

# Coronach School

121 First Ave W. Coronach Saskatchewan S0H 0Z0

Telephone: 306-267-2210

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

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Dear Coronach School Families,

I hope this message finds you all in good health and high spirits as we prepare to embark on another exciting academic year. It is with great pleasure and enthusiasm that I extend a warm welcome back to school for September 2023!

The beginning of a new school year is always a special time filled with hope, possibilities, and a sense of renewal. It's a time for new adventures, new friendships, and new opportunities for growth and learning. Our dedicated staff and I are thrilled to have our students back in the classrooms, ready to explore the world of knowledge.

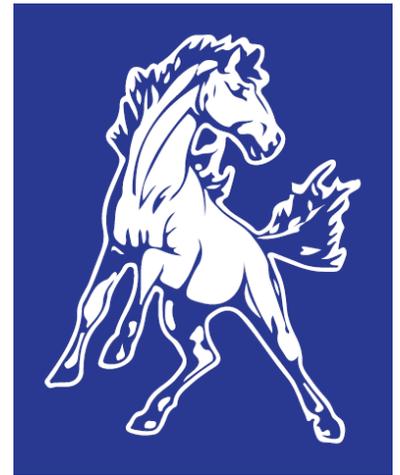
This year, we are committed to fostering an inclusive and nurturing learning environment where every student can **THRIVE**. We will continue to prioritize the safety and well-being of our students and staff, ensuring that our school remains a place where everyone feels valued and supported.

As we embark on this educational journey together, I encourage students to approach each day with curiosity and enthusiasm. Embrace challenges as opportunities for growth, and never underestimate the power of hard work and determination.

To our families, your support and partnership are essential to our students' success. Please stay engaged in your child's education by attending student led conferences, participating in school activities, and staying connected with our school community. On behalf of the entire school staff, I want to express our gratitude for entrusting us with the education and well-being of your children. Together, we will make this school year a memorable and successful one.

Mr. N. Beselaere

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## Important Dates

### September 7

Taco in a Bag Sale

### September 11

Grandparent Day

### September 15

Terry Fox Community Run/Walk

### September 20

Open House

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## 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.

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# September Calendar



MON	TUE	WED	THU	FRI	SEPTEMBER 2023				
				1					
4	5 <sub>1</sub>	6 <sub>2</sub>	7 <sub>3</sub>	8 <sub>4</sub>					
11 <sub>5</sub>	12 <sub>6</sub>	13 <sub>1</sub>	14 <sub>2</sub>	15 <sub>3</sub>					
18 <sub>4</sub>	19 <sub>5</sub>	20 <sub>6</sub>	21 <sub>1</sub>	22	Sept 30: National Day for Truth & Reconciliation				
25 <sub>2</sub>	26 <sub>3</sub>	27 <sub>4</sub>	28 <sub>5</sub>	29 <sub>6</sub>	TD= 19	BD= 18	ID= 18		

LEGEND						
First/ Last Day	Stat Holiday	Holiday	School Based Inservice (No Students)	Prep Day (No Students)	Prep/LIT Day (No Students)	Alt Friday No School

## Action for Happiness Calendar: Self Care September

Self-care isn't selfish it's essential.

**Self-Care September 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly
4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok
11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself
18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love
25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are	

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

Click image to enlarge calendar.

## School Picture Day

School photos will be taken by **Expressions Photography**.



Kindergarten-Grade 12 Picture Day will be held on **Thursday, September 21, 2023**.

Daycare & Pre-Kindergarten Picture Day will be on **Wednesday, October 11, 2023**. Picture retakes for students in Kindergarten-Grade 12 will also be on Wednesday, October 11, 2023.

## Important Dates

**September 20**

OSAC – Organization of Saskatchewan Arts Council



**September 21**

K-12 Picture Day

**September 22**

Alt Friday – No School

**September 25-29**

School Safety Week

**September 29**

National Day for Truth & Reconciliation (Orange Shirt Day)



## Grandparent Day



A Grandparent Day celebration will be on **Monday, September 11, 2023**, from **11:00am-12:15pm**. Grandparents will be invited to come into the school to connect with one another over coffee and fresh baked goods, engage in learning activities with their grandchildren, and meet the staff of Coronach School. We look forward to seeing all our grandparents out at Coronach School.

## Terry Fox Run

The Terry Fox event will be on **Friday, September 15, 2023**. Once again students will be able to participate in a Terry Fox Toonie Toss at lunch to win prizes. One prize will be for our grade K-3 student group, grade 4-6 student group and for our grade 7-12 student group. Please ensure your child brings money for the afternoon if they are wanting to participate in the Terry Fox Toonie Toss. Students can have as many throws as they are willing to donate. At **2:30pm** we will be calling students down to the gymnasium to take homeroom class pictures and then having students start the Terry Fox Run/Walk. Parents and community are welcome to join us for this event. Following the run/walk students and parents/community members will enjoy a cold treat on the school playground before dismissal and the weekend.



