

O.M. Irwin School



January 2021 Newsletter

School Administration Team Message

Dear Parents and Guardians,

On behalf of the O.M. Irwin staff we want to wish you and your families a very happy new year and we wish you all the best for a happy, prosperous, and healthy 2021! It has been a terrific first week back at school after the Christmas holidays. It's been so exciting to see the students return to school after the Christmas holidays. The staff has really enjoyed reconnecting with the students and welcoming back to school. We have had a great start to 2021 at Irwin! At this time, we want to welcome the following new staff members to the Irwin team: Miss Natasha Vaughan - Grade 71 Homeroom teacher covering for Miss Poh's maternity/parenting leave; Miss Randi Klassen - 61 Homeroom teacher who is covering for Mrs. Wong's maternity/parenting leave; Miss Rebecca Klein - covering for Mrs. Thompson's middle years PAA, Art, and Health classes; and Mrs. Edith Downey - covering for Mrs. Thompson's Grade 2 and 3 Social and Science classes. Please join us in welcoming these teachers to O.M. Irwin! To conclude our message for this month, we want to thank the parents and guardians for their support and understanding as we continue to navigate our way through the COVID-19 Pandemic. We really appreciate all that you have done to assist the school during this challenging time. We wish everyone all the best for a great month of January! Take care and stay safe.

Hoo Haa Ice Rocks!

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

Upcoming Events

January 4th: Classes Resume

January 12th: Duck, Cover and Hold Drill

January 13th: Staff Meeting

January 22nd: Crazy Hair Day

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

March 16th & 18th: Parent-Teacher Conferences

March 22nd: NO SCHOOL FOR STUDENTS - In Lieu of Parent-Teacher Conferences

SCC News

The SCC would like to congratulate **Hailey Bollinger** for being the winner of our Winter Family Fun Contest! We hope you enjoy your prize basket Hailey. Thank-you to all who entered.

We supported the Noble Irwin Health Campaign by ordering donuts for our school Administration. It was a small token to thank Mr Kohlman (Principal), Mrs Tsougrianis (Vice-principal), along with Mrs Painchaud and Mrs Ostrander (Office Manager & Secretary) for their hard work, dedication and leadership.

We hope that while navigating the extra stress that the Covid 19 pandemic has brought into our lives in 2020 you were able to enjoy a well-deserved holiday.

The next SCC meeting will be held via Google Meet on Monday January 18, 2021 at 6:30 pm.

HAPPY NEW YEAR TO OUR ENTIRE IRWIN SCHOOL COMMUNITY!



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.

Happy Retirement!!!



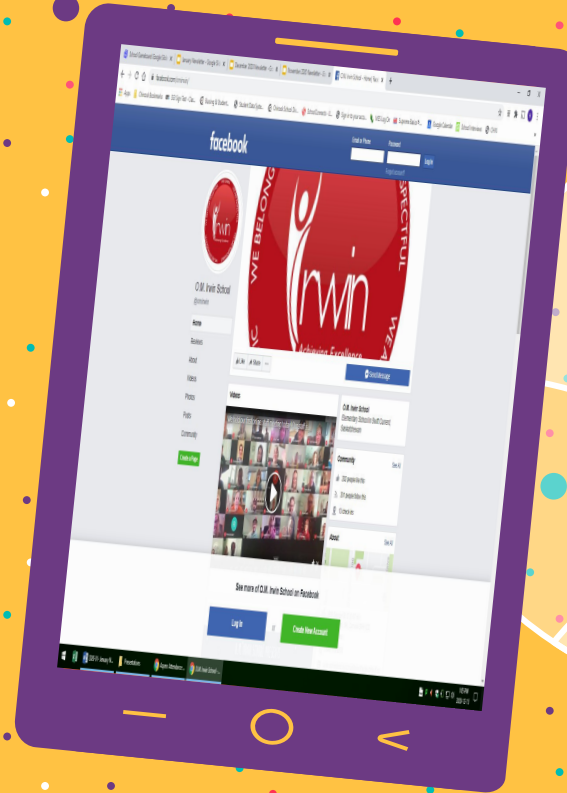
At the end of January, a very special person will be leaving O.M. Irwin School. Mrs. Joy Ostrander, our secretary, will be retiring. Her welcoming smile has greeted and welcomed many over the years and she will be greatly missed. On behalf of our Irwin Ice Family... Happy Retirement!

Best wishes for a happy retirement
Mrs. Ostrander!!

Find us 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/>



In The Community

Parenting the Emotional Child Group



4 sessions starting on January 21, 2021 and running until February 11, 2021 on Thursdays from 4:00pm-5:30pm

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

Understanding and Supporting Your Child with AD/HD



A Webex Training Event

3 sessions— January 12, 19 & 26, 2021

4:00—5:30 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

Nutrition

Make Healthy Eating Easier for Kids

Adults play an important role in making healthy eating easier for kids. The most helpful way to do this is to create an environment where healthy eating is the norm and easy to do.

