Coronach School Community News
Colt Connection – September 2021

# Coronach School

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Telephone: 306-267-2210

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

Dear Coronach School Community,

On behalf of the staff at Coronach School, I am so happy to welcome you and your child(ren) to the 2021-2022 school year. It is an absolute privilege to be part of such a wonderful community where parents, teachers, and students work together and strive to build positive relationships that support success and development of the whole child.

Already this school year is starting out much differently than last year and I am so excited to get back into classrooms and form positive and supportive relationships with all our students. Although restrictions and policies have changed from last year, we will continue to focus on safety and wellbeing so that your child(ren) feel safe in our school, and you feel comfortable and confident sending them to school each day. One of our main focused priorities this year will be on maintaining positive mental health and wellness for staff and students while we continue to stive for academic growth and success.

We have an amazing staff this year which are focused on doing what is best for kids. This year I would like to send a warm welcome to our new staff which include Ms. Helland – Grade 2 Homeroom, Mrs. Froehlich – Grade 6/7 Homeroom, Ms. Gunchoski – Grade 8 Homeroom and Ms. Seymour – Educational Assistant. We are so grateful for you and are excited for you to join our school community.

Lastly, to stay informed of what is happening within our school this year please make sure that the school has your up-to date email contact. If you are not receiving school emails, please contact the school. You can also find valuable information on our school website and by following our schools Facebook page. Please feel free to call or email me to discuss any thoughts or concerns you might have throughout the school year. I look forward to working with you and helping each student meet his or her goals and have a successful school year!

## Upcoming Events

**September 13**

Grandparent Day Celebration

**September 22**

K-12 Picture Day/Open House

**September 23**

Terry Fox Run

**September 30**

Orange Shirt Day

## Stay Connected

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

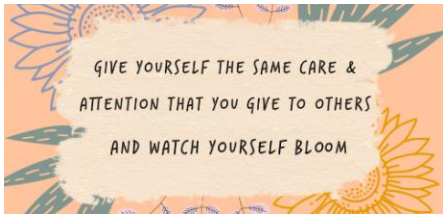
Please ensure that the contact information we have for you and your family is up to date. If there are changes, please contact the school. All notifications will be emailed to parents.

## September Calendar

| MON | TUE | WED | THU | FRI | SEPTEMBER 2021 |
|---|---|---|---|---|---|
| | | 1 | 2 | 3 | |
| 6 | 7 | 8 | 9 | 10 | Sept 6: Labour Day |
| 13 | 14 | 15 | 16 | 17 | |
| 20 | 21 | 22 | 23 | 24 | |
| 27 | 28 | 29 | 30 | | TD = 20 ID = 20 |

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

## Action for Happiness Calendar: Self Care




## Important Dates

**September 01**

First Day of School

**September 06**

Holiday – No School

**September 08**

International Literacy Day

**September 24**

Holiday – No School

**September 27**

Early Dismissal Day

**September 27-October 01**

Truth & Reconciliation Week

**September 30**

Ice Cream Sundae Sale

## Orange Shirt Day

On **September 30th**, Canadian coast to coast will come together in the spirit of reconciliation and wear orange shirts in honour of Residential School survivors and hope for a better future. Between **September 01 – September 03, 2021** families will have the opportunity to order t-shirts and/or hoodies that will be delivered to the school before September 30, 2021. With every purchase you make you are helping raise awareness and making a donation to the Orange Shirt Society.

Order forms will be going home with students on the first day of school. Order forms and payment (cash or cheque) need to be into the school office no later than **9:00AM** on **Friday, September 03, 2021.**

