



COUGAR NEWS



November 15, 2018

No. 3

Clavet School

ADMINISTRATOR'S MESSAGE

November typically signals the completion of the fall sporting season and the beginning of the winter sport and activity seasons. Congratulations to the Cross Country team on winning the school's first team provincial championship. The football team had another successful season, winning the provincial gold medal in a tightly contested match. They traveled to Wakaw for the contest and it was very well attended. The teams exchanged touchdowns for most of the first half as the players grew accustomed to the field conditions and their opponents. They finished the first half with the Cougars down 34-32, but Clavet stormed back in the second half and won the championship with a score of 56-34. Thanks to all who made the trip to cheer on the team. The senior girl's volleyball team will compete in the provincial championship this weekend as the school hosts the event. Thanks to Mr. Reinhardt for all of his work in preparing to host. This is a great opportunity to showcase our school and our community and we are looking forward to an exciting weekend of competition. Thanks to all of the volunteers who have already committed to helping out. The senior musical group is working hard to prepare for their annual performance. They will be presenting their version of Spamalot on December 10-12.

Congratulations to all of the fall senior and junior teams on their performances and development throughout the season. Thanks especially to the coaches and activity supervisors for your willingness to volunteer your free time to provide these additional opportunities for our students. We know that the lessons the students learn in their classes are important, but the memories that they forge through extra-curricular opportunities are cherished.

The official start for the senior basketball season is Monday, November 19th. Most of our junior teams will begin at the same time or shortly after. Please monitor the announcements posted on our website for updates. Thanks to the community members who have taken a lead role in coaching these teams. November also signals the distribution of the first report cards of the year. We encourage the ongoing dialogue among teachers, students and parents in addressing the needs of all learners. I hope you had a chance to begin that conversation with the interviews held last month. Hopefully, this month's report cards will provide additional information on progress to date, and on steps towards the next learning goal.

We have already begun to see more winter-like temperatures. There are invariably days throughout the winter during which weather conditions prevent the safe travel of the students on the school division's buses. Please note that even when the buses are cancelled, parents are welcome to transport their children to school. This seems to be more of a challenge for our grade 7-12 students. If we don't have enough students in the classes for new instruction, it is a great opportunity for students to get some individual support.

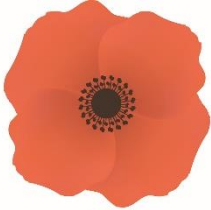
Enjoy the winter. Le



EXTENDED LEAVE OF ABSENCE FORM - If your child will be away from school for a period of 5 days or longer, an Extended Period of Absence Form must be filled out. Teachers will fill out this form with homework, exams, and assignments that will be missed. The form is then signed by a parent and returned to the office.



REMEMBRANCE DAY CEREMONY



REMEMBRANCE DAY
Left We Forget

Our Remembrance Day Ceremony was held on Thursday, November 9 at 11:15 a.m. We would like to take this time to thank everyone who helped make this year's ceremony a great success. The ceremony was organized by parents (Jodi Gray and Yolanda Heuchert), teachers (Cameo Rempel and Eric Walker), and a student (Morgan P.). Our guest speaker, Crystal Marshall, gave a powerful speech. Her personal experiences were a powerful reminder of the close connections that many students in the community have to the military and war. Crystal also spent time talking in a smaller setting to a few elementary classrooms. Teachers were extremely appreciative to have a parent come in and share. Our community has so much knowledge and teachers were really happy to access some of it. The SCC working hard to help the school make these meaningful connections to the community. School is looking for more parent and community members to take leadership like this. Thank you also to all of our students who helped out with our service. This includes those that laid wreaths, set-up, cleaned-up, and the Cadets: Layton L., Austin M., Caitlyn F-W., and Seamus Q. There are was a short video played where Clavet students ranging from grades 1-11 were asked two question:

1. Why do you wear a poppy?
2. What does Remembrance Day mean to you?

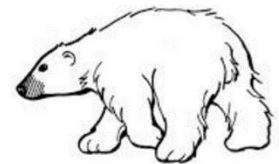
The students' answers were so varied and all so thoughtful. You might be interested to hear what your child says in response to these questions, and they might be interested to hear your thoughts.

Clavet School

WINTER RECESS GUIDELINES

Clavet School has established the following temperatures as a guideline for winter recess time. We would like all students be dressed properly (winter jacket, ski-pants, toque, mitts, boots etc.) as we try to go outside as much as possible. Many students ask to go outside even when temperatures dip low. The temperatures are based on Environment Canada's temperature of Saskatoon.

