

Sangudo Community School

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780.785.3431

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○ 28

○ APRIL

○ 2017

Principal's Corner

Dear Sangudo Families:

Spring break has come and gone though the cold, inclement weather has not yet made its way off. We are ever hopeful though, that spring is just around the corner and the month of May is filled with the sounds of birds, the smell of fresh flowers and warmer breezes. There's growing anticipation of backyard barbecue get togethers, outdoor activities and sunny days. Students are beginning to anticipate the last day of school and families are beginning to plan for summer holiday after being inside during the cold winter months.

May is a busy month. We have Provincial Achievement Tests coming up and planning is well underway for the next school year. Our junior high students are off to Mayerthorpe High to participate in the first annual Tiger Summit next week, an exciting opportunity to explore interests and gain new skills in a myriad of learning opportunities. Later in the month the grade 9's will head over for lunch and a scavenger hunt to orient them to the high school for the fall. The GCAA badminton tournament is fast approaching as is our annual Volunteer Appreciation Luncheon. Spring and kindergarten grad photos will take place on the 17th and the GCAA track meet will be held on May 29th.

Students and staff have been working hard and are looking forward to the long weekend in May. Teachers will participate in Professional Development activities on May 18th, so there will be no school for students on that day. Students and staff are also off on Friday the 19th of May and Monday the 22nd. We look forward to seeing everyone back on Tuesday May 23rd.

Happy Month of May!

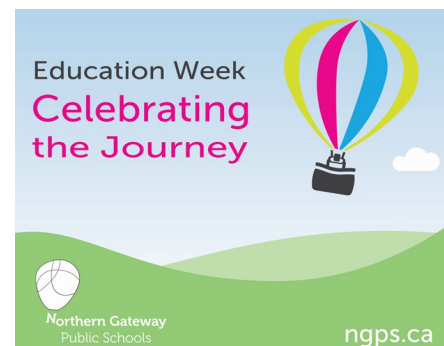
Jo-Ann McLaren
Principal

We're on the Web!
sangudoschool.ca

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Little Caesar's
Pizza
Fundraiser
starting
May 16th

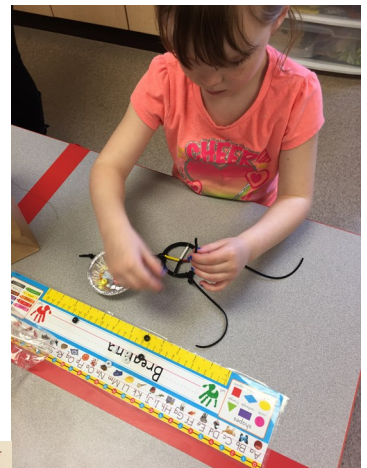
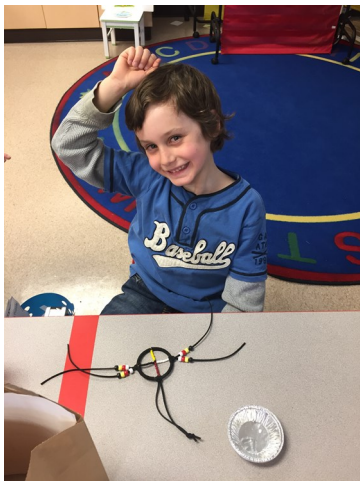


Kinder Class....

Kindergarten is proud to announce the marital bliss of the letter Q and his blushing bride U!! They forever live happily ever after together in words!



Our Kinderfamily would love to send out a great big thank you to Cree-Ative Designs for visiting our kindergarten class and teaching us all about the Importance of the Cree culture and the medicine wheel and how to create them. We all learned a lot and had a great time!



**Cree-Ative Designs**
Handmade, newborn to adult moccasins, custom mukluks, medicine wheels, native inspired jewellery and much more.

