

Sangudo Community School

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OCTOBER

2017

Principal's Corner

Well here we are with the first two months of the school year behind us and November about to begin. There has been a whirlwind of activity and learning that has taken place and the energy is high and very positive here at Sangudo.

Our entire school participated in the Terry Fox run and some of our students participated in the cross country run in Whitecourt. Others have taken part in a golf tournament and our volleyball teams are doing their best at practices and tournaments. All of this is made possible by our wonderful staff and volunteers. They hit the ground running in September and are still in high gear.

The learning opportunities have been great as well. All students are participating in the Learning commons with many activities and challenges that allow students to think critically and creatively, hone their teamwork skills and gain an understanding of how their knowledge and skills are applied in the world of work.

Keith Van de Keere has been into math classes and students are learning how to work as mathematicians - organizing their thinking and their strategies, making mistakes but continually working and looking for solutions, looking for more than one way to solve a problem, giving feedback to each other to help improve their thinking and re-organizing their thinking and refining their strategies. Ask them about how this helps their brains to grow and develop and they will be able to tell you that when things are most difficult and take the most concentration, this is when they are really learning.

Students are not the only ones that have had learning opportunities. Teachers too, being life long learners, have participated in ongoing professional development working with Keith Van de Keere in the area of math and Kurtis Hewson with a focus on the Collaborative Response Model. Lorna Hewson will be in to participate in our collaborative meetings with a focus on literacy.

We have had bus evacuation practices, fire drills and a lockdown practice, and the volunteer fire department has been in to do fire safety presentations. All of these activities serve to keep our students and staff safe while they go about their daily activities. You too can help in our endeavour to provide a safe and uninterrupted learning environment by signing in at the office when you come into the building, and not driving through the bus lane. We appreciate your help in keeping students safe.

The year is off to a good start with never a dull moment here at Sangudo.

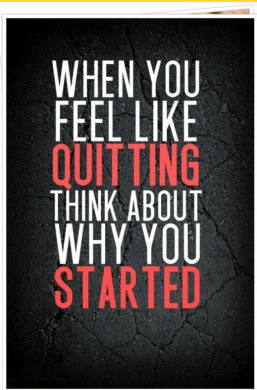
Welcome to November!

We're on the Web!

sangudoschool.ca

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Northern Gateway
Public Schools

We understand that school fees can be difficult for families who are experiencing financial hardship and believe that all students should have access to education at the lowest possible cost to the students.

Bill 1: An Act to Reduce School Fees, eliminates fees once assigned to instructional supplies and materials as outlined below:

BASIC EDUCATIONAL SERVICES

Students and families will no longer pay for services, supports and materials required for a student to meet the core curricular outcomes at a basic level as defined in the Guide to Education (Math, Science, Language Arts, Social Studies, Physical Education, Health, Art, Music).

Examples of the basic level of service include in-class instruction and supports, handouts, textbooks, workbooks, printing, photocopying, paper and fees not clearly expressed in a fee schedule nor connected to a specific good or service.

Students and families may still incur costs for **Enhanced Educational Services** like field trips and options programming and **Non-curricular Services** like sports teams and club activities.

[2017-2018 School Fees](#), Administrative Procedure 505, Appendix 1

For additional details please also see:

[Administrative Procedure 505 - Student Fees and Service Charges](#)

[Administrative Procedure 506 - Student Extra-Curricular Fees](#)

[Fee Waiver Program](#), Administrative Procedure 507

Guided by the principle that finances should not be a barrier to a child's education, Northern Gateway Public Schools will waive fees for independent students or parents/guardians if they meet certain income guidelines, are on social services or are facing exceptional circumstances. If you qualify, you may apply using the application form for a waiver of fees – Administrative Procedure 507 Appendix – [Application for Waiver of Fee\(s\) and Instructions](#).



Run Club



Run Club Grade 1 - 7
 GCAA Cross County Run in
 Whitecourt at Rotary Park.
 Winner of the 1-3 Aggregate!!
 Mrs. Erickson & Ms. Duplessie
 are so proud of their team!!!

Can't wait to running again in
 the spring !!!

Check out the website for more
 pictures!



