

# Administration Message!

Dear O.M. Irwin Families,

Welcome back and Happy New Year! We hope everyone had a memorable and relaxing Christmas and New Year with your families. December was a fabulous month at Irwin with tremendous school and Christmas Spirit from our students and staff! We want to thank our students and staff for their terrific creativity and work decorating classroom doors. The school was definitely abuzz for Christmas with not only the door decorating contest, but also the escapades of Jingles and Joy from their daily antics in the school.

The door decorating contest was a great way to lead into our Christmas spirit week activities that included a great band concert and virtual Christmas Concert! Congratulations to the students on their terrific performances in the band and Christmas concerts! Irwin students demonstrated the spirit of giving at Christmas with our school's annual food drive. Thank you to Irwin students and families for making this year's food drive a tremendous success! Another highlight from December was the start of the basketball season. It was great to see many students come out for the Senior and Intermediate boys and girls teams! Good luck to our basketball teams this season!

As we begin January, a major event for us this month is that report cards will be published on Monday, January 31st. Parents and caregivers will receive information from the school on how to access their child's report card in My School Saskatchewan. Please call the school if you have any questions about accessing your child's report card. Thank you to all Irwin parents and caregivers for your outstanding support of your child(ren) and our school. It truly does take a community to raise a child and the O.M. Irwin school community is second to none with the support it provides our school. We wish everyone a great month of January! Take care and stay warm!

Warmest Regards,  
O.M. Irwin School Administration  
Mr. Kohlman and Mrs. Tsougrianis

# Irwin School Staff Profiles



## Megan Engelbrecht - Educational Assistant

**I have worked at Irwin for...** about 2 months

**A little about me ...** I am from South Africa and I love teaching. After University I taught English in Thailand for a year and then in China for a year. I have been in Canada for Almost 2 years and I hope to continue traveling.

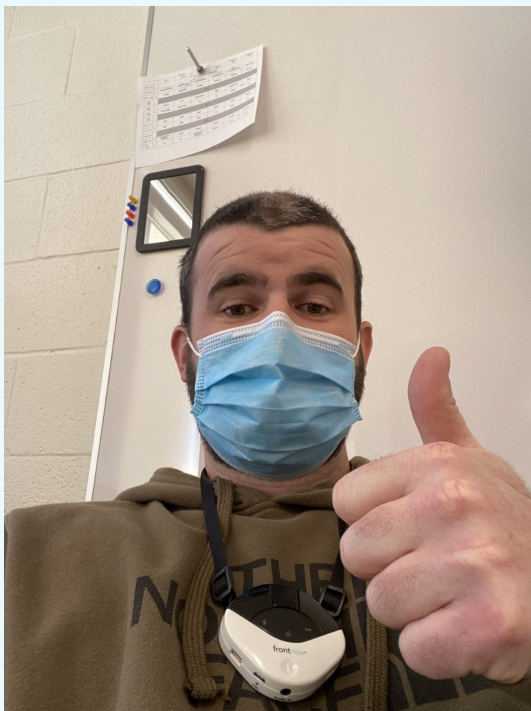
**Irwin School rocks because ...** everyone is super friendly and always willing to help.

**Who inspires me ...** My Mom! She taught me to always work hard and to be the best I can be at whatever I do.

**Favourite food ...** It would have to be garlic bread or alfredo.

**Favourite quote ...** "It always seems impossible until it's done"  
- Nelson Mandela

# Irwin School Staff Profiles



## Mark Siemens - Grade 4

**I have worked at Irwin for...** 7 years

**A little about me ...** I'm not quite sure how to put this, but... I'm kind of a big deal....I'm very important. I have many leather-bound books and my apartment smells of rich mahogany!

**Irwin School rocks because ...** We have the best students who are respectful and always give 100% effort.

**Who inspires me ...** Oprah

**Favourite food ...** Spicy Chicken Sandwich from KFC

**Favourite quote ...** A very wise old teacher once said "I consider a day's teaching wasted if we do not all have One hearty laugh."

# Irwin School Staff Profiles

## Logan Boyer - Grade 4



**I have worked at Irwin for...** This is my 3rd year at Irwin! I attended University of Regina and was lucky enough to get hired for two temporary contracts since. Wouldn't want to be anywhere else.

**A little about me ...** I was born and raised in Swift Current. I feel fortunate to be working in my hometown, surrounded by my supportive family and a fantastic group of lifelong friends. I enjoy spending my free time at the river, going on road trips, visiting with friends, and hanging out with my dog Navy, who I rescued from the local SPCA this summer.

