



## October 2018

This September seems to have been one of the coolest and fall-like that most of us can recall in recent years. Despite that, the first month of our school year went by quickly. Saskatchewan Education Week is set for mid-October with the theme of 'A World of Learning for Every Student'. There will be many things going on around WES including:

- Free Lunch for Students (sponsored by our SCC) - October 15
- Learning Conferences - October 18 & 23
- Scholastic Book Fair – October 18 & 23
- With the help of Mrs. Williams' Grade 5 class we plan to collect information on the ancestry of our students and display that on a large map of the world. Please stop by the display in the front foyer during Learning Conference days and add your voice to our project to illustrate to students the rich diversity in our school community.

A big thank you to all students and families for your support of cancer research during our recent Terry Fox Walk. We were pleased to raise just over \$3600.00 and the students were excited that Mr. Tebay dyed his hair blue as they surpassed the fundraising goal of \$2500.

The final touches are being made to our school mascot/logo, 'Wes the Owl' and we are hoping to have information and sizing samples for a school clothing drive available at our upcoming Learning Conference evenings.

Thank you for your support and contributions to a great start to the school year. We look forward to seeing you around WES this October!

WES Admin Team: Greg Tebay and Orlando Pauls



### DATES TO REMEMBER

#### OCT. 15

Free Hot Dog Lunch  
Gr. 1-5 & KA

#### OCT. 16

Free Hot Dog Lunch  
Gr. KB

#### OCT. 18

Grade 1-5  
Student Involved Conferences  
3p.m – 7p.m

#### OCT. 18

Book Fair  
3p.m – 7p.m

#### OCT. 23

Grade 1-5  
Student Involved Conferences  
3p.m – 7p.m

#### OCT. 23

Book Fair  
3p.m – 7p.m

#### OCT. 24

HEALTHY HUNGER HOT LUNCH  
Gr. 1-5 & KA

#### OCT. 25

HEALTHY HUNGER HOT LUNCH  
Gr. KB

#### OCT. 30

Picture Retakes

#### OCT. 30

Bring your carved pumpkin to school for judging in our contest.

#### OCT. 31

Halloween



FOLLOW WARMAN  
ELEMENTARY SCHOOL  
ON TWITTER  
@WESPSSD



LIKE US ON  
FACEBOOK

# Happy Halloween

## Pumpkin Carving Contest & Friendly Halloween Reminders!

- ~ All students are eligible to participate in the pumpkin carving contest
- ~ Students will bring carved pumpkins from home to display in the front foyer. Carved pumpkins can be brought to the school on Tuesday Oct. 30<sup>th</sup> and then will be judged by local pumpkin carving experts on Wednesday (Halloween). They will be sent home Wednesday.
- ~ Students are encouraged to dress up on October 31<sup>st</sup> for Halloween festivities **following lunch recess**. If parents need to assist their child in getting dressed in their costume, then we would request that you pick your child up for lunch on this day and take them home to get dressed.
- ~ No toy or costume weapons of any type (knives, guns, swords, spears, etc.) will be permitted at school.
- ~ No gory or scary costumes, makeup or accessories (we have a lot of very small children at our school and don't want to scare any of them)
- ~ If students do not have a costume, or prefer not to wear a costume to school, then we would encourage them to wear **Orange and Black** for the day.
- ~ **Lastly, if any treats are being sent to hand out at school please remember we are a nut free school**



## Warman Elementary School Choir

Mrs. Abbs and Mrs. Tempel would like to invite students in Grade 3 to join our noon choir club to learn some songs for Remembrance Day and the Christmas season. Practices will be held in Mrs. Tempel's room on Thursdays from 12:15 - 12:40 beginning on October 12<sup>th</sup>. We look forward to having a great turnout of enthusiastic and committed singers

## Substitute Caretakers Needed

Warman Elementary School occasionally requires substitute caretaking for late afternoon/ evening shifts. Duties typically include light housekeeping of classrooms and hallways and cleaning bathrooms. If you are interested in more information and getting on the school division's approved substitute list please contact the school and speak to Mr. Tebay or Mr. Pauls.

## IMPORTANT REMINDERS



### Bell Times

8:35 a.m: First Bell  
8:40 a.m: Classes Begin  
10:15 a.m: RECESS  
10:30 a.m: Classes Resume  
12:00 p.m: LUNCH  
12:25 p.m: LUNCH RECESS  
12:45 p.m: Classes Resume  
2:52 p.m: Dismissal

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### Milk

Milk is available for purchase at a cost of \$1.00 / milk or a milk punch card can be purchased for \$20.00 from the office.

