



Principal's Message

Dear Parents:

Re: Life-Threatening Allergy in Our School

One of our students or staff has a life-threatening allergy to all nuts. Our school wants to provide the safest environment possible for students and staff with anaphylaxis (life-threatening allergies). In order to reduce the risk of a life-threatening exposure we need everyone's co-operation. Do not send products containing nuts to school.

Please check the ingredients of all foods your children bring to school. Ensure that you do not send food with peanuts or any other types of nuts. Also avoid sending items which say "May contain traces of nuts", as these could pose a serious risk. If your child eats a peanut containing product before school, please have them wash their hands and brush their teeth before coming to school.

In a school setting, cross-contamination is the greatest risk from this type of allergy. Cross-contamination is when a few crumbs from one child's lunch or snack are dropped and then picked up by an allergic child. *Even a small amount can kill.*

We realize this request can pose an inconvenience for you when packing your child's snack and lunch and express sincere appreciation for your support and understanding of this potentially life-threatening allergy.

Here are some nut alert lunch ideas from the Public Health Nutritionists of Saskatchewan.

If your child's favourite sandwich is peanut butter and jelly, what other choices do you have?

- * Meat sandwiches made with roast beef, chicken, turkey, pork, ham, tuna, salmon, egg or sardines.
- * Vegetarian sandwiches made with avocado, cream cheese, cucumbers, tomato, cheese and/or lettuce. Keep it interesting by using wraps, pitas and buns instead of just bread.
- * Bagels and low-fat cream cheese or cheese spread and fruit
- * Soup – ideally tomato or broth-based soups with vegetables, lentils, split peas and/or beans. Check the label to ensure the soup does not contain peanut oil. Send to school in a thermos.
- * Pizza bagels, buns or English muffins.
- * Quesadillas, soft tacos or burritos – flour tortilla topped with cheese, meat or beans and vegetables. Serve with salsa and low-fat sour cream or plain yoghurt. Send to school cold or heated in a thermos.
- * Cheese and crackers. Read labels carefully to make sure the crackers have not been in contact with peanuts or peanut oil.

Principal message continued.

* Hamburger and potato salad.

* Pasta and sauce

* Cereal (dry or with milk). Read labels carefully to make sure the cereal has not been in contact with peanuts or peanut oil.

Note: Children with peanut allergies should never take food from another child, even if they think the food does not contain nuts or peanuts.

Read labels regularly because manufacturers often change the ingredients in their product.

NWCS Student and Parent Handbook – a copy is attached; you may contact Jodi for a paper copy. The handbook will be added to our website so you can refer to it as needed.

Wildcat Wows!

WILDCAT WOW – To Trent and Lana McCarthy for the donation to our football team!

WILDCAT WOW – To Anna Walsh for reading a fall story and then leading bingo games in the Grade One classroom!

WILDCAT WOW – To Jodi for handing out snacks to hungry students!

WILDCAT WOW – To Mr. Slattery for bringing super cool items to show and share with the Grade Ones!

WILDCAT WOW – To Anna and Todd for building Teegan's new wagon for us!

WILDCAT WOW – To Sage, Matthew and Caelum who advance to Provincials in Cross Country.

Last year, we created a "This is NWCS" family bulletin board in our hallway featuring a "family" picture from each of our NWCS families. We loved it! So did the students, and visitors to our school! So, we would like to do it again this year.

This means we need your help again. Please send a 4x6 or 5x7 size "family" picture (this won't be returned to you) or email a digital copy to trish.mcdonald@sunwestsd.ca. **This can be whatever "family" means to you. And, if you have two families, you can send two pictures!** Thanks for your help on this!

NWCS SCC – Food Program

This month's Apple Program Sponsor is **Seime Farms (Joel and Des Seime)** We appreciate your support! The Apple Program supplies Apples twice a month as well as other healthy snacks. The students look forward to and enjoy these snacks!

If you would be interested in being a sponsor for this program, please contact any SCC Member.

