



# Sangudo Community School

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○ 29

○ MARCH

○ 2018

## Principal's Corner

March has come and gone and Spring Break is about to begin. The end of the school year is in sight and we encourage everyone to continue to work hard and finish the year on a high note. Do not give up or give in to the temptation to kick back and enjoy the nicer weather and let up on your efforts toward success. The hard work will pay off in the end and the sense of pride and well-being will be worth the effort you put in to finishing the year off strong.



As the warmer weather approaches and the melting begins it is always a good idea to send an extra set of clothes to school with your child. There are some very wet and muddy areas in the school yard and accidents (or fun in the puddles) happens quite frequently. It is very unpleasant to sit in wet clothes and socks so please have a spare set in your child's backpack.

Kindergarten registration will take place the week of April 23rd. Please stop by the office to register your child. If you know of anyone that has a child that may be entering kindergarten in the fall, please let them know that registration is taking place. It is a good idea to register in the spring so we can be better prepared in the fall for our Kindergarten class.



April 25th is a day to celebrate office professionals. We are very fortunate to have Mrs. Werenka in our office. She is always pleasant and efficient as she does a magnificent job carrying out a myriad of tasks. She does everything from monitoring phones, taking care of injured and sick students, tracking attendance, answering parent and student questions, running the snack shop and the list goes on. All responsibilities that come with running our very busy school office and she does all of this with a smile and kind word for everyone. We are so very thankful to have her on our staff.

Our last Parent teacher interviews for this school year, will take place on Wednesday, April 18th. Please call the office to set up your appointment time. If you have questions about how to access your child's information in PowerSchool please contact Rene as she can answer most of your questions or set up a time to walk you through how to access the system. Also on that day, we will have our STEAM showcase from 1 to 3. Please stop by to see all of the wonderful work students have been engaged in during their makerspace time.

I hope you all enjoy the Spring Break and have a chance to rest and relax and enjoy some time with family and friends. We look forward to seeing you all again after the break.

Jo-Ann McLaren  
Principal

We're on the Web!  
[sangudoschool.ca](http://sangudoschool.ca)

### INSIDE THIS ISSUE:

- Dr Seuss 2
- School Council Meeting
- Behind the Red Door 3
- A Bite of Health 4
- Track Teams 5
- Public Library News 6
- Gr 4/5/6 Die Tie Eggs
- Registration 7
- Rabbit Hill Ski Trip 8
- Milk Program
- Calendar 9



# Happy Birthday Dr Seuss

PAGE 2



## School Council and Parent Association Meeting Invitation

We would like to extend an invitation to our School Council and Parent Association Meeting

**Where:** Sangudo Community School

**When:** April 11, 2018

**Time:** 9:00 to 11:00 AM



**We are excited to See You There!!**



SANGUDO COMMUNITY SCHOOL

March definitely came in like a lion! We started off with wild weather for sure. And just like wild March, grade three has been a busy month. Our class has been very creative building Leprechaun Houses for the Leprechauns' overnight stay on St. Patrick's Day as part of our Science and Social Studies units. The little fellows did show up and caused a ton of mischief by mixing up desks and rearranging the furniture in the Leprechaun Houses. There was even evidence that they stayed overnight in the houses because the beds were unmade and looked slept in. I'm sure they enjoyed their stay because they left lots of gold for the students. Unbelievable! Check them out. They will be in the hallway for a couple of weeks, yet.

We also had a St. Patrick's Box Lunch in the grade three class where the students shared a lunch made for two. There were some very interesting and green lunches that day. The green lunches were a "good" green, tho. No one turned green from eating them.

We have had a visit from Chris Koch who is a motivational speaker. He inspired the students and staff at SCS with his wonderful stories and his amazing attitude. It was a pleasure to have him come and talk to us. I have some very inspired, motivated grade three students in my room now.

We've also had Keith Van De Keere (Mr. Keith) visit us and work on adding one and two digit numbers using the number line. He has left us with some really fun activities to work on in math class.