**ORANGE SHIRT 2021 | ORDER FORM**

September 30th, 2021

**T-Shirts**
**$ ____ each**

**Hoodies**
**$ ____ each**

1. Select your size

| T-Shirt Sizes | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Youth | ☐ XS | ☐ S (6-8) | ☐ M (10-12) | ☐ L (14-16) | ☐ XL (18-20) | | | |
| Adult | | ☐ S (4-6) | ☐ M (8-10) | ☐ L (12-14) | ☐ XL (16-18) | ☐ 2XL (20-22) | ☐ 3XL | ☐ 4XL |

| Hoodie Sizes | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Youth | ☐ XS | ☐ S (6-8) | ☐ M (10-12) | ☐ L (14-16) | ☐ XL (18-20) | | | |
| Adult | | ☐ S (4-6) | ☐ M (8-10) | ☐ L (12-14) | ☐ XL (16-18) | ☐ 2XL (20-22) | ☐ 3XL | ☐ 4XL |

2. Calculate your total

| | Quantity | x Price | = SubTotal |
|---|---|---|---|
| T-Shirt Order | | | |
| Hoodie Order | | | |
| | | Total | |

School Name: _____

Student Name: _____

Student Grade: _____

## Outdoor Learning Space

School Community Council Initiative

A huge thank you to Coronach School Community Council and to Hart Butte Community Farms for making this initiative a reality. We could not have done it without your efforts and contribution.

## Nutrition

# Healthy Lunches

Help children make healthy food choices at school and at home. Lunches and snacks provide children with energy and nutrients they need to learn and grow.

Involve children in planning and packing lunches for the week. Let them pick items from the three food categories in Canada's Food Guide. Below are lists to get you started.

Don't forget water. Use a reusable bottle so they can fill it up throughout the day.

| Vegetables | |
|---|---|
| • Broccoli | • Cucumber slices |
| • Cauliflower | • Cherry or grape tomatoes |
| • Carrot sticks | • Red, yellow or green peppers |
| • Celery sticks | |

| Protein Foods | |
|---|---|
| • Boiled eggs | • Black or kidney beans |
| • Bean dip | • Canned tuna |
| • Leftover turkey or chicken | • Unsweetened milk or soy beverage |
| • Cheese cubes | • Low sugar yogurt |

| Fruits | |
|---|---|
| • Bananas | • Fruit salad |
| • Mangoes | • Pears |
| • Frozen berries | • Canned peaches |
| • Oranges | • Grapes |
| • Strawberries | • Blueberries |
| • Pineapple | |

| Whole Grains | |
|---|---|
| • Whole grain pasta, bread or pitas | • Brown or wild rice |
| • Quinoa or barley | • Low sugar whole grain cereals |
| • Whole grain crackers | • Buckwheat pancakes |
| • Oats or oatmeal | • Homemade whole grain muffins |

For more meal and snack ideas, check out Canada's Food Guide recipe page at:

food-guide.canada.ca/en

Written by the Public Health Nutritionists of Saskatchewan (2020)
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Saskatchewan Health Authority

