



Happy New Year from the students and staff of KCS!!! We hope you enjoyed your Christmas break with family and friends and have set your sights on the New Year. We wish you health and happiness in 2016.

Thank you to everyone in our school community for coming together to share in the joy of the season at our annual Christmas dinner Thursday, December 17th. Students and staff take pride in preparing for this annual event. We acknowledge each family's contribution of food and send a thank you your way for helping make our dinner a wonderful success once again this year. Thank you to everyone who took part in the raffle. Congratulations to the winners: *Lisa Promhouse* (gift basket donated by *Amanda Pilgrim* of *Trends Hair & Nail Studio* in *Swift Current*), *Diane Entz* (*Grasslands Inn* certificate), *Damien Girarden* (*Red Coat Inn* certificate), *Barbara Nelson* (ginger bread house donated by *Jeannette Jalbert*), and *Melanie Huyghebaert* (*Table Top Tennis* game). **Thank you** to *Trends Hair & Nail Studio*, *The Red Coat Inn*, *The Grasslands Inn*, and *Mrs. Jeannette Jalbert* for donating to the Christmas raffle. The proceeds went toward the cost of the hams, ice cream, and other treats at our Christmas dinner.

With the beginning of a new calendar year comes the end of our first semester of the school year. Students in grades 10-12 are preparing for final exams which are scheduled for January 25th to 28th. **The exam schedule is included in this issue of the Connections along with a permission slip which must be signed by parents in order for students to leave the school after they have completed writing their exams.**

Report cards will be coming home in early February for students in grade 9-12. All other grades should not expect a report card at this time as we have a three term report for grades K-8. Students in grades K-8 will receive their report cards at the end of term two in mid-March. In the mean time if you would like to discuss your child's progress please connect with teachers here at school.

Please consider this a reminder to complete the 2016-17 School Calendar Survey before the January 18th deadline. Letters went home last week directing parents to the *Prairie South Schools (PSS)* webpage where calendar options are presented along with a survey asking which option our school communities prefer. The results of the survey will be presented to the *PSS Board of Education* at the February Board meeting and they will make the final decision for next year's calendar. Please be aware that the *Alternative School Year (ASY) Calendar* will be drafted to include our non-instructional Fridays once the regular calendar option has been chosen.

I'm not certain if the snow on the ground has you thinking about the Spring season quite yet but our grade 2/3 students seem to have it on their minds with a fun building project in the works. *Mrs. Kelly Reid-Ward* and the grade 2/3 students *have invited parents* to join them this week to help build bird houses. The wood is cut, the materials are organized and with the help of parents and students some bird families will have a new home this Spring. **Thank you** to parents and everyone else involved in this co-operative hands-on project.

In the extra-curricular world our bantam curling teams will take part in some exhibition play over the next couple of weeks as they prepare for playoffs in late January and early February. If you would like to cheer on our teams please join us at the Kincaid rink *Wednesday, January 13th* (tomorrow) as we host some exhibition games against *Lafleche*. Plans are also in the works for games against *Glentworth* in the near future. **Thank you** to volunteer community coaches, *Charla Achter* and *Bryan Ross* for their time and expertise contributing to our curling program. All the best to school coach *Curtise Clement* and our KCS athletes as they move toward playoffs! **Thank you** once again to the **Kincaid & District Community Service Club** for their commitment to our curling facilities for our athletes to practice and develop their skills. We have certainly benefitted from having earlier ice to extend our season and we appreciate your contribution to our school extra-curricular program.

Continuing in the area of athletics we are happy to share that our Senior Boys Basketball co-op with *Ecole Mathieu de Gravelbourg (EMG)* is continuing this season. *Kolton P.* is taking part with the EMG team and enjoying the athletic opportunity. In other basketball news KCS has started a 3 on 3 Bantam Boys team with four enthusiastic athletes (*Johnny A., Morgan B., Derrick P., and Davis W.*) under the coaching direction of *Mr. Roger Morgan*. The boys have been practicing and learning the game and will soon take part in some exhibition play. **Go Kougars!**

In other extra-curricular news we would like to say all the best to our KCS Drama Club as they have started to prepare for their annual dessert theatre. Thank you to *Mrs. Judy Corcoran* and *Mrs. Kelly Reid-Ward* for taking on the roles of director for this years' production. Be on the lookout for the performance date as we finalize production plans. We encourage everyone to come out and enjoy the talents of our KCS Drama Club!

