

Sangudo Community School

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0 2

0 MARCH

0 2018

Principal's Corner

It is the first day of March and a winter storm watch is in effect. One can only hope that the saying, *In Like a lion and out like a lamb*, will hold true and this will be the last of the winter weather we will see for this year. The month of March has many popular dates to be remembered and celebrated including Caesar's ides of March, the spring equinox, St. Patrick's day and PI day celebrated by mathematicians. March also leads us into spring break and when we return the remainder of the year will be here and gone before we know it.

Our dinner theatre was a resounding success, enjoyed by many. I would like to extend a huge thank you to the staff, students and parents for all their hard work, time and dedication and for putting on a great show once again! A special thank you goes out to Mrs. Moon who saw her share of moments that caused a few more grey hairs and to Mr. Moon for all the work he does behind the scenes. I would also like to extend a special thank you to Matt and Jaxson Moon who are always ready to lend a helping hand and are called upon to do so quite frequently.

The Pink Shirt Day Assembly clarified for students the difference between bullying and normal peer conflict and provided a positive message of strengths and qualities each of our students has. The respect our students and staff have for themselves and one another is important to the learning community we have created. We continually work to create safe and caring spaces for your children to learn and grow.

Hockey Hooky day was a day filled with fun and learning. Though the Oil Kings did not win the game they played well. The trip to see Shrek was also a fabulous day. All students K to 9 sat entranced for the duration of the show. The Indoor Games at the Butterdome was quite the experience for our grade 3 to 6 students and they had an opportunity to compete with themselves and others and to demonstrate their determination and sportsmanship. A big thank you to the coaches for their time and dedication. It is because of you that the students have these wonderful opportunities. All trips involved long bus rides and the students were exemplary role models and representatives of Sangudo School.

The last week of March we will hold Parent Teacher Interviews as well as a STEAM Showcase. Our staff continues to motivate students to work hard and to inspire them to high levels of success. As we make our way into the last few months of school it is important to keep our focus on academic success through continued hard work. Your support is what makes it possible for all of us to work together to make Sangudo the wonderful place that it is. Thanks for your continued support. Each student, parent, staff and community member, is invaluable to our collective success.



We're on the Web!
sangudoschool.ca

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Life IS NOT
ABOUT WAITING FOR
THE STORM TO PASS
BUT LEARNING TO
DANCE IN THE RAIN
.....

Winter Walk 2018



**More pictures
on the website.
Check it out!**



As a mother of four and a Social Worker for Northern Gateway Public Schools, I am constantly reading, learning, listening and researching the best information to help me be a better parent and more effective social worker. I have pulled together from a few different articles on basic parenting advice that is simple and easy to follow.

1. LET YOUR KIDS FAIL

To learn self-sufficiency, kids need to occasionally dust themselves off (literally and figuratively) without your help. "Most parents know what their children are capable of but step in to make things easier for them," says Sheri Noga, the author of *Have the Guts to Do It Right: Raising Grateful and Responsible Children in an Era of Indulgence*. Remember: Long-term benefits trumps momentary discomfort. For example, teaching your child how to wash, dry and fold clothes is stressful, but a teenager who knows how to do their own laundry is a great thing! Before you rush in to help with any physical task, ask yourself: "Is my child in real danger?" Then apply that question to other challenges (the social studies poster due tomorrow) Does your child have the necessary skills (like dexterity and balance) or simple necessities like adequate sleep and a snack. Yes? Time to back off and see what happens.

2. ABIDE BY THE THREE RULES OF HOMEWORK

Rule #1: "Do the hardest thing first," says Ted Theodorou, a middle-school social studies teacher in Fairfax County, Virginia.

Rule #2: Put away the phone. Homework time can't always be totally tech free, but it can at least be free of text messages, Snapchat and Instagram!

Rule #3: As soon as assignments are finished, load up the backpack for tomorrow and place it by the door. This is a clear three-step process that kids can internalize, so there's less nagging from you (Yes!).

3. MEMORIZE THE ACRONYM H.A.L.T.

Think: is your child Hungry, Agitated, Lonely or Tired? I don't know about your children, but if mine are any of these things, or worse, ALL of them, I am in for a battle!

4. BE STRICT ON BEDTIME

Lack of sleep is often the culprit for difficulty listening to detailed instructions, focusing on planned activities or being slow to react to a question. It also inhibits time management and task prioritization, Dr. Judith Owens M.D. says, coauthor of "Take Charge of Your Child's Sleep". Because of this, a child might miss out on information learned at school.

5. LET THEM READ WHAT THEY WANT

Don't worry so much about what your child is reading, if comic books or what you may think is a "silly" series is what gets your child hooked on reading, it's okay! Read to your child, even if they are older. Let them see you read. Make reading part of your daily routine. Visit your public library.

