Volume 39 Issue 1

2021

EATON CLIPPINGS

2021-2022 School Year Upcoming Events

September	30	Orange Shirt Day
October	8	School Photos
October	11	No School Thanksgiving
October	12	No School PD Day
October	25	No School PD Day
October	26-November 2	Book Fair In School & Virtual
October	27&28	Parent Teacher Conferences
November	10	Gr. 1-12 Report Cards
November	11	No School Remembrance Day
November	12	No School (in lieu of Parent/Teacher Conferences)
November	15	No School PD Day
November	17	School Photo Retakes
November	25&29	Kindergarten Parent/Teacher Conferences
December	22-January 4	No School Christmas Break
January	5	School Resumes
January	25-28	Gr. 7-12 Exams
January	31	No School PD Day
February	2	Gr. 10-12 Report Cards
February	2	Semester 2 Begins
February	21-25	February Break
March	11	K-9 Report Cards
March	15&16	Parent Teacher Conferences
March	17	No School PD Day
March	18	No School (in lieu of Parent/Teacher Conferences)

April	14	Gr. 10-12 Report Cards
April	15-22	Easter Holidays
June	11	Grad 2022
June	23-29	June Exams
June	29	PD Day No School
June	30	K-12 Report Cards

Reminder

Please watch for children walking and riding their bikes when they are crossing the street.

