



The **Thanksgiving weekend** is in sight and our KCS family is looking forward to sharing some well-deserved quality time with family and friends over the long weekend. There is an abundance to be thankful for in our school world and I trust there is much the same for you on the home front as well. *The observance of Thanksgiving means we are approaching the completion of the first quarter of the school year and term one report cards will be headed home in about a month.* In the mean time we continue with the exciting curricular and extra-curricular activities involved in educating our students and community.

The KCS staff along with the help and support of our School Community Council has established our School Learning Improvement Plan (School L.I.P.) for this year. Although we plan to improve in a variety of areas, our data collection will focus on academic goals related to reading comprehension from K-8 as well as math problem solving skills in grades 8-12. Our student well-being goal will help us to reflect upon self-regulation with specific attention to management and organizational skills. *We look forward to sharing more details of our School L.I.P. and our Learning Improvement Teams (L.I.Ts.) at our KCS Open House as well as throughout the school year.*

As you may be aware our **KCS Open House** is scheduled for **Tuesday, October 20th**. We hope you are able to join us. The evening will start at 6:00 with a pot luck supper where we can break bread and enjoy some community spirit. We will then have a general information session in the gym followed by classroom visits. *Our SRC will provide free child care to allow parents to take part in the evening.* Please join us to share a pot luck supper, meet the staff, see the improvements to our facility, and enjoy an evening of information related to student life and our School L.I.P.

Have you ever heard the term **S.T.E.M.?** *It stands for Science, Technology, Engineering and Math.* Saskatoon hosted an International Conference (STEMfest) last week giving participants the opportunity to explore these areas. All grade 11/12 students here at KCS were invited to attend with four taking up the offer. They traveled with me and we joined just under 300 others from across Prairie South Schools to experience the future through the trade fair portion of the conference. **Thank you to Cargill for their sponsorship helping our PSS students with this exciting opportunity.**

Speaking of opportunity our grade 8-10 students attended the **Assiniboia and District Career Fair September 29th** exploring post-secondary options for their future. A few grade 11/12 students also attended with their parents giving them an opportunity to fine-tune their plans. All students gleaned information from a variety of presentations and also had opportunity to browse displays and ask questions related to planning and preparing for post-secondary life. It was great to hear back from **Mrs. Barb Compton**, our Superintendent of School Operations, who emailed me regarding our students and teachers who attended *".... your teachers and students who attended Career Expo in Assiniboia need to be commended on their behavior and engagement throughout the day. Many presenters commented on the inquisitive questions and exemplarily manners they displayed throughout the day. Please let your staff know they are great role models and much appreciated by central office. Kincaid should be very proud."* I take this comment as a positive one toward not only our students and teachers but also the communities that support our youth here at KCS. Thank you for sharing the value of education with your children.

It is hard to believe that our **KCS Facebook page** is one year old this month. Our intent was to add to our communication tools and help you to tune in and stay on top of what is happening here at KCS. This seems to be a positive success as we are approaching 200 "LIKES" on the KCS Facebook page. This means 200 people are connected to the great world of KCS through this social media tool. We would love for you to join us as well. Please stop by and hit the "LIKE" button at "facebook.com/kincaidcentralschool". Thank you to **Mr. Curtise Clement** and **Mrs. Rhonda Pilgrim** for their work keeping our community informed about the great things that are happening here at KCS. We have also added to our communication toolkit by way of our KCS webpage. If you haven't already bookmarked it please visit <https://schools.prairiesouth.ca/kincaid>. You will find important information and news about school events and activities our students are involved in during the school year. Thank you to **Mrs. Sandra Senicar** for her enthusiasm bringing new energy to our school webpage. Hopefully these communication tools will find their way into your daily routine helping you to connect with us here at school. Please feel free to share your thoughts and ideas about how we can improve in our communication between home and school. We appreciate your feedback.

