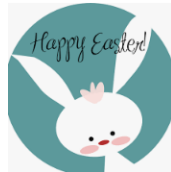


OUTLOOK HIGH SCHOOL
BOX 1720 OUTLOOK, SK S0L 2N0

Principal – Colette Evans
Vice Principal – Keith Theoret
Phone: (306) 867-8697 Fax: (306) 867-1831



MARCH 2024



Upcoming Events

Mar 4th PD DAY - No School for Students
Mar 7th Talking to Youth Live (grade 8's)
Mar 13th Grade 6 Ice Fishing Trip
Mar 18th No school for students or staff
March 29th Good Friday (No school for staff or students)
Apr 1-5th Easter Break (No school for staff or students)

Students of the month



The OHS Senior student of the month is Shelby Harrington. Shelby is very involved with our school and her quiet leadership has been a driving force behind the success of school activities. She is key in organizing and orchestrating SLC events, she is always willing to help out with any job asked of her and is a hard-working student maintaining high academic standing. Great job Shelby, proud to call you a Blue!



The OHS Junior student of the month is Stacen Larwood. He is a kind, friendly student who has shown so much grit in his classes; he asks for extra work and is always helping others. He works hard, looks for feedback, and challenges himself. He participates in curling and balances his schoolwork and extra-curricular with a demanding hockey schedule. Stacen is a role model to his peers and shows us all what it means to be a true Blue!

TTYL (Talking To Youth Live)

To promote and encourage mental wellness with Grade 8 students.

On Thursday March 7th, the Grade 8 students from Davidson, Kenaston, Loreburn and Outlook schools will participate in the TTYL Program in Outlook.

The students will be split into 5 groups, rotating through 5 game-format sessions.

The topics covered in these sessions will be:

- 1) Mental health,
- 2) Addictions,
- 3) Impairment,
- 4) Peer and Community Supports
- 5) Practical ways to maintain mental wellness

To complete the day, the students will have an opportunity to hear from a guest speaker that has journeyed through either a mental illness, addiction or both.

Thanks to the Saskatchewan Health Authority, lunch will be provided to the students. If you are interested in joining us for the day, please contact the school or Liza Dahl, Sun West Addictions Educator at liza.dahl@sunwestsd.ca.

Please fill out the Permission Click form emailed out for your grade 8 child to attend.

Annual OHS Telemiracle Hockey Game

It was another great showing of community fund raising for our OHS Blues with our annual Tel



emiracle Hockey Game on February 16th. There were two student teams who battled it out for supremacy and the honour of facing off against the OHS Teachers and Community Team. The Red Team took on the Black Team and it was a great battle, but in the end, the Red Team emerged victorious, primed and ready to destroy the Teachers. Unfortunately, young legs and boundless energy could not get past the experience and determination of the older generation. For every goal successfully put between the pipes for the Red Team, the Teachers responded with a marker of their own, and eventually pulled away.

In the end, Telemiracle 48 is the true winner with over \$1000 raised by the Blues! Way to go, Blues!

Regional Curling

Our Senior Boys Curling Team will also be heading to Regional Playoffs. This year's Regional competition will be in St. Walburg on March 1st and 2nd with the winners heading off to Provincials! Good luck to Davin Ivan, Hunter Vanghel, Zayne Sparks, and Bryden Sparks! Go, Blues!

Wrestling

As we move closer to spring, the winter sports are starting to windup. This weekend will see Regional Wrestling, being hosted by Rosetown Central High School. All the rural wrestlers in

the province will descend on Rosetown, vying for a spot to compete at Provincials. The top four wrestlers in each weight category will qualify. The Blues will be sending Dameon Dempsey, Ivan Bondarenko, Silas Malanovich, Kiril Masalitin, and Tysan Baxter to represent OHS on the mats. Go Blues!!

Badminton

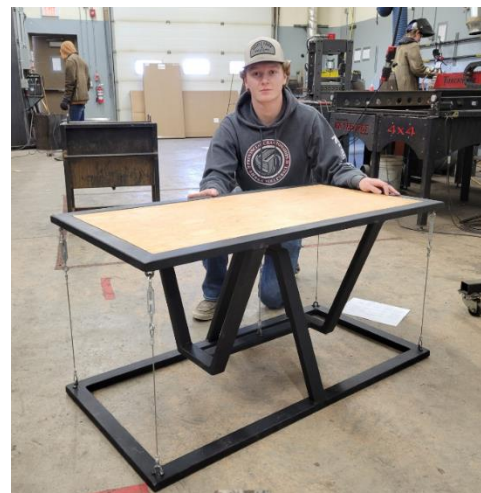
Badminton is underway at Outlook High School! We have 3 age groups set up to run this season. There will be a jr-jr team for grades 6 and 7, a jr. team for grades 8 and 9 and a senior team for grades 10-12. Mr. Edgar and Mr. Theoret will jointly look after the grade 6-9's and Ms. Hanna from OES will look after the 10-12s. Practices for jr jr will run on Monday and Wednesday while juniors will be Tuesday and Thursday from 3:30 to 5. If students cannot make both of their practice days, they are welcome to join the other team for practice. The senior team is still determining the best consistent time for them, we will keep you posted! If your child has signed up for jr jr or jr then they will have received an EDSBY invite to join the badminton group. Please encourage them to accept as we will use EDSBY to communicate all our season information with parents. If you have any questions about badminton or the EDSBY group please contact any of the coaches.

