

# 2020

## 2020-2021 School Year

November 10 Additional Kindergarten Day

November 10 Report Cards Grades 1-12

November 11 No School Remembrance Day

November 12 No School PD Day

November 13 No School in lieu of Parent/Teacher Conferences

November 16-20 Book Fair

November 18 & 19 Student-Parent-Teacher Conferences

December 23- January 4 No School Christmas Break

January 25-28 Grade 9-12 Exams

January 29 No School PD Day

February 1 Semester 2 Begins

February 1 Grade 10-12 Report Cards

February 15-19 No School February Break

February 26 Pink Shirt Day

# **Reminder:**

**Additional Kindergarten Day November 10th** 



March	1	No School PD Day	
March	12	K-9 Report Cards	
March	19	No School in lieu of Parent/Teacher Conferences	
March	22	No School PD Day	
March	24-25	Student-Parent-Teacher Conferences	
<b>A</b> pril	2	No School Good Friday	
<b>A</b> pril	ril 5 No School Easter Monday		
<b>A</b> pril	6-9	No School Spring Break	
<b>A</b> pril	21	Grade 10-12 Report Cards	
<b>A</b> pril	26	No School Pd Day	
<b>A</b> pril	28	Secretaries & Admin. Asst. Day	
May	10	No School PD Day	
May	24	No School Victoria Day	
June	23-28	Grade 9-12 exams	
June	25	Last Day of Kindergarten	
June	28	Last Day of School	
June	29	PD Day	
June	30	Grade K-12 Report Cards	
June	30	PD Day	



#### **CASUAL CUSTODIANS WANTED**

Eaton School is looking for individuals who are interested in acting as substitute/casual custodians.

If this might be you, please go online to the Sun West School Division job application sight at the following link: <a href="https://www.applitrack.com/sunwestsd/onlineapp/">https://www.applitrack.com/sunwestsd/onlineapp/</a>. Under "External Applicants", you can "Start an application for employment" by clicking on that link. In your application, indicate that you are interested in acting as a substitute custodian at Eaton School. The Division will notify the School of approved substitutes.

If you have any questions, please contact Eaton School at (306) 967-2536.



Eaton School has traditionally held Remembrance Day ceremonies prior to November 11 in order to honour and thank the brave women and men who made so many sacrifices to keep Canada free, both in the past and currently.

Although this year's school service is not possible, Eaton students will be participating in a Sun West live-streamed division-wide Remembrance Day Ceremony at 11:00 am, Tuesday, November 10th.









#### ONE THOUSAND MEN ARE WALKING

One thousand men are walking Walking side by side Singing songs from home The spirit as their guide They walk toward the light milord They walk towards the sun They smoke and laugh and smile together No foes to outrun These men live on forever In the hearts of those they saved A nation truly grateful For the path of peace they paved They march as friends and comrades But they do not march for war Step closer to salvation A tranquil steady corps The meadows lit with golden beams A beacon for the brave The emerald grass untrampled A reward for what they gave The dream of those they left behind And know they dream of them Forever in those poppy fields There walks one thousand men

Joshua Dyer 2019 (aged 14)

#### **Report Cards – November 10**

Report Cards for Grades 1-12 will be accessible through the Parent Portal of MySchoolSask on Tuesday November 10<sup>th</sup>.

If you have not yet accessed the Parent Portal, please contact Mrs. Hoffman in the office @ 967-2536.



#### Tri-Conferences – November 18 & 19

Student-Parent-Teacher Conferences will be held from 4:00p.m.-8:00pm on Wednesday, November 18 and Thursday, November 19<sup>th</sup>. Because of the pandemic, our format for conferences will be different this year. **Conferences will be held via TEAMS (online) or by phone.** 

This is a time for sharing student progress and celebrating successes. We look forward to communicating with you about your child's academic progress, executive skills, engagement, supports, social-emotional learning, and their mental/physical health.



