



William Grayson Elementary School
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Principal: Mr. B. Fritzler, B.Ed., M.Ed. Vice Principal: Ms. R. Heshka, B.Ed., M.Ed.

"Supporting our students in achieving their greatest individual potential..."

March 2nd, 2020 William Grayson School Newsletter

On February 29th, many Prairie South Staff (including from WG) attended a wonderful morning hosted by Dr. Jody Carrington. If you haven't heard of her – finish reading the newsletter and then Google her! I swear, everyone I know that has read her book, listened to her speak, or that follows her on social media is immediately addicted to her. I know a few staff members that are "Team Jody"! I started by listening to her audio book "Kids These Days" while driving to and from school. From the second she started reading page one, I was nodding my head, a few pages later I was crying, the next page I was laughing – I have never been so into a book in my life and now it is my duty to make sure you all know about it and love it too!!! She talks about connections, relationships, grief, loss and trauma. Just so many good reminders of what a good job we all are doing and even when things get tough, we all have the skills to work through it and if we don't, she gives amazing little tips and tricks to help. Ok, so if you haven't got the point yet go to the library, Chapters, or iBook's and get your hands on a copy of "Kids These Days" – you won't regret it! And if you do read it or have read it come on in and let's chat! I would love to hear your thoughts! *Ms. Heshka*

SCC MEETING

NEXT MEETING DATE IS:

Wed. March 11th at 5:30pm

Please note that all parents/guardians are welcome to attend the meeting.

SCC March Hot Lunch

The SCC's next Hot Lunch will be homemade Pizza from Boston Pizza Main & Thatcher. Lunch will be on Thursday, March 26th. The School-Cash-Online cut off date to order is Tuesday, March 17th.

ALSO--please remember if you eat at Boston Pizza North tell the server you are from William Grayson and they will write the school's name at the top of the bill and we will get a portion of the money paid back at the end of the school year!

William Grayson School Term II RCs & SLCs

All students in Kindergarten- grade 8 will be able to view their Term II Report Cards on via MSS on Thursday, March 12th.



For Pre-K to grade 8's

SLC's will be held on Thursday, March 19th

from 3:30-7:30 PM

Please come in on that evening at the time most convenient to you. The style will be almost exactly what you saw last term where there will be stations of learning and celebrations of your child (ren).

ATTENDANCE MATTERS



When children regularly miss school, they miss out on fundamental reading and math skills and the chance to build good attendance habits for the future.

Student absences



Attendance Matters. Every Student. Every day.

Learning Doesn't Happen In An Empty Seat.



#AttendanceMatters

#Don'tMissA Day

#AttendanceMatters

#Don'tMissA Day



>Attending school regularly helps children feel better about school—and themselves. Start building this habit in Pre-K and K and all elementary school years so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work later in life.

>If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.

>Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.

>>Help Your Child Succeed in School & School success goes hand in hand with good attendance....

Please don't forget these upcoming dates:

Friday, March 6th – LIT meetings and Teacher's Prep Day so NO SCHOOL/CLASSES for students

Thursday March 12th – View Report Cards online at My School Saskatchewan like you did in Term I (Are you having passwords problems??—stop by the office and see Mrs. Kouri)

Monday, March 16th—GRADE 8's & parent/guardian tours of the 3 MJ based PSS 210 High Schools (look for a note home soon parents/guardians of grade 8's)

Tuesday, March 17th—GREEN DAY @ WG for St. Patrick's Day

Thursday March 19th – SLC's @ William Grayson School – from 3:30-7:30 PM

Monday, March 23rd -- Early Dismissal @ 2:20 PM for Teacher Learning Improvement Teams (LITs)

Friday, March 27th—Heritage Fair projects on display at WG by the Heritage Club @ 1 PM until 3 PM.

Tuesday, March 31st—Saskatchewan Roughriders players at WG speaking to 7/8s Adventure Ed.

Welcome to wet shoes, grey skies, and cold noses. It's winter here in Canada and our winters can be tough. If you're feeling like your mood drops or rises with the temperatures, you're not the only one. While Jack Frost brings some people cheerful thoughts of hot cocoa and winter sports, he tends to sprinkle the winter blues on some of us this time of year.

