

Sangudo Community School

Box 419, Sangudo, AB

31

MAY

2017

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We're on the Web!
sangudoschool.ca

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Be so Happy
that when others
LOOK at you
they become
Happy too.

Principal's Message



Dear Sangudo Families:

June is just around the corner. The sun is out and warming us nicely (most of the time), the grass is green, the birds are chirping happily and the bugs are all abuzz (grade 2's have a collection of them and some are quite monstrous in size). With June comes the end of another successful school year though we have much to accomplish before the end of the month. Though the school year is winding down, we must remind students that their hard work and efforts will pay off if they continue to focus for just a little while longer, as the end of the year assessments are fast approaching. Staff is committed to working hard through to the end of the year and are excited about the excellence our students have shown so far.

Over the course of this year we have partnered with students, parents and the community to create a school community that values academic excellence, and engagement in lifelong healthy lifestyles. We are forward thinking and progressive in thought and action and we embrace change. I encourage you to continue to work with us to keep us on our forward moving journey where all children are valued, accepted and respected.

June is bound to be a busy month. The grade 6 to 9's will be participating in an outdoor education opportunity, and our kindergarten to grade 3's are moving the classroom outdoors for a day. Classes are beginning to think of end of the year trips and we are in the process of trying to arrange some swimming in Mayerthorpe. Provincial Achievement testing will continue in June and we are looking forward to the Prom.

I would like to thank the students and teachers for their hard work to this point. We are privileged to have such a wonderful group of students and dedicated teachers.

Happy June.

Jo-Ann McLaren
Principal



Northern Gateway
Public Schools

Public afternoon and evening hours until June 29 are:

Tuesdays, Wednesdays and Thursdays: **3:30 – 7:00 p.m.**

**Keep in touch with us through our Facebook page and our new website:

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

Minecraft EDU Lego Club will end on Wednesday, May 31.

PAJAMA STORY TIME: SPACE! Come explore with us!

Tuesday, June 13 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.



Summer Reading Club: We are planning to have TD Summer Reading program activities at the library. Check our website and Facebook page for details, and view the “official” site for the club;
<http://www.tdsummerreadingclub.ca/>

TD Summer Reading Club is Canada’s biggest, bilingual summer reading program for kids of all ages, all interests, and all abilities. This free program is offered at 2,000 public libraries across Canada, and it’s easy to include in any summer plans. The Club celebrates Canadian authors, illustrators and stories, and inspires kids to explore the fun of reading their way. This is key to building a lifelong love of reading.

Kids can:

- find great things to read
- track their reading
- connect and share with others across the country
- read books online
- join in activities
- collect stickers
- write jokes, stories and book reviews, and more!

MOVIES!! Our library will be presenting movies at Connections Coffee House starting in June. There will be movies for kids, some for youth, and others for adults. Attendance will be free and there may be a fee for refreshments.

Picture Orders Due:

June 7 - Kindergarten Grad Pictures Orders Due

TBA - Spring Photos, when they come in, if you do not wish to purchase the photos please return them to school by the due date or send payment

News from the School Library!

May 2017

Sunday, June 18th is Father's Day. Happy Father's Day to all of our Dads!

"Dads are most ordinary men turned by love into heroes, adventurers, story-tellers, and singers of song." - Pam Brown



LIBRARY RETURNS:

Please note that all library items must be returned the week of June 12. Any library classes beyond this time will involve reading in the library and activities! In the case of lost and/or damaged materials, a replacement fee will be charged. All TRAC cards will expire September 2017.

Co-op Till Tapes

Parent Council is collecting Co-op till tapes. The current collection period is Dec 16/16 to Jun 15/17 . Please bring them into the school or drop them off with Shelly Starman at the ATB in Sangudo by June 15th. Reminder that we can claim Barrhead & Mayerthorpe till tapes. The proceeds help support our fruit bowl program.