SR SPARTAN FOOTBALL

League Games Schedule

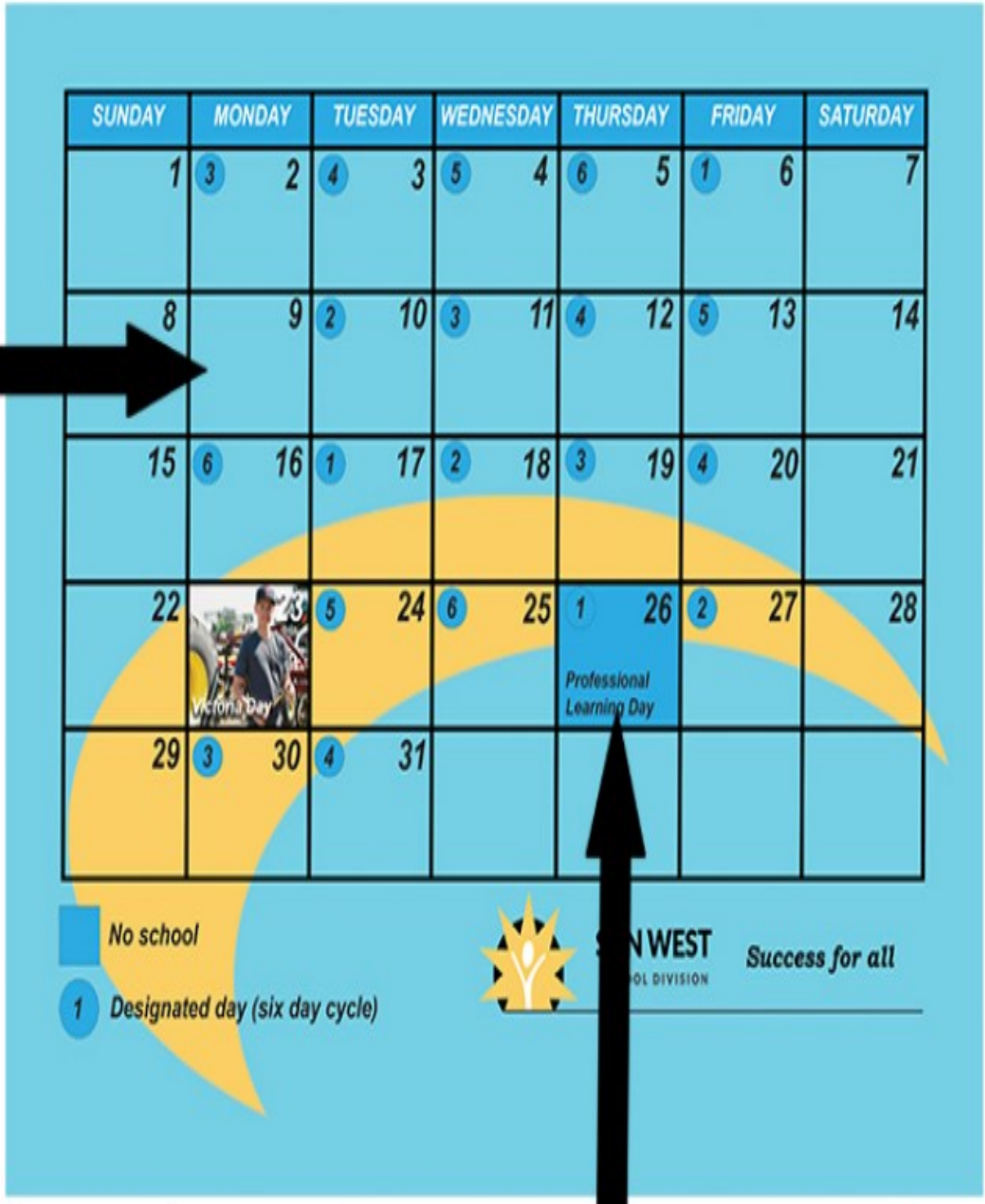
2021-2022

Friday September 10	vs Kerrobert	Away	
Thursday September 16	vs Unity COME CHEER ON	HOME THE SPARTANS!	Kickoff @ 4:30pm
Friday, September 24	vs Macklin	Away	Kickoff @ 8:00pm
Thursday, September 30	vs Wilkie COME CHEER ON	HOME THE SPARTANS!	Kickoff @ 4:30pm
Friday October 8	vs Macklin	Away	Kickoff @ 8:00pm
Thursday October 14	vs Kindersley COME CHEER ON	HOME THE SPARTANS!	Kickoff @ 4:30pm
Saturday October 23	Conference Play	If Spartans finish in the top 2	

Cancelled

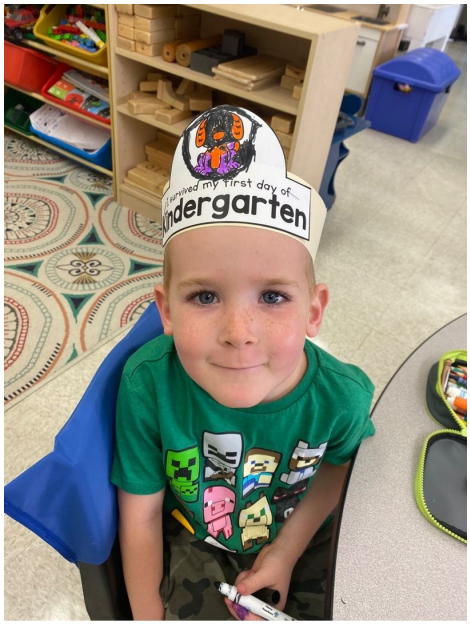
Please note that an error was made in the month of May in the 2021-22 Sun West calendar. See below.

A professional learning day IS scheduled for May 9 and there is no school that day, although this is not properly indicated on the calendar.

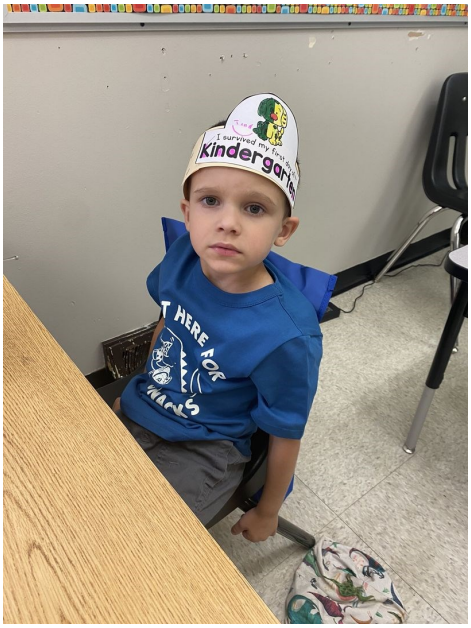


We apologize for this error and for any inconvenience and confusion it may cause.