KCS winter enthusiasts are anxiously anticipating our **annual ski trip at Hidden Valley in Elk Water this Friday, January 15th**. As this is a non-instructional day students will not be missing any classroom time. This provides more freedom for students to enjoy the day and have opportunity to rest over the weekend before returning to school Monday morning. **Thank you** to *Mr. Paul Promhouse* for organizing the trip. We appreciate your efforts planning this outdoor experience. Thank you also to our volunteer drivers and chaperones. Without your interest and commitment we would not be able to provide this experience for our students.

A Warm Thank You to Trends Hair & Nail Salon (owner Amanda Pilgrim – Swift Current) for her donation to our Student Leadership.

KCS EVENTS

DATE	EVENT
Friday, January 15 th	NO SCHOOL
Monday, January 18 th	<i>Early Dismissal: 2:24 p.m. LIT Meetings: Teachers</i>
Monday – Thursday, January 25 th -28 th	Exam Week
Friday, January 29 th	Teacher Prep Day

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

Menu Planning

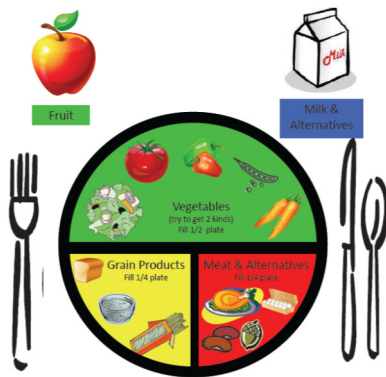
Menu planning can be a hard job when feeding a family of different ages and with different food likes. Planning a menu ahead of time can help you to create tasty nutritious meals for the whole family. Writing a quick menu for the week before shopping can help you to save time, money, and ensure you have all of the ingredients on hand.

At every meal:

□ Use Canada's Food Guide to help you include food items from all four food groups.

□ Vary your food choices within each food group to get a variety of different nutrients.

□ Plan the timing of snacks so that they do not affect the child's appetite at mealtime.



NUTRITION CORNER

Low Carb Lasagna (Zucchini)

For the Noodles:

- 6 large zucchini, cut lengthwise into 1/8 in strips

For the Meat Sauce:

- 1.25 lb lean ground turkey meat (or beef)
- 1 large onion, diced
- 2c fresh or frozen broccoli
- 2c fresh or frozen cauliflower
- 2c fresh or frozen chopped spinach
- 1 25oz jar of spaghetti sauce
- 1 tbsp garlic powder or 1 clove garlic, minced
- Pinch salt and pepper, or to taste
- Optional: 2 tbsp Italian seasoning

For the Cheese Layer:

- 16 oz container light cottage cheese or light ricotta cheese
- 1/2 c grated parmesan cheese
- 3/4 c shredded mozzarella cheese

Note: If you don't want to use zucchini for the noodles, you could also use a large eggplant, cut lengthwise into 1/8 in strips, or 1 box no-boil lasagna noodles.

Method:

For the noodle layer: Preheat oven to 425 degrees. Spray a cookie sheet with non-stick cooking spray, arrange zucchini slices and season with salt and pepper. Bake zucchini slices for 5 minutes on each side, then remove from oven. Set zucchini slices aside and lower oven temperature to 375 degrees.

For the meat sauce layer: In a large non-stick skillet, cook meat until it's browned. To the skillet, add the veggies, seasonings, and the entire jar of spaghetti sauce. Simmer for about 10 minutes, (or until veggies are thawed/begin to soften), stirring occasionally.

For the cheesy layer: Mix the cottage cheese and parmesan cheese together, (this can be done right in the cottage cheese container).

