



Sangudo Community School

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T0E

○ 29

○ SEPTEMBER

○ 2017

We're on the Web!
sangudoschool.ca

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Principal's Corner

Wow! We are already at the end of September. The time sure does fly. We have had a very busy month, and students have settled in well, and the business of school is well under way. Our volleyball teams are up and running, students have already participated in a golf tournament, running club has commenced, with students heading off to Whitecourt next week for a Cross Country Run. We had another successful meet the staff evening and a month of learning has already taken place

The learning commons is set up and providing exciting opportunities for students to engage in inquiry projects and investigate the necessary skills needed for various occupations. Students are enjoying their time in the learning commons with Mrs. Moon, and are really tapping into their creativity, critical thinking and problem solving skills. Students have taken on the role of community planners developing their ideal community as well as investigating the skills and activities one engages in as mathematicians, and engineers. These are just a few of the investigations already in process with more to come.

School Council and PASS positions were voted on last night at the School Council AGM. We once again have a very dedicated and hard working group including Sherra Muldoon as Chair, Kristina Vandersteen as Vice Chair, Becky Hull as Secretary and Yvonne Lovich as Treasurer. Thank you for all the work you do and the time you invest as we work together to support and enhance student learning.

I am so excited to see all of our returning students and delighted to welcome our new students. I am very happy that you will be joining us at Sangudo. Each year brings change and we were sorry to see Miss Kingdon moving on, though we wish her all the best in her new adventure. At the same time we have to say goodbye, we also get to say hello, and welcome Miss Duplessie to our school family. We are thrilled to have her teaching our grade 2 class this year.

I am looking forward to once again working with you, our parents and community partners, staff and students. Together we support our students in quality learning environments, provide new opportunities for growth and development, as well as maintaining a continued emphasis on building the 21st century skills and competencies that will prepare our students for the future.

Hats off to the 2017-2018 school year!

Ms. McLaren



Northern Gateway
Public Schools

Be a Best-Buddy to Your Bones

MORE THAN JUST MILK

We know that dairy products like milk, yogurt and cheese help our bones to be healthy and strong.

A lot of people do not know that other foods are high in bone-building nutrients! Foods like sardines, raw cabbage, cooked spinach, rhubarb, kale, white beans, bok choy, broccoli, pinto beans, and

red beans are high in bone-building vitamins and minerals.

Try cooking pinto beans, white beans, and red beans, then blending them with a little vegetable oil and spices like garlic for a delicious hummus style dip.

Spinach and kale can both be served in lasagna, and cabbage can be

made into salad or coleslaw. Bok choy is great in stir-fries, and sardines are tasty to eat as is.

Try some of the above bone-building foods as well as well as the Banana/Orange Smoothie recipe on the right, to help your family keep their bones and healthy and strong



Recipe of the Month

Banana/Orange Smoothie

Number of Servings: 2
Prep Time: 5 minutes

Ingredients

- 1/2 cup cold milk
- 1/2 cup of cold 100% juice (orange or grape)
- 2 oranges, peeled and separated
- 1 frozen banana (cut in 1/3)
- 1/4 cup of vanilla yogurt
- 4 cubes ice

Instructions

In a blender combine all ingredients except ice cubes. Blend for about 1 minute. Insert ice cubes, and blend until smooth. Pour into glasses and serve.

Adapted from www.allrecipes.com



Did you know...

bouncing for 90 seconds everyday (30 seconds x 3 works too) can help increase your bone density? Higher bone density means reduced chances of broken or fractured limbs and decreases your chances of developing osteoporosis as an adult.

Source: www.mayoclinic.com

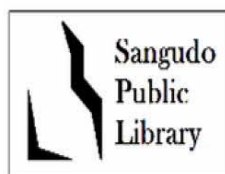
Did you know...

vitamin D is needed for your body to absorb the calcium in milk? Vitamin D is found in milk, but it is also made in your body when you are in the sun. Spending time outside can help to keep your bones strong!