#### Protocol Reminders to students and parents:

- -Be kind and considerate of others
- -Students are to use the assigned entrances/exits



-Masks must be worn appropriately, covering mouth and nose

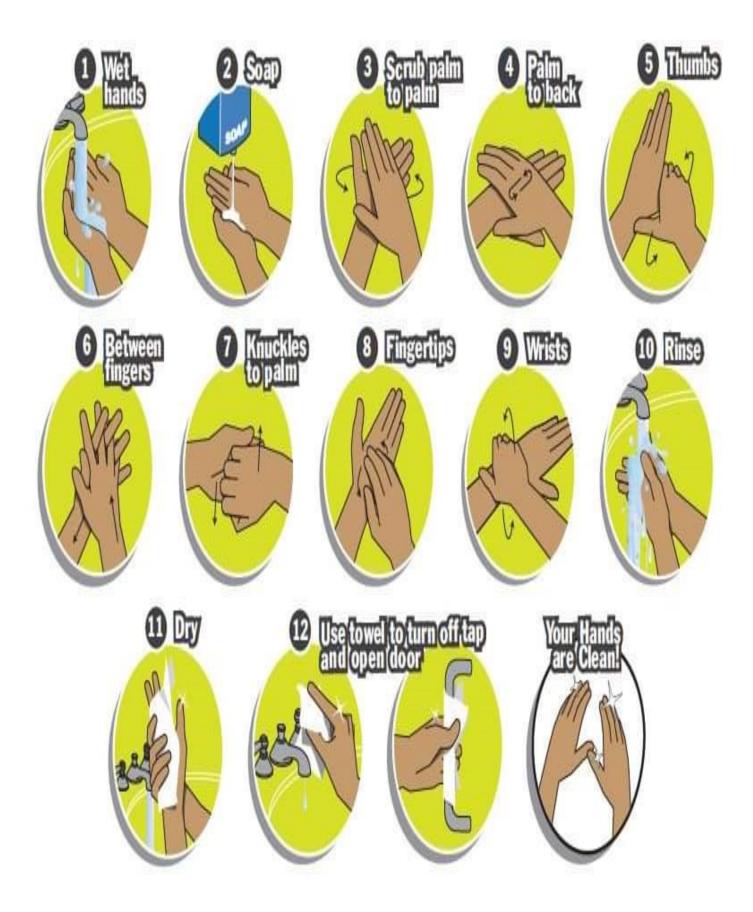
Bus Parents please ensure to inform your bus driver in advance if your child(ren) will NOT be on the bus after school.

### **Reminders:**

#### **Dress Warmly!!**

We have been very fortunate so far that Mother Nature has been fairly kind, but living in Saskatchewan, we know that colder temperatures are coming. Please ensure your child is prepared to ride the bus and/or play outside on the

Playground during the school day. Our school policy is that all K-6 students are to go out for fresh air and exercise before school, at both morning and afternoon recess, and during the noon hour. It wouldn't hurt to send an extra pair of mitts to school with your child. Thank you for making sure that your child is dressed warmly!



#### WE HAVE A PLAN!!!

Eaton School is currently at a Level 2 Plan which means that students and staff are in the building and we are following our Re-Entry Plan. After being back for about 6 weeks, we did review our Re-Entry Plan, identifying which protocols were successful, which needed reinforcing, and which needed tweaking. Overall, things are going really well as students, families and staff are adapting during this unusual school year.

At the start of October, we proactively developed a Plan for Level 4 Class or School Closure in the event that a face-to-face class or school closure takes place due to COVID-19. We are NOT at a Level 4 at this time.

The Saskatchewan Health Authority will determine any closures that will take place and the parameters for the closures. We want to ensure you that we are committed to the health and safety of each student as well as success for all students in their learning journey.

The Level 4 Plan is designed to support a short-term move\_to at-home learning but would support a longer term should the need arise. We realize that learning from home can be a challenging experience for families and as such, our goal is to support the learning needs of each of our unique students, as well as to provide support to at-home learning mentors in order to ensure a successful experience for each child. Aspects of Eaton's Level 4 Plan are as follows:

- A 2-day transition period will be provided for teachers/schools to communicate with families and to prepare learning content for learning at-home.
- During the 2-day transition period, parents/guardians & students will be provided with self-directed appropriate learning activities.
- Once the 2-day transition is complete, learning will continue with teacher guidance.
- Student learning will not be optional. All learning outcomes will continue to be taught and assessed; therefore
  attendance is mandatory and students must stay on track with their learning.
- Students will have teacher contact each day and follow at-home learning schedules.
- Devices will be provided to students. Parents/guardians/students will be provided the appropriate supports to ensure a level of comfort with technology and software.
- Eaton's personalized learning approach will also be honoured during any Level 4: Class or School Closures.

