



## ***“Let’s Get Real About Alcohol & Drug Use”***

**When: 7:00p.m. Wednesday, November 18<sup>th</sup>.**

**Location:** Kincaid Central School gymnasium.

**Presenter:** Student Advocate consultant, Roxy Johnston.

**All parents NEED to hear what Roxy has to say.**

Roxy Johnston is a respected educator of 30 years. She has a big picture view on alcohol/drugs and its effects on our families and cultures.

Mid-November is upon us which means **first term report cards** will soon be on their way home; in fact they will be in your hands this **Thursday, November 19<sup>th</sup>**. **Student-Led Conferences** are scheduled for the evening of **Thursday, November 19<sup>th</sup> and the morning of Friday, November 20<sup>th</sup>**. Mrs. Creasy mailed your SLC schedule to families last week. The student-led conference model ensures all of our students become active participants in their learning and reporting process. Students are prepared to share their learning focus, their areas of strength, their areas of challenge, as well as their goals for the next term of the school year. Thank you to students and parents for your commitment to learn and grow with us. We look forward to seeing everyone at conference time.

We send a note of gratitude and appreciation to Legion members and community guests who joined students and staff to observe a Time of Remembrance last **Tuesday, November 10<sup>th</sup>** here at KCS. Thank you to **Mrs. Laura Loverin**, and our **Elementary** and **Senior Choirs** for your musical tribute. Thank you to **Kade G., Ryley G., Davis W., Isabella G., Kaden W. and Hanna G.** for their talents accompanying the choirs as well as to **Kendall R-D.** for her reading of “*In Flanders Fields*”. Thank you to **Captain Shaun Finn** from CFB Moose Jaw for delivering a Military Address as well as for spending the afternoon with our students in their classrooms. ***Congratulations to all students who took time to reflect upon the significance of Remembrance Day by way of participation in the poster, prose & essay contest.*** Your efforts ensure that those who have served our country are not forgotten. Mrs. Creasy has included a chart in this issue of the KCS Connections indicating the winners of the various categories. And finally **a heartfelt thank you to our Pinto Creek Legion for your time and dedication to our school and community.** We appreciate your commitment to our students and value your contribution to our lives.

We are in the final crunch as we prepare to host the **2A Provincial Boys Championship** and we need your help as volunteers in order to make it happen. The event takes place in Gravelbourg between the High School and École Mathieu de Gravelbourg (College) gyms on Friday, **November 27<sup>th</sup> and Saturday, November 28<sup>th</sup>**. Please call the school (264-3933) to add your name 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.

Our **QSP catalogue orders** have arrived and were sent home last week. If you have come across any errors or other problems such as damaged products please contact Mrs. Creasy a.s.a.p. so we can address your concern. Magazine orders are being processed and the first issues should be in the mail by late January or early February. Thank you once again for your support of this project.

Another important project for our school is **The Community Spirit Calendar**. The re-order 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 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.***

**A Warm Thank You to Brent and Ruby Ross of Kincaid for their donation  
to our Student Leadership.**

# KCS EVENTS

DATE	EVENT
Thursday, November 19 <sup>th</sup>	<u>Report Cards go home</u> <i>Student-Led Conferences</i> 5-8 p.m.
Friday, November 20 <sup>th</sup>	<u>Student-Led Conferences</u> 9 a.m. - noon
Saturday, November 21 <sup>st</sup>	<i>Boys 2A Regional Volleyball</i> Playoffs in Beechy
Monday, November 23 <sup>rd</sup>	<i>Early Dismissal</i> 2:24 p.m. <i>LIT - Teachers</i>
Friday & Saturday, November 27 <sup>th</sup> & 28 <sup>th</sup>	<i>Boys 2A Provincial</i> Volleyball in Gravelbourg

## HEALTH NOTES

### HEALTHY EATING

Healthy eating builds a healthy body and is important for maintaining a healthy body weight. Healthy eating means eating a variety of foods. **Canada's Food Guide** and other nutrition publications provide information that can help you make wise food choices.

