

# ADMINISTRATION MESSAGE

Dear O.M. Irwin Parents and Caregivers,

Welcome to the October edition of the O.M. Irwin School newsletter! We have enjoyed an amazing start to the school year! It is terrific to see the students' smiling faces and the joy they bring to school each day. September was an exciting month for our school community.

We started the year with unpack your backpack and a terrific welcome back assembly that energized the students and staff. Extra curricular clubs and teams started in September and we were treated to a special performance from Andy the Musician and a visit from Mr. Fred Fox who is Terry Fox's older brother. September concluded with everyone donning their orange shirts for Orange Shirt day and great school assembly on September 29th.

October will be another exciting month at Irwin. Our extra-curr teams and clubs are now in full swing and we have some exciting plans for Education Week October 16th- 20th. Stay tuned for more information to follow. We want to thank our students for a great month of learning in September and we look forward to the exciting days ahead in October for our students!

From our families to your family, we want to wish the O.M. Irwin School families a very Happy Thanksgiving!  
Kindest Regards,

O.M. Irwin School Administration  
Mr. Kohlman and Mrs. Tsougrianis



# Bell Schedule

**Warning Bell Grade K-2** 8:35

**Warning Bell Grade 3-8** 8:38

Period 1

8:45 - 9:24

Period 2

9:24 - 10:03

**Break/Recess**

**10:03 - 10:18**

Period 3

10:18 - 10:57

Period 4

10:57 - 11:35

**Lunch**

**11:35 - 12:25**

Period 5

12:25 - 1:04

Period 6

1:04 - 1:43

**Break/Recess**

**1:43 - 1:58**

Period 7

1:58 - 2:37

Period 8

2:37 - 3:15

## WELCOME TO IRWIN SCHOOL!

We welcome parents, guardians & visitors into our school!

**Please check in at the office  
when you arrive.**

We will call your child to the office if you need to speak to them.

# Important October Dates:

- Oct. 2 - Teacher Convention - No School for Students
  - Oct. 3 - Toast Tuesday
  - Oct. 3-6 - Grade 2 Swimming Lessons
  - Oct. 5 - Fire Drill
  - Oct. 6 - Pizza Meal Day (Terry Fox Fundraiser)
  - Oct. 9 - Thanksgiving - No School
  - Oct. 10-13 - Grade 7 Swimming Lessons
  - Oct. 11 - Staff Meeting
  - Oct. 12 - Fire Drill
  - Oct. 14 - Babysitter Training Course
  - Oct. 16-20 - Education Week
  - Oct. 16-19 - Grade 7 Swimming Lessons
  - Oct. 17 - Bus Driver Appreciation Day
  - Oct. 17-Dec 12 - Fall Session Kids in the Kitchen (excluding Oct. 31)
  - Oct. 17 - Author Kevin Miller - Grades 5-8 Writing Workshops
  - Oct. 17 - Author Kevin Miller - Evening Writing Workshops at 6:30
  - Oct. 19 - Fire Drill
  - Oct. 20 - SCC Muffin & Read Morning
  - Oct. 23-26 - Grade 6 Swimming Lessons
  - Oct. 23 - Lockdown Drill
  - Oct. 25 - Swift Current Band Parents AGM - Ecole Centennial Band Room @ 7:00 p.m.
  - Oct. 29 - Beef and Band Blast Fundraiser
  - Oct. 30-Nov 2 - Grade 6 Swimming Lessons
  - Oct. 31 - Halloween
- \*Picture retakes TBD



# School Information



The front doors of the school will remain open. If a student is arriving late, please ask them to stop by the office and check in before heading to class.



If dropping something off for a student, you can place the item on the cart at the front doors and call the school to let us know it is there, or come in and bring it to the office. Either way, we will make sure your child gets it!

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 all the exciting things happening in and around our school, and to check out upcoming events. <https://facebook.com/omirwin/>

The Irwin Ice Hut Store will be open during morning breaks starting Tuesday October 11!

