



Monthly Newsletter

January 5, 2023

Caronport Elementary School

Box 1157 Caronport, SK S0H 0S0

306-756-2212

<https://schools.prairiesouth.ca/caronportelem/>



Upcoming Events in January

Jan 10	7 pm Monthly SCC Meeting at CES – Everyone Welcome!
Jan 19	Grade 8 Ski Trip
Jan 22–28	Family Literacy Week – Theme: <i>‘Let’s Have a Family Party!’</i>
Jan 31	Prep Day – No Classes
Feb 5–8	SAVE THE DATE: Scholastic Book Fair at CES

* Reminder: To stay up to date with the current school events, please continue to check our school website regularly.

Dear CES Families,

Happy New Year! I hope this message finds you well and filled with the promise of a fabulous new year. 2024 will be one to remember! As we step into January, it's not just the beginning of a new month but a chance to embrace new opportunities, set goals, and continue the journey of learning and growth.

We say goodbye to Ms. Legault and Mrs. Wakeford, who have completed their internships and are excited to be working as substitute teachers. We also say goodbye to Mrs. Robitaille who has started her maternity leave. We wish all three fabulous teachers the best as they enter new phases in their lives.

Due to Mrs. Robitaille's maternity leave, Mrs. Smith will now be our new half-time Student Support Teacher. Welcome to your new role, Mrs. Smith! Mrs. Doell has been hired to work in the Grade 3/4 classroom in the afternoons. Welcome, Mrs. Doell! We have been granted additional staffing, which means that Mrs. Doell's contract has been increased from 50% to 70%. This staffing increase means that we can offer math instruction to straight grades. Please see below for the grades each teacher is assigned to for math instruction.

Mrs. Walker – Grade 1; Mrs. Leister – Grade 2; Mrs. Doelle – Grade 3; Mrs. Smith – Grade 4; Ms. Schmidt – Grade 5; Mr. Thiessen – Grade 6; Mrs. Galbraith – Grade 7; Mr. McLean – Grade 8

With basketball season underway, I am thrilled to share that along with Caroncrest Farms – the McLeod family, we have purchased new jerseys and shorts for our basketball teams! The McLeod family has graciously sponsored the Girls' A team and purchased the team's jerseys. Thank you! We truly appreciate your support. We look forward to a rewarding basketball season ahead.

Thank you for being an essential part of the CES family. Here's to a year filled with achievement, growth, and joy. Wishing you and your loved ones a wonderful start to 2024!

Warm regards,

Mrs. Neufeld

As we head into a new year

join in on our fun

CES STAFF TWO TRUTHS AND AN UNTRUTH CONTEST!



Mrs. Beaudry - K Teacher

I have 4 kids.

I live in Caronport.

I love crafts.

I think the untruth is: [click here](#)

Mrs. Galbraith - Gr 6/7 Teacher

I have 4 dogs.

I completed grades 2 and 3 in England.

I love to create art of all kinds.

I think the untruth is: [click here](#)



Mrs. Isaac - EA

I had a dog named Wedgie.

I had a cat named Mowgli.

I had a pet bird named Butterworth the Third Esquire.

I think the untruth is: [click here](#)



Mr. Hystad - EA

I'm allergic to strawberries.

I am adopted.

I met David Suzuki in an elevator.

I think the untruth is: [click here](#)





Student Representative Council

The SRC Food Drive was a huge success!

Thank you to everyone who donated food for the food bank. We had a total of 18 boxes that weighed 452 lbs!



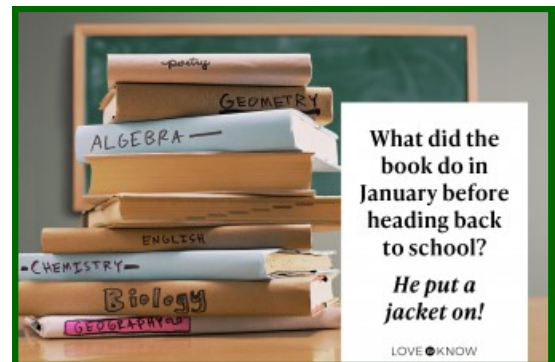
Staff Representative
Mrs. Smith

Join the CES Facebook Group!

Open the camera on your phone and hold it over the QR code below. Click on the link in the pop-up that appears once the app detects the QR Code. This will take you directly to our Facebook Group.

Click 'Join'.

It's that easy!



In light of a few students with peanut and tree-nut allergies, we ask that any food brought from home is nut free. Thank you.



DRESS FOR THE WEATHER!

Please help your child come dressed appropriately for the weather conditions. Students are expected to go outside for breaks

and will need to be dressed suitably with snow pants, mitts, a scarf or face covering and boots. You may wish to take a moment to write your child's name in their boots and outside gear like jackets and mitts. This is helpful when trying to locate lost items.

SchoolCash Link

<https://prairiesouth.schoolcashionline.com/>

This link can also be found on the CES Website.