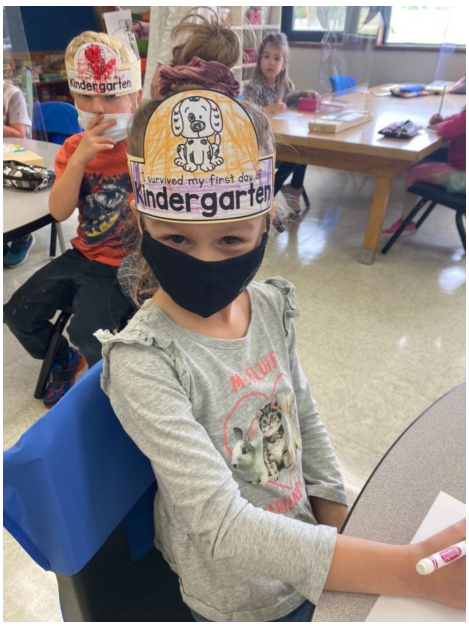
May 26 is NOT a professional learning day and there is school that day.

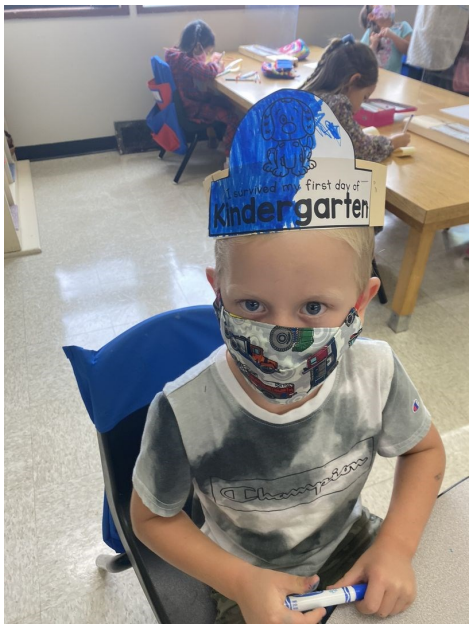


Kindergarten

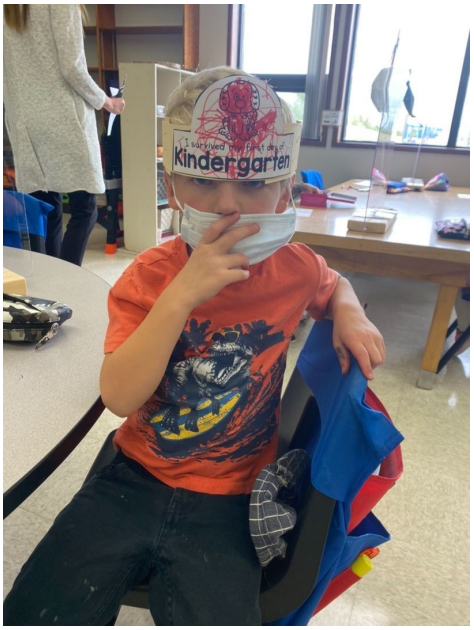


We have successfully been under way here in the Kindergarten room learning about school and what it is all about. I am so excited and thrilled to have a large group this year! Here are the Kindergarteners on their first day of school!





I survived my first day of
Kindergarten


Kindergarten

first day of
Kindergarten

I survived my first day of
Kindergarten

Kindergarten

October
November
December
I survived my first day of
Kindergarten
I'VE GOT
Magic Vibes

Hungry
for
Kindergarten!

