



COUGAR NEWS



January 6, 2021

No. 05

Clavet School

ADMINISTRATOR'S MESSAGE

There have been very few times in history when the entire world has been so looking forward to a new year; hopefully indicating that we have left 2020 behind us and can look forward with optimism to all that 2021 has to offer. "An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves." (Bill Vaughan, writer, columnist)

There is no escaping the challenges, hardships, and changes that the COVID pandemic has imposed upon the world, but I choose to look at some of the positives. As a society, it is estimated that we have improved our digital literacy by as much as 10 years over the last 10 months. We will definitely be able to leverage this knowledge base as we look forward to our plans beyond the current COVID restrictions. Students who have been self-isolating at home have appreciated the access to the learning materials that teachers have been posting in their Google classrooms. These resources have also helped students who are struggling with materials and they are able to find support materials that teachers have posted to enable them to experience the learning again at home, at their own pace. The parent meetings that we have had have been exceptionally well-attended, and providing the option for video conferences for student interviews have enabled some families to be able to accommodate the interview times more easily.

Another thing that we can look forward to in the new year is the start of the construction for our school renovation project. There was equipment at the school this week, taking soil samples in preparation for the final plans. We will do our best to keep you updated as we enter into more of the construction phases. At this point, we are very excited about the upcoming changes and improvements that have been proposed for the building project.

I want to thank all the members of our community for their efforts in keeping all our students safe. We have yet to be contacted by SHA with a confirmed case of COVID at the school. For a population our size, this is a significant accomplishment. However, we continue to struggle with the number of students showing up at school with COVID symptoms. Please be aware of the following list of COVID symptoms and monitor for these on a daily basis. If students present with any of these symptoms, they are required to stay home from school and remain at home until they are symptom-free for 48 hours.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



Thank you for your support in helping to keep all of our students safe. We can all look forward to the positives that 2021 can bring.

CLAVET PRE-KINDERGARTEN



The Clavet Pre-Kindergarten program for three and four year old children runs Monday to Thursday 9am-12pm. The open house date and times for Pre-Kindergarten for the 2021-2022 school year will be posted on our website and in upcoming newsletters. Applications will be available at the open house or at the office after the open house date. Children must be three

years old by September 1st. Please call the office at 306-933-1022 or email christine.findlater@spiritsd.ca for more information.

KINDERGARTEN REGISTRATION for the 2021-2022 School Year

Registration is now taking place for any child who will be turning five (5) by December 31, 2021. Please call the Clavet School at **306-933-1022** to enroll your child for the 2021-2022 school year. Registration is important for an accurate class count. **Please pass this information on to your neighbours and friends.** There will be an open house in the spring, watch upcoming newsletters and/or the website for more information.

Kindergarten

Registration

Information



If you have questions/concerns about your child starting kindergarten please call or e-mail Tracy Fitzsimmons at 306-933-1022 or tracy.fitzsimmons@spiritsd.ca

COUGAR NEWS

CHRISTMAS HAMPERS

Thank you to all of you who donated to the Christmas Hamper Program this year! The families who received the hampers were very grateful!! Your donations made a significant difference to several families' holidays. It's hard to take a picture that does justice to the amount of food we were able to distribute to families, but this will give you a sense of what was gathered. We hope all of you had an enjoyable holiday season and that 2021 holds good things!



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 combined temperature is based on Environment Canada's temperature of Saskatoon.

At the time of the recess break:

- -26 °C and warmer – everyone outside
- -27 °C to -39°C – All students dress up and run to football 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

EXTREME COLD WEATHER AND WHEN THE BUSES DO NOT RUN

Change to AP805 – Bus Service Cancellation Due to Inclement Weather

Starting this school year, a bus route that is cancelled in the morning due to extreme cold **will run in the afternoon, if conditions have improved**. In the past, if a bus route was cancelled in the morning due to cold weather, it was automatically cancelled for the entire day.

