



O.M. Irwin School

December 2020 Newsletter



**Mr. Kohlman and Mrs.
Tsougrianis would like to wish
all of our students and their
families a Merry Christmas and
a Happy New Year.**

**May you and your family have a
holiday season filled with
peace, joy, friendship and love.**

**We hope you all get some much
deserved rest and relaxation
over the upcoming Christmas
break.**

Upcoming Events

December 4th: Red and Green Day

December 11th: Christmas Hat Day

December 18th: Last Day of Classes

December 18th: Christmas Sweater Day

December 19th – January 3rd: Christmas Holidays

January 4th: Classes Resume

January 12th: Duck, Cover and Hold Drill

January 29th: Term 1 Report Cards

January 29th: Turn-around Day - NO SCHOOL

February 15th - 19th: Winter Break NO SCHOOL

March 8th - 12th: 2021-2020 Kindergarten Registration



The background of the left side of the image is a light blue-grey color, decorated with numerous white snowflake patterns of varying sizes. Three teal-colored Christmas ornaments hang from the top. Each ornament is decorated with white and yellow patterns, including circles with stars and wavy lines. The ornaments are arranged in a cluster, with one slightly higher than the others. A large, white, irregular shape, resembling a speech bubble or a stylized cloud, is positioned behind the text on the right side of the image.

Christmas Concert Update

Due to protective measures we have implemented for our school's COVID-19 reopen plans and in recognizing how these measures restrict planning a traditional Christmas concert and significantly impact planning a virtual Christmas concert, the school staff has decided to replace the Christmas concert with the first annual Icy's Christmas Extravaganza. Icy's Christmas Extravaganza will be held in lieu of the Christmas concert and it will be a fun afternoon of classroom cohort activities such as Christmas ornament making, Christmas BINGO (with special guest celebrity bingo callers like Rudolph and Icy the Bear) and a Christmas treat in the safety of their classroom. Being that Christmas concert is a Christmas celebration for students, we feel that having the opportunity to celebrate the season doing fun Christmas activities will be a great way to ring in the holiday season! Students will be invited to wear Christmas attire for the day as well! We will share pictures of the Christmas celebration on our school Facebook and through our online platforms. We will share more details once the plans are finalized.

SCC NEWS

In the spirit of gratitude, the SCC, on behalf of the students, staff, and Irwin families, recently showed our Irwin Facility Staff just how much we appreciate them and all of their hard work. Mr Boyer and the Grade 2's helped out by letting us peek at the "interviews" they did with the facility operators to get to know them a little better. We were then able to fill gift bags with treats we knew they would love. At a special staff meeting, Keleah Ostrander, our SCC Chairperson, along with her daughter, surprised Paul, Chris, Lawrence, Jules and Laurie with these bags of "goodies." We are all so thankful to have such an amazing group of people that work tirelessly to provide us peace of mind in knowing we are walking into a clean and safe environment each and every day.

To our Irwin facility Operators – a huge heart-felt THANK YOU!!

We are excited to be in the beginning stages of planning a fun winter family activity! More details will be announced at a later date, but we can say it's a contest and there may be prizes!!

Our next SCC meeting will be held on Monday December 7 at 6:30 pm. Location has not been determined at this time. Please call the office before Dec. 7 for more information if you are planning to attend.

We are hopeful everyone will still enjoy treasured holiday traditions and are able connect with loved ones....it just may look a little different this year.

The SCC wishes you peace, comfort, health and safety this holiday season and beyond.

Merry Christmas, and Happy New Year!



O.M. Irwin School Reminders



- If you arrive late to school in the morning and your designated entrance door is locked, please come to the front main doors of the school and check in with Mrs. Painchaud and Mrs. Ostrander.
- If you need to drop something off for a student, please leave it on the cart located just outside of the main school doors (please make sure your name is listed). Call the office at 306-778-9270 and we will grab it to deliver.
- Please remember to call when your child is absent. We will not assume your child is staying home if they were home sick the day before. We appreciate your help with this!
- Students are not supposed to be dropped off or picked up in the staff parking lot area. To ensure of your child's safety, we are asking that you please 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 of the exciting things happening in and around our school, as well as to stay tuned to upcoming events.

<https://www.facebook.com/omirwin/>



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.



More details are available in the Safe Schools Plan Parent Package:


[Safe Schools Plan](#)




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

www.chinooksd.ca

Masks

As of Monday, November 30th, there have been new masking regulations put in place. Please refer to the November 26th memo that was emailed home to families regarding these new regulations. (see link below)

[November 26, 2020 Memo to Parents](#)

Thank you to parents and guardians for your assistance with following the school division's mask protocols on the school bus and in the school. We are reminding parents/guardians to please ensure their child(ren) is/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 that we have included (see link below). Thank you!

