

# Coronach School

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Dear Coronach School Community,

Our students continue to amaze us with their dedication and hard work. I want to congratulate our students for their achievements, whether it's in academics, sports, the arts, or any other field. Your efforts are truly commendable and are an inspiration to us all. Keep up the excellent work, and remember that success is a journey, not a destination.

With it being November, we are finishing up the first trimester (K-8) and quarter (9-12) of the semester. We will be sending out student progress reports through MSS on **Thursday, November 09, 2023**. Following this we will be hosting Student Led Conferences in the gymnasium on **November 15-16, 2023**. Once again families will register for conferences using School Interviews, our online platform. This is an excellent opportunity to engage in meaningful discussions about your child's progress, ask questions, and gain insights into their educational journey. Please make sure to schedule a conference with your child's teacher(s) and attend this important event.

This month we also welcome the community to attend our Remembrance Day Ceremony that will be hosted on **Thursday, November 09, 2023, at 2:00pm**. Join us as we honor and show our appreciation for the men and women who have served our country.

Lastly, this month at Coronach School we are putting a focus on mental health and well-being for our middle years-high school students. We have three separate presentations/events planned: 1. Brad Siroski – educating and breaking stigma about mental health and substance use, 2. Live Different – building hope and resilience through self-belief, and 3. Mental Health: Finding Their Voices – a presentation at ACHS.

Mr. N. Beselaere

## Important Dates

### November 10

Prep/LIT Day (No Students)

### November 13

Stat Holiday – No School



### November 24

Alt Friday – No School

## 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 2023					
		1 1	2 2	3 3						
6 4	7 5	8 6	9 1	10						
13	14 2	15 3	16 4	17 5						
20 6	21 1	22 2	23 3	24						
27 4	28 5	29 6	30 1		TD= 20	BD= 19	ID= 19			

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: New Ways November

This month we're encouraging you to try something new!

**New Ways November 2023**

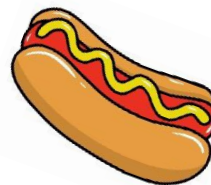
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Make a list of new things you want to do this month	2. Respond to a difficult situation in a different way	3. Get outside and observe the changes in nature around you	4. Sign up to join a new course, activity or online community	5. Change your 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
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
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
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
29. Enjoy new music today. Play, sing, dance or listen	30. Look for new reasons to be hopeful, even in tough times					

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

Click image to enlarge calendar.

## Hot Dog & Float Sale

On **Thursday, November 09, 2023**, students will be able to purchase a hot dog(s) and/or float(s)/pop in the canteen from 12:00-12:40.



**Hot Dog** - \$3.00

**Float** (Root Beer, Pepsi, Orange, Cream Soda) - \$3.00

**Juice/Pop** - \$1.00/\$2.00

**Chips** - \$2.00

## Important Dates

**November 01, 2023**  
RCMP Resource Officer Presentations (Grade 7-10)

**November 09, 2023**  
Monthly Awards Assembly & Kevin Vollet Merit Banner Presentation [11-12:15]

Hot Dog & Float Sale

Remembrance Day Ceremony

K-12 Report Cards Published

**November 13**  
Basketball Referee Clinic [5-8]

**November 14**  
Brad Siroski – SCC Mental Health & Wellness Presentation (Grade 7-12)

**November 15**  
Mental Health: Finding Their Voices Presentation at ACHS (Grade 9-12)  
Student Led Conferences [4-7]

**November 16**  
Student Led Conferences [4-7]

**November 22**  
Live Different – SRC Mental Health and Wellness Presentation (Grade 7-12)

## Remembrance Day Ceremony

On **Thursday, November 09, 2023**, Coronach School will be hosting a Remembrance Day Ceremony at the school from **2:00-3:00pm**. Once again, the community is invited to attend the ceremony. A huge thank you to Mrs. Gagne and Mrs. Thurlow for your dedication and all the hard work that is going into making this a wonderful ceremony for students, staff, parents, and the community.



## Awards Assembly & SHSAA Merit Banner Presentation



On **Thursday, November 09, 2023**, Coronach School will be having our monthly awards assembly to recognize the accomplishments of all our students. This assembly will take place at **11:00am** followed by an SHSAA presentation by Roger Morgan awarding alumni staff member, Kevin Vollet, the Merit Award Honour. Mr. Vollet will then participate in our school's bantam and senior

volleyball pep-rally. Community members are invited to attend this month's awards assembly. The presentation will last approximately an hour to an hour and fifteen minutes.