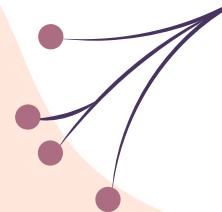
Grade 5 & 6: Days 1, 3 & 5

Grade 7 & 8: Days 2, 4 & 6

With the changing weather, please consider sending extra clothing with your child to change into in case their clothes get wet during recess.



# Pickup and Drop-off Guidelines for Parents and Caregivers



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

- ★ Please do not park in the yellow zones or stop/park in the crosswalks. Remember there is a 30 km/hr speed limit in the school zone. 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, 6, and 7
  - 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!**



# Kids in the Kitchen is starting up again in October!



Kids in the Kitchen is an after-school cooking club for grade six students. It is a fun and interactive way for students who are interested in cooking to learn a few basic skills. It takes place on Tuesdays after school from 3:30-5:00 and there are three 8-week sessions available for students to choose from. There are a limited number of spaces in each session.

FALL Session is Oct 17-Dec 12 (excluding Oct 31)

WINTER Session is Jan 16- Mar 12 (excluding Feb 20)

SPRING Session is Apr 9- May 28

Click the link to the Registration Form:

<https://forms.gle/2u69BLHjdSC63RNL9>

Registration forms are due Wednesday, October 11. Students are placed in their sessions based on space availability. Register early to ensure your child gets a spot in the session of their choice.

If you have any questions or concerns, please feel free to contact Mrs. Thompson at the school, or email [cthompson@chinooksd.ca](mailto:cthompson@chinooksd.ca)



# TERRY FOX NEWS

Our annual Terry Fox Run took place on Friday, September 22nd. We kicked off our fundraising campaign with a visit from Terry Fox's brother, Fred Fox! Our Terry's Team kids have been busy, as we held a Family Movie Night, sold T-Shirts, and prepared for our school walk!

So far, we have raised nearly \$8000 for cancer research, and we aren't quite finished yet!

We will be having a pizza meal day on Friday, Oct. 6<sup>th</sup> with proceeds going to our fundraiser.

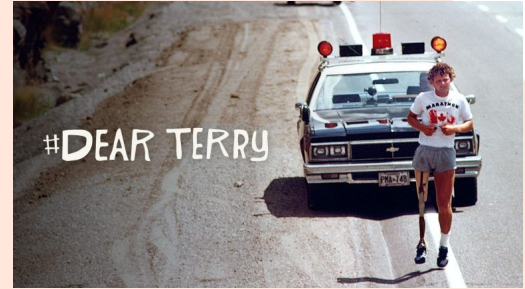
We are also selling ballots for "What Will Darby Do?"

Since we have reached one of our fundraising goals, Mr. Darby has agreed to let the students choose what incentive he will have to do. Will he shave his beard? Will he shave his head? Will he dye his hair a funky colour? Students can help to decide! Students can bring \$1.00 per ballot, and vote on their favourite incentive. Students can vote as many times as they like, and every dollar goes toward our fundraising total!

Our school's fundraising page will remain active through the end of 2023, so families can still make a pledge to support cancer research. Visit <https://schools.terryfox.ca/omirwin> to support our fundraising efforts!

If we raise \$10,000 our students will earn an afternoon of activities and a dance with DJ Darby!

Thank you to all of our families who have supported our fundraisers, or have made a pledge online. A special thank you to our local Giant Tiger store. Giant Tiger locations across Canada are matching school donations in select locations up to \$500. We appreciate your support!





# TERRY FOX ASSEMBLY/WALK

WITH SPECIAL GUEST FRED FOX (TERRY'S BROTHER)





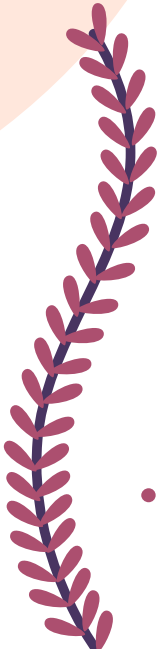
# 5 finger breathing

An easy breathing technique for kids



Wellness<sup>®</sup>  
PEDIATRICIAN

# MESSAGE FROM MICHELE



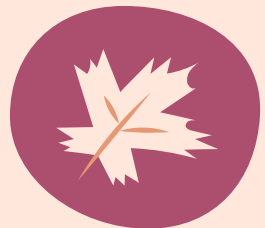
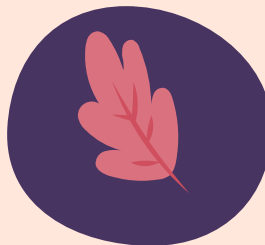
# BAND NEWS

From Ms Jersak

The Annual Beef and Band Blast Fundraiser evening will take place on Sunday, October 29th for all band students in Grades 7-12. This is our first performance of the school year and will take place at SCCHS. Meal tickets will be sold during the month of October for parents. Please watch for more information to be sent home.

