

# THE JET PACK NEWS!

Assiniboia Elementary School

## December Issue



## Principal's Message

The end of November and beginning of December always brings a sense of anticipation and excitement as our holiday season approaches. Regardless of what it is going to look like at AES, the kids have done an amazing job here at the school following the routines and guidelines set forth by the province and division.

I would like to thank all parents and guardians who were able to attend our unique student led conferences via zoom or phone call this year. During the evening of our SLCs the halls were quiet which brought a different vibe and energy to the school than the usual/standard SLC evening, but we have heard a lot of great things about this year's process. So, thank you again for being flexible and cooperative during these times.

The temperature has been anything but consistent these past few weeks. This is a reminder to please send appropriate clothing for your child(ren) to play and enjoy recess. Students are required to go outside during cold weather and therefore must dress appropriately. Coats, mittens, toques, and proper footwear are necessary. A snowsuit and scarf would provide further cold weather protection. Please make sure that your child is dressed appropriately for the weather before he or she leaves home. We will do our utmost to ensure that students wear their winter clothing when going outside.

Have a wonderful holiday season!

Brian Ruthven

## Covid-19 Policy

Just a reminder that all visitors to the school **MUST** wear a mask, hand sanitize, and sign in at the office.

If your child is not feeling well, please keep them at home until better and contact the school. We need to know if the **symptoms are respiratory related as we have to send our data to SHA**. Those include:

- chest cold
- cough
- flu
- Bronchitis
- Pneumonia

No names are given, just a total.

All homework will be placed on the table by the front door, if requested, and will also be available on Google Classroom.

## No School

No school Monday, December 21 - January 1. School Resumes **Monday, January 4, 2021**.

## Picture Retakes

Expressions Photography will be at the school on Tuesday, December 1 starting at 9:00. If you want retakes or were absent on picture day, please let your teacher know. If you want retakes, please bring the proof package with you.

## FAQ

Please click on the link for monthly [FAQ's](#).

## MSS Parent Portal - IMPORTANT!!!

Have you logged onto your Parent Portal yet?

If you have not, please make sure you do. All report cards and student placement for next year will be online only.

If you have forgotten your **username** or **password**, please contact Mrs. Wandler.

**THE DIVISION HAS INFORMED US THAT MYSCHOOLSASK REQUIRES PARENTS TO RESET THEIR**  
**passwords every 90 days for those who reset their accounts at the beginning**

OF THE SCHOOL YEAR, PLEASE RESET YOUR PASSWORD BEFORE **NOVEMBER 30.**

NOTE: You **MUST** create the account on a computer (not a mobile device or tablet). If you need to use a school computer to do this, please contact the school.

After you have created an account, you can log on anytime to see how your student is doing.

**Printed Report Cards will no longer be available**

**Click on the MySchoolSask button below to take you directly to the login screen**



MySchoolSask

## Accessing Report Cards in Parent (Family) Portal

1. After logging into **MySchoolSask** through the Parent (Family) portal, you will be sent to the **Home** screen.
2. Different headings such as **Welcome, Announcements, Published Reports** and **Recent Activity** will be shown.
3. In **Published Reports** (shown below), you will find progress reports that have been created and published (if they are not appearing, they may not be published yet). They will be available to **download** and/or **print**.



4. If you experience any challenges in accessing this information, please contact your student's school principal.

## Remembrance Day Service

Our grade 7A class was in charge of the service this year with direction from Mrs. Feeley.

As most things this year, Mrs. Feeley had to brainstorm a new way of presenting and involving the school, yet keeping in our cohorts. She outdid herself! The grade 7's made a video presentation involving students reading, singing, interviewing a veteran, and pictures of past and present wars that our service men and woman have unselfishly volunteered to fight so we can keep our freedom. The service was shared with the school through Zoom so all AES students and staff could participate.

The students and Mrs. Feeley did a great job.

## Important - Please Read

**Prairie South Schools 20 Learning together.**  
1075 9th Avenue North West, Moose Jaw, SK S6H 1P7 P 306.694.1200 1.877.434.1200 F 306.694.4955 [prairiesouth.ca](mailto:prairiesouth.ca)

### What happens when my child develops symptoms while they are at home?

**Student At Home with Learning or Non-learning Symptoms**

**COVID-19 Learning Symptom**

Yes: Student stays home, Parent/Faculty Contacted, COVID Test as Directed, COVID Test Result, COVID Test Positive, Follow Public Health Direction.

