



With November comes the completion of the first quarter of the school year and the start of "rink season." Both of these are busy and exciting times and we look forward to the transitions they bring for our students and community. *I would like to remind all drivers in our community to please be aware of young people who are headed to the rink after school.* They are excited to get to the rink and may not be paying attention to the vehicles around them. Please take extra caution by slowing down and keeping your eyes peeled for those who are headed that direction.

We send our *gratitude and appreciation* to **Legion** members and *community guests* who joined students and staff to observe a time of remembrance here at **KCS last Friday, November 9<sup>th</sup>**. This year holds significance in that it marks the *100<sup>th</sup> anniversary of the armistice at the end of World War I, The Great War*. It was wonderful to see our gym full for this important community event. Thank you to choir director, **Mrs. Laura Loverin**, for working with our Elementary students and their musical tribute. Thank you to **Emily G., Davis W., Kael W., Kade G., and Isabella G.**, for lending your talents accompanying the various songs as well as **Emma C.** for her touching tribute. Thank you also to our **grade 7/8/9 Arts Ed. students** who performed a shadow play under the direction of **Ms. Laurissa Jacobson** and to **Talon A.** for his reading of "*In Flanders Fields*." Thank you to **Mrs. Judy Corcoran** for delivering the Legion Presentation. It was a wonderful opportunity to hear a personal story and learn a little more about those who gave of themselves to assure our freedom. 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. Mr. Arden Creasy has included a chart in this issue of the KCS Connections indicating the winners of the various categories. Best of luck to those who move on to Zone competition. Finally, we offer a heartfelt thank you to our **Pinto Creek Legion** for their time and dedication to our school and community. We appreciate your commitment to our students and value your contribution to our lives.

Term report cards are on their way home today with student-led conferences scheduled for this afternoon/evening and tomorrow morning. Thank you to **Ms. Spiess** for working with the SLC schedule to accommodate your family's needs. The student-led conference model ensures all of our students become active participants in the learning and reporting process. During conferences students are prepared to share their learning focus, their areas of strength, their areas of challenge, and perhaps 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.***

Please consider this your invitation to join us next week, **Monday, November 19<sup>th</sup> at 10:00a.m. for LiveDifferent**. Our grade 5-12 students will be joined by others from Lafleche, Vanguard, and Hodgeville to take part in the event. LiveDifferent is a Canadian charitable organization that embraces a number of functions – one of which is motivational presentations for schools. LiveDifferent performers have been to KCS several years in a row sharing a powerful message through music and personal stories to connect with youth. This year's theme is – ***Kindness Changes Everything*** "*In the 2018/19 school year, we'll be talking about the incredible impact of kindness. From what it does inside each of us, to how it affects our schools and communities, and even on a global scale, kindness has a unique opportunity for significant change.*" This message connects with our student well-being goal to focus on a sense of belonging, positive relationships, and feeling safe attending school. Please take a few minutes to check out the **LiveDifferent webpage** (<http://livedifferent.com/motivational-presentations/>) and learn a bit about the organization and the presentation that is coming our way. Community is welcome to attend for free although LiveDifferent functions as a charitable organization and would benefit from a thoughtful donation.



Speaking of donations, our **We Scare Hunger challenge** is coming to an end this week. Just a reminder that this was an invitation to participate, and not an obligation. Thank you to families who have found creative ways to fill a brown paper bag with food and other household necessities. There is a table set-up in the hallway if you would like to deliver your donation during student-led conferences. All donations will be distributed to families in our school catchment area.

An important project for our SRC is **The Community Birthday Calendar**. The reorder 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. We encourage others to please stop by the office to confirm your family information during student-led conferences. There is much paperwork to complete before the orders are sent away for printing and we appreciate your timely attention as it helps us with the process. 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 **Ms. Spiess** to confirm your ad. Thank you in advance for your support of this valued community project.

