# October



School picture retake day will be on Wednesday, October 27th.

Our monthly newsletter is published on our school website and will remain on the site until the following month. Families will receive an email notification that the newsletter has been posted.

If you require a paper copy, please contact the office.

Our students did a great job creating feathers with messages about what EVERY child needs.





Thank you to all our families who let us know if your child will be away from school. You can communicate directly with the teacher, or let Mrs. Cote know. The school has voicemail, so feel free to call any time.

### MySchoolSask (MSS)

Parents have access to attendance records for their children from Kindergarten to grade 7. Parents of students in grades 6 \ 7 also have access to their child's academic performance. If your child is new to our school, parents will be sent a username and password. The link to the parent portal is:

https://myschoolsask.ca/aspen/logon.do
If you have any questions, please contact
Mrs. Cote.

#### There are many ways to stay in touch with Shaunavon Public School.







- https://www.chinooksd.ca/school/shvnpublic
   Our website is updated regularly. You will find a calendar with upcoming events and activities as well as links to our newsletter and many other fantastic resources for families.
- Our school will share many pictures, activities and announcements using social media. Always remember, that our main method of communication will be email. We ask that families ensure they keep us informed of any changes to contact information.

SPS raised nearly \$500 for the Terry Fox Foundation!

Thank you to Salem Lutheran Church for their donation to our Nutrition Program

# October

#### Let's meet our staff!

Mr. D. Ross - Principal

Miss A. Leslie - Vice Principal and Grade 5 Math teacher

Mrs. S. Davis - Prekindergarten teacher

Mrs. N. Poppy - Prekindergarten Educational Assistant

Miss D. Casat - Kindergarten Teacher

Miss K. Rudd - Educational Assistant

Mrs. P. Phair - Grade 1 teacher

Mrs. A. Conradie - Educational Assistant

Mr. B. Michelson - Grade 2 teacher

Mrs. J. Lundsten – Grade 3 teacher

Miss N. Pettyjohn – Student Intern

Mrs. H. Groenewald - Educational Assistant

Miss J. Hastings - Grade 4 teacher

Mrs. L. Envik - Educational Assistant

Mrs. N. Beauchamp - Grade 5 teacher

Mrs. P. Cooper - Educational Assistant

Mrs. R. Mokelki - Grade 6 teacher

Mrs. T. Stevenson - Grade 7 teacher

Mrs. C. Hardin - Educational Assistant

Mr. R. Wheeler - Student Services and Grade 5 ELA teacher

Mrs. G. Cote - Office Manager

Mrs. S. Stevenson - Library Technician

Mr. D. Wallis - Facility Operator

Mr. R. Sonen - Custodian

Miss R. Antosh/Mrs. J. McGuire - Student Services Counsellor





### things to say to your anxious child

1. I'm here with you. You're safe.

2. Do you want to do some dancing or running to get rid of the worried energy?

3. Tell me about it.

4. What would you like to say to your worry? / What might your worry say back? Then what?

5. Let's draw it.

6. What does it feel like in your body? Where is the worry? How big is it?

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7. Match your breaths to mine.

8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).



9. What's something we could do to help you feel better?

SPS would like to congratulate Mrs. Lundsten who has been named a Classroom Champions Ambassador!

We are so proud of all the work she has done with Classroom Champions and her students!



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				1
				Kindergarten Day 3
4	5	6	7	8
Day 4	Kindergarten Day 5	Day 6	Kindergarten Day 1	No School
11 Happy Thanksgiving No School	12 Day 2	13 Kindergarten Day 3	14 Day 4	15 Kindergarten Day 5
18 Day 6	19 Kindergarten Day 1	20 Day 2	21  Kindergarten  Day 3	22 Day 4
25 Kindergarten Day 5	26 Day 6	27 Picture Retake Day (a.m. only) Kindergarten Day 1	28 Day 2	Kindergarten Day 3