

STORM NEWS

Warman Community Middle School

April 2019

Spring Has Sprung!

Finally...we have been able to enjoy beautiful spring weather! With that includes coming to school in the bright daylight, puddles and varied temperatures. We had great success with the inside recess option from December to March. Students enjoyed visiting with staff and peers in the foyer at lunch and playing in the gym at recess. Students are now expected to enjoy the outdoors. Please ensure your child is prepared for the varied temperatures and weather – dressing warm enough and avoiding the water that has pooled in certain areas.

It is that time of year when we start to think about transitioning to the next grade and making plans for the upcoming school year. There is information included in this newsletter regarding how teachers collaborate to create the class lists each year. We are excited for our fantastic leaders in Grade 8 that will be moving on to the High School. Russ Dyck visited the school last week to support students to select classes and offer an information night for Grade 8 parents on April 10th at 7:00 pm at the Warman High School. They will have a few visits to the High School in June to become more familiar with the school. We are also excited to have new Grade 6 students joining us this year from WES and TES.

It has been a few years since we have had the opportunity to welcome new students in to WCMS. The Grade 5 classes spent a fun-filled day with us for the Winter Carnival hosted by Madame Dyck and her Grade 8 French class. They will have the opportunity to visit their Grade 6 buddy classes at least three more times to get ready to attend WCMS in the fall. We look forward to welcoming them.

On March 29th we were very honored to have Etta Love visit WCMS and speak to all of our staff and students. Etta Love is an 11 year old activist and feminist. Her website Sister Resisters discusses topics such as body image, youth activism, intersectional feminism, and role models. On April 4th the nursing cohort from U of S presented "Pressures & Stressors of Technology" to all students. The tips are included in the end of this newsletter. Please be sure to check it out and discuss with your child. The Grade 7 students made us proud with our annual Grade 7 Heritage Fair. Congratulations to everyone for their hard work and good luck to those chosen to move onto regionals.

We wish you a Happy Spring!

WCMS ADMINISTRATION



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GIRLS BASKETBALL

This year Ms Harvey and I had the distinct pleasure of coaching Jr Girls Basketball. We had all grade 6-8 girls come out and practice and created 2 teams (CVAC Competitive Team and WCMS Home Team). Our CVAC team was in league and ended their season with an 8 - 3 record YES! Our Home Team started their playing season after league play. They

played two mini tournaments and ended their season with 6 - 0 record WOOT!! These girls were dedicated, hard working and so much fun to coach. When out of the building, their actions on and off the course would make WCMS very proud! Excellent season ladies!! I really look forward to seeing you in the fall for another awesome year...good luck to our

grade 8's moving onto the high school, I know you are destined for great things.

Missing from photos - Sara, Bella, Emerson & Hannah

Yours in Basketball

Mrs. Robson (formerly Mrs. Kelsie)

Ms. Harvey



CHEERLEADING TEAM

WCMS's Cheer Team just finished up their competitive season. It began in February at the Icebreaker Cheer and Dance Competition where they placed 1st, and then continued into March where they competed in two competitions, Warman Cheer Classic and Provincials. The team placed 2nd at Cheer Classic and 4th at provincials. It's been a fantastic season with 11 very com-

mitted and driven girls. Increased confidence, technique and of course, sass was displayed each time the girls hit the mat. The team is looking forward to their end-of-season wind-up, and anxiously await next cheer season! Coach Mrs. Guenther, Miss Jalbert and Gracie couldn't be more proud of what the team has accomplished. Good work, ladies!



2019/20 CLASS LISTS

Class lists are created collaboratively by the teachers of that grade. Many factors including friends, gender, class selection, learning needs are considered when making these lists. You may have information from the past

regarding student combinations that would be valuable for us to know prior to creating class lists. This information is not passed on from year to year, nor is it helpful to find out after the lists are made. Please let your child's hom-

eroom teacher know prior to Friday, April 12th . This information does not need to be shared with administration, just the home-room teacher.