Put it all together: Spray a 9x13 baking dish with non-stick cooking spray. Begin by spreading 1/3 of the meat sauce in the bottom of the pan. Follow meat sauce with a layer of zucchini slices, followed by a layer of cottage cheese. Repeat the layers until casserole dish is full.

Finish it off: Sprinkle the mozzarella evenly over the top. Cover with foil and bake at 375 degrees for 1 hour. Remove foil and bake or broil another 5-10 minutes until cheese is browned. Remove from oven and let rest for about 10 minutes before slicing and serve warm.



FROOT LOOP MATH?

Peter N. & Jaxon N. work hard on math problems. What an awesome & fun way to learn! Tasty too!

Thanks, Mr. Flynn!!!!



The Kincaid School

Community Council would like to thank **Eco Friendly Sask**

for choosing us as a recipient of one of their \$500 action grants. Our



group used the grant to purchase reusable cutlery and dishes for each home room to minimize our lunch time waste! Please

take the time to visit their website and thank them for their contribution to our school!!



WINNERS OF KCS CHRISTMAS RAFFLE

- **Red Coat Inn \$50.00 Gift Certificate**
donated by Gary & Lois Toye: **Damien Girardin**
- **Grasslands Inn \$50.00 Gift Certificate**
donated by Lisa Pierce & Scott Cowie: **Diane Entz**
- **Trends Hair & Nail Salon Gift Basket**
donated by Amanda Pilgrim: **Lisa Promhouse**
- **Gingerbread House** donated by Jeannette Jalbert: **Barbara Nelson**
- **Tabletop Tennis Game** donated by KCS: **Melanie Huyghebaert**

Congratulations to all who chose to take part in our raffle. The proceeds went toward the cost of the hams, ice cream, and other treats at our Christmas dinner. Thank you also to our school families for supporting the dinner with a food donation. When we all work together great things happen!

Kincaid Central School Community Council Connections Report

Submitted by Charla Achter

Wow!! The last couple of months have flown by! The SCC has been a busy crew. We provided child care during Student Led Conferences in November. We hope the kids had as much fun as we did, and that the parents enjoyed the service provided.

We also assisted the SRC and Mrs. Creasy by collecting names and money for our schools' annual Community Calendar project.

The bucket challenge winners in November chose a book from our scholastic book fair to take home! Congratulations to all of our winners! In December, we presented each home room with a prize.

A huge thank you to our project partners: Eco Friendly Sask!! They awarded our school with a \$500 grant to purchase reusable dishes and supplies to reduce the waste produced during lunchtime!!!! A presentation was made at the school Christmas Dinner. Each classroom received a storage basin, a wash basin, a drying mat, towels, cloths and soap. They are available for student use at school. We believe that this will help reduce the waste our school produces and thank the staff for their cooperation.

Our next meeting will be held Tuesday January 10th at 7:00. We are inviting community members to attend. Our SCC is eager to involve our community members in our school! Hope to see you there.

THANK YOU!

THANK YOU!

*Appetizers & Non Alcoholic Beverage
Tasting – was a beautiful afternoon!*

Thanks To:

- ✓ Hazenmore Hall & 50 + Club
- ✓ Red Coat Inn- Donating \$20 Gift Cert
- ✓ Flowers Etc... (Gravelbourg)-Donating Christmas Center Piece
- ✓ Velvet Hair Salon (Moose Jaw)- Donating \$60 Set of Nails
- ✓ Gail Rode- Judging & assisting with set up & clean up.

WHAT A BEAUTIFUL DAY FOR A WAGON RIDE!



A big *Thank You* to
Clint & Judy Corcoran

for bringing their team to Kincaid Central School just before Christmas Break. It was a lovely day and most of our KCS students enjoyed a ride. Pictured here is the K-1 Class and their teachers.

A Safe Journey to School

THE BASICS OF BEHAVIOUR ON THE SCHOOL BUS



☐ **B**e Respectful
Speak Quietly to Your Neighbor
Show Manners to Driver and Other Passengers

☐ **U**se Safety
Keep Hands, Feet, and Objects to Yourself
Walk On and Off the Bus
Sit and Stay in Assigned Seat

☐ **S**how Self-Control
Listen and Follow Directions
Know the Quiet Sign
Keep the Floor and Seat Clean

**"Help Us Protect Your Children As
They Travel To and From School"**

You are
not alone.