- -26 °C and warmer – everyone outside
- -27 °C to -39°C – All students dress up and run to shack and back or be a part of Polar Bear Club
- Polar Bear Club - only those dressed properly will have the option to stay outside with teacher supervision
- - 40 °C and colder – everyone is to be indoors



Sleds: need to be soft foam and they usually have a thin layer of plastic on the bottom. No hard plastic will be allow for student safety.

CLAVET SCHOOL PRESENTS THE MUSICAL:

Clavet School presents the Broadway hit musical, Spamalot! We will be having a dinner theatre with a medieval feast on Monday Dec. 10th, tickets are \$25.00. Please see Mrs. Dyck if you want tickets. Tuesday Dec. 11th there will be another performance starting at 7:00 pm. Tickets will be for sale at the door. Doors open at 6:30 pm. Adults \$8.00, students \$5.00, children 5 and under are free. There will also be a concession.



Spare and Regular Bus Drivers needed in your community

A Prairie Spirit Bus Driver:

- Receives free training; licensing fees covered
- Could take their young child along on route
- Enjoys daily contact with students
- Supports the local community

Please contact the Prairie Spirit Bus Garage
(306) 374-2496 or info@spiritsd.ca
for more information about
this flexible opportunity.



**PRAIRIE SPIRIT
SCHOOL DIVISION**

www.spiritsd.ca



**PRAIRIE SPIRIT
SCHOOL DIVISION**
Learners for Life

Communication Protocol for Parents/Guardians

If a parent has concerns or questions about an issue at school, they are asked to follow this communication process:

1. The classroom teacher is to be the first person to hear and address any concerns from a student or parent.
2. If the issue cannot be resolved with the teacher, the Principal is to be contacted.
3. If the matter remains unresolved, the parent may request a meeting with the Superintendent.
4. If the matter remains unresolved, the parent may request a meeting with the Director of Education.
5. If the matter remains unresolved following communication with the Director, the parent may submit a written appeal to the Board of Education.

The SRC Christmas Dinner

will be held on December 21st for students in grades 7-12. Traditionally, it has been the grade 7 parents who are asked to help cook the turkeys and help prepare the meal at the school. However, if you are the parent of a grade 8-12 student who would be able to cook a turkey or work a shift in the kitchen, please email Angie Davies at angie.davies@spiritsd.ca. Thank You!!



France Travel Group 2020



The France Travel Group is planning an 11-day trip to France and London, England during the Easter break of 2020. Our group (currently made up of twenty two Grade 9, 10, and 11 students) is hosting a few fundraisers to try to off-set the costs of travel. If you are interested in purchasing anything from the fundraisers below, please feel free to contact Michelle Brochu at the school (306-933-1022) anytime to get a list of trip participants that you can support.

Our current fundraisers are:

1. **Spring Rolls** – Orders due Friday, November 16, 2018
 - Spring Rolls are made locally – include choice of regular, spicy, and gluten free options. **Allergy Aware:** spring rolls are made using oyster sauce for anyone who has a seafood allergy
2. **AVGEN Gift Cards** – Orders due Friday, November 23, 2018
 - Offering a variety of gift cards that can be purchased in different denominations just in time for Christmas! Options include everything from restaurants to grocery stores to clothing or bath product stores.
3. **Peak of the Market Vegetables** – Orders due Monday, November 26, 2018
 - Vegetables are grown in and shipped from Manitoba; options include two different sized bundles (\$12 or \$22) – vegetables included in the bundles: \$12 option:
potatoes, carrots, onions \$22 option:
potatoes, carrots, onions, parsnips, cabbage
 - Fresh vegetables will be delivered mid-December

Thank you in advance for your support!

DATES TO NOTE

NOV. 13	QUADMESTER II BEGINS (GR. 7-9)
NOV. 19	GR.10-12 REPORT CARDS
NOV 19-23	GRADE 12 WORK ED
NOV. 30	GR. K-9 REPORT CARDS
DEC. 13	DIVISION WIDE WINTER BAND CONCERT
DEC. 18	K-6 CHRISTMAS CONCERT
DEC. 21	7-12 CHRISTMAS BANQUET
DEC. 21	LAST DAY OF CLASSES
DEC.22-JAN. 6	CHRISTMAS BREAK – NO CLASSES
JAN. 7	CLASSES RESUME

COMMUNITY NEWS

We are now accepting applications for **SUBSTITUTE CARETAKING help**. In order to maintain our school building to the highest possible standard, we require substitute caretaking help in our school. If you are interested in working on a casual basis, please contact Brian Matisz, Principal at 306-933-1022 or Randy Willms, Caretaking Supervisor at 306-683-2916, as soon as possible for more information. Students, parents and community members are welcome to apply!!