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### Cell Phones and Devices

Please do not send your child (ren) to school with personal devices such as cell phones, ipods, ipads etc. There may be times when a teacher will ask students to bring a device for an educational purpose but you will receive notice from a teacher in advance. If emergencies arise, parents can always get in touch with their child (ren) by phoning the office.

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### Exterior Doors

For safety reasons, all exterior doors are locked throughout the day except for the morning and over recess and noon hour. The main entrance of the school is always open.

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### Extended Absences

If your child will be away from school (medical, vacation, etc) please connect with your child's teacher and the office in advance.



## Cross Country

Warman Elementary had a wonderful Cross Country Season! While the weather wasn't always so nice for our fall practices, we had over 40 athletes come out and run this year. We participated in our first meet in Martensville on September 20<sup>th</sup>. We ended our season with the CVAC meet in Delisle. Despite the snow and wind that day, our students had a great day. So great in fact, that our school brought home the plaques for Atom (tied), Pee Wee and Atom / Pee Wee combined (determined by the top four placings at each school within each age category). What an accomplishment!

Thank you to our wonderful Grade 4 & 5 Cross Country Team made up of Eli S, Clive O, Jackson G, Alexis J, Linden C, Rachel O, Ayla A, Kaitlyn O, Austin M, Ryder B, Karley E, Harley W, Brooklyn H, Elizabeth R, Morgan T, Matt W, Emma O, Cooper M, Sam B, Jack M, Jairo, Kash B, Kaiden I, Aubree O, Sena H, Lexi R, Kohl L, Drew B, Emerson K, Claire G, Presley S, Hailey S, Ethan R, Austin M, Austyn S, Chase O, Isaac B, Alexis M, Keatan T, and Reese D.

**We hope to see many  
of you out again next year!**



Warman Elementary School's SCC would like to thank

Warman Co-op - Maple Leaf Foods - Old Dutch

As well as the parents and volunteers who helped our Meet  
the Staff BBQ run smoothly!



## Cold Weather Busing

As we approach winter we want everyone to be aware of the cold weather busing policy for Prairie Spirit School Division:

Buses will not run if the combined temperature/wind chill factors result in a reading of -40 degrees Celsius or below at 6:00 a.m. Buses that do not run at the regular time in the morning will not to run at all on that same day even if the temperature warms up. Bus cancellations include busing within the City of Warman.

Please note that even though the buses may not run, school is still on and parents will need to find an alternate way of transporting their children to and from school on that day.

If the buses are cancelled for the day, the Bus Cancellations page on the P.S.S.D. Division website will contain all of the buses affected after 6:00 a.m. You can find the information at [www.spiritsd.ca](http://www.spiritsd.ca) -click on Transportation and then the Bus Cancellations tab.

All of the busing policy information can also be located on the Warman Elementary web page at <http://blogs.spiritsd.ca/wes/> - click on the Busing tab.



# A THING OR TWO ABOUT OUR CREW...



**Miss Zacharias**

I am thrilled to be here at Warman Elementary School this year as one of your kindergarten teachers! I grew up on a dairy/grain/beef farm near Rosthern and currently live in Rosthern. My educational background includes a degree in Elementary Education with a minor in Early Childhood Education, as well as a Speech and Language Assistant diploma. I began my teaching career teaching Kindergarten in Edmonton. I also taught grade one for one year in Tisdale, and one year of Kindergarten in Duck Lake. In my spare time you can find me spending time with family and friends. I also enjoy spending time in the outdoors, snowmobiling in winter and spending time in summer fishing and relaxing at Besnard Lake. I'm looking forward to my year at WES and am excited to get to know my students, their families, and the community of Warman.



**Mrs. Schaff**

My name is Michelle Schaff, and I am excited to be joining the WES Staff as a grade five teacher. Although I am new to the school, I am not new to the community. Before joining WES I was teaching at the Warman Community Middle School. I have now been in the teaching profession long enough to be teaching children of students that I once taught. It is quite an honour to have that opportunity.

My husband and I have three wonderful daughters: Taryn, Meagan, and Cadie. They have all grown and moved away from home. We were very excited to have them all return for a visit during the Thanksgiving weekend. When we are not visiting with our children we love to kayak and X-country ski. Waskesiu is one of our favourite places to enjoy these activities.

I am looking forward to a great year at WES with my Grade Five Crew!



**Mrs. Baudais**

My name is Amanda Baudais and I am a grade 5 teacher at Warman Elementary School. I had spent several years teaching at Warman Elementary before moving over to Warman Community Middle School and now I'm back (I can be found in my old classroom, in fact)! This is my fourteenth grade 5 class here in Warman.