**Irwin School rocks because ...** We have a great sense of community with the best staff and students... It's hard to make it down the hallway without seeing someone and stopping to chat.

**Who inspires me ...** my Mom (proud mama's boy here).

**Favourite food ...** I like a good homemade burger.

**Favourite quote ...** "Mr. Boyer... You are soooo much wiser, funnier, and cooler than me!" -Mrs Regier

# Irwin School Staff Profiles

## Liz Ramage - Educational Assistant



**I have worked at Irwin for...** I came to Irwin from Ashley Park 7 years ago! I must be having fun because time is flying by.

**A little about me ...** I grew up on a farm in Manitoba with my 9 siblings. ' We share the same Mom and Dad - I'm #8!  
Husband: Tim, 2 daughters Chrissy & Chantelle and One son-in-law (Tim Jr.!)  
I'm in my 22nd year of EA-ing and still love what I do. I tutor and have my own baking company, "Love Handles by Liz."

**Irwin School rocks because ...** WE REALLY DO HAVE THE BEST STAFF and such great kiddos to work with!

**Who inspires me ...** My Mom inspires me. She managed 10 kids, 20,000 farm animals, baked 24 loaves of bread/week, and made sure we were always well fed from her 3 huge gardens! She and my Dad molded us into a hard-working and fun-loving crew...but just one "look" and we knew how to behave really fast!

**Favourite food ...** dark chocolate...dark chocolate...Oh! Did I Mention **DARK CHOCOLATE!!**

**Favourite quote ...** "I know you believe you understand what you think I said, but I'm not sure you realize that what you heard was not really what I meant!" (Favourite Word for my Life: Discombobulated!)

# Irwin School Staff Profiles

## Carlin Lee - Educational Assistant



**I have worked at Irwin for...** 5 years.

**A little about me ...** I live with my husband Shawn and our three kids, Camille (7), Darby (5), and Naomi (2). Before becoming an Educational Assistant at Irwin, I was an Itinerant Youth Worker for Chinook for 9 years. I love spending time with my family and friends, reading and making puzzles when I have time, and enjoy golfing with my husband and friends. My favourite place to visit and spend time relaxing is at my parents' house at Kenosee Lake.

**Irwin School rocks because ...** the staff and students are wonderful and always find a way to put a smile on your face!

**Who inspires me ...** My parents! They displayed to my siblings and I how to work hard in everything we do, and to be respectful and compassionate individuals to whoever we meet.

**Favourite food ...** Spinach and Feta Pizza from the Akropol.

**Favourite quote ...** "A mind is like a parachute. It doesn't work if it is not open." -Frank Zappa

# Irwin School Staff Profiles



## Laurie English - Educational Assistant

**I have worked at Irwin for...** 7 years.

**A little about me ...** I have worked for Chinook School Division for 25 years! I have 2 grown children, Cole and Dakota, and **I am going to be a Grandma this month!!**

**Irwin School rocks because ...** of all the wonderful children and great staff to work with.

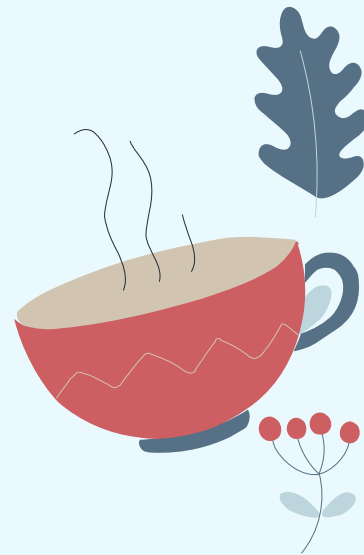
**Who inspires me ...** Dr. Phil!

**Favourite food ...** Chinese Food.

**Favourite quote ...** "It is what it is"

# UPCOMING EVENTS...

- \* **January 7** - Spirit Day - Wear your Mitts, Toque & Scarf
- \* **January 10** - Shelter in Place Drill
- \* **January 14** - McDonalds Meal Day.
- \* **January 26** - Duck, Cover & Hold Drill
- \* **January 28** - Spirit Day - dress up in attire from your favourite decade!
- \* **January 31** - Turn Around Day: No School for students. Report Cards will be published to MSS for parent viewing.
- \* **February 8** - Lockdown Drill
- \* **February 21 -25** - Winter Break
- \* **February 28** - Back to School!





