



KELSEY PRIDE

Parent Advisory Council and Kelsey Community School Newsletter
for Kelsey Community School



December 2010

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KELSEY PRIDE & THE KELSEY NEWSLETTER HAVE BEEN COMBINED INTO ONE!

Kelsey Community School News

"It Takes a Village to Raise a Child" and our Community is our Village

PRINCIPAL'S COMMENTS

Just a reminder that if your child is ill they should be kept home as if they are not well enough clue to go outside we do not have the facilities to watch them. The **only exception** to this is if there is a doctor's note saying that a child is well enough for school but needs to stay inside at recess.

REPORT CARDS

– If you have not had a chance to meet with your child and teacher during conference time the report card should have been sent home. Hopefully your student has been able to explain the report card or you have called the teacher for information.

CHRISTMAS CONCERT – Concert will be on December 14 @ 7:00. There will also be an afternoon performance @ 1:30 pm.

WINTER FEAST – Our Feast will be held December 9th from 11:00 – 1:00 in the gym. Kindergarten students are asked to supply buns or bannock, Grade 1 and 2 a lettuce salad sent in a large zip-lock bag, Grade 3 juice boxes, Grade 4 pickles and cheese, Grade 5 cookies with no nut products.

Please call the school at 623-7421 if your child will not be in class. Attendance calls are made daily to ensure the whereabouts of the students

STUDENT PICK-UP - Reminder to all parents to please use the **parent parking lot** on Hogan Avenue when picking up your children. We try and reserve the Stewart St. entrance for Margaret's Daycare, Halcrow Lake Daycare and taxi's picking up students. This is for the safety of our students as the playground is supervised in the morning and after school.

LUNCH – If you are picking up students for lunch, please wait until 12:00 as we have our reading groups from 11:30 – 11:55 and these groups are very important for students.

MESSAGES FOR STUDENTS – If you need to get a message to your child before they are dismissed at the end of the day, please call clue BEFORE 3:15 to ensure they receive their message.

Kindergarten parents are reminded that they should take their children to the playground to line up with the other students and Kindergarten is always allowed into the school first. The front doors should only be used after the playground doors are locked or when you are picking up at the end of the day.

Just a reminder to parents that we do not have microwaves in the lunch rooms, so please try not to send items that require reheating. The reason for not having microwaves is for the safety of the students.

All the staff at Kelsey School wish you all a Happy Holiday!

Mrs. Julia McKay, Principal



BOUQUETS - Thank you to Pam & Roger Froese and Marian Young for the donations of warm mittens and Cheryl & Jack Lavallee and Trevor & Brandi Yahnke for the ‘emergency’ clothes. Kelsey appreciates all donations for our students!

A big thank you to all the volunteers who helped make our Book Fair such a success!

Crystal Gagnon, Carter Lowe, Darcy Jackson, Robyn Sinclair, Andrew Legeny and Teresa de Hoop. Thanks to everyone who came out to support the book fair! The lucky winner of the Family Event was Thomas Martin, who won \$25 in books, and also \$25 in books for Miss Moss’s classroom. Congratulation Thomas!

Thanks to our grade 4 helpers for selling tickets during parent teacher conferences.

Jani Hlady, Katja Hlady, Danielle Buchberger, Chase Muswagon, Juneau Cook, Caileigh Muilenburg, Connor Dowhy, Meriena Dowhy, Dallan Coulter and Jeremy Katcher our volunteers are greatly appreciated!

Congratulations to Nattalee Hansen on winning the cutest bear draw!

Also a big thank-you to Shayne Crossley and Rob and Penny Helstrom for their continued support of the breakfast program!

THE WINNER OF THE GRADE 4 50/50 DRAW IS Juha Rautavirta !! CONGRATULATIONS!

