



Sangudo Community School

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○ 28

○ FEBRUARY

○ 2017

Principal's Corner

Hello Parents, Guardians and Community Members,

Although the circumstances are unfortunate it is nice to be back at SCS for a short time. While Ms. McLaren is away I am happy to be able to fill in and help staff and students keep things "on an even keel". As always SCS is a beehive of activities. In the past three days students have taken part in the Winter Walk, skating and drama practices. In the near future there will be badminton tournaments, a dance and the drama production, although the last has now been postponed. For parents there will be report cards and Parent/Teacher Interviews. Hopefully we will see many of you there.

L. Oates

We're on the Web!
sangudoschool.ca

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Winter Walk 2017



What a fabulous way to end the month of February!

F.E.A.R.

has two meanings -

Forget Everything And Run
OR
Face Everything And Rise

The choice is yours.

Behind the Red Door

Wow! The second month in 2017 has been a fun-filled February! It's been an "all in" month to say the least. The grade three class has taken part in a school-wide bullying awareness afternoon; celebrated 100 Days of School; had a Valentine's Party; and dressed up for "Pink Shirt/Pirate Day". We were all very excited about the Book Fair and did our share of shopping. On top of all the extra-curricular activities, we are well on our way to learning the multiplication tables and adding three digit numbers with regrouping in math. In social studies, we are going to be studying world culture through our own heritages, and we will be busy building bridges and "leprechaun sized" leprechaun houses out of recycled materials for science. Literacy has brought us super projects such as Narrative Writing assignments and got us filling our "Dream Jars". We have been reading BFG as a novel study inside the big black cave in our room. We had "Portfolio Share" with our parents and drank BFG's favourite green fizzy Frogscottle. Overall, it's hard to believe that we have passed the 100 Day milestone for this year and we are now definitely feeling spring snap at our heels. So, once again, we will be keeping a close watch on what happens in March. The children at SCS will soon find out if the old saying is true for 2017, "In like a lion, out like a lamb"

And in the words of the BFG, we wish all you human beans phizz-whizzing month and may all your zozimus be awesumptious and we hope you're not to muggled with what we are trying to say. Have a Whoopsy wifflin month.

Happy Spring from Behind the Red Door.





School Name
MMM/DD/YY

Healthy Lunches

Eating Well with Canada's Food Guide uses a rainbow to represent the four food groups. Each food group has been given its own coloured arc of the food guide rainbow.

Vegetables and fruit is the green rainbow arc – try to eat at least one dark green and one orange vegetable each day. Enjoy vegetables or fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than juice.

Grains products are the yellow arc – make at least half of your grain products whole grain, each day. Choose grain products that are low in fat, sugar and salt.

Milk and alternatives is the blue arc – drink skim or 1% milk every day, and choose lower fat milk alternatives.

Meat and alternatives is the red arc – have meat alternatives such as beans, lentils and tofu often. Eat at least two food guide servings of fish each week. Select lean meat and alternatives that are prepared in little or no added fat or salt.

Check your family meals. Do you have rainbow lunches? What about breakfast and dinner?

Adapted from Health Canada
<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/count-maximum-eng.php>



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

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

Recipe of the Month

Pita Pizza

Ingredients:

- 1 Whole wheat pita
- 2 Tbsp Spaghetti or pizza sauce, low sodium
- 3 Tbsp Mozzarella cheese, reduced fat, grated
- ¼ Cup Toppings of choice
Example: mushrooms and lean ham

You can choose any pizza toppings you like. Examples: chopped green pepper, onion, tomatoes, mushrooms, pineapple, cooked meat (beef, ham or chicken)

Directions:

1. Turn oven on to broil.
2. Flatten the pita bread and spread tomato sauce onto the pita.
3. Spread toppings onto the pita and sprinkle cheese on top.
4. Put the pita on a baking sheet and put it in the oven for about seven minutes until the cheese is melted.

From: <http://www.healthyalberta.com/recipes.htm>

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

The recipes can be found at:

www.gov.ns.ca/hap/publications/S45-Resource-Guide-Eng-Web.pdf

Scholastic Book Fair!

Thank you to everyone; students, teachers, parents and all of the wonderful volunteers that helped us make our Book Fair a great success. We appreciate all of the support from Sherra Muldoon and the Parent Association for their collaboration, communication and volunteer help. Thanks to Andrea Perrin and Pit Stop for the plastic bags and display hangers. Thanks as well to Mrs. Werenka for her daily help and announcements. We had product sales just under \$4000.00! Some books were purchased for the school from this sale, and we have a credit of approximately \$2000.00 to work with for the future!



Congratulations to all the prize winners, including our two "Pirate" costume winners, Anna Briand and Sloane Shukalek as well as Tyson Steiger and the Playschool class that won the Family Event and Classroom draw for \$25.00 each. For the chocolate coins buried in the Pirate jar, Keenen and Victor split the contents and gathered up a poster and other goodies from the fair as well. Great participation everyone!

School-Wide Reading Challenge!

The challenge continues *until the end of March* to see who will win an Ice Cream party. Any reading time will count; you just need to have the slips signed. With the Book Fair done, new books will be added to the collection and more slips will be tallied!

Mini Handball Jamobree

Once again Grade 3-6 students have been invited to attend the Jamboree in Mayerthorpe on April 8th. It is a great way for students to meet other students from across NGPS and enjoy a day of sport, sportsmanship and friendship building activities. Deadline for registering is March 9. Please make sure the paperwork and money is in to the office by this date. There are no after school practices as it will be reviewed in gym class and at lunch hour closer to the event.

Run Club is looking forward to the Fallen Four Run in JUNE!
Early Registration is available now.