Eating well doesn't mean giving up the foods you love; it means choosing food wisely. Try some of the following suggestions when making food choices:

- Select a variety of foods from all food groups such as fruit, vegetables, dairy and grains;
- Emphasize cereals, breads, other grain products, vegetables and fruit;
- Choose lower-fat dairy products, leaner meats and foods prepared with little or no fat;
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating; and
- Check the Nutrition Facts Table on food labels to compare products more easily; determine the nutritional value of foods; better manage special diets; and increase or decrease your intake of a particular nutrient.

## NUTRITION CORNER

### Breaded Chicken Cutlets

#### Ingredients:

- ✓ 3 large eggs
- ✓ Coarse salt
- ✓ 1/3 cup all-purpose flour
- ✓ 3 ½ cups fresh breadcrumbs
- ✓ 1 cup vegetable oil
- ✓ 8 thin chicken cutlets (about 1 ½ pounds in total)
- ✓ Lemon wedges, for serving

#### Directions:

##### **Step 1**

In a shallow dish, whisk eggs with 1 tsp. of salt; let stand 5 minutes. In another shallow dish, season flour with ¼ tsp. salt. In a third shallow dish, season breadcrumbs with 1 tsp. salt.

##### **Step 2**

In a large cast-iron skillet or other heavy deep skillet, heat oil over medium heat. Meanwhile, pat chicken dry with paper towels. Coat in flour, shaking off excess, then dip in egg (letting excess drip off). Dredge in breadcrumbs, turning twice and patting to adhere.

##### **Step 3**

Increase heat to medium-high. Working in batches, add chicken to skillet; cook, gently shaking skillet occasionally, until chicken is browned, about 4 minutes. Turn with tongs; cook until browned and opaque throughout, 2 to 3 minutes more (if browning too quickly, lower heat). Between batches, skim off brown crumbs from oil with a slotted spoon. Drain chicken on paper towels; season with salt.

# KCS REMEMBRANCE DAY SERVICE

A respectful and dignified Service of Remembrance was held at Kincaid Central School on Tuesday, November 10<sup>th</sup>. Thank you to the Pinto Creek Legion members for their support and promotion of the Poster, Prose and Essay contest, as well as their participation in the service through their Act of Remembrance and informative words. Thank you also to the students and teachers at Kincaid Central School for their participation in the contest and this service. It makes us reflect on the sacrifices made, in the past and the present, in defence of the principles of peace, freedom, and justice.



The KCS choir presented two musical tributes, "Loch Lomond" and "See You Again" with beautiful harmonies and a little bit of rap, and the K- 6 students sang "Put a Little Love in Your Heart" with heartfelt enthusiasm. Kudos, **Mrs. Loverin**, for all your hard work and a fantastic final presentation. We had 6 KCS students share their musical talents by accompanying our choirs and playing the anthems. **Captain Shaun Finn**, a pilot based at 15 Wing Moose Jaw, spoke to us about the sacrifice not only of our men and women but the families left behind and the hardships they go through. He also stayed for the afternoon and visited our students in an informal setting, answering questions and telling stories. Thank you so much for your time, Captain Shaun.

Congratulations to all participants of the poster, prose and essay contest, and good luck to all the first place winners that will go on to the next level of competition. Thank you to everyone who attended and participated in this service – you have honoured all those that have served in our Canadian Armed Forces.



Legion Winners 2015	
Essays and Poems	
Essays	Poems
Grades 2 & 3	Grades 2 & 3
1. Peter N.	1. Helena S.
2. Reece H.	2. Reece H.
3. Sierra C.	3. Sierra C.
Grades 4, 5 & 6	Grades 4, 5 & 6
1. James W.	1. Jessica B.
2. Annalease E.	2. Boston H.
3. Owen R.	3. Annalease E.
Grades 7, 8 & 9	Grades 7, 8 & 9
1. Isabella G.	1. Davis W.
2. Davis W.	2. Marilee B-C.
3. Kade G.	3. Justin C.
Grades 10, 11 & 12	Grades 10, 11 & 12
1. Hanna G.	1. Kolton P.
2. Holly H.	2. Derek O.
3. Kendall R.	3. Wyatt C.