No: Student stays home, Parent/Faculty Contacted, COVID Test as Directed, COVID Test Result, COVID Test Negative, Return to School.

**COVID-19 Non-learning Symptom**

Yes: Student stays home, Parent/Faculty Contacted, COVID Test as Directed, COVID Test Result, COVID Test Positive, Follow Public Health Direction.

No: Student stays home, Parent/Faculty Contacted, COVID Test as Directed, COVID Test Result, COVID Test Negative, Return to School.

**Note for Parents:** Some students may present with symptoms listed on this page because of seasonal allergies or other medical conditions. If your child has symptoms that are likely a COVID-related illness, please contact Healthline (811) to arrange for a COVID test. A negative test will not rule out COVID for your child and they will not be sent home from school unless their symptoms worsen or additional symptoms become evident. Please notify the school if the child has a negative test result that has been reviewed with a description of underlying symptoms.

**Prairie South Schools 20 Learning together.**  
1075 9th Avenue North West, Moose Jaw, SK S6H 1P7 P 306.694.1200 1.877.434.1200 F 306.694.4955 [prairiesouth.ca](mailto:prairiesouth.ca)

### What happens when my child develops symptoms while they are at school?

**Student At School has Initial or Worsening Symptoms**

Initial: Notify and Call for Immediate Pick-up, Parent or Guardian Pick-up at School, COVID Test as Directed, COVID Test Result, COVID Test Positive, Follow Public Health Direction.

Worsening: Notify and Call for Immediate Pick-up, Parent or Guardian Pick-up at School, COVID Test as Directed, COVID Test Result, COVID Test Positive, Follow Public Health Direction.

**Note for Parents:** Some students may present with symptoms listed on this page because of seasonal allergies or other medical conditions. If your child has symptoms that are likely a COVID-related illness, please contact Healthline (811) to arrange for a COVID test. A negative test will not rule out COVID for your child and they will not be sent home from school unless their symptoms worsen or additional symptoms become evident. Please notify the school if the child has a negative test result that has been reviewed with a description of underlying symptoms.