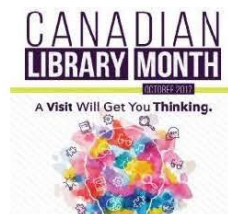
From School Milk Foundation of NFL and Labrador

Did you know... good nutrition and weight-bearing exercise help build bones and keep them strong and healthy? Bone building nutrients are calcium, phosphorus, magnesium, protein and Vitamin D. Milk contains all of these nutrients and more.

From School Milk Foundation of NFL and Labrador



October is Canadian Library Month!



PUBLIC LIBRARY HOURS FOR OCTOBER 2017

Tuesday & Thursday: 3:45 – 8:00 p.m.

Saturday: 12:00 – 4:00 p.m.

PUBLIC PATRONS PLEASE NOTE:

THERE IS NO PUBLIC LIBRARY ACCESS DURING SCHOOL HOURS

You are invited to join the Friends of the Sangudo Public Library Society for an informative meeting. We are challenged by our current space and need your ideas to ensure the longevity of our community service. We are seeking your support for the future of your library! Join us at Connections Coffee House at 7:00 – 8:00 p.m.

****The library hours that day will be 3:45 to 6:00 p.m.****

JUVENILE TRAC PUBLIC LIBRARY CARDS for Sangudo Community School Students:

Students and their families are welcome to come in to the library to renew or apply for their TRAC cards during our Public Library hours.

SATURDAYS AT THE LIBRARY: They might be super, or silly, special or scary! Come and check it out on Saturday, October 28 from 2:00 – 3:00 p.m. and find out for yourself what's happening.

HALLOWEEN, Tuesday, October 31: We'll be giving out treats (and maybe tricks!) to our Public Library visitors.

What an awesome September! It's great to be back at Sangudo Community School for another year. Students in the grade three class are very happy to be here. We started the year off bursting with enthusiasm right from the very first sound of the school bell. The children were excited to return and to see their friends again. Teachers and students walked through the doors with loads of energy; a summer's worth of laughter; new stories to share; and a desire to learn!

The grade three class spent the first week with "Getting to Know You" activities and learning about each other. Since then, we have filled our days with familiarizing ourselves with new routines, workbooks and activities. We have dug right into grade three curriculum right from the get go. So far, Science and Phys. Ed seem to be the top two subjects. The grade three's have been introduced to the proper care and feeding of Chromebooks which was something everyone was really looking forward to. Chromebook time is definitely a favourite part of our day! We are almost finished the Alberta wide Student Learning Assessments, and the HLATs are completed. The students are diving into new routines and activities with loads of enthusiasm.

We have a month under our belts now and are getting ready for fall activities and "The Halloween Month". October has peeked its head around the corner, and the glorious fall colours and the fresh crisp air start our days off with with a feeling of, "Wow! It's really GREAT to be back at school!"



