



The smiling faces of our students are once again gracing the halls of our fine school. Lockers have been assigned, courses have been introduced, routines are being adjusted, volleyball practices are underway, and *Kincaid Central School is up and running for the 2015 – 2016 school year!* We are looking forward to a great year ahead. I hope everyone in our school community found some time to enjoy family life and a little fun and sun through the summer months. As we move into the busy harvest season our thoughts for safety and a bountiful harvest are with the farming community. A special thank you goes to **Mr. Brian Hunter**, our Head Facilities Operator (HFO) here at school, for his efforts this summer installing new lockers at the elementary end as well as making our school clean and shiny. We appreciate your hard work, Mr. Hunter.

You may be aware that our school has gone through some major renovations and improvements with this being the fifth year in a row. This summer's project saw the replacement of the majority of the flooring in the main hallway as well as installation of new base boards. This work along with the new lockers at our elementary end has brought an added brightness to the facility and several students have commented that our school looks bigger with the lighter coloured floors. *Thank you to those who have taken the time to compliment Mr. Hunter and the work crews involved.* Your acknowledgment of the effort that has gone into the project is valued by those who work behind the scenes.

The wide-spread power outage we experienced earlier this week caused a bit of a challenge here at school but nothing we were not able to handle. Classes carry on with the help of Mother Nature's natural light while students and staff take a break from the use of technology. I believe some of you may have experienced some frustration trying to contact the school using the 264-3955 phone number. The reason for this is that our phone system is dependent on electricity. With that said **the main phone line for the school is the 264-3933 number and during a power outage our emergency line is dedicated to this number only.** I apologize for any inconvenience you may have experienced and encourage you to use the 264-3933 number in the future.

With school back in session we ask the public to be aware of the bus zone in front of the school building. We have observed a few vehicles driving through the bus zone and we strongly encourage you to put the safety of our children ahead of your rush to get on the road. There are substantial fines for those who ignore student safety and drive in the bus zone during loading and unloading times. Please respect the bus stop arms and flashing lights at all times. In the interest of safety our students are not allowed to cross the street in the middle of the bus line during loading and unloading. *If you are picking your children up at school we ask that you use the east or west entrances so students can avoid crossing between buses.* Our students also thank you for reducing your speed when traveling near the school at any time during the day.

KCS students and staff will continue to work on our **School Learning Improvement Plan (LIP)** including our goals to focus on reading comprehension across the grades. We have added an academic goal for our grade 8-12 students that will have a focus in our math classrooms. All teachers from across Prairie South Schools will continue to work in **Learning Improvement Teams (LITs)** which will help us to better respond to the learning needs of our students. *The first LIT meetings (early dismissal) will be Monday, September 21<sup>st</sup>* for our entire school division. The LIT dates are coloured blue on the school calendar that was sent home at the end of June. If you have misplaced yours or need additional copies please let Mrs. Creasy know and she can get them in to your hands.

Speaking of calendars please mark yours and plan to attend our **annual KCS Open House** on *Tuesday, October 21<sup>st</sup>*. Come out to enjoy a pot luck supper, meet the staff, view the renovations, and enjoy an evening of information related to student life and our school programs.

Another item for your calendar is **KCS picture day** which will take place *Tuesday, September 15<sup>th</sup>*. I encourage all students to polish your favourite smile!

Volleyball practices have started and league games will be underway next week. KCS has many enthusiastic athletes participating on bantam and senior teams under the coaching direction of our dedicated staff. It brings a smile to my face to see such enthusiasm for this extracurricular sport. It is an awesome way to show our school spirit! **We invite the community to come out for some great volleyball action as we encourage you to show your KCS Kougars pride!** Our senior boys will be on the road to Yorkton this weekend for their first tournament. Go Kougars! Looking ahead you may be aware that *we will be hosting the 2A Boys Provincial Volleyball Playoffs at Mathieu School and Gravelbourg High School the weekend of November 27<sup>th</sup> & 28<sup>th</sup>*. 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 with this event. 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 put on our volunteer list. Thank you in advance for your help!**

On the topic of athletics the South Central Sports Association Golf Playoffs take place this Friday, September 11<sup>th</sup> at a number of locations within Prairie South. Golfers from our corner of the school division will compete at the Thomson Lake venue. **Best of luck to our KCS crew and thank you for representing our school with pride and sportsmanship.** Thank you also to **Ms. Lisa Pierce** for the time and energy you commit to our golfers.

Our fall fundraiser is set to start **Tuesday, September 22<sup>nd</sup>** with the *QSP magazine and gift campaign*. Your support over the past years has been tremendous for our small school and we are hoping for a similar response this year. If you purchased magazines with us last year you are able to renew your subscription this year. As well, if you purchased your subscriptions elsewhere you may renew through our school. Proceeds from this year's campaign will be used for student leadership activities. **We thank you in advance for your support of this fundraising project.**

It is good to have the halls filled once again with the enthusiasm students bring to Kincaid Central School. The positive attitudes our students hold are a direct reflection of strong family values including a commitment to education. **We are fortunate to have an excellent relationship with students, staff, and community working together to make KCS "A Great Place To Grow!"** Thank you in advance for all you give to and do for our students and school. From KCS to your home and family we wish you all the best for an excellent school year!

