

Coronach School

121 First Ave W. Coronach Saskatchewan S0H 0Z0

Telephone: 306-267-2210

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



Important Dates

January 12

Alt Friday – No School

January 31

Prep/LIT Day – No Students

January 25-30

Exams (Grade 9-12)



Dear Coronach School Community,

Happy New Year! I hope this message finds you well-rested and ready for the exciting months that lie ahead.

As we look forward to the rest of the school year, we are excited about the learning opportunities and experiences that await our students. We will continue to foster a positive and supportive environment that encourages academic excellence and personal growth.

With the closing of first semester just around the corner, high school students will be entering into exam week during January 25-30, 2024. As always, we want to remind students and families that student attendance is a critical factor in ensuring success and productivity in school. As students wrap up final units of study and begin to review and study semester content their attendance plays a foundational element for their success. A reminder that if students are away from school for any reason to please contact the school by phoning (306) 267-2210. If staff are not available to answer your call, please leave a detailed message. Your efforts to keep the school informed when your child(ren) is away is greatly appreciated as helps us efficiently monitor and track student attendance and ensure student safety and well-being.

Thank you for your continued partnership in your child's education. Together, we can make this school year a memorable and successful one for our students.

Wishing you a wonderful start to the new year!

Cheers,

Mr. N. Beselaere

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.

January Calendar



MON	TUE	WED	THU	FRI	JANUARY 2024					
1	2	3	4	5						
8	9	10	11	12						
15	16	17	18	19						
22	23	24	25	26	Exams: January 25-30					
29	30	31			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: Happier January

This month let's start the new year happier.

Happier January 2024

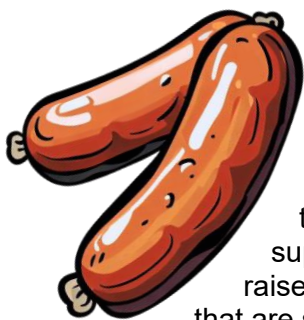
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1 Find three things to look forward to this year	 2 Make time today to do something kind for yourself	 3 Do a kind act for someone else to help brighten their day	 4 Write a list of things you feel grateful for and why	 5 Look for the good in others and notice their strengths	 6 Take five minutes to sit still and just breathe	
 7 Learn something new and share it with others	 8 Say positive things to the people you meet today	 9 Get moving. Do something active (ideally outdoors)	 10 Thank someone you're grateful to and tell them why	 11 Switch off all your tech at least an hour before bedtime	 12 Connect with someone near you - share a smile or chat	 13 Take a different route today and see what you notice
 14 Eat healthy food which really nourishes you today	 15 Get outside and notice five things that are beautiful	 16 Contribute positively to your local community	 17 Be gentle with yourself when you make mistakes	 18 Get back in contact with an old friend	 19 Focus on what's good, even if today feels tough	 20 Go to bed in good time and allow yourself to recharge
 21 Try out something new to get out of your comfort zone	 22 Plan something fun and invite others to join you	 23 Put away digital devices and focus on being in the moment	 24 Take a small step towards an important goal	 25 Decide to lift people up rather than put them down	 26 Choose one of your strengths and find a way to use it today	 27 Challenge your negative thoughts and look for the upside
 28 Ask other people about things they've enjoyed recently	 29 Say hello to a neighbour and get to know them better	 30 See how many people you can smile at today	 31 Write down your hopes or plans for the future			

ACTION FOR HAPPINESS

Happier · Kinder · Together

Click image to enlarge calendar.

Sausage & Perogy Hot Lunch



On **Friday, January 19, 2024**, students, and staff will be able to purchase sausage and perogies at lunch in the canteen for \$7.00 a plate. Drinks (water, juice, pop) will be available for purchase separately from \$1.00-\$2.00. Once again, the Student Representative Council (SRC) would like to thank the students and families for their continued support with our monthly hot lunch program. Funds raised from each hot lunch go to support special events that are student focused.

