



We hope you were able to take time to enjoy some Thanksgiving traditions with family and friends over the long weekend. There is certainly an abundance to be thankful for in our school world and I trust there is much to be thankful for on your 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 one month. In the mean time we continue engaging in curricular and extra-curricular activities involved in educating our students and community.

KCS hosted student groups from Ponteix, Vanguard, Mankota, and Hodgeville to enjoy a **Live Different presentation** last week. I loved that a main message from the presentation was that life is about people and not about things. The theme for the performance was "*Own Your Story. Become an author of hope.*" and is intended to help students to trust themselves and avoid the negatives of outside influences. I believe our students were able to make their own connections to the message.

Speaking of connections, our **KCS Open House**, is scheduled for this evening, **Tuesday, October 20<sup>th</sup>** starting with a pot luck supper at 6:00. This week happens to be **Education Week** with the theme being "*Celebrating Each Student.*" We hope you are able to connect with us. The evening will start at 6:00 with a pot luck supper where we can break bread and enjoy some positive community spirit. We will then have a general information session in the gym followed by classroom visits. The 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.

I would like to recognize the efforts of our **Kincaid School Community Council (KSCC)** for their positive work in our school supporting our students and the School Learning Improvement Plan (LIP). Members of the KSCC are helping us "*Celebrating Each Student*" having created a beautiful display using handprints for all students and staff in the school. Each handprint represents a flower petal and when they are all assembled the resulting flower displays the beauty of the whole. The caption for the display states "*We are each unique and beautiful, but together we are a masterpiece!*" What an excellent way to honour each of us as individuals and promote the idea that we are all working together. Thank you KSCC!

**Education Week starts with Bus Driver Appreciation Day, Monday, October 19<sup>th</sup>!** As you may be aware bus drivers in Prairie South Schools had a break from their regular routes yesterday due to the staff professional development day. From all of us here at school we send a heartfelt thank you for what our bus drivers do for our students and our school. I encourage parents and students to take some time and acknowledge their bus driver and thank them for concentrating on safety while transporting students.

Yesterday, **Monday, October 19<sup>th</sup>**, teachers spent their time in four different locations around our school division working on **Learning Improvement Team (LIT)** development while support staff had the opportunity to take part in a variety of learning topics specific to their roles within our schools. Staff value the opportunity to connect with other professionals around the school division in order to share their knowledge and learn from each other.

Last week our **grade 6-12 students** had the opportunity to participate in the **Student Vote campaign** which has been taking place across Canada during the federal election process. Over 850,000 students in over 6000 schools took part learning about Canada's democratic process and studying the political platforms of the various political parties. This learning culminated in a parallel election where student voted for their candidate of choice for their federal constituency, ours being Cypress Hills – Grasslands. As with federal laws the student vote results were kept confidential until after the polls closed for yesterday's election. The result for our school were as follows: David Anderson (Conservative) 14, Marvin Wiens (Liberal) 10, Trevor Paterson (NDP) 8, William Caton (Green) 1. We had a total of 73% voter participation. It has been interesting observing the learning of our students as they have been taking part in the democratic process of our federal system. **If you interested in the results from across Canada please visit [www.studentvote.ca](http://www.studentvote.ca).**

Thank you to our **Student Representative Council (SRC)** for taking the time to celebrate our athletes this volleyball season by way of some positive **pep rally** enthusiasm. Last Friday we recognized our senior male & female athletes for their season so far and this Friday we will do the same for our Bantam Mixed and Bantam Boys teams.

All the best to our **Bantam Boys volleyball athletes** who will be hosting the SW Section Playoffs this **Saturday, October 24<sup>th</sup>** here at KCS. We know you will be honourable hosts and represent our school with pride and sportsmanship both on the court as well as within the halls of our school. 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 athletes and community. **GO KOUGARS!!!**

QSP orders were due last week bringing our fall fundraiser to an end. We apologize as we are a little behind in terms of calculating our final tallies. Once this info is complete the draws will take place and we will share the results. **Thank you to all who chose to take part in this fundraising event for our school.** Your support is appreciated and will help us carryout positive activities for our students here at KCS. Magazine orders placed online are already being processed and should arrive in 12 to 16 weeks. Paper orders for magazines will take a few weeks longer as they need to be delivered to QSP in order to be processed. Please remember QSP has a 100% satisfaction guarantee. Any orders that are not to your satisfaction will be handled in a positive manner. Please keep the 1-800 number on the back of your order form which you can use to contact QSP directly if you have any difficulty with your order.

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 by our SRC.** Funds raised go toward student related activities.

