

Sangudo Community School

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○ 31

○ MARCH

○ 2017

We're on the Web!

sangudoschool.ca

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Principal's Corner

Dear Sangudo Families:

Spring is upon us and so is the month of April. With the arrival of spring we have many wonderful events happening along with a wet muddy playground. Please send an extra change of clothes with your child daily, as many have slipped and fallen in the mud and puddles, and it is not pleasant sitting in wet clothes.

Our dinner theatre is taking place on Tuesday April 4th and the students are very excited to share this with families. They have been working hard and I am sure you will enjoy the show and the meal. Please see Rene to get your tickets. Do have a look at the calendar for other important dates this month like the Spring Fling on Friday April 7th and Spring Break beginning Thursday April 13th.

Thanks to all those parents that came out last week for our three-way conferences. Staff is always happy to have a chance to talk with parents and share all the hard work students have been doing. It was great to have Jennifer Fergusson here that evening as well. She was able to answer questions about PowerSchool and help parents navigate the site so they could access their child's information. If you have any questions about PowerSchool please call the office and we will answer your questions as best we can. Thank you for continually supporting your children and the staff at Sangudo.

Last month we celebrated our fantastic Substitute Staff. When you see our subs in the hallway or the classroom, let them know you appreciate them. Thanks for your dedication to our school, staff and students. We appreciate all that you do!

I am so thrilled to be back with you all. Thanks for all your well wishes and cards. Sangudo is a wonderful school to work at and I missed you all while I was away. As always, if you have any questions or concerns please feel free to contact me.

Enjoy the month of April and the warmer weather!

Jo-Ann McLaren
Principal



Northern Gateway
Public Schools

Greetings from Grade 2! March has been very busy and filled with excitement and hard work. The start of month took us up north to visit our northern neighbours. The "Iditarod 45 Dog Sled Race" took off from the starting gate on Monday, March 6th. Prior to the start, using our chrome books, we researched 74 mushers and choose 5 in which to track throughout the race. Daily, we visited the website and logged into the GPS tracker and race standings. Guess what? One of our favourites won the dog sled race and won \$75,000 and a brand new Dodge truck!!! March was also all about leprechauns. Check out our traps below!



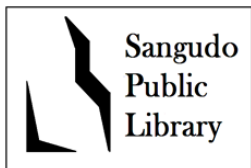
Library/Learning Commons News:

School-Wide Reading Challenge!

Congratulations to the Grade 6/7 Class, The Sassy Pancakes, who went **OFF THE CHART** with 1343 points to win the reading challenge and the Ice Cream party! In second place is Grade 4/5 with 1143 points and in 3rd, Kindergarten with 327 points.

Great job everyone!!





Pajama Story Time: Animals!

Tuesday, April 11 from 6:15 to 7:00 p.m.

For Children age 3 - 7 and Caregivers.

Dress in your PJ's, bring along a favorite stuffed toy and join us for stories, songs, crafts and snack. Please Pre-Register.



EASTER/SPRING BREAK PUBLIC LIBRARY: Afternoon/Evening Hours:

The school and library will be closed during daytime hours (9:00 to 2:30) for Easter/Spring Break starting Thursday, April 13; opening again Monday, April 24.

The Public Library hours during that time will be as follows:

Thursday, April 13: **3:30 – 7:00 p.m.**

Tuesday, Wednesday, Thursday April 18, 19, 20:
3:30 – 7:00 p.m.



MINECRAFT EDU:

MineCraft EDU computer and Lego program will continue to run on Wednesdays from 3:30 to 5:30 p.m. ½ hour time slots are available for sign up.

Keep in touch with us through our Facebook page and our [new website](#)

<http://www.sangudolibrary.ca/>.



COMING SOON; SPRING BOOK SALE!

Gently loved books looking for new homes!

Sangudo Community
School

A Bite of Health



April 2017

National Cancer Month

Making the Healthy Choice the *Easy* Choice

Get Cracking with Eggcellent Ideas!

Source: www.eggs.ab.ca

Did you know...

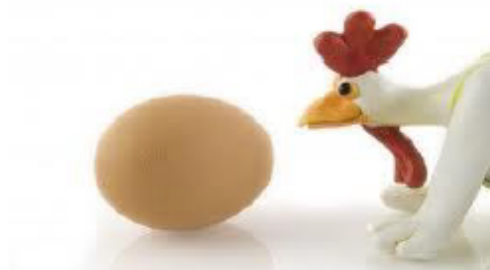
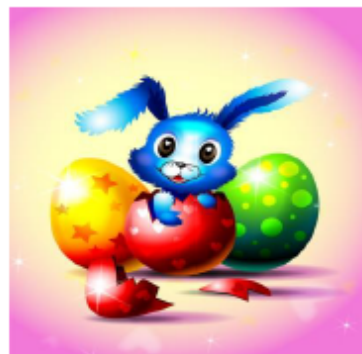
- That eggs are low in saturated fat and do not contain any trans fat.
- Each egg has about 70 calories of nutrition and goodness!

Good News About Eggs

For years we have known that eggs are an excellent source of protein and a solid source of 14 essential nutrients, including iron and Vitamin D. Now, there's more good news. Eating eggs regularly can also be part of a heart healthy diet! ¹

For some fun ideas of things you can do with eggs during the Easter season see the Alberta Egg Producers website at: <http://eggs.ab.ca/>. The section on "Kids Stuff" has eggcellent recipes and eggceptionally fun ideas of things you can do with your family.

¹ Hu et al, 1999. A prospective study of egg consumption and risk of cardiovascular disease in men and women. *Journal of American Medical Association* 281; (15): 1387-1394



A Little About Hens and Eggs

The average laying hen today naturally produces more than 280 eggs a year - that's about one egg every 1½ days. Hens begin egg production at five to six months (19 weeks) of age and continue to lay for at least 12 months.