The fall Sweet Treats Fundraiser will take place this October. This is your chance to start earning Music Miles for spring band trips. More details to come.

The Swift Current Band Parents AGM will take place on October 25 at 7:00pm in the Ecole Centennial band room. All parents are encouraged to attend.



# LIBRARY NEWS

From Mrs. Bleackley

**Our school library is open for business as usual!**

**Mrs Bleakley is excited to see all Irwin students as they come in with their classes.**





# SCC NEWS

Thank you to the following Irwin School parents for  
volunteering to serve on the 2023/2024  
School Community Council

<b>Janelle Larson</b>	Chair
<b>Erin Burnett</b>	Treasurer
<b>Jeneen Burnett</b>	Secretary
<b>Adele Van Der Berg</b>	Representative
<b>Amy Tynning</b>	Representative
<b>Lexi Dyck</b>	Representative
<b>Kyle Thoreson</b>	Representative
<b>Kim Busse</b>	Representative
<b>Danna Mulhall</b>	Representative

<b>Courtney Burley</b>	Representative
<b>Joan Vladimir Montes</b>	Representative
<b>Devin Martens</b>	Representative
<b>Megan Jackson</b>	Representative
<b>Kristen McWillie</b>	Alt School Representative
<b>Logan Boyer</b>	School Representative
<b>Kelsey Tsougrianis</b>	School Admin
<b>Arron Kohlman</b>	School Admin



# Mental Health Matters

## Mental Health Tips for Parents & Kids

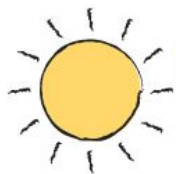


Remind your child it's okay to have sad days. Help them feel comfortable talking about it and putting their feelings into words.



Children need to feel comfortable, not defeated, when they make mistakes or fails. Parents can give children support to renew their motivation and hope.

Establish a home where your child feels accepted and loved.



Focus on the positive. Teach your child about the gift of gratitude.



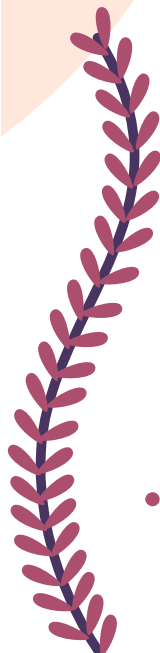
Everyone needs a break. Check in with your child when they do. Take a break with meditation to teach your children the importance of mindfulness and rest.



healthychildren.org  
Powered by pediatricians. Trusted by parents.  
from the American Academy of Pediatrics

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



September 16-24 was **National Coaches Week** and we would like to take this opportunity to thank our Fall coaches! We appreciate all you do for our Irwin athletes!

Our coaches spend their free time planning practices, fitting in lunch practices to an already busy work day, staying after school to run practices, organizing exhibition games, and spending time on their weekends so that our athletes have an opportunity to play.

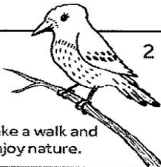

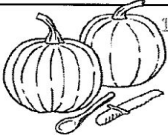
Make sure to give them an extra **THANK YOU** when you see them!





