



Caronport Elementary School Weekly Memo for Parents



September 21-25, 2020

Box 1157 Caronport, SK S0H 0S0 306-756-2212

<https://schools.prairiesouth.ca/caronportelem/>

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SLC (Student Leadership Council)

Fun Week Coming Up!!

Monday, Sept 21st – Hat Day

Tuesday, Sept 22nd – Western Day

Wednesday, Sept 23rd – School Colors

Thursday, Sept 24th – Jersey Day

Friday, Sept 25th – Dress Up Day

DATES TO REMEMBER

Monday, Sept 28th – Lifetouch Picture Day @ 9:00 am CANCELLED till further notice

Monday, Sept 28th – Early Dismissal for all students at 2:25 pm

Friday, Oct 9th – Teacher Prep Day – No Classes

Tuesday, Oct 13th – SCC (School Community Council) AGM 7:30 pm Families and Community Members Welcome! Email eby.carol@prairiesouth.ca for Zoom link

Monday, Oct 12th – Thanksgiving – No Classes

Friday, Oct 30th – Teacher Prep Day – No Classes

Change as of Yesterday/Sept. 17th

All students now arrive and depart, and have recesses at the same time:

8:55 – Class Begins

10:30-10:45 – Recess

2:05-2:20 – Recess

3:25 – Dismissal

Reminders:

*** Please ensure your children arrive no earlier than 8:50 am and 12:25 pm (after lunch).**

*** Library Books – Mrs. Olmstead is still missing a number of books that were leant out in the spring. Please have a look through your home to see if you might still have some and return them as soon as possible.**

***School supplies were an unexpected cost for us this year so we would appreciate family donations. Here is a link to [School Cash Online](#). We have increments of twenty dollars, up to a hundred dollars that you may choose from. We appreciate, but do not expect, your support.**

2020-2021 CES Staff:

Principal - Ms. Joyleen Podgursky

Teachers:

K – Mrs. Emma Robitaille & Mrs. Kristi Hawrysh (Mrs. Jeanine Beaudry Jan 2021)

1/2 – Miss Ashley Young

2 – Mrs. Andrea Walker

3 – Mrs. Cindy Smith

4 – Ms. Crystal Gray

5 – Mrs. Lisa Galbraith Intern: Miss Anna MacDonald

6/7 – Miss Emma Teneycke

7/8 – Mr. Daniel Odendaal Intern: Miss Harper Morland

Phys Ed – Mr. Brandon Loveridge

Student Support – Miss Chelsea Peters & Mrs. Emma Robitaille

EA's:

Mrs. Lisa Haley

Mrs. Laura Stigall

Mrs. Faith Olmstead

Mrs. Kirsty Abbott

Mrs. Raeleen Tenaschuk

Librarian – Mrs. Faith Olmstead

Facility Operator – Mr. Kam Gehlen

Administrative Assistant – Mrs. Carol Eby

**Our CONGRATULATIONS and Best Wishes
to our new retiree,
Mrs. Roberts!**

Virtual BABYSITTING COURSE

Canadian Red Cross is offering VIRTUAL training for the Red Cross Babysitting Course. The course is completed over ZOOM with sessions scheduled October 9th to coincide with no school that day. The course is meant for youth 11 years and older. The required materials for the course and completion Certificate will be delivered to your home. Cost for the course is \$40.

For more information or to register, contact Youth Leader Carolyn Korte

by email carolynrk@hotmail.com

text 306-630-3320

or phone 306-693-2466

Healthy Lunches

Help children make healthy food choices at school and at home. Lunches and snacks provide children with energy and nutrients they need to learn and grow.

Involve children in planning and packing lunches for the week. Let them pick items from the three food categories in Canada's Food Guide. Below are lists to get you started.

Don't forget water. Use a reusable bottle so they can fill it up throughout the day.



Vegetables		Protein Foods	
<ul style="list-style-type: none"> • Broccoli • Cauliflower • Carrot sticks • Celery sticks 	<ul style="list-style-type: none"> • Cucumber slices • Cherry or grape tomatoes • Red, yellow or green peppers 	<ul style="list-style-type: none"> • Boiled eggs • Bean dip • Leftover turkey or chicken • Cheese cubes 	<ul style="list-style-type: none"> • Black or kidney beans • Canned tuna • Unsweetened milk or soy beverage • Low sugar yogurt
Fruits		Whole Grains	
<ul style="list-style-type: none"> • Bananas • Mangoes • Frozen berries • Oranges • Strawberries • Pineapple 	<ul style="list-style-type: none"> • Fruit salad • Pears • Canned peaches • Grapes • Blueberries 	<ul style="list-style-type: none"> • Whole grain pasta, bread or pitas • Quinoa or barley • Whole grain crackers • Oats or oatmeal 	<ul style="list-style-type: none"> • Brown or wild rice • Low sugar whole grain cereals • Buckwheat pancakes • Homemade whole grain muffins

For more meal and snack ideas, check out Canada's Food Guide recipe page at: <https://food-guide.canada.ca/en/>.

Written by: the Public Health Nutritionists of Saskatchewan (2020)
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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



saskhealthauthority.ca

Sask Girls United

FREE virtual leadership sessions for girls ages 8-12

WHEN: 6pm on October 4, 11, 18, and 25 over Zoom

Only **30 SPOTS** available so sign up quickly

Sask Girls United is a youth-led initiative that is dedicated to fostering school and community leadership and giving Saskatchewan girls ages 8-12 the tools and confidence to change the future. A certificate will be awarded to attendees who have participated in all 4 of the sessions and each girl will also receive a t-shirt.



To register, please use this link <https://forms.gle/c8A2Gp25KD3XXhJr7> for our Google Form or scan the Code on this poster. If you have any questions, don't hesitate to reach out to us by email at saskgirlsunit@gmail.com