



The arrival of November on the calendar indicates the end of our term one reporting period is just around the corner. Report cards will be on their way home in a couple of weeks on **Thursday, November 19th** with student-led conferences taking place that evening as well as the morning of Friday, November 20th. The student-led conference model ensures that all of our students become active participants in their learning and reporting process. It is their opportunity to take part and lead the conversation around their education goals. Thank you to students and parents for your commitment to learn and grow with us. We look forward to seeing you at conferences.

Education Week took place **Oct 19-23** across Saskatchewan with the theme "*Celebrating Each Student*". I am proud to say that our school community does an excellent job on this account and your attendance at our Open House is a measure of that commitment to our school and students. Thank you to our KCS families for supporting & celebrating the education community of Kincaid Central School. *A modest estimate of approximately 95 were in attendance at our Open House and all accounts indicate it was an enjoyable evening sharing our school goals and celebrating each student.* We appreciated the opportunity to break bread with you at the pot luck supper, hear from our School Community Council (SCC), as well as share information related to our School Learning Improvement Plan (LIP). We would like to extend a special thank you to our SRC students who volunteered to provide child care in order to allow parents time to take part in the presentation and visit classrooms. *One final note of appreciation goes to our SRC leaders for their efforts "celebrating each student" by way of the sticky note project.* Each student was greeted at their locker with an individualized sticky note prepared by SRC leaders. The notes recognized individual students for their special talents, positive traits, and general goodness. **Way to go SRC!** Your efforts are applauded and appreciated!

Support for our school was also shown through a successful completion of the **QSP Family Reading & Gift Program**. We are appreciative of the support your families and our communities gave to this project. The total sales were similar to last year being just over \$6,000. Congratulations to *Mrs. Kelly Reid-Ward and her grade 2/3 students* for having top sales of \$2,707.25. For their effort the classroom has earned a pizza party! *The top three sales by family were Loren & Sharon Condie \$543.00, Darryl & Violet Smith \$482.50, and Victor & Jennifer Calvin \$461.50.* What an awesome effort!!! As top selling family the Condie's have won a night out for pizza & a movie compliments of the SRC. Congratulations to **Shawn S.**, and **Jaxon N.** as the main draw winners. The funds from this project will be used by our school to help promote our school goals as well as provide leadership opportunities for all K-12 students throughout the year.

We are celebrating and saying congratulations to our **Bantam Boys volleyball athletes** for their excellent display of sportsmanship as they *hosted the SW Section Playoffs October 24th*. Thank you to parents, the staff of KCS, as well as our school community for your support helping to make the Bantam volleyball season a wonderful success for our student athletes and our community. **Congratulations to our Bantam Boys who captured the gold medal at playoffs!** This earned them a spot at the District Finals last weekend at Avonlea where they enjoyed an excellent day of volleyball ending with their silver medal win! *What an excellent accomplishment for our Bantam athletes and coach Curtise Clement!* In other volleyball news our KCS Senior Girls team will be traveling to Frontier for their Conference playoffs this Saturday, November 7th. Our Senior Boys team is headed to a tournament in Yorkton. **GO KOUGARS!!!**

We are in the final crunch as we prepare to host the **2A Provincial Boys Championship** and we need your help as volunteers. *The event takes place in Gravelbourg between the High School and École Mathieu de Gravelbourg (College) on Friday, November 27th and Saturday, November 28th.* Please call the school (264-3933) and have your name added to the volunteer list. We are in need of gate workers, score keepers, lines people, and possibly booth workers. Please let us know your preference and availability throughout the weekend. We appreciate your support however you choose to lend it.

Thank you to our KCS families and community members who contributed to our local food drive. *Our grade 9/10 leadership students under the direction of Mrs. Rhonda Pilgrim combined two great initiatives (FCC's Drive Away Hunger and We Day's We Scare Hunger) associated with eliminating hunger.* The intent is twofold and helps us to recognize and appreciate our own good fortune as well as draw attention to the needs of others within our local geography. Our school community brought in many pounds of non-perishable food products which will now be distributed locally.

If you walked our halls on **Thursday, October 29th** you would have experienced the community "spirit of KCS". A large percentage of our students and staff showed their school spirit by dressing up for some fun Halloween activity. Thank you to our SRC Social Directors, Erin G., and Kendall R., as well as an enthusiastic committee of dedicated "spooksters" for your time and energy organizing an excellent haunted house to help our students get into the spirit of Halloween. Thank you to Sharon Condie for providing the massive pumpkins for each classroom to decorate. Thank you also to all KCS students for a very respectful attitude as they enjoyed the Halloween fun.

The **Community Birthday Calendar** re-order sheets continue to trickle in from our surrounding area. Thank you to those 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 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.*

Please join us **Tuesday, November 10th at 11:00 a.m.** as Legion members, students and staff *observe a time of remembrance* here at KCS. Students have been preparing their musical tribute and sharing their talents and respect by way of participation in the poster, prose and essay contest. Thank you in advance to our Local Legion for your time and commitment to our school and community. We appreciate your interest in our students and value your contribution to their lives.