Important Dates



January 10

Senior Girls Basketball Home Game

January 15

K-12 Awards Assembly

Senior Boys Basketball Home Game

January 19

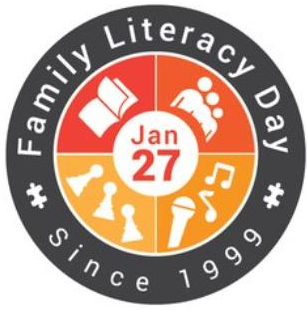
Sausage & Perogy Hot Lunch



January 19-20

Senior Girls Basketball Home Tournament

Family Literacy Day



Family Literacy Day takes place every January 27th to raise awareness about the importance of reading and engaging in other literacy-related activities as a family. Since 1999, thousands of schools, libraries, literacy organizations and other community groups have taken part in the initiative.

This year's Family Literacy Day 2024 Theme:

Let's have a family party!

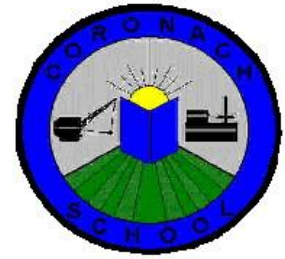
Celebrate 25 years of Family Literacy Day and learning together as a family by having a party! Make food, sing songs, and play games. The possibilities for learning are endless – and it's fun when you do it together.

Mental Health Student & Family Resources

IT'S OKAY TO ASK FOR HELP

Everyone deserves to feel well. Talk to someone.

- Kids Help Phone**
Phone
Text CONNECT to 686868
or call
1-800-668-6868
- Indian Residential School Crisis Line**
1-866-925-4419
Available 24/7
- UR Pride**
urpride.ca
306-519-4733
OUT Saskatoon
outsaskatoon.ca
306-665-1224
- Embracing Life App**
Download on Apple App Store or Google Play
- Suicide Crisis Helpline**
Available 24/7
Call or Text - 988
- Mental Health and Addictions: Child and Youth**
306-691-6464
- MindShift CBT App**
Download on Apple App Store or Google Play
- Connect with services and programs in your community.**
Call / Text 211



Holiday Fun





WINDOW OF TOLERANCE

The window of tolerance and different states that affect you



HYPERAROUSAL

- Abnormal state of increased responsiveness
- Feeling anxious, angry and out of control
- You may experience wanting to fight or run away

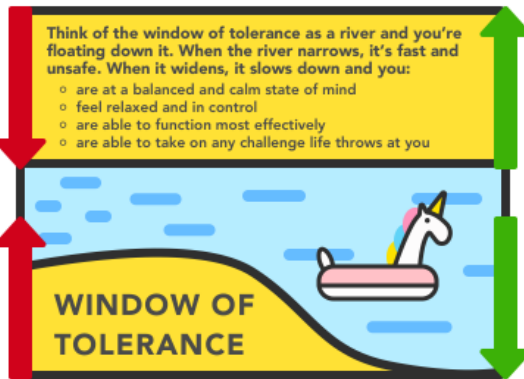


DYSREGULATION

- When you start to deviate outside your window of tolerance you start to feel agitated, anxious, or angry
- You do not feel comfortable but you are not out of control yet

SHRINK
your Window
of Tolerance

Stress and trauma
can cause your
window of
tolerance to
shrink



Meditation,
listening to music,
or engaging in
hobbies can
expand your
window of
tolerance

EXPAND
your Window
of Tolerance



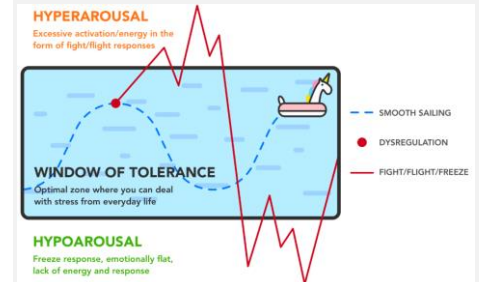
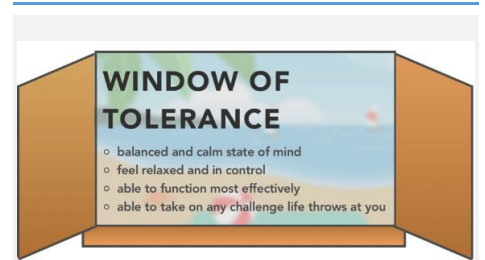
DYSREGULATION

- You start to feel overwhelmed, your body might start shutting down and you could lose track of time
- You don't feel comfortable but you are not out of control yet