PARENT INFORMATION

1. Thank you to all those people who have been using the Grub Box # 955. This really helps our breakfast program so please continue to use the number and encourage others to do the same.
2. Remember that we still have **Community Night** on Tuesday and you are free to come with your whole family and participate in the different activities. You do not have to be a student at Kelsey to be eligible – but anyone under 14 does need parental supervision. Family fun is a great way to establish a love of ongoing education no matter the age. **Our guest reader will be returning on Dec. 7 in the library and will have a Christmas theme!** Come and be entertained! Our last Community Night before Christmas will be December 7th. We will start again on January 11, 2010.
3. **LUNCH** – This year we have a split lunch hour. Grade 1, 2 & 3 eat lunch at 12:00 and have recess break at 12:30. Grade 4 & 5 have recess at 12:00 and then eat lunch at 12:30. If students are going home for lunch please plan to return no earlier than 12:55 as there is no supervision for them. Due to allergies we are a scent free school and do not allow fish products. If there is a child with a nut allergy in a classroom that class has a nut free policy also.
4. **Christmas Store** – Our Christmas store will be held on December 16 and 17th. We are asking for donations for the store and items will be sold for \$0.25 each. Things we are looking for are: any unwanted item, wrapping, bows, gift cards, and tape. Donations will be accepted right up to the evening of the Christmas Concert on the 14th.
5. The Lunch program is in need of markers. If you have any that you would like to donate, please drop off at the school office. Thank you!!

Looking for a great Christmas gift for that favorite teacher, friend or person who loves to read?



You could adopt a book in someone’s name at
THE PAS REGIONAL LIBRARY!!



Adult Hardcover.....	\$25.00
Adult Paperback.....	\$10.00
Children’s Hardcover.....	\$15.00
Children’s Paperback.....	\$5.00

Check for the word 'clue' somewhere in the newsletter and fill this in and enter in the office for a prize.

Student Name _____ Teacher Name _____

Parent Name _____

Where did you find the clue? _____

DATES TO REMEMBER

- December 3 – Early Dismissal @ 12:00
- December 23 – January 5 Christmas Break
- January 6 – Thursday – Students return to school
- January 21 – Early Dismissal
- February 18 – No School – Prof. Dev.
- February 21 – No School – Louis Riel Day

December 2010						
			1	2	3 Early Dismissal	4
5	6	7	8	9	10	11
12	13	14 Concert 1:30 & 7:00	15	16	17	18
19	20	21	22	23 Christmas Break	24 Christmas Break	25
26	27 Christmas Break	28 Christmas Break	29 Christmas Break	30 Christmas Break	31 Christmas Break	

January 2011						
						1 Christmas Break
2 Christmas Break	3 Christmas Break	4 Christmas Break	5 Christmas Break	6 Back to School	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 Early Dismissal	22
23	24	25	26	27	28	29
30	31					



MUSIC AWARDS FOR NOVEMBER



Ogrodnick A	Yola MacDonald	Excellent Participation!
Ogrodnick B	Halle Yaremko	Excellent Participation!
Hay	Jaelyn Constant	Excellent Participation!
Gallagher	Alyssa Olson	Excellent Listening!
Morningstar	Colby Hnidy	Excellent Listening!
Smigelski	Phoenix Stevens	Excellent Listening!
Whaley	Mitchell Fitzpatrick	Excellent Listening!
Traveson	Savannah Doak	Excellent Music Skills!
D.Young	Blake MacDonald	Excellent Music Skills!
Whyte	Daniel McMillan	Excellent Music Skills!
Scott	Halle Olson	Excellent Participation, Listening and Music Skills!
Butler	Samuel Rivalin	Excellent Participation, Listening and Music Skills!
deHoop	Denae Robertson	Excellent Participation, Listening and Music Skills!
Moss	Halle Olson	Excellent Participation, Listening and Music Skills!
Armstrong	Jani Hlady	Recorder Superstar!
Sanderson	Hope Agecoutay	Recorder Superstar!
M. Young	Madison Butler	Recorder Superstar!
Kerr	Sheila McDonald	Grade 5 Music Star!
McLeod	Jeremiah Haukaas	Grade 5 Music Star!
Team Gagnon	Hannah Atkinson	Grade 5 Music Star1

A Special Music Award for the Most Checkmarks in October
goes to....

The Gagnon(s) Class

Congratulations on your good behavior!





Congratulations to Our November Academic Achievers!

