

Coronach School

121 First Ave W. Coronach Saskatchewan S0H 0Z0

Telephone: 306-267-2210

Website: <https://schools.prairiesouth.ca/coronach>



Dear Coronach School Community,

Welcome to November. It is hard to believe that we are already in our third month of school. It is probably because we have had such a wonderful fall that it doesn't feel like it should be this late in the school year.

November is a very busy month for Coronach School. Besides recovering from all the Halloween excitement we have report cards and student led conferences scheduled, excursion trips and virtual/in-person presentations booked, and Remembrance Day.

Remembrance Day is a very important occasion, where we take time to pause and reflect and be grateful for the service and loss of so many heroes. This year, our students and staff will be coming together as a school community to honor this day and providing a virtual presentation for our parents and community members.

Student led conferences will go back to being in-person and can be scheduled through our online booking system. We look forward to meeting with all our families to share with you the learning outcomes your children are working on and the academic and personal goals they are planning to achieve this school year.

With winter just around the corner and the weather changing we just want to send out a reminder to please make sure students come to school with appropriate clothing (i.e.: coats, ski-pants, boots, gloves/mitts, toques/hats etc.) We at Coronach School want to wish you a wonderful November and thank you for your continued support.

Cheers,

Mr. N. Beselaere

Upcoming Events

November 2

Gr 11-12: Education & Career Fair

November 8

Gr 4-6: Discovery Days

November 26

Gr K-12: Hot Dog & Float Sale

November 29

Gr 1-5: SRC Gym Blast

Stay Connected

Check out our school website or follow us on Facebook for important news and information.



Please ensure that the contact information we have for you and your family is up to date. If there are changes, please contact the school. All notifications will be emailed to parents.

November Calendar



MON	TUE	WED	THU	FRI	NOVEMBER 2021				
1	2	3	4	5					
8	9	10	11	12	Nov. 11: Remembrance Day				
15	16	17	18	19					
22	23	24	25	26					
29	30				TD = 18 ID = 18				

LEGEND					
	School-Based Organization Day		Preparation Day		Preparation/LIT
	Early Dismissal		No School		Remembrance Day
	Regular School Day				

Action for Happiness Calendar: New Ways November

This month, we're encouraging you to try something new! Learning something new or getting involved in an activity that really absorbs and interests us is great for our wellbeing. Keeping our brains active is not only good for us physically but it can help you feel you are flourishing as you see yourself make progress with a new skill, or just make you smile as you make a mess and decide to start again. :) Being playful and trying new things is important, as is remembering that it's OK not to get it right first time - change "I can't do it", into "I can't do it...yet!" This month's calendar is full of ideas to help you decide what to try next.

New Ways November 2021

MONDAY

1. Make a list of new things you want to do this month.
2. Respond to a difficult situation in a different way.
3. Get outside and observe the changes in nature around you.
4. Sign up to join a new course, activity or online community.
5. Change your normal routine today and notice how you feel.
6. Try out a new way of being physically active.
7. Be creative. Cook, draw, write, paint, make or inspire.

TUESDAY

8. Plan a new activity or idea you want to try out this week.
9. When you feel you can't do something, add the word "yet".
10. Be curious. Learn about a new topic or an inspiring idea.
11. Choose a different route and see what you notice on the way.
12. Find out something new about someone you care about.
13. Do something playful outdoors - walk, run, explore, relax.
14. Find a new way to help or support a cause you care about.

WEDNESDAY

15. Build on new ideas by thinking "Yes, and what if...".
16. Look at life through someone else's eyes and see their perspective.
17. Try a new way to practice self-care and be kind to yourself.
18. Connect with someone from a different generation.
19. Broaden your perspective: read a different paper, magazine or site.
20. Make a meal using a recipe or ingredient you've not tried before.
21. Learn a new skill from a friend or share one of yours with them.

THURSDAY

22. Find a new way to tell someone you appreciate them.
23. Set aside a regular time to pursue an activity you love.
24. Share with a friend something helpful you learned recently.
25. Use one of your strengths in a new or creative way.
26. Try out a different radio station or new TV show.
27. Join a friend doing their hobby and find out why they love it.
28. Discover your artistic side. Design a friendly greeting card.