See your name here with a donation towards our school leadership activities.

KCS EVENTS

DATE	EVENT
Friday, November 6 th	<i>NO SCHOOL</i>
Saturday, November 7 th	<i>Senior Girls Sectional Volleyball Playoffs @Frontier</i>
Tuesday, November 10 th	<i>KCS Remembrance Day Service @ 11 a.m. Everyone welcome! Kincaid SCC Meeting – 7:30 @ KCS</i>
Wednesday, November 11 th	<i>Remembrance Day Holiday – ‘Lest We Forget’</i>
Tuesday, November 17 th	<i>KCS Connections published</i>
Thursday, November 19 th	<i>Report Cards go home Student-Led Conferences 5-8 p.m.</i>
Friday, November 20 th	<i>Student-Led Conferences 9 a.m. - noon</i>

HEALTH NOTES

Achieving and maintaining a healthy weight

Managing your weight doesn't have to mean altering your life dramatically. Take small steps, aim modestly and realistically, and then build from there. A small, steady weight loss of ½ to 1 Kg (one or two pounds) a week is much easier to attain and healthier for your heart than a larger drop. Research also shows that you'll be much more likely to keep it off.

What to eat:

- ✓ Add vegetables and fruit to your meals and snacks, aiming for 4 to 10 servings a day, as recommended by Canada's Food Guide.
- ✓ Switch to whole-grain breads and cereals whenever possible to help you feel full.
- ✓ Avoid fried foods – they are high in fat and calories.
- ✓ Choose a wide variety of healthy foods such as colourful red peppers and dark green leafy lettuce, whole-grain bread, low-fat milk extra-lean meat, legumes and nuts (in moderation), to nourish your body with essential nutrients.
- ✓ Read the **Nutrition Facts** table on all food labels to assess the amount of calories, saturated fats, trans-fats, sugar and salt a product may contain. Also look at the Nutrition Fact table for the inclusion of healthy nutrients such as protein, fibre, vitamins A and C, iron and calcium.
- ✓ Look for the Heart & Stroke HealthCheck™ symbol on food packages. **HealthCheck** is the Foundation's food program based on Canada's Food Guide to help Canadians make wise food choices at the grocery store and in some restaurants.

What to drink:

- ✓ Drink lots of water throughout the day.
- ✓ Choose low-fat milk (skim, 1%).
- ✓ Avoid pop, sugary drinks and alcohol.



NUTRITION CORNER

Fibreful Pasta Sauce

Makes about 9 cups (2.25 L) chunky and about 8 cups (2 L) puréed

This is one of the most versatile sauces around. You can eat it as a vegetable chili on its own, or toss it with your favourite whole-wheat pasta. Try ladling it over some roasted or grilled chicken or fish for a new sauce idea. When puréed, you can add some vegetable stock for easy vegetable soup. It just doesn't get any better than this.

Ingredients:

- 1 tbsp (15 mL) extra virgin olive oil
- 1 onion, chopped
- 1 large carrot, chopped
- 4 cloves garlic, minced
- 1 tbsp (15 mL) dried oregano
- 1/2 tsp (2 mL) red pepper flakes
- 1 zucchini, sliced
- 1 each sweet red and green pepper, chopped
- 2 cans (28 oz/796 mL) diced tomatoes
- 1 can (19 oz/540 mL) chickpeas, drained and rinsed
- 1/3 cup (75 mL) chopped fresh basil
- 1/4 cup (50 mL) chopped fresh Italian parsley

Directions:

1. In large saucepan, heat oil over medium heat and cook onion, carrot, garlic, oregano and red pepper flakes for about 5 minutes or until softened. Add zucchini and red and green peppers, cook, stirring for about 2 minutes or until well coated.
2. Add tomatoes, chickpeas, basil and parsley and bring to a boil. Reduce heat, cover partially and simmer for about 1 hour or until thickened and vegetables are very tender.
3. Sauce can be served as is or puréed for a smoother, thicker sauce. Simply ladle sauce into food processor or blender and purée until smooth. Return to saucepan and heat through.

Storage: Let sauce cool to room temperature and place in freezer bags or airtight containers and freeze for up to 3 months.

Nutrition information per serving

Calories: 114; Protein: 5 g; Fat: 3 g; Saturated fat: 0 g; Cholesterol: 0 g; Carbohydrates: 20 g; Fibre: 4 g; Sodium: 381 mg; Potassium: 623 mg



MELISSA THIBAULT

Kincaid Central School Alumnus

Melissa Thibault convocated with a Bachelor of Science in Nursing Degree on October 16, 2015 at the University of Regina. She is the daughter of Mike and Michelle Thibault of Hazenmore. Melissa is presently employed at Five Hills Health Region working in the Moose Jaw Hospital in Women's Health as well as on the Pediatric Ward.

