



December seems to have snuck up on us and the already busy pace at school is shifting into a higher gear. There are three short weeks left before we break for the holidays with much to accomplish between now and then. Preparation is underway for our annual celebrations including the *Christmas concert, our community dinner and also the Christmas activity day.*

Before we get to those details I'd like to take time to say **congratulations to our senior boys' volleyball team** as they *hosted* the 2A Provincial competition last Friday & Saturday, November 27th & 28th at École Mathieu de Gravelbourg (EMG) and Gravelbourg High School (GHS). Our boys played very well **finishing 2nd** in their pool even beating the team that eventually won the silver medal. Our challenge came in the crossover quarter final where we lost to Frontier. It was an excellent weekend hosting the top 10 teams from across the province and witnessing some awesome volleyball. We send **a heartfelt thank you to everyone** who had a hand in helping to make this a tremendous success. In total there were well over **120 volunteers** including *KCS staff, students, community, EMG staff, students, and community as well as GHS staff and students.* Without their dedication and commitment we would not have been able to host the 2A Boys Provincial Volleyball Championship. **One final thank you goes to coaches, our athletes, their parents, and community fans for an awesome season of volleyball.**

All the best to students and staff who are preparing for **Christmas concert which is scheduled for 7:00p.m. Tuesday, December 15th.** The Christmas concert is an opportunity for students to be immersed in all strands of the Arts Education curriculum from visual arts to drama, music and dance. I commend staff for their creative approach and for making the learning come alive for our students. **Thank you** in advance to everyone for your hard work and practice to bring all the details of the concert together. We hope family and community are able to join us to help celebrate this success and accept our students' gift to you.

You are also invited to join us and celebrate the season at our **Annual KCS Community Christmas Dinner Thursday, December 17th from 11:30 to 1:00 p.m.** We acknowledge each family's contribution of food and send a thank you your way in anticipation of a successful community gathering. The family food list was sent home with students today and is also included in this issue of the Connections. You may be aware that each year we hold a raffle with the proceeds going toward the cost of the hams, ice-cream, and other treats at our Christmas dinner. You are invited to participate in the raffle if you choose but please do not feel obligated. Our school family enjoys preparing for this event and is looking forward to breaking bread with our community.

I am pleased to share that **our student-led conferences (SLC)** were a positive success once again this round. Our experience with student-led conferences has been a learning journey for staff, students, and parents and the process has continued to evolve and become the norm for our school and school division in general. **Congratulations** to students who engaged in a leading role and represented themselves with pride and confidence at their conferences. You should be proud of your accomplishments as you take charge of your education through the student-led conference process. **Thank you** to our **Kincaid School Community Council (KSCC)** for providing childcare during SLC times. Your support is valued and appreciated by our school community.

Speaking of community we would like to send an **ENORMOUS thank you** to *Bill & Jennifer Wilson, Bryan Ross, Mark Ross, Brent Ross, Brad Sayers, Kyler S., & Carter S., for helping to flood the curling ice.* **Thank you** also to *Dustin Hawkins and JB Wilson Farms* for providing the trailer and hauling the water for the curling ice. Your commitment and hard work has given our students an extra month of access to the curling ice which is a **HUGE** addition to the short curling season associated with our district sports schedule. **Thank you** for your quiet contribution to the extracurricular life of our school and the overall effect for our community. Your efforts do not go unnoticed and are most certainly appreciated.

Our KCS Leadership Team of grade 9/10 students brought the "*We Are Silent*" challenge to KCS last week. All students from K-12 were challenged to go silent in order for other voices to be heard. This is a powerful concept that our students embraced wholeheartedly on November 26th. Students made a pledge to share their silence for a cause of their choice (bullying, victims of war, effects of poverty, starving children, refugees, people battling cancer, etc.). Collectively our K-12 students were silent for 234 minutes bringing attention to some challenges within our society. Way to go Kougars for displaying your empathy.

Thank you to *Roxy Johnston, PSS Student Advocate Consultant,* for sharing her wisdom and insights with students, staff, and parents through her presentation "*Let's Get Real About Alcohol & Drug Use.*" As a family, school, or community, we can influence our culture in positive ways that will encourage our youth to thrive rather than feel lonely or isolated. "Addiction starts with pain and ends with pain." By fostering a positive culture that is accepting of others, we can avoid making individuals feel lonely or isolated, which is where the journey to addiction begins. We can choose to shun, tolerate, or celebrate diversity – it is in the celebration of diversity that we foster acceptance and growth, and it is in the shunning that we foster loneliness and isolation. If we want to reduce substance abuse, we need to work together to create a positive home, school, and community culture that celebrates diversity. Profound insights to help students, staff, and parents understand how to impact positive choices related to the use of drugs and alcohol.

