



North West Central School  
Thursday Note  
February 11, 2021

<http://www.northwestcentral.sunwestsd.ca/>



**Principal's Message**

What a cold week it has been! Thanks to those parent who were able to bring their children to school when our buses don't run. Many times our buses won't even start (although they were plugged in) in this cold weather and they certainly don't warm up. These cold weather days are an excellent time for extra help/support if you can get your children to school.

I received a report from Saskatchewan Alliance for Youth and Community Well-Being. It contains information about the effects of COVID-19 on our students. However more important that the effects, is the next steps to promote positive action and health. I have included their excellent suggestions in this Thursday Note to help alleviate the negative effects of COVID-19 in all of us.

Our football team is doing a fundraiser – selling St. John Ambulance First Aid Kits! Check out the information in this Thursday Note!

**Important**

Deadline for submitting items for the Thursday Note is Wednesday before noon. Items received after that will not make it into the Thursday note.



Email Jodi at [jodi.seibold@sunwestsd.ca](mailto:jodi.seibold@sunwestsd.ca) if you need any help with the Family Portal

**Wildcat Wows!**

**WILDCAT WOW** – To the excellent vaping (Gr. 6-9) and opioid (Gr. 10-12) presentations that students attended virtually this week.

**WILDCAT WOW** –To Jodi for updating our TV slides with cute pictures of students reading and funny pictures. They are fun to watch as you walk down the hallway.

**WILDCAT WOW** – To our SCC for promoting literacy in our school with engaging contests and prizes.

**WILDCAT WOW** – To Nicky for fixing the paper roll cart in the art room.

**NWCS BUS DRIVERS**

Kelly McQueen 306-460-9497 Bernie Olson 306-430-4364  
Pat Richards 306-932-7209 Bob Smith 306-460-6567 Amber Atkinson 306-304-2468  
Jessica McLeod 403-507-0738 Ryan Webber 306-460-9477  
Savannah Schoeler 306-426-7977 (Spare driver)  
Kris Doering 306-932-7880 (Spare driver)

## ACT: Next Steps for Health Promotion Action

SAYCW strives to learn, connect, and act to improve youth health and well-being. Having reviewed the COVID-19 research and shared related Saskatchewan youth survey data, this report ends by focusing on action. SAYCW hopes that these health promotion actions will help youth to manage the challenges brought about because of the pandemic.<sup>4,7</sup> All statistics below are from SAYCW's 2019 survey, helping to localize these actions.

- ◆ **Exercise** – Youth who were more active at school were nearly twice as likely to meet national standards for their total physical activity in school and away from school. We all have to find safe ways to remain physically active during the pandemic, especially for youth with restricted school activity.
- ◆ **Sleep well** – Only 47% of youth reported meeting national guidelines for healthy sleep in their age group on weekdays. There is an opportunity to improve this behaviour and that will benefit health.
- ◆ **Have consistent routines, including bed and wake up times**
- ◆ **Eat balanced meals** – Based on SAYCW survey results, this means eating more fruits and vegetables: nearly 90% of youth did not meet those daily serving guidelines.
- ◆ **Avoid vaping, smoking, drinking, and other substance use** – This is an important issue in Saskatchewan because of our high vaping and smoking rates. Over 2 in 5 youth reported ever vaping, and 1 in 5 reported ever smoking. The [Thriving Youth, Thriving Communities Report](#) provides numerous breakdowns of substance use, which vary considerably by grade.
- ◆ **Find safe ways to have fun and learn new hobbies/skills** – Engaging in activities that are more challenging and stimulating improve health and well-being. Passive activities like watching TV, YouTube, and following social media can be unhealthy.
- ◆ **Practice good hand hygiene** – Wash hands with soap and water or use hand sanitizer.
- ◆ **Practice deep breathing, stretching, or other relaxation and mindfulness strategies** – Three of the 61 grants that SAYCW's [Healthy Schools & Communities Grant Program](#) funded included mindfulness and breathing skills that helped youth to reduce stress and improve well-being.
- ◆ **Connect with family, friends, and others who provide emotional support** – Youth reported strong support & connection with their family, friends, school, and community. Feeling disconnected may have a greater impact on youth who are used to strong support and connection.
- ◆ **Be safe online and take breaks from social media** – According to research, youth who spent more time on social media were more likely to feel depressed.<sup>5</sup>
- ◆ **Stay connected and informed, but avoid overwhelming and negative news**
- ◆ **If spending time with people in-person, physically distance and wear masks**
- ◆ **Ask for help and help others when needed**

In addition to all of these tips, one study recommended that youth **rally around a common cause and advocated taking an altruistic approach to the pandemic.**<sup>2</sup> This might help youth to feel that they are working with others and are not alone – providing a sense of purpose and more optimistic feelings about the future.



