

STORM NEWS

Warman Community Middle School

February 2018

Welcome to our February newsletter! Inside you will find some seasonal reminders about recess expectation and bussing – we look forward to March when the worst of another Saskatchewan winter is (hopefully) past us. With the school break

from February 19-23, it will be a short month, but from classroom activities, extracurricular programming and upcoming ski trips, it will be a busy one.

- WCMS Admin Team



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STORIED

We are excited to begin work on the play, *Storied*, that will be performed in May. Auditions will be held on Monday, February 5 and Wednesday, February 7 from 3:00-4:00. If you are interested in auditioning, please see Mrs. Wist

in the music room for an information sheet and audition script. The cast list will be announced on Friday, February 9 and practices will begin the following week. We will be asking for help with lights, sound, set design, makeup,

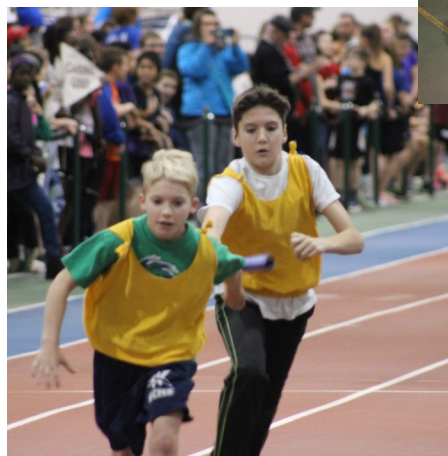
and props closer to the performance dates.



INDOOR TRACK

Indoor track is going very well this year. We will have one more

meet on Wednesday, February 14th to finish off the season.



SRC NEWS

Hello from your friendly SRC! We will be having a Spirit Day on February 14th. Wear white, red or pink.

We will also be having a Candy heart sale. \$1.00 for a box of candy. Buy On the 1st, 2nd, 5th, 6th, 7th, and 9th. You can secret buy it and SRC will deliver it to the person. Proceeds from this sale will be going to Telemiracle!

~Have a "lovely" Valentine's Month!!!!



GRADE SIX BASKETBALL

Basketball teams are currently being formed for both boys and girls in Grade 6. A signup sheet is posted in A wing –First floor. Interested students will be asked to attend an informational meeting at recess the week of February 5-

9, and bring home an informational letter and permission slip. Please watch the announcements. Mr. Tebay is the contact for the boys' team and Ms. Hesje is the contact for the girls' team.



HERITAGE FAIR

On Thursday, March 22, the grade 7s will be displaying their Heritage Fair projects in the blue gyms from



10am to 2pm. Everybody is welcome to come and see the projects.

IMPORTANT REMINDERS

No School for Students

February 19th - 23rd



Student Conferences will be on March 20th & 22nd. The Scheduler will open up on Monday, March 5th.

Term 2 Progress Reports will go out on Friday, March 16th.

Yearbooks have arrived if you haven't received yours please call the school.

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.

Family Health Information

[Pink Eye](#)

[Dental Clinic Services](#)

[Talking to Children about Sexuality](#)

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
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S0K 4S2
(306) 683-3000

patty.kirby@spiritsd.ca

Visit us on the web at :

<http://blogs.spiritsd.ca/wcms/>

RECESS EXPECTATIONS

We expect our students to go outside at recess break in the morning and at noon time unless they are involved in other school sponsored activities. We believe that students benefit from and enjoy active time outdoors, and also hold student safety as a top priority.

Students are expected to go outside at recess unless the tempera-

ture is -25 degrees Celsius or colder or the weather is deemed too inclement by the school administration. We use Environment Canada's Warman forecast to obtain our information.

