



ADMINISTRATION MESSAGE




Dear O.M. Irwin Families,

Welcome to the December edition of the school newsletter! November was a busy and exciting month at O.M. Irwin. Our volleyball teams concluded another successful season. Congratulations to the players for an exciting season of volleyball and for always demonstrating positive sportsmanship and O.M. Irwin's School values in your home and away matches. O.M. Irwin's Remembrance Day service was a major school event for November. Thank you to the students who participated and to all the parents and family members for attending. Parent teacher conferences in November were well attended by parents and guardians. Thank you to the parents and guardians for making the PTCs a success.

December is definitely an exciting and busy month at school as we prepare for Christmas and the new year. We have the Grade 6-8 band concert on December 7th, and the annual Christmas concert on December 21st. Basketball season is beginning, and the school's junior and senior teams will be starting up this month as well. The Grade 6-8 students will be enjoying a Gym Blast the afternoon of December 2nd with a lot of exciting team building and activities that engage the students. In addition to the exciting school activities already planned for December, the SLC is planning a school dance and there will be Christmas themed activities for students and staff to enjoy.

It truly does take a community to raise a child and the O.M. Irwin school community, and we sincerely appreciate the support from our parents and families. From our families to the Irwin families, we want to wish everyone a very Merry Christmas with your families and friends and all the best for a safe, healthy, and happy 2023!

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





Dates to Remember:



December 1 - Holiday PJ Day

December 2 - Gym Blast (Grade 6-8)

December 5 - Pow Wow Presentation (Nekaneet First Nation)

December 7 - Band Concert 7:00-8:00 (Grade 6-8)

December 7 - Staff Meeting

December 9 - Pizza Meal Day

December 9 - Deadline for Hunter Safety applications

December 14 - Munsch Munsch Munsch at Lyric Theatre (Gr 1-3)

December 15 - School Dance (Grade 6-8)

December 16 - Red & Green Day

December 16 - Meal Day - watch for details!

December 20 - Christmas Concert: 6:30-7:15 (Grade K-3)

December 20 - Christmas Concert: 7:30-8:15 (Grade 4&5)

December 21 - Meal Day - watch for details!

December 21 - Festive Hat Day

December 21 - Last day of classes before
Christmas Break!

December 22 - January 3 - Christmas Holidays!

January 4 - Classes Resume

January 12 - Lockdown Drill

January 17 - March 4 - Winter Session Kids in
The Kitchen

January 19 - Shelter in Place Drill

January 24 - Duck/Cover/Hold Drill





O.M. Irwin CHRISTMAS SPIRIT

Thursday, December 1st

Christmas/Winter PJ Day.

Dress in your favourite cozy Pjs for the day.

Friday, December 16th

Red and Green Day

Dress in your favourite red or green clothes.

Wednesday, December 21st

Festive Hat Day.

Wear your favourite festive hat, winter toque, scarf or seasonal headband!

CHRISTMAS CONCERT

O.M. Irwin Christmas Concert

Tuesday December 20, 2022

Kindergarten - Grade 3 6:30-7:15

Grades 4 and 5 7:30-8:15



CHOIR

If you are in Grade 4, 5 or 6, and are interested in joining the school choir, please talk to Ms Jersak or Miss Stadnyk.

*Choir practice will be held every Day 2 at 11:35am in the Band Room.
Thanks to all who sign up!*



DECEMBER MEAL DAYS

We will be having 3 meal days in December!

On December 9 we will be having pizza from Pizza Hut.
December 16th & 21st will also be meal days.

Watch for more details and forms to be sent home!



Public Schools of Saskatchewan are pleased to announce a new award to recognize public school student groups or classes that support citizenship or character building within their schools or community.