**Purchase the
CARONPORT ELEMENTARY SCHOOL
Yearbook**

[https://www.treering.com/purchase?
PassCode=10152467417912](https://www.treering.com/purchase?PassCode=10152467417912)



We hope you all had a restful break filled with lots of family time! Cheers to 2024 and the excitement that is ahead!

Thank you so much for your support at our Christmas Extravaganza in December. It was so heart-warming to see the kids up on stage proudly performing their acts. It was great to get a chance to visit during the supper and enjoy another amazing catered meal from Charlotte's. I paused for a moment to see all the families laughing, visiting, and taking photos; it truly blessed me this Christmas season.

If anyone is interested in attending our next meeting, it is scheduled for Wednesday January 10th at 7pm at CES. The front doors will be unlocked for you. All are welcome!

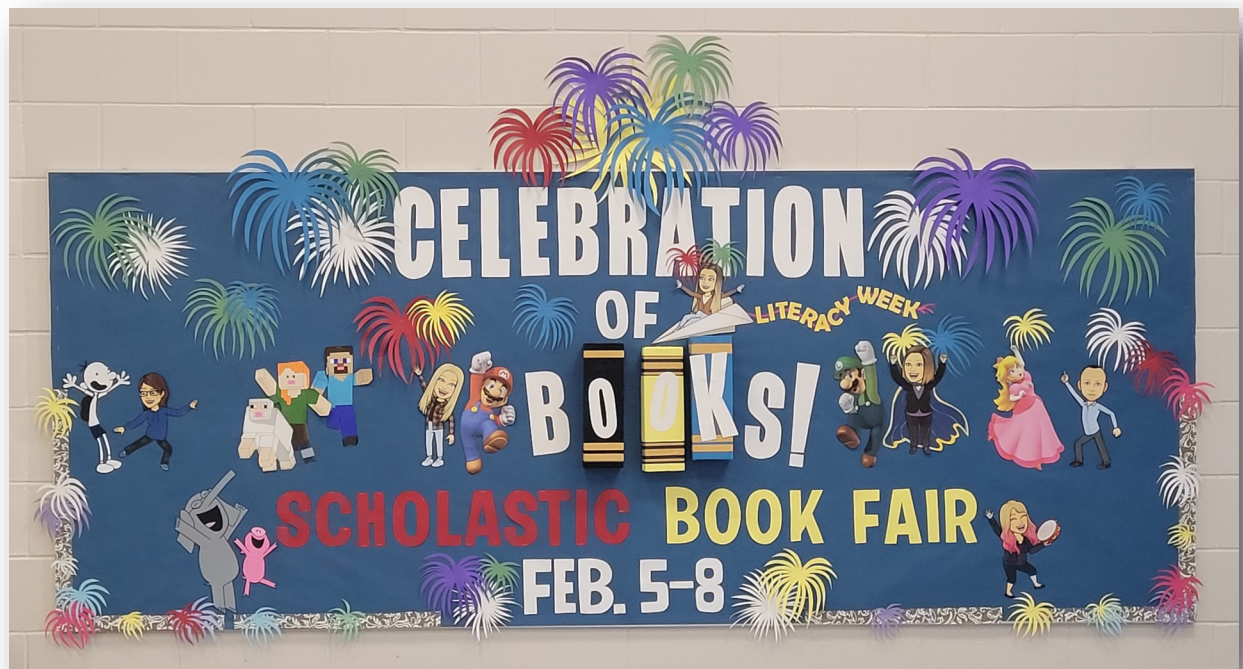
Cheryl Crocker
SCC Chair

Daily Schedule

8:50	Bell to Enter School
8:55-9:30	Period 1
9:30-10:00	Period 2
10:00-10:30	Period 3
10:30-10:45	Recess – Bell at beginning & end
10:45-11:15	Period 4
11:15-11:45	Period 5
11:45-12:10	Lunch Dismissal – Bell at 11:45
12:10-12:30	Students Outside
12:30	Noon Hour Ends—Bell
12:35-1:05	Period 6
1:05-1:35	Period 7
1:35-2:05	Period 8
2:05-2:20	Recess—Bell at beginning & end
2:20-2:50	Period 9
2:50-3:25	Period 10
3:25	School Dismissal - Bell

Student Absences

Please **contact the school** by email eby.carol@prairiesouth.ca or phone (306-756-2212) when your child/ren are going to be **absent or late**. In an effort to keep the most accurate attendance records, it's best if we have a reason for your child's absence.



Help Control Head Lice

What Are Head Lice?

Head lice are small insects that live on the scalp. **Anyone can get head lice.** They are common in classrooms and day care centres because children play closely together.

Head lice are not dangerous and they do not spread disease, but they are contagious and can be a very pesky problem. Having dirty hair does not cause head lice. Head lice cannot fly or jump and you cannot get them from your pets.

While they may be *found anywhere on the head*, they prefer to live on the scalp along the neckline and behind the ears. When lice bite the scalp they cause itching.

How Can I Tell If My Child Has Head Lice?