Mrs. Ogrodnick	Room 26A	Rylan Cote	Recognizes all the Upper & Lower Case Letters
		Hutton Hurst-Foster	Recognizes all the Upper & Lower Case Letters
		Alexis Marlow	Recognizes all the Upper & Lower Case Letters
Mrs. Ogrodnick	Room 26B	Grace Helstrom	Recognizes all the Upper & Lower Case Letters
		Halle Yaremko	Recognizes all the Upper & Lower Case Letters
		Jesse Kreller	Counts to 100
Miss Hay	Room 27	Hilary Ducharme	Hard Worker
		Kenan Dick	Good Citizen
		Joni Cook	Perfect Printer
Miss Gallagher	Room #1	Chad Watt	Working Hard on Learning his Letters & Sounds
		Pesim Mink	Addition Whiz
		Emily Perchaluk	Excellent Reader & Huge Improvement in Writers Workshop
Jones/Smigelski	Room #3	Gregory Sinclair	Math Wiz
		Connor Colgan	Super Reader
		Dominique Charlette	Good Helper!
Mrs. Morningstar	Room #4	Phoenix Stevens	Hard Worker
		Joshua Jackson	Tries His Best
Miss Whaley	Room #5	Grace Forward	Hard Worker Award
		Neal Robertson	Awesome Writer
		Harmony Clyne	Alphabet Champion Award
Miss Traveson	Room #6	Leah Jaeger	Mathematician
		Doyle Hutchinson	Perfect Printing
		Travis Leonard	Hard Worker
Mr. Young	Room #7	Nate Newman	Academic
		Breana Senyk	Citizenship
		Ashlynn Lavallee	Good Effort
Mrs. Whyte	Room #8	Chase Bertholet	Academic
		Dottie Constant	Academic
		Sequoyah Bird	Hard Worker
Mrs. Scott	Room #19	Greyson Luce	Helping Hands
		Kaiden Campbell	Remarkable Researcher
		Mikwan Dumas	Super Reader

Miss Moss	Room #20	Derek Boulanger	Writing Excellence
		Cliff Salisbury	Classroom Citizen
		Kyla Constant	Hard Worker
Mrs. de Hoop	Room #21	Faith Agecutay	Citizenship – Kind and Helpful to All!
		Tyrell Cook	Academic
		Alexis Sanderson	Positive Attitude – Always Happy to be at School
Miss Butler	Room #22	Charsima Clyne	A Wonderful Friend to Everyone
		Emily Gilbert	Improved Writer
		Mathew Miller	Mathematician Award
Mrs. Armstrong	Room #15	Jani Hlady	Academic & Conscientious Worker
		Stacey Linklater	Citizenship
		Braxton Constant-Kuba	Awesome Worker
Mrs. Young	Room #16	Cassius Bayer	Hard Worker
		Zoe Ladouceur	Academics & Citizenship
		Brandon Parsons	Citizenship
Mrs. Sanderson	Room #18	Kimberly Leonard	Hard Worker
		Justin Charlette	Classroom Helper
		Caileigh Muilenburg	Super Speller
Mrs. Kerr	Room #11	Gordon Miller	Academic
		David Werstroh	Citizenship
		Kurt Caribou	Best Effort
Gagnon(s)	Room #13	Ally Provost	Academic
		Skye Turner	Citizenship
		Rose Charlette	Artistic
Miss McLeod	Room #14	Hannah Atkinson	Hard Worker
		Charla McKenzie	Super Speller
		Carter Lowe	Public Speaking



Congratulations to Our November Athletes!

PhysEd- Miss Hay	Grade 1	Ava Scully	Best Effort
		Connor Colgan	Best Effort
		Alyssa Olson	Best Effort
		Mika Hlady	Best Effort
		Kaylie Bercier	Best Effort
	Grade 2	Tenille Coulter	Best Effort
		Savannah Doak	Best Effort
		Kaylese Colombe-McGillivray	Best Effort
PhysEd-Mr. Koshel	K-Mrs. O	Julianna Herman	Best Effort
		Jared Hadiken	Best Effort
	K-Hay	Ethan Head	Best Effort
	Grade 3	Evan Herman	Best Effort
		Dawson Marlow	Best Effort
		Rochelle James	Best Effort
	Grade 4	Jani Hlady	Best Effort
		Gilbert Mercredi	Best Effort
		Rachele O'Toole	Best Effort
	Grade 5	Shane Hall	Best Effort
		Alysa Provost	Best Effort
		Shaidalynn Lavallee	Best Effort

Raising A Digital Generation: Media Awareness Network Launches New Tutorial for Parents

Media Awareness Network (MNet) recently released *e-Parenting Tutorial: Keeping up with your kids' online activities*, an online resource to help parents better understand and become actively involved in their children's online lives.