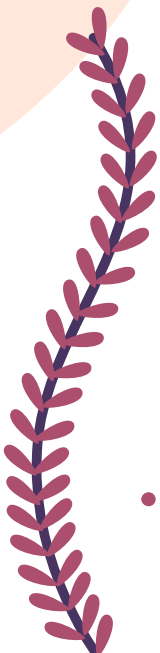
# OCTOBER 2022

## RANDOM ACTS OF KINDNESS FOUNDATION®

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
25  Take a walk and enjoy nature.	26	27	28	29	30  Bring soup to a sick neighbor.	1																																																																																																		
2	3 Join or volunteer to start a kindness club.	4 Write a list of five things you would like to accomplish in your life.	5 Use less plastic and recycle more.	6 Donate puzzles and books to an elementary school.	7 Accomplish one big task today.	8 Offer to help with yard work in your neighborhood.																																																																																																		
9 Tape coins or hide small toys around a playground.	10 안녕하세요 Learn to say hello or thank you in a friend's native language.	11 Go outside your comfort zone and do something brave!	12 Call and say hello to the first person who comes to mind.	13 Help a friend with a task.	14 Treat yourself to your favorite dessert. Share with a loved one or a friend.	15 Give needed items to someone experiencing homelessness.																																																																																																		
16 Pick up trash from the sidewalks in your community.	17 Plan to do one thing new and different each day this week.	18 Watch the sunset with a loved one.	19 Compliment a classmate.	20 Smile at a stranger today. Tell them you hope they have a great day.	21  Post an encouraging note on someone's locker.	22 Visit a nursing home. Bring flowers or kind notes.																																																																																																		
23 Work together to create a healthy meal at home.	24 Give a friend something meaningful to you.	25 Leave pumpkins on a family's doorstep along with kid friendly tools for carving.	26 Hide a positive note in a library book.	27 Follow through on a promise you made.	28 Write a note of appreciation for the custodial staff.	29 Try a new hobby.																																																																																																		
30 Paint positive messages on pumpkins and leave them around the community.	31 Offer allergy-friendly options for trick-or-treating.	1 	2	3	<div>SEPTEMBER</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table> <div>NOVEMBER</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> </table>		S	M	T	W	Th	F	S	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	S	M	T	W	Th	F	S	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10
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Visit [www.randomactsofkindness.org](http://www.randomactsofkindness.org) for more kindness ideas.

© The Random Acts of Kindness Foundation



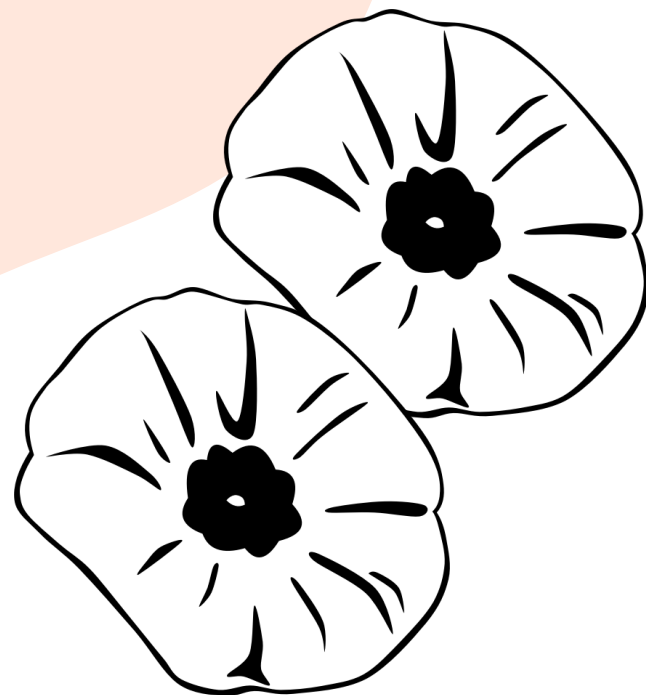
# REMEMBRANCE DAY ASSEMBLY

O.M. Irwin School's annual Remembrance Day Service will be held on Thursday, November 9th at 10:30am. Families are welcome to attend.

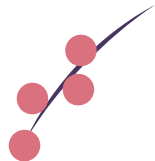
We will continue to build upon our Virtual Wall of Honour presentation that we do every year. This presentation features our loved ones who have served, or are currently serving in the Canadian Armed Forces.

Photos that were sent in previous years will be used again this year. If you wish to include a loved one in our presentation, please send a digital copy of a photo, along with their name and the name(s) of the student(s) they're connected to.