## WILDCATS FOOTBALL FUNDRAISER

### St. John Ambulance First Aid Kit



Saskatchewan Provincial Workplace Level 1 Plastic Kit

Each First Aid Kit Includes the following:

- 12 Adhesive Plastic Bandages
- 2 Triangular Bandages
- 4 Safety Pins
- 1 Stainless Steel Bandage Scissors - 14 cm
- 1 Stainless Steel Forceps - 11.5 cm
- 1 Adhesive Tape - 2.5 cm X 4.5 m
- 6 Pairs of Vinyl Gloves
- 1 Liquid Antibacterial Soap (Dettol) - 50 ml
- 2 Sterile Gauze Pads - 10 cm X 10 cm
- 2 Sterile Gauze Pads - 7.5 cm X 7.5 cm
- 2 Sterile Gauze Pads - 5 cm X 5 cm
- 2 Gauze Bandage (5 cm Wide X 5 m Long)
- 2 Gauze Bandage (10 cm Wide X 5 m Long)
- 1 Sterile Eye Dressing
- 10 Antiseptic Cleansing Wipes - 11.9 cm X 19.4 cm
- 1 Sterile Gauze Pads - 15 X 20 cm
- 1 Self-Adherent Roller Dressing - 5 cm X 5 m
- 1 Self-Adherent Roller Dressing - 10 cm X 5 m

**\$45**

*Tax  
included*

**ORDERS AND PAYMENT MUST BE IN BY MARCH 2, 2021. TO ORDER:**

- **USE THE ONLINE ORDER FORM LINK BELOW**
- **CALL TRISH OR JODI AT 932-2222**

[CLICK HERE TO ORDER ONLINE](#)

#### **Plenty Wheatland Regional Library**

We have 2 contests that will be finished next week. To enter the Family Literacy Contest, drop in and complete the form and enter to win a variety package of reading material for the entire family! The draw date is February 17. The other contest is a Valentine Contest – when you come enter your guess as to how many candies are in the mug. The draw date is February 16.

We have Take and Make Book Kits for the following themes – polar bears, snow, hockey and Canada Flag Day. Take the kit home, read the book and do the activity/craft. Then return the book in the bag.

Looking for a cake pan for a special occasion or interested in trying your hand at making chocolates? Drop in and check out our selection of pans and moulds.

We also have jam and cards for sale at the library.

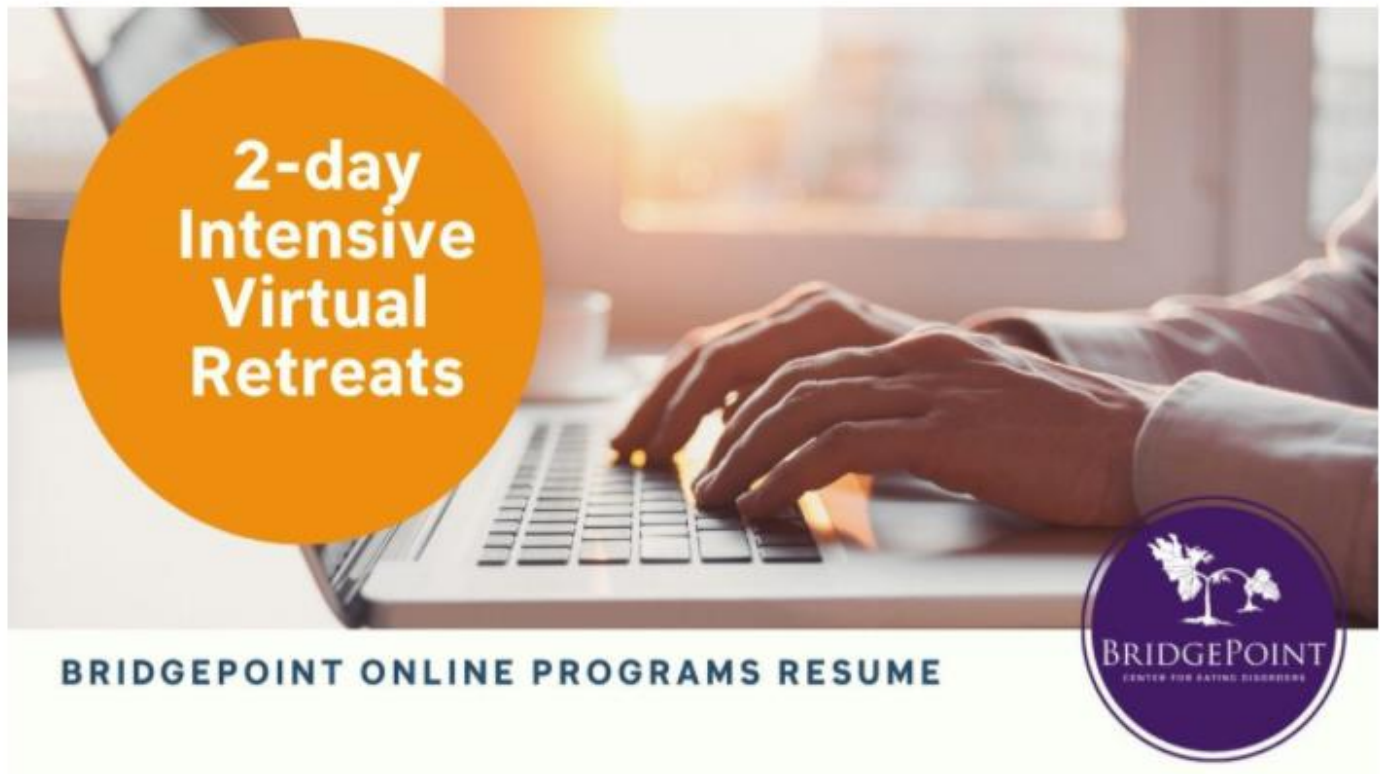
Looking for easy chapter books for those beginning readers? Drop in and check out the selection of beginning chapter books.