PROGRESS REPORTS AND STUDENT INVOLVED CONFERENCES

Term Two progress reports were distributed to students on Friday, March 21st. Student-involved

conferences were held on March 12th & 14th . Feel free to contact your child's teacher if you were

unable to attend conferences and would like to talk further about your child's progress.

SPRING BREAK

WCMS/PSSD students will be on spring break from Friday, April

19th through Sunday, April 28th. The school is closed during this

time. We will see everyone back on Monday, April 29th!

ARRIVAL TIME AT SCHOOL

With warmer temperatures and earlier sunrise we sometimes see students arriving at school very early in the morning. A reminder

that the school opens (and supervision of students) starts at 8:20 AM and student doors are unlocked at this time. Students and

families are asked to plan for students' arrival between 8:20 and 8:35AM. Thank you for your co-operation.

IMPORTANT REMINDERS

No School for Students

April 19 - 26



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

[Help Your Children Be Cavity Free](#)

[Is Chlamydia A Concern for You?](#)

[Healthy Relationships, Sexual Health and You](#)

[Your Child and Cycling](#)

Find more family health info at:
www.saskatoonhealthregion.ca
(Search: school newsletter in-



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

SRC

Our SRC was hard at work over the month of March, putting together some great activities and spirit days for the students. In March, we wore green to celebrate St. Patrick's Day. We also spent a lot of time planning some great stuff for April! Students are invited to give back to the community, by bringing in food donations for the Warman Food Bank. Donations will be accepted until April 18th. On Friday April 5th, stu-

dents are invited to wear their jerseys to honor those affected by the Humboldt Broncos tragedy a year ago. We will also be having a Random Act of Kindness on April 5th. Finally, the SRC has organized a special challenge for staff members!

Throughout the month of April, staff and their



friends/family are encouraged to go donate blood. Each donation will earn points for house teams. We look forward to more spring weather and great activities coming throughout April and May!



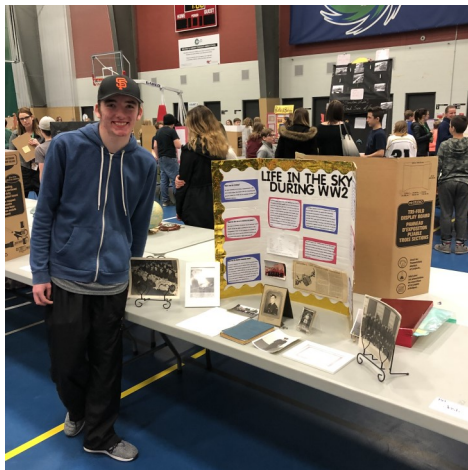
HERITAGE FAIR

On March 28 WCMS held it's third annual grade 7 Heritage Fair. There were many great projects and lots of learning. Congratulations to the following grade 7 stu-

dents who are advancing to the
Saskatoon Regional Heritage Fair:

**Leah Boyer, Riley Szachlewicz,
Madison Beattie, Kaitlyn Bigler,**

**Josh Kirk, Melissa Remeshylo,
Aira Miguel, Aislin Camilleri,
Grasie Gordon, Anna Mansiere,
Dianne Pinzon**



THANK YOU

On behalf of the School Community Council, we would like to sincerely thank the families that were able to support staff appre-

ciation day on February 11th. We are incredibly fortunate to have a staff that supports our children and look forward to the contin-

ued partnership between the school and families.

WCMS SCC

BIKES AND SCOOTERS

With warmer weather we will soon see students riding bikes and scooters to school. A few reminders:

- Bikes and scooters must be stored outside in the storage

racks provided.

- Bikes and scooters should be locked up.
- Bikes, scooters, skateboards, etc. should be stored immedi-

ately upon arrival at school.

- Bikes, scooters, skateboards, etc. are not to be ridden at recess breaks on the school grounds.