Fun'D'mental Sun Tips

- ◆ Plan to be outside in the early morning or late afternoon.
- ◆ Stay in the shade and out of the hot sun between 11:00 a.m. and 4:00 p.m.
- ◆ If you are in the sun between 11:00 a.m. and 4:00 p.m. wear long pants, long sleeves and a hat with a wide brim to protect your skin from sunburn.
- ◆ Use sunscreen lotion or cream that is **SPF 15** or more. SPF means Sun Protection Factor.
- ◆ Use a sunscreen that says "broad-spectrum" on the label. It will screen out most of the UVA and UVB rays.
- ◆ Put sunscreen on your skin 20 minutes before you go out and reapply 20 minutes after being out in the sun to ensure even application of the product and better protection.
- ◆ Don't forget about putting sunscreen on your lips, ears and nose. These parts of your body burn easily.

Source: Health Canada <http://healthycanadians.gc.ca/environment-environnement/sun-soleil/index-eng.php>



Vitamin D Fun Facts



- ◆ **Why is vitamin D important?**
Vitamin D deficiency can cause rickets in children, and softening of the bones and osteoporosis (fragile bones) in adults. Vitamin D is also needed by many other parts of the body, including muscles, nerves, skin, glands, and the immune system.
- ◆ **Why is it called the "sunshine vitamin"?**
Vitamin D is known as the "sunshine vitamin" because our bodies can make vitamin D from the sun. When sunlight hits our skin, the ultra-violet B (UVB) sun rays are used to make vitamin D.
- ◆ **Can I meet my vitamin D needs from sunlight?**
Sunlight on our skin is a major source of vitamin D; however, it is not possible to safely get all the vitamin D we need from the sun. One reason can be the time of year: during the winter months (October to March) northern parts of the world, such as Alberta, lack the UVB rays needed to make vitamin D.
- ◆ Be sure to include a variety of vitamin D rich foods, such as milk, and get active outdoors to soak in the "sunshine vitamin" to keep your bones, teeth and bodies active and healthy.

Source: Alberta Health Services, Road to Healthy Living.
<http://www.albertahealthservices.ca/hp/if-hp-tr-en-vitamin-d.pdf>

Recipe of the Month Sweet as Sunshine Smoothie



Ingredients

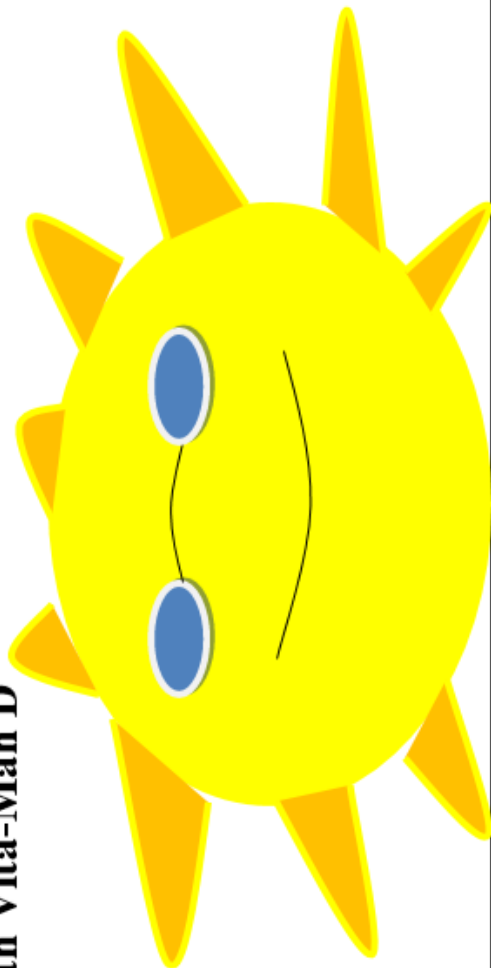
2 Cups strawberries, fresh or frozen
 ¼ Cup pineapple chunks, fresh or frozen
 ¼ Cup sliced peaches, fresh or frozen
 ¼ Cup sliced pears, fresh
 1 Cup low-fat vanilla yogurt
 Grape-Nuts® Cereal or blueberries (for garnish)

Instructions

Allow any frozen fruit to thaw
 Combine all the fruit and blend in a blender or food processor
 Add the yogurt to the blended fruit
 Serve in cups
 Sprinkle Grape-Nuts® Cereal or blueberries on top!

Smoothies are a great way to increase fruit and dairy intake. Substitute with any frozen fruit you may have on hand; leftover frozen bananas can be substituted for the pineapple. Smoothies made with frozen fruit may be a little thicker than those made with fresh fruit. If required, thin the mixture by adding some fresh fruit juice. The flavor combinations of smoothies are endless; experiment a little and have fun with your food!