## Report Cards & Student Led Conferences

On **Thursday, November 09, 2023**, grades 1-12 progress reports will be published to My School Sask (MSS). Kindergarten students will receive an E.Y.E.'s (Early Years Evaluation) that will be sent home by the homeroom teacher. The E.Y.E. assesses the skills of children aged three to six years as they prepare for and make the transition to school. Student-led conferences will follow the publication of student progress reports on **Wednesday-Thursday, November 15-16, 2023**, from **4:00-7:00pm**. Please ensure that you and your children can access your student and parent MSS accounts. If you have questions or concerns about accessing report cards please contact the school.



## Home and School Wall

This wall reminds us daily that "Connecting HOME and School MAKES US A GREAT community of learners". If you would like your family photo added to the wall, please send pictures to the school.

If you would like to purchase copies of the photos taken during Open House, please contact Bonnie Elder.



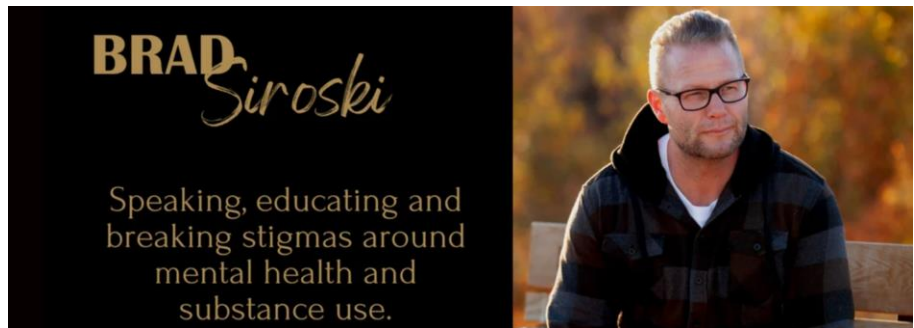
## Farm Credit Canada

A huge thank you to Farm Credit Canada (FCC) for their generous donation of \$1000.00 towards Coronach School's nutrition program.





## Brad Siroski – SCC Mental Health & Wellness Presentation (Grade 7-12)



On **Tuesday, November 14, 2023**, the school will be inviting Brad Siroski to give a presentation on mental health and addiction awareness. This presentation is a poetic glimpse into a life of mental health struggles, addiction, and recovery. Following this presentation students will move into breakout sessions focused on promoting education, awareness, and wellbeing.

## Live Different – SRC Mental Health and Wellness Presentation (Grade 7-12)



Live Different's focus this year is to build hope and resilience through self-belief. The assembly that our students will engage in explores how our beliefs shape our identities and influence our perception of the world. Within this interactive one-hour event students will understand the profound impact of their beliefs, the mind-body connection, and the remarkable malleability of their brains. Through sketch videos, thought-provoking stories, and scientific insights, students will gain a deeper understanding of how beliefs affect personal growth and well-being. Our hope is that students will walk away with a mental shift that will help them overcome limiting beliefs, foster resilience, and embrace their true potential.



## Gymnasium School Gym Flooring

Coronach School is proud to present our wonderful new gym floor. A huge shout out to **Wild Rose Sports Flooring Ltd.** for their amazing work on this project.

Another big thanks to the members of **Hart Butte Community Farms (HBCF)** for their generous contribution toward this project and to the school community and Prairie South supporters for helping to make this possible.



## Saskatchewan ICE Presentations



The Saskatchewan Internet Child Exploitation Unit (Sask ICE) is an Integrated Unit that falls under the Criminal Investigations Division of the Regina Police Service.

The Sask ICE Unit is comprised of members from the Regina Police Service, Saskatoon Police Service, Prince Albert Police Service and the RCMP.

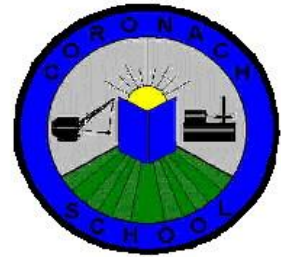
Due to the increasing crimes of exploiting children through the use of the Internet, a proposal seeking an Integrated Unit to investigate these crimes, was brought forward to these respective Policing agents and the Provincial Government. The Sask ICE Unit became operational in the spring of 2009.

The Units mandate is to reduce Internet-facilitated child sexual exploitation by identifying victimized children and investigating and assisting in the prosecution of sexual offenders.

Earlier last month Coronach School invited the ICE unit to do a presentation for parents and community members. This month, on **Wednesday, November 01, 2023**, Coronach School invited Coronach RCMP to provide presentations to grades 7-10 discussing child exploitation, cyberbullying, and digital citizenship. Students learned how to protect themselves against online predators and cyberbullies and where to go for help if needed. A huge thank you to Coronach-Bengough's RCMP detachment for working with the school to offer these two separate informational sessions (parent and student) to bring awareness and better understanding around concerning online and social media issues.