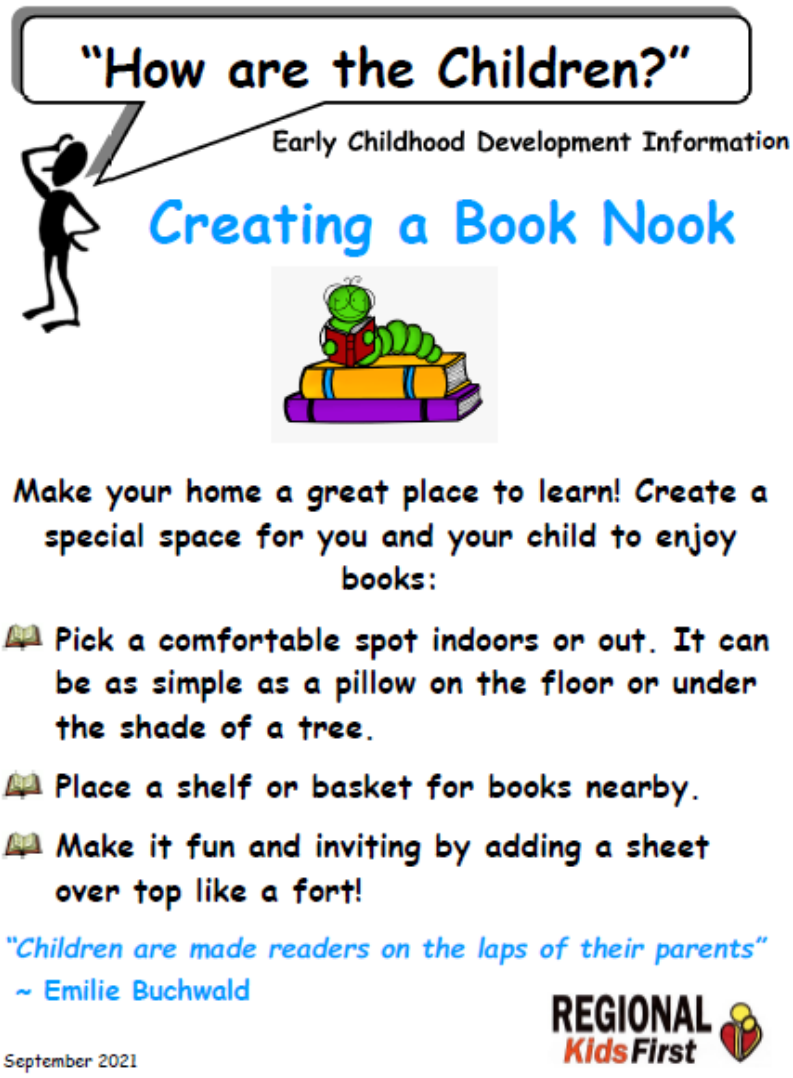
saskhealthauthority.ca

## Terry Fox Run

On **Thursday, September 23, 2021** the students and staff will be participating in a Terry Fox Run/Walk. We will start at **2:30PM** and one grade at a time, starting with Grade 1-Grade 12, students will meet in the gym, take a class group picture, and dismiss out onto the football field where they will begin their run/walk. Families and community members are welcome to meet their child(ren) on the football field and go on the walk/run with them. Upon arrival back at the school after the run/walk students and families/community members can enjoy a water and treat on the playground before dismissing for the school day.

## Outdoor Learning Space

## Early Learning




## Open House

On **Wednesday, September 22, 2021**, we will be inviting families for our Open House event. It will start at **4:00PM** and go until **6:00PM.** We are inviting **Bonnie Elder Photography** to come to the school to take family portraits – free of charge, so that the school can update our Coronach School family wall. If you would like to purchase portraits for yourselves, Bonnie will provide details and the costs associated. This is also a great opportunity to connect/re-connect with your child(ren's) teacher(s) and see all the new improvement and exciting learning opportunities happening in our school this year. There will be refreshments and snacks available to those families that attend.

## Ice Cream Sundae Sale

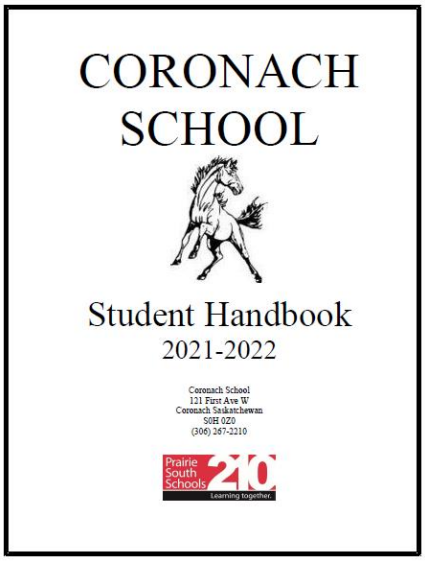
**Wednesday, October 30, 2021**

For **$3.00** you can buy an ice cream sundae with toppings of your choice.

## Student Handbook

For more school information please check out our updated Student Handbook online at:

[Student Handbook – Coronach School (prairiesouth.ca)]



## Safety Plan

Prairie South Schools 210 Learning together.

- The safety of our students and staff members is our priority.
- The COVID-19 vaccine is strongly recommended for everyone in our school communities to help us keep everyone safe.
- These protocols have been developed in consultation with the Ministry of Health and local medical health officials and are subject to change.