I Love
Chicks
lambs

Gr. 1/2

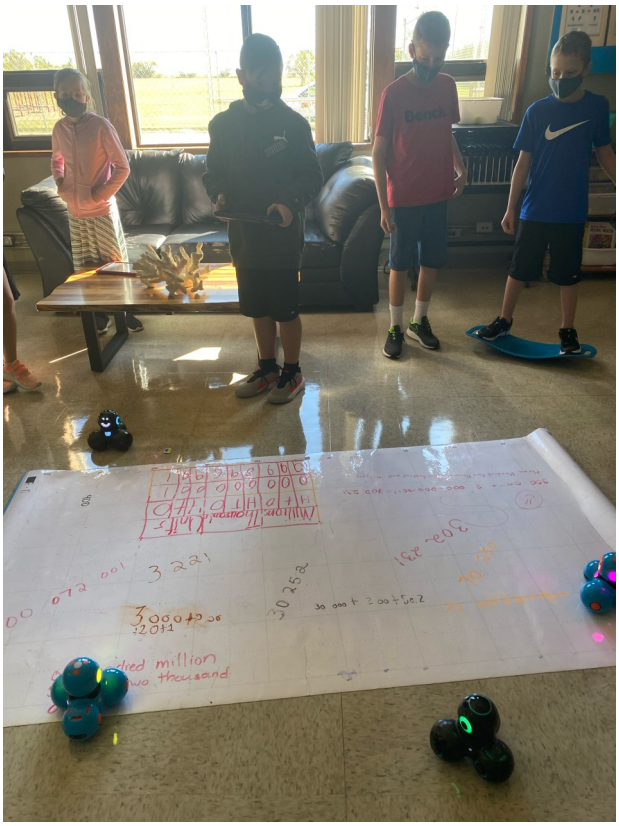
Grade 1 & 2 celebrated their learning with a tropical/beach day! There is lots of learning and laughter going on as we settle into the routine of the year.
We welcome Nicole Perry our new EA and Mia our new grade 1 student.

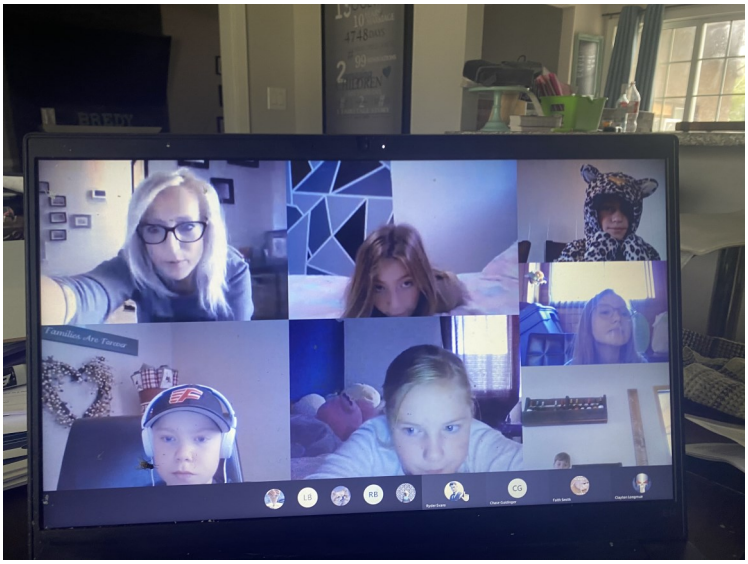
Gr. 3/4

Grade 3/4 have had an intense September! In science we are learning all about soil! We have made some observations of the soil around us and we have investigated the different particles that make up soil. In Social, we are discussing rules and laws, and in health we are learning about our different learning styles. We even got to experience a week learning online! We are very happy to be back at school and looking forward to a new month of adventures!

Gr.5/6

The Grade 5/6 class jumped into September with many activities including a Hogwarts House sort, online learning magic tricks, math bingo and place value math robots. So far it has been a magical year!!





Thank you to everyone that participated in our 2020/2021 TTYL 2.0 art contest!