More information and communication will be sent to families if we experience a class/school closure at Eaton School.

Lisa King

Principal

# Education Week in Saskatchewan November 22-28



















November 22-28, 2020 is Education Week in Saskatchewan. For more than 30 years, Saskatchewan has dedicated one full week every year to celebrate student success and recognize the dedication and commitment of education professionals across the province.

Education Week highlights the important collaborative relationships that strengthen our education system. As students, educators, support staff, parents, caregivers, Elders, community members and stakeholders, we build meaningful relationships that lead us to growth and understanding.

# 2019 Remembrance Day Literacy and Poster winners

#### **Gared Mackrell**

Branch 3rd place for black & white poster



#### **Madison Davis**

Branch 1st place for Junior Poetry

Zone 2nd place for Junior Poetry



## Kindergarten

The Kindergarten class has been busy this past month learning about fire safety, Thanksgiving and Halloween. We created fireman hats, painted turkeys, and created bats out of toilet paper rolls. Mrs. Palaschak looks forward to another wonderful month with Eaton's Kindergarten class.

Mrs. Palaschak





# Grade 1/2

What has been going on in Grade 1 & 2?

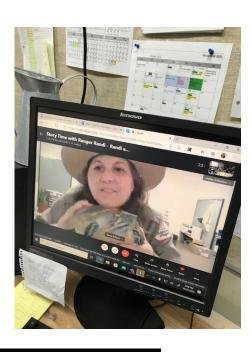
Skype in the classroom is truly an amazing educational tool. We had a great time learning all about real turtles from Ranger Randi!

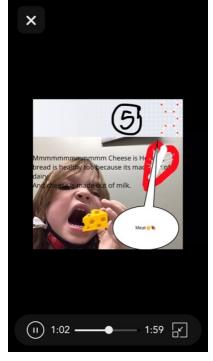
Students shared what they know on Book Creator on Healthy snacks. We had a bunch of fun and learning on this project.

Mrs. Follensbee









# Grade 3/4

Grade 3/4 had so much fun wrapping up our Saskatchewan Climate Reports. We researched, wrote scripts, and created a newscast to explain Saskatchewan's extreme weather and how to be safe when it hits.

Miss. Chabot





## Bredy's Bunch 5/6

Today we had a <u>#Halloween #Mystery</u> with our grade 5/6 students!! So much fun with this genre in which we learned about forensic techniques like finger printing, handwriting samples and footprints! We found that Clay, Kennedy and Jaxen were our suspects, but in the end it was Clayton who was the perpetrator!

Also I'd like to proudly say that every Grade 5/6 student has completed 5 math outcomes each! Bravo! We have been measuring, making Skittles Soda for capacity, scavenger hunts and even making a geometry city!

Mrs. Bredy







#### **Dear Students & Parents**

The book fair will be Nov. 16<sup>th</sup>-20<sup>th</sup>. The book fair will look different this year. I will be having an in-school book fair where students and teachers only will be allowed in the library to look at and or purchase the books. There will also be a virtual online book fair for parents to look at and order books. There will be a video of the book fair posted on Eaton School's Social Media sites closer to the day which will showcase the books in the library.

#### What the in-school book fair will look like:

Students will come to the library and fill out their wish lists. Students will bring home their wish lists to the parents. Students can purchase the books they want, or parents can call Tracy at (306) 967-2536 or email me at <a href="mailto:tracy.radies@sunwestsd.ca">tracy.radies@sunwestsd.ca</a>. I can get the books ready for you and we can arrange a pick up time or send books home with your child. Preferred payment is cheque payable to Eaton School or etransfer. Etransfers can be sent to eaton@sunwestsd.ca with the security question answer being books. You can also order them online at the virtual book fair and use your credit card to purchase the books.

#### Virtual book fair:

Parents can order their child's books online if they wish. A link will be provided closer to the day. The books will be delivered to you directly. You will also get free shipping on all orders over \$35. Otherwise shipping will cost \$6.