## Basketball Referee Clinic

On **Monday, November 13, 2023**, Coronach School will be offering a clinic for all those interested. Martin Holzer will be leading the clinic. The clinic will start at **5:00pm** and last until approximately **8:00pm**. Supper will be included for those attending the clinic. The clinic will entail classroom instruction (1-1.5 hours) along with practical skills-based knowledge/understanding (1 hour) in the gymnasium. We currently have 10 student/adult participants registered for the course. Please contact the school or email [beselaere.nathan@prairiesouth.ca](mailto:beselaere.nathan@prairiesouth.ca) by **Monday, November 06, 2023**, if you are interested in attending the course. We look forward to a wonderful evening of learning together in preparation for this year's basketball season.





# Thrivers

## THRIVERS: Why Some Kids Struggle and Others Shine

This month as parents/guardians we challenge you to:

**Teach:** “Do the hardest thing first” so the child won’t stress about a difficult task all night. Chunk hard tasks into smaller parts. “Cover all your problems except the top row. Lower it as you complete each row. Confidence and perseverance build as kids recognize that they *can* complete their tasks *all by themselves*, p 220.

**Stop rescuing!** Thrivers learn to build agency, so step back from being kids’ safety net. Each week identify an age-appropriate skill-making bed, setting table, budgeting, etc. Show it, do together, step back, and watch until child masters. Then enforce rule: “Never do for your child what he can do for self” and teach next skill, p 204.

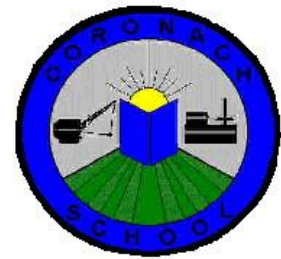
This month as a school community we will be focusing on the first character strength of **EMPATHY.**

**“Thrivers think “we”, not “me.”**

**Empathy:** Understanding & sharing another’s feelings, relating, acting compassionately to nurture healthy relationships and encourage equity and social justice.

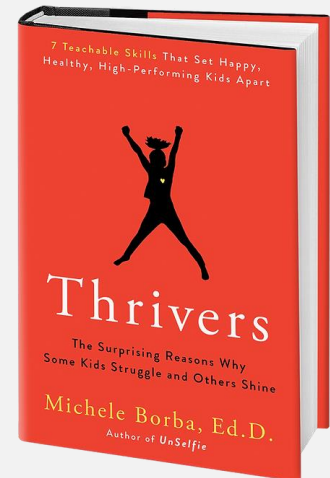
Students who are empathetic understand and share another’s feelings, relating, acting compassionately to nurture healthy relationships and encourage equity and social justice. Three abilities nurture self-confidence:

- 1. Emotional Literacy 2. Perspective Talking 3. Empathetic Concern



## Thrivers

The Surprising Reason Why Some Kids Struggle and Others Shine



### Trait 2 - Empathy

#### Summary

- Understanding & sharing another’s feelings, relating, acting compassionately to nurture healthy relationships and encourage equity and social justice
- Thrivers think of “we,” not “me”
- Thrives with face-to-face connection

#### Why it matters

- Empathy is the seeds for real strong mental health
- When we are stressed, we need to feel welcome
- Many students are scared coming back to school because they do not know who they want to sit next to or who you will play with/
- Many of our students have spent the last year in isolation.
- Emotional Literacy is the gateway to empathy - you cannot connect with someone if you do not understand their feelings



### Abilities to Teach Youth

Emotional Literacy

Perspective Taking

Empathetic Concern



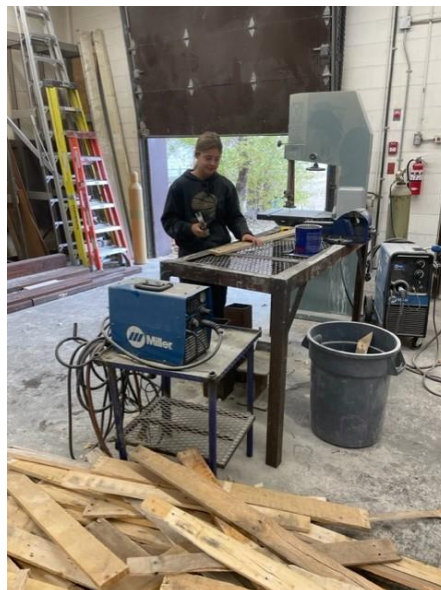
## Thrivers (Cont'd)

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

[Empathy: The 7 Traits That Help Kids Become Thrivers \(2 of 7\) - YouTube](#)



## Learning Together



## Halloween Library Contest & Pumpkin Carving-Decorating Contest

A huge shout to Mrs. T. Frisk-Welburn's homeroom class for winning the pumpkin carving-decorating contest. The class will receive a pizza party celebration for their efforts. A big thank you goes out again to Mrs. Pearson for organizing a Halloween contest for all the students in the school. Congratulations to our lucky winner in Pre-Kindergarten.