The Annual Clavet Christmas Craft Sale



will be held
November 18, 2017
Clavet Hall 10 am – 3 pm
All items handcrafted

Baking boxes, lunch & dessert sold by Clavet United Church
Free Admission

Contact: Linda at 931-1074 or Email:

hlfilson@sasktel.net

For table rental

Alliance Kids Plus Insurance Information



The main website at kidsplus.ca will continue to be available for parents to purchase coverage, access claims forms and full plan information online. Additionally, for 2018 we've decided to take our mission to be green one step further by discontinuing distribution of all Kids Plus™ Notices (Brochures) to reduce our overall paper use. These changes are part of our ongoing commitment to continuously provide superior and meaningful service to our partners and clients while reducing our impact on the environment.



The Importance of Being an Ally.

"[allies] are some of the most effective and powerful voices of the LGBTQ+ movement. Not only do allies help people in the coming-out process, they also help others understand the importance of equality, fairness, acceptance and mutual respect" (GLAAD, 2007)

What is an Ally?

An ally is any person who upholds the rights of all people regardless of their sexual orientation, gender identity, and/or gender expression.

How Can I be an Ally?

An ally supports all people, regardless of their gender identity, gender expression, and/or sexual orientation. This includes speaking out against and challenging homophobia, biphobia, transphobia, and heteronormativity.

Putting Your Allyship into Action

- Educate yourself. The first step is to educate yourself on sexual orientation, gender identity, gender expression, and individual experiences of being LGBTQ2S. Language and terminology are constantly changing, so keep your knowledge up to date.
- Display your support openly and proudly. Wear buttons and display rainbow flags and symbols. This will let people know that you are a safe person to talk to. It will also show others that you support a healthy and safe workplace for all gender identities, gender expressions, and sexualities.
- Refuse to participate in homo/bi/transphobic jokes or discussions. Phrases such as "that's so gay" or referring to someone as an "it" are very offensive. If you hear inappropriate things like this in any space, say something or report it to an authority figure. Remember that silence often means acceptance, and taking a stand against negative behavior goes a long way in creating a safer space.
- Do not make assumptions. Not everyone is heterosexual and presuming that everyone is, creates an environment of isolation and alienation. Likewise, when encountering people, do not use stereotypes of femininity and masculinity to "guess" someone's sexual orientation or pronouns.
- Practice inclusion. Clearly mark spaces as safe and accepting of LGBTQ2S people. Also, practice inclusion in everyday life by using gender inclusive language, and not making assumptions about gender or sexuality (eg. asking someone you assume to be female about their boyfriend).
- Be careful not to "out" others. If someone confides their sexual orientation or gender identity to you in private, keep it a secret. Not everyone wants their personal lives to be known by others and it is important to respect that privacy. Remember, this person confided in you and it's your job not to break their trust.
- Participate in community events. Go to Pride events and other causes and discussions related to gender and sexual diversity. Your voice and presence as an ally is a very powerful statement—keep it loud and proud!
- Be an advocate for change. Stay up-to-date on LGBTQ2S causes and issues. Get involved in committees, go to public discussions, and attend protests. Write to your elected officials and educate yourself about what is going on.
- Encourage others to become allies. Be vocal about why you are an ally. People may ask questions like: "If it doesn't affect you then why do it?" and "Aren't we all already equal?" Practice your answers and be brave in engaging in difficult conversations.
- Know your own limits as an ally. It is better to admit you don't know something than to make assumptions or say something that may be incorrect or hurtful. Remember that the experts on LGBTQ2S issues are LGBTQ2S people and it is their voices that you should be amplifying as an ally. Know when it is appropriate for allies to speak, and when it is time to take a step back.

Clavet School Nutrition Program



Nov 2018

Good nutrition
supports
healthy learning!!

Healthy Breakfast snacks

available 5 days a week at no cost for grades K-12 and are ready to pick up as soon as students get off the bus. There are 3 tables setup: 2 in the elementary wing and 1 upstairs in the high school wing outside the servery. Student baked healthy muffins are now also available for breakfast.

Additions to the Servery

Mondays

Homemade Soup - \$2

Sandwiches - \$2

Soup and Sandwich combo - \$3

Wednesdays

*Alternating Sloppy Joes or Pulled Pork
or Chili on a bun \$2*



A Thank You poster was made by the creative Grade 3 class.

Thanks to the Stonebridge COOP
for their continued support



Home & School

CONNECTION®

Working Together for School Success

December 2018

Sponsored by your School Community Council

SHORT NOTES

Put memory to work

Many card games build working, or short-term, memory. This kind of memory lets your youngster remember and use information he learned recently. Play Go Fish or Crazy Eights together. By keeping track of which cards have been played, your child will make better moves!

Taking the lead

You may have heard the phrase "a born leader." But leadership skills, such as speaking up and taking initiative, can be learned. Encourage your youngster to practice during group projects. For example, she might suggest a way to divide up tasks or offer to give the introduction during the group's class presentation.