We are starting into the final details as we prepare to host the **2A Boys Provincial Volleyball Playoffs** at Ecole Mathieu Gravelbourg and Gravelbourg High School the weekend of **November 27th & 28th**. You may recall that we hosted this event in 2004 with the added bonus of bringing home the Bronze Medal. We sent a letter home in report cards last June asking you to consider volunteering to help. Thank you to those who have called to put your name on the volunteer list. If you would like to help out with this exciting event please call the school to have your name added to our volunteer list. **Thank you in advance for your help!**

This is the final thrust for our **QSP fund raiser** with orders due **Wednesday, October 14th** after the Thanksgiving long weekend. KCS students and staff value your support as we work toward our goal. All funds raised will go to student related leadership activities. **We appreciate your commitment to our students and school.**

It is that time of year when our SRC renews the **Community Birthday Calendar**. If you currently have a calendar you will have noticed the re-order sheet as you flipped from September to October. Calendar orders are the same price as last year. Our calendar ads are also the same price as last year for those who choose to advertise their business or organization. *Thank you for your commitment to this worthwhile community project sponsored.* Funds raised go toward student related activities here at school.

Our thoughts are with each of you as we approach the long weekend. **All the best as you enjoy family, food and friends in the spirit of Thanksgiving.**

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

KCS EVENTS

| DATE | EVENT |
|-----------------------------------|--|
| Tuesday, Oct 6 | Bantam Boys VB <i>home game vs Ponteix</i> |
| Thursday, Oct 8 | Live Different Presentation |
| Friday, Oct 9 | NO SCHOOL |
| Monday, Oct. 12 | Happy Thanksgiving! |
| Friday & Saturday, Oct 16 & 17 | Sr. Boys VB home <i>tournament hosted @ EMG</i> |
| Saturday, Oct. 17 | Bantam Boys VB <i>home tournament</i> |
| Friday, Oct 30 | Driver Ed @ Lafleche Bus leaves Kincaid @8:25a.m. |

HEALTH NOTES

How can I help my child be a healthy kid?

There are five simple ways for your family to lead a healthy lifestyle and get back on track:

1. Get active each day

• Regular physical activity is important for the healthy growth, development and well-being of children and young people.

They should get at least 60 minutes of physical activity every day, including vigorous activities that make them 'huff and puff'.

2. Choose water as a drink

• Water is the best way to quench your thirst – and it doesn't come with the added sugar found in fruit juices, soft drinks and other sweetened drinks.

Reduced fat milk for children over two is a nutritious drink and a great source of calcium.

3. Eat more fruit and vegetables

• Eating fruit and vegetables every day helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases.

• Aim to eat two serves of fruit and five serves of vegetables every day.

Have fresh fruit available as a convenient snack and try to include fruit and vegies in every meal.

4. Switch off the screen and get active

• Sedentary or 'still' time spent watching TV, surfing online or playing computer games is linked to kids becoming overweight or obese.

• Children and young people should spend no more than two hours a day on 'small screen' entertainment.

Plan a range of active indoor and outdoor games or activities for your children, as alternatives to watching TV or playing on the computer.

5. Eat fewer snacks and select healthier alternatives

• Healthy snacks help children and young people meet their daily nutritional needs.

• Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest choices

• Avoid snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight

If you follow these simple steps, you will be helping your child to be a healthy kid!

NUTRITION CORNER

AWESOME OATMEAL BARS

Oatmeal bars are the perfect snack for kids on the run, but why bake your own when the stores are full of them? Well, our scrumptious version is lower in calories and sodium than most supermarket bars.

Ingredients:

- ½ cup butter
- ½ cup maple syrup
- ¼ cup packed brown sugar
- 2 ½ cups rolled oats (not quick, instant or one minute)
- 1/3 cup wheat germ or bran
- 2 tsp. vanilla
- 1 tsp. finely grated orange rind
- 1 tsp. cinnamon
- ¼ tsp salt
- 1/3 cup dried fruit (cranberries, raisins, cherries or finely chopped apricots, figs and/or pitted dates)

Directions:

1. Preheat oven to 325° F. Line a 9-inch square baking pan with parchment paper, leaving a 1-inch overhang on two side so you can easily lift the bars out.
2. In a large saucepan, heat butter, maple syrup and sugar over medium heat. Stir in oats, wheat germ, vanilla, orange rind, cinnamon and salt until combined. Stir in dried fruit until well combined.
3. Spread mixture evenly in pan, pressing down using base of a measuring cup. Bake 30 to 35 minutes, until a deep golden colour. Cool completely in pan on wire rack. Once cooled, use parchment paper to lift to a cutting board: cut into bars with a serrated knife. (Save any crumbs: they're delicious sprinkled over yogurt or fruit.) Bars can be stored in n airtight container for up to 1 week.