FRIDAY

29. Enjoy new music today. Play, sing, dance or listen.
30. Look for new reasons to be hopeful, even in tough times.

SATURDAY

SUNDAY

ACTION FOR HAPPINESS Happier · Kinder · Together

Click calendar image for larger view

Important Dates

November 04

Monthly Awards Assembly

November 05

Holiday - No School

November 10

Remembrance Day Ceremony

November 10

K-12 Report Cards (MSS)

November 11-12

Holiday – No School

November 17-18

Student Led Conferences

November 19

Holiday – No School

November 29

Early Dismissal

Discovery Days

AGRICULTURAL SAFETY DISCOVERY DAYS
Delivering Agricultural Safety since 2016



On **November 08, 2021**, Discovery Days will be coming to the school to do individual workshops with students in **Grades 4-6** from 11:15-3:15pm. Discovery Days are tailored for children who are immersed in agriculture at home or in their community. During each event, children are guided through fun and interactive farm safety activities. These activities include, but are not limited to, animal safety, chemical safety, hazard identification, grain safety, and machinery safety.

Saskatchewan Writers Guide

The SWG acts as an advocate to improve the status of Saskatchewan writers; encourages the development of writers at all levels; and strives to improve public access and awareness to Saskatchewan writers and their work.

On **November 03, 2021**, from 9:30-10:30 **Miriam Korner** will be doing a reading and writing workshop with our **Grades 6-8 students**.

On **November 16, 2021**, from 1:30-2:30 **Anne Patton** will be doing a reading and writing workshop with our **Grade 3-6 students**.

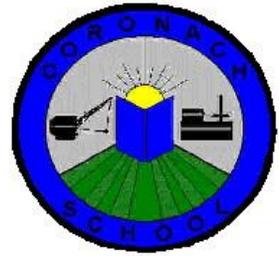


See Your Future Education & Career Fair

On **November 02, 2021**, the **Grade 11-12** students will be travelling to Regina to attend the See Your Future Education & Career Fair.

This opportunity allows students to ask important questions about life after high school:

- Where will I study?
- Where will I live?
- What scholarships are available?
- What program do I require to get the job I want?



October Awards Assembly





Eating Well at Home

Healthy eating can improve mental, physical & emotional health.
Here are some tips to help make the healthy choice, the easy choice.

Plan Ahead:

- Plan what meals you and your family want to eat for the week.
- Write a grocery list & take it to the store.
- Stick to your list at the store to prevent impulse buys.

Organize your pantry & fridge:

- Keep vegetables and fruit washed & chopped for a ready to eat snack.
- Make the healthier choice the most visible so it's easy to grab when preparing meals and snacks (such as fresh produce, brown rice, or nuts).

Have Meals together as a family

- Mealtime is a great way to bring families together.
- As a caregiver, you decide: what food to offer, when to offer & where to offer.
- Your child decides if they eat and how much to eat from what you have offered.
- Family meals are a great time to teach family and cultural food traditions.

Involving kids in the kitchen can help encourage healthy eating:

Ages 2-4 yrs can:

- Count ingredients
- Add ingredients to a bowl
- Wash vegetables & fruit
- Pour from measuring cups/spoons
- Help make a sandwich or pizza



Ages 4-6 yrs can:

- Set the table
- Stir ingredients together

Ages 6-8 yrs can:

- Crack & beat an egg
- Make their own easy breakfast

Ages 8+ yrs can:

- Help with many kitchen tasks with supervision

Written by the Public Health Nutritionists of Saskatchewan (2021)

For more information email: healthpromotionrhr@rghhealth.ca



saskhealthauthority.ca



Click poster image for larger view

Art Club



With extra-curricular activities happening this year our students are finding a variety of ways to re-connect and get involved. If you are interested in visual arts, please see Ms. Helland to inquire about her after school art club program.

Gym Blast

The students in **Grade 6-12** participated in an entire afternoon of fun at our schools Gym Blast event. Another Gym Blast event is scheduled for **Grades 1-5** in the afternoon on **November 29, 2021**.





"How are the Children?"

Early Childhood Development Information



Winter Family Fun

Winter may be cold, but that doesn't mean you have to stay inside! Here are some fun outdoor winter family activities:



- ❄️ Build a snowman
- ❄️ Go skating at an outdoor rink
- ❄️ Mix food colour and water in a spray bottle. Paint the snow
- ❄️ Make snow angels
- ❄️ Decorate snow sculptures with twigs, berries, leaves or other materials from nature

November 2021



#Learning Together



Remembrance Day



On **November 10, 2021**, the students and staff of Coronach School will be honoring Remembrance Day with a school wide ceremony that will be virtual (*live streamed through our school's Facebook account*) for the community. The ceremony will be in the afternoon from 2:30-3:15pm.