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

# KCS EVENTS

DATE	EVENT
Friday, September 11 <sup>th</sup>	<u>Instructional Friday – Day 2</u> PSS Golf Playoffs
Tuesday, September 15 <sup>th</sup>	<i>School Picture Day</i> <b>BRING YOUR SMILES ☺</b>
Friday, September 18 <sup>th</sup>	<u>Instructional Friday – Day 1</u>
Monday, September 21 <sup>st</sup>	<i>Early Dismissal: 2:24 p.m.</i> <i>LIT Meetings for Teachers</i>
Tuesday, September 22 <sup>nd</sup>	<i>QSP Fundraiser Starts</i>

## 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

### Smoothies

A great way to sneak in extra dairy and fruit!



- ❖ Pour 1 cup of milk into a blender.
- ❖ Add enough frozen fruit to reach top of milk.
- ❖ Add an 8 ounce container of yogurt.
- ❖ Blend until smooth.
- ❖ Mix and match flavors.
- ❖ Try frozen pineapple and vanilla yogurt, frozen strawberries and banana yogurt, or frozen cherries and cherry yogurt.

## HEALTH NOTES

### BACK PACKS

#### What Every Parent Should Know

Carrying a back pack, as opposed to a hand-held bag, is a very good choice for toting items around. Many recent studies have found, however, that students are carrying back packs incorrectly or with too heavy a load.

#### Research Findings:

- Carrying by one-strap promotes side bending and shoulder elevation
- Carrying back packs promotes a forward lean of the head and trunk, significantly altering good posture, gait and proper spinal alignment
- Carrying heavy back packs can lead to muscle soreness, back pain, arm numbness, and/or shoulder pain
- Mobility of each vertebrae is significantly decreased while backpacking
- Continual heavy loads promotes damage (low back pain) and postural problems
- Carrying back packs weighing 25% of a student's body weight can decrease balance and increase chance of falls/injury
- Carrying over 15% of their body weight poorly affects standing posture, and the longer a pack is worn, the worse the effects (due to fatigue)
- The effects of this weight-bearing stress is of concern in students because their bodies are still growing and developing

#### Recommendations for Safer Back Pack Use:

- Make sure the weight of the book bag and contents does not exceed 10 – 15% of your child's body weight.
- Load pack so heavier items are in the bottom and closest to the back.
- Ensure children wear both straps on their shoulders to distribute weight evenly and decrease carrying stress. Tighten straps so the pack is resting in the low back curve, and fits close to the upper back.
- Use the waist and/or chest straps to keep the load closest to the body, helping to maintain balance, and shift work to the legs.
- Only carry items you really need – use your locker more often.
- Make sure there are no dangling cords or clothing to trip on.
- Ask the teacher if there is a way to decrease the need to carry textbooks home and back.

## **Kincaid School Community Council Report**

The council met on Tuesday, September 8th, 2015. We took some time to review the school division web page. They have made some changes and it looks great! We urge you to take a few minutes to check it out.

We then reviewed our suggestion box entries and looked at the responses from our parent surveys that were completed at the year-end BBQ. We were quite pleased with the overall response and look forward to another successful year.

We are again looking to increase communication and plan to post meeting reminders and other information via Facebook and email.

We are excited to announce that we will be continuing with our “bucket challenge” this year. Stay tuned for more information!!!

Next meeting will bring more planning for the upcoming year based on your feedback. Please feel free to attend our monthly meetings! We are always looking for new ideas. Our tentative meeting dates are as follows: *October 13<sup>th</sup>, November 10<sup>th</sup>, December 8<sup>th</sup>, January 12<sup>th</sup>, February 9<sup>th</sup>, March 8<sup>th</sup>, April 12<sup>th</sup>, May 10<sup>th</sup>, and June 14<sup>th</sup>.* All meetings will be held at 7:30 p.m. at the school.

*Here's to a great year!!!*

### **HAZENMORE FOWL SUPPER**

**Sunday, Oct. 18<sup>th</sup>**

**4:30 – 6:30 p.m.**

Adults – \$12.00

11yrs and under - \$7.00

Pre- Kindergarten - \$4.00



# *Coming Soon!*



**The GUS BUS  
is coming to  
Hazenmore!  
Wednesday,  
September 30, 2015  
10:00a.m.—12:00 p.m.  
**Hazenmore  
Community Hall**  
Come check out our  
resources and enjoy  
some time playing with  
your children!  
(ages 0-5)  
This event is free and  
everyone is welcome!**



# TRANSPORTATION DEPARTMENT

Prairie South Schools **20** Learning together.