This engaging interactive tool helps parents increase their awareness of the ways that children and teens are using the Internet for learning, entertainment and socializing, and the issues they may be encountering along the way. Through the exploration of five key themes – homework, cyber bullying, marketing, online relationships and excessive use – parents can develop the knowledge and skills they need to help their children navigate the Internet safely, wisely and responsibly.

This practical resource takes a light-hearted approach while tackling serious issues, with downloadable tip sheets and links to further resources to help parents out. The key message throughout is that parents need to talk with their kids about their online explorations and work together to develop ground rules that everyone can live with.

E-Parenting Tutorial is available for free on Media Awareness Network's Web site (www.media-awareness.ca) It is also available on Be Web Aware (www.bewebaware.ca), and Internet safety Web site for parents developed by MNet in partnership with Bell.

Recipe Time!



A healthy snack is a very important part of our child's day. It gives them the fuel they need in between meal times. Here is a fun and easy snack idea that your child can help prepare and bring for their snack.

YUMMY SNACK COOKIES

Ingredients:

- 3 large ripe bananas
- 2 ½ cups of quick oats
- 1/3 cup on honey **OR** ½ cup of sugar
- 1/3 cup of oil **OR** applesauce
- 1 tsp. of vanilla extract
- 1/2 tsp. of cinnamon

- mix all ingredients together thoroughly and allow to sit for 15 minutes
- preheat oven to 350 degrees
- spray cookie sheet with non stick spray
- drop by teaspoonfuls onto cookie sheet and flatten into cookie shape
- bake for 20 minutes or until golden brown
- makes about 3 dozen cookies

VARIATIONS: Add 1 cup of chopped dates and reduce the oats to 2 cups.

TIP: If your kids like to eat raw dough, this dough is YUMMY!! It's safe to eat this way because there are no eggs in it!