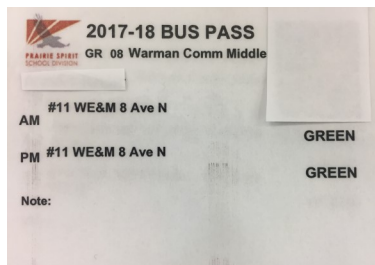
Should a student's medical condition require him/her to temporarily stay indoors, we ask that the parent notify the homeroom

teacher. We believe middle-schoolers are old enough to dress themselves appropriately. We expect them to come to school with proper outdoor attire, regardless of the season.



BUS PASSES REQUIRED FOR ALL RIDERS

All students are required to present a bus pass to the driver in order to ride PSSD school buses.



Prairie Spirit School Division bus drivers are not able to transport students that cannot present a bus pass.

Students/parents are encouraged to obtain a case or sleeve to protect the pass and attach it to a jacket or backpack for safekeeping. Older students who have a

Smartphone can take/save a photo of the bus pass and present the digital copy to the driver on the screen of their device.

In emergency situations, students can obtain a temporary/daily 'ticket to ride' from the school office or bus supervisor that must be turned over to the bus driver.

COLD WEATHER CANCELLATIONS

All Prairie Spirit School Division bus cancellations are prominently posted on the Prairie Spirit website (WWW.SPIRITSD.CA/BUSES) shortly after 6AM each school day. Please keep in mind that you may need to refresh your computer in order to ensure you are able to see the most current updates to the website. Prairie Spirit also has a bus hotline: **306-683-2805** that will list bus cancellations every day.

Buses in Prairie Spirit School Division will not run if the combined temperature and wind chill fac-

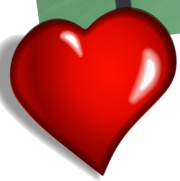
tors result in a reading of -40 degrees or below at 6 a.m. (as reported by Environment Canada for Saskatoon at www.weatheroffice.gc.ca).

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. **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>.





WHY KIDS NEED RECESS

- By Rae Pica

The research is clear. Children need recess. It benefits every aspect of childhood development – physical development, of course, but also social, emotional and intellectual development as well. Following are seven reasons why, if we want our children to succeed.

1. Everyone benefits from a break. Research dating back to the late 1800s indicates that people learn better and faster when their efforts are distributed, rather than concentrated. That is, work that includes breaks and down time proves more effective than working in long stretches. Because young children don't tend to process information as effective as older children (due to the immaturity of their nervous systems and their lack of experience), they benefit the most from taking a break for unstructured play.

2. Recess increases focus. Dr. Olga Jarrett, with her colleagues at Georgia State University's Department of Early Childhood Education, approached an urban school district that had a no-recess policy. They received permission for two fourth-grade classes to have recess once a week so they could observe the children's behavior on recess and non-recess days. Their results showed that the 43 children became more on-task and less fidgety on days when they had recess. Sixty percent of the children, including five with attention deficit disorder, worked more and/or fidgeted less on recess days.

3. Natural light improves wellness. Sunlight stimulates the pineal gland, which is the part of the brain that helps regulate our biological clock. It is vital to the immune system, and simply makes us feel better. Outside light also triggers the synthesis of vitamin D, which a number of studies have demonstrated increases academic learning and productivity.

4. Recess reduces stress. The National Association for the Education of Young Children recommends unstructured physical play as a developmentally appropriate means of reducing stress – a valuable benefit given that stress has a negative impact on learning and health. For

many children, especially those considered "hyperactive," recess is an opportunity to expand energy in a healthy, suitable manner. Outside, children can engage in behavior-loud, messy and boisterous – considered unacceptable indoors. And because recess is a break from structure and expectations, children have an opportunity to take control of their world, which is a rarity in their lives.

5. Recess develops social skills. Recess may be the only time during the day when children have an opportunity to experience socialization and real communication. Children don't engage in the neighborhood play of earlier generations, so once the school day ends, there may be little chance for unstructured, natural social development. After all, in class children generally are not encouraged to socialize but rather are expected to conform and remain quiet. Some school policies even go so far as to prevent children from talking to one another during lunch. How can children with so few opportunities to socialize and communicate be expected to live and work together in harmony as adults? When and where will they learn how?