## National Day of Truth and Reconciliation – Orange Shirt Day

### ORANGE SHIRT DAY



Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on **September 30, 2023**. Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational

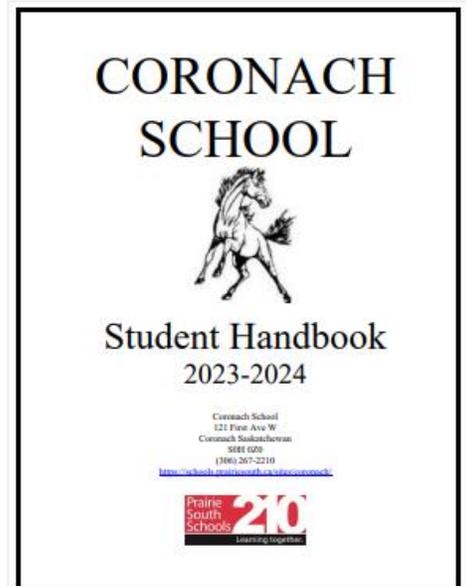
impacts of residential schools, and to promote the concept of “Every Child Matters”. The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations. On **Friday, September 29, 2023**, Coronach School students and staff are all encouraged to wear orange to honour the thousands of survivors of residential schools.



## Student Handbook

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

[Student-Handbook-2023-2024](#)



## Commencement - Graduation

Commencement (Graduation) will be held the second Saturday in June. This year's graduation date is planned for **Saturday, June 15, 2023**. Graduates and their families will be involved in the planning process and receive specific details during second semester (February-June).

# Bell Schedule



## Grades K-6:

MORNING		AFTERNOON	
8:40 am	Warning Bell	12:20-1:00 pm	Lunch 12:20-12:40 Meal 12:40-1:00 Recess
8:45 - 9:52 am 67 min	Period One	1:05 - 2:13 pm 68 min	Period Four
9:52 - 10:58 am 66 min	Period Two	2:13 - 2:28 pm 15 min	Afternoon Recess
10:58 - 11:13 15 min	Morning Recess	2:28 - 3:36 pm 68 min	Period Five
11:13 - 12:20 pm 67 min	Period Three	3:36 pm	Dismissal

## Grades 7-12:

MORNING		AFTERNOON	
8:40 am	Warning Bell	12:15 - 1:00 pm	Lunch
8:45 - 9:52 am 67 min	Period One	1:05 - 2:13 pm 68 min	Period Four
9:52 - 9:57 am 5 min	Break	2:13 - 2:18 pm 5 min	Break
9:57 - 11:03 am 66 min	Period Two	2:18 - 3:26 pm 68 min	Period Five
11:03 - 11:08 am 5 min	Break	3:26 pm	Dismissal
11:08 - 12:15 pm 67 min	Period Three		

## Teaching Staff

- Mrs. D. Dyck
- Mrs. B. Drake
- Mrs. J. Granello
- Mrs. Spagrud/Rettman
- Mrs. Thurlow
- Mrs. A. Robock
- Mrs. T. Frisk-Welburn
- Mr. R. Berner
- Mrs. A. Gagne
- Ms. H. Svenson
- Mrs. A. Menke
- Mrs. G. Foley
- Mr. N. Beselaere

## High School Schedules – Grade 9-12

Grade 9 High School Semester I - 2023-2024

PERIOD	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
1	ELA 9	ELA 9	ELA 9	ELA 9	ELA 9	ELA 9
2	SCIENCE 9	FIN LIT 20	SCIENCE 9	FIN LIT 20	SCIENCE 9	FIN LIT 20
3	PAA 9	PAA 9	PAA 9	PAA 9	PAA 9	PAA 9
NOON			NOON			NOON
4	FIN LIT 20	SCIENCE 9	FIN LIT 20	SCIENCE 9	FIN LIT 20	SCIENCE 9
5	MATH 9	MATH 9	MATH 9	MATH 9	MATH 9	MATH 9

Grade 11 High School Semester I - 2023-2024

PERIOD	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
1	ENV 5 20	ENV 5 20	ENV 5 20	ENV 5 20	ENV 5 20	ENV 5 20
2	ELA 20	WA 20 PC 20	ELA 20	W 20 PC 20	ELA 20	W 20 PC 20
3	HIST 30	ELA 20	HIST 30	ELA 20	HIST 30	ELA 20
NOON			NOON			NOON
4	PAA 20	PAA 20	PAA 20	PAA 20	PAA 20	PAA 20
5	WA 20 PC 20	HIST 30	WA 20 PC 20	HIST 30	WA 20 PC 20	HIST 30