Send submissions to [cthompson@chinooksd.ca](mailto:cthompson@chinooksd.ca) before November 4th.



# Plan for Winter/Cold weather



## LABEL! LABEL!

Please send your child in warm, outside gear (toques, mitts, scarves, ski pants, boots). It is important that everything is LABELLED! We want our students to wear suitable winter jackets as well as hand and ear protection coming to and from school including those students who travel to school by bus.

## Morning Emergency - Bussing Back-Up Plan

It is important to develop and discuss with your children a back-up plan should the school bus be delayed in the event of inclement/stormy weather on its morning route.

- \* What would your child do if his/her bus did not meet its scheduled pick up time?
- \* Is there someone at home to assist?
- \* If parents leave for work and no one is home, does your child(ren) have access to their home to make a telephone call? If so, who would they call?
- \* Is there a neighbor home to assist?

It is better to be prepared than to experience a potentially dangerous situation.

Please take a few minutes to arrange your back-up plan and discuss it with your child.

## Severe Weather and Student Transportation

In the event of severe winter conditions, Swift Current city bus runs will be cancelled pending consideration of the following factors:

- If the morning temperature is -40 degrees Celsius or the wind chill is -45 degrees Celsius or below
- Adverse road conditions
- Limited visibility because of fog or blowing snow

When a decision is made to cancel buses it will be made by 6:30 a.m. Information will be relayed to the public through local media on all radio stations.

If buses do not run in the mornings, you will need to provide transportation for your child before and after school.





Canadian Standards Association

## BASIC or INTERMEDIATE & CPR-C/AED COURSE



### CSA/BASIC/CPR-C

One day (8 hours) First aid course  
For employees working in low risk  
environments such as customer service,  
daycares, education

### CSA/INTERMEDIATE/CPR-C

Two day (16 hours) First aid course  
For employees working in medium to high  
risk environments such as oil field,  
carpentry, mechanical, Coaches, etc.

### CSA/INTERMEDIATE/CPR-C/BLS

Health Care students and employees

\*AED Training is included with all courses\*

### Cost of Course

CSA/BASIC/CPR-C = \$125.00  
CSA/INTERMEDIATE/CPR-C = \$165.00  
CSA/INTERMEDIATE/CPR-C/BLS = \$175.00  
Recertification  
CSA/BASIC/CPR-C - No Recertification  
CSA/INTERMEDIATE/CPR-C = \$165.00  
CSA/INTERMEDIATE/CPR-C/BLS = \$175.00



To Register: Call 306.774.4885  
Email: [cypressafas@gmail.com](mailto:cypressafas@gmail.com) Website: [cypressafas.ca](http://cypressafas.ca)



## Babysitter Training Course

The course focuses on five main areas:

Business Skills  
Leadership  
Child Care  
Injury Prevention  
First Aid/CPR



Program geared to  
children  
10 years and older

Course Cost  
\$65.00  
per child

First Aid Kit  
\$10.00



Please bring:  
Paper  
Pen/Pencil  
Healthy Snacks  
Beverages  
Lunch

TIME: 9:00am to 4:00pm

### 2023 DATES

October 14  
December 2

### 2024 Dates

February 3  
April 6  
June 1  
August 7  
October 5  
December 7

### CLASSROOM

Neufeld Auction Building  
616 Cheadle St W

To Register Email: [cypressafas@gmail.com](mailto:cypressafas@gmail.com) or on our Website: [cypressafas.ca](http://cypressafas.ca)  
BST Course fills up fast, to ensure spot register as soon as possible  
with registration fee paid.