In athletic news we say congratulations to our **senior girls' volleyball team on their 2<sup>nd</sup> place showing at Regional Playoffs last weekend at Hodgeville**. This win earned them a spot at Provincials taking place this **Friday & Saturday, November 16<sup>th</sup> & 17<sup>th</sup> in Fox Valley and Maple Creek**. If you are in that area stop in for some great volleyball action and cheer on the girls! Their first game is at **2:00 Friday** in the Maple Creek gym. **Good luck Southwest Lightning!**

December is just around the corner and with it comes a focus on some valued traditions for our school family. One of these traditions is our **KCS Christmas gift exchange**. In early December all K-12 students will choose an envelope from our Christmas tree in preparation for the gift exchange on the **December 21<sup>st</sup> activity day**. The envelope will contain a gift tag with the grade and gender of the student they are to provide a gift for as well as a list of suggestions if you need an idea of what to purchase or make. Homeroom teachers will be keeping track of which gifts have been delivered as we prepare for the Christmas activity day. *Thank you to everyone in our KCS family for honouring this Christmas tradition.*

# KCS EVENTS

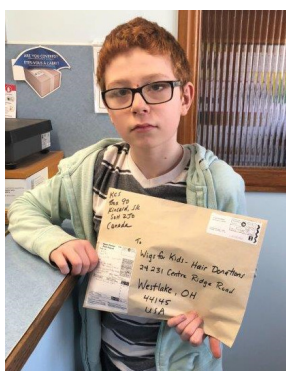
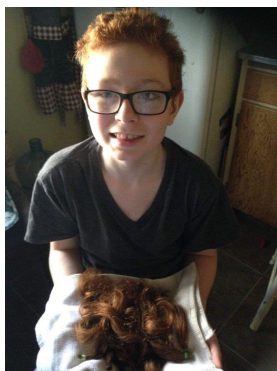
| DATE  | EVENT                    |
|---|--------------------------|
| November 15 <sup>th</sup> /16 <sup>th</sup> , 2018  | Evening SLC/Morning SLC  |
| November 16 <sup>th</sup> /17 <sup>th</sup> , 2018  | Sr. Girls VB Provincials |
| November 19 <sup>th</sup> , 2018  | Early Dismissal/LIT      |
| November 23 <sup>rd</sup> , 2018  | No School                |
| November 30 <sup>th</sup> , 2018  | No School                |
| December 6 <sup>th</sup> , 2018   | SCC Meeting @ 7:00 pm    |
|  <b>Next Connections: December 6<sup>th</sup>, 2018</b>  |                          |

## CONNECTION DATES:

December 6, 2018  
 January 10, 2019  
 January 31, 2019  
 February 28, 2019  
 March 21, 2019  
 April 11, 2019  
 May 9, 2019  
 May 30, 2019  
 June 20, 2019  
 Grad - May, 2019  
 Awards - June, 2019

Please try to have your items sent in to Mr.  
 Creasy before the day of publication.  
[creasy.arden@prairiesouth.ca](mailto:creasy.arden@prairiesouth.ca)

We would like to recognize Cyril W. for his selfless and generous gesture. Ten percent of the children served by Wigs for Kids are boys and they appreciate it when their peers donate hair to support them through their health challenges. Following in his brother's footsteps, Cyril has done just that - he cut his long locks of red hair and mailed them to Wigs for Kids. We are very proud of you, Cyril, for your kind and generous heart.



Take the opportunity to smile at someone!



The Kindergarten class would like to give a big thank you to **Michelle Thibault** for giving us pumpkins to decorate for Halloween. It was great fun!



Also, the kindergartens would like to thank the **Chinook Library** for their gift surprise package!



The **Pinto Creek Legion** would like to thank everyone who participated in the School program for Remembrance Day. The following are the winners of the prose, poem and poster entries:

### Prose:

Grade 4-5-6;

1<sup>st</sup> - Kalleigh A, 2<sup>nd</sup> - Taylor M, 3<sup>rd</sup> - Peter N

Grade 7-8-9;

1<sup>st</sup> - Kael W, 2<sup>nd</sup> - Emily M, 3<sup>rd</sup> - Erica B

Grade 10-11-12;

1<sup>st</sup> - Isabella G, 2<sup>nd</sup> - Kade G, 3<sup>rd</sup> - Zack vZ

### Poems:

Grade K-1-2-3;

1<sup>st</sup> - Emma M, 2<sup>nd</sup> - Lisa K, 3<sup>rd</sup> - Kyden M

Grade 4-5-6;

1<sup>st</sup> - Keira A, 2<sup>nd</sup> - Raina A, 3<sup>rd</sup> - Sierra C

Grade 7-8-9;