Drivers Ed Spring Session

We will be running our Spring Drivers Ed session April 19-22. Students who are 15 before July 19th, 2024 are eligible to take the course. Towards the end of March registration forms will be available for students to take home to parents. The course is comprised of 20 hours in house learning and 10 hours online. If you have any questions, please contact Mr. Theoret.

Welding

Take a look at what our senior welders have been up too. Reed made an anti-gravity coffee table, and Matthew made a wooden insert coffee table. Great job boys!





Is My Child Too Sick to Attend School?

Symptoms	Could be...	Should my child attend school?	When can my child return to school?	Should we see a healthcare provider? Call 811 for advice at any time.
<ul style="list-style-type: none"> High temperature or fever/chills (over 37.5° C orally) 	<ul style="list-style-type: none"> Strep throat (usually very painful) Chicken Pox Measles Respiratory infections 	No.	Once the child is fever-free for at least 1 day without the help of medication. Health Provider to advise if treatment is required.	Yes, if your child seems to be getting worse or if fever lasts longer than 3 days or cannot be controlled without acetaminophen or ibuprofen.
<ul style="list-style-type: none"> Rashes <p>Rashes have many different causes and some are very contagious. Usually a healthcare provider must see the rash and testing may be required.</p>	<ul style="list-style-type: none"> Allergic reactions, insect bite, heat rash Fifth's Disease/ Parvovirus B19 Scarlet Fever/Strep Throat Impetigo Chicken Pox/Shingles Hand, Foot and Mouth Virus Scabies Measles 	<p>Yes, if allergic reaction, heat rash, insect bite, Fifth's Disease, or treated scabies.</p> <p>No.</p>	<p>Return to school time will vary depending on the cause of the rash. If antibiotics are prescribed for Impetigo or Strep infections, child can return to school 24 hours following the start of treatment.</p> <p>Chicken Pox—when feeling well enough to attend and all blisters have crusted over.</p> <p>Shingles—if lesions are covered.</p>	<p>Yes, unless you are sure it is an allergic reaction or heat rash.</p> <p>Phone the healthcare provider's office before you go to prevent spreading the rash to others.</p>





Symptoms	Could be...	Should my child attend school?	When can my child return to school?	Should we see a Healthcare Provider?
Call 811 for advice at any time.				
<ul style="list-style-type: none"> Vomiting Diarrhea 	<ul style="list-style-type: none"> Upset stomach (caused by bacteria, virus or the toxins they produce) Gastroenteritis Norovirus COVID 19 	No.	Not until it has been at least 2 days since the last episode of vomiting or diarrhea.	Yes, if the child: <ul style="list-style-type: none"> Is unable to keep any fluids down for 24 hours Is dehydrated Has blood in stool
<ul style="list-style-type: none"> Headache 	<ul style="list-style-type: none"> Upset/Stressed Tired Dehydrated Onset of an illness Injury COVID 19 	No, stay home. Reassess after 24 hours. Yes, if recovered and the headache is no longer present after that time.	When the child feels well and is able to manage school activities.	Yes, if headache is severe or accompanied by a stiff neck, or symptoms continue even with treatment; or a change is noted in the child's normal behavior (i.e., sleepy). If not recovered after 24 hours, call 811.
<ul style="list-style-type: none"> Cough Minor cold Runny nose Minor sore throat 	<ul style="list-style-type: none"> Seasonal cold Influenza (a very contagious viral infection that attacks the nose, throat and lungs and also causes fever, weakness and severe aches. COVID 19 	No, if not able to participate fully in regular activities. No, if it is Influenza. No, if it is COVID 19.	When the child feels well and is able to manage school activities.	Yes, if they have coughing that will not stop or anything different about the child's breathing.