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.





The GSA held an executive meeting on October 30th. We have found a safe way to hold our meetings while keeping everyone safe in their cohorts. We are so thankful for technology! We did some brainstorming for ideas and are ready to go. It's going to be a fantastic year and we can't wait to get started!

### **Junior Girls Volleyball**

The junior girls volleyball team is off to a great start this year. This year we have a really big team with Brooklyn and Jade in grade 9, Marike, Addisyn, Ariel, Peyton, Dekiera, Addison, Macy, Kaylin, and Brooklyn in grade 8 and Taylor, Madison, Trista, and Rihanna in grade 7. This large number of girls have proven themselves eager to build their volleyball skills and work hard. Although we are not able to travel to away games this year, due to the pandemic, we have had a great opportunity to build our strength in volleyball and to make sure we keep our competitive edge for when league and tournament play is able to return. Also, due to the large number of players we have this year, we are able to still play games by splitting the team and playing against ourselves. Our home opener on October 28<sup>th</sup> was a lot of fun!

Coaching the team this year are Mr. Hoult, Mrs. Facca, and Miss Bechtold. It is great that there are a lot of us to be able to work with the large number of players. Fortunately the girls have proven to be easy to coach and eager to learn.

There will likely be a few more home games this year between Spartan teams. Although we are not able to have spectators at this time, our games will be livestreamed so that parents can watch. If you have a relative on the team and would like to see the game, just ask one of the parents for the link.



# SPARTAN SPOOKTACULAR PUMPKIN CARVING EVENT!

And the winner is......Sam & Jade Swan!

### Congratulations!

They are the lucky winners of the Eaton SCC draw for a

4.9 ft inflatable outdoor Halloween decoration and a box of chocolate bars!

Thank you to all of the families who entered photos of their pumpkins! What Spooktacular creativity!

And Thank You to our SCC for sponsoring this fun family activity!







# **SRC News**

Formal day
Tuesday Nov 10th



Panago pizza hot lunch

Friday Nov. 20th

Order forms will be sent home through permission click



Thursday November 26th Pajama Day



#### **Eaton School Community Council**

The Eaton School Community Council consists of 5-9 members of parents, community members, teachers and school-based administrators.

The purpose of the S.C.C. is to assist the school in areas such as student learning and well-being, meeting their School Strategic Plan, and encouraging parent and community engagement with the school.

Some examples of what the SCC has done in our school are bringing in speakers, Fall Pancake Breakfast, Reading Challenge and Book Exchange, bingos, Ninja Warrior Games, monthly Healthy Snacks for all students, Community readers and much more.

If you are interested in learning more about the Eaton School Community Council please contact a member.

Chair- Amy Knuttila

Vice Chair - Kim Becker

Secretary- Deanna Callsen

Treasurer- Nicole Perry

Member- Melissa Hynd

Member- Lindsay Larock

Staff Member- Nichole Bredy

#### Child and Youth Counsellor Reminder

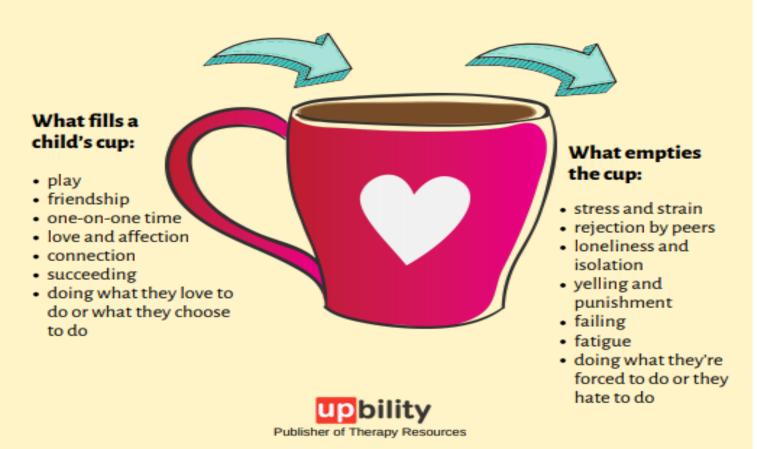
Sandi Toner is back in our building Wednesdays and alternating Fridays she can be reached at Sandi.toner@sunwestsd.ca or by calling the school at (306) 967-2536 on those days to discuss counselling options for your children.

# THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

#### Some ways that children deal with having an empty cup:

- · steal from other people's cups
- misbehave to get your attention and show that they need a refill
- · seem to have bottomless cups, or need constant 'topping off'
- · can't sit still for refills or actively refuse them
- · bounce off the walls when they approach 'empty'
- · think they have to fight or compete for every refill



# **Poinsettias**

Due date to order is Nov. 13th and pick up is either Dec. 1st or 2nd depending on how late delivery is on the Dec. 1st. If you have not received a phone call by Nov. 13th please contact Tosha McCubbing at (306)460-4779. We will be following COVID guidelines for pickup. Thank you for your continued support.

Winter Order Form

Orders Due: Nov. 13, 2020

The Eaton School Band parents

Plant Pick-up: Dec. 1 or 2 2020 depends on delivery time.



#### 6.5" Premium Poinsettias

A holiday favourite! Brighten up any room this winter with a vibrant poinsettia. Available in red, white, and pink, the 6.5" poinsettias are perfect for your home, hotels, restaurants and banks over the holidays.



#### Tropical Indoor Planter

Add a festive look to your table with a mixed trapical planter. There are four different, live plant varieties included with holiday decor in a rectangular tin. Planter container designs do vary and cannot be requested.



#### Holiday Wreath

The popular wreath is getting an upgrade! A large, plaid bow is featured in the middle of fresh noble, cedar and juniper. Frosted pinecones and red berries complete the new look - ready to welcome guests at your door!



#### Size of Poinsettias in a 6.5" pot

Approx. 14 - 16" tall and 13 - 16" wide



#### Hanging Greenery Bough

Celebrate with a merry bough of greenery! A fun, vintage, burlap bag holds premium greens, red ilex berry branches and an array of novelty decorations. This hangs outside on your front door or leans on the patio.



#### Outdoor Greenery Arrangement

Welcome guests to your home in-style with a deluxe greenery arrangement. This large, outdoor planter stands over 2 feet tall with beautiful, premium holiday greens, red ilex berry branches and decorations.

# Attendance at School during COVID – 19 - Students

# Assess daily to determine if your child should attend school



has flu like symptoms including one, or more, of:  • Fever • Cough • Headache • Sore throat • Runny nose • Chills • Conjunctivitis • Nasal congestion • Fatigue • Diarrhea • Nausea/vomiting • Shortness of • Loss of appetite	t to do: ome from school  t the school to notify of your child's absence g is strongly recommended. Contact 811 Test Results: tive test results, return to school and self-monitor.
more, of:  Fever Cough Headache Sore throat Runny nose Chills Conjunctivitis Nasal congestion Fatigue Diarrhea Nausea/vomiting Shortness of Loss of appetite  Contact Testing COVID	t the school to notify of your child's absence g is strongly recommended. Contact 811 Test Results:
Fever     Cough     Headache     Sore throat     Runny nose     Chills     Conjunctivitis     Nasal congestion     Fatigue     Diarrhea     Nausea/vomiting     Shortness of     Loss of appetite  Covid	g is strongly recommended. Contact 811 Test Results:
Runny nose	Test Results:
Fatigue	
Shortness of	
or catri	tive results, remain at home while unwell and until cleared to following advice from Health.
breathing table of siller	al documentation may be require to confirm fit to return to . (negative results, or other documentation)
	ome from school and self-isolate for 14 days
	t the school to notify of your child's absence.
(see CO'	VID test results above)
	e was <u>no</u> recommendation from Health to self-isolate, the nt may attend school.
	mmended to self-isolate, stay home from school and self- for 14 days
	tive test results (family member of individual in the home), to work and self-monitor.
strong	tive test results (other individual), testing for the student is ly recommend - Contact 811 VID test results above)
	ome, self-isolating – Contact the school to notify of your absence.
	ome from school and self-isolate for 14 days
symptoms, prolonged close contact with another individual, or doctor's orders	ct the school to notify of your child's absence.
	VID test results above)
	e was <u>no</u> recommendation from Health to self-isolate, the
	nt may attend school.
cased of COVID-19. Testing	g is strongly recommended. Contact 811
If requ	ired to self-isolate for 14 days, stay home from school.
Contac	t the school to notify of your child's absence
(see CO	VID test results above)