Our Book Club Book is Miss Julia Speaks Her Mind by Ann B. Ross. This delightful book is fast-paced and charming with a sense of comic drama, crazy characters and a Southern cadence. You do not have to belong to the Book Club to borrow this book, but we do invite anyone to come and join us! We usually meet the first week of the month.

Our hours are Tuesdays 2:00 – 5:30 pm and 6:30 – 8:00 pm  
– 6:00 pm

Wednesdays 10:00 am – 12:00 pm and 1:00





- Virtual Online Retreat - Jan 25-26, 2021
- Virtual Online Retreat - Feb 12-13, 2021
- Virtual Online Retreat - Feb 26-27, 2021
- Other dates to be determined based on demand and public health protocols

Please follow this link for more information or to register  
<https://mailchi.mp/f8535309569f/2021-upcoming-programs>

### ♥ Doddsland Library News ♥

Valentine 's Day is just around the corner, be sure to stop in at the library and check out all our new books that have arrived over the past few weeks. Every time you check out books from now until Valentine 's Day, you get to take a guess at how many hearts are in the jar, for your chance to win the jar full of Valentines goodies... so stop by and give us your best guess.

We also have Valentine coloring packages for the kids to come grab and take home as well. ♥



Entripy Online School Clothing Site. Follow this link to find a variety of options and personalize them to your liking.

<https://northwestcentralschool.entripyshops.com/>

Remember: You can always visit our school website to shop for school clothing!!!

## SASKATCHEWAN ABORIGINAL STORYTELLING MONTH 2021



In partnership with LSSAP  
we present:

### INDIGENOUS STORYTELLING WITH LORENA LYNN COTE



**TUESDAY  
FEBRUARY 23RD**

**10:30-11:15**

**ON ZOOM**

**Pre-registration required**  
**Email [branchmanager@wheatland.sk.ca](mailto:branchmanager@wheatland.sk.ca)**



Hosted by Wheatland Regional Library

SAS Logo - Circles Close by Leah Dorion

#### What is Aboriginal Storytelling?

For Aboriginal people, storytelling is both a gift and a very old custom, sanctioned by the people to teach, entertain and remember. Throughout February, First Nations & Métis storytelling events are held in schools, libraries, and community organizations throughout Saskatchewan.