Grade 10 High School Semester I - 2023-2024

PERIOD	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
1	ELA A10	ELA A10	ELA A10	ELA A10	ELA A10	ELA A10
2	SCIENCE 9	FIN LIT 20	SCIENCE 9	FIN LIT 20	SCIENCE 9	FIN LIT 20
3	WA 10	WA 10	WA 10	WA 10	WA 10	WA 10
NOON			NOON			NOON
4	FIN LIT 20	SCIENCE 9	FIN LIT 20	SCIENCE 9	FIN LIT 20	SCIENCE 9
5	PE 9	PE 9	PE 9	PE 9	PE 9	PE 9

Grade 12 High School Semester I - 2023-2024

PERIOD	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
1	ENV 5 20	ENV 5 20	ENV 5 20	ENV 5 20	ENV 5 20	ENV 5 20
2	ELA A30	PC/C 30 ONLINE	ELA A30	PC/C 30 ONLINE	ELA A30	PC/C 30 ONLINE
3	HIST 30	ELA A30	HIST 30	ELA A30	HIST 30	ELA A30
NOON			NOON			NOON
4	PAA 30	PAA 30	PAA 30	PAA 30	PAA 30	PAA 30
5	PC 30 ONLINE	HIST 30	PC 30 ONLINE	HIST 30	PC 30 ONLINE	HIST 30

## Support Staff

- Mrs. S. Knoss
- Mrs. D. Pearson
- Ms. M. Seymour
- Mrs. J. Knudson
- Mr. A. Montemiglio
- Mr. R. Carlson
- Mrs. L. Setrum

## Transportation - Bus Drivers

A huge shout out to the wonderful people who get our children to and from school safely. They are the first people your child(ren) see in the morning and the last people they see at the end of the day. Thank you for your dedication – Mrs. D. Drake, Mrs. P. Thorhaug, Mrs. L. Thuen, and Mr. R. Mamer.



## School Community Council

School Community Councils (SCCs) are advisory bodies charged with the responsibility of enhancing supports for learning at the school and community level. This support for learning focus is aligned with the Board Strategic Plan and the Education Sector Strategic Plan.

Our 2023-2024 School Community Council members include:

1. Chairperson – Mrs. C. Manske
2. Vice-Chairperson – Mrs. C. Foley
3. Parent Representative – Mrs. D. Marshall
4. Parent Representative – Mrs. T. Clark
5. Parent Representative – Mrs. L. Pituley
6. Teacher Representative – Mrs. B. Drake/Mrs. J. Rettman
7. Student Representative – Ms. Jordan Eger
8. Student Representative – Ms. S. Schnell
9. Principal – Mr. N. Beselaere

## Allergy Aware Policy

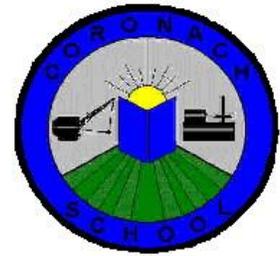
Coronach School focuses on creating safe learning environments for students. While Coronach School is not considered a Tree Nut/Peanut Free School we are a school with Allergy Aware Spaces. Our goal is to give students with **ALL** allergies a sense of comfort while being inclusive and not denying students within the school specific nutritional items. Similar to last year, starting the school year every family will receive from their child's homeroom teacher our Allergy Aware Spaces Policy which includes guidelines for staff, parents, and students along with an Allergy Aware Spaces Homeroom Class Letter. Please ensure that you read this information closely and connect with your child's homeroom teacher should your child develop allergies and/or any other serious medical issue throughout the school year. By us all doing our part we can ensure the safety and wellbeing of everyone at our school.

## Open House & Home & School Connection Wall

We invite all our families to submit an updated family photo to the school so that we can proudly display our families on our main wall in the front entrance. Photos can be delivered in person or emailed to [beselaere.nathan@prairiesouth.ca](mailto:beselaere.nathan@prairiesouth.ca)



This year during our Coronach School Open House event, which is scheduled on **Wednesday, September 20, 2023, from 4:00-6:00**, **Bonnie Elder Photography** will be available to do professional family portraits. The cost of the sitting fee will be free to families. We encourage all families to come out to this event for a free BBQ, have their family picture taken, and meet the staff and tour the school/child(ren's) classroom(s).



## 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.

## SchoolCash Online



Prairie South Schools 210

Paying for school items just got easier!  
Sign up to get started today.