Authentic Cree Designs
website: www.cree-ative.designs.com
email: cree-ative.designs@outlook.com
www.facebook.com/cree.ative.designs



SCS

A Bite of Health

May, 2017

Making the Healthy Choice the *Easy* Choice*Choose Like a Champion!*

The beverages that your child drinks have an effect on his or her health. Children need plenty of fluids to prevent dehydration and provide nutrients for good health and growth. Having healthy options available before and after sporting events can help your child choose like a champion!

What are some healthy choices?

What beverages would the champions drink? Offering your child milk or fortified soy beverage will help your child get enough calcium, vitamin D and protein to perform like a champion! Water is also an excellent choice when your child is thirsty.

Making it easy!

Making sure that kids have a personal water bottle (for sanitary reasons) when they are playing, involved in sporting activities, in school or traveling can keep them alert, active and hydrated! Did you know most healthy beverages come in a *to-go* option? This makes it easier to grab a healthy beverage and get active!

Adapted from Alberta Health Services - [Sugar Shockers](#).

Water is best when it comes to quenching your thirst!
High quality H₂O
-Waterboy

Milk or Juice?
Registered Dietitians recommend you serve milk for many reasons:
1) Milk has less sugar

Doesn't get any better than this!



LET'S GO OILERS!!!!

**WHAT ABOUT SPORT DRINKS?**

Plain, cool water is the best source of fluid during sports or other activities that last less than one hour. Fluid replacement beverages or sport drinks can be used during intense sports or activities that last more than one hour. Keep in mind that these drinks are high in sugar and shouldn't be offered when your child is not active. *Fight dehydration* (or a lack of fluid) by encouraging your child to drink water before during and after sport.

Give your children a water bottle to sip from when they are not active. Encourage your children to bring a water bottle to all exercise or sporting activities. Remind them to take a break every 10 to 15 minutes when they're exercising to drink. Make sure that water is available after games or practices.

<http://www.healthyalberta.com/682.htm>

Don't forget to reuse or recycle plastic water bottles. Or better yet, use a refillable, stainless steel water bottle. The environment will thank you!



Do you know who this famous football player is? Choosing milk is choosing like a champion!

Taken from www.packersnews.com

**MILK MUSTACHE RECIPE!**

Take 2 teaspoons of vanilla yogurt and 1 teaspoon of milk. Stir together to make a thick, yummy paint. Paint mustache on upper lip. Try at home and have a family milk mustache contest! Who can have the thickest, weirdest or coolest



mustache?



Greetings from grade 2! In our room, April has been all about the math! Did you know that you can construct a bed using your feet? Yup – 3 by 6 will give you the perfect size in which to sleep on. It was so much fun measuring perimeter using nonstandard units. We also had the privilege of spending part of a morning with Mr. Keith (the math guy). We are crazy over “open number lines” and learning how to navigate and locate numbers. Two more months to go.... Until then, Mrs. V. and her mathematicians!

Library/Learning Commons News:

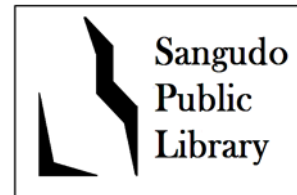


Sunday, May 14th is Mother's Day! **Spending time** with your mom, grandma, or someone who is like a mom to you is the ultimate gift you can give. Check out our display of picture books to enjoy with your special person.

Public afternoon and evening hours are:

Tuesdays, Wednesdays and Thursdays:

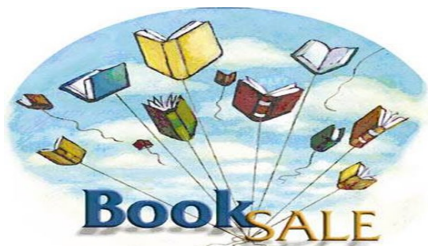
3:30 – 7:00 p.m.



Pajama Story Time: **Animals!**

Tuesday, May 9 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, crafts and a snack. Please Pre-Register.