STUDENT Citizenship Awards

THREE
\$1000
AWARDS
for grades 1 to 8

&

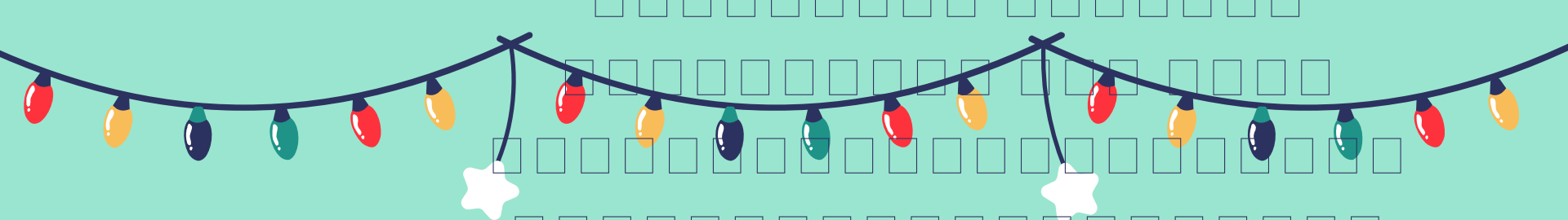
THREE
\$1000
AWARDS
for grades 9 to 12


PUBLIC SCHOOLS
OF SASKATCHEWAN
Where everyone can grow.

APPLICATION DEADLINE:
APRIL 15, 2023

For more information and application go to
saskpublicschools.ca





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/> ★



MENTAL HEALTH & SELF-CARE TIPS FOR KIDS



Find **social groups**
that will make them
feel like they **belong**



Establish a
self-care
routine



Motivate them
to **focus on the**
present moment



Practice
self-care for
yourself too



Encourage them
towards **journaling**
| TheMindsJournal



Recognize
their emotional
triggers



Help them
articulate
& **voice out**
their feelings



Set aside
time for
solo activities

MINDJOURNAL



MENTAL HEALTH MATTERS

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.

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

Message From Michele



THE EMOTIONAL CUP

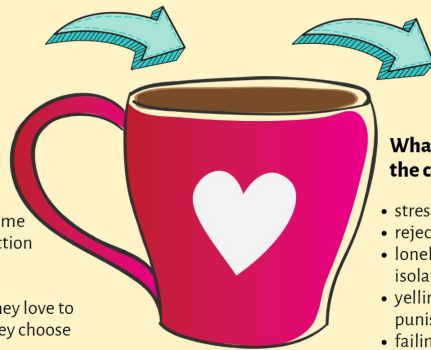
Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

K-Kids News

Food Drive:

Ms Burnett, Mr Darby, Mrs Potter, Ms McWillie, and the O.M. Irwin K-Kids are collecting non-perishable food items for the school's annual food drive!
Please send your donations to school by Monday December 5th so the Christmas Food Hampers can be assembled.

Recycling:

The K-kids are also busy setting up a recycling program in our school. They will be visiting each classroom to explain the new recycling program.
Proceeds will be going towards items for the middle years playground.





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
\$35.00
per child

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

2022 DATES

January 8
March 5
May 7
September 10
November 5



First Aid Kit
\$10.00

Please bring:
MASK
Paper
Pen/Pencil
Healthy Snacks
Beverage

CLASSROOM
Neufeld Auction Building
616 Cheadle St W



Contact: JAN LOEPKY-MACKAY ~ Instructor
To Register Email: cypressafas@gmail.com



Babysitter Training Course

The course focuses on five main areas:

Business Skills
Leadership
Child Care
Injury Prevention
First Aid



Program geared to
children
10 years and older

Course Cost
\$55.00
per child

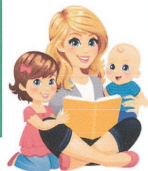
TIME: 9:00am to 4:00pm

2022 DATES

February 5
April 2
June 4
August 10
October 1
December 3

First Aid Kit
\$10.00

Please bring:
MASK
Paper
Pen/Pencil
Healthy Snacks
Beverage
Lunch



CLASSROOM
Neufeld Auction Building
616 Cheadle St W

organised responsible capable
caring punctual baby-sitting
shining mature

Contact: JAN LOEPKY-MACKAY ~ Instructor
To Register Email: cypressafas@gmail.com
BST Course fills up fast, to ensure spot register as soon as possible
with register fee paid.



