



I would like to start my message with a huge thank you to our School Community Council (SCC) for the stage rejuvenation project they have initiated. The SCC has applied to the Prairie South School Development fund. If the project is accepted the School Division will match locally raised funds for the project completion. The mission is to replace the sound system, lighting, and curtains in the gym with a goal of \$60,000 total. This project will enhance the many functions that take place in our gym and contribute to our community as a whole. Households and businesses in our area will have received an invitation to contribute by way of a community mail out over the past couple of weeks. All donations over \$20 will be provided a tax receipt. Thank you to those who have taken up the invitation and sent in your donation. Every little bit helps and brings us closer to the goal. As part of the effort our **SCC is holding a bake sale for our students on Friday, March 11th** and again **Thursday, March 24th**. Students have the opportunity to spend a toonie or two and enjoy a treat at noon. **Thank you SCC!**

Our School Community Council (SCC) is an integral part of life here at KCS. Part of this has been their support of our School Learning Improvement Plan (LIP) by sponsoring monthly "bucket challenges" to our K-12 students. The SCC has invited community partners to help in this endeavour. The result is to provide educational outings celebrating our school community. The second of these outings takes place next week when the winners of the bucket challenge will tour Girardin Seed Cleaning Ltd. Thank you to the **Girardin family** for your **support of this SCC project and our School Learning Improvement Plan.**

On that note I am pleased to report our school reading data is looking good from our January assessment information. You are aware that our reading goal states *"By June 2016, 80% of grades 1-8 students in Kincaid Central School will comprehend at grade level what they read as measured by Fountas & Pinnell (gr 1-4), Basic Reading Inventory (gr 5-8)."* The January data collection focuses on grade 1 and is showing that 100% of these students are reading at or above grade level. **Thank you to staff and parents who have helped work toward this goal. Great job to everyone involved!**

Thank you and congratulations to our students and staff for your excellent participation in our **Leap Day activities Monday, February 29th**. I was not able to take part directly as I was at a reading workshop in Assiniboia but all accounts tell me that students and staff celebrated in good fashion. I am impressed with the positive mind set and cooperative attitudes of all involved. The celebration included a variety of activities for both the mind and the body. Students started by taking time to read as big guy/little guy buddies in recognition of our reading goal. Our big guys awarded leap day reading certificates to our little guys for a job well done. The group then had fun with a whole-school game of leap frog around the gym. **What a great sight to see 100 plus people playing leap frog and having fun.** This was followed with a math activity involving a bit of friendly competition between our big guy/little guy buddies. Next on the agenda everyone took part in a cooperative activity for the mind involving origami and a leap day maze. The celebration then took on more of an in-motion atmosphere with a version of K-12 "pool noodle limbo". Finally students enjoyed a treat from the SRC to round out the celebration. **Thank you to all staff who "jumped in" to help as well as to all students for their positive contribution making KCS a great place to grow!**

You may be aware that our school is participating in the annual **Provincial We Day celebration** taking place in Saskatoon tomorrow, **March 2nd**. Our grade 9/10 class has taken on the leadership role this school year planning the big picture focus for both our local and our global actions. I am very impressed by their behind the scenes work helping to bring attention to local needs as well as global challenges that face our world. Thank you for the guidance of **Mrs. Rhonda Pilgrim** as she helps our students to nurture and polish their leadership skills for the benefit of our local communities and the world as a whole.

As part of the We Day initiative the group is **presenting a movie event providing a bit of entertainment and a social occasion for our community at 7:00 p.m. Thursday, March 3rd**. Proceeds from the sale of popcorn and refreshments go to the STARS ambulance funding goal.

Term report cards will be sent home Thursday, March 17th with student-led conferences scheduled that same evening as well as the morning of Friday, March 18th. **If parents have a preference for a conference time please call Mrs. Creasy** as soon as possible and she will attempt to accommodate your request. The conference schedule will be mailed home late next week. We will have the computer room open during student-led conferences for parents to complete the Tell Them From Me (TTFM) parent survey. Thank you in advance for taking time to complete the survey. Your input will contribute to our school goals and decision-making for the future.