## Home Alone Course

The course focuses on four main areas:



Responsibilities  
Routines  
Injury Prevention  
First Aid

Program geared to  
children  
9 years and older

Course Cost  
\$45.00  
per child

First Aid Kit  
\$10.00



Please bring:  
Paper  
Pen/Pencil  
Healthy Snacks  
Beverage

TIME: 9:30am to 12:00pm  
OR 1:00pm to 3:30pm

### 2023 DATES

September 9  
November 4

### 2024 DATES

January 6  
March 2  
May 4  
July 10  
September 7  
November 2

### CLASSROOM

Neufeld Auction Building  
616 Cheadle St W



To Register Email: [cypressafas@gmail.com](mailto:cypressafas@gmail.com)  
Or visit our website: [cypressafas.ca](http://cypressafas.ca)





# IN MOTION COMMOTION



**Hope everyone has enjoyed their first month back to school being active and In Motion!**

**The in motion goal for all children is to be physically active between 60-90 minutes a day. Some of the benefits of being active are improved self esteem, feel more energetic, reduce stress, sleep better, improve quality of life, and overall better health and wellness.**

**For youth ages 7-14, register for the Welcome to Recreation program where you play a variety of sports and recreational activities each month. For students in grades 6-8, come have fun at Youth Open Gym at Lt. Col. Clifton Centre every Wednesday from 3:30 – 5:00 pm.**

**For more information about Community Services programs, visit  
[www.swiftcurrent.ca/play](http://www.swiftcurrent.ca/play)**

**Everyone benefits from being active so let's get in motion and have fun!**



# NOTICE



## Photo or Video Recording at School Events

According to Chinook School Division Administrative Policy 180 and the Local Authority Freedom of Information and Protection of Privacy Act (LAFOIP), please be aware of the following:

- Events and activities at this school may be photographed or recorded by parents or third parties.
- Photos and video recordings are allowed for personal use only and cannot be published in any form, including on a website or social media site, without appropriate consents.
- Any party taking a photo or video recording shall be fully responsible for obtaining appropriate consents. The school and Chinook School Division accept no responsibility for such consents.
- Students who violate the requirements for use of photos and videos of school or school-related activities can be subject to school discipline.
- Parents or third parties who violate the requirements can be restricted from attending future events at the school.



**Thank you to the  
City of Swift  
Current Sunshine  
Club for your  
donation to our  
school's Breakfast  
Club.  
Your kindness and  
generosity are  
greatly  
appreciated**





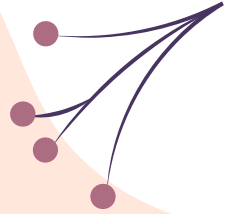
# The Best Personalized Labels for Everything That Goes to School.



mabel's labels  
FUNDRAISING

Go to [campaigns.mabelslabels.com](https://campaigns.mabelslabels.com) and  
choose **OM Irwin School** from the list. Then shop  
and your labels will ship directly to you FREE!

# Mabel's Labels



Irwin School has an ongoing fundraiser with **Mabel's Labels**! These are waterproof, laundry and dishwasher safe labels in fun designs that make it easy to label all your student's items that come to school!

Get ready for back to school by ordering early!

Shipping is free, and items are delivered to your address!

Click the link to access our fundraising page:

[www.campaigns.mabelslabels.com](https://campaigns.mabelslabels.com)

and then enter **OM Irwin** into the search bar  
to support our school!



# Come Check Us Out!

Swift Current Skating Club

## OPEN HOUSE & SKATE & EQUIPMENT SALE

TUES. OCT. 3

5:30-6:30

at the Innovation Plex

Questions about our programs?  
Need help with registration?  
Come and see us at the rink!



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



SKATING CLUB

# Come Skate with Us!

## SWIFT CURRENT SKATING CLUB



Pre-CanSKATE: A program for young children with little to no skating experience.

CanSKATE: A learn-to-skate program that focuses on fun, participation, and basic skill development.

Discover Skate: A NEW learn-to-skate program for older kids wanting to learn skating basics. Skaters work through CanSkate levels on their own ice time with kids their own age.

Rising Star: A program for skaters working on CanSkate Stages 4-6 with a focus on figure skating fundamentals.

Star Skate: Figure Skaters working on Star 1 to Gold level achievement in Free Skate, Ice Dance, Skills, and Interpretive.

Synchronized Skating: A program for Rising Star & Star Skate skaters, learning and developing as a synchro team.

Adult Skating: All ages and abilities are welcome! Geared toward adults wanting to get out on the ice and have fun in a relaxed and supportive atmosphere!

Register today online: [www.swiftcurrentskatingclub.ca](http://www.swiftcurrentskatingclub.ca)



HAVE A  
FANTASTIC  
FALL