**Prairie South School District #101**  
100-0000 School Year Calendar - 2020-2021

2020-2021 SCHOOL YEAR CALENDAR		2020-2021 SCHOOL YEAR CALENDAR	
Month	Day	Month	Day
August	1	August	1
	2		2
	3		3
	4		4
	5		5
	6		6
	7		7
	8		8
	9		9
	10		10
	11		11
	12		12
	13		13
	14		14
	15		15
	16		16
	17		17
	18		18
	19		19
	20		20
	21		21
	22		22
	23		23
	24		24
	25		25
	26		26
	27		27
	28		28
	29		29
	30		30
	31		31
September	1	September	1
	2		2
	3		3
	4		4
	5		5
	6		6
	7		7
	8		8
	9		9
	10		10
	11		11
	12		12
	13		13
	14		14
	15		15
	16		16
	17		17
	18		18
	19		19
	20		20
	21		21
	22		22
	23		23
	24		24
	25		25
	26		26
	27		27
	28		28
	29		29
	30		30
	31		31
October	1	October	1
	2		2
	3		3
	4		4
	5		5
	6		6
	7		7
	8		8
	9		9
	10		10
	11		11
	12		12
	13		13
	14		14
	15		15
	16		16
	17		17
	18		18
	19		19
	20		20
	21		21
	22		22
	23		23
	24		24
	25		25
	26		26
	27		27
	28		28
	29		29
	30		30
	31		31
November	1	November	1
	2		2
	3		3
	4		4
	5		5
	6		6
	7		7
	8		8
	9		9
	10		10
	11		11
	12		12
	13		13
	14		14
	15		15
	16		16
	17		17
	18		18
	19		19
	20		20
	21		21
	22		22
	23		23
	24		24
	25		25
	26		26
	27		27
	28		28
	29		29
	30		30
	31		31
December	1	December	1
	2		2
	3		3
	4		4
	5		5
	6		6
	7		7
	8		8
	9		9
	10		10
	11		11
	12		12
	13		13
	14		14
	15		15
	16		16
	17		17
	18		18
	19		19
	20		20
	21		21
	22		22
	23		23
	24		24
	25		25
	26		26
	27		27
	28		28
	29		29
	30		30
	31		31
January	1	January	1
	2		2
	3		3
	4		4
	5		5
	6		6
	7		7
	8		8
	9		9
	10		10
	11		11
	12		12
	13		13
	14		14
	15		15
	16		16
	17		17
	18		18
	19		19
	20		20
	21		21
	22		22
	23		23
	24		24
	25		25
	26		26
	27		27
	28		28
	29		29
	30		30
	31		31
February	1	February	1
	2		2
	3		3
	4		4
	5		5
	6		6
	7		7
	8		8
	9		9
	10		10
	11		11
	12		12
	13		13
	14		14
	15		15
	16		16
	17		17
	18		18
	19		19
	20		20
	21		21
	22		22
	23		23
	24		24
	25		25
	26		26
	27		27
	28		28
	29		29
	30		30
	31		31
March	1	March	1
	2		2
	3		3
	4		4
	5		5
	6		6
	7		7
	8		8
	9		9
	10		10
	11		11
	12		12
	13		13
	14		14
	15		15
	16		16
	17		17
	18		18
	19		19
	20		20
	21		21
	22		22
	23		23
	24		24
	25		25
	26		26
	27		27
	28		28
	29		29
	30		30
	31		31
April	1	April	1
	2		2
	3		3
	4		4
	5		5
	6		6
	7		7
	8		8
	9		9
	10		10
	11		11
	12		12
	13		13
	14		14
	15		15
	16		16
	17		17
	18		18
	19		19
	20		20
	21		21
	22		22
	23		23
	24		24
	25		25
	26		26
	27		27
	28		28
	29		29
	30		30
	31		31
May	1	May	1
	2		2
	3		3
	4		4
	5		5
	6		6
	7		7
	8		8
	9		9
	10		10
	11		11
	12		12
	13		13
	14		14
	15		15
	16		16
	17		17
	18		18
	19		19
	20		20
	21		21
	22		22
	23		23
	24		24
	25		25
	26		26
	27		27
	28		28
	29		29
	30		30
	31		31
June	1	June	1
	2		2
	3		3
	4		4
	5		5
	6		6
	7		7
	8		8
	9		9
	10		10
	11		11
	12		12
	13		13
	14		14
	15		15
	16		16
	17		17
	18		18
	19		19
	20		20
	21		21
	22		22
	23		23
	24		24
	25		25
	26		26
	27		27
	28		28
	29		29
	30		30
	31		31
July	1	July	1
	2		2
	3		3
	4		4
	5		5
	6		6
	7		7
	8		8
	9		9
	10		10
	11		11
	12		12
	13		13
	14		14
	15		15
	16		16

## Processed Foods and Drinks

Highly processed foods have a lot of salt, sugar or saturated fat. Eating too much salt, sugar or saturated fat can increase your risk for diseases like heart issues, diabetes or cancer.

Highly processed foods can include:

- Sugary drinks
- Ice cream and frozen desserts
- Fries and burgers
- Frozen pasta dishes and pizzas
- Muffins and cakes
- Chips and other salty snacks
- Hot dogs, sausages and deli meats

Limit your intake of highly processed foods and drinks by following these tips:

- Drink water instead of juice, pop, sports or energy drinks.
- Prepare foods at home with healthy ingredients rather than eating out.
- Plan meals around vegetables and fruit, whole grain and protein foods.
- Use left over meats such as chicken instead of deli meats in sandwiches and wraps.
- Make your own healthy recipes and freeze them in meal sized portions.
- Choose healthy snacks like oranges, berries, carrots, tomatoes, or boiled eggs.

Highly processed foods are easy to find where we live, learn, work and play. Work with your school, work and recreation places to limit access to processed foods and to increase access to healthy, fresh foods.

Written by: the Public Health Nutritionists of Saskatchewan (2020)  
Distributed by: Melissa Warkentin, Public Health Nutritionist for the Moose Jaw area  
[melissa.warkentin@healthauthority.ca](mailto:melissa.warkentin@healthauthority.ca)

**Saskatchewan Health Authority**  
Healthy People. Healthy Saskatchewan  
The Saskatchewan Health Authority works in the spirit of truth and reconciliation.