NOVEMBER 2017 HOURS:

TUESDAY 3:45 – 8:00 P.M.

THURSDAY 3:45 – 8:00 P.M.

SATURDAY 12:00 – 4:00 P.M.

THE LIBRARY IS CLOSED THE FOLLOWING DAYS:

SATURDAY, NOVEMBER 11: REMEMBRANCE DAY

THURSDAY, NOVEMBER 23

SATURDAY, NOVEMBER 18: *MOVIE* EVENT AT CONNECTIONS! (1:00-4:00 PM)

Keep in touch with us on Facebook

and view our website at: www.sangudolibrary.ca

Jr High Zone Run—Edson

Tyler Erickson and Xander DeBock attended the Zone Run in Edson on October 11th. Tyler ran 1.5 km placing 9th out of 40 in the grade 7 division, with a time of 7.29. Xander ran 2 km in the grade 8 division with a great time of 13.02. Fantastic running boys!!!



REMIND APP

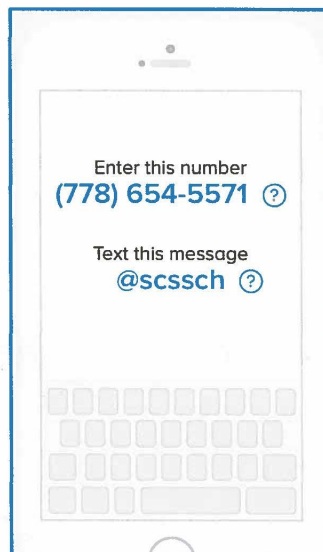
WANT TO RECEIVE FAST, EFFICIENT SCHOOL COMMUNICATION ON YOUR PHONE?

JOIN NOW AND GET INFO AND UPDATES REGARDING SCHOOL AND SCHOOL COUNCIL/PASS INITIATIVES VIA TEXT MESSAGING

Option 1. If you don't get the app you can still receive text message info, just go into your text message icon on your phone and enter the information you see below

Option 2. If you already have the Remind app, just open it up, hit the button to "join a class" and enter the code @scssch

Option 3. if you don't have the Remind app (its blue with a white cloud), but want to get it, download it in the app store, open it up and follow option 2 above.



Volleyball Update

Volleyball season is in full swing playing league games against Mayerthorpe, Fox Creek, Hilltop, Onoway and St Joes. The girls and boys volleyball team attended the Onoway Tournament on October 20 & 21. The boys team played in the Mayerthorpe Halloween Howler on October 27 & 28. It has been a great season so far with some close matches. We look forward to the GCAA tournament on November 6th in Whitecourt and Zones on November 15th, location to be determined.





2nd Annual

Stuff-a-Truck EVENT










Partnering with M B C Food Bank

Ste. Anne Natural Gas would like to once again encourage kids in our local communities to participate in our second annual **Stuff-a-Truck Food Drive** to help benefit **M B C Food Bank**. Collect non perishable items in your classroom until December 1st and you may have a chance to win a lunch party courtesy of SANG!



Most needed food and household items

These are the food and household items most urgently needed by food banks.

 Pasta (canned or dry) and pasta sauces	 Canned and frozen meats and fish	 Meat alternatives (peanut butter, soy, assorted nuts)	 Canned goods (beans, soups, and stews)	 Dairy (canned, and powdered milk)
 Canned vegetables and fruit	 Whole grain cereals	 Infant foods and baby formula	 Bathroom tissue and diapers	 Personal hygiene products

Email us for more information at:
vleifso@steannegas.com
manderson@steannegas.com

Thank you for your support!

SCS

A Bite of Health 

Mrs. Erickson

November 2017

Making the Healthy Choice the Easy Choice

Turn Off the Tube...Get Up and Move!



Did you hear?

Canada is the first country in the world to have guidelines that suggest limiting the amount of time children and youth spend staring at a screen.

These guidelines are called the Canadian Sedentary Behaviour Guidelines for Children and Youth.

The guidelines show us how truly important it is for kids to move around more often, in all kinds of ways, every day.

For elementary school aged children the guidelines recommend reducing recreational screen time to no more than two hours per day.