Our **Used Book Sale** will take place **Friday, May 12 from 11 a.m. to 2:00 p.m.** as part of the **Sangudo Golden Club's Spring Luncheon**. Please help support us and the continued operation of other community clubs at this event! Sale of books/items will be by donation. With your donation, you can enter to win a Book Tote Bag! Just in time for Mother's Day!



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/>.

Run Club is looking forward to the Fallen Four Run in JUNE!
Early Registration is available now.



START & FINISH FROM THE ALLAN & JEAN MILLAR CENTRE, EVENTS START AT 9AM.

REGISTRATION FEES	KIDS	5K	10K
Early Bird until April 1	\$10	\$25	\$30
April 2 - May 28	\$10	\$35	\$40
May 29 - Race Day	\$20	\$45	\$50

Register online through the Running Room. Search for 'RUN 4 FUN WHITECOURT'

Whitecourt is keeping our community moving...

JUNE 3 KIDS MARATHON, 5K & 10K

5K & 10K take place in town and on the trails so run alongside your friends!

Kids Marathon trackers will once again be available through the school's Walking/Running Clubs or online at www.whitecourt.ca this spring.

For more information, go to www.whitecourt.ca.

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>**

6 Symptoms of Video Game Addiction ^{PAGE 8}

by SOS Safety Magazine
published March 30, 2017

Parents today are faced with a dilemma that their parents never had to deal with. Video games. Today, when their child gets home from school they will most likely immediately turn on their video gaming console. This will launch an inevitable internal struggle in the parent's mind. Should they tell the child to stop? Play outside first? Tell the child to do their homework? Or let them play for a bit?

More studies are highlighting the negative effects of gaming, and this causes concern about whether frequent and lengthy playing sessions can lead to an addiction.

Professionals in the field of mental health have differing opinions and this subject still requires much more research. However, most medical and mental health professionals agree that pathological video game use is a problem.

A study done in 2009 estimated that around 12% of boys who play video games exhibited pathological play and only 8% of girls.

This study also observed that those who were pathological gamers had double the chance of having ADD or ADHD. This may be because children who have these disorders – or are somewhere on the autism spectrum – are drawn to the more structured environment. In life, people are unpredictable, but in video games, reactions and events are programmed. It provides clear and consistent rules for interaction, in contrast to the chaos and uncertainty that is everyday life.

Other people who are at risk of video game addiction are people who have conditions like Asperger's, depression, anxiety, or PTSD. These conditions make life harder, and it is far easier to be successful and get recognition in a video game. People can turn to the world of video games and feel respected and admired for their achievements in the game, and this recognition can take the place of the real-world respect that these individuals do not feel they are getting.

A young person who is not well connected, has a poor relationship with their family, and has a mental illness on top of it all, is very vulnerable and susceptible to this kind of addiction.

Another added risk factor is early exposure. In a report published in 2010, elementary aged students averaged 7.5 hours on electronic time DAILY. These children's brains are rapidly developing, and they are developing a dependency on these devices, rather than human interaction.

IS IT THE VIDEO GAMES' FAULT?

From the paragraphs above, it is easy to deduce that some kids are prone to pathological video game usage. However, there is cause to wonder if video games themselves are causing the problem. They certainly do play a part. Addictions are related to the pleasure centre of the brain, and video games provide levels of pleasure. On the very first level, there is intermittent reinforcement – which is the unpredictability of reward. This is the basis of a gambling addiction as well.

Video games are designed to 'hook' the player using a well-established psychological technique – presenting a challenge that the player can master. When a player masters the first goal they are rewarded with dopamine, and so on for every mastered challenge after that. Video game designers carefully plan how to make the game just difficult enough to reward the player upon mastery, but not so difficult that they get frustrated and give up. Addictive qualities are built into the game so the gamer seeks out that mastery and reward.