[Safe Schools Plan](#)



December Spirit Days

Friday, December 4th:
Red & Green Day

Friday, December 11th:
Christmas Hat Day

Friday, December 18th:
Christmas Sweater Day



Babysitter Training and Home Alone Course

Cypress Advanced First Aid Services – Babysitter Training Course for boys and girls ages 10 and older, will be held on Saturday, December 5th from 9:00 to 4:00pm at the Neufeld Auction Building, 616 Cheadle Street W. Cost \$55. Registration forms available at <http://www.cypressafas.ca/> or call Jan Loepky-Mackay at 306-774-4885 or e-mail: cypressafas@gmail.com.

***Please ETRANSFER \$55.00 to cypressafas@gmail.com to secure a spot.
Spots cannot be held without payment.***



Our School Survey

Once again, our school will be taking part in the OurSCHOOL Survey. This survey is for the Grade 4 – 8 students and will take place during November 26th to December 15th. Parents and would have received a letter from the school via email during the week of November 23rd. The letter is also attached below – see link.

[Our School Survey Parent Letter](#)



From Michele's Desk:

KINDNESS CALENDAR: DECEMBER 2020

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Share the Kindness Calendar with others and spread kindness

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties at the moment

4 Give kind comments to as many people as possible today

5 Make a gift for someone who is homeless or feeling lonely

6 Support a charity, cause or campaign you really care about

7 Leave a positive message for someone else to find

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Be generous. Feed someone with food, love or kindness today

12 Buy an extra item and donate it to a local food bank

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an elderly neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Practice gratitude. List the kind things others have done for you

18 Give away something that you have been holding on to

19 Buy locally and support independent shops near you

20 Contact someone who may be alone or feeling isolated

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2021

Let's look beyond our differences and help each other. Every act of kindness matters



ACTION FOR HAPPINESS

#DoGoodDecember

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

Keep Calm · Stay Wise · Be Kind

Family Thirst Quencher!

Many people have heard the advice that we should drink more water and less sugary drinks. That is easier to say than do. Here are some tips on how to make that switch easier for everyone in the family.

Why it matters.

Drinking sugary drinks may lead to increased risk of obesity, type 2 diabetes and cavities in children.

What drinks count as sugary drinks?

Iced tea • Pop • Sports drinks • Energy drinks • 100% fruit juice • Fruit-flavoured drinks and punches
Sweetened plant-based beverages • Vitamin water and other sweetened waters • Sweetened milks like chocolate milk • Hot chocolate • Sweetened hot and cold teas and coffees

Parents can help children and teens replace sugary drinks with water.

- Did you know that teens drink most of their sugary drinks at home in the afternoons or evenings?
- Children and teens may not admit it, but they look to their parents to help guide their choices and behaviours.

What you can do.

- Make sugary drinks less available at home for everyone.
- Think about when family members consume the most sugary drinks. It might be when you get food from a restaurant, after sports, in the car, or while watching a movie. Target those common times and slowly replace the sugary drinks with water.
- Customize your water. Ask kids for their ideas on what fruit or herbs to add to water for variety.
- Try unsweetened sparkling or carbonated water for a twist!
- Always have water on the table for meals and snacks.
- Be a role model. When your children see you drinking water they are more likely to do it too!



Photo by Johnny McClellan on Unsplash

Written by: Public Health Nutritionists of Saskatchewan (2020)
Distributed by: Krista Sawatzky, RD and Public Health Nutritionist for Swift Current area
krista.sawatzky@saskhealthauthority.ca



Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



saskhealthauthority.ca

Parenting Study Group

Due to COVID-19, there will be **no meetings** held at O.M. Irwin School for the Parenting Study Group or the ADD/ADHD Information & Support Group at this time. If you have any questions, please feel free to call Laurie Gaunt at 306-626-3317. This number is not long distance in the Swift Current area and there is no call display.



In Motion Commotion

This Christmas season give yourself the gift of health! With the pandemic, it is more important than ever to focus on our physical, emotional and mental health. Try to focus on these five things: exercise, nutrition, relaxation, water, and sleep.

For Christmas gift ideas, visit www.saskatchewaninmotion.ca/tools-resources/active-toy-guide. Saskatchewan in motion's Active Toy Guide has lots of great gift ideas to help kids of all ages burn off steam, chart an active outdoor adventure, and experience the joy of movement. Also, watch for the 9th annual Wellness Challenge information coming out in early January. This year's challenge will run from Jan. 18 to Feb. 14.

Promoting healthy lifestyles in our community!



December 2020



O.M. Irwin School

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------|---------|-------------------------|----------|---|-------------------------|
| | | 1 - D5 | 2 - D6 Staff Meeting | 3 - D1 | 4 - D2 Red and Green Day | 5 |
| 6 | 7 - D3 | 8 - D4 | 9 - D5 | 10 - D6 | 11 - D1 Christmas Hat Day | 12 |
| 13 | 14 - D2 | 15 - D3 | 16 - D4 | 17 - D5 | 18 - D6 Last Day of Classes Christmas Sweater Day | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | ← | | | | → | |
| 27 | 28 | 29 | 30 | 31 | | |
| | ← | | | | → | Classes Resume Jan 4/20 |