Fun in the Sun with Vita-Man D



CAN YOU
HELP
VITA-MAN D
FIND THESE
SUMMER
ACTIVE
WORDS?

- WATER
- PARK
- HELMET
- SWIMMING
- BIKE
- SUNSHINE
- VITAMIN
- VITAMIN D
- SUN
- SUNSHINE
- MILK
- BONES
- SALMON

v	l	g	s	k	b	i	k	l	s	v	u	t
n	l	n	m	i	s	p	n	i	k	u	n	g
e	o	i	l	o	n	e	h	v	l	n	i	i
n	i	m	a	i	v	e	n	i	h	s	u	s
d	o	m	l	p	w	l	k	m	r	h	s	a
n	v	i	t	a	m	i	n	d	i	b	i	u
t	e	w	l	e	s	p	e	n	k	s	g	s
n	u	s	t	l	e	t	w	a	t	e	r	m

TEACHING YOUR CHILD TO SELF-REGULATE

SOS Magazine
Published April 18, 2017

Self-regulation is a set of skills that children develop as they mature that help them direct their emotions to a goal – despite what other people do, or how they feel in the moment. Parents and the childless alike are all familiar with tantrums. If it is a two-year-old melting down in the store, it seems normal. However, school-aged children are expected to be better behaved. If your kid is still exhibiting frequent tantrums beyond the average age, they may have difficulties with emotional self-regulation.

Self-regulation is one's ability to control their emotions and behaviors. Toddlers are expected to have low self-regulation, but the older a child gets the more they should develop in this area. Most parent training programs aim to help kids develop these skills at the appropriate age.

EMOTIONAL DYSREGULATION

A child who struggles with self-regulation will manifest in a couple different ways. For some children, their extreme emotions will be instantaneous and uncontrollable. So there will be no lead-up, just a sudden explosion. Other children will let their frustrations build up, and once they can take it no more, they also explode. You can usually see the outburst coming, but you may have no idea how to stop it.

Both types of children need to learn how to funnel their emotions into a more effective response. Emotional self-regulation issues are often born out of a mix of natural disposition and learned behavior. Some children naturally struggle with self-soothing, and their innate difficulties in this area may lead to emotional dysregulation later on.

However, the environment still plays a role. Parents who hover and bend-over-backwards to help soothe their distressed child may be doing more harm than good. In these types of situations, the child begins to rely on the parent as an external self-regulator. This reliance gets in the way of children developing the skills to soothe and calm themselves.

TEACHING SELF-REGULATION

Children who act out are just ineffectually responding to negative stimuli. Parents and teachers need to work with the child to calm them and slow them down. You should approach the teaching of self-regulation, just as you would approach a subject like math or music. The skill needs to be identified and practiced. It may be helpful to switch your thinking on the matter to a skill to be taught rather than correcting bad behavior. This will change your attitude and your effectiveness in dealing with the child.

When teaching a child to self-regulate, the goal is not to avoid situations where they will struggle – but rather to coach them through those situations. Set up a set process whereby you can assist the child – without taking over – until the child is ready to handle those

situations on their own. For example: If you assist them with their homework, perhaps you only help them with one problem and then you tell them to work through the rest on their own. If they begin to feel frustrated, they can get up for a short walk or a drink of water. They could use a timer to give themselves breaks. All the while, you would only check in periodically and offer encouragement and praise for their endeavors

PRACTICE, PRACTICE, PRACTICE

Another way to help your child work through their struggles is to slowly introduce them to stressful situations. For example: If your child frequently breaks down in the middle of the grocery store, you might take them for a short trip when you don't have any urgent errands or shopping needs. Have the child practice walking next to you and keeping their hands to themselves. For every time they are successful, you could offer points towards a reward.

Consistency is key. Don't get frustrated the first time you practice the skill and it doesn't go well. If things continue to go poorly, you could try simplifying the activity so it is easier for the child to complete. It is important that the level of difficulty is well suited for the needs of your child; if it is too hard, you and your child will quickly become discouraged and give up. Start small, and slowly give your child more independence when handling those tasks. As they begin to master the smaller things you can expand to the next step.