#### Grants from:



#### Sponsors:



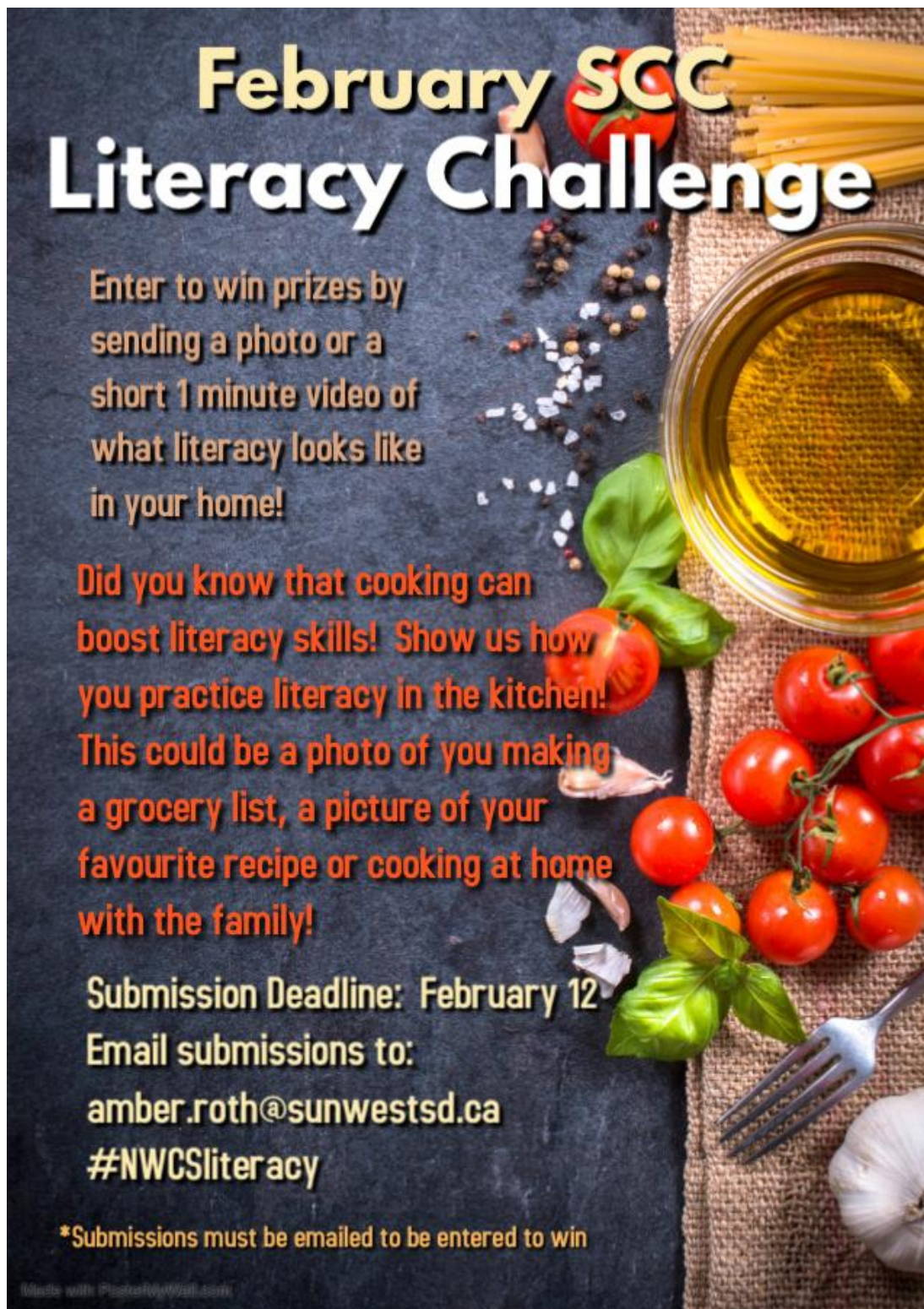
Hosted since 2004 by:



<http://lssap.wordpress.com/>



DEADLINE FOR SCC LITERACY CHALLENGE extended to FEBRUARY  
21<sup>st</sup>!!



# February SCC Literacy Challenge

Enter to win prizes by  
sending a photo or a  
short 1 minute video of  
what literacy looks like  
in your home!

Did you know that cooking can  
boost literacy skills! Show us how  
you practice literacy in the kitchen!  
This could be a photo of you making  
a grocery list, a picture of your  
favourite recipe or cooking at home  
with the family!

Submission Deadline: February 12  
Email submissions to:  
[amber.roth@sunwestsd.ca](mailto:amber.roth@sunwestsd.ca)  
[#NWCSliteracy](https://twitter.com/NWCSliteracy)

\*Submissions must be emailed to be entered to win

Made with PosterMyWall.com

# Be informed.

Learn more about the specific area of programming you are interested in through a live videoconference with Great Plains College staff.



## University

January 7, 2021 – 5:30-7:30 PM

## Healthcare & Humanities

January 22, 2021 – 4-6 PM



## Business & Administration

February 25, 2021 – 4-6 PM

## Trades & Power Engineering

March 19, 2021 – 4-6 PM



## Adult Basic Education

April 15, 2021 – 4-6 PM



LEARN MORE AT

[greatplainscollege.ca/events](https://greatplainscollege.ca/events)

1.866.296.2472



*great plains*  
college





*Kerrobert Courtroom Gallery  
is pleased to host the*

# PLENTY ARTISTRY CLUB

**JANUARY 15 - FEBRUARY 28 2021**

GALLERY IS OPEN REGULAR VISITING HOURS FOLLOWING COVID GUIDELINES

## CREATIVE CELEBRATION

TRACY ALDRIDGE

MITZI GILROY

AMBER ROTH

MARY MCINTOSH

KATHY RICHARDS

NORA SEIME

ALANNA ZERR

JUSTYNA CHARETTE

JANINE SHIPMAN



Kerrobert Courtroom Gallery