1<sup>st</sup> - James W, 2<sup>nd</sup> - Kael W, 3<sup>rd</sup> - Matthew T

Grade 10-11-12;

1<sup>st</sup> - Zack vZ, 2<sup>nd</sup> - Kyler S, 3<sup>rd</sup> - Isabella G

### Black & White Poster:

Grade K-1-2-3;

1<sup>st</sup> - Lisa K, 2<sup>nd</sup> - Kennady S, 3<sup>rd</sup> - Martha K

Grade 4-5-6;

1<sup>st</sup> - Keira A, 2<sup>nd</sup> - Jacob N, 3<sup>rd</sup> - Sierra C

Grade 7-8-9;

1<sup>st</sup> - Kael W, 2<sup>nd</sup> - Emily M, 3<sup>rd</sup> - Matthew T

Grade 10-11-12;

1<sup>st</sup> - Emma C, 2<sup>nd</sup> - Justin C, 3<sup>rd</sup> - Joey S

### Colour Poster:

Grade K-1-2-3;

1<sup>st</sup> - Kennady S, 2<sup>nd</sup> - Quinn D, 3<sup>rd</sup> - Tess S

Grade 4-5-6;

1<sup>st</sup> - Tina N, 2<sup>nd</sup> - Lacie B, 3<sup>rd</sup> - Raina A

Grade 7-8-9;

1<sup>st</sup> - David B, 2<sup>nd</sup> - Julianne G, 3<sup>rd</sup> - Emily G

Grade 10-11-12;

1<sup>st</sup> - Tyler B, 2<sup>nd</sup> - Talon A, 3<sup>rd</sup> - Morgan B



## **FIREARM SAFETY HUNTER EDUCATION**

Dear Students,

Beginning **January 8, 2019**, we will be presenting a *Firearm Safety and Hunter Education Course at Lafleche Central School at 3:45pm*. The cost is \$50. We like to have as many students as possible **pre-register** for this course for the convenience of everyone concerned. **Registration deadline is Dec 21, 2018.**

**To pre-register we will need to know:**

FULL NAME:

NAME OF PARENT OR GUARDIAN:

DATE OF BIRTH:

MAILING ADDRESS:

EMAIL ADDRESS:

PHONE NUMBER:

SASKATCHEWAN HEALTH SERVICES NUMBER:

PLACE OF BIRTH:

**Students must be 12 years of age upon completion of the course.** Students will need to bring a highlighter and pencils to all classes. Please return the above fully completed form to **Wanda Longworth or Jason Meyer**. If you have any questions, you can contact:  
*Jason at 1(306)648-8181 or*  
*Chad Fink at 1(306)640-8083*

## **Can Teens Get Addicted to Fortnite**



**Fortnite** is an online video game, released in 2017 by Epic Games, that has multiple playing modes. The most popular mode is the Fortnite Battle Royale, a game where up to 100 players battle to the death. After jumping out of a plane onto an island, a Fortnite player fights against 99 other players. The gruesome mission is to kill everyone until one winner remains.

More than 125 million players have participated in Fortnite Battle Royale.

**In response to the growing number of teenagers addicted to Fortnite and other video games, the World Health Organization (WHO) recently classified gaming disorder as a mental health condition.**

According to the classification, **gaming disorder is defined as “a pattern of gaming behavior (‘digital-gaming’ or**

**‘video-gaming’) characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences.”**

Playing video games like Fortnite directly impacts a teen’s developing brain. According to the American Psychiatric Association, **“Studies suggest that when these individuals are engrossed in Internet games, certain pathways in their brains are triggered in the same direct and intense way that a drug addict’s brain is affected by a substance.”** The gaming prompts a neurological response that influences feelings of pleasure and reward, and the result, in the extreme, is manifested as addictive behavior.”

Moreover, there is a connection between excessive video gaming and mental health conditions. Research shows a correlation between addiction to video games and the prevalence of depression and anxiety. Thus, an outer behavior, such as Fortnite addiction, is a sign of inner discontent. Such discontent may result from trauma, depression, anxiety, or other conditions.

As Louise Theodosiou of the Royal College of Psychiatrists explained in a televised interview, **“There’s a growing body of evidence that shows that there’s very specific mental health needs that can be associated with gaming disorder—for example increased rates of depression, increased rates of social anxiety, and ADHD.”**

By knowing the signs of video game addiction, adults can help prevent teens from becoming addicted to Fortnite.