REFLECT

If a child has a sudden outburst, it is beneficial if parents and teachers give them time to calm down and think of a better response to the situation. Kids need non-judgmental and soothing feedback on where and why things went wrong, and how they can avoid that in the future. Kids can learn to make better decisions when they are in an environment that is contemplative and deliberate. We also need to model this kind of behavior to our children. It is extremely beneficial for them to see it in action, and it helps us too!

Mindfulness and meditation are practices that benefit everyone, however, they can be especially helpful for children with emotional dysregulation. There are training programs available for parents, as well as classes. Older children can also benefit from dialectal behavior therapy (DBT) which focuses on tolerance of distress and emotional self-regulation.

When all is said and done, the home environment is the most integral part of a child's ability to learn these important skills. Keep things calm, cool, and reflective, and they will be too.

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

Science Fair Showcase 2017

What started as a simple project for the Grade 4-9 classes to demonstrate their understanding of the scientific process and to dig into an interest of the student's choice, grew into a good old fashioned Science Fair, as the results were too good not to share! The event sparked a huge interest in the students who are already thinking about what they would like to do next year. Students set up in the gym and the younger grades were able to come in and share in the excitement. Projects ranged from researching the placebo effect, 3-D bubbles, designing catapults and pulleys, to classroom chemistry with Mentos, inclined planes, electrolytes, rockets, farming, flubber, and ferro fluid. The grade 2s even shared their boat designs. All the scientists did a fantastic job of explaining the purpose, process, and results of their experiments or research. Staff and students are looking forward to next year with the hopes of synching the event with our Portfolio Share.



Although the team did not capture a banner this season at the GCAA Championships in Whitecourt, the season was a great success. We hosted our own tournament, which saw over 80 athletes from Mayerthorpe High School and Onoway High School in attendance and helped raise funds for the program through concession sales. The team would like to thank Mrs. Rilling and Mrs. Kerr for coordinating the concession and to all the parents who came and helped feed the hungry masses. The food was excellent and service impeccable! Our team saw several grade 6 students compete in the junior category against grade 7 students and gain valuable experience for next season. Our school captured 12 medals at our home tournament. Not bad for only 20 participants!

The Team would also like to thank the parent volunteer drivers and supervisors who helped get the team to Whitecourt for the GCAA Finals. Mrs Rilling, Mrs.Kerr, Mrs. Perrin, Mrs. Wilman, Mrs. Thompson and Mr. Werenka. Your flexibility and willingness to help the athletics program at SCS this year has been second to none! The cost of our participation in sports would skyrocket without the continued efforts of our volunteer drivers. THANK YOU!

Special congratulations to the players earning medals at GCAA.

Jared & Cole – SR Boys Doubles - GOLD

Zack – INT Boys Singles – GOLD

Lily – JR Girls Singles – SILVER

Jen & Emma – INT Girls Doubles – GOLD

Pler Say - INT Boys Singles – SILVER

GCAA Final Standings

Overall (Total points earned by the team)

1 Percy Baxter - 111

2 Mayerthorpe - 84

3 St Joes - 77

4 Sangudo - 50

4 Onoway- 50

6 Fox Creek - 41

7 Hilltop – 40

Aggregate Standings

(Average point per player/school)

1 Percy Baxter - 3.3

2 Sangudo - 3.1

3 Hilltop - 2.6

4 Mayerthorpe - 2.1

5 Onoway - 1.7

6 St Joes - 1.6

7 Fox Creek - 1.5



Kindergarten in May

Our Community field trip was a huge success! The students learned so much about our community and how to be a good community member. The students learned about many different jobs our little town has to offer. The students were lucky enough to be a part of a Council Meeting at the County Office, sitting in the councillor's chairs and were able to ask questions. The students donated money and received cookies from Connections for their good deed. We mailed letters at the post office. It was a marathon day that I'm sure will be remembered for a long time!!

Thank you to all the local businesses for generously welcoming our students and allowing them to experience what our wonderful town has to offer.