Winton Pool News



Winton Pool Schedule

Public Swimming

Monday – Friday	7-8 pm
Saturday	3-5 pm
Sunday	3-4 pm

Adult Lap Swim

Monday – Friday	12-1 pm and 8-9 pm
Sunday	4-5 pm

Aquacizes

Monday & Friday	10-11 am
Wednesday	12-1 pm
Mon., Wed. & Fri.	8-9 pm

Family Swim

Parent & Me Wed.	10-11 am
Saturday & Sunday	2-3 pm

Call Kelsey Recreation for information on After school lessons

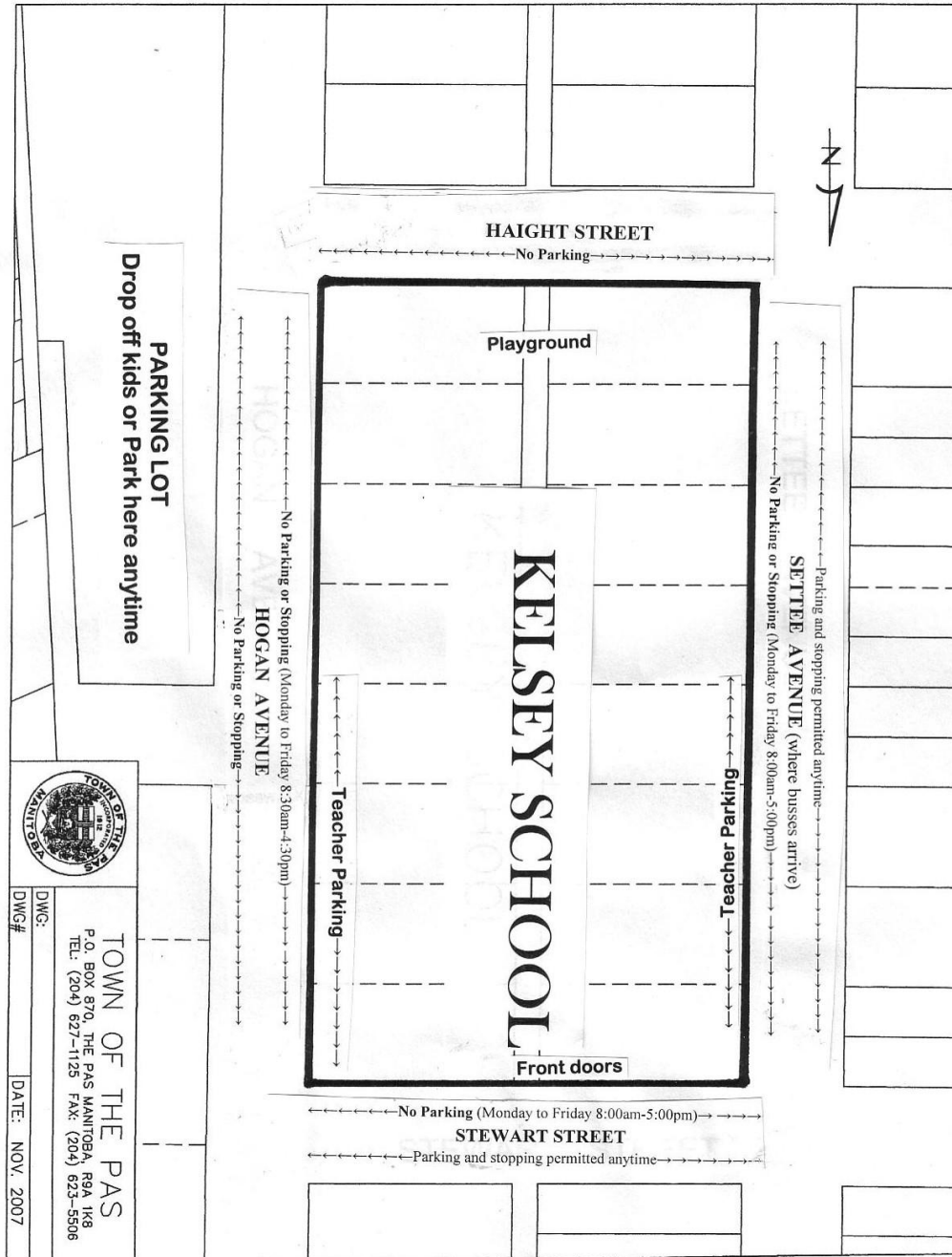
Classes are held Tuesday/Thursday or Wednesday/Friday between 4:00 & 5:00, with the exception of the one week session. For this session, your lesson will be twice per day (mornings between 9:00 am & 11:00 am and the second lesson will be between 3:00 pm and 5:00 pm) Register at the KRC office – We DO NOT take phone in registrations.

Parking at Kelsey Community School



- Please obey all **NO PARKING** and **NO STOPPING** signs around the entire school.
- There have been several instances that are **putting our students at risk**.
- **For the safety of all kids** at Kelsey Community School, you must ensure all parking signs around the entire school ground are obeyed.

Please use the parking lot on Hogan Avenue to pick up and drop off your kids.
We thank you for your continued cooperation in ensuring the safety of our kids.



Nutrition Facts
Serving Size 1/2 cup (114g)
Serving Per Container 4

Amount Per Serving		0% Daily Value*	
Calories	90	Calories from Fat	30
Total Fat	3g		5%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	300mg		13%
Total Carbohydrate	13g		4%
Dietary Fiber	3g		12%
Sugars	3g		
Protein	3g		
Vitamin A	80%	Vitamin C	60%
Calcium	4%	Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000:	2,500:
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Callouts:
 - Pay close attention to serving sizes.
 - Look for foods with lower levels of saturated fats. This tells you how much salt is in food.
 - Calcium is important for bones and teeth.
 - Use this section as a guide for daily planning.
 - The amount of calories a person needs each day depends on many factors, including exercise.
 - Products labeled "light" or "lite" must have 1/3 fewer calories or 1/2 the fat of the foods to which they are compared. "Light" also can mean that salt has been reduced by 1/2.
 - Look for products that have more fiber and less sugar.
 - Vitamins and minerals help your body function properly.

Find a food label that has **less than 5 mg of sodium**. Return it to the Student Support Centre for a chance to win a healthy "breakfast basket".

Name: _____ Grade: _____ Teacher: _____

Attach label here

NUTRITION CORNER

SODIUM

Why do we need sodium?

