

Coronach School

121 First Ave W. Coronach Saskatchewan S0H 0Z0

Telephone: 306-267-2210

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



Dear Coronach School Community,

As we approach the end of the year, it's a wonderful time to reflect on the incredible journey we've taken together at Coronach School. The past months have been filled with growth, achievements, and moments that have truly defined our school spirit.

I'd like to take this moment to wish Mrs. T. Frisk-Welburn congratulations as she begins her retirement in December. We thank her for her contributions to Coronach School over the past six years and wish her the best as she embarks on the next chapter of her life. I would also like to welcome Mr. L. Pomedli who will be starting at Coronach School at the beginning of January. We as staff and students are excited to welcome you as part of our school community.

As we look forward to the upcoming year, we are excited about the possibilities and opportunities that lie ahead. Our commitment to fostering a nurturing and intellectually stimulating environment remains ongoing. Together, we will continue to inspire and empower our students to the power of possibility.

On behalf of the entire Coronach School team, I want to extend warm wishes for a joyous holiday season. May this festive time bring you moments of happiness, connection, and reflection. As we recharge over the break, let's return in the new year with renewed energy and enthusiasm for the exciting journey that lies ahead.

Thank you for your ongoing support and collaboration. Wishing you all a restful and enjoyable holiday season!

Cheers,

Mr. N. Beselaere

Important Dates

December 01

Holiday – No Students

December 08

Alt Friday – No School

December 21-29

Holiday/Stat – No Students



Stay Connected

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

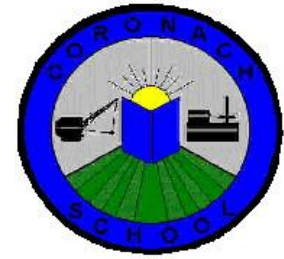


Please ensure that the contact information we have for you and your family is up to date. If there are changes, please contact the school. All notifications will be emailed to parents.

December Calendar

| MON | TUE | WED | THU | FRI | DECEMBER 2023 | | | | |
|-----------------|-----------------|-----------------|-----------------|-----------------|--------------------|--------|--------|--|--|
| | | | | 1 | December 1 TIL SLC | | | | |
| 4 ² | 5 ³ | 6 ⁴ | 7 ⁵ | 8 | | | | | |
| 11 ⁶ | 12 ¹ | 13 ² | 14 ³ | 15 ⁴ | | | | | |
| 18 ⁵ | 19 ⁶ | 20 ¹ | 21 | 22 | | | | | |
| 25 | 26 | 27 | 28 | 29 | TD= 12 | BD= 12 | ID= 12 | | |

| 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 |



Important Dates



December 01-02
Senior Boys Basketball Tournament

December 07
Grade 7-8 Youth Addictions Counsellor Presentation (SHA)
Jenn Clarke
Grade 8 – Period 2
Grade 7 – Period 3

December 14
Monthly Awards Assembly 9:30
Grade 5-12 Gym Blast 1:00

December 15
Grade 7-12 Mental Health Presentations (RSW)
Meena Bolla
Grade 11/12 – Period 1
Grade 9/10 – Period 2
Grade 7/8 – Period 3

December 18
Christmas Concert 7:00

December 20
Winter Formal School Dance
6:00-8:00 and 8:00-10:00

Action for Happiness Calendar: Do Good December

This month we're encouraging you to carry out small acts of kindness!

December Kindness 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|--|---|--|
| | | | | 1 Spread kindness and share the December calendar with others | 2 Contact someone you can't be with to see how they are | 3 Offer to help someone who is facing difficulties at the moment |
| 4 Support a charity, cause or campaign you really care about | 5 Give a gift to someone who is homeless or feeling lonely | 6 Leave a positive message for someone else to find | 7 Give kind comments to as many people as possible today | 8 Do something helpful for a friend or family member | 9 Notice when you're hard on yourself or others and be kind instead | 10 Listen wholeheartedly to others without judging them |
| 11 Buy an extra item and donate it to a local food bank | 12 Be generous. Feed someone with food, love or kindness today | 13 See how many different people you can smile at today | 14 Share a happy memory or inspiring thought with a loved one | 15 Say hello to your neighbour and brighten up their day | 16 Look for something positive to say to everyone you speak to | 17 Give thanks. List the kind things others have done for you |
| 18 Ask for help and let someone else discover the joy of giving | 19 Contact someone who may be alone or feeling isolated | 20 Help others by giving away something that you don't need | 21 Appreciate kindness and thank people who do things for you | 22 Congratulate someone for an achievement that may go unnoticed | 23 Choose to give or receive the gift of forgiveness | 24 Bring joy to others. Share something which made you laugh |
| | 25 Treat everyone with kindness today, including yourself! | 26 Get outside. Pick up litter or do something kind for nature | 27 Call a relative who is far away to say hello and have a chat | 28 Be kind to the planet. Eat less meat and use less energy | 29 Turn off digital devices and really listen to people | 30 Let someone know how much you appreciate them and why |
| 25 | | 26 | | 27 | | 31 Plan some new acts of kindness to do in 2024 |

ACTION FOR HAPPINESS

Happier · Kinder · Together

Click image to enlarge calendar.