Special thanks to:

Sangudo Fire Department

Sangudo Bigway

Connections Coffee House

Community Health Pharmacy

Ray's Auto

Lac Ste. Anne County Office

ATB Financial

Sangudo Vet Clinic

Sangudo Post Office

Important Dates for June

June 20- Kinder Grad SCS Gym

June 22- Kindergarten Field Trip to the Edmonton Zoo

June 29- Last day of school for all students



Greetings from Grade 2

We are so close to the end of our year, but we still have lots to learn, especially in science. Our final unit includes the wonderful world of honey bees and ladybugs. We were so pleased to have had a very special visitor who spends his day working with millions of honey bees. Here's some of wonderful things we learned from Mr. Garry Bawas:

- Q – What types of flowers make the best honey? **A – Clover, of course!**
- Q – How many flowers does it take to produce a pound of honey? **A – 2000!**
- Q – How many times during the day do you get stung? **A – 30 or 40 times!**
- Q – Why do beekeepers wear white? **A – Bees do not like dark colours. They will attack!**
- Q – Does the honeybee have enemies? **A – Yes, wasps will attack a hive and kill workers. Ants are a problem as well, but we use ant powder. Electric fences are used to keep out the bears.**



Write-On Stationary

We are once again going to offer parents the opportunity to purchase school supplies from a company called "Write-On Stationary". We are currently finalizing the lists so we can proceed with this initiative. You can find out more information on their website and order all summer long! Their website is: www.write-on.ca

This is completely optional, as you may still wish to purchase your children's supplies on your own.

Please look for the order forms coming home soon.

Call the school if you have any questions.



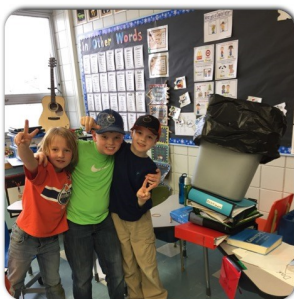
The month of May has been a very interesting one. It's been a month of building bridges for the students behind the Red Door. In language arts, the grade threes have been very busy researching and writing major reports on the different types of bridges. Once their reports were done they designed and built a bridge in science class with popsicle sticks. Our next science unit will be a look into the life cycle of the spider and the classification of animals. The new "Touchless-Spider-Wand-Catcher" will come in handy for our studies. In math we have been finishing up units in multiplication and division and are now learning about measuring volume, length and weight.

It's the end of May and when I look at my agenda, I can't believe that the time has gone so quickly. It seems like it was just a few days ago that I opened that book to start planning my year, and now I am on the last pages. June is going to be a busy month with special events such as a Heritage Potluck Luncheon, a field trip, swimming, outdoor classroom, testing and so on. Before I know it, I will be turning the last page and closing my book to another great year in grade three. So, we're going to really enjoy the month of June and have fun learning in our final grade three days behind The Red Door. Let the festivities begin...

Gratitude, a Theme for May

Throughout the month of May, Sangudo School celebrated the theme "Gratitude". We kicked off the celebration by gathering the whole school in the gym to sing a song called, "Grateful, a Song for the World" <https://www.youtube.com/watch?v=sO2o98Zpzg8>

After the song, every student and staff member wrote something that they were grateful for on a paper ornament. We then made a big circle around the tree and each student hung their ornament on the beautiful willow tree that was set up in the gym. There were some very special heartfelt things written on the Gratitude Tree and three of these things were read during morning announcements every day. The tree has been standing in the front entrance for almost a month now and it will be coming down soon but we must remember to continue to remain grateful.





Join Us for
SUMMER 2017



For more information Contact us at:

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visit www.camptamarack.ca



JUNE



2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Jr High Zone Track Meet	2 Jr High Prom	3
4	5	6 Taco in a Bag Hot Lunch	7 Kinder Grad Photos Orders Due	8	9	10
11	12 Gr 6—9 Outdoor Education	13 Gr 6—9 Outdoor Education Pizza Delivery Date	14	15	16	17
18 	19 Gr 6 PAT—LA Part B	20 Gr 6 PAT— Math Kindergarten Grad	21	22 Gr 6 PAT— Social	23 Gr 6 PAT— Science	24
25	26 Gr 9 PAT— Social	27 Gr 9 PAT—LA Part B	28 Gr 9 PAT— Math	29 Gr 9 PAT—Science 11:30 BBQ Awards Assembly Last Day for Students	30	

SANGUDO COMMUNITY SCHOOL