Reminders

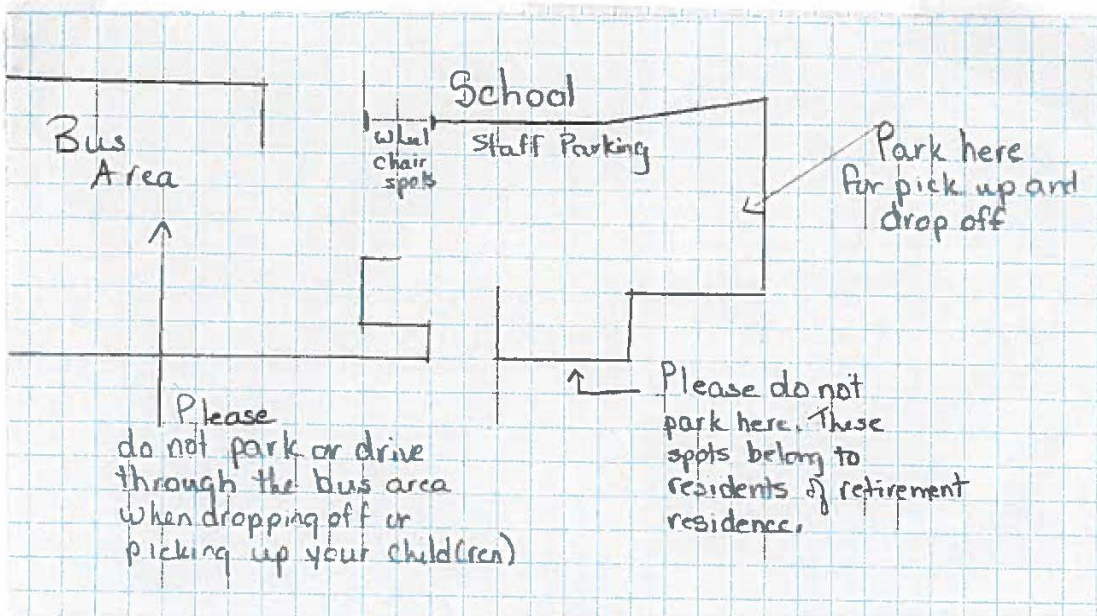


There is no supervision on the playground in the morning or after school.

Drop off and Pick up in the Parking Lot

Please be considerate and remember not to park in the retirement residence parking lot, the wheelchair spots (unless you have a permit) or staff parking spots.

Please do not park or drive through the bus area when dropping off or picking up your child(ren).



Music Club

Last year our Music Program, Mentorship Program and Music Club provided our students with an opportunity to be mentored by successful upstanding professional musicians in various specialties such as guitar, bass, and drums and of course the Christmas Concert guest performance alongside performers Chad Melchert, Travis Switzer and Mark Puffer. The purpose of The Music Mentorship Club was to introduce our students to live music, expanding their sights, giving them hands on experience in the world of artistic creativity; to show them that there is a world out there far removed from texting and tweeting; to put instruments in their hands; and to put music in their hearts. This year our focus will be to explore new music through the use of these great instruments. We will be revving up the ukuleles, dusting the summer break off the guitars, and shining up the drums to get ready for our new songs. We are happy to announce the addition of a third set of drums, an accordion, and possibly another piano on wheels to the school collection of instruments. We will be up in full swing the first week in October and are already starting to rehearse songs for the Christmas Concert. This year's Music Club has so much to offer. We are all looking forward to hearing the treasures that our students are getting ready to perform!

School Council is collecting Co-op till tapes. The collection periods are Jun 16/17 to Dec 15/17 & Dec 16/17 to Jun 15/18. Please bring them into the school or drop them off to Shelly Starman at the ATB in Sangudo.

Reminder that we can claim Barrhead & Mayerthorpe Co-op till tapes.

Terry Fox Run 2017!

Thank you to the Sangudo Volunteer Fire Department for keeping the road way safe for our students during the run!



More pictures on the school website.



Picture Day
October 5th!



*****NO CLASSES*****

There will be no classes from Oct 6 to Oct 9 due to PD days and Thanksgiving.
Enjoy the break!



OCTOBER

2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 VB Game at Fox Creek - GIRLS ONLY	3	4 Cross Country Run in Whitecourt	5 Picture Day Milk Orders Due	6 No Classes— PD Day	7
8	9 No Classes — Thanksgiving Day 	10 Pizza Orders Due	11	12 Fire Prevention Presentations for K to 6	13	14
15	16	17 Pizza Order Pick Up	18 School Council Meeting 9:00 am VB Game at SCS vs Hilltop	19 Parent Teacher Interviews 4:30 to 7:30	20 VB Tourny at Onoway	21 VB Tourny at Onoway
22	23	24	25 VB Game at Onoway	26	27 VB Tourny at Mayerthorpe BOYS ONLY	28 VB Tourny at Mayerthorpe BOYS ONLY
29	30	31 Halloween Parade 	NOVEMBER 1 VB Game at St Joes	2	3	4
						