Bus routes cancelled at 6 a.m. due to cold weather will operate on their regular routes at the end of the school day, provided that temperatures reported at **12 noon** are warmer than -40 degrees Celsius (combined temperature/windchill).

Families will receive notifications through the [Versatrans My Stop app](#) and the update will be posted on the Division's [website](#) and phone hotline (306-683-2805) by 1 p.m.

Please see the Division's updated [Admin Procedure 805 - Bus Service Cancellation Due to Inclement Weather](#).

- from the Bus Garage

For your information, the Prairie Spirit School Division Bus Garage makes the decision based on the 6 am combined temperature (air temperature and wind chill) if the buses will run for the day or not. They use Environment Canada's weather conditions for Saskatoon to make this decision and post their official decision on the PSSD website bus cancellation page, <https://www.spiritsd.ca/buses/>, shortly after 6 am. We also want to make it clear that if parents feel that it is unsafe for them to come to school at any time, they have the right to keep their child(ren) at home. We support the decisions of the parents and the bus drivers in making decisions that they feel are necessary to keep their child(ren) safe.

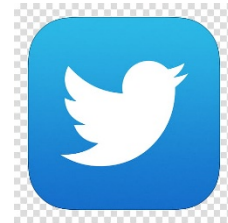
DATES TO NOTE

JAN.26	7-12 PARENT/TEACHER INTERVIEWS
JAN. 29	PREPARATION DAY - NO CLASSES
FEB. 15	FAMILY DAY – NO CLASSES
FEB. 16-19	WINTER BREAK—NO CLASSES
FEB. 24	PINK SHIRT DAY

ATTENDANCE

Thank you for your patience as we work through some attendance issues we are experiencing with the new Block system.

**Please check out our new Twitter account -
@ClavetSchool**



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 Amy Sawyer, Operations Assistant at 306-683-2918, as soon as possible for more information. **Students**, parents and community members are welcome to apply.

Home & School

Working Together for School Success

CONNECTION®

January 2021

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SHORT NOTES

Think like a scientist

Does your child understand the difference between an *observation* (what she sees) and an *inference* (what she concludes from the evidence)? Help her by pointing out things you observe and what she can infer. ("There are footprints in the mud, so someone probably walked there after it rained.")

Car safety

Keep your youngster safe in the car by making sure his lap belt lies across his upper thighs and the shoulder belt fits across his chest. If his seat belt doesn't fit right, he still needs a booster seat. Most kids "graduate" from a booster when they're 4 feet 9 inches tall, typically between the ages of 8 and 12.

Dealing with swearing

Youngsters sometimes experiment with curse words to impress friends or express anger. Consider making a "nice language" rule that applies to children and adults, since your child will follow your example. And let her know what the consequence will be for swearing.

Worth quoting

"Reading is important, because if you can read, you can learn anything about everything and everything about anything." *Tomie dePaola*

JUST FOR FUN



Q: Why do you need a dictionary when you talk to giants?

A: They use big words!

Organized for a new year

It's no surprise that students who are organized tend to do better in school. Could your youngster use some help in this department? Share these strategies for overcoming common pitfalls and starting 2021 off on the right foot.

Problem: "I forgot to do my assignment."

Solution: Lists and calendars

Encourage your child to end each day by making a to-do list for tomorrow. He can add to it as he gets new assignments. He'll be less apt to forget anything, and he'll find it satisfying to cross out completed tasks. Also, he could keep a calendar for upcoming tests, presentations, and projects.

Problem: "I lost my homework."

Solution: A filing system

Suggest that your youngster keep his backpack nearby while he does homework. After he finishes each assignment, he can put it directly into his backpack. Learning online? Help him create a computer folder for each



subject—each with a subfolder just for homework. Also, have him back up files regularly to a thumb drive or a school-approved cloud app.

Problem: "My book is here ... somewhere."