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.



Fall work!! or is it 'Fall Fun?'



Cannot wait until winter!

CONGRATULATIONS

\$1000 Agrology
Scholarship Recipient



Southwest Branch Scholarship

Raela Colliness
KINCAID, SK

Attending UofS College
of Agriculture & Bioresources

SIA Saskatchewan Institute of
Agrologists
Professionals in Agriculture, Bioresources, Food & the Environment

To protect the public, the Institute regulates the
profession of agrology by ensuring its safe,
competent & ethical practice.

Raela Colliness graduated from Kincaid School in June of 2015. Raela is the daughter of Dan Colliness of Kincaid and Jan Colliness of Estevan.

CONGRATULATIONS,
RAELA!

The Kincaid CLUB 50

would like to express their thanks to **Brian Hunter**, who has generously kept the grounds looking great all summer. Your work is very much appreciated, Brian, and makes the Club 50 look inviting and welcoming. Thanks again!!!!

HAZENMORE FOWL SUPPER

Sunday, Oct. 18th

4:30 – 6:30 p.m.

Adults – \$12.00

11yrs and under - \$7.00

Pre- Kindergarten - \$4.00



Who is at my door?

Friday, October 2nd was Slob Spirit Day at KCS. There was much school spirit shown in the halls of the school that day, including this person who showed up at **Mrs. Creasy's door!**



S.O.S.

Save Our Subscriptions

PLEASE order or renew your magazine subscriptions through Kincaid Central School's Annual QSP Fundraising Campaign. Money raised will be used for our School Leadership Activities. It's a great way to get the magazines you want, and at the same time, support the school and your children in this worthwhile fundraiser.

Please check out the GIFT Catalogue at the back of the QSP Brochure, to find some of the tried and true favourites, including the ever-popular giftwrap and the delicious chocolates. Something for everyone!

Visit WWW.QSP.CA, OR TOUCH BASE WITH ONE OF OUR STUDENTS OR THE KCS OFFICE, AND OUR SCHOOL WILL BENEFIT !!

Kincaid Central School ID # is 3732369

1 QSP.CA/ETOOLS
Register, send emails, set up texting tool, and attach video or selfie to your online campaign!



2 Talk to family and friends and ask if they would support by purchasing Magazines or Gift Items from our catalogue!

3 Easy way to sell ...snap a pic of the message below! Share, Text and Post!!!



★ SEND 12 EMAILS AND ...
Students earn a BLACK LIGHT SPY PEN!
Families are entered to WIN a \$5000 FAMILY



Hi Friends and Family!
I am selling Magazine Subscriptions and Gift Items for my school. Please reply if you are interested in buying something to help us fundraise for our Leadership Activities. Thank you!!!



Your Circle of Friends



CHEQUES PAYABLE TO:

Kincaid Central School

ORDERS DUE:

Wednesday, October 14, 2015



MEND ...

stands for
Mind, Exercise, Nutrition
...Do IT!

MEND is the largest community based, childhood obesity prevention and weight management program in the world. Saskatchewan is the second province in Canada to implement the MEND program. Programing includes educational and active play/physical activity components focused on improving health, self-esteem and behaviour change, as contributing factors tin establishing healthy weights.

MEND programs are designed for specific age groups and provide a supportive environment for families to interact, learn skills to change behaviour, and make healthy lifestyle choices through healthy eating and increased physical activity.

Who is involved in MEND SK? MEND Sk is funded by Saskatchewan Blue Cross, The Community Initiatives Fun and SK Sport. The program is being delivered by the College of Kinesiology, University of Saskatchewan in partnership with the Colleges of Pharmacy and Nutrition, Nursing and Medicine.



CHECK US OUT ONLINE:

www.mendsk.ca

Southern Saskatchewan:

306-757-9622 ext 256

Email: southern.mend@usask.ca

Toll Free: 1-844-899-MEND (6363)

PRESENTED BY



**UNIVERSITY OF
SASKATCHEWAN**

College of Kinesiology

Coming to Assiniboia:

TBA