6. MODEL BRAVE BEHAVIOUR

Want confident kids? They will be less likely to be easily flustered if they see you taking healthy risks. "A lot of adults won't go to a movie solo because they would be embarrassed to be seen sitting alone. So do it, then talk to your kids about it," says David Allyn, the author of *I Can't Believe I Just Did That*. Recently, I walked into the men's public bathroom, when a gentleman was using the urinal! When I told my teenager what I did, she was mortified! "Weren't you embarrassed, mom??" I answered, "Not really, I thought it was a funny mistake. No point in being embarrassed!" Maybe she will be able to giggle, instead of feeling embarrassed, when it happens to her.

7. SELECTIVE EATING BOOTCAMP

Tired of finicky food preferences? Try a few of these suggestions:

Take 3 bites before you say you don't like something.

Let your child choose their own portions, to give them some control.

Let your child help plan the menu.

Let your child help you in the kitchen, as safely as possible!

Eat together as a family, without any electronics.

Make ONE meal, not separate meals, but with several choices.

8. PAY ATTENTION ESPECIALLY TO THE ADOLESCENCE

According to a study published in *Developmental Psychology*, **14 years old** is when many kids start to resist peer influence and flex the think-for-myself muscle, rather than simply following the leader. Do you want to help strengthen that muscle at any age? Put screens aside, look your child in the eye and ask, "What's new with your friends?" This will (hopefully) give you a chance to decode what's happening behind the scenes and offer support.

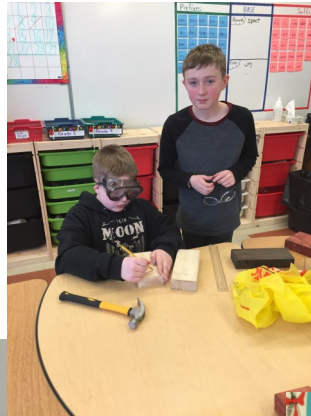
9. THE CHORE CONFLICT: IS IT WORTH THE STRUGGLE?

Even though it is more difficult at the time to persist in having children do chores, kids benefit from the experience. Research indicates that children who have a set of chores have higher self-esteem, are more responsible, are better able to deal with frustration and delay gratification, all of which contribute to greater success in school. Furthermore, research by Marty Rossman, from the University of Minnesota, shows that involving children in household tasks at an early age can have a positive impact later in life. In fact, says Rossman, "the best predictor of young adults' success in their mid-20's was that they participated in household tasks when they were three or four."

This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Division Social Worker. She is a support for schools, students, parents and caregivers to encourage success in school. Tammy advocates for students and provides a link between the student and other supports within the community. Tammy has been a social worker for nearly 20 years and is a mother to 4 children, 3 of which are teenagers.

Sources: www.parenting-ed.org; www.realsimple.com; www.parents.com; www.ahaparenting.com; www.healthstandnutrician.com; www.centerforparentingeducation.org

Grade 4/5 In February



Follow the Rainbow to a Healthy Lunch

Trying to eat a balanced diet can be difficult. SCS students have the chance to participate in the Rainbow Lunchbox Quest for the month of March. Based on Canada's Food Guide, each food group has been given its own coloured arc of the Food Guide rainbow. Vegetables and fruit fall in the green rainbow arc, grains products are yellow, milk and alternatives are blue, and meat and alternatives are red. This is a fun and easy way for kids to see which food groups the foods they eat belong to.

Each day the lunchtime leader will be checking lunches to see how many rainbow lunch boxes are in each class. If your child has all four food groups they have a "rainbow lunch." Let's see if each class can get ten healthy Rainbow lunches this month!

Adapted from: Alberta Health Services School Nutrition Guidebook



Did you know?

Sweet potatoes are very low in fat and high in fibre. Use as a substitute for potato.

Here are some ideas to keep lunches interesting:

- Freezing 100% juice boxes adds a fun snack or a nice cold drink for lunchtime. The frozen juice can also be used as a cold pack to keep lunches chilled.
- Try baked beans, potato salad or casseroles. They contain many food groups and with some rye bread can make a great lunch.
- Cut veggies for the entire week on Sunday. They will be ready to go with almost no prep time when it's time to pack a lunch.
- Thermos' are a handy tool for keeping lunch warm. Try low-sodium cream of mushroom soup with whole-wheat crackers as a cold weather meal.
- A stir-fry is a great way to introduce new vegetables. Serve with chicken/shrimp, brown rice and low fat milk for a complete meal.

Adapted from: Alberta Health Services School Nutrition Guidebook

Check out the "Strive for 5 at School" website. It is full of great healthy and delicious recipes for all seasons.

