurSCHOOL Student Survey. Please find the details of the survey implementation below.

Who: Grades 4-7

When: November 15 - December 2, 2016

Where: WCMS

Why: This information is helpful to school and division level planning.

About the OurSCHOOL Student Survey:

Allows students to share their feedback **anonymously** on their experiences at school, school environment and school improvement programs.

Participation in the survey is **voluntary**, however all students are encouraged to participate.

The time required to complete the survey may vary, but it is designed to be completed in approximately 35-40 minutes.

Survey measures include such topics as behaviours and attitudes linked to student success, emotional and social well-being and physical health. For more information about the OurSCHOOL Stu-

dent Survey, please visit The Learning Bar Inc.'s website: www.thelearningbar.com.

If you have questions or would like to request more information about WCMS' upcoming implementation of the OurSCHOOL Student Survey, please contact Greg Tebay, Principal at 306-683-3000.



UPDATING YOUR CONTACT INFORMATION



A reminder to call the school office and notify our

administrative assistants if you have any changes to your personal/contact information.

We rely on this information to be up to date and accurate in a case

of emergency when we may need to contact a parent/guardian.

LOST & FOUND

On the upcoming Conference Days on November 3rd and 5th, please remember to check the lost and found items located on the tables

in the front foyer of the school. Any unclaimed items will be donated to Good Will.



COLD & INCLEMENT WEATHER

As we prepare for winter-type weather, the school plan for cold and inclement weather as shared in the school handbook is reprinted here for your convenience: We believe that students benefit from and enjoy active time outdoors, but also hold student safety as a top priority. We use Environment Canada's Warman forecast to obtain our information.

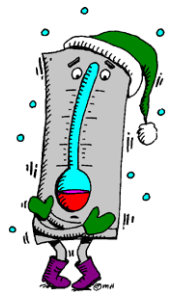
We use -25 degrees Celsius as a guideline to determine whether we will send students outside or

not at recess. Minus 25 degrees and warmer students will normally be sent outdoors for recess breaks.

When the temperature with wind-chill factor falls between -26 and -30 degrees Celsius, children will be expected to spend a shortened recess outdoors responsive to the specific weather conditions being experienced.

When the temperature with wind-chill factor is -31 degrees Celsius or colder, students will be required to remain indoors at recess breaks.

Should a student's medical condition require him/her to temporarily stay indoors, the parent should notify the homeroom teacher. Students should always come to school with proper cold weather attire, regardless of the season.



SEVERE WEATHER/BUS CANCELLATIONS

All Prairie Spirit School Division bus cancellations are prominently posted on the Prairie Spirit website (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.



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).

Prairie Spirit School Division will post bus cancellations on its telephone hotline (306-683-2805) and Transportation webpage (spirited.ca/buses) after 6:00AM. Local radio stations will no longer be contacted.

In stormy conditions, bus drivers will use their discretion to determine whether or not to run. Bus-

es 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.

FUNDSCRIP FUNDRAISER

A huge thank you goes out for all the support we received to make our fundraiser such a huge success!



We sold approximately \$250,000 worth of gift cards and raised over \$10,000 for our school's extracurricular programs! Thank you to the Co-op for their generous donations of pop and popcorn, allowing us to reward our classes with 75% or more

participation. Thanks to Ringers Pizza for supplying pizza to our top selling classes! Thanks to Subway for supporting us by donating subs! Gift cards were distributed at the beginning of November. Please contact the office if you have not yet received your or-

TERM ONE PROGRESS REPORTS

Progress reports for Term One will be sent home on Friday, December 2.



LET'S REMEMBER (SRC)

We had a spooktacular month of October! We had lots of participation in the pumpkin carving contest! Congratulations to all the winners! There were so many creative costumes on Halloween, and the sock hop was a great success! Thank you to everyone who

brought a donation!

This month, we have a lot of fun events planned for you! We'll be asking everybody to wear your poppy and red day on Thursday, November 11th. All month long the SRC will be doing a pay it forward activity and starting our Christmas

collection.

Those are some of the things that we will be doing this November. Hope we'll see you there!

Your SRC team



REMEMBRANCE DAY CEREMONY



Our WCMS Remembrance Day ceremony will take place on **November 9th at 11:00 am** in the blue gym. Guests are invited to attend.





Win a trip and support your school!