Congratulations to the 4 finalists:

Cassidy Veldhoen from Elizabeth Middle School

Maddy Fahlman from Davidson School

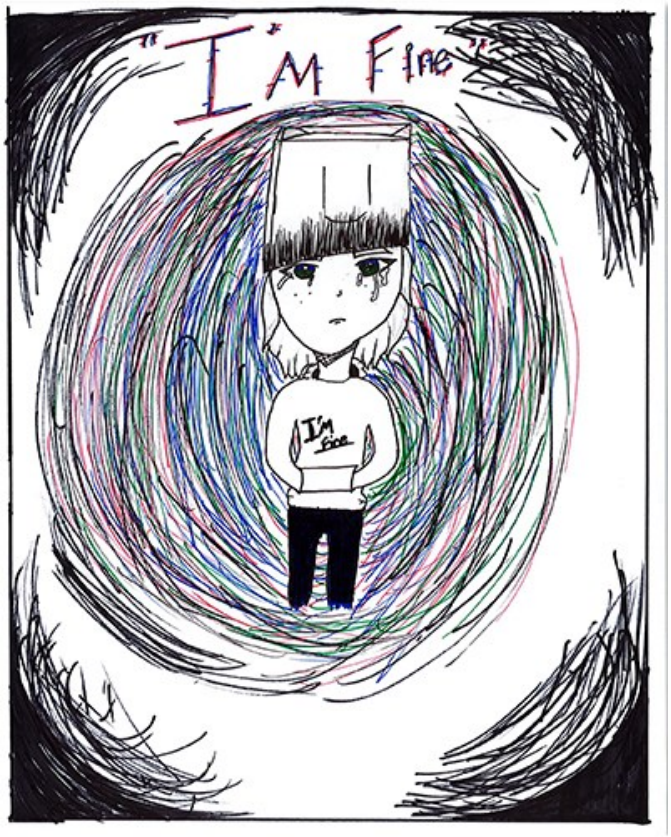
Marike Bouvier and Addisyn Connolly both from Eatonia School

https://www.sunwestsd.ca/programs/mental-health-art-contest

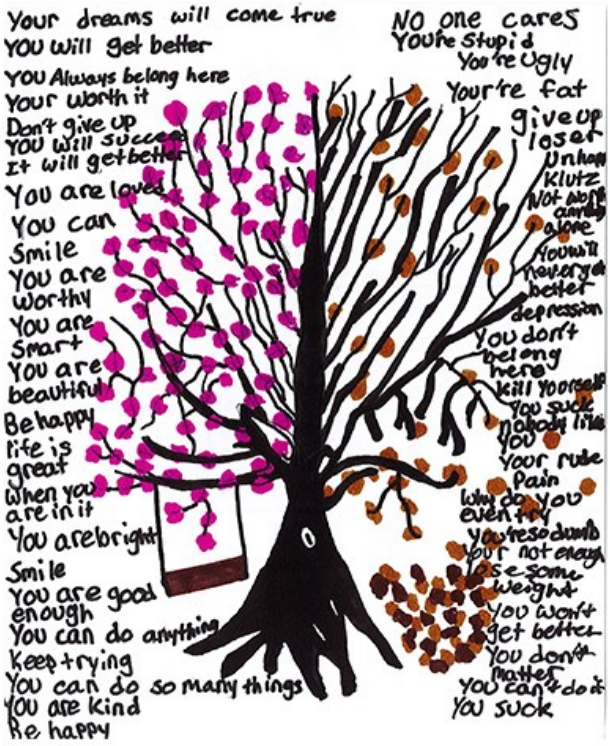
Mental Health Art Contest / Sun West School Division

Sun West School Division

Marike Bouvier



Addisyn Connolly



SELF-TALK
Identifying, Challenging, and Changing

Your self-talk, whether you are aware of it or not, either sabotages (negative) or supports (positive) you. Negative self-talk can result in unnecessary stress, anxiety, depression, self-doubt, etc. Positive self-talk encourages self-confidence, effective coping, achievement, and a general feeling of well-being. So, ask yourself, "Is my self-talk building me up or tearing me down?" "Is my way of thinking helping me or is it hindering me?"

Instructions:

1. Think of a recent time when you were experiencing negative or unhelpful thoughts.
    a. What was the situation?
    b. How did you feel?
    c. What did you do?
2. Now, use this step-by-step guide and see if changing the *way* you think could possibly bring a better result.
3. Given what you have reviewed here, what is one thing you are willing to start doing that can help you better manage your negative thinking?