Our reading focus this month is Roald Dahl's BFG. We are reading it as our class novel study. What a great story. It's even more fun sitting in the big black cave reading it by candlelight. We are all looking forward to having the "Snozzcumber Movie Party" at the end of the book where we will watch the movie and compare it to the book (and quite possibly nibble on a snozzcumber or two).

As for science, our next big project will be to study the different types of bridges and then actually build a bridge using popsicle sticks. You can always tell when it's spring at SCS, because the grade threes start building bridges as soon as the snow starts to melt and the geese come home. Yes, good old March definitely came in like a lion, but it looks like it's going to leave us like a lamb, and what a great way to exit...

See you soon April...





## Get Cracking with Eggcellent Ideas!

Source: [www.eggs.ab.ca](http://www.eggs.ab.ca)

### Did you know...

- That eggs are low in saturated fat and do not contain any trans fat.
- Each egg has about 70 calories of nutrition and goodness!

### Good News About Eggs

For years we have known that eggs are an excellent source of protein and a solid source of 14 essential nutrients, including iron and Vitamin D. Now, there's more good news. Eating eggs regularly can also be part of a heart healthy diet! <sup>1</sup>

For some fun ideas of things you can do with eggs during the Easter season see the Alberta Egg Producers website at: <http://eggs.ab.ca/> The section on "Kids Stuff" has eggcellent recipes and eggceptionally fun ideas of things you can do with your family.



### A Little About Hens and Eggs

The average laying hen today naturally produces more than 280 eggs a year - that's about one egg every 1½ days. Hens begin egg production at five to six months (19 weeks) of age and continue to lay for at least 12 months.

Brown eggs come from brown hens and white eggs come from white chickens. However, there is no difference in the nutritional quality of the eggs! All eggs are an excellent source of protein, which help build strong bones and improve the immune system for your children.

Eggs are part of the Meat and Alternative Food group and 2 eggs equal 1 serving.

**Cooking with your child will provide the entire family with fun and healthy cooking habits.**

**Modeling how to have an active and healthy lifestyle is crucial if you want your child to be eggtraordinarily healthy. So get cracking with your family!**

 Alberta Project Promoting  
active Living & healthy Eating

### Recipe of the Month

#### Eggs in a Jiffy

Serves: 4

#### Ingredients

- 2 eggs
- 2 tbsp (30 mL) of milk
- \* Pinch of dried basil or Italian seasoning, salt and peper.
- 2 tbsp (30 mL) shredded Cheddar cheese
- ½ tsp (2mL) chopped parsley (optional)

#### Instructions

1. In microwaveable mug, beat together eggs, milk and seasonings. Cover loosely with plastic wrap, turning it back slightly to vent.
2. Microwave on MEDIUM-HIGH (70% power) 1 to 1-1/2 minutes.
3. Remove plastic and stir. Sprinkle with cheese and parsley; cover and let stand 1 minute.

#### Suggestions

- For a complete meal, add 1/2 cup (125 mL) chopped cooked vegetables to basic recipe, and serve with whole wheat toast and a glass of milk.
- For a breakfast on the go, cut a whole wheat pita bread in half and spoon egg mixture in both pockets.
- Option: After beating eggs, add any of the following: chopped green onion, or chopped green, red or yellow peppers, or chopped cooked vegetables or meats.
- Substitute shredded mozzarella, Monterey Jack, Colby, or Swiss cheese for Cheddar cheese.

# Jr High Track Team



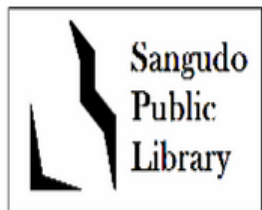
The Jr High Track Team competed at the Butterdome in Edmonton on March 13th. They did such a great job. Well done Jr High students!!!