## Do you dream about writing a book and having it published?

Wood Dragon Books, an indie hybrid publisher based in Mossbank, Saskatchewan is launching a publishing competition for young authors. Three titles will be chosen from the competition entries and published.

**Wood Dragon Books**  
**YOUNG AUTHOR COMPETITION**  
**Deadline for entry submissions: December 31, 2020**

Do you live in the area covered by the Palliser Regional Library, have a library card, are 15-18 years of age, and attend grade 8-12? Enter this competition and you may see your book come to life!

Find out more under "Working With Us" tab at [WoodDragonBooks.com](http://WoodDragonBooks.com)

If you are a retired English teacher (or an English teacher outside of the geographic area of the competition) and want to join our review committee, email Joanne Martinson, Publisher, Wood Dragon Books at [wooddragonbooks@gmail.com](mailto:wooddragonbooks@gmail.com). If you are an English teacher inside the competition area, please encourage your students to enter.

## St John's Babysitting Courses

**This could be your first job!**

After taking this course, you'll feel confident that you can keep kids safe, secure and happy. The cost is just \$85.50 per person, this includes all materials, Basic First Aid and CPR training and a certificate from St John's Ambulance.

**DATES:** December 13, 2020

**TIME:** 9:30 am - 4:30 pm

**INSTRUCTOR:** Cheryl Brulter

**LOCATION:** Assiniboia Southeast College Campus, Prince of Wales Bld. 201 3rd Ave W

**TUITION:** \$85.50 (includes \$65 tuition & \$20.50 materials)

**\*Bring a tagged lunch\***  
**\*Parents are to bring their child into the college and come in to pick them up\***

**\*\*\*Payment must be made at time of registration\*\*\***  
**To register please call toll free 1-866-999-7372**

**Southeast College**

## Family Thirst Quencher!

Many people have heard the advice that we should drink more water and less sugary drinks. That is easier to say than do. Here are some tips on how to make that switch easier for everyone in the family.

**Why it matters.**  
Drinking sugary drinks may lead to increased risk of obesity, type 2 diabetes and cavities in children.

**What drinks count as sugary drinks?**  
Soda • Tea • Pop • Sports drinks • Energy drinks • 100% Fruit juice • Fruit-flavored drinks and punches  
Sweetened plain-bread beverages • Vitamin water and other sweetened waters • Sweetened milks like chocolate milk • Hot chocolate • Sweetened hot and cold teas and coffees

**Parents can help children and teens replace sugary drinks with water.**

- Did you know that teens drink most of their sugary drinks at home in the afternoon or evening?
- Children and teens may not admit it, but they look to their parents to help guide their choices and behaviours.

**What you can do.**

- Make sugary drinks less available at home for everyone.
- Think about when family members consume the most sugary drinks. It might be when you get food from a restaurant, after sports, in the car, or while watching a movie. Target those common times and directly replace the sugary drinks with water.
- Customize your water. Ask kids for their ideas on what fruit or herbs to add to water for variety.
- Try unsweetened sparkling or carbonated water for a twist!
- Always have water on the table for meals and snacks.
- Be a role model. When your children see you drinking water they are more likely to do it too!

Written by: the Public Health Nutritionists of Saskatchewan (2020)  
Distributed by: Melissa Warkentin, Public Health Nutritionist for the Moose Jaw area  
[melissa.warkentin@healthauthority.ca](mailto:melissa.warkentin@healthauthority.ca)

**Saskatchewan Health Authority**  
Healthy People. Healthy Saskatchewan  
The Saskatchewan Health Authority works in the spirit of truth and reconciliation.

## Picture Retakes

When

Tuesday, Dec. 1st 2020 at 9am

Where

AES



## **Ugly Christmas Sweater Day**

When

Friday, Dec. 4th 2020 at 9am

Where

AES

## **Santa vs Elf vs Reindeer Day**

When

Friday, Dec. 11th 2020 at 9am

Where

AES

## **Last Day of School, PJ and Christmas Sock Day**

When

Friday, Dec. 18th 2020 at 9am

Where

AES

## **Welcome Back! School resumes Monday, January 4, 2021**

When

Monday, Jan. 4th, 9am

Where

AES



## Assiniboia Elementary School

 Facebook

 @aesjets