CONGRATULATIONS,

MELISSA,

from all of us at Kincaid Central School!

You make us proud.



Introducing and Preparing
Solid Food for Your Baby

Thursday, November 26

Hazenmore Club 29
10:30am - 12:00pm
FREE

Join your public Health Nutritionist and Nurse
in activities and discussion about best
practises for introducing and preparing solid
food for your baby.

Babies welcome.

Kincaid Central School REMEMBRANCE DAY SERVICE

Please join us at
Kincaid Central School
for a

Time of Remembrance



*Tuesday, November 10th
At 11 a.m.*

Kincaid Central School Gymnasium

A time for us to join our Legion
Members for a Special Service, celebrate
the musical talents of the Elementary
and Senior Choirs, and share the Poetry,
Essays & Posters that were successful at
the Zone Level.

Everyone Welcome!!

Our Pinto Creek Legion Members
would like to invite all of their members
and the general public to the ***Kincaid
Central School Remembrance Day
Service***, as there will be **NO Cenotaph
Service** on November 11th.

ACTIVE PARENTING for 5-12 years

6 EVENING SESSIONS

TUESDAYS until November 24th

LOCATION: YMCA Strong Start Family
Centre

TIME: 6:30-8:00 pm

Transportation and Childcare provided

There is **no cost** to attend

Everyone is welcome!

PLEASE REGISTER BY CONTACTING

Michelle @ 306.631.4402

**MJ & DISTRICT QUALITY EDUCATION
COMMITTEE**

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.

SLC's

(Student-Led Conferences)

**Thursday, November 19th &
Friday, November 20th are the
dates scheduled for SLC's at
Kincaid Central School.**

*Mrs. Creasy will be making up a
schedule of the family times.*

The times for SLC's are:

5 p.m. – 8:00 p.m.

**Thursday evening
and**

9 a.m. until noon

Friday morning

**In the past we have normally given
priority to working parents for the
evening slots, but due to many
other circumstances in the lives of
our busy families, you have the
option of which day would work
the best for you regardless. Please
call Mrs. Creasy at the KCS Office
if you need a particular day or
time. If the office doesn't hear
from you, we will just schedule you
in as we regularly do.**

BANTAM VOLLEYBALL CHAMPIONSHIP RESULTS

All results and
photos from this
past weekend's
bantam
volleyball
championships
are posted at



www.scdaa.ca

Please check it out!

Hockey Referee Clinic Dates



November 7th 9 a.m.
Ponteix @ Ponteix High School

November 8th 9 a.m.
Glentworth @ Glentworth Central School

November 14th 9 a.m.
Assiniboia @ Assiniboia Composite High

November 21st 9 a.m.
Vanguard @ Vanguard Community
School

**Online modules must be completed
prior to registering for the clinic**

Winners of the World Series Pool 2015

Payout - \$50.00 per game

Game 1 – Etta Lott

Game 2 – Jill Talbot

Game 3 – Tiffany Haack

Game 4 – Dianna Graham-Junhke

Game 5 – Irene Brisebois (Final)

**Thanks to everyone who supported the
Club 50.**

WOOHOO!!!

PIZZA & open mic NIGHT

ANEROID CENTENNIAL HALL

FRIDAY, NOVEMBER 20, 2015

Happy Hour 5:00 pm

Supper 6:00 pm

Open Mic starts

7:00 pm

Admission \$20.00

Must call to reserve tickets

Contact:

Carla Hunter

306-588-2206

or

Mellissa Dash

306-588-2500

If you want to come just for the
open mic

it's a \$5.00 cover charge.

NO ONE UNDER 19

ADMITTED



ACTIVE PARENTING OF TEENS

6 EVENING SESSIONS

Thursday's

November 5th—December 10th

LOCATION:

**Cubiak Family Centre
846 Grandview St. W**

TIME: 6:30-8:00pm

There is **no cost** to attend

**PLEASE REGISTER BY
CONTACTING**

Ann @ 306.630.7369

**MOOSE JAW & DISTRICT
SPORTS HALL OF FAME**

**1ST ANNUAL INDUCTION
CELEBRATION**

Friday, November 6, 2015 @ Mosaic Place

HONOURING OUR SPORTS HISTORY

Clark Gillies

1985 Moose Jaw Generals Hockey Team

Justin Abdou

Mike Mintenko

Scott Schultz

Lisa Franks

Tickets:

- \$50 each (October 31 deadline)
- Available at: tickets.mosaicplace.ca

For more info:

Email:

www.mjdshf.com

info@mjdshf.com

KCS BANTAM VOLLEYBALL PEP RALLY



The music's pumping, the pompoms are shaking, and the spirit is high, as KCS students and staff cheer on our bantam volleyball teams as they prepare for playoffs.
**GO
KOUGARS
GO!!**