Sodium is important for hydration in our bodies as it maintains the electrolyte balance of the body's cells. That's why, after exercise or heavy exertion, we need to replace both water and salt lost through perspiration. While our bodies need sodium to function, too much can be detrimental to our health.

How much do we need?

Health Canada's recommended intake of sodium for people 1 year and older ranges from 1000 mg per day to 1500 mg per day.

How do we get it?

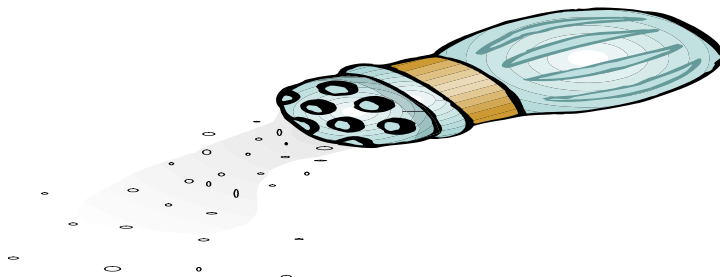
It's simple.....SALT!

Most people double if not triple the recommended intake a day. Too much salt can cause high blood pressure, heart disease, edema and kidney stones. Your body also needs more potassium to be able to deal with the excess salt.



Here are some ways to reduce your salt intake!

- eat fresh, **unprocessed** foods instead of pre-packaged, convenience foods
- choose more fruits and vegetables which are low in sodium but contain potassium which helps to reduce the risk of high blood pressure
- if you have to use canned vegetables, rinse them first to wash off the salt
- check food labels for sodium content and choose products with 140 mg sodium or less
- prepare foods with little or no salt and resist adding salt at the table - use herbs and spices instead
- if you do eat out, be judicious about choices and ask for nutrition information



PIZZA DAYS

PIZZA DAY PRE-ORDERS: For all classes (including Kindergarten), Pizza pre-orders and pre-payment are due the Friday prior by 4:00 pm.

SCHEDULE:

Pizza days are scheduled as follows. *Full-day alternate Kindergarten will receive their Pizza for lunch the day prior to the dates below.*



January 27	Pizza Day (<i>proceeds to PAC</i>)
February 24	Pizza Day (<i>proceeds to PAC</i>)
March 24	Pizza Day (<i>proceeds to PAC</i>)
April 28	Pizza Day (<i>proceeds to PAC</i>)
May 26	Pizza Day (<i>proceeds to PAC</i>)

- **No late orders or money will be accepted after the deadline.**
- **Orders and money are to be paid directly to classroom teacher. No orders or money will be accepted at the office.**

**FURTHER DETAILS TO FOLLOW
as each Pizza Day approaches!**

Science News

Weird Science

Will be held every Day 2 in the mini-gym from 12:00-1:00. Bring your lunch. There will only be a maximum of 40 students based on first come first served basis. This will run until the end of January.

Science Fair

KSD Science Fair will be held the last week of February. Further info to follow.



Shop Locally With Epicure Selections

Variety of spices, spice blends and cookware!!

If you're looking for that last minute gift for that someone who loves to cook, then give me a call.

I will be putting in my last order on December 10, 2010 so that everything will arrive on time for Christmas!!

Shelley Werstroh
Independent Epicure Selections Consultant
The Pas
623-7595 or troyshel@mts.net

Community "FAMILY FEAST"

Kelsey Community School is celebrating its community spirit on Friday **December 9th** from **11:00am- 1:00 pm** with a school-wide feast.

The feast will be a come and go event so the community can participate.

We hope you will be able to celebrate with us.

Letters have been sent home with each student.





Last year Kelsey Community School had a terrific breakfast program fundraiser called the "cereal tree". It was so successful that the students were able to donate 51 boxes of cereal to the breakfast program.

This year we have decided to do it again, BUT instead of the "cereal tree", we will be having a "JUICE BOX TREE". Which means....we are looking for donations of.....you guessed it.....JUICE BOXES!!

The breakfast program is always in need of juice. Please make sure it is 100% juice as we have to follow the healthy school guidelines.

The "juice box tree" will be located outside of the office during parent teacher interviews and then will be displayed in the library!

Please place any donations under the tree! Feel free to attach a label on it just like a present.

THANK YOU IN ADVANCE FOR ANY DONATIONS!

TO: THE BREAKFAST PROGRAM



FROM: _____