Brown eggs come from brown hens and white eggs come from white chickens. However, there is no difference in the nutritional quality of the eggs! All eggs are an excellent source of protein, which help build strong bones and improve the immune system for your children.

Eggs are part of the Meat and Alternative Food group and 2 eggs equal 1 serving.

Cooking with your child will provide the entire family with fun and healthy cooking habits.

Modeling how to have an active and healthy lifestyle is crucial if you want your child to be eggtraordinarily healthy. So get cracking with your family!

 | Alberta Project Promoting
active Living & healthy Eating

Recipe of the Month

Eggs in a Jiffy

Serves: 4

Ingredients

- 2 eggs
- 2 tbsp (30 mL) of milk
- * Pinch of dried basil or Italian seasoning, salt and pepper.
- 2 tbsp (30 mL) shredded Cheddar cheese
- ½ tsp (2mL) chopped parsley (optional)

Instructions

1. In microwavable mug, beat together eggs, milk and seasonings. Cover loosely with plastic wrap, turning it back slightly to vent.
2. Microwave on MEDIUM-HIGH (70% power) 1 to 1-1/2 minutes.
3. Remove plastic and stir. Sprinkle with cheese and parsley; cover and let stand 1 minute.

Suggestions

- For a complete meal, add 1/2 cup (125 mL) chopped cooked vegetables to basic recipe, and serve with whole wheat toast and a glass of milk.
- For a breakfast on the go, cut a whole wheat pita bread in half and spoon egg mixture in both pockets.
- Option: After beating eggs, add any of the following: chopped green onion, or chopped green, red or yellow peppers, or chopped cooked vegetables or meats.
- Substitute shredded mozzarella, Monterey Jack, Colby, or Swiss cheese for Cheddar cheese.

Adapted from
http://www.getcracking.ca/recipe_detail.asp?rid=121

Kinder Class....



Kinders are MARCHING into spring! It has been a fantastic month in kindergarten!

We started our three days a week and are enjoying every minute!

We finished our skating unit and had great improvement in all skaters.

We celebrated the birthday of the great Dr. Seuss by dressing up as our favourite characters, eating GREEN EGGS and HAM, and playing some wacky games. The Kinders were definitely Seussified!!

The Kinders tried very hard to catch that pesky leprechaun! We planned, and strategized, and built some amazing traps, unfortunately we were unsuccessful in capturing the culprit! Needless to say our classroom was a bit of a disaster!! There's always next year!

Love Our Kinder Family



SANGUDO COMMUNITY SCHOOL
SPRING
FUNDRAISER BY P.A.S.S.



Growing Smiles Illustration of Spring Plants

April 11, 2016

Spring Fundraiser
Begins

May 11, 2016

Money and Order
Forms Due Back to
School

May 25, 2016

Pick-Up Date at
School

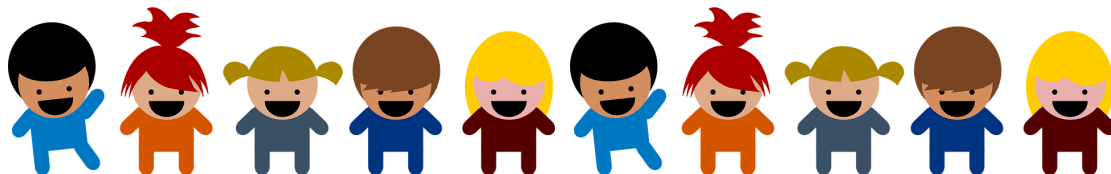
**Fundraising Proceeds Go Towards Supporting Various School
Initiatives**

Call Sherry at 780-898-0404 or the School at 780-785-3431

**Spring has sprung and color has begun!! For more details, visit the
website at: <https://pass.growingsmilesfundraising.com/home>**



Kindergarten Registration



Sangudo is now accepting Kindergarten Registrations

For the
2017-2018 School Year
If your child will be 5 by December 31, 2017
Please contact the school
At 780-785-3431
Or come in and
Register your child for **Kindergarten**

***** Please bring a copy of your child's birth certificate**



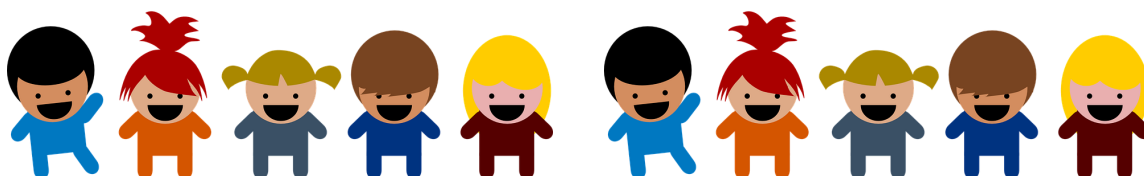
Preschool Registration

Sangudo is now accepting Preschool Registrations

For the
2017-2018 School Year
If your child will be 3 or 4 by December 31, 2017
Please contact the school
At 780-785-3431
Or come in and
Register your child for **Preschool**
Fees do apply for the preschool



***** Please bring a copy of your child's birth certificate**





2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Drama Production	5	6	7 Spring Fling Jr High Dance	8 Mini Handball Jamboree
9	10	11	12 Hot Dog Day	13	14 EASTER BREAK	15
16 HAPPY EASTER	17	18	19 EASTER BREAK	20	21	22
23	24	25 Gr 9 Party Program	26 SCS Badminton Tourney	27	28	29
30	1 MAY	2 Volunteer Tea	3	4		