My husband, Brent, and I live in Saskatoon with our two daughters, Bailey (grade 5) and Addison (grade 1). Our daughters' extra – curricular schedules keep us busy! In our free time, we love to be at our cabin at Barrier Lake. We can often be found boating, quadding or snowmobiling there. We enjoy other outdoor activities such as skiing in the mountains (our annual ski trip is planned for Kimberley this year), going for walks or just spending time throwing a ball around in our backyard.

I am thrilled to be back at Warman Elementary and am looking forward to a great year!



## Mrs. Werle

Hello! My name is Rhonda Werle and I teach grade four at Warman Elementary School. This is my eighteenth year teaching in Warman. I have taught at the Warman Community Middle School and Warman Elementary School, spending most of my years in grade four. Prior to Warman, I taught grade two in North Battleford which was my first teaching position.

I grew up on a farm near Langenburg, Saskatchewan and to maintain my farm girl status, I married a farmer! Kelly and I live in Saskatoon, but we also have a home in Langenburg where Kelly farms with his brother. We are crazy cat people. Kelly has a collection at the farm (various sizes, shapes and colours) and we have a cat in Saskatoon named Sasha. Our son, Matthew, also has three cats. Did I mention we like cats? Matthew and his girlfriend, Jenn, recently got engaged so we are looking forward to a wedding in the future.

When I am not in the classroom, I am usually at my happy place, the BEACH! Kelly and I LOVE to travel and beach destinations are always at the top our list with Hawaii being our favourite. I also enjoy spending time with my family, lounging on my deck, reading, walking, biking and going out for a nice dinner and a movie. On Saturday evenings, we frequent the Cactus Club Café and the comfy recliners at the Landmark Cinemas. I have also been known to shop a little, just a little.

I am looking forward to another great year at Warman Elementary School. The sky is the limit!

## Healthy Eating for School Staff and Parent Meetings

### Why Provide Snacks?

- ☑ Snacks provide nutrients that are missed in a day, because of busy schedules
- ☑ They will help keep you full until your next meal
- ☑ Snacks help you eat less at meal times
- ☑ They can put you in a good mood

### Why Provide Healthy Snacks?

- ☑ Events are an easy way for schools to show leadership in healthy eating
- ☑ School staff and parents are role models for children. School staff and parents who eat healthy food will help children with their healthy eating
- ☑ School staff and parents who are trying to control diabetes, blood pressure, or cholesterol will be happy when healthy snacks are provided

### How to Provide a Healthy Snack

- ☑ Follow *Eating Well with Canada's Food Guide* <http://www.canadasfoodguide.org>
- ☑ Offer a variety of foods in order to get all the nutrients needed
- ☑ Choose foods that are low in added fat, sugar, and salt
- ☑ Choose more vegetables, fruit, low-fat milk products, and whole grain products
- ☑ Follow the standards from *Healthy foods for my school* – <http://publications.gov.sk.ca/documents/13/106356-Healthy-foods-for-my-school-nutrition-standards-for-saskatchewan-schools.PDF>



Saskatchewan  
Health Authority

## When should your child stay home from school?

### What are some reasons I should keep my child home from school?

#### Fever

- children with fevers, even slight fevers, should not be sent to school
- a fever is a sign of illness

#### Vomiting and/or diarrhea

- within the last 24 hours
- children should not return to school until 48 hours have passed since their last symptom

#### Respiratory infections

- sore throat, coughing, earaches or persistent cough with discharge from nose and/or throat

#### Rashes

- skin rash may be a sign of illness
- rashes have different causes
- if your child has a rash, see your doctor
- some rashes require antibiotic treatment

#### Pink eye

- your child can return to school after 24 hours of appropriate antibiotic treatment



Saskatchewan  
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# Healthy Hunger News

**Welcome to the first hot lunch for the 2018-2019 school year.**

We will be placing our orders through Healthy Hunger again this year. If you already have an account please proceed to the Health Hunger website ([www.healthyhunger.ca](http://www.healthyhunger.ca)) and log into your account. At the end of the school year Healthy Hunger always erases your child(ren) from your account so you will be prompted to add your child(ren) and which grade/teacher they are with this year. Please ensure that you select the city/town as Warman and the school as Warman Elementary School. Once you have added your child(ren) you are then able to place your order. If you are new and have not created an account, please proceed to the Healthy Hunger website and click the green Learn more button under Parents and then signup a free account.