The mixed track team competed on March 17, finishing fourth overall out of 89 teams. The team thanks coaches Ms. Duplessie, Mrs Erickson and Becky Hull, for all your time organizing and training.

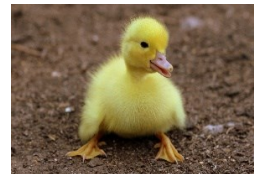
We look forward to competing again next year.

# Mixed Elementary Track Team





# APRIL 2018



## LIBRARY HOURS:

Tuesday & Thursday: 3:45 – 8:00 p.m.

Saturday: 12:00 – 4:00 p.m.

**MOVIE TIME:** SATURDAY, April 21 at 1:00 p.m.: **FERDINAND**, rated PG, at Connections Coffee House. Refreshments included!



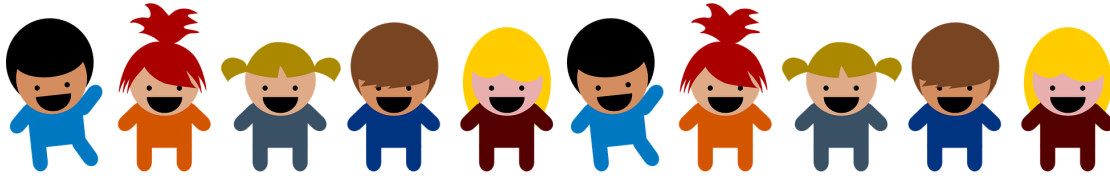
Follow us on Facebook and on our website at: [www.sangudolibrary.ca](http://www.sangudolibrary.ca)

## Grade 4/5/6 Tie Die Eggs





# Kindergarten Registration



**Sangudo is now accepting Kindergarten Registrations**

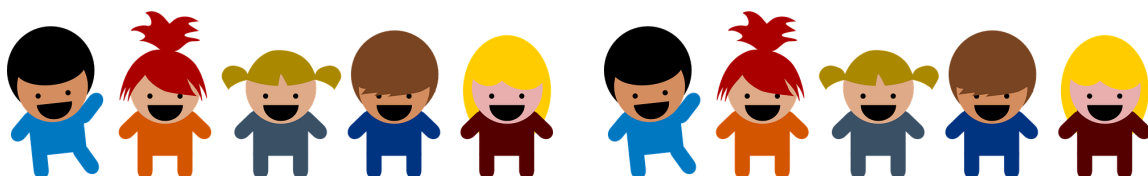
For the  
2018-2019 School Year  
If your child will be 5 by December 31, 2018  
Please contact the school  
At 780-785-3431  
Or come in and  
Register your child for **Kindergarten**

**\*\*\* Please bring a copy of your child's birth certificate**

**Sangudo is now accepting Play School Registrations**

For the  
2018-2019 School Year  
If your child will be 3 or 4 by December 31, 2018  
Please contact the school  
At 780-785-3431  
Or come in and  
Register your child for **Play School**

**\*\*\* Please bring a copy of your child's birth certificate**



# Rabbit Hill Ski Trip 2018!!!



## Milk Program




The current milk session ends on March 29th. New forms will be sent home after the Easter break. A special thank you to Ms. Duplessie's mom Sherry Duplessie for volunteering her time to pick up the milk in Edmonton each week.







# 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3	4 EASTER BREAK	5	6	7
8	9 First Day Back	10	11 School Council Meeting 9:00 am	12 Make Up Beef on a Bun Hot Lunch	13	14
15	16	17	18 STEAM Showcase 1:00 PTI 4:30 to 7:30	19 Pancake Hot Lunch & PJ Day	20	21
22	23	24 GCAA Jr High Badminton Tournament	25	26 Twin Day	27	28
29	30	1 MAY	2	 <p>BE A PINEAPPLE: STAND TALL, WEAR A CROWN, AND BE SWEET ON THE INSIDE</p>		
 <p>Northern Gateway Public Schools</p>						