The *Community Birthday Calendar* reorder sheets continue to trickle in from our surrounding area. **Thank you** to those of you who have already sent in your renewal sheet which was located between the months of September and October of the current calendar. There is much paperwork to complete before the orders are sent away for printing and so we appreciate your timely attention to the reorder sheets. If you would like to support the school but do not want your birthday information included in the calendar just let us know and we will reserve a calendar for you. Advertisers please contact Mrs. Creasy to confirm your ad. **Thank you in advance for your support of this important community project.**

As part of our Christmas preparation KCS students will choose an envelope from our Christmas tree this week in anticipation of the gift exchange on the December 18th activity day. The envelope will contain a gift tag with the grade and gender of the student they are to provide a gift for as well as a list of suggestions if students need ideas of what to purchase or make. Homeroom teachers will be keeping track of gifts that have been delivered as we prepare for the Christmas activity day.

**A Warm Thank You to Glenda & Leon Jacobs for their donation
to our Student Leadership.**

KCS EVENTS

DATE	EVENT
December 8 th	<i>SCC Meeting 7:30 - 9:00 pm</i>
December 11 th	<i>No School</i>
December 14 th	<i>Early Dismissal</i>
December 15 th	<i>Christmas Concert 7:00 pm</i>
December 17 th	<i>Christmas Dinner 11:30 – 1:00 pm</i>

NUTRITION CORNER

Apple Cranberry Muffins

Using fruit purees helps reduce sugar and fat when baking. These easy muffins are perfect to pack into lunches or to enjoy with a cup of tea with friends. Change up the flavour by using sweet potato or pumpkin puree for the applesauce.

Ingredients:

- 1 1/2 cups (375 mL) whole wheat flour
- 2 tbsp (25 mL) ground flax
- 1 tsp (5 mL) baking powder
- 1/2 tsp (2 mL) each ground cinnamon and baking soda
- 1 cup (250 mL) unsweetened applesauce
- 1/3 cup (75 mL) packed brown sugar
- 2 tbsp (25 mL) canola oil
- 1 egg
- 1 tsp (5 mL) vanilla
- 1/2 cup (125 mL) dried cranberries

Directions:

In a large bowl, whisk together flour, flax, baking powder, cinnamon and baking soda; set aside.

In another bowl, whisk together applesauce, sugar, oil, egg and vanilla. Pour over flour mixture and stir until just combined. Stir in cranberries.

Divide batter among 12 greased or paper lined muffin tins. Bake in 400° F (200° C) oven for about 12 minutes or until golden and firm when touched.

per serving (1 muffin)

Calories 133

Protein 3 g; Total Fat 4 g; Saturated Fat 0 g; Cholesterol 16 mg;

Carbohydrates 24 g; Fibre 3 g; Total sugars 11 g; Added sugars 6 g;

Sodium 87 mg; Potassium 115 mg

LEADERSHIP & DEVELOPMENTAL ASSETS

Leadership and Developmental Assets are a focus in our small school. We provide activities for our students to help them grow in these areas.

If you are interested, you can show your support for these important learning opportunities by giving a donation to this fund. You will be recognized on the front page of the KCS Connections for your support.

HEALTH NOTES

FOUR TIPS TO BALANCING THE MIND

WITH NUTRITION

Here are four tips that will guide you to make better nutritional choices to stay physically healthy and mentally balanced.

Eat Around The Same Time Everyday



Often times when you push yourself to go too long in between meals you start to feel the negative symptoms of low blood sugar. When your blood sugar begins to decline from lack of food, you start to feel a range of volatile emotions including sadness, anger, apathy and extreme fatigue. Staying consistent with your meal times and making sure you do not push past extreme hunger will prevent your blood sugar from dropping too low.

Don't Fear The Fat



The right fat that is! Foods containing essential fatty acids help keep your brain functioning properly. It is believed that up to 80% of your brain's mass is made up of fatty tissue. A diet that is lacking these essential fats can lead to an array of adverse mental symptoms from chronic fatigue to depression and anxiety. Thankfully, all the foods you need to get your daily dose of essential fatty acids are not hard to find. Fish, especially salmon, is famous for being high in Omega-3 fatty acids which are known to facilitate brain, heart and joint health. Adding avocados, almonds, sunflower seeds as well as coconut oil into your diet can ensure you are getting enough of this vital nutrient.

Snack



You might be someone who fears that snacking in between meals will only add to your calorie load and make you gain weight. That all can be avoided if you know what to snack on. Your brain, as well as your body, needs protein. Protein burns slowly so, choosing a high protein snack will keep your energy levels balanced while avoiding taking in too much protein at once. Reaching for a snack like nut mix or deli meat and a few pieces of cheese in between meals will keep your brain and body properly fueled.

Avoid Crash Dieting



The Royal College of Psychiatry defines "eating well" as not only consuming the right nutrients but also maintaining a body weight that is both healthy and stable. Your brain will have trouble if it stops receiving the amount of calories and nutrients it needs to operate.