## A Safe Journey to School

### SCHOOL BUS SAFETY IS A TEAM EFFORT

Dear Parent(s)/Guardian(s):

We are pleased to be transporting your child to and from school this year. We would like to take this opportunity to emphasize that the safe operation of school buses is paramount for Prairie South School Division. We are very proud of the safety record of our school buses and the professionalism of our transportation team. All personnel involved in the transportation of your children take the safety of the children that ride school buses very seriously. We are writing to ask your help to ensure the safety of children travelling to and from school.

Our top priority is student safety. Students are expected to behave in a responsible manner at the bus stop, during loading and unloading, and while riding the bus. Students are responsible to the bus driver and principal for their behaviour.

The safe operation of school buses also depends on proper conduct by the students that ride those buses. When children disobey the rules, they make the bus unsafe for every other student on that bus. Bus drivers must not be distracted from safe driving by children's behaviour. Students must show respect for bus drivers and follow their instructions. Student conduct on school buses is to be consistent with that expected of the student in the classroom.

The most serious effect of student misbehaviour is its impact on the bus driver. Driving demands the driver's full attention and absolute concentration. Anything that diverts attention or breaks concentration, however momentary, can have dangerous, even fatal, consequences. Consider this: When the driver looks in the rear-view mirror to identify and correct student misbehaviour, who is driving the bus?

Parents share with their students the responsibility for student behaviour on our school

buses. You can help us ensure the safety of all riders by teaching your children the importance of following school bus safety rules at all times. It is all about a safe ride for students to and from school every day.

Make sure your child understands that breaking the rules doesn't just jeopardize his/her safety, but everyone else's on the bus.

Also, remember as a parent or guardian, you are responsible for your child's welfare and supervision while at the bus stop, prior to boarding the bus and after leaving the bus in the afternoon to return home.

Many factors can affect school bus schedules, including: traffic disruption; weather and/or road conditions; road construction and repair; unruly or unsafe behaviour by students that requires the driver to stop and correct; etc. As a result it is impossible for buses to be on time all of the time. In the event that the bus has not arrived at the scheduled time, wait at the stop with your child for about ten minutes. If the bus hasn't arrived, call your local transportation office: Assiniboia – 306-642-4112 and Moose Jaw – 306-694-8750. We will be able to tell you approximately what time the bus is expected to arrive. You may, however, have to make other arrangements to get your child to school.

Because of the possible delays during extreme weather, please make sure that your child is dressed appropriately and that he or she has a plan in place, as well as somewhere to go, if the bus does not arrive. In the case of bus cancellations due to bad weather, messages will be broadcast on radio. Day-to-day information on late buses is also available at [www.prairiesouth.ca](http://www.prairiesouth.ca).

We encourage you to remind your children about school safety throughout the school year. We are deeply committed to the safety of your children as well as all our community's children.

***Thank you!***

**Your Child's Transportation Department**

**“Help Us Protect Your Children As They Travel To and From School”**







S.O.S.

## Save Our Subscriptions

**PLEASE IGNORE RENEWAL NOTICES  
FROM PUBLISHERS AND SUPPORT**

**YOUR CHILD'S EDUCATION BY RENEWING  
YOUR SUBSCRIPTIONS THROUGH**

**OUR SCHOOL QSP MAGAZINE SALE THIS  
COMING FALL.**

**IF YOU WOULD LIKE TO RENEW EARLY  
BEFORE OUR CAMPAIGN STARTS VISIT  
[WWW.QSP.CA](http://WWW.QSP.CA), AND OUR SCHOOL WILL  
STILL BENEFIT !!**

**Kincaid Central School ID # is 3732369**



The members of the  
**Aneroid 4-H Club**  
would like to thank the  
following buyers of our 2015  
Beef Steers sold at Frontier  
Days in Swift Current:



THIBAUT'S AUTO LTD, Ponteix &  
KEHOE AGENCIES, Vanguard  
- *Matthew Thibault*

AGRICARE, Kevin Zerr, Swift Current  
- *Hart Smith*

SADOWSKI SERVICE, Kincaid &  
DOUG'S JUNCTION SERVICE, Kincaid &  
GRASSROOTS CO-OP, Hazenmore  
- *Haden Smith*

SOUTH COUNTRY EQUIPMENT, Moose  
Jaw  
- *Kyler Sayers*

MITCH'S MEATS ASSINIBOIA LTD,  
Vantage  
- *Carter Sayers*

JOHNSTON LIVESTOCK, Peebles  
- *Ava Sayers*

NOTUKEU CREEK CATTLE CO,  
Albert Hapke, Vanguard  
- *Greg Empey*

## Parenting Your Anxious Child Group

This is a 5 week parenting group that teaches parents and caregivers how to support anxious children. The group is based on Cognitive Behavioural Therapy, which is found to be the best practice of managing anxiety. The group offers information suitable for children of all ages.

**Offered by Mental Health and  
Addiction Services**

**Facilitators: Krista Koch and Amy Cruz**

Dates: **September 14**  
**September 21**  
**September 28**  
**October 5**  
**October 19**

**Times: 6:30-8:30 pm**

**Location:**

679 Hall St w. Strong Start Family Center  
To register please contact Mental Health and  
Addictions Centralized Intake at (306) 691-6464