# Message from Michele

## I AM AFRAID...

As children grow up, they develop different worries and fears. Some of these feelings are common in all stages of child development.

### AGES 2-4

- Fear of the dark
- Fear of wardrobes
- Fear of sleeping alone
- Fear of the weather (thunder and lightning)
- Fear of shadows
- Fear of loud sounds



### AGES 5-7

- Fear of the dark
- Fear of doctors
- Fear of sudden loud noises
- Fear of insects and animals
- Fear of friends' rejection



### AGES 8-11

- Fear of ghosts
- Fear of losing beloved persons
- Fear of school failure
- Fear of evil people (kidnapping)
- Fear of disappointing their parents



### AGES 12-18

- Fear for personal safety
- Fear of school presentations
- Fear of death
- Fear of the future
- Fear for self-image (fear of what other people think of them)
- Fear of abuse
- Fear of world events



**upbility**

Publisher of Therapy Resources

# In Motion Commotion

With the New Year, often comes New Year's Resolutions! To help everyone in your family make good healthy choices, why not join the 10th annual Wellness Challenge. The challenge runs from January 24 to February 20 with a chance to win prizes. For more information or to register, email [v.choofoo@swiftcurrent.ca](mailto:v.choofoo@swiftcurrent.ca) Also, why not sign up for the Welcome to Recreation program in the New Year? Youth ages 7-14 will learn a variety of sports and recreation programs at no cost! Welcome to Recreation will have new clinics each month. Pre-Register to get your spot by emailing [k.caswell@swiftcurrent.ca](mailto:k.caswell@swiftcurrent.ca). There are many great opportunities to be In Motion so grab life by the laces and make 2022 your best, active year ever!

# Visitor Entry

**MASKS MUST BE WORN AT ALL TIMES AND PLEASE SELF ACCESS FOR COVID 19 SYMPTOMS BEFORE ENTERING THE SCHOOL**

Visitors / Parents Entering the School-

What if I need to pick up my child during the day or need to bring something to the school for them?

- For early pick up, contact the office and we will send your child to you outside. Please wait for your child at the front of the school.

**All doors will be locked after 9:00 a.m.**

- If items need to be dropped off for your child, a “drop-off” cart is in place at the front door entrance. Please place the item on the cart and notify the office (306-778-9270). We will deliver the item to your child. At this time, please avoid dropping items off unless it is an emergency. Please send lunches to school with your child to alleviate drop off of items.

- If you drop off your child during instructional time (anytime after 8:35am) please have them use the main front doors. If you are dropping off after 9:00 a.m., all doors will be locked, so **please call the office at 306-778-9270 to let us know you are here, and we will come and meet you at the front door.**

- If you are picking your child up during the day, have them check out at the office then exit the main front doors. Please park in front of the school along George Street.

Thank you!

# Mask Reminder

**MASKS ARE TO BE WORN AT ALL TIMES WITHIN THE SCHOOL**

Thank you to parents and guardians for your assistance with following the school division's mask protocols for on the school bus and in the school.

We are reminding parents/guardians to please ensure their child(ren) are wearing appropriate non-medical face masks with ear loops/ties as outlined in the Health Canada and Saskatchewan Health information on non-medical masks.

Thank you!

## How To Put On A Mask

Wear a non-medical mask or face covering to protect others when you can't maintain a 2-metre distance.



Wash your hands or use hand sanitizer before and after touching the mask.



Use the ear loops or ties to put on and remove the mask.



Don't touch the mask while wearing it.



# JANUARY MEAL DAY

Our meal day this month will be on Friday January 14, and we will be ordering from **McDonalds!**

This meal day will be a fundraiser for Senior Girls Basketball and all funds raised will be used to support the team.

**Order forms will be sent home today and must be returned by Friday January 7th!**



# SCC News

The O.M. Irwin SCC would like to  
wish all Irwin families  
Happy New Year!

Information on an upcoming project  
will be coming soon.  
Watch for details!!

Our next meeting will be held  
virtually on  
January 10, 2022 @ 6:30 pm.

# Sr. Girls Basketball

The Sr. Girls Basketball team  
traveled to Medicine Hat on  
December 3rd and 4th for their  
first tournament of the year.

They went 3-0 on the weekend  
and captured a 4th consecutive  
Notre Dame Academy  
Tournament Victory.

Congratulations to the girls on  
working hard to achieve success  
on the court!!