The SCC would like to thank the following NWCS parents who have volunteered their time this month to bake muffins in support of our SCC Muffin Program;

Regan MacDonald, Brittany Bennett, Brea Olson and Savannah Schoeler. We, along with the students, appreciate your time and support!

If any parent or community member would be interested in volunteering to bake for us, please reach out to Janelle Olson.

(306) 774-5280

janelleolson@outlook.com

Up Coming Events

October 6	Ice Cream Treat Sale
October 8	Regional Pass Punt Kick 3:30 on the football field
October 10	Picture Day
October 13	No school – Thanksgiving Day
October 14	No school – PD
October 17	Panago Pizza Sale
October 31	Rijamo Cafe Pizza Sale
November 13	Picture retakes

NWCS BUS DRIVERS

Jolene Heese (Richards) 306-831-0114 Doug Motz 306-658-3338
 Bernie Olson 306-430-4364 Irene Tessmer 306-278-7012
 Ryan Webber 306-460-9477 Bob Smith 306-460-6567 (spare driver)
 Savannah Schoeler 306-426-7977 (spare driver) Aileen Halter 306-604-9575 (spare driver)
 Ray Althouse 306-948-7807 (spare driver) Laura Rohs 306-821-3867 (spare driver)

Sun West School Division has a Guest Rider Policy and Forms, we have these on our school website with the rest of the forms parents need to fill out throughout the school year. In order to use this guest rider program 48 hrs advance notice is needed. Forms must be handed in to the office 2 days prior to students riding another bus and all of the criteria is met.

[Click here](#) to be directed to our school forms on our website.

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.

School Clothing

[School Clothing Link](#)

**School Clothing is available to order all year long off
of our school website.**

Check it out on the home page.

Ice Cream Treat Sale!



**October 6th
at Noon!**

\$2 / treat

Popsicles
Creamsicles
Fudgsicles
Revellos
Ice Cream
Sandwiches
Giant Freezies

Gluten Free & Dairy Free Options

PANAGO PIZZA LINK

Deadline to order is Wednesday, October 8 at midnight!!!

[PANAGO PIZZA LINK](#)

RIJAMA CAFE PIZZA LINK

Deadline to order is Thursday, October 23 at midnight!!!

[RIJAMA CAFE PIZZA LINK](#)

Free Piano for anyone who comes fo get it. Located
at NWCS. Call 306-932-2222 



 **HANDEL COMMUNITY CLUB PRESENTS** 

CHILI COOK-OFF

Saturday Nov 1st **BRING THE HEAT!** 6:00 Tasting
6:30 Judging

Teams must be registered by Oct 15. Call or text Matthew for rules and registrations 306.831.7937

TONS OF RAFFLE PRIZES TO BE WON

JUST WANT TO TASTE?
\$15/ADULT
\$10/UNDER 12

\$40
PER CHILI POT
REGISTRATION
INCLUDES:
2 SUPPER TICKETS
2 PEOPLES CHOICE JUDGING BALLOTS
CHANCE TO WIN A BLACKSTONE GRILL
FOR CHILI COOKS ONLY



SPONSORED BY KD AG

Developing a Sun West Accessibility Plan

Sun West School Division is committed to working toward ensuring that everyone can access our facilities, programs, and services without barriers.

[The Accessible Saskatchewan Act \(ASA\)](#) became law on December 3, 2023. This important legislation mandates that our school division develop an accessibility plan to identify, address, and prevent barriers for all students and community members. Our goal is to create a comprehensive and thoughtful approach to improving accessibility in education services and facilities, and your input is needed in shaping our 2025-2028 Accessibility Plan.

Over time, we are dedicated to systematically identifying, removing, and reducing these barriers within our division. To help make our plans as informed as possible we plan on launching a survey in the near future to obtain community and staff input into the planning process.

Importance of Accessibility Plans

Accessibility plans identify barriers and detail steps to improve accessibility. With approximately 29.8% of Saskatchewan's population over 15 identifying as having a disability, fostering inclusion is essential.

Accessibility plans must be published by December 3, 2025. You will find Sun West's Accessibility Plan on our website once it is published.