Legion Winners 2015	
Posters	
Colour	Black & White
Grades K, 1 & 2	Grades 1, 2 & 3
1. Sierra C.	1. Helena S.
2. Helena S.	2. Keira A.
3. Keira A.	3. Lacie B.
Grades 4, 5 & 6	Grades 4, 5 & 6
1. Rachel M.	1. Arieana B.
2. Kael W.	2. Kael W.
3. Arieana B.	3. Emily M.
Grades 7, 8 & 9	Grades 7, 8 & 9
1. Davis W.	1. Ryley G.
2. Isabella G.	2. Davis W.
3. Carter S.	3. Justin C.
Grades 10, 11 & 12	Grades 10, 11 & 12
1. Kaden W.	1. Roxann B.
2. Celyn G.	2. Matthew P.
3. Wyatt C.	3. Wyatt C.



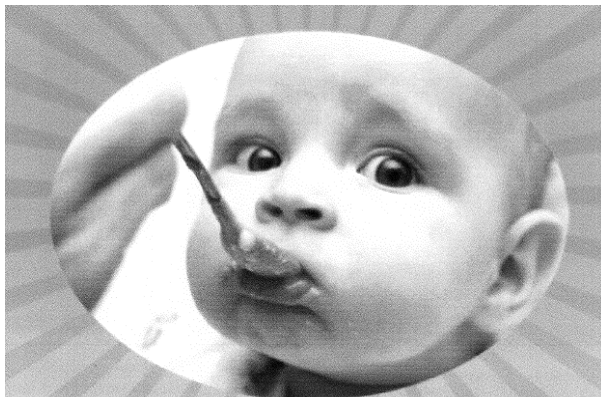
## KINCAID HOUSING AUTHORITY

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.

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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  
practices for introducing and preparing solid  
food for your baby.

Babies welcome.

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## 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.

## 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**  
**Melissa 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**

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## Way to go, Hazenmore Corner Library!!!

Did you know that the Hazenmore Corner Library got the award for *Library of the Year*? That is awesome!!

**Gail Rode**, Hazenmore Corner Library's librarian says a lot of the credit goes to hosting their "Gus the Bus" event. With over 45 children and parents in attendance, it just goes to show that our small 'corner' libraries are alive and well.

**Keep up the great work!!**

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## The Travel Club

will meet on  
November 19, 2015,  
8 p.m. start time (yes, following SLC),  
at the Kincaid Rink.

If you have any questions,  
please contact Garth @ 264-7701.



# People far and wide support the KCS library!



Many thanks to Krista from Yorkton! She donated the Timber Wolves Hockey series by **Sigmund Brouwer**. You may remember he visited KCS a few years ago with his "Rock and Roll Literacy" tour which was great fun for students and staff. These books will be a welcome addition to the KCS shelves for all our hockey players and hockey fans.

**Thank-you, Krista!**

Thanks to Jack + Ainsly Puckett for their donations to the KCS library as well. Some **"My Little Pony"** books and **Early Chapter** books have found a new home here. Note to other children, never let your Auntie help you clean your book shelves if she works in a library, she might be a little detail-oriented!

**Thanks, Ainsly + Jack!**

**Mrs. Sandra Senicar**  
Library Associate

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Moose Jaw & District Quality Education



## 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

## SPECIAL GUESTS AT KCS

As part of our ongoing effort to encourage positive lifestyle choices, KCS welcomed three special guests on Thursday, November 5<sup>th</sup>. Dog handler **Corporal Jason Goodfellow** and his dog **Mako** of the Swift Current Police Dog Services were invited by **Sergeant Christianson** of the Ponteix RCMP detachment to share experiences and knowledge related to their role in safeguarding the public.

A few tidbits of information:

- The RCMP Police Dog Service Training Centre is in Innisfail, AB.
- Purebred German Shepherds are used with primarily male dogs being chosen for service.
- Service dogs locate missing persons; track criminals; search for narcotics, explosives, and crime scene evidence; support search and rescue; and engage in community relations.
- There are about 140 police dogs in Canada with 7 stationed in Saskatchewan.
- Mako is trained to do tracking, criminal apprehension, riot control, and provide support to emergency response teams.



Thanks for  
joining us  
here at  
Kincaid  
Central  
School!!