Pizza Party Celebration

On **Wednesday, December 20, 2023**, K-12 students will not need to pack a lunch. Before the holiday break, the entire school community will be celebrating by having a pizza party. Students in Pre-kindergarten will be having a special lunch before leaving for the end of the day on **Tuesday, December 19, 2023**.



Christmas Concert

'Tis the season to be jolly, and what better way to embrace the festive spirit than by joining us for our much-anticipated School Christmas Concert on **Monday December 18, 2023, at 7:00pm**. The entire school community has been hard at work preparing a spectacular evening filled with joy, laughter, and a heartwarming performance. We encourage you to bring family and friends to share in the festive atmosphere and make lasting memories together. The holiday season is all about coming together, and our School Christmas Concert provides the perfect opportunity to do just that. In the spirit of giving, we will also be having a silver plate collection at the concert. We look forward to seeing you there as we celebrate the magic of Christmas and the wonderful talents within our school community.



Mental Health Presentations



On **Friday, December 15, 2023**, Coronach School welcomes Meena Bolla who works as a therapist online and as a Registered Social Worker (RSW) who is passionate about all things mental health. In her presentations which are specifically tailored to various groups, among grade 7-12, students will learn more about the science behind why mental health strategies work and what to do to improve individual outcomes. Students will be given opportunities to engage in hands-on learning and leave with tools to better cope with their stressors.



Report Cards & Student Led Conferences

On **Thursday, December 07, 2023**, Coronach School welcomes Jenn Clarke a Youth Addiction Counsellor with Saskatchewan Health Authority Services to work with our middle year's students in address topics on youth substance misuse and abuse.



DETERMINING COLD WEATHER BUS CANCELLATIONS

Who?
Transportation department staff keep an eye on temperatures throughout the winter.

How?
Review four different weather sources for information:
• Weather Network • Weather Channel
• Environment Canada • AccuWeather

When?
5:30 am: Gather temperatures for each community from the four different weather sources
5:45 am: Compare data gathered per Administrative Procedure 553
5:50 am: Cancel routes where temperature (including windchill) is -40 or colder
5:55 am: Post cancelled routes on BusPlanner Web, Social Media, and notify bus drivers

Why?
Administrative Procedure 553 outlines the process for cancelling buses. The decision to cancel afternoon buses shall be made no later than 1:00 pm.

For more information visit www.prairiesouth.ca

Prairie South Schools **210** Learning together.

Click on the image above to directly link to Bus Planner Web where you will find all the latest bus alerts for Prairie South Schools.

School Community Council (SCC) Christmas Books

Once again, our wonderful School Community Council (SCC) is organizing new personalized books to be given out to every student in Coronach School before the holiday season. Books will be delivered on the last day of school. A huge thank you to our community sponsors for supporting this wonderful initiative.

Sask Power

Poplar River Pharmacy

Big Muddy Auto

Deb's Country Kitchen

May-B Sew Stitchery

Coronach Agencies

Mary's Tire and Auto Glass

Coronach Mini Mart

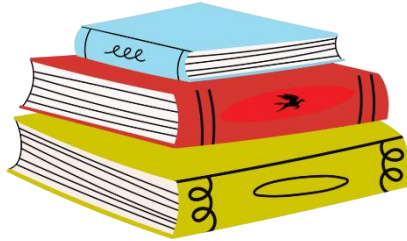
Rustic Tavern

Westmoreland Mining

Town of Coronach

Rural Municipality of Hart Butte #11

Hart Butte Community Farms

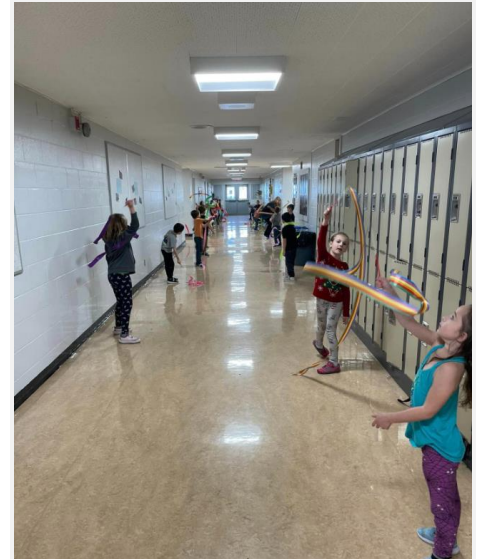


Gym Blast



On **Thursday, December 14, 2023**, after our monthly school wide assembly, Coronach School will be inviting GYMBLAST, a high energy, fun-filled, two-hour afternoon assembly for our Grade 5-12 student body. This event will bring incredible energy to our school and hype to our overall school spirit. The group of facilitators will be working with the student leadership team of our school to help develop them a leaders.