### What is SchoolCash Online?

SchoolCash Online is an easy to use and safe way to pay for your children's school fees. [Learn more](#)



Register

Sign In

## MySchoolSask

MySchoolSask  
MonÉcoleSask

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.

## Student Recognition

### Colt Pride Student of the Month

#### 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

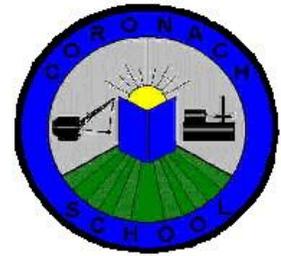
A student demonstrates the following characteristics: being mindful of the school setting, knowing that your surroundings are shared with others and should be kept in an orderly manner.

***“Recognizing the PRIDE in every student”***

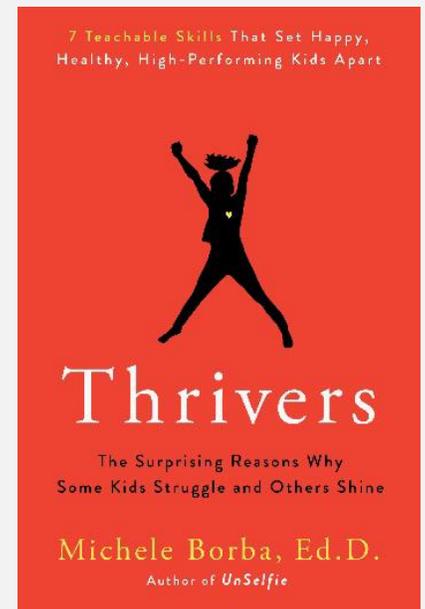
Every month Coronach School will continue to celebrate the learning and accomplishments of our students through whole school assemblies.

Outside of academic and athletic awards we recognize PRIDE elements: **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. At the end of the school year one student in each grade will be nominated as the student of the year. 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.



### Thrivers



**THRIVERS** is an insightful, science-backed guide that helps parents and educators teach the essential character strengths kids need to become “thrivers” -- young people who flourish in a rapidly changing, digitally driven, and uncertain world. Thrivers are ready for whatever the world throws at them, even in difficult times. *What is their secret? And can it be taught to others?* The answer is “yes” -- because *Thrivers are made, not born.*

## Thrivers

### THRIVERS: Why Some Kids Struggle and Others Shine

This month teaching and support staff are diving into the Introduction of THRIVERS.

*"THRIVERS feel 'We've got this'; they meet the world on their own terms because they know they can control their own destiny. And they keep trying, despite challenges, and are more likely to rebound from those challenges and overcome adversity with confidence." – Michele Borba*

Throughout the year we as a staff will be focusing on each of the seven THRIVER character strengths and working with students each month to build and develop these strengths.

**Self-confidence:** Using personal strengths to find purpose and meaning.

**Empathy:** Understanding and sharing another's feelings while acting compassionately. **Self-control:** Managing stress, delaying gratification, and strengthening focus. **Integrity:** Adhering to a strong moral code, thinking ethically, and leading a moral life. **Curiosity:** Having an open mind and willingness to try new ideas, take risks, and innovate.

**Perseverance:** Exhibiting fortitude, tenacity, and resolve to endure and bounce back. **Optimism:** Learning self-advocacy and encouraging hope.

We would love parents to engage in this process with us and help us build strong **THRIVERS** within our school community and at home.

This month as parents/guardians we challenge you to:

**Start with why.** Raising thrivers starts by realizing why we must. Read pages 1-23, write a note to yourself to commit to help your child thrive, and review often.

**Salute positive thinking.** Tune into when your child does utter optimism and commend it. "It's hard to change, but that being optimistic!", p 254.



## Student Absenteeism

If your child(ren) will be absent from school for any reason, we prefer above all other communication that a parent/guardian call the school at (306) 267-2210. If you are signing your child(ren) out of school before dismissal, please phone the school or visit the main office and communicate this to our school's administrative assistant.



## Taco in a Bag

On **Thursday, September 07, 2023**, Coronach School students and staff will be able to get Taco in a Bag at lunch in the canteen for **\$7.00**. Drinks will be sold separately - **\$1.00-\$2.00**.



## OSAC

OSAC is an umbrella organization that enables community arts councils and schools to tour and hold live musical and theatre performances, visual art exhibitions, workshops, and special events across Saskatchewan.

On **September 20, 2023**, OSAC will be delivering two performances for our students:  
**Grade PreK / 1-6 11:00-12:00**  
**Grade 7-12 1:00-2:00**  
Families of Kindergarten students are invited to attend this event as well.