has travelled internationally.	Stay home from school and self-isolate for 14 days  Contact the school to notify of your child's absence.
	If symptoms, recommend testing. Contact 811. (see COVID test results above)
has no symptoms, and:	Attend school.
<ul> <li>has been in casual contact with</li> </ul>	
someone who may have been exposed to COVID-19.	Self-Monitor for 14 days
<ul> <li>has been in casual contact with</li> </ul>	
someone with symptoms of COVID-	
19.	
<ul> <li>has been asked to self-monitor.</li> </ul>	
<ul> <li>has travelled outside of SK.</li> </ul>	
has a medical condition that may	Please contact the school principal.
require accommodation	

This is a guide only; the specifics of each case will be assessed and at times may result in a different decision than indicated above.

#### Definitions:

<u>Self-Monitor</u>: monitor yourself for symptoms of respiratory illness, such as fever, cough, sore throat and difficulty breathing. Avoid crowded places and increase your personal space from others when possible.

<u>Self-Isolate</u>: stay at home, monitor yourself for symptoms for 14 days, avoid all contact with others and follow local public health authority advice.

<u>Close contact</u>: provided direct care to someone or had direct contact with infectious body fluids of a person without consistent and appropriate use of recommended PPE, lived with or had prolonged contact with a probable or confirmed case.

Casual contact: being in the presence of or having limited direct contact for minimal period/s of time.



# **Grad Bottle Drive**



Unfortunately, COVID-19 derailed the 2020 grad bottle drive usually held in April (2) However, if you are still willing to donate bottles and cans to Eaton School's annual bottle drive, we have some options for you:



Cane a Bottles



Option 1 – Wait for the 2021 bottle drive. If COVID restrictions are lifted and we are able to hold a bottle drive this spring, it will be held in April.

Cans a Bottles

Cane a Bottlee



Option 2 – Donate to our virtual grad bottle drive. Eaton School
has registered with SARCAN's drop and go program. To use it take
your bottles to SARCAN and ask to use their drop and go system.
You type our group's code (Eaton School) into the computer and it
will print out labels for your bags of bottles. SARCAN will then
count the bottles and donate the money to Eaton School.

Thank you for your continued support of Eaton School and our graduation exercises.

<u>Please note</u>: The bottle drive mentioned in option 1 will only occur if COVID safety restrictions allow for it. Student safety will be our top concern.



<u>Please note</u>: If you chose option 2, please make sure to remove the lids from the bottles and sort them as if you were normally taking recyclables to SARCAN as since we will not be handling them, we will not be able to do that as we usually do.

For a video on how the drop and go works, visit: <a href="https://youtu.be/PfyLhFR1crM">https://youtu.be/PfyLhFR1crM</a>

Cane a Bottles

If you have any questions about the bottle drive, please contact Michael Hoult at Eaton School: **306-967-2536** 





Cane a Bottles



Anna a Thatti



Cane a Bottlee



Cane a Bottles



Cane a Bottlee



Cane a Bottlee

WellMind
Youper
Self-Help for Anxiety Management
Clear Fear
Mindshift
CBT-i Coach
My3
Safety Plan
Worry Time
Breathe

www.pinterest.ca/saskhealthauthority/boards/

WELLNESS APPS

Brought to you by the TTYL Team: west central SK Wellness program for youth -hope =

Emergency: 911

SHA Mental Health & Addictions Intake: 1-866-268-9139 Kids Help Phone 1-800-668-6868 text 686868



310-RCMP

(to contact any detachment)

Wellness
Contacts
for
Families

West Central Crisis Centre 1-306-463-6655

> enjoy moment.