Your body views a very limited diet as a major threat to survival which will cause the release of stress hormones. It's almost impossible to feel happy, calm or balanced when your body thinks you are struggling to survive. If you are experiencing health problems because of weight gain, seek the guidance of a medical professional first and aim to lose weight at a safe steady pace. Your mind and body will thank you for it!

CHRISTMAS BUS

Twas the week before
Christmas
(last day on the bus)
The children in their seats
Not making a fuss.



The concert's all done
And the parents still beaming.
Santa's letters all wrote
And of presents they're dreaming.

Thoughts of no classes
During the long Christmas break
Savoring Mom's Holiday Meal
Plus cookies and cake.
The driver, a stout jolly old fellow
Was himself feeling quite mellow.

The bus rattled and shook
In the pre-dawn light.
A flash in the headlights
That gave the driver fright.
Eighteen mule deer
All hopping and jumping
Brakes not engaging
Though frantically pumping.

No time to swerve,
Just prepare for the crash
Then suddenly as if
Out of the dash
Three little green elves,
Starting to call
Dash away dash away
Dash away all!

As the deer scamper off
I heard a little elf say
"MERRY CHRISTMAS TO ALL,
AND TO ALL A GOOD DAY!!"

Written by *Gerry Ruehs*
Bus Route #3; Kincaid

THANK YOU from the KINCAID & DISTRICT PLAYSCHOOL

The Kincaid and District Community Play School would like to thank everyone for their support of our steak night fundraiser!

Of course a huge thanks to Gary and Lois and the staff of the Red Coat Inn.

Many thanks to all of those who donated prizes for our raffle:

- Scissor Cellar
- Scully's Kincaid Store
- Holly Ross- Young Living Essential Oils
- Kristie Watteyne- Younique
- Hazenmore Co-op
- Kehoe Agencies
- Sara Corcoran- Beachbody Canada
- Judy Corcoran & Violet Smith- Christmas Gift Cards and Tags
- Julie Mackenzie- Candle Gift Bag
- South West Terminal
- Jen Wilson- Avon
- Teagan Savins, Abbie Bergan & Ellie Morton -Fairdinkum Designs

Last but not least, thanks to all who bought tickets! We are so grateful for everyone's contribution. The funds raised will be used for general operations, supplies and equipment for the kids!

THANK YOU from the *Kincaid Central School Library*



Many thanks to Shyla Wilson for thinking of the KCS Library when she was in Ottawa. She brought home a DVD of Heritage Minutes for us.

Thanks, Shyla, for thinking of KCS on your travels!!

Mrs. Sandra Senicar, Library Associate

KINCAID HOUSING AUTHORITY

Is Seeking
BOARD MEMBERS

The Kincaid Housing Authority is appointed to manage and deliver the housing programs developed by The Saskatchewan Housing Corporation.

If you are interested in volunteering to serve on the Board of Directors please contact the

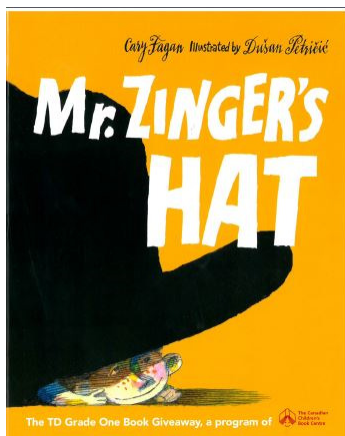
Mayor of Kincaid (Cindy Gross)
or the *Village Office* at 306-264-3910.

A Message from The Canadian Children's Book Centre

The Canadian Children's Book Centre (CCBC) is delighted to once again give each Kindergarten & Grade One student (K/1 Class at KCS) a beautiful Canadian children's book, thanks to the very generous sponsorship of TD Bank Group.

This year we are especially proud to be offering *Mr. Zinger's Hat*, published by Tundra Books, written by Cary Fagan and illustrated by Dusan Petricic.

Each book is our gift to Kindergarten and Grade 1 students and will be sent home with your child by his/her teacher. Our goal is to help all Canadian children to develop a love of reading and a passion for books, and what better way than with the gift of a wonderful Canadian picture book!



CELYN'S CREATIONS

Our very own Celyn G. showed a wonderful artistic flair when she created eye-catching plates of fruits & vegetables during her cooking and food safety class. Thanks to Mr. Creasy for facilitating this activity.



Looks tasty and very appealing, Celyn!!!

SPROULE SCHOOL OF MUSIC



Christmas
Recital

Sunday, December 6th
2 p.m.

At Glencaid United Church

Kincaid

All are welcome to attend 😊

Congratulations to the Grey Cup Pool Winners

- 1st Quarter – Garth Dorgan - \$25
- 2nd Quarter – Dale C. Gross - \$50
- 3rd Quarter – Lucas Scott - \$75
- 4th Quarter – Derek Onraet - \$100

**Thanks to everyone for supporting the
Club 50!**

STEMFest a Huge Success!!

Prairie
South
Schools

210



**Thank You
Cargill**
STEMfest 2015



Prairie South Schools **210** Learning together.