Changing Your Self-Talk

- **Catch it.** Recognize when you are having negative or unhelpful thoughts.
- **Control it.** Stop! When you find yourself thinking negatively say STOP to yourself (silently) to stop the downward spiral of thoughts leading to sadness, guilt, anxiety, self-doubt, hurt, etc.
- **Challenge it.** Challenge what you are saying to yourself using the various questions below.
- **Change it.** Change the negative messages you are saying to yourself to more realistic/positive ones in order to bring about more pleasant and helpful emotions.
- **Cherish it.** Enjoy the moment and the feeling you have just created!

Challenging Your Thoughts

- Is this thought helpful? What is a more healthy thought?
- What would I tell a friend in this situation? (perhaps follow this advice)
- What evidence do I have that what I'm thinking is really true? What is the evidence against it?
- Is there any other reason this situation could have occurred?
- Is there another way of looking at this situation? What are some other points-of-view?
- What is the worst/best/most likely outcome? If the worst did happen, how could I cope? Would I live through it?
- Is there anything I can do about this right now? If yes, take appropriate action. If no, accept and move on.

2021 Book Fair

Books Bring Us Together

In School Fair—October 26—29

Virtual Fair—October 26—November 2

Students will be coming down to the library during the day to look at the books and will fill out a wish list. The lists will be sent home with students so parents can see what books their children want.

October 27th to 28 the book fair will be open until 8 pm during parent/teacher conferences. If you can't make it in the evening and would like to come during the day please call Miss. Radies at the school (306)967-2536 or email me at tracy.radies@sunwestsd.ca to arrange a time to come look at the books. There will also be a online virtual book fair again if anyone would rather order online. Cash/cheque/debit/credit card accepted.

Masks are required, please use hand sanitizer at the door of the library and to please sign in for contact tracing purposes.

If you have any questions, please contact me. Thank you for your continued support. The book fair benefits the school library by receiving a percentage of the books purchased. The students love it when we can get new books for the library.