- **In addition once you are in your account you will notice that we have set up most of the hot lunch dates for the year. If you would like to proceed and order all of your lunches available to date you can. You can also come back into your account at any time and order or make changes to your orders.**
- **When ordering in advance please remember that all Grades 1-5 & KA classes will receive their hot lunches on Wednesdays and KB will receive them on Thursdays.**

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**October's Hot Lunch will be provided by Pizza Hut.**

(Please visit the website to see where the remainder of the lunches will be hosted by.)

Cost is \$6.50 per student and includes: 1 personal pan pizza from Pizza Hut, a bag of chips and a juice box (\*Flavours will vary). At the end of your order there will be an additional processing fee.

**If you mistakenly order a pizza for a student not on the correct day, your order will be deleted (and your money refunded).**

**Reminder Kindergarten A and Grades 1-5 are on October 24 and Kindergarten B is on October 25.**

Pizzas are ordered in advance, late orders cannot be accepted after **October 18th**. Nutritional Guide available upon request.

If you have any questions about the lunch, please contact Denaye Merz at [dmerz@sasktel.net](mailto:dmerz@sasktel.net). You can also call Healthy Hunger if you have any questions about the site at 1-800-818-6260.

**All proceeds will be going to the SCC Initiatives**



*Building Partnerships Within  
Prairie Spirit Learning Communities*

**Saturday, October 20, 9 a.m. - 4 p.m.  
Martensville High School**

### **Growing Together Conference Goal:**

This conference is for SCCs, Parents and Schools. Our goal is to develop strong roots within communities as we grow, and to honour relationships and engagement, with learning at the core.

### **Keynote Speakers:**

**Dr. Debbie Pushor** is a professor at the University of Saskatchewan in the Department of Curriculum Studies. Debbie is an internationally renowned researcher and author on parent engagement.

**Cory O'Soup** is Saskatchewan's Advocate for Children and Youth. His priorities are to find ways to reduce the number of First Nations and Métis children and youth in care, and to improve mental health services in Saskatchewan.

**Breakout sessions/Interactive panels** will focus on topics such as:

- Mental health/emotional wellness/trauma
- SCCs/communities/schools engaging and working together
- Supporting difficult teenagers
- Navigating social media with children and teens
- SCC Handbook walkthrough
- Supporting your child with math and reading at home
- Time to meet with your team to reflect and plan

### **Registration:**

- Teams of at least 5 (no maximum)
- Teams can include SCC members, parents, administrators, and teachers
- \$50 per team of 5, plus \$10 per additional member
- Snacks and lunch provided
- Please contact [Peggy Mattila-Bains](#), Coordinator, for more information

**Nurture • Grow • Inspire**



# Home & School

## Working Together for School Success

### CONNECTION®

October 2018

Sponsored by your School Community Council



#### SHORT NOTES

##### Exercise your brain

Your child's brain is like a muscle—the more he uses it, the stronger it will become. Suggest that he give his brain a workout with activities like using his nondominant hand to throw a ball or to color. Learning to speak a foreign language or play a musical instrument are also known brain boosters.

#### DID YOU KNOW?

If your youngster qualifies for free or reduced-price meals, your family may also be eligible for low-cost internet. Contact local internet providers to find out. In addition, most libraries have computers with internet access. Your child can use them to do research for school or to look up topics she's curious about.

##### Family talent show

Stage a talent show to help family members appreciate one another's skills. Each person can choose something he likes to do (singing, juggling). Encourage practice time, and choose a night for your event.

##### Worth quoting

"The world is round so that friendship may encircle it." *Pierre Teilhard de Chardin*

#### JUST FOR FUN

**Teacher:** Jill, name four members of the bear family.

**Jill:** Mom, dad, sister, and brother!



## Super homework support

Making homework an important part of life at home will show your youngster that her education matters. Letting her work independently will also send the message that you believe in her. Consider these strategies.

##### Provide backup

Allow your youngster to work on her own, but tell her you're available if she needs you. Say she's confused about the directions for an assignment. You could encourage her to reread them slowly or maybe read them aloud to her. If she's not sure how to approach a math problem, you might look at similar problems together in her textbook.

##### Give feedback

Point out to your child what she's doing well—you'll inspire her to repeat the behavior in the future. For instance, if you notice she started a long-term project the day it was assigned, you could say,



"Nice move! Now you have plenty of time to come up with good ideas and do your best."

##### Show interest

Glance over finished homework so you know it's done and your youngster knows you care. Also, look at returned assignments. She might proudly share a nice comment her teacher wrote on her essay. Or if a paper has spelling errors, ask how she can avoid the same problem next time, perhaps by looking up unfamiliar words in a dictionary.♥

## Organization made easy

Good organizational skills will help your child find what he needs—and save time. Try these tips:

- Encourage your youngster to help with jobs that teach organization. For instance, have him organize your toolbox. Let him try his ideas, such as grouping together same-size screws or arranging wrenches from shortest to longest.