HYPOAROUSAL

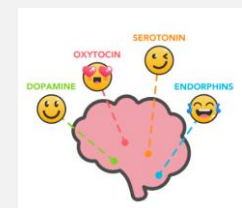
- Abnormal state of decreased responsiveness
- Feeling emotional numbness, exhaustion, and depression
- You may experience your body shutting down or freeze



Last month our middle years and high school students learned about the window of tolerance. The window of tolerance is the zone where we process emotions in a healthy way, allowing us to function and react to stress or anxiety effectively. This zone allows us to respond to the demands and stress of everyday life without much difficulty. It is the comfort zone in which we can self-soothe and self-regulate our emotional state. Ways to increase your window of tolerance and maintain a safe comfortable experience while dealing with various situations life throws at you include practicing mindfulness, increasing happiness, reducing shame, and building resilience. Learning to manage your window of tolerance can go a long way on your road to recovery from trauma, anxiety, or simply dealing with stress.

When you feel good, your brain is releasing one of the happiness chemicals or happy hormones. There are four main happiness brain chemicals:

Dopamine, Oxytocin, Serotonin, Endorphins



First Semester Examination Schedule



Please see below for the upcoming examination week schedule for first semester courses.

January 2024 Exam Schedule

Date	Grade 9	Grade 10	Grade 11	Grade 12
Thursday, January 25, 2024 Day 4	Science 9 1:00-3:30 Students Attend Full Day	Science 9 1:00-3:30 Students Attend Full Day	English Language Arts 20 9:00-11:30	English Language Arts A30 DEPARTMENTAL 9:00-11:30
Friday, January 26, 2024 Day 5	English Language Arts 9 9:00-11:30	English Language Arts A10 9:00-11:30	Workplace Apprenticeship 20 / Pre-Calculus 20 9:00-11:30	Workplace 30 / Foundations 30 SASK DLC ONLINE 9:00-11:30
Monday, January 29, 2024 Day 6	Math 9 9:00-11:30	Workplace Apprenticeship 10 9:00-11:30	History 30 9:00-11:30	History 30 9:00-11:30
SASK DLC ONLINE EXAMS 1:00-3:30				
Tuesday, January 30, 2024 Day 1	Financial Literacy 20 9:00-11:30	Financial Literacy 20 9:00-11:30	Environmental Science 20 9:00-11:30	Environmental Science 20 9:00-11:30

NO SCHOOL ON WEDNESDAY, JANUARY 31, 2024, FOR ALL STUDENTS.
SECOND SEMESTER STARTS ON THURSDAY, FEBRUARY 01, 2024.

Examination schedules will be provided to students upon arrival back to school on **Thursday, January 04, 2024**.

To maximize student learning and engagement during exam week, students in grade nine will also be writing mid-terms and/or exams for grade nine core subjects (English, Mathematics, Science, and Social Studies) along with any other registered credited courses they may be taking.

Please make note that grade 9 and 10 students will have regular scheduled classes on the morning of **Thursday, January 25, 2024**, followed by their first afternoon exam from 1:00-3:30. All other exams during the week of **January 25-30, 2024**, will be scheduled from 9:00-11:30 except for Sask DLC elective exams which are scheduled for the afternoon on **Monday, January 29, 2024**. Students writing online exams need to communicate with our school's Online Learning Facilitator (OLF) to ensure all exam materials are managed and readily available/accessible for this date and time.

Strive for Success

TEN STUDY TIPS FOR EXAM PREPARATION

- 1 Prepare Balanced Schedule for Study
- 2 Organize your study space
- 3 Organize study groups with friends
- 4 Practice on past exams
- 5 Use graphs, charts and diagram
- 6 Involve your friends for solutions
- 7 Take intervals
- 8 Drink plenty of water
- 9 Take care of your food
- 10 On exam day Don't hassle, relax and be confident

www.examplanning.com

High School 9/10 Second Semester Timetables



Grade 9		High School			Semester II - 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	HIST 10 (9/10)	H/C 9 (9/10)	HIST 10 (9/10)	H/C 9 (9/10)	HIST 10 (9/10)	H/C 9 (9/10)
3	MATH 9	MATH 9	MATH 9	MATH 9	MATH 9	MATH 9
NOON		NOON			NOON	
4	H/C 9 (9/10)	HIST 10 (9/10)	H/C 9 (9/10)	HIST 10 (9/10)	H/C 9 (9/10)	HIST 10 (9/10)
5	PE 9	PE 9	PE 9	PE 9	PE 9	PE 9