So, what are the winter blues? The winter blues are a wave of low emotions that come with these cold, dark days. If you're experiencing the winter blues, you might feel the need to sleep a bit longer, indulge more often in comfort food, and spend more time with Netflix than with your friends and family. You may have heard people referring to this as seasonal affective disorder (SAD), but the winter blues and SAD are two different things.

So, what is the difference between the winter blues and seasonal affective disorder?

About 15% of people in Canada experience the winter blues, while only about 2-3% of people in Canada experience SAD. SAD is a widely researched condition of regularly occurring depression in the winter season that can impair one's daily life. Treatment can include light therapy, counselling, medication, or a combination of the 3. A professional can help determine if you are experiencing SAD.

Here are some ways you can improve or maintain your mood this winter:

1. **Let the light in:** Get outside during the day if you can, keep your curtains open, and when indoors, spend as much time as you can near the windows. Even if it's cloudy, getting some daylight can help boost your mood.
2. **Get physical:** Even though hitting the gym might be the last thing you feel like doing, physical activity is always a great tool to help you manage your mental health. Start small and try a lunchtime walk around the block.
3. **Try to keep a normal sleep schedule:** It might feel like your bed is the only one who understands this funk you're in, but over-sleeping can actually worsen the symptoms of the winter blues.
4. **Give yourself a pat on the back – you're doing great.**

Battling low moods is no easy feat, and it's important to be kind to yourself. You're stronger than you think! Remember to have regular check-ins with yourself, and to spend that extra time on self-care if you need to.

WELLNESS ideas for us all as we await the arrival of Spring and Summer!!



Heritage Fair

WG's Heritage Club will be displaying their Canadian Heritage research projects in the WG Library on Friday, March 27th from 1 to 3 PM. Classrooms will take turns viewing the projects. We would also like to invite parents and community members to come see the results of our students' hard work. THANKS Mrs. Elder & Mrs. Munro for leading this club this year!!



Parenting Calendar MARCH 2020

<u>What</u>	<u>When</u>	<u>Who</u>	<u>Location</u>	<u>Contact Person</u>	<u>Details</u>
DAD's Group	Monday March 9 & 23 6:00-8:00pm	Dads	MJ Early Years Family Resource Centre 1250 11 th Ave NW	Krista 306-630-2406	PLEASE REGISTER Supper, childcare and transportation available upon request No cost
MOM's Group	Monday March 2, 16 & 30th 6:00-8:00pm	Moms	MJ Early Years Family Resource Centre 1250 11 th Ave NW	Michelle 306-631-4402	PLEASE REGISTER Supper, childcare and transportation available upon request No cost
Active Parenting 5-12 Years	6 WEDNESDAYS Mar. 18 – Apr. 29 6:00-7:30pm	Parents & caregivers of children ages 5-12 years	MJ Early Years Family Resource Centre 1250 11 th Ave NW	Michelle 306-631-4402	Please register Childcare & transportation available upon request No cost
Postpartum Depression Support Group	Fridays 9:30-11:30am	Postnatal Moms & Dads	Please email contact person	sue.rader@saskhealthauthority.ca	Weekly Drop In Recovery Tips & Support No cost
Well Baby Service	Thursdays 2:00-4:00pm	Parents with Infants 0-6Weeks	Moose Jaw Family Wellness Centre 1000B Albert St W	Public Health 306-691-2300 (306)787-9905 or 1-888-218-2822	Open to everyone An opportunity to meet one on one with a Public Health Nurse No cost REGISTRATION MANDATORY
Parenting After Separation & Divorce	Saturday March 7 9:00am-3:00pm	Adults	Location given at time of registration	306-691-2300 or 1-888-218-2822	No cost No childcare
Prenatal Class	Friday March 13 12:30-3:30pm	Prenatal Parents	Moose Jaw Family Wellness Centre 1000B Albert St W East Block Conference Rm A&B	Public Health 306-691-2300	No cost No childcare

WE ARE A
COMMUNITY