



# 😊 Caronport Elementary School Weekly Memo for Parents



November 2-6, 2020

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

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

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## DATES TO REMEMBER

**Tuesday, Nov 3<sup>rd</sup>** – 6:30 pm SCC Meeting Parents & Community Members Welcome!

**Wednesday, Nov 11<sup>th</sup>** – Remembrance Day – No Classes

**Friday, Nov 13<sup>th</sup>** – Lifetouch Picture Day

**Monday, Nov 30<sup>th</sup>** – 2:25 pm Early Dismissal



Are you Able to Log in to MSS (MySchoolSask) to View Your Child(ren)'s Report Cards?  
– **Please Check Now**

Report Cards will be Posted in a Couple of Weeks!

Many of the portal passwords have expired, so the passwords have been reset.

Your login information did not change but if your password does not work, try the following and reset your password again (keeping it in a place where you'll find it each time report cards get posted this year)

Parent portal password = Parent# 1

Reminder: **You must use a computer to login for the first time or to reset your password.**

The login site can always be found on the CES website under the Parent tab or at this link:

<https://myschoolsask.ca/aspen/logon.do>

If you have tried all of the above and are not able to sign in, please email Mrs. Eby [eby.carol@prairiesouth.ca](mailto:eby.carol@prairiesouth.ca) as soon as possible and let her know what's not working. Thank you.

## What Do I Do When My Child is Not Well? Please DO NOT send them to school.

Covid cases are on the rise in Saskatchewan and we all want to keep our children, families, and community safe. If 811 has advised you that your child may be at school without a Covid test then **please talk to the school before sending them back.** If your child has allergies or other medical conditions that present as any of the below symptoms, **please send information to the school in this regard.** Otherwise the school must send them home due to the following protocol:

### Guidelines for Illness

2.1 All students are expected to self-monitor for COVID-19 symptoms. Common symptoms include:

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| • Fever                           | • Cough                               |
| • Headache                        | • Muscle and/or joint aches and pains |
| • Sore throat                     | • Chills                              |
| • Runny nose                      | • Nasal congestion                    |
| • Conjunctivitis                  | • Dizziness                           |
| • Fatigue                         | • Nausea/vomiting                     |
| • Diarrhea                        | • Loss of appetite                    |
| • Loss of sense of taste or smell | • Shortness of breath                 |
| • Difficulty breathing            |                                       |

2.2 If a student has symptoms of COVID-19 illness they are to **stay home** and **call Healthline 811**. The student shall follow the recommendations and directions provided.

2.3 The student should **stay home for 48 hours after symptoms have resolved** or **when they receive a negative test result; whichever is longer.**

2.6 Parents or guardians shall follow the direction of the Saskatchewan Health Authority following the use of the Saskatchewan COVID-19 Self-Assessment Tool before the student returns to school.

## Meet Our Staff!



“I was raised a farm-girl in Manitoba, #10 in a family of 11 kids! I met and married a Saskatchewan boy, then lived/worked in a remote location on Vancouver Island as missionaries for 14 years. Our two now grown and married sons joined our family during that time. My husband’s desire to get his master’s degree in Marriage & Family Counseling brought us back to the prairies, and specifically Caronport, where we still live. Soon after our arrival, I began volunteering and subbing for the Admin Assistant at CES. When she retired, I was honored to take on her position full-time, and have been in this role for almost 5 years. It is a delight and joy to work in this capacity with amazing staff and with you, our supportive school families!”

## Processed Foods and Drinks

Highly processed foods have a lot of salt, sugar or saturated fat. Eating too much salt, sugar or saturated fat can increase your risk for diseases like heart issues, diabetes or cancer.

Highly processed foods can include:

- sugary drinks
- ice cream and frozen desserts
- fries and burgers
- frozen pasta dishes and pizzas
- muffins and cakes
- chips and other salty snacks
- hot dogs, sausages and deli meats



Limit your intake of highly processed foods and drinks by following these tips.

- Drink water instead of juice, pop, sports or energy drinks.
- Prepare foods at home with healthy ingredients rather than eating out.
- Plan meals around vegetables and fruit, whole grain and protein foods.
- Use left over meats such as chicken instead of deli meats in sandwiches and wraps.
- Make your own healthy recipes and freeze them in meal sized portions.
- Choose healthy snacks like oranges, berries, carrots, tomatoes, or boiled eggs.

Highly processed foods are easy to find where we live, learn, work and play. Work with your school, work and recreation places to limit access to processed foods and to increase access to healthy, fresh foods.

Written by: the Public Health Nutritionists of Saskatchewan (2020)  
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saskhealthauthority.ca

*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.

## BCANDS' INDIGENOUS SUPPORT FOR STUDENT LEARNING PROGRAM (SSLP)

**WHO**—Indigenous students of any age across Canada with limited financial resources, including those students living with disabilities. To be eligible, you must be of low-income, enrolled in Formal education (online, remote, on-site), and actively attending

**WHAT**—The Indigenous Support for Student Learning Program is accepting applications from eligible students to be considered to receive a laptop and related accessories

**WHY**—To support and assist Indigenous students in their continued educational success and participation

Resources are limited—apply today!  
Applications must be received by March 15, 2021  
Visit [www.bcands.bc.ca](http://www.bcands.bc.ca) for more information and to apply



British Columbia Aboriginal Network on Disability Society

#6-1610 Island Highway — Victoria, BC — Canada — V9B 1H8  
Tel: 250-381-7303 — Toll Free: 1-888-815-5511 — Fax: 250-381-7312  
Email: [sslp@bcands.bc.ca](mailto:sslp@bcands.bc.ca) — [www.bcands.bc.ca](http://www.bcands.bc.ca)

The Application Form for the Indigenous Support for Student Learning Program can be found [here](#).

Below are some photos from our Celebration Screen for you to see. Enjoy!