All the best to our local students who will present their projects at the **Regional Science Fair Tuesday & Wednesday, March 8th & 9th**. If you would like to attend the Regional fair and view student projects it takes place at the Swift Current Comprehensive High School. It is normally open to the public 5:00 p.m. on the second day, which will be Wednesday, March 9th with awards at 6:00. **Come out to enjoy some great science and to support our students in their learning.**

In athletic news, **badminton season** is underway with both bantam and senior athletes polishing their skills. Thank you to **Mr. Larson Flynn, Mr. Curtise Clement, and Mr. Paul Promhouse** for their coaching commitment to our badminton teams. Thank you also to other staff members who are helping to cover practice schedules. **Thank you to all of our athletes for representing KCS with pride and sportsmanship.**

In other extra-curricular news our **KCS archery club** has begun practices with our grade 4-12 students. Staff members **Suzanne Morgan and Kathy Peterson** are sharing their coaching talents with our archery students in preparation for the provincial tournament taking place in April. **Best of luck to our KCS archers!**

A Warm Thank You to Jim & Bonnie Wilson for their donation to our Student Leadership.

KCS EVENTS

DATE	EVENT
Friday, March 4 th	<i>Teacher Prep Day Support Staff PD NO SCHOOL</i>
Tuesday & Wednesday, March 8 th & 9 th	<i>Regional Science Fair Swift Current</i>
Thursday, March 17 th	<i>Report Cards go home Evening 5-8 p.m. Student-Led Conferences:</i>
Friday, March 18 th	<i>Morning 9-12 Student-Led Conferences</i>

HEALTH NOTES

Eating Well with Children

Children choose how much and whether they will eat.

How to do a child's job well:

- Children decide whether or not they eat based on if they are hungry or not.
- Children eat the amount their bodies need to grow healthy and strong.
- As children grow older and are provided with the right structure, guidance and skills, they will start to choose a wider range of foods to eat.

Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2015). For more information, contact Melanie Warken, RD, at melanie.warken@

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.**

NUTRITION CORNER

Speedy pasta pie

Makes 12 servings

Simple as pie...

This recipe is way faster to make than lasagne, and you have the option of making two pans, so you can freeze one for a future meal (baking from frozen for about 1-1/2 hours). You can also assemble it ahead and refrigerate to bake later, baking for 10 minutes longer. When baked in a single lasagna pan, this recipe is perfect for potluck and buffet-style dinners.

Preparation: 15 minutes

Cooking: 45 minutes

Ingredients:

- 1 box (375 g) whole wheat spaghetti or macaroni
- 1 lb (500 g) Extra Lean or Lean Ground Beef
- 1 medium onion, finely chopped
- 2 to 3 large cloves garlic, minced
- 1 tsp (5 mL) dried Italian herb seasoning
- 1 pkg (454 g) light ricotta cheese
- 1 pkg (300 g) frozen chopped spinach, thawed and squeezed dry
- 1-1/2 cups (375 mL) part-skim shredded mozzarella cheese
- 1/2 tsp (2 mL) pepper
- 4 cups (1 L) fat- and sodium-reduced pasta sauce
- 1/4 cup (50 mL) grated light Parmesan-style cheese

Directions:

- Cook pasta according to package directions. Drain and rinse; set aside.
- Meanwhile, cook beef, onion, garlic and Italian seasoning in large deep frypan over medium heat for 8 to 10 minutes or until beef is thoroughly cooked and any liquid has evaporated. Remove from heat.
- Stir in ricotta, spinach, 1 cup (250 mL) of the mozzarella and pepper; combine well. Toss with cooked pasta.
- Spread 1-1/3 cups (325 mL) pasta sauce into each of two 9-inch (23 cm) deep-dish glass pie plates; layer with pasta mixture. Spread remaining pasta sauce over top of each; sprinkle each with Parmesan and remaining mozzarella. (Can be covered and refrigerated or frozen.)
- Cover loosely with foil and bake in 350° F (180° C) oven for 30 minutes. Uncover and bake for 5 minutes. Let stand for 5 minutes before cutting to serve.

Lasagne-style Pasta Pie: Spread 1-1/3 cups (325 mL) pasta sauce in 13 x 9-inch (3 L) baking dish. Top with pasta mixture and remaining pasta sauce. Sprinkle with Parmesan and remaining mozzarella.