# Pickup and Drop-off Guidelines for Parents and Caregivers

## Pickup and Drop-off Guidelines for Parents and Caregivers

- ★ O.M. Irwin School is using the same pickup and drop-off guidelines as last year.
- ★ Please drop-off and pick up your child(ren) outside of the school at the designated entrances. The designated entrances are :
  - North East Entrance -Grades 3, 4, 5, and 6
  - South East Entrance - Grades K, 1, 2, 7, and 8.
- Please access the school via George Street to drop off and pick up your child(ren). Use the crosswalk and crosswalk lights when crossing George Street.
- ★ **Parents and Guardians, please refrain from dropping off or picking your child(ren) in the staff parking lot and Chinook SD bus layover.**
- ★ **Thank you!**



# Band News

**Congratulations to  
Michaila and the Grade 6–8  
band students on their  
outstanding band concert  
in December.**



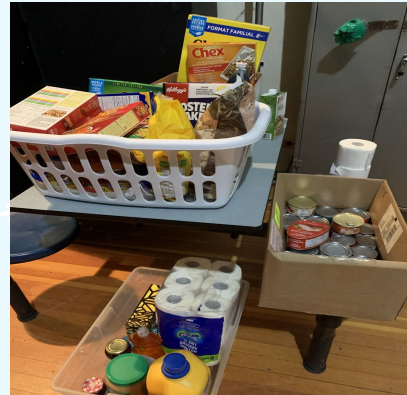
**It was the first band  
concert in our school in two  
years and the students  
performed magnificently!**

# IN THE SPIRIT OF GIVING!

Irwin staff and students showed some true Christmas Spirit in collecting food and dry goods to put together several food hampers

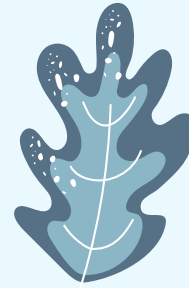
With the guidance of Mrs Regier and Mrs Burnett, our entire school pitched in by bring their donations, which resulted in ----- food hampers!

Irwin graciously donated these hampers to some amazing Irwin Ice families, as well as to the Salvation Army with hopes of spreading some Christmas Joy throughout our community!!





# ...more Irwin spirit!!





# ATTENDANCE

Please call the school @  
306-778-9270 before 8:30 am

We listen to our messages!

Please leave a message if we are  
unable to answer the phone!

Students must stay home if they  
are sick (even if symptoms  
resemble a mild cold) or if anyone  
living in the home has tested  
positive for Covid-19. If a student is  
sick at school we will call parents  
and require parents to pick the  
student up. Once you arrive, please  
call the office, and a staff member  
will bring your child to the front of  
the school.

**Chinook School Division**

## Illness in School Protocol Highlights

**STUDENT BECOMES ILL AT SCHOOL**

**ILLNESS IN CARE**

- Trained staff member takes student to illness in care – isolation area
- Respectful, protect privacy of student
- Staff member and ill student wear masks and distance

**CALL PARENT/CAREGIVER**

- Pick up student and take them home
- Wait outside of school for pick-up
- **Parent/caregiver instructed to call 811**
- If student is 16+, parent notified before student leaves school

**RETURN TO SCHOOL**

- No symptoms related to COVID-19
- Public Health provides further guidance about when it's possible to return to school

**ISOLATION AREA**

- Comfortable, safe, dedicated area
- Student continuously monitored
- Precautions taken; PPE worn by staff
- Thorough cleaning and disinfection

**STAY HOME IF YOU ARE SICK**

**COVID-19 SIGNS AND SYMPTOMS**

Testing is available and recommended if someone has unexplained new or worsening symptoms (even mild symptoms).

View the list of symptoms and use the online Self Assessment Tool at [saskatchewan.ca/covid-19](https://saskatchewan.ca/covid-19)

[www.chinooksd.ca](http://www.chinooksd.ca)



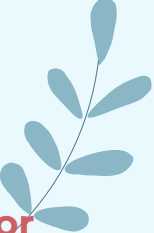
# Thank you to ...



**01**

## **Knights of Columbus**

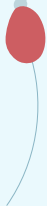
For thoughtfully donating winter jackets for our kids in need.



**02**

## **Ice Families**

For your generosity in donating items for our Christmas Food Hampers and for your monetary donations that resulted in the purchase of a new Score Clock for our school!



**03**

## **Irwin SCC**

For providing Hot Beverages of our choice to the entire Irwin staff! Urban Ground did an amazing job of making and delivering our treat on a very chilly day in December! We appreciate all you do for our Irwin staff and students!!