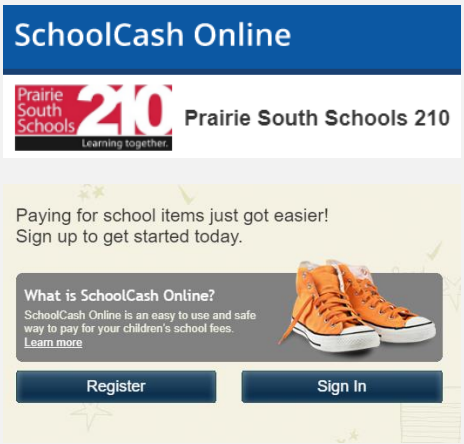
## Picture Day

expressions photography

Picture Day is **Wednesday, September 22, 2021** for all K-12 students. Pre-Kindergarten students will have a separate day arranged with the photographer for their pictures. Expressions Photography out of Assiniboia will be once again

## SchoolCash Online

Pay your annual student registration fees and athletics fees from home with the click of a button. Please contact the school if you need assistance.




## MySchoolSask

MySchoolSask
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Saskatchewan

Make sure that you and your child(ren) can access your student and parent MySchoolSask accounts. MySchoolSask is a convenient, easy to use system that has a portal where students and parents have separate accounts and can access information about marks, attendance, report cards, and other important information. If you are unable to successfully log into your account, contact the school.

## Safety Plan (Cont'd)

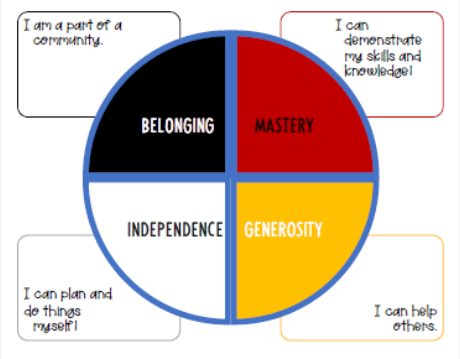
## Grandparent Day

On **Monday, September 13, 2021** from **11:00-12:15** we are inviting all grandparents to the school. We want to show you what we are doing in school and spend some time learning together. Grandparents will have the opportunity during this time to join their grandchildren in their classrooms for activities. Refreshments and snacks will be provided to all grandparents. We look forward to seeing you for this special event.

## The Circle of Courage

### Caught Being Courageous

The circle of courage helps us to understand how important it is to develop and grow in the areas of mastery, generosity, belonging, and independence. When we grow in these areas, we feel good about ourselves and are better prepared to face the things that challenge us in life!




We at Coronach School believe it is important to notice and recognize students for their efforts. This year we will be using the Circle of Courage language in our classrooms and throughout the school to help grow and develop the WHOLE child!

# Coronach School

## Colt Pride Student of the Month

## Recipient Criteria

**P – Participation**

A student demonstrates the following characteristics: being involved in school activities and willingly wanting to be involved in their school for the greater good.

**R - Responsibility**

A student demonstrates the following characteristics: completing schoolwork in a punctual manner, being a well-organized student, being accountable for their own actions.

**I – Initiative**

A student demonstrates the following characteristics: carrying out productive, positive actions for oneself and others without being prompted to do so.

**D – Dignity**

A student demonstrates the following characteristics: being an honorable individual, respecting oneself and others.

**E – Environment**

A student demonstrates the following characteristics: being mindful of the school setting, knowing that your surroundings are shared with others and should be kept in an orderly manner.

*"Recognizing the PRIDE in every student"*

### Colt PRIDE Student of the Month

Every month Coronach School will continue to celebrate the learning and accomplishments of our students.

We have come up with a different format this year for recognizing students which we would like to present as our Colt Pride of the Month.

Pride standing for the five important values we look for within our school community: **participation, responsibility, initiative, dignity,** and **environment.**

Students in all K-12 classrooms will have the opportunity to be nominated by staff in each of these areas and recognized by their peers for the great and wonderful things that they continually do on a regular basis.

We at Coronach School take pride in everything we do and we want our students to be proud of what they do to make our school community a world class organization.

*Go Colts!*