- 1. Have healthy foods in your home and available for school lunches.** Simply put, what you have in your home or school environment is what your kids will eat.
- 2. Have regular meals and snacks.** It's important to allow children to build habits of eating at regular meal and snack times and to avoid grazing throughout the day.
- 3. Eat together.** Make family meals a priority whenever possible.
- 4. Avoid pressuring children to eat.** Insisting children eat certain foods may actually cause them to eat less of that food. As a parent or adult your role is to provide a variety of healthy foods and allow children to serve themselves without any pressure. A child's role is to decide how much of those foods to eat based on their appetite.
- 5. Avoid using food as a reward or punishment.** Eating is a very personal experience and the way we nourish our bodies. Using food as a reward or punishment sends mixed signals and may lead children to have an unhealthy relationship with food.
- 6. Role model how and what you want children and youth to eat.** Choose a variety of healthy foods and drinks and practice healthy eating behaviours such as putting away screens at meal time, making time to cook and eat meals with others, and enjoying your

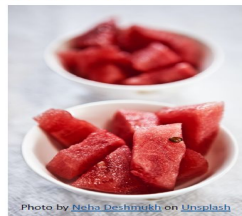


Photo by Neha Deshmukh on Unsplash

Written by the Public Health Nutritionists of Saskatchewan (2020)
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**Saskatchewan
Health Authority**

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

January Spirit Day

Friday, January 22nd Will be CRAZY HAIR DAY!

Students and Staff are encouraged to come to school with the craziest hair they can think of!!



O.M. Irwin School Merchandise



If you are interested in purchasing any of the above items, please contact Mrs. Painchaud or Mrs. Ostrander at the school office (306-778-9270). All proceeds go directly towards student activities.

- Irwin Ice Water Bottle - \$15
- Irwin Ice Socks (available in Black and White) - \$20
- Irwin Ice Adjustable Face Masks - \$10

Thank You

A special “Thank You” to the following organizations

- The Knights of Columbus for their donation of winter jackets to our “Students In Need” program.
- Faith Evangelical Missionary Church for their continuous support of our Nutrition and Students In Need Programs.
- TD Bank Group for their donation of “Maira’s Birthday” by Robert Munsch. They supplied the school with enough copies of this book to send one home with each of our Grade 1 and 2 students.

Parent 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

With the New Year, often comes New Year's Resolutions! What about this year focusing on making healthier lifestyle choices such as being more active and eating healthy, nutritional foods? To help everyone in your family make good healthy choices, why not join the 9th annual Wellness Challenge. The challenge runs from January 18 to February 14. Each member of your team keeps track of daily wellness points in the areas of nutrition, drink, sleep and physical activity with a chance to win a prize. To register, email v.choofoo@swiftcurrent.ca For more information, call (306)778-2787 or visit www.swiftcurrent.ca/wellnesschallenge There are many great opportunities to be In Motion so grab life by the laces and make 2021 your best, active year ever!



Additional Information

Student Contact Information

If you have recently moved, changed phone numbers, have a new job, please update the school with new contact information. It is crucial the school has current and up-to-date numbers in case of an emergency or student illness.

Please update the school at 306-778-9270 or email your child's homeroom teacher to be forwarded to the school office.

Babysitter Training and Home Alone Course

Cypress Advanced First Aid Services - Home Alone Course for boys and girls ages 9 and older, will be held on Saturday, January 9th from 9:30 to 12:00 pm OR 1:00 - 3:30pm at the Neufeld Auction Building, 616 Cheadle Street W. Cost \$35. Registration forms available at the school or call Jan Loeppky-Mackay at 306-774-4885 or e-mail: cypressafas@gmail.com.

Please ETRANSFER \$35.00 to cypressafas@gmail.com to secure a spot. Spots cannot be held without payment.

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

Report Card Reminders

As we near report cards, we wanted to highlight a few reminders:

Report cards will be emailed home in January and June. You will receive an email on January 29th letting you know that your child's report card is ready to view. You will then log into the parent portal to view your child's report card. Prior to that date, please ensure you are able to log in to the parent portal. Please don't hesitate to call with any questions regarding logging in, etc. We are happy to help! If you have misplaced your username and password please email irwin_school@chinooksd.ca and explain the issue you are having. This may take several days to fix so please let us know as soon as you are able to.

For Grades 6-8, open mark books are available to parents throughout the year to communicate learning.

Progress will also be communicated through Parent/Teacher Conferences in November and March. Teacher comments on report cards will be streamlined and in parent-friendly language. As always, please don't hesitate to connect with your child's teacher at any time to check in or ask questions.

January 2021



O.M Irwin School

Achieving Excellence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
			CHRISTMAS HOLIDAYS			
3	4-D1 School Resumes! Happy New Year!!	5-D2	6-D3	7-D4	8-D5	9
10	11-D6	12-D1 Duck, Cover and Hold Drill @ 11:20am	13-D2 Staff Meeting	14-D3	15-D4	16
17	18-D5	19-D6	20-D1	21-D2	22-D3 CRAZY HAIR DAY	23
24	25-D4	26-D5	27-D6	28-D1	29 No School Turn Around Day Term 1 Report Cards Published	30
31						