Our **Prairie Spirit Schools Foundation** is holding its second annual **Trip a Month Raffle** to raise funds to support innovative programming in Prairie Spirit schools.

For every \$100 raffle ticket sold through your school, the school will receive \$30 to support innovative student learning initiatives.

Details are as follows:

- There will be 12 draws for a \$2500 travel voucher (*winners can choose their own destination!*)
- EVERY ticket is in for EVERY draw (*12 chances to win!*)
- Only 1000 tickets will be sold (*great odds!*)
- Draw date: January 26, 2017
- Trip details will be finalized with Gateway Travel in Martensville

**To purchase a ticket with cash or by cheque,
please contact the school office.**

**To order online and for more information
(including Rules of Play), please go to:**

www.prairiespiritschoolsfoundation.ca

Prairie Spirit Schools
FOUNDATION

With its mandate to support innovation in public education by funding a range of experiences that help students realize their potential, the Prairie Spirit Schools Foundation provides donation and investment opportunities for projects and partnerships which would not otherwise be possible and which will enrich learning opportunities for our students.

Prairie Spirit School Division Bus Rules



1. Students must show respect for driver, equipment, other students and their personal space.
2. Student seating will be assigned by the bus driver.
3. Students must remain seated and facing forward on the bus.
4. Quiet conversation with close neighbors is allowed.
5. Eating or drinking on the bus is not permitted. Water will be allowed.
6. Windows are to be adjusted only with permission of the bus driver. Keep head and arms inside the bus at all times.
7. Student personal items and books must be placed near feet or on lap.
8. The aisle must be kept clear of objects at all times.
9. Students must promptly obey instructions of the driver.
10. If this is a charter, there must be a teacher or adult on the bus to supervise the students. It is not the charter driver's responsibility to enforce these rules. Exception would be Band and HE/IA charters.

**Remember students are responsible
and accountable to the Principal and Bus Driver
for conduct and behaviour on the bus.**

Breakfast Ideas

Beat the morning rush by planning ahead:

- Hard cooked eggs with the shells on will keep in the fridge for 1 week.
- Make slow cooking grains (steel cut oats, quinoa, brown rice) in large batches, store in the fridge, and dish out individual portions each morning.

Cereals:

- Aim for cereals that are high in fibre, made with whole grains and low in sugar.
- Add fruit, nuts or seeds to cereal for flavour and crunch.



Aim for 3 of the 4 food groups of Canada's Food Guide



- Whole grain bagel with sliced cheese and tomato
- Scrambled eggs topped with cheese and salsa in a whole grain tortilla wrap
- Yogurt topped with granola and peach slices
- Whole grain muffin with a pear and glass of milk
- Whole grain bagel with sliced apples, sprinkled with cheese and cinnamon. This can be served cold or warm
- Oatmeal topped with walnuts, fruit, and a glass of milk
- Whole grain toast or tortilla with nut butter and banana and a glass of milk
- Hard cooked egg, yogurt and sliced oranges
- Berry yogurt smoothie and a hard cooked egg
- Poached egg on English muffin with tomato slices

Apple Cinnamon Baked Oatmeal

Ingredients

- 3 cups (750 mL) large flake oats
- 2 tbsp (30 mL) ground cinnamon
- 2 tsp (10 mL) baking powder
- $\frac{3}{4}$ tsp (1 mL) salt
- 1 $\frac{1}{2}$ cups (375 mL) milk
- 2 eggs
- $\frac{1}{2}$ cup (125 mL) unsweetened apple sauce
- $\frac{3}{4}$ cup (60 mL) canola oil
- $\frac{3}{4}$ cup (175 mL) diced apple
- $\frac{3}{4}$ cup (60 mL) raisins



Directions

1. In a large bowl, combine oats, cinnamon, baking powder and salt.
2. In another bowl, whisk together milk, eggs, apple sauce and oil. Pour over oat mixture and stir to combine. Stir in apple and raisins.
3. Divide mixture among 12 lightly sprayed muffin tins. Bake in preheated 350°F (180°C) oven for about 30 minutes or until tester inserted in centre comes out clean. Serve warm

Preparation time: 10 minutes

Cook time: 30 minutes

Makes: 12 muffins

Recipe from: www.eatrightontario.ca/en/Recipes/Kid-friendly-award-winning-recipes/Apple-Cinnamon-Baked-Oatmeal.aspx