Children may say they have a tickling feeling on their head or may be very itchy on their scalp.

The only way to be sure a person has an active case of lice is to find live lice. Children can have a few nits (lice eggs) without actually having an active case of head lice. Usually children have no more than 10 to 20 live lice.

Lice are not easy to see and can be hard to find. They are about the size of a sesame seed. They are usually greyish white or brown.



Nits are small, oval and blend into the color of the hair. Each nit is firmly attached to a hair. They cannot be washed out or flicked off like dandruff. Finding nits does not mean the individual has a current infestation and they should not be treated based on finding nits.



Pictures courtesy of CDC/Dr. D D Juranek

How Do I Check for Lice?

1. Apply ample hair conditioner to dry hair, enough to soak from the scalp to the end of the strands.
2. Remove tangles with a regular comb.
3. Start behind the ears and comb the hair section by section. Separating the hair with hair clips is helpful.
4. Place the lice comb against the scalp and pull to the end of the hair.
5. Check the comb for lice after each pull.
6. Wipe the comb with a tissue each time and look for lice.
7. Place the tissue in a bag.
8. Check all the hair over the entire head.
9. Repeat combing for every part of the head at least 5 times.
10. Once finished, tie the bag with the soiled tissues and throw it in the garbage.
11. If lice are detected and treatment is required, make sure that all conditioner is washed from the hair prior to treatment.

What is the Treatment for Head Lice?

Overtreatment and misdiagnosis are common.

Do not treat anyone with a head lice product unless you find live lice in their hair. The presence of nits indicates a past infestation that may not be active.

Check everyone in the home for head lice.

There are a number of very effective treatments for head lice. Most contain an insecticide that kills the lice. They are pyrethrin (found in R&C™ shampoo/ conditioner), permethrin (Nix® or Kwellada-P®) and lindane (PMS-Lindane™ shampoo).

A non-insecticidal treatment called isopropyl myristate/ cyclomethicone (Resultz™) has been approved for use in Canada for individuals 4 years of age and older. It works by breaking down the waxy exoskeleton ('skin') of lice. The lice get dehydrated and die.

All of the above products require a second application 7 to 10 days after the first treatment.

Tell the pharmacist if anyone needing treatment is pregnant, breastfeeding, under six years of age, has allergies or a serious health problem.

A pharmacist, doctor or public health nurse can help you choose the best product for you.

If live lice (not nits) are found in the hair 24 to 48 hours after a treatment with one product:

- Treat right away with a different treatment product;
- Repeat this treatment 7 – 10 days later.

Examine all of the household members for head lice every day for 3 weeks after the first treatment.

Do Other Treatments Work?

Many home recipes and products sold in stores are based on mixtures of essential oils (eucalyptus, lavender, tea tree, etc.), salts or other natural substances. Some people have used oils like mayonnaise, olive oil and Vaseline or hair gels to try to smother lice. There is no proof that any of these work.

How Can I Help the Treatment Be More Effective?

Each product is different and has detailed directions for use. For example one product might say it should be put on dry hair while another should be put on wet hair. Each will say how long it should be left on the hair before rinsing out.

It is very important to read and follow the package directions carefully.

Home treatments, such as vinegar rinses, should not be used as they may make the treatment less effective.

Avoid unnecessary contact with the product since it can be absorbed through the skin.

Children with head lice should be treated and can attend school or child care as usual.

'No-nit' policies that keep children with head lice away from school are not necessary because:

- The presence of nits indicates a past infestation that may not be currently active;
- Head lice are common among young children;
- Head lice do not spread disease;
- Cases of head lice are often misdiagnosed;
- Children can have head lice for several weeks with no symptoms.

How Can You Prevent the Spread of Head Lice?

- Teach your children how head lice are spread - by direct contact with the head of someone with an infestation and to avoid this kind of activity.
- It is a good idea to teach your children not to share brushes, combs or head gear such as hats, bandanas, etc.
- Check your child's head for live lice once a week all year long and daily during an outbreak.
- Head to head contact may be less if long hair is braided or tied back.

What Cleaning Needs to Be Done?

Lice cannot live for more than 2-3 days away from the scalp so excessive cleaning is not necessary. Choose the best method to clean the following items (washing in hot water for 15 minutes or running through a drier on the hottest setting):

- All personal hair care items such as combs, barrettes, etc. Repeat this daily until the lice are gone.
- Items that have been in prolonged or intimate contact with the child's head (bedding, hats, etc.) at the time of first treatment.

For items that cannot be washed they should be placed in a sealed plastic bag for two weeks or for 48 hours at -10° C.

There is no need to vacuum or wash floors, carpets or furniture.

Do not use household sprays or lice sprays. They do not work and may be harmful to people.

For more information contact your local public health office, your physician, nurse practitioner OR HealthLine at 811.

References: Infectious Diseases and Immunization Committee, Canadian Pediatric Society (2014); Kids Health (2015); Harvard School of Public Health (2007); American Academy of Pediatrics (2010); Nova Scotia Public Health Services (2008)