Bus Driver Job Fair



SCHOOL BUS DRIVER JOB FAIR



November 3, 2021
Assiniboia Transportation Shop
500 1st Avenue East, Assiniboia
10:00 a.m. to 3:00 p.m.

School Holidays Off
Enjoy having the summers off and all the same breaks as students!

Competitive Wages!
May lead to a steady part-time position with a great benefits package!

Great Hours!
Fantastic opportunity for stay-at-home parents, retirees or home-based parents!

Visit our Website: www.prairiesouth.ca
Click on the Job Fair button at the top and start your application. Bring your resume (with three references) on November 3 for an on-the-spot interview. We are looking for casual bus drivers in all areas of our Division!

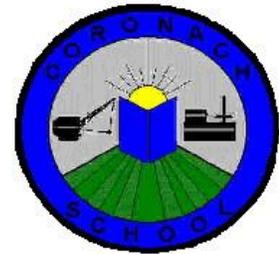
Eye Exams for Children



When was your child's last eye exam?

Find an optometrist at optometrists.sk.ca and book their next appointment today.

 Saskatchewan Association of Optometrists



School Presentations



Saskatchewan Federation of Labour Ready for Work Program

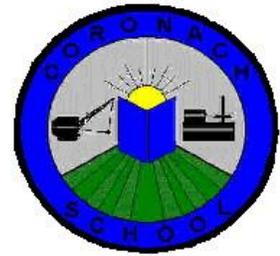


Gambling Awareness Program



Agriculture in the Classroom

School & Community Learning Opportunity



**Prairie South Schools
Presents:**

Understanding Mental Health States

What the Words Mean

Please join us for a parent information session on Mental Health

**Tuesday
November 2nd
6:30-7:30 PM**

This will be a 1-hour live zoom session to discuss the different states of mental health and how to positively influence your child's mental health wellness.

Kisten Lawson Knoop, BSW, RSW - Advocacy and Behaviour Support Consultant
Candace Spanjer, BSW, RSW - Advocacy and Behaviour Support Consultant

Zoom link:
<https://prairiesouth-ca.zoom.us/j/85032886473?pwd=dngxRjd0MHpnOEszVUg5bUcCdRpQT09>

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Prairie South Schools **210** Learning together.

#LearningTogether

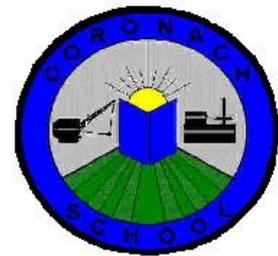


Volleyball



Our first two home tournaments this year where our junior and senior girls' volleyball teams were undefeated champions.

Connecting and Belonging



“A small group of determined and like-minded people can change the course of history.”
- Mahatma Gandhi

Adults

[The Secret of Successful Relationships: Rupture and Repair](#)

[Mind Matters: Family Systems](#)

[How to Deal with Difficult People / Jay Johnson](#)



Video Links

Kids

[About Family Roles](#)

[Our Class is a Family Read Aloud](#)

Literature

Children



Adolescence



Adult



Check Out the
Palliser Regional
Library!

“Alone we can do so little, together we can do so much.” - Helen Keller

Report Cards & Student Led Conferences



Report cards for students **K-12 students** will be posted to My School Sask (MSS) on **November 10, 2021**. Student led conferences for K-12 will

be in-person on **November 17-18, 2021**, from 4:00-7:00pm. Parents will once again be able to sign up through School Interviews online booking system. More information and details to register will be emailed to parents closer to this event.

Halloween



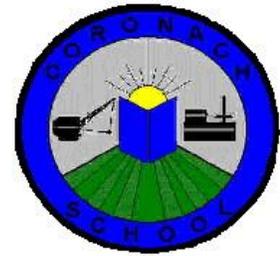
Education Week: Agriculture in the Classroom

This year's theme was *Learning for the Future*. The theme highlights the role of education in building our future within our education sector, whether among teachers and students, among students and their peers, or among education stakeholders and government.

Education Week highlights the important collaborative relationships that strengthen our education system. As students, educators, support staff, parents, caregivers, Elders, community members and stakeholders, we build meaningful relationships that lead us to growth and understanding.

This year Coronach School focused its attention on two areas: 1. connecting our students to agriculture and 2. utilizing community resources and creating learning partnerships with our community.

A huge thank you goes out to all the community members who participated and volunteered their time to work with our students throughout the week. The students had so much fun and enjoyed all the presentations and classroom activities that were booked throughout this weeklong event.



Halloween Contest Winners