Heart-Healthy Makeover: We used lean ground beef and lighter cheeses along with fat and sodium-reduced pasta sauce. This dish is a great way to sneak in some spinach for the spinach adverse.

ST. JOHN'S LODGE ASSINIBOIA

100th Anniversary Supper

March 6th, 2016 at 6 p.m.

At the Masonic Temple

Students who attended last year's leadership camp will be sharing their experiences.

4th Avenue East, Assiniboia

Tickets: \$20.00

Contact: Jerry Ruehs @ 306-625-7400

A BIG THANK-YOU

to all the members and especially other volunteers who came to help with the renovations and cleaning at the Club 50. Your help is greatly appreciated. It is looking good. Remember if you want to use the club at any time just call 'Turgeons' for a key. Memberships are \$40/year. Get some friends together for cards, pool or whatever you like. Coffee is on mornings at 10am Monday - Friday.

YOU are always welcome.

Kincaid Club 50

The **CHINOOK REGIONAL LIBRARY Kincaid Branch** Hours:

Tuesday from 11 a.m. – 5 p.m.

Thursday from 12 p.m. – 5 p.m.

Thank you

Debbie Robertson, Librarian



DO ANY OF THE ABOVE ITEMS
BELONG TO YOU? PLEASE COME
AND SEE MRS. CREASY AT THE KCS
OFFICE IF ONE OF THESE IS YOURS.



**PROUD TO BE PART OF
KINCAID CENTRAL SCHOOL STAFF
“A Great Place to Grow”**



Our Bantam Mixed Curlers

Kael W., Daniel D., *Coach* Mr. Onraet,
Arthur W. Jessica B.

A Safe Journey to School

Emergency Evacuation the Safe Way:



Make sure your children know emergency evacuation rules.

- Listen to the driver's instructions for the correct exit.
- Be calm, quiet and don't panic.
- Leave all belongings behind.
- Exit seat by seat alternating rows.
- Leave the bus quickly without pushing or shouting. If stopped on railway tracks, go away from the tracks as far as possible - at least 30 metres away from the track and the bus.
- Walk to a safe place and stay together.

Thursday, February 25th was
100 day.

There were many activities going on that day in the elementary end of the school. Here, some of the grade 2's & 3's count various objects to 100.



ALICE ACHTER,
One of our local history buffs,
visits the Grade 2-3 classroom to give
them a lesson on the history
Hazenmore, a town 11 km west of
Kincaid. The Grade 2's and 3's have
been learning about the history of
our area in Social Studies.

Understanding Barriers Facing Newcomers

Presentation Series:

Feb 1 - Refugees: Processes & Challenges

Mar 7 - Immigrants: Processes & Challenges

Apr 5 - Creating a Welcoming Community

Lunch & Learn Sessions for service providers at 12:00. Register at schlamp.lisa@prairiesouth.ca by Jan 28; \$10/person includes lunch.

Evening Sessions for the public at 7:00; no charge.

All sessions will be held at Hillcrest Apostolic Church, 1550 Main St. N. Sponsored by the Newcomer Services Steering Committee.

MONDAY, MAY 30, 2016

9:00 TO 4:00 PM

HERITAGE INN

MOOSE JAW, SK

AUTISM:
ENDLESS POSSIBILITIES



For more information:

mjprofessionaldevelopment@sasktel.net



Moose Jaw Literacy Network
District Branch



Friendly City Optimist Club



Moose Jaw and

Registration available at: www.mjprofessionaldevelopment.wordpress.com

Active Parenting 5 - 12 Years

6 EVENING SESSIONS

TUESDAYS

March 1st - April 5th, 2016

LOCATION:

YMCA Strong Start Family Centre

TIME: 6:30-8:00pm

Transportation and Childcare provided

There is **no cost** to attend

Everyone is welcome!

PLEASE REGISTER BY CONTACTING

Wanda 306.690.7851



The nutrition snack was a hit!
Thanks, Grade 2's, 3's, and Mrs. Loverin!

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

306-264-5125 (home)

hollyaross99@gmail.com

306-264-7925 (cell)

www.hollyross.net