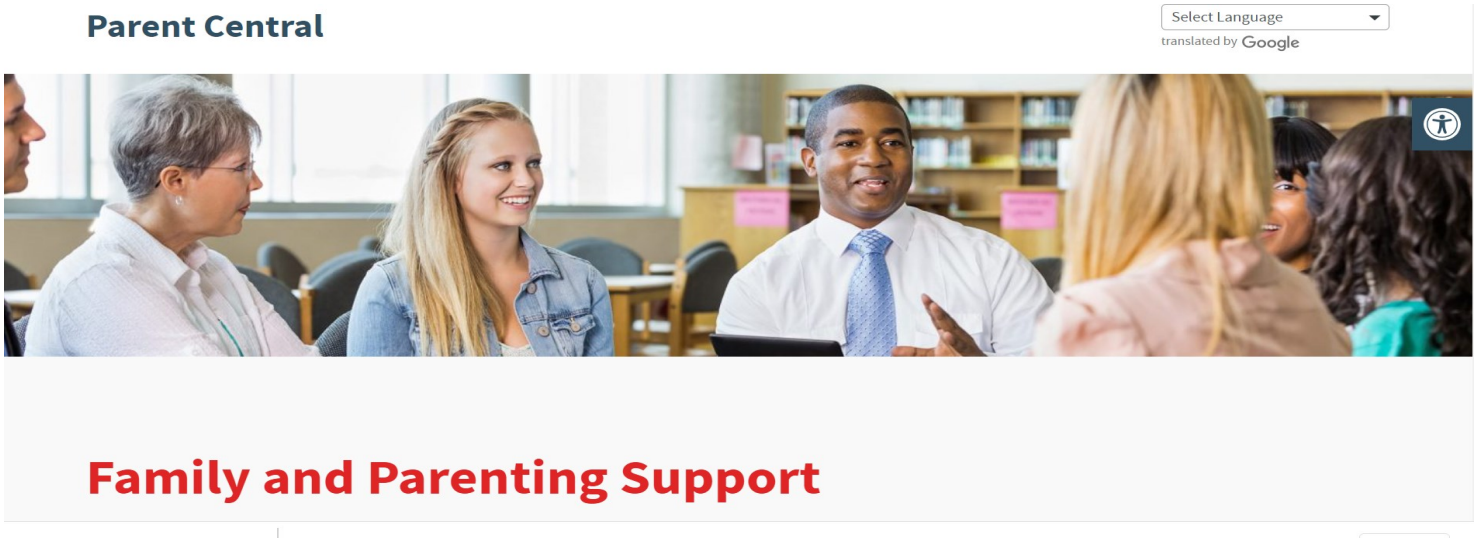
SUN WEST SCHOOL DIVISION

Land Acknowledgement

The Sun West School Division acknowledges that we are on Treaty 6 and Treaty 4 territories. This land that we share has long been home to the Cree, Saulteaux, Nakoda, Lakota, Dakota peoples and the Métis.

We who live on, learn from and care for this land and water recognize the ancestors who have walked before us as well as the generations to come.

We make this acknowledgement as an act of reconciliation to reaffirm our relationship to one another. We are committed to learning together.



The 211 Saskatchewan division of the United Way has created a new website called **Parent Central** that will be very valuable to the parents of students. **Parent Central** is a website that simplifies the process of finding supports and programs for young children and their parents/guardians in Saskatchewan. Whether it is child care, early learning or child development services, family activities or recreational activities, family support or anything else that is needed in assisting parents/guardians of children aged 0-6, it can all be found through the **Parent Central** website. That means no more searching all over the internet, sifting through ads and multiple unrelated websites, to find what you need. We've made finding your child's needs easy and hassle free.

Parent Central is free, all that's required is an email to sign up. Please view the United Way's website https://parentcentral.sk.211.ca/ . Their goal is to have **Parent Central** be the only website a parent needs to find what they need for their young children. Raising children is stressful, and 211 anticipates that **Parent Central** will alleviate some stress in parents' lives.

Please visit https://parentcentral.sk.211.ca/.

Student Violence Threat Risk Assessment

FAIR NOTICE

Sun West School Division is committed to creating and maintaining school environments in which students, staff, parents/guardians/caregivers and others feel safe. Schools cannot ignore any threat of violence.

What is a threat?

- An expression of intent to do harm or act out violently against someone or something
- May be verbal, written, drawn, posted on the Internet, or made by gesture

Duty to Report

To keep school communities safe and caring, staff, parents/guardians/caregivers, students and community members must report all threat related behaviors to the school principal.

What is the purpose of a Student Violence Threat Risk Assessment?

- To ensure and promote the emotional and physical safety of students, staff, parents, the student making the threat, and others
- To ensure a full understanding of the context of the threat
- To understand the factors that contribute to the threat maker's behavior
- To be proactive in developing an intervention plan that addresses the emotional and physical safety of the threat maker
- To promote the emotional and physical safety of all

What behaviors warrant a Student Violence Threat Risk Assessment to be initiated?

A Student Violence Threat Risk Assessment will be initiated for behaviors including, but not limited to:

- Serious violence or violence with intent to harm or kill
- Verbal/written threats to harm or kill (clear, direct, and plausible)
- Online threats to harm or kill others
- Possession of weapons (including replicas)
- Bomb threats (making and/or detonating explosive devices)
- Fire starting
- Sexual intimidation or assault
- Gang related intimidation and violence

What Parents and Students Need to Know?

- Any threat must be reported to the school principal
- Investigation may involve the student services counsellor, the police of jurisdiction, or other community agencies
- Investigation may involve locker or personal property searches
- Interviews will be held with the threat maker and other students or adults who may have information about the threat
- Parents of students who are directly involved will be notified
- Threatening behavior may result in disciplinary action
- An intervention plan may be developed for the student making the threat and a support plan developed for any individuals targeted by threats.

The information in this brochure reflects the thinking and work of J. Kevin Cameron, Director of the Canadian Centre for Threat Assessment and Trauma Response.

The complete West Central Community Threat Risk Assessment and Support Protocol may be found on the Sun West School Division's website at www.sunwestsd.ca.