BUS LOADING ZONE/ACCESS PLAN REMINDER

Did you know that WCMS services almost 360 urban and rural bus students daily? Getting students home safely and efficiently is a priority for us, and having a staff member on supervision in the bus loading area each morning and afternoon. Here is how you can help:

1. Make arrangements to pick up students with private vehicles on the Gowan Road (west) side of the school complex – not in the Legends parking lot.
2. Students who are not riding the school bus, should not loiter in the bus loading zone in front of the Legends Centre.

3. Bikes, scooters, and skateboards should not be ridden in the bus loading area.

4. Students riding the school bus should line up in their bus queue and wait in an orderly fashion for the buses to arrive.

Thank you for your cooperation.

School Community Councils – Spring Elections 2019

A primary link between the home, community and school

Our School Community Council (SCC) supports student learning success and well-being and encourages parent and community involvement in the school. Prairie Spirit School Division believes that involvement with SCCs is a rewarding and meaningful activity for parent and community members. If you would like to make a difference at our school, please consider running in the upcoming SCC election. Parents and members of the community are eligible to run for the local SCC.

Our School Community Council has FOUR positions open for members for two-year terms beginning fall, 2019. We have FIVE members who will be remaining for their second year for 2019/20.

Our SCC election will be held: Thursday, May 9, 2019
Warman Community Middle School Staff Room
6:30pm

Please contact the school office for more information and for nomination forms.

*Successful schools don't just happen.
They need parent and community involvement!*



PRAIRIE SPIRIT
SCHOOL DIVISION
Learners for Life

RCMP ONLINE SAFETY MESSAGES

For Warman Community Middle School, part of Prairie Spirit School Division, the safety of our students is our top priority. Our school partners with parents and caregivers to support and protect our students. There has been a lot of attention on the news and through social media recently about online safety for youth. Parents and caregivers may have concerns and questions about keeping children safe online.

There are a number of strategies in place in our school and in our Division to protect and prepare our students with regards to digital citizenship and online safety. Led by our Division's Caring, Healthy and Safe School team, these strategies include:

- IT Department monitoring internet usage in Prairie Spirit schools, with a focus on security and privacy
- Division supporting student-led peer mentoring program
- Students learning about digital citizenship through the Saskatchewan curriculum

Sharing Media Smarts information with parents and guardians, as they are a trusted resource regarding digital and media literacy

The following online safety messages for students and parents/

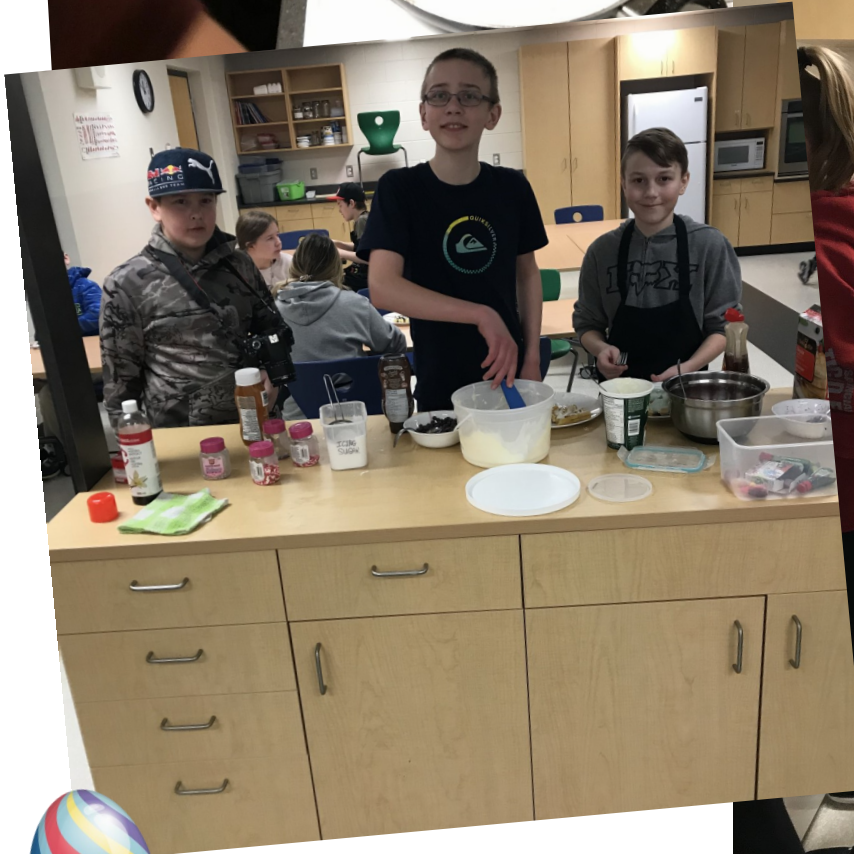
guardians are provided by the Saskatchewan RCMP:

Students:

- Be careful of giving out too much personal information and remember that the information that you put on your profile can be seen by everyone, even if your account/profile is set to private. Your personal information/image(s) may be used in ways that you never intended.
- Photos posted online are not private property and anything you upload online can be shared by others, potentially with thousands of people, within hours of your posting. It's also easy to alter an image using photo editing software.
- Remember that once you post something online, you can't control who that information is shared with – and removing it from wherever you posted it doesn't permanently remove it from the internet.
- Tell someone, like a parent, guardian or trusted adult, if something online is making you concerned or uncomfortable. Your safety is important and an adult will be able to provide you with guidance.

Parents and guardians:

- Take an interest in what your children are doing online.
- Talk openly with your children about online safety and educate them on the risks of online interactions.
- Activate the protection features of websites and software your children use. There are tools available through your Internet Service Provider (ISP) to help you manage your children's online experience (e.g., appropriate websites, amount of time spent online, who can and cannot contact them). It might also include other security features, such as pop-up ad blockers.
- Get to know the online environments your children use and teach them how to deal with inappropriate material.
- Be informed about the latest methods children are using to communicate and what they're up to when they're at a friend's house.
- Keep an eye on the sites they're visiting by keeping the computer in a common area like the kitchen.
- Report anything suspicious or concerning that your child encounters online - contact your local police service or RCMP Detachment.

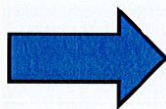




Pressures and Stressors of Technology

What are some Pressures and Stressors?

- Comparing yourself to others
- FOMO (Fear of Missing Out)
- Getting enough likes or comments
- Having a lot of followers
- Looking good enough or the need to fit in
- Keeping your snapchat streak
- The pressure of having to send nudes, risky pictures, or a picture you don't feel comfortable with



What if we give into these Pressures and Stressors?

- **Sleep:** It can negatively affect the sleep you get, as well as the quality of your sleep.
- **Blue Light Effects:** Blue light is used in electronic screens. Using technology often can be harmful to your eyes and have impacts on your sleep.
- **Mental Health:** Being involved in social media can result in feeling lonely, worried, disappointed and sad.

Managing the Pressures and Stressors:

- **Be mindful of what you post!**
 - Sometimes social media can cause you to post things you may not feel comfortable with. Down the road these posts can influence the jobs you get, or getting negative attention. These pictures are not gone, even if you delete them. There are sites that scan the internet that gather and store pictures and information that will allow others access to your information.
- **Eat your meals without your screen**
 - Giving yourself a break from your screen during this time will not only give your eyes and brain a rest, but you'll also probably enjoy your food more
- **If you're going to play video games/TV, do so on the couch instead of your bed**
 - Playing games and watching TV on the couch makes it easier to stop using your screen, instead of laying in your bed all day, it will be easier to wind down at the end of the day
- **Make time for physical activities during the day**
 - After school try to make some time for exercise or movement. We all know that being active is important, but it can also help resolve some of the issues screen time causes in your brain
- **Tone down the brightness levels of your screens**
 - Turn on your night mode on your phone, and decrease the brightness whenever you can. This can help some of the effects of blue light on your body.