1 in 5 Mothers
experience depression or anxiety
during pregnancy or postpartum

Nikki Tiffin - Mental Health

Presenting
• Postpartum • Depression in general
• Depression • Anxiety

Date Jan 29 1:00 pm
Hazenmore 29+ club

Great way to learn about signs, symptoms & tools to cope for you and your loved ones

The 2016 Canada Day Challenge

was launched this week! The Challenge will be a great opportunity for Canadian youth between 8 and 18 years of age, inviting them to express their creativity.

We invite Canadian youth to start thinking about the Challenge now and how they can demonstrate their pride in Canada. We have three exciting categories:

- **DRAW IT!** Draw, paint, and sketch! Youth can draw inspiration from Canada's past and present to create a colourful poster design.
- **SNAP IT!** Youth can use their smartphones or digital cameras and submit their best photograph. That captures Canada through their eyes.
- **WRITE IT!** Youth can express their thoughts about what Canada means to them and capture Canada's amazing spirit in writing. The original work can be a short story, a poem, or an essay.

Please visit our website at www.challenge.pch.gc.ca for more contest details and to see the exceptional works of the 2015 winner

KINCAID CENTRAL SCHOOL

January 2016 exam/classes schedule

		Mon, Jan 25 Day 6	Tues, Jan 26 Day 1 – regular classes for all gr 10-12	Wed, Jan 27 Day 2	Thurs, Jan 28 Day 3
P1	Gr 12 Gr 11 Gr 10	ELA – Departmental Exam (8:45) ELA exam Class – V. Arts/Construction/Online	Class – Enviro Class – Enviro Class – ELA	Enviro exam Enviro exam ELA exam	Math exam Math exam Math exam
P2	Gr 12 Gr 11 Gr 10	ELA – Departmental Exam ELA exam Class – Science	Class – History Class – History Class – History	Enviro exam Enviro exam ELA exam	Math exam Math exam Math exam
P3	Gr 12 Gr 11 Gr 10	ELA – Departmental Exam ELA exam Class – PAA	Class – ELA (semester II start) Class – ELA (semester II start) Class – Math	Enviro exam Enviro exam ELA exam	Math exam Math exam Math exam
		NOON	NOON	NOON	NOON
P4	Gr 12 Gr 11 Gr 10	No classes No classes Class – Wellness	Class – V. Arts /Construction/Online Class – V. Arts /Construction/Online Class – V. Arts /Construction/Online	No classes	No classes
P5	Gr 12 Gr 11 Gr 10	No classes No classes Class – ELA	Class – PEd/Online Class – PEd Class – Wellness	No classes	No classes

PERMISSION FORM

For Grade 10 – 12 students to go home after EXAMS

Please see notes below

I give permission for
(insert student(s) name(s) and grade(s):

* **Grade 11/12's** will be excused to go home on **Monday, January 25th** after their exam with this note.

* **All students** are expected to be at school for the full day on **Tuesday, January 26th**. It is a **regular school day** with regular classes for everyone.

* **Grade 10, 11 and 12** will be excused to go home after their exams on Wednesday & Thursday, **January 27th & 28th**, with this note.

I understand that the purpose of this is for my child to go HOME to study for exams. Students who do not return a permission slip will be expected to stay at the school until the buses arrive. Please fill in this form and return it to your home room teacher or to the office.

Parent/Guardian Signature: _____

Energy Treatments ☺

Come and relax, release what no longer serves you, get direction from your guides and angels, take some time to nurture you, receive great energy to balance and restore you physically, emotionally, mentally, and spiritually.

Come and Enjoy an Energy treatment. Connect with me and make appointment today!!

Holly Ross

hollyaross99@gmail.com

www.divineconnection8.com

306-264-5125 (home)

306-264-7925 (cell)

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