Please join us Tuesday, November 10<sup>th</sup> 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 are starting to prepare their individual tributes by way of the poster and prose 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
Saturday, October 24 <sup>th</sup>	<i>Bantam Volleyball Playoffs</i>
Thursday, October 29 <sup>th</sup>	<i>Halloween Activity Day</i>
Friday, October 30 <sup>th</sup>	Driver Ed @ Lafleche Bus leaves Kincaid @8:25a.m.
Friday, October 30 <sup>th</sup>	<b>NO SCHOOL</b>
Friday, November 6 <sup>th</sup>	<i>NO SCHOOL</i>

## HEALTH NOTES

### Family Meal Times:

**Guide your family's choices rather than dictate foods.** Make a wide variety of healthful foods available in the house. This practice will help your children learn how to make healthy food choices. Leave the unhealthy choices like soda and juice at the grocery store. Serve water with meals.

**Encourage your children to eat slowly.** A child can detect hunger and fullness better when they eat slowly. Before offering a second helping or serving, ask your child to wait a few minutes to see if they are truly still hungry. This will give the brain time to register fullness.

**Eat meals together as a family as often as possible.** Try to make mealtimes pleasant with conversation and sharing, not a time for scolding or arguing. If mealtimes are unpleasant, children may try to eat faster to leave the table as soon as possible. They then may learn to associate eating with stress.

**Involve your children in food shopping and preparing meals.** These activities will give you hints about your children's food preferences, an opportunity to teach your children about nutrition, and provide your kids with a feeling of accomplishment. In addition, children may be more willing to eat or try foods that they help prepare.

**Plan for snacks.** Continuous snacking may lead to overeating, but snacks that are planned at specific times during the day can be part of a nutritious diet, without spoiling a child's appetite at meal times. You should make snacks as nutritious as possible, without depriving your children of occasional chips or cookies, especially at parties or other social events.

**Encourage your children to drink more water.**

## NUTRITION CORNER

### Chinese Chicken & Noodle Salad

This delicious Chinese-inspired salad is crisp, crunchy and cool with shredded cabbage, carrots and chicken breast tossed with toasted ramen noodles and slivered almonds. The dressing is an addictive orange, sesame, ginger and soy combination—you may want to double the dressing and save some for a salad the next day.

**Makes:** 4 servings

**Active Time:** 30 minutes

**Total Time:** 30 minutes

### Ingredients:

- 1 3-ounce package low-fat ramen-noodle soup mix
- 1/4 cup slivered almonds
- 1 tablespoon sesame seeds
- 1 1/2 teaspoons canola oil
- 1 pound boneless, skinless chicken breasts, trimmed
- 3 1/4-inch-thick slices fresh ginger
- 1/2 teaspoon salt
- 3 tablespoons orange juice
- 3 tablespoons cider vinegar
- 5 teaspoons reduced-sodium soy sauce
- 5 teaspoons sugar
- 3/4 teaspoon toasted sesame oil
- 2 cups shredded green cabbage
- 1 medium carrot, shredded

### Preparation:

Preheat oven to 350°F.

- Crumble ramen noodles onto a large rimmed baking sheet (discard seasoning packet). Add almonds, sesame seeds and canola oil; toss to coat. Bake for 10 minutes. Stir, then bake until the noodles are golden brown, about 5 minutes more. Let cool on the pan on a wire rack.
- Meanwhile, place chicken in a medium skillet or saucepan with water to cover. Add ginger and salt; bring to a boil. Cover, reduce heat to low, and simmer gently until no longer pink in the center and an instant-read thermometer inserted into the thickest part of the meat registers 165°F, 10 to 15 minutes. Transfer the chicken to a clean cutting board to cool. Using forks, shred into bite-size pieces. (Discard the poaching liquid.)
- Meanwhile, combine orange juice, vinegar, soy sauce, sugar and sesame oil in a small bowl or jar with a tight-fitting lid. Whisk or shake until the sugar has dissolved.
- Just before serving, combine the shredded chicken, cabbage and carrot in a large bowl. Add the toasted noodle mixture and the dressing; mix well.

# KINCAID CENTRAL SCHOOL COMMUNITY COUNCIL

## Connections Report

We have recently had our second meeting of the year. The group is busy planning some fun activities and taking care of the business type actions set by the division. We welcome aboard three new **SRC reps** this year. We look forward to working with **Hanna G., Brandon M. and Kolton P.** Thank you for joining us!

We have set dates for our bucket challenge draws for the remainder of the year. Congratulations to this month's winners: **Emma, Heath, Katie, Sierra, Cyril, James, Kael, Isabella, Kade Adain, Ben, Brandon and Roxann.** They each had the opportunity to order a book of their choosing through Amazon.ca!

When you come to the school for **Open House**, please take the time to check out our new bulletin board. It showcases our meeting dates, our members, bucket draw dates, and much more. We have used our **Education Week** theme for the design inspiration: **"Celebrating Each Student."**

The council worked very hard last year making our group visible in the school and community. This year, our members are looking forward to getting to know all of our students better.

Our next meeting is scheduled for **November 10<sup>th</sup>, 7:30 p.m. at KCS.** Please feel free to come and share your ideas and see what we are up to!