Whitecourt is keeping our community moving...

JUNE 3

KIDS MARATHON, 5K & 10K

5K & 10K take place in town and on the trails so run alongside your friends!

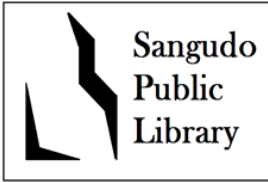
START & FINISH FROM THE ALLAN & JEAN MILLAR CENTRE, EVENTS START AT 9AM.

REGISTRATION FEES	KIDS	5K	10K
Early Bird until April 1	\$10	\$25	\$30
April 2 - May 28	\$10	\$35	\$40
May 29 - Race Day	\$20	\$45	\$50

Register online through the Running Room. Search for 'RUN 4 FUN WHITECOURT'

Kids Marathon trackers will once again be available through the school's Walking/Running Clubs or online at www.whitecourt.ca this spring.

For more information, go to www.whitecourt.ca.



SUPPORT YOUR PUBLIC LIBRARY!!

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Annual General Meeting: Thursday, March 9 at 7:00 p.m.

Please consider joining us for this meeting, sharing your talents and ideas, and becoming a member of the Friends of the Sangudo Public Library Society. We need you to help us make a difference in our community to ensure the legacy of our library continues. Please contact Karen Visser at the library if you have any questions.

Pirates Plunder with guest Artist Jacquie Paul:

Thanks to Jacquie Paul who provided her artistic flair before our Bookaneer Book Fair! Everyone had a lot of fun! We hope to have her back for more program sessions. Our thanks to Lac Ste. Anne County FCSS who provided grant monies in support of this program.

Pajama Story Time: Is Spring on its way?

Tuesday, March 14 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, songs, crafts and snack. Please Pre-Register. Limit of 12.



2017 PUBLIC LIBRARY: Afternoon/Evening Hours:

Tuesday: 3:30 – 7:00 p.m.

Wednesday: 3:30 – 7:00 p.m.

Thursday: 3:30 – 7:00 p.m.

****Daytime Hours: 9:00 – 2:30 Monday to Friday: closed 11:45 – 12:15 for lunch****

MINECRAFT EDU:

MineCraft EDU computer and Lego program will continue to run on Wednesdays from 3:30 to 5:30 p.m. ½ hour time slots are available for sign up.

GAMES NIGHT: Come to Games Nights on Thursdays, from 5:30 to 7:00 p.m. Come and play some of our games: Ticket to Ride, Pandemic, Settlers of Catan, Jenga & many more!!

Keep in touch with us through our Facebook page and watch for our [new website](#) coming soon!
<http://www.sangudolibrary.ca/>.

Sangudo Community School Fundraiser by PASS

Vegetable & Flower Garden Seeds

- February 21** Fundraiser begins
- March 9** Money & order forms due back to school
- March 16** Pick-up date from school for orders

Fundraising proceeds go towards classroom enhancements & bussing

This is an ideal opportunity for anyone who is considering planting a vegetable or flower garden (large or small) to purchase a variety of seeds ranging from flowers to vegetables and renewable coco starter soil as well as Gift Wrap that grows!

Call Kristina at 780-265-5545 or the school at 785-3431



ALL SEEDS
CANADA #1

NON-GMO

Our school has started a monthly health and wellness challenge. To kick things off, we started February with the challenge to “Get Your Heart Pumping!” Every morning we announced physical activities to be completed, including squats, jumping jacks and push-ups. Every class was encouraged to participate. Our next month is about raising awareness for nutrition. We will be making “The Rainbow Connection” to help increase the amount of vegetables and fruit that children and youth eat each day. Each teacher is encouraged to integrate this into their classrooms to promote healthy eating. Every morning, there will be informative announcements promoting rainbow foods. Check out our health and wellness bulletin board outside of the Gym.

Visit the website <https://appleschools.ca> for ideas for family fun physical activity.



APPLE Schools Resources

Username: apple
Password: shf2011



Jr High Badminton

Jr High tryouts are starting next week and practices will run Mondays and Wednesdays. If you wish to join the team and can only attend one practice day, please discuss with Mrs. Moon and arrangements can be made. Strong practice plans and training schedule are being made to bring home the banner this year for Team Storm! Get ready to work hard and have fun! Practice ends at 5:00, please ensure your child has a ride available. SCS will be hosting a tournament once again this year on March 28th. As well, they will be attending a tournament in Onoway on April 11. It should be a great season!

100 Day Celebration





HOCKEY Game

Students vs Staff Hockey Game

MARCH 9th 2017
Sangudo Arena

Puck Drops 6:30 pm

50/50 & Concession

Come cheer them on!!!

MARCH 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Kinders start 3 days a week Skating for K & Gr 9	2 Dr Seuss Day 	3	4
5	6	7 Hot Dog Day	8 Skating for K & Gr 9	9 Students vs Staff Hockey Game 6:30	10 NO CLASSES PD Day	11
12 Daylight Savings Time	13	14	15 School Council Meeting 5:00pm	16	17 Spring Fling Jr High Dance 	18
19	20	21 Chicken Fried Rice Hot Lunch	22	23	24 SCS ONLY NO CLASSES	25
26	27	28 SCS Jr High Badminton Tourney	29 PTI 4:30 to 7:30	30	 <p>SOMETIMES WE NEED SOMEONE TO SIMPLY BE THERE. NOT TO FIX ANYTHING, OR TO DO ANYTHING IN PARTICULAR, BUT JUST TO LET US FEEL THAT WE ARE CARED FOR AND SUPPORTED.</p> <p>HEALTHYPLACE.COM</p>	
					SANGUDO COMMUNITY SCHOOL	