“PLAY HARD ... PLAY FAIR ... PLAY SAFE”

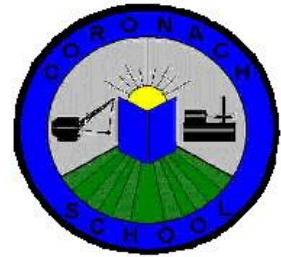


Learning Together



Last Day of School

On the last day of school before the holiday break, **Wednesday, December 20, 2023**, all students will have the opportunity to go skating at the arena. Permission forms for students will be coming home with students closer to the date. We are asking parents (especially those of children in primary elementary classes), that are able and interested, to please join us and help chaperone students.



| | |
|------------|----------------|
| Grade K-3 | 9:00-10:30 |
| Grade 4-6 | 10:30-12:00 |
| Grade 7-8 | 1:00-2:30 |
| Grade 9-12 | 2:30-3:26/4:00 |



Cross Country & Volleyball

Congratulations to all our players for their commitment in this year's cross country and volleyball athletics programs. In addition, a huge thank you to our dedicated coaches for all the time and effort you put into this season.



Junior Girls Volleyball 1



Junior Girls Volleyball 2



Junior Boys Volleyball



Senior Girls Volleyball



Senior Boys Volleyball



Cross Country



Thrivers

THRIVERS: Why Some Kids Struggle and Others Shine

This month as parents/guardians we challenge you to:

Redefine “success” as a GAIN. Stress that success doesn’t happen overnight but with small gains over past performance due to personal effort. “Last week you were at 75%; today you’re at 79%. That’s a GAIN!”, p 207.

Teach 1:2 breathing. “Take a slow, deep breath (inhale) your tummy and slowly exhale twice as long as inhale helps you relax. Pretend to sniff a flower (inhale) and then blow out a candle (exhale). Keep practicing, p 123.

This month as a school community we will be focusing on the first character strength of **SELF CONTROL.**

“Thrivers can think straight, and self regulate”

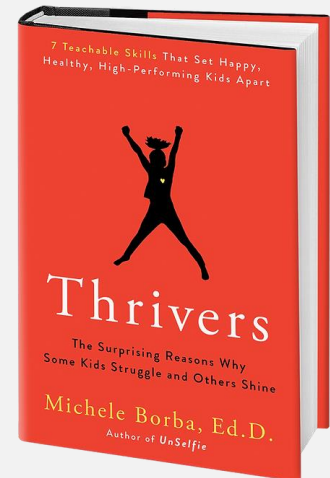
Self-Control: Managing stress and strong emotions, delaying gratification, and stretching focus to develop mental strength and improve mental health.

Three abilities that nurture self-control: 1. Attentive Focus 2. Self-Management 3. Healthy Decision Making



Thrivers

The Surprising Reason Why Some Kids Struggle and Others Shine



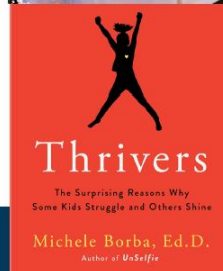
Trait 3 - Self-Control

Summary

- Managing stress and strong emotions, delaying gratification, and stretching focus to develop mental strength and improve mental health.
- Thrivers can think straight and put the brakes on impulses.
- The best lessons on self control are a minute a day every day.

Why it matters

- This year vs. last year:
 - Over Pandemic:
 - 5-11 year olds going to ER for anxiety increased 25%
 - 12-17 year old visits to ER for anxiety. Increased 31%
- Rise in suicide and depression: unprecedented - students are lacking coping skills.



Abilities to Teach Youth

Attentive Focus Self-Management Healthy Decision-Making

Parents click the video link below and watch to learn more about developing **Self-Control** in your child(ren).

[Self-Control: The 7 Traits That Help Kids Become Thrivers \(3 of 7\) - YouTube](#)



Winter Formal School Dance



Coronach School
Winter
Formal

12/20/23

GRADE K-3 - 12:30-1:00
GRADE 4-6 6:00-8:00
GRADE 7-12 8:00-10:00

DANCE FOOD FUN

121 Fist Ave West
Coronach SK
Coronach School Gymnasium

GRADE 4-12 - \$5.00 AT THE DOOR

You will need to fill out a **Student Guest Form** if you are inviting a student that is not registered at Coronach School. Forms will be located at the office (if needed). If you are a parent/guardian that is able/willing to chaperone, please contact the school at 306-267-2210.



The Power of Possibility