Understanding Accessibility Barriers

Accessibility barriers occur when systems, spaces and information are not designed for everyone. Key barriers include:

- **Physical Barriers:** Physical barriers happen when spaces and objects are designed in ways that make it hard for persons with disabilities to get into buildings or other spaces.
- **Information and Communication Barriers:** Information and communication barriers happen when information is not given in a way that everyone can use.
- **Attitudinal Barriers:** Attitudinal barriers happen when people think or act towards persons with disabilities based on wrong ideas.
- **Technological Barriers:** Technological barriers happen when technology is made in a way that not everyone can use (ex: lack of assistive devices or classroom technology).

[Click here to share your voice by completing our Accessibility Survey](#)

Continuing Consultation is Key

Engaging persons with disabilities is crucial for developing effective accessibility plans. Feedback will help us create amore inclusive environment.

Anyone wishing to discuss accessibility can reach out to:

PH: 306-882-2677

E-mail: info@sunwestsd.ca

Doddsland Library News

Good afternoon,

It sounds like a lot of farmers are close to being done harvesting their crops. It's volleyball and football season for our high school students, and we want to cheer you all on. Good luck and "GO Wildcats Go!!" Hockey ice is ready in some of the surrounding communities where a lot of our players will practice and play out of this year.

Story Hour.

We are very happy to welcome several new little ones who have joined our Story Hour group. Just a reminder that we have Story Hour every Wednesday morning at 10:30. This program offers playtime, a story, and a craft. It is also a time for moms to visit with other moms.

Tuesday After School Craft.

We are offering an after-school craft time for kids to come to the library after they get off the bus and do a craft. Parents, if your child is interested in coming to this program, please contact the library at (306) 356-2180, or (306) 932-7220. This will give me an idea of how many I need to prepare crafts for.

Gift Shop.

If you are looking for a baby gift, birthday, housewarming gift, or just something for yourself, we might just have what you are looking for.

Here are some of the things we have:

Handmade cards for all occasions. Baby gifts ideas, PartiLite candles, suncatchers, ceramic items, wooden items like a blanket ladder, and a blanket stand, also little wooden toys, home decor, paintings, blankets and preserves, jam and jellies. We encourage you to come in and take a look at what we have to offer.

OUR NEW HOURS.

Mondays -- 1:30 - 7pm.

Tuesdays --- 1 - 7pm.

Wednesdays -- 10 - 4pm.

*Story hour Wednesdays 10:30. *

* The Gift Shop is open during our opening hours*

Thank you and have a wonderful week!



SASKATCHEWAN POLYTECHNIC
Women in Trades & Technology

WITT

powered by  orano

Industrial Exploratory 'B' Workshops

Feb 1 / 2 & 8 / 9
from 9am-4pm

Saskatchewan Polytechnic
Saskatoon Campus

Cost: \$250

Registration
deadline:
January 24

For women 15+

Each workshop is led by a female trades professional and offers an introduction to a variety of basic trade skills, networking and mentorship.

Programs to be explored are as follows:

Instrumentation, Mechanical Engineering Technologies, Machining, Refrigeration, Welding & Metal Fabrication.

CSA approved steel toe safety footwear is recommended.