Occupational Health & Safety

STANDARD FIRST AID & CPR/AED COURSE

The course focuses on these
main areas:

Roles & Responsibilities
Emergency Scene Management
First Aid
Severe Bleeding, Wound Care,
Burns, Medical Conditions,
Bone & Joint Injuries
CPR - A, B, C & AED



Cost of Course
Full Course - 2 days
SFA/CPR-A = \$145.00
One Rescuer - Adult
SFA/CPR-B = \$155.00
One Rescuer - Adult & Infant
SFA/CPR-C = \$165.00
Two Rescuer - Adult & Infant

Recertification - 1 day
SFA/CPR-A = \$145.00
SFA/CPR-B = \$155.00
SFA/CPR-C = \$165.00

OHS/SFA/CPR-A,B,C/AED
2022 Course Dates

TIME: 8:00am to 5/6:00pm

January 15 & 16
February 7 & 8
March 12 & 13
April 11 & 12
May 14 & 15
June 6 & 7
July 9 & 10
August 8 & 9
September 17 & 18
October 17 & 18
November 19 & 20
December 5 & 6

Classroom
Neufeld Auction Building
616 Cheadle St W

Contact: JAN LOEPKY-MACKAY
To Register: Call 306.774.4885
Email: cypressafas@gmail.com



IN MOTION COMMOTION

In the month of December, enjoy the outdoors, playing at the parks, walking on the Chinook Parkway, skating at the outdoor rinks, or trying Crokicurl or snowshoeing (can borrow equipment from the library).

This Christmas season give yourself the gift of health by focusing on physical activity, nutrition, relaxation, water, and sleep. Watch for the 11th annual Wellness Challenge information coming out in early January. This year's challenge will run from Jan. 23 to Feb. 19.

Promoting healthy lifestyles in our community!

NUTRITION BITES

No Microwave Lunch Ideas

Try some of these easy, healthy lunch ideas. No microwave needed.

Pack HOT leftovers in insulated containers and lunch bags



- Heat food in the morning, then put it in an [insulated container](#) (e.g. Thermos®) to help keep it warm until lunch and it is safe to eat. Try leftover soups, stews, curries, chili, pasta, and stir-fries.

Pack COLD foods with ice packs in insulated lunch bags



- Homemade or store bought ice packs work great to help keep foods cold and safe to eat. Try milk, cheese, yogurt, tuna salad, pasta salad, leftover meat, hard-boiled eggs, fresh spring rolls, sandwiches and wraps. Homemade Pizza and hamburgers are good cold too!

Try 'bento box' style lunches



- Mix and match easy to "grab and go" protein foods, whole grain foods and vegetables & fruit. Some ideas include: cut vegetables and fruit with dip; sliced cheese; deviled eggs; popcorn; pasta, rice or other grain salad; yogurt; and crackers with hummus. For more ideas see Canada's Food Guide food-guide.canada.ca

Pack foods in reusable containers



- Not only are they convenient and better for the environment, but they are good for your budget too! Don't forget a clean reusable water bottle.
- For low-cost containers look in dollar stores, second hand stores, and garage sales.

Involve children and youth

- Plan and pack lunches together each week with your child. Let them have a say, but also give them some guidance. You decide what foods they can choose from.

Written by Public Health Nutritionists of Saskatchewan (2022)
Krista Sawatzky, RD | Swift Current & Area
krista.sawatzky@saskhealthauthority.ca



Saskatchewan
Health Authority



www.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.

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.

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.

*Thank you to all students who proudly
represented Irwin School by playing on one of
the Irwin Ice
Volleyball Teams!*

*Thank you to everyone who tried out for an Ice
Basketball team and Congratulations to those
who made one of the teams!*

*We are looking forward to upcoming
Basketball season!!*



THANK You to our amazing community!



Thank you to the **Farm Credit Corporation** and to the **City of Swift Current Sunshine Committee** for your generous donations of funds that support our Breakfast Club and School Nutrition Programs. Your donations help us in providing delicious and nutritious meals and snacks to students in need throughout the day.



Thank you to all the **parents** who have been coming out to our monthly assemblies - especially those who have volunteered to participate in the Minute to Win it Challenges!



Thank you to the **senior girls volleyball team Parents** for showing off their spectacular volleyball skills in the player parent game!



Thank you to the **SHA** for the Fluoride Clinic you provided for our Kindergarten, Grade 1 & Grade 2 students! **We appreciate all you do for our community!**



Parents and Guardians

We appreciate you calling the school
at *306-778-9270* when your
child/children are going to be late or
absent.