# HOME ALONE TRAINING COURSE

Cypress Advanced First Aid Services –  
**Home Alone Course** for boys and girls ages 9 and  
older, will be held on  
**Saturday, January 8th**  
from 9:30 am to 12:00 pm or 1:00 pm to 3:30 pm at the  
Neufeld Auction Building,  
616 Cheadle Street  
**Cost \$35**

To register call Jan Loeppky-Mackay at  
**306-774-4885** or  
**e-mail: [cypressafas@gmail.com](mailto:cypressafas@gmail.com).**  
Please E-TRANSFER \$35.00 to  
[cypressafas@gmail.com](mailto:cypressafas@gmail.com) to secure a spot.

**Spots cannot be held without payment.**

# Happier January 2022

SATURDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

29 Say hello to a neighbour and get to know them better

SUNDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

30 See how many people you can smile at today

MONDAY

3 Do a kind act for someone else to help brighten their day

10 Thank someone you're grateful to and tell them why

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

31 Write down your hopes or plans for the future

TUESDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down

WEDNESDAY

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today

THURSDAY

6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside

FRIDAY

7 Learn something new and share it with others

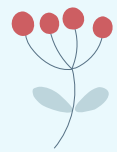
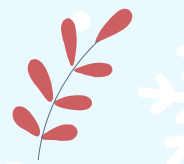
14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone


28 Ask other people about things they've enjoyed recently

ACTION FOR HAPPINESS


Happier · Kinder · Together




# SCHOOL REMINDERS




All entry doors are locked at 9:00. Please call the office at 306-778-9270 to let us know you are here if you have a student that is arriving late.




If dropping something off for a student, please place the item on the cart outside the front door and call the school to let us know it is there. We will deliver items to students!



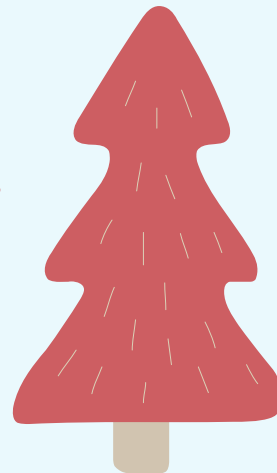
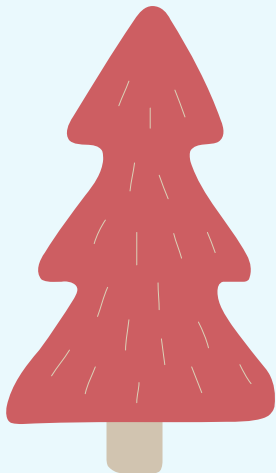
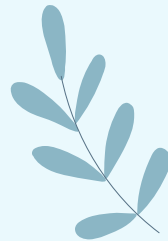
Please DO NOT drop off students in the staff parking area on the west side of the school!  
To ensure your child's safety, we ask that you use George Street for all drop-offs and pick-ups.



Irwin School is on Facebook! Please visit our school's Facebook page for a look at all the exciting things happening in and around our school and to check out upcoming events.  
<https://facebook.com/omirwin/>



The Irwin Ice Hut is available for kids in Grades 5-8!  
The cart will come to your room during the morning break on Days 1, 3, & 5.



# Understanding and Supporting Your Child with AD/HD



*A Webex Training Event*

*3 sessions— January 19, 26, and February 2, 2022*

*6:30-8:00 p.m.*

This is an information group for parents with children of all ages who have a diagnosis of ADHD or a diagnosis is under consideration. Sessions will focus on understanding ADHD and the brain, the role of medication, parenting and practical management strategies at home and school

*To register please talk with your clinician or contact Mental Health & Addictions Centralized Intake at*

*1-877-329-0005*



saskhealthauthority.ca

# Parenting the Emotional Child Group



*4 weeks starting on January 25, 2022 and ending on February 15, 2022  
on Tuesdays from 4:00 pm until 5:30 pm*

This is a 4 week WebEx for parents of children eligible to be in school from ages 5-12 years old. Parents will be taught strategies to regulate and recognize strong emotions in themselves and their children so they can be role models for their children. Parents will learn information about strong emotions as it relates to anxiety, depression and anger.

*Please talk with your clinician or contact the intake team to register at*

*1-877-329-0005*



saskhealthauthority.ca



# HAPPY NEW YEAR!

WISHING YOU ALL THE BEST IN  
2022!