The recipe below and many others can be found at:
www.gov.ns.ca/hpp/publications/S45-Resource-Guide-Eng-Web.pdf

Winter Squash Casserole

Yield: 8

1 – 8" x 8" baking pan Portion: 1 3" (7.5-cm) piece

Cost per serving: \$0.22

Preheat oven to 350°F

Ingredients:

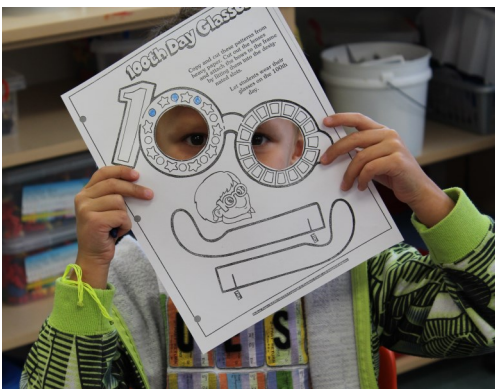
1 tbsp non-hydrogenated margarine
 2 lbs fresh squash (this will make 2 cups of squash)
 1/8 tsp cinnamon, ground
 1/8 tsp nutmeg, ground
 1/2 cup thick, unsweetened applesauce
 1/2 tsp salt
 pepper, to taste
 8 apple slices (for garnish) 8

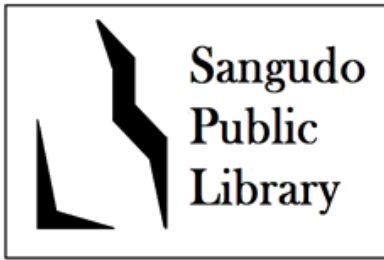
Directions:

1. Lightly grease the pan with 1 tsp of the margarine.
2. Prepare the fresh squash as below.
3. Mash the squash in a large bowl with the remaining margarine and the cinnamon, nutmeg, and applesauce.
4. Season with the salt and pepper and blend thoroughly.
5. Spoon into the pan and bake for 40–45 minutes. Cut into 8 portions. If desired, garnish each serving with a small apple slice.

Adapted from: Strive for 5 at School: A guide for promoting Fruits and Vegetables website

100 Day Celebrations





MARCH 2018



LIBRARY HOURS:

Tuesday & Thursday: 3:45 – 8:00 p.m.

Saturday: 12:00 – 4:00 p.m.

CLOSED Saturday, March 31, 2018 during Easter weekend

MARCH SPECIAL EVENTS:

The Friends of the Sangudo Public Library Society is holding an Annual General Meeting Thursday, March 8 from 6:30 – 7:00 p.m. Regular Society Meeting to follow from 7:00 – 9:00 p.m. We welcome you to join us for this meeting, with our direction to move into our NEW space this June! Share your talents and ideas, and volunteer as a member. We hold 4–6 meetings per year. Call Karen at 780-785-3431 if you have any questions.

MOVIE TIME: SATURDAY, March 17 at 1:00 p.m.: WONDER, rated PG, at Connections Coffee House. Refreshments included!



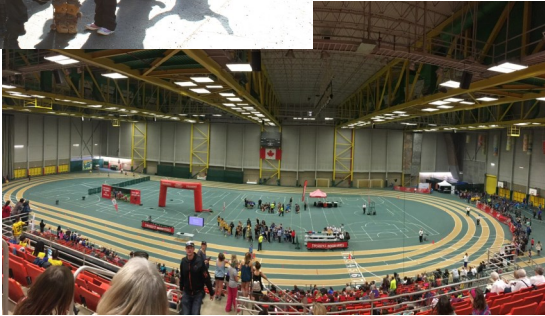
SANGUDO TALENT SHOWCASE: HELD: SATURDAY, FEBRUARY 24

Thank you to everyone who participated and attended this exciting and successful event! We are looking forward to hosting another Showcase next year! We greatly appreciate the support from Lac Ste. Anne F.C.S.S. to fund this community event.

Grade 2 Box Lunch



SCS Track Team



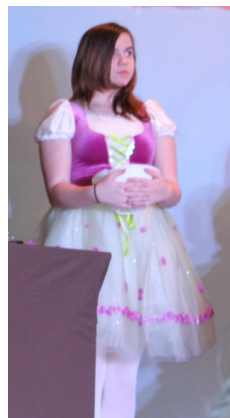
What a great experience for our students to participate in the Journal Games at the Butterdome in Edmonton. Go Team Storm!!!



Storm's the Stage



More pictures
on the website.
Check it out!



MARCH 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. Helen Keller</p>				1 Dr Seuss Day	2 	3
4	5	6	7 Skating for Gr 4 & 5	8	9	10
11 Daylight Savings Time	12	13 Jr High Track Team Journal Games	14 Skating for Gr 4 & 5	15 Skating for Kinders to Gr 3	16 NO CLASSES PD Day	17 
18	19 Rabbit Hill Ski Trip	20	21 Chris Koch Motivational Speaker	22	23	24
25	26	27	28 STEAM Showcase 1:00 to 3:00 PTI 4:30 to 7:30	29 Beef on a Bun Hot Lunch MHS Ski Trip	30 NO CLASSES Good Friday	31
APRIL 1	2	3	EASTER VACATION			7
				SANGUDO COMMUNITY SCHOOL		