Busy parents can volunteer

Whether you have a little time or a lot, you can pitch in at your child's school. Ask teachers and PTO or PTA officers for ways to volunteer that fit your schedule. Maybe you'll listen to students read for 20 minutes during your lunch break or compile families' book catalog orders on the weekend.

Worth quoting

"If opportunity doesn't knock, build a door." Milton Berle

JUST FOR FUN

Q: What does Wednesday have that no other day of the week has?

A: The letter W.



Smart discipline

Disciplining your child is all about guidance. You're training her to follow rules and behave in an acceptable way—without your nagging or yelling. Consider these strategies to make discipline easier and more effective.

Stay positive

Rather than telling your youngster what she can't do, try explaining what she can do. Instead of "Don't shove your brother," you might say, "Keep your hands to yourself, and politely ask Billy to move out of the way." Giving your child clear instructions will inspire her to cooperate.

Watch body language

When you correct your youngster, speak face-to-face rather than calling to her from across the room or another part of the house. You could get down on her level, gently touch her shoulder, and speak softly. Sensing that you're in control of yourself will keep her calm so she focuses on what you're saying.



Be consistent

If your child breaks a rule, announce a consequence right away. This helps her see cause and effect. For example, if she eats in the living room and that's not allowed, ask her to vacuum up the crumbs right away. *Tip:* Being consistent with consequences shows that you're serious. If she knows you won't change your mind, she'll be better about sticking to the rules.♥

Engineering at play

Every time your youngster has fun on the playground swings, he has engineers to thank! Let him explore engineering for himself by constructing a play swing set.

He might use craft sticks for the frame, yarn for the chains, and cardboard for the seat.

How could he make a swing that gives a longer "ride"? Suggest that he adjust the length of the "chains," and then test it each time. He can set a timer for one minute, pull back the seat, and count the swings per minute. What does he notice? (The shorter the chains, the more swings per minute.)♥



"I love to learn"

Children devote more energy to learning when they're motivated. These ideas will boost your youngster's thirst for knowledge.

Show enthusiasm. Tell your child what you learn. ("I found out that about 90 percent of the world's population lives in the Northern Hemisphere!") Also, ask him to teach you information he learns in school. If he's studying nocturnal animals, he might explain to you why his hamster runs on its wheel at night. He'll see learning as an



everyday activity for kids and grown-ups, and your attitude will be contagious.

Inspire curiosity. Express interest when your youngster poses questions. If he asks why we get the hiccups or whether owls really are wise, you could say, "That's a good question! Let's find out together." Then, help him look up the topic in a library book or online. When you discover the answer, encourage him to share it with friends or relatives so they can learn more, too.♥

ACTIVITY CORNER

Frosty science

With this experiment, your child can see frost and learn why people sprinkle salt on icy sidewalks and roads.

How? Have your youngster rinse out two empty soup cans, remove the labels, and fill each can halfway with ice. She should stir $\frac{1}{4}$ cup salt into just one can and set both cans aside.



What happens? After 10 minutes, she'll notice frost on the "salty can" and water on the other one.

Why? Salt lowers the melting point of the ice, so the can with salt got colder than the other can. When water in the air condensed onto the cans, it froze into frost on the one with salt. That's why salt is useful in winter—it melts snow and ice, making it safer to walk or drive.♥

Q & A

Grit: A family challenge

Q: My son wanted to learn to ice skate, but he changed his mind after he fell one time. How can I teach him not to give up when something is tough?

A: Children (and adults) may believe they should be able to easily do whatever they try right away. Understanding that setbacks are normal will help your son develop grit, or perseverance toward long-term goals.

Talk about times when you were successful even though you struggled at first. Maybe you were afraid to put your face in the water but you learned to swim by taking lessons and working hard to overcome your fear.

Then, consider having a "family grit challenge." Each person can choose one thing to tackle that is hard for him and requires persistence, such as following a fitness routine or cutting back on screen time. Compare notes after a month, and then set your next goals!♥



PARENT TO PARENT

Making a difference

I wanted my daughter, Charlotte, to learn about the importance of helping our community.

While grocery shopping one day, we saw a sign announcing that each customer could pick a favorite charity for the store to support. I let Charlotte choose, and she decided on a non-profit that benefits kids with cancer. Now every time we buy groceries, she reminds me that we're helping sick children.

That led us to think of other ways kids can make a difference. Recently, we decided to bake brownies and take them to the fire station. I explained that this would show appreciation for the hard work that firefighters do.

Charlotte felt proud when the firefighters thanked her. I realized that the more ways we can find to serve our community, the more likely it will become a habit as she gets older.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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