Solution: The five-minute rule

Let your child in on a little secret: The time he spends staying organized will actually save him time in the long run. This is where the five-minute rule comes in. Before he begins working each day, have him set a timer for five minutes and organize supplies, papers, and books until the timer goes off. ♥

What did you learn today?

Expressing interest in school lets your child know her learning is important to you. Consider these tips:

- Ask your youngster to demonstrate something she did in school. She might teach you the steps in long division or a song she sang in music. If she's learning remotely, ask her to show you what apps she uses and how she submits assignments.

- Weave a conversation about school into your evening routine. For example, while you make dinner, invite your youngster to tell you all the cool facts she learned about ancient Egypt during today's history lesson. ♥



Mindfulness for kids

Mindfulness is the practice of slowing down and focusing on the moment as a way to relax. Suggest that your youngster try these strategies to reduce stress.

Five senses. Encourage your child to notice something different with each of her five senses. She might see snow falling, hear the dog snoring, touch her cozy sweatshirt, smell the fire burning in the fireplace, and taste an orange.



Thought balloons. Have your youngster sit quietly with her eyes closed. She should focus on breathing in slowly for a count of four and holding her breath for four seconds. Next, she can exhale all the air slowly, pretending she's blowing any worries into a giant balloon. Then, she could imagine the balloon—and her worries—floating away.

Limp noodles. Ask your child to lie on the floor and pretend she's an uncooked noodle by stiffening all her muscles. Now have her loosen her toes, feet, ankles, legs, and the rest of her body until she's a completely limp (and relaxed) noodle!♥

PARENT TO PARENT



At-home field trips

My son Carson loves school field trips, but he hasn't been able to go on any since the pandemic began. So we've been taking virtual field trips—and they're inspiring real-life learning!

This past fall, we “toured” national parks online to see fall foliage in different parts of the country. Then, we walked around our neighborhood, and Carson sketched the colorful trees he saw.



Another time, we “rode” roller coasters on theme-park websites. This led Carson to experiment with building a roller coaster for his toy cars out of cardboard tubes.

While our virtual trips aren't the same as going to real places, Carson is learning a lot from them, both online and with his projects afterward. And we're having fun exploring the world as a family—from home.

Find more virtual field trip ideas at rfeonline.com/FieldTrips.♥

OUR PURPOSE

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

Resources for Educators,

a division of CCH Incorporated

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ISSN 1540-5621

ACTIVITY CORNER

Paper engineering

Why do so many buildings have cylinder-shaped columns? Let your child experiment to find out.

Materials: three sheets of construction paper, tape, hardback books

Have your child make three paper columns like this:

1. Roll paper lengthwise into a cylinder, and secure with tape.
2. Fold paper into fourths lengthwise. Unfold, and shape into a rectangular column. Tape the edges together.
3. Fold paper into thirds lengthwise. Tape into a triangular column.

Now it's time to test the columns. Your youngster can stand them up and carefully stack books, one at a time, on top.

What happens? The cylinder supports multiple books, while a single book instantly crushes the other two columns. Can your child figure out why? (The cylinder's shape distributes weight evenly. The folds in the rectangular and triangular columns create points of weakness.)♥



Q & A

Talking about drugs

Q: My daughter is in third grade. Is it too soon to talk about drugs?

A: Actually, children are never too young to start learning about drugs. At this age, your daughter is more likely to be open about her questions and opinions—and to listen to yours.

Watch for teachable moments in everyday life. If her doctor prescribes medicine, you could use the opportunity to talk about why she's not allowed to take medicine that wasn't prescribed for her. If you give

her over-the-counter medicine, ask her to help you carefully read the label and double-check the dosage. Explain that it's dangerous to take more than the recommended amount. Or let a TV commercial about addiction spark a discussion about what addiction means (being dependent on drugs).

Note: Stay up to date on the latest information about children and drugs by visiting websites like drugabuse.gov or getsmartaboutdrugs.com.♥