Some of the most common screen time activities are:

- 1) Video games
- 2) Computers
- 3) Online social networking
- 4) Smartphones/cellphones
- 5) Handheld devices like Nintendo DS

Do you or your children spend more than two hours per day using any of these items?

Studies have shown that increased sedentary (inactive) times can lead to decreased fitness, poor self-esteem, weak academic performance, and obesity.

Here are a few ideas to get your kids to turn off the tube and get up and move:

- Instead of driving your kids to school, have them walk or bike with you or their friends.
- Encourage your kids to be involved in after-school activities.
- Limit after school television, video gaming, texting and other screen time.
- Engage your kids in helping you prepare meals (giving them age appropriate tasks like washing fruit and veggies).
- Eat at the dinner table instead of in front of the television screen.
- Offer your kids some active choices for indoor and outdoor chores; change it up often, so they don't get bored with the same chore.
- After school and in the evening, encourage kids to visit with friends instead of only communicating with them online.
- Invite your kids on a walk or bike ride after dinner; aim to do it regularly so the "active habit" gets established and becomes part of the family routine.

By adding some of these ideas into your daily routine you could help your child improve their self-esteem, their fitness level and their grades.

It's a win-win!

Adapted from: Canadian Sedentary Behaviour Guidelines – Getting Kids to Move More
<http://www.healthyalberta.com/ActiveLiving/htm>

Sautéed Maple Apple Slices

Yield: 8

Portion: 1/2 cup (125 mL)

Cost per serving: \$0.40

1 – 9" x 13" baking pan

Preheat oven to 350°F

Ingredients:

1/2 cup apple juice 125 mL

2 tsp cornstarch 10 mL

2 lbs apples 1 kg

2 tsp lemon juice 10 mL

1/3 cup maple syrup 75 mL

2 tsp non-hydrogenated margarine 10 mL

Instructions:

1. Blend the apple juice and cornstarch in a measuring cup, making sure that all of cornstarch is dissolved and is not lumpy.
2. Core and slice the apples; they do not need to be peeled. Place the apple slices in the pan.
3. Toss the apples with the lemon juice to prevent browning. You may want to do this as you slice them, depending on the apple variety as some brown more quickly than others.
4. Bake for 10–15 minutes. Remove from the oven and add the maple syrup. Bake for another 10–15 minutes.
5. Stir in the apple juice/cornstarch mixture. Brush apples with the margarine. Stir well.
6. Bake an additional 15 minutes, until the sauce is slightly thickened and transparent. Stir gently to distribute the glaze over all the apple slices.
7. Enjoy!

Adapted from: Strive for 5 at School
<http://www.gov.ns.ca/hpp/publications/S45-Resource-Guide-Eng-Web.pdf>



Check out your community to see what kind of fun activity programs they have. Maybe you will find a new favorite activity!



Alberta Project Promoting active Living & healthy Eating



It has been wonderful to have Mrs. Chow join our school community for the past two years. Thank you Mrs. Chow for making our school a better place! We will miss you. Enjoy your new position at Mayerthorpe Jr/Sr High School.



Operation Christmas Child

A PROJECT of SAMARITAN'S PURSE

The leadership students would like to continue the tradition of a Shoe Box Build Party. On Monday, November 6th students will build boxes with any donations received by this date. Once again, full boxes will also be accepted, but if you would like to donate a few items to the build please have them here by noon on Monday. As in the past a small donation per box is requested to help with shipping costs. This year's shipping cost is \$10 per box so if you would like to help with a small monetary donation this would also be accepted by the Leadership Team.



2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 VB Game at St Joes	2	3 Hot Lunch Orders Due	4	
5 Daylight Savings	6 GCAA Volleyball Tournament Whitecourt	7 Hot Lunch Remembrance Day Service 1:00 pm Red/Black Day	8	9 NO CLASSES	10	11 REMEMBRANCE DAY	
12	13	14	15 School Council Meeting 9:00 am Volleyball Zone Tournament	16 Picture Retakes	17 Poinsettia Orders Due	18	
19	20	21	22 Book Fair	23	24	25	
26	27	28 Steve Harmer Presentation	29	30 Poinsettia Orders Delivered	Dec 1 NO CLASSES at SCS only	2	