SCHOOL COUNSELORS AVAILABLE IN EACH SCHOOL

Canadian Mental Health Association 1-306-831-4083

HealthLine 811

Brought to you by the TTYL Team: west central SK wellness program for youth



# Wellness Ideas for Families









Reduce alcohol substances

**WELLNESS IS** 

Mental + Physical

+ Emotional +

Social + Spiritual

Commit to moving your body for at least 30 minutes every day

Go to bed 1 hour earlier tonight

Eat 1 extra serving of fruit and vegetables today

eDina more glass

VATER

My oy every

Practice DEEP

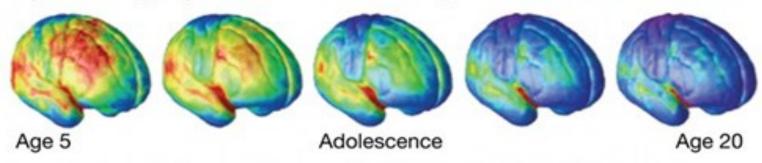
breathing for 5

Brought to you by the Try. Team: west central SK wellness program for youth

Meditate

Someonect with

#### Dynamic mapping of human cortical development



Source: "Dynamic mapping of human cortical development during childhood through early adulthood," Nitin Gogtay et al., Proceedings of the National Academy of Sciences, May 25, 2004; California Institute of Technology.

#### Youth's Brain Development

- Development and wiring of the brain from age 0-25 is critical
- There are chemical changes and neural pathways being built
- What a child/youth does with/to their brain can have a huge impact on their adulthood
- Drugs/gaming/stress/trauma/etc all impact brain development

# Cannabis Fact Sheet

#### As of 2019

\*Taken from Saskatchewan Health & Liza Dahl\*

- Legal age limit —19. Still illegal for minors.
- Legal marijuana has not changed the drugs short-term or long-term effects.
- A good resource for parents: Drug Free Kids Canada

#### Effects of Short-Term Use

While using Cannabis a person may experience the following:

- Red eyes & lowered skin temperature
- Increased heart rate and blood pressure
- Drowsiness, slow speech
- Slow reaction and poor coordination
- Concentration and memory problems
- Feeling of pleasure
- Hearing, seeing and feeling things
- A strong desire for food
- Time may go by quickly or slowly
- Panic or paranoia
- dizziness

#### Effects of Long-Term Use

After heavy cannabis use, over a long period of time, a person may experience:

- Short-term memory problems
- Difficulty problem solving and learning
- Breathing problems, lung damage
- Frequent cough, risk of cancer
- Immune system problems
- Reproductive system problems
- Fearfulness and anxiety
- Decreased motivation, low energy



### Success for all

#### BOARD OF EDUCATION HIGHLIGHTS

The Sun West School Division Board of Education held its regular meeting on Tuesday, October 27, 2020 in Rosetown and the Sun West Learning Centre. At the meeting:

- The Board reviewed procedures for the November 17 Organizational Meeting when the Board Chair and Vice-Chair will be elected and the membership of standing committees will be determined.
- The Board was provided with preliminary versions of the 2019-20 Sun West Annual Report and Audited Financial Statements in order to provide input prior to these documents being finalized.
- Electoral Officer Rhonda Saathoff provided an update on Board elections. Eight
  of the nine Board positions were acclaimed and an election is being held in
  Subdivision No. 2 where four people are contesting the position. Full details can
  be found at www.sunwestsd.ca under the Governance.
- The Board discussed its participation in the November 25-27 Saskatchewan School Boards Association (SSBA) Fall Assembly and Annual General Meeting.
- This was the last meeting for Margaret Irwin (Subdivision No. 1) and Barb Cowell (Subdivision No. 8). Both are retiring. They served on the first Sun West Board and previously served on legacy division boards. In total, Margaret served 20 years and Barb served 23 years. Board members praised their retiring colleagues for their dedication to students and their positive attitudes and many contributions to Sun West. Board Chair Karen Itterman stated: "You (Margaret and Barb) have made a difference in the lives of so many students. Everything that you have done has been huge."

The Next meeting of the Board of Education is the Organizational Meeting scheduled for November 17. The next regular meeting of the Board is scheduled for November 24.

For more information on the Sun West Board of Education:

Phone: 1 (866) 375-2677 (toll free) or 1 (306) 882-2677

Email: info@sunwestsd.ca

Sun West website: www.sunwestsd.ca

Join us on Facebook, Twitter and Instagram.