For more information about this course, contact

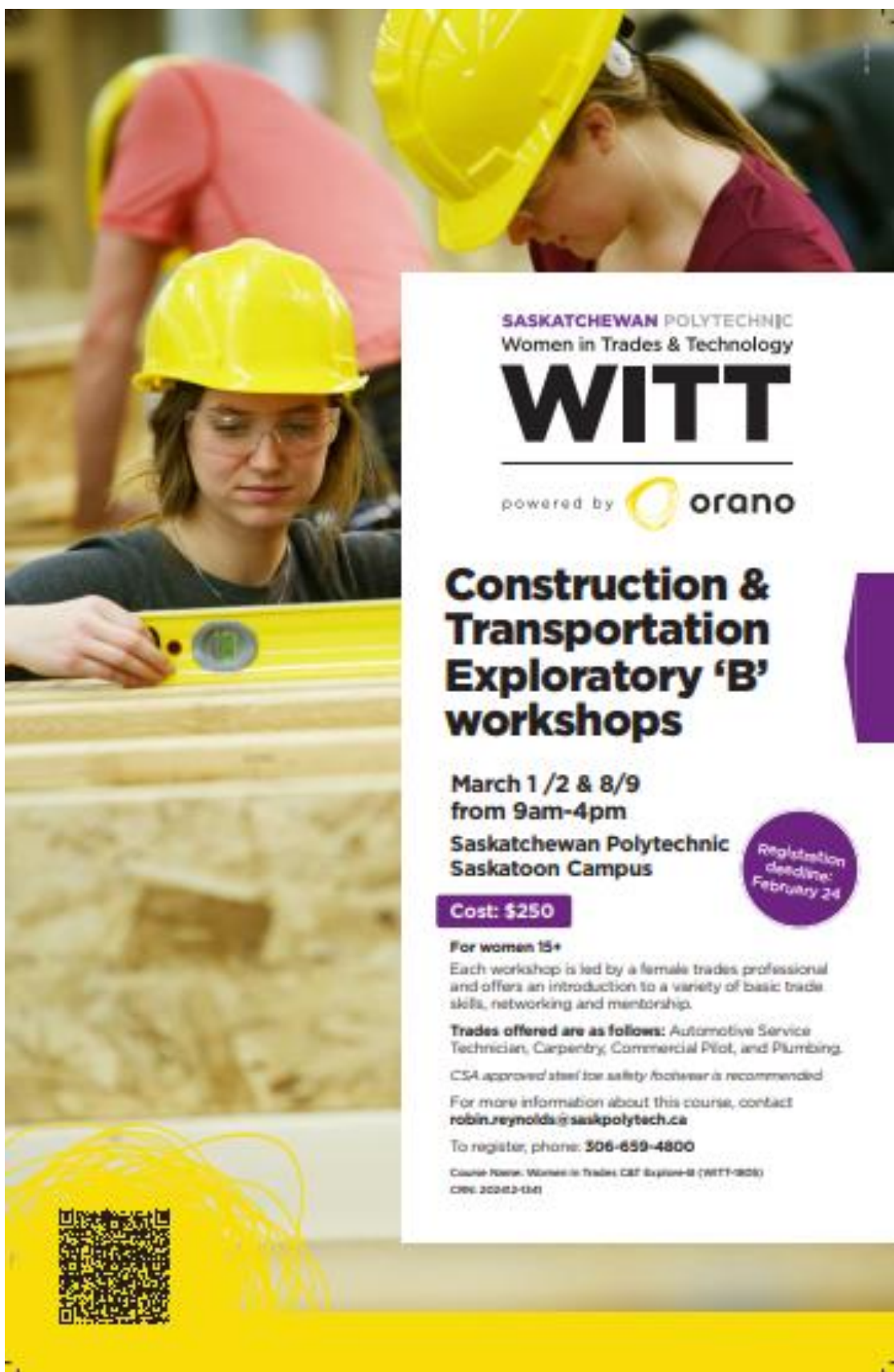
robin.reynolds@saskpolytech.ca

To register, phone: 306-659-4800

Course Name: Industrial Exploratory - B (WITT-B04)

CRN: 20240-D-60





SASKATCHEWAN POLYTECHNIC
Women in Trades & Technology

WITT

powered by  **orano**

Construction & Transportation Exploratory 'B' workshops

March 1 / 2 & 8 / 9
from 9am-4pm
Saskatchewan Polytechnic
Saskatoon Campus

Cost: \$250

For women 15+
Each workshop is led by a female trades professional and offers an introduction to a variety of basic trade skills, networking and mentorship.

Trades offered are as follows: Automotive Service Technician, Carpentry, Commercial Pilot, and Plumbing.

CSA approved steel toe safety footwear is recommended

For more information about this course, contact robin.reynolds@saskpolytech.ca

To register, phone: **306-659-4800**

Course Name: Women in Trades C&T Explore-B (WITT-905)
CRN: 202472-1147

Registration deadline: February 24