Grade 10		High School			Semester II - 2023-2024	
PERIOD	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
1	ELA B10	ELA B10	ELA B10	ELA B10	ELA B10	ELA B10
2	HIST 10 (9/10)	H/C 9 (9/10)	HIST 10 (9/10)	H/C 9 (9/10)	HIST 10 (9/10)	H/C 9 (9/10)
3	F 10	F 10	F 10	F 10	F 10	F 10
NOON		NOON			NOON	
4	H/C 9 (9/10)	HIST 10 (9/10)	H/C 9 (9/10)	HIST 10 (9/10)	H/C 9 (9/10)	HIST 10 (9/10)
5	PAA 9	PAA 9	PAA 9	PAA 9	PAA 9	PAA 9

Cooking Candids



High School 11/12 Second Semester Timetables



Grade 11	High School						Semester II - 2023-2024
PERIOD	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	
1	PE 20 (11/12)	BIO 30 (11/12)	PE 20 (11/12)	BIO 30 (11/12)	PE 20 (11/12)	BIO 30 (11/12)	
2	BIO 30 (11/12)	PE 20 (11/12)	BIO 30 (11/12)	PE 20 (11/12)	BIO 30 (11/12)	PE 20 (11/12)	
3	PSYC 20 (11/12)	MS 20	PSYC 20 (11/12)	MS 20	PSYC 20 (11/12)	MS 20	
NOON			NOON			NOON	
4	MS 20	F 20	MS 20	F 20	MS 20	F 20	
5	F 20	PSYC 20 (11/12)	F 20	PSYC 20 (11/12)	F 20	PSYC 20 (11/12)	

Grade 12	High School						Semester II - 2023-2024
PERIOD	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	
1	PE 20 (11/12)	BIO 30 (11/12)	PE 20 (11/12)	BIO 30 (11/12)	PE 20 (11/12)	BIO 30 (11/12)	
2	BIO 30 (11/12)	PE 20 (11/12)	BIO 30 (11/12)	PE 20 (11/12)	BIO 30 (11/12)	PE 20 (11/12)	
3	PSYC 20 (11/12)	ELA B30	PSYC 20 (11/12)	ELA B30	PSYC 20 (11/12)	ELA B30	
NOON			NOON			NOON	
4	ELA B30	F 30	ELA B30	F 30	ELA B30	F 30	
5	F 30	PSYC 20 (11/12)	F 30	PSYC 20 (11/12)	F 30	PSYC 20 (11/12)	

Student Awards & Recognition



Thrivers

THRIVERS: Why Some Kids Struggle and Others Shine

This month as parents/guardians we challenge you to:

Institute a nightly review of the simple good parts about each person's day to help your kids look on the bright side of life and develop optimistic thinking: "Sally asked me to play," "I improved in math," 251.

Encourage constructive arguments to help kids consider alternative opinions and find their voice. Teach ARE: **A**ssert: Be brief; share main point of your opinion with facts "I deserve a bigger allowance..." **R**eason: Give valid or proven reason "because I'm older"...; **E**vidence: Offer proof for reason "and do twice as much work," p 186.

This month as a school community we will be focusing on the character strength of INTEGRITY

"Thrivers have a strong moral code and stick to it."

Integrity: Valuing and adhering to strong moral code and values, ethical thinking, practicing honesty to lead a good, moral life.

Three abilities that nurture integrity: 1. Moral Awareness 2. Moral Identity 3. Ethical Thinking

Trait 4 - Integrity

Summary

- Valuing and adhering to strong moral code and values, ethical thinking, practicing honesty to lead a good, moral life.
- Thrivers have a strong moral code and stick to it.

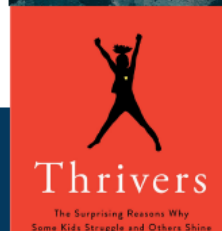
Why it matters

- Integrity is learned and educators can make an enormous difference in influencing students' moral growth.
- One of the best ways our kids learn integrity is by watching us



Abilities to Teach Youth

Moral Awareness Moral Identity Ethical Thinking



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

[Integrity: The 7 Traits That Help Kids Become Thrivers \(4 of 7\) \(youtube.com\)](https://www.youtube.com/watch?v=...)



Thrivers

The Surprising Reason Why Some Kids Struggle and Others Shine