### **Fortnite addiction symptoms include the following:**

A teenager plays Fortnite all the time, quickly going from one or two hours a day to spending every free moment playing.

A teenager neglects school to play the game—pretending to be sick, ignoring homework, and abandoning extracurricular activities.

A teen ignores family responsibilities and consistently chooses the game over family obligations.

Kids let their appearance go. Personal hygiene becomes unimportant.

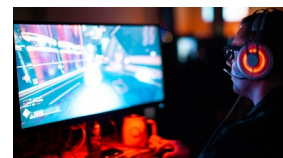
Teens have health issues that arise from aberrant behaviors. Staying awake all night playing the game leads to mood swings.

Teenagers may steal money to pay for upgrades. They’ll charge the costs on a credit card online without parents’ knowledge.

### **Help for Video Game Addiction Is Available**

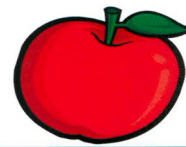
Should parents worry about kids becoming addicted to Fortnite? The evidence shows that it’s a real possibility. Consequently, taking away the video game is only the first step in recovery. In addition, parents need to make sure that teenagers addicted to playing video games also address the root causes of the addiction. Therefore, experts recommend teen mental health treatment that encompasses clinical and behavioral approaches.

If you need help with a teen addicted to playing video games please contact us today.





# Ms. Smith



My Favorite Colour Is:  
**BLACK**

*I am*  
**31**  
*Years Old*

*440 day of teaching*

**I love.....**  
**My VW Van &**  
**Travelling**

**I can't believe.....**  
**I have 18 nieces &**  
**nephews... and 1 on the way!**

## Bantam Girls Volleyball Report

Submitted by Coaches - *Ms. Spiess & Ms. Smith*

We had a very strong and competitive Bantam Girls' volleyball team this year! As the year progressed, our team's skill and ability to play as a team improved with every game. We participated in league this year, with a busy schedule playing against Lafleche, Glentworth, Mossbank, Assiniboia and Avonlea. Through league play we had a record of **24** set wins and **4** set losses. As a first year coach, I think this was very impressive!

We had the opportunity to compete at the *Assiniboia Composite High School tournament finishing in 2<sup>nd</sup> place.*

*Section playoffs* were hosted at Lafleche this year. We had a great time at playoffs winning both round robin games against Mossbank and Glentworth. Our semi-final game was played against Ecole Gravelbourg. ***With determination, we made it to the gold medal against Lafleche and won!*** The Southwest section hosted districts this year, so as we were the champion team at sections, we had the opportunity to host districts!

We had a little bit of a shaky start to Districts, losing to Rouleau in 3 sets. But as a team, we took a big deep breath (coaches included), shook off the loss and rebounded to win against Rockglen. We finished 1<sup>st</sup> in our pool and came up against Coronach in the semifinal. We beat them in 2 straight sets (25-21 and 25-19) to advance to the gold medal game. For the second weekend in a row, we met Lafleche in the final. ***The team played with all of the gusto and beat Lafleche in 2 straight sets (26-24 and 25-20) to claim the Bantam Girls District Championship!!***

This was the first time that the Bantam Girls ever won the District Championship, so in my opinion it made it very special to win at our own school as well!



**A BIG THANK YOU  
TO MRS. JALBERT &  
MR. MORGAN FOR  
ORGANIZING THE  
BOOTH THIS YEAR  
FOR VOLLEYBALL  
LEAGUE GAMES  
AND TOURNAMENTS!**





Our school is participating in the ***We Scare Hunger/Farm Credit Canada (FCC) Drive Away Hunger***, which means we'll be collecting donations of food for people in our area.. Please note:

- It is **optional** for students/families to participate
- Community members and other are welcome to support our Food Drive as well.
- Drive runs until **November 16<sup>th</sup>**.
- All donations stay in our school's catchment area

For easy reference, here are the **most needed food items** (according to Food Banks Canada):

- pasta products and rice
- canned meats and fish
- dry and canned soups and stews
- canned fruits and vegetables
- flour
- breakfast cereal
- canned/powdered milk
- fruit juices
- pasta sauce
- beans and legumes
- infant formula and baby food



**Thank-you for supporting our students as they strive to be positive change agents in their school and community!**