- Point out that *staying* organized is easier than *getting* organized. If he cleans out his school desk and his backpack every Friday, those tasks won't be overwhelming. *Idea:* He could put sticky notes on his desk and bag that say "Please clean me on Friday!"♥



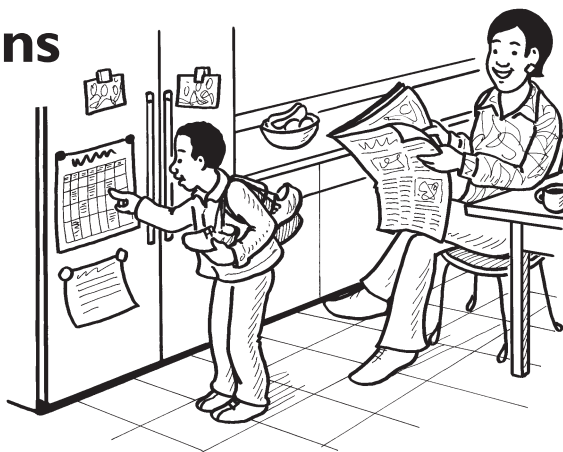


## Setting expectations

Andrew always wears his sneakers to PE class and returns his books on library day. Robert sometimes forgets his sneakers and misses out on PE, or he leaves his library books at home and can't check out new ones.

What's the difference? Andrew's parents expect him to keep track of his schedule. Here's how to set expectations for your youngster.

**Discuss in advance.** Be clear about what you expect, and remind your child regularly. For example, if you want him to manage his schedule,



score goals, but you could expect him to attend every practice, show good sportsmanship, and try his best. ♥

you might post it on the refrigerator and tell him that it's his job to check it each day. Or if you're getting a pet, explain what he'll need to do to care for it. ("You'll be in charge of filling the food bowl every evening.")

**Be reasonable.** Set expectations that your youngster can live up to. If he plays soccer, for instance, you might not expect him to

### ACTIVITY CORNER

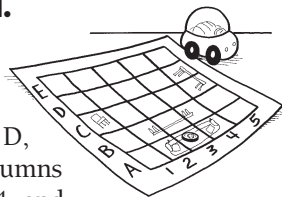


### Build map skills

This version of hide-and-seek lets your youngster practice finding places on a grid. She'll have fun working on map skills and spatial reasoning.

#### 1. Draw a grid.

Have your child make a grid with 5 rows (labeled A, B, C, D, and E) and 5 columns (labeled 1, 2, 3, 4, and 5). Her grid will represent a room in your home.



**2. Add pictures.** Next, your youngster should draw furniture or other items in the boxes to indicate their locations in the room. Say your couch is centered along the front wall of the living room. She could draw a couch on her grid across boxes A2, A3, and A4.

**3. Hide an object.** Take turns closing your eyes while the other person hides something (perhaps a toy car) in the actual room. Then, place a penny on the grid to show where you hid the item. If you put the penny on A3, your child might figure out that the toy is under the center of the couch. ♥

### PARENT TO PARENT

### After-school activities: Find a balance

My fifth grader, Alicia, was already in Girl Scouts and the school science club when I agreed to sign her up for martial arts. Before long, she started coming home too tired to do homework, and she had little time to play.

Alicia and I realized she needed to cut back on her extracurricular activities. She wasn't thrilled, but I explained that school comes first—and that she would enjoy each activity more if she weren't juggling so many. We talked about what to drop. She wanted to stick with her friends in Girl Scouts, and she loves the experiments she does in science club. In the end, she decided martial arts would be the one to go.

Alicia has more time for homework and play now. And maybe she can try martial arts next summer when school is out. ♥



### Q & A How to talk about lockdown drills

**Q:** My son came home anxious about a lockdown drill they did in school. How should I discuss this with him?

**A:** Lockdown drills help students know what to do in an emergency that requires them to shelter inside the school.

Explain to your son that his teacher and principal want to keep him and his classmates safe. That's why the school holds drills to prepare the children for

situations like intruders, fires, tornadoes, or earthquakes. Although it's scary to think about emergencies, having a plan can make him feel more in control.

Ask your son to name other ways we stay safe, such as wearing a seat belt in the car, looking both ways before crossing the street, or going indoors during a thunderstorm. He'll realize that he knows how to do a lot of things that help to protect him.

*Note:* If he continues to feel anxious, contact the school counselor for advice. ♥



#### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,  
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