---

## 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.**

## LIVE DIFFERENT

What a great experience for our middle years and high school students! Grade 6-12 KCS students were joined by Hodgeville, Vanguard, Ponteix and Mankota students for an unforgettable performance.





# FLU CLINIC



Protect Yourself Against  
Influenza –  
Be Immunized!  
**In KINCAID**

At the Kincaid Health  
Center

**Thursday, October 29<sup>th</sup>**

**Drop in: 1:30 p.m.-4:00 p.m.**

Free flu vaccine will be available in  
Saskatchewan starting October 19<sup>th</sup>, 2015.  
Anyone six months and older can receive  
flu vaccine, and is encouraged to get  
vaccinated early in the season. Injectable  
vaccine is available at flu clinics.

The nasal spray (Flu Mist) is an option for  
children between the ages of 2 and 17  
years, and will be available at a later date.  
Please continue to check the FHHR website  
– [www.fhhr.ca](http://www.fhhr.ca) – for updates.

If you have questions, phone 648-1400.

## Hockey Referee Clinic



### Dates

October 25<sup>th</sup> 9 a.m.  
Gravelbourg @ Gravelbourg High School

November 7<sup>th</sup> 9 a.m.  
Ponteix @ Ponteix High School

November 8<sup>th</sup> 9 a.m.  
Glentworth @ Glentworth Central School

November 14<sup>th</sup> 9 a.m.  
Assiniboia @ Assiniboia Composite High

November 21<sup>st</sup> 9 a.m.  
Vanguard @ Vanguard Community School

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

## ALEX GAVIN AND THE KINCAID & DISTRICT COMMUNITY SERVICE CLUB

Thank each and every member of  
the community that contributed  
the **300+ bags** to the clothes drive  
at the rink. The recipient charities  
will definitely appreciate the  
donations we have accumulated.  
We have truckloads of clothes that  
have come in.

## The GUS the BUS Event Was a Hit!!



### Thanks To:

- Hazenmore Hall & 50+Club for donating the Hall & 50+ Club
- South West Terminal for providing snacks and refreshments
- Kincaid/Ponteix Scully's Grocery Store for providing fruit trays
- Jenna Smith for creating the Event Calendar on Face Book
- Lois Toye of the Red Coat Inn for advertising
- Gail Rode for advertising and assisting with set up, clean up & the amazing cookies!!
- And all the community members for coming out and making it the best turnout the resources bus has seen yet!!!

# KCS SENIOR VOLLEYBALL PEP RALLY



## ACTIVE PARENTING for 5-12 years

6 EVENING SESSIONS

**TUESDAYS October 20th - 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**

## A Safe Journey to School

### **Sitting in your seat will keep you safe – here is why:**

Occupant crash protection in school buses is provided through a concept called compartmentalization. Compartmentalized buses are designed to protect passengers in the same way that a carton protects the eggs inside. The seats on a school bus are designed with padded, flexible, shock-absorbent backs which are tall enough to stop children from flying out of the compartment. These seats are made in accordance with strict federal guidelines, which regulate everything from the force they must withstand to the floor that they are attached to. For this compartment to protect students, the students must be completely seated fully in the seat and facing forward.

### **Rules for getting on the bus safely:**

1. Please be at your pick-up stop five minutes prior to the arrival of their school bus. The buses are on a schedule and cannot wait for late students. Never run to or from the bus.
2. Wait at the designated stop in a safe place well back from the side of the road.
3. Prior to crossing a street at an intersection: students should be alert. Look both ways. Look twice. Listen. If you think you hear a car, stop. Wait, listen, and look. Look again and then cross the street when you absolutely know it's safe.
4. In Rural Areas: In a situation where the flashing red stop lights are activated, students may cross in front of the bus. Students should cross in front of the bus at least five metres (15 feet) so that the driver can see them at all times. Students should await the driver's signal indicating it is safe before crossing. Before crossing, students should look both ways before stepping onto the roadway and continue to watch for traffic. Never cross behind the bus. Remember that other motorists don't always stop for a stopped school bus – use extreme caution whenever getting on or off the bus.
5. Always keep a safe distance around the school bus. The danger zone is the area where the driver cannot see or has limited vision. This danger zone includes a minimum of three meters all the way around the bus. If you can touch the bus while standing outside, you are way too close. Move away from the bus where the driver can see you.
6. Hold the hand rail as you get on the bus. Don't push or shove.
7. Go directly to your seat. Remain seated.



---

## Bus Driver Appreciation

Bus Driver  
Appreciation Day  
is celebrated  
during Education  
Week, which is  
this week.



### Did you know that:

- School bus drivers are one of the greatest assets of our community, for they are entrusted with the safety and well-being of our children.
- Did you know that Prairie South Schools have 122 buses running every school day, plus 13 Prekindergarten/Kindergarten noon buses? They transport over 3,000 students and travel over 30,000 kilometers each day.
- Let's remember to say thank you to our bus drivers who not only keep our students safe, but also serve as role models, mentors and friends to the children in our communities.