Please leave a voice message if you
are calling before or after school
hours.

Thank you!

Pickup and Drop-off Guidelines for Parents and Caregivers

Pickup and Drop-off Guidelines for Parents and Caregivers

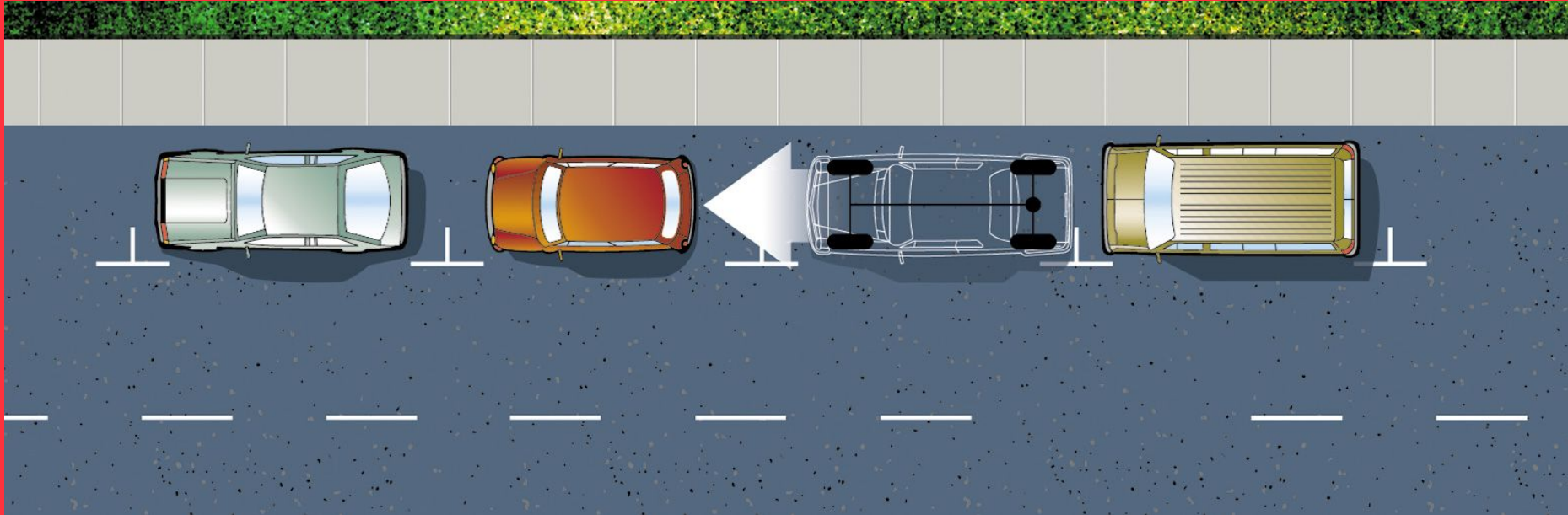
- ★ O.M. Irwin School is using the same pickup and drop-off guidelines as last year.
- ★ Please drop-off and pick up your child(ren) outside of the school at the designated entrances. The designated entrances are :
 - North East Entrance -Grades 3, 4, 5, and 6
 - South East Entrance - Grades K, 1, 2, 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!**



Pickup and Drop-off Guidelines Cont'd

George Street is extremely busy at the end of the day when parents and caregivers are picking up their child(ren). In order to safely maximize the parking spaces on George Street for as many vehicles as possible, please try to parallel park so there is approximately 1M to 2M of space between your vehicle and the other vehicle(s). Please see the image below. This will maximize the parking space on George Street, allowing as many parents/caregivers as possible to park close to the school during this busy time of the school day.

Thank you!"



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!**



Firearm Safety Hunter Education*

*****The Firearm Hunter Safety Education Classes**
(Junior class), sponsored by Swift Current Wildlife Federation, will
be running on Monday evenings from January 9 to March 27 or
Wednesday evenings from January 11 to March 29.
Classes will run from 7:00 pm - 8:45 pm.

Application forms are available at the Office and must be
completed and returned, along with your payment of \$50, to
Chris Grainger by the deadline of December 9.
Please make cheques payable to SCWF

MERRY
CHRISTMAS

And Happy New Year