Symptoms	Could be...	Should my child attend school?	When can my child return to school?	Should we see a Healthcare Provider?
<ul style="list-style-type: none"> Redness in the white part of the eye or along the lids Itching or pain in eye Watering eye (tearing) Discharge from the eye 	<ul style="list-style-type: none"> Pinkeye (Conjunctivitis) 	No.	If antibiotics are prescribed for pinkeye, can return to school 24 hours after the antibiotic was started.	Yes, if discharge is seen from the eye. Call 811 for advice at any time.

- Immunizations and frequent handwashing will help prevent many of these common childhood illnesses.
- Inform your school about the symptoms your child is experiencing when you call to inform them about the absence.
- See "Communicable Disease Control" for information about these and other communicable diseases at: [Communicable Disease Control | SasHealthAuthority](#)
- Contact a Public Health Nurse at your local community office: [Public Health Communicable Disease Control \(CDC\) Offices table](#).
- For 24-hour professional health advice and information, call



March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Chicken Burger Italian Sausage Soup	2
3	4 No School	5 Fiesta Chicken Bacon Corn Chowder	6 Perogies & Smokie Chili	7 Panini Chicken Alfredo Soup	8 Commercial Cooking	9
10	11 Grilled Ham & Cheese Veggie Soup	12 Pizza Buns Tomato Macaroni Soup	13 Meatball Sub Chicken Noodle Soup	14 BLT Wrap Cream of Broccoli Soup	15 Commercial Cooking	16
17	18 No School	19 Sub Sandwich Taco Chili	20 Whistle Dog Chicken Lemon Rice Soup	21 Lasagna Ham & Veggie Soup	22 Commercial Cooking	23
24/31	25 Bacon Mac & Cheese Italian Sausage Soup	26 Taco in a Bag Veggie Soup	27 Grilled Cheese Tomato Macaroni Soup	28 Sloppy Joes Chicken Noodle Soup	29 No School	30



A REPORT FROM SUN WEST SCHOOL DIVISION BOARD OF EDUCATION

BOARD HIGHLIGHTS

MARCH 2024 EDITION



RENOVATIONS TO KYLE SCHOOL PROGRESSING

Sun West School Division, with the support of the Ministry of Education Minor Capital Renewal Program, started renovations to Kyle Composite School on October 31, 2023, and they have been progressing at a good rate since then. When completed the work to Kyle Composite School will improve the educational environment for students and staff while maintaining the school's important role as a community centre.

FEBRUARY HAPPENINGS

The Board of Education held its regular meeting on February 13, where it discussed and reviewed a number of topics. These included:

- The Board received an update of the Kyle Composite School Renovations Project from the Renovations Committee. Work is proceeding well (see above).
- The Board provided the Sun West Calendar Committee with input on questions the committee had about potential approaches to the 2024-25 school year calendar. The Committee will be making recommendations to the Board at a future meeting.
- The Director of Education reported that Sun West teachers have made, or are in the process of making, a number of applications to the Provincial Government's Innovation and Support Fund.
- The Board decided on the theme of Celebrating Success for the upcoming Sun West Online Public Meeting that takes place 7:00 pm, Tuesday, March 26.



February 28 is Pink Shirt Day in Canada and to show their opposition to bullying and to promote kindness, Trustees and Senior Administration wore pink to their February 13 meeting. (Left to right) Ryan Smith (Administration), John Collins, Michelle Brummund, Ruth Griffith, Vicki Moore (Administration) and Karen Itterman. (Inset) Cathy Morrow.

For more details on these and many other stories go to the Sun West website at: www.sunwestsd.ca or check us out on social media.



JANNA
fy
YLIOJA

OUTLOOK, SK

LESSONS

Study music with a classically-trained church musician!

VOICE	ORGAN	PIANO	THEORY
RCM Standards Classical repertoire Hymns Music theory Vocal health	Classical repertoire Hymns Music theory Improvisation	RCM Standards Classical repertoire Hymns Music theory Improvisation	RCM standards or similar theory workbook; In-depth study

Combine two consecutive 30-minute lessons with different instruments (ex. voice and theory or piano) for one student and pay the 60-minute lesson fee!

*Not available with organ-piano combination due to venue.

30 MINUTES: \$31
45 MINUTES: \$43
60 MINUTES: \$55

Contact Janna today for more information or to enroll!



Piano, voice, and theory lessons for Outlook school students will be held between 9AM - 5 PM on Thursdays at Outlook Christian Fellowship church (401 Franklin St); adult lessons as arranged. Organ lessons TBD.

306-860-8238 / jannaylioja@gmail.com / www.jannaylioja.com

“What I find really exciting about this job is watching the children learn and grow and being part of an essential service to rural communities.”



Garth Wiens
School Bus Driver
Sun West School Division



BECOME A SUN WEST SCHOOL BUS DRIVER

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SUN WEST

Success for all