SYMPTOMS OF A VIDEO GAME ADDICTION IN A CHILD:

- Lack of respect for boundaries set up by parents around console usage, screen time, etc.
- Lies or deceives a parent or guardian in order to gain more playing time
- Is no longer interested in other activities – other than computer or console usage
- Suffers a drop in school grades and participation
- Is sleep deprived because of unhealthy sleep habits
- Forgets to eat

As in all other aspects of life, balance is key. No two children react the same way to screen stimulus and helping your child live a healthy life, independent from screens, may take some trial and error.

Some mental health professionals caution that you should keep electronics away from your child until they are 13 years old. The reasoning behind this is that children have rapidly developing brains that need to be learning complex physical and social tasks, and being constantly distracted by a screen will prevent them from doing so to the best of their abilities.

However, some parents reading this may realize that keeping your children away from screens for the first 13 years of their life is virtually impossible. Other mental health professionals offer a much more manageable opinion. They suggest that technology should be introduced as the child is old enough to make use of the educational properties of whatever device they are using. For example, setting your child up with a reading game on the iPad when they are starting to learn to read can be a fun, and a more effective method for them to learn to read. Another thing to factor in is when your child can distinguish fiction from reality. Most kids can't make this distinction until about 8, so up until then parents should be very careful about the content their children is consuming.

If your child is letting video games get in the way of them living a healthy a productive life, they might need to seek help. There are many mental health professionals who are equipped to help young people navigate this kind of addiction and there are rehabilitation programs available as well.

This article was submitted by Tammy Charko BA, BSW, RSW, with permission given by sossafetymagazine.com. Tammy is Northern Gateway Public School's Division Social Worker. She is a support for schools, students, parents and caregivers to ensure success in school. Tammy advocates for students and provides a link between the student and other supports within the community. She is a mom to 4 kids (3 of which are teenagers!) and loves to compete in mud obstacle races.



AUTISM INFORMATION SESSION

MAY 8, 2017



**Join us for an information session including special guest speaker, Dr. Lonnie Zwaigenbaum speaking on:
Health Issues Associated with Autism.**

Dr. Zwaigenbaum is Co-director, Autism Research Centre and Site Lead for Child Health,
Glenrose Rehabilitation Hospital
Stollery Children's Hospital Foundation Chair in Autism
Professor, Department of Pediatrics, University of Alberta

Discussion will also focus on behaviour strategies and community supports

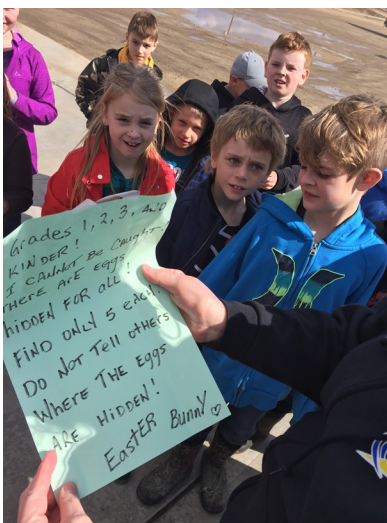
Afternoon Session
12:30 - 3:30

Evening Session
5:30 - 8:30

Address
Second floor
Midtown Mall
5115 49 street
Whitecourt

REGISTRATION IS LIMITED TO 20 SPACES

To register, please email sandra.zesko@livingwaters.ab.ca



Elementary students enjoyed an Easter Egg hunt before the Easter break.



MAY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 MHS Summit for Gr 7 to 9	3	4 GCAA Jr High Badminton Tournament Whitecourt	5	6
7	8	9 Gr 9 PAT Test LA Part A Volunteer Tea Gr 4-9 Science Exhibits	10	11 Gr 6 PAT Test LA Part A Plant Orders Due	12 Gr 9 MHS Orientation	13
14 	15	16 Spaghetti Hot Lunch	17 Spring & Kinder Grad Photos	18 NO CLASSES PD DAY	19 NO CLASSES	20
21	22 NO CLASSES VICTORIA DAY	23	24 School Council Meeting 5:00	25 Plant Pick Up	26	27
28	29 GCAA Jr High Track & Field	30	31			
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