

School Hours

Welcoming Bell 8:50 a.m.
 Classes Begin 8:55 a.m.
 8:55 a.m. – 11:55 a.m.
 11:55 a.m. – 12:30 p.m. Lunch
 12:30 p.m. – 3:10 p.m.

École Arthur Pechey Public School

Principal: Mrs. Brandi Sparboe
 Vice-Principal: Mrs. Sherry Gunville
 Secretaries: Mrs. Sharon Kaponyas, Mrs. Claire Urbaniak, Mrs. Cindy Schneider

2675 4th Avenue West
 Prince Albert, SK
 S6V 5H8
 Phone 306-922-9229
 Fax 306-763-4878

<https://ap.srsd179.ca/>







February 2020



24 HOUR ATTENDANCE NUMBER: 1-833-309-1241

PLEASE REPORT ALL ABSENCES

Monday	Tuesday	Wednesday	Thursday	Friday
3 Period 6 Assembly	4 Gr. 1-8 French Students to Library for French Film	5 French students: skating/sliding	6 French Mini-Carnaval	7 French Immersion crepes and collaborative art project
French as a Second Language Week				
10 French Author Visit 	11 	12 KIDS CLUB 3:25 – 4:25	13	14 HAPPY VALENTINE'S DAY Grade 1 Conarrore Fundraiser: Buy & chew gum-\$1
17	18	19	20	21
NO SCHOOL				
24	25	26 Pink Shirt/Anti-Bullying Day 	27	28 Grade 5: First Nation story teller at library 

Please take note of our toll-free telephone number, **1-833-309-1241, to inform the school of a student absence.**

School Messenger Communication

Unfortunately, we are no longer able to use Remind as a way of communicating with the AP school community as a whole group. We will use the School Messenger notification service to send important information to families through phone calls, emails, and text messages. You should have already received email messages from the school. If you haven't, please contact the school to learn more. To receive important information about events, school closings, safety alerts and more by text message, please send a text message with the message "Y" or "Yes" to 978338. Please note that message and data rates may apply.

School News

Phys Ed News – Mr. Kalika



Good luck to the grade 6-7 and grade 7-8 boys' and girls' basketball teams as they prepare for Extravaganza! Extravaganza draws and game times can be found at the P4A Prince Albert website under the Basketball 2019-2020 tab.

Link: <https://sites.google.com/a/students.srsd119.ca/p4a/>

Intramurals: Prepare for the upcoming 4 team Dodgeball intramurals at noon hour recess!

The badminton season will be underway very soon for students interested in grade 6-7 and grade 7-8 teams. Please stay tuned. This year's coaches are Mrs. Primeau, Mme Villeneuve, and Mr. Kalika.

This month, our grades 7-8 will be fundraising to help pay for our Thursday, March 26th Ski Trip. Let us work hard and support the cause Eagles!

A new order of **Arthur Pechey Eagles Navy Blue Jerseys** has been made. The cost of each jersey is \$25. This jersey works for PE classes or any extra-curricular school sport team.