6. Exercise is healthy. Many children suffer from obesity, but even children at healthy weight levels benefit from physical activity, and in fact require it for optimal health. The outdoors is the best place for children to burn calories, practice emerging physical skills and experience the pure joy of movement. Research has even shown that children who are physically active in school are more likely to be physically active at home, and children who don't have the opportunity to be active during the school day don't usually compensate during after-school hours.

7. Physical activity feeds the brain. Thanks to advances in brain research, we now know that most of the brain is activated during physical activity-much more so than while sedentary. Movement increases the capacity (and possibly even the number) of blood vessels in the brain. This expedites the delivery of oxygen, water and glucose ("brain food"), thereby optimizing the brain's performance. Furthermore, numerous studies have shown that students who are physically active improve their academic performance, achieve higher test scores and demonstrate a better attitude toward school.



THE EASY WAY TO BOOK **SCHOOL INTERVIEWS**

Dear WCMS Parents/Guardians,

**Parent/Student/Teacher Conferences will be:
Tues. Mar. 20 & Thurs. Mar. 22 - 3:15 to 7:00 pm both days**

Parents that do not have internet access may phone the school at (306-683-3000). Conferences are strictly **15 min.** and spaces are limited. If you require more time, or to meet with someone who is not your child's homeroom teacher, please contact the teacher directly to make alternative arrangements. **BOOKINGS CLOSE Fri. March 16 @ 3:45 pm.**

As of **Mon. March 5 @ 9:00 am** you may book school conferences for the times that suit your family. Online bookings will be closed on Fri. March 16 @ 3:45.

Go to www.schoolinterviews.ca and follow these simple instructions:

Enter the code: wcm5b

Simply enter the code and press 'Go'



Enter your details



Select the teacher you wish to see



Select the appointment times that suit your family best



When you click **FINISH**, your interview timetable will be emailed to you automatically. If you do not receive your email immediately – **Check your junk mail folder**

You may change your bookings any time prior to the closing date, by re-visiting the www.schoolinterviews.ca website, and using the event code. Remember to use the same name and email address you used when you made your original booking. Parents wishing to change their interview times after the closing date should contact the school directly at: **(306-683-3000)**

We would love to hear what you think about online booking. If you get time, click on the "contact us" button on the www.schoolinterviews.ca website, and leave some feedback - anonymously if you wish, but please include the school's name and city.



WARMAN COMMUNITY MIDDLE SCHOOL



Dear Parent(s),

We have recently implemented a new school notification system called Alert Solutions. This notification system is loaded with new features that will make it easier for us to keep in contact with your family. To guarantee the messaging system is used efficiently, we will need to confirm your contact information is accurate and up-to-date at all times.

Alert Solutions allows our school to send messages using email, voice, and text messaging. Voice calls will be sent with 306-683-3000 as the caller ID number. You may want to add this phone number to your address book to help you recognize incoming calls from the school easily. Text messages will be sent using a caller ID of 25379. You may want to add this phone number to your address book as well. Please note you will not be able to reply to text messages sent from the school.

Alert Solutions is integrated with the existing PowerSchool Parent Portal. If the information that the school has is not correct, please contact your school to make the changes. If the Parent Portal is not available from your school, please contact the school and let them know that you are interested in this option.

You will receive messages to every contact field – both parents (if applicable) – home phone, cell phone and email. Please be sure to contact your school if there are any numbers or addresses where you do not like to be contacted.

Emergency messages are always sent with all three message types (email, text, and voice calls) and to every contact field shown even if you have opted out. We cannot change this. Emergency messages will be labeled as such so you will know it is an actual emergency.

You must contact the school directly to request changes.

If you have any questions, please contact your child's school. We hope you appreciate this new school notification system and the flexibility it will provide for you as a parent.

Thank you,
Administrative Team
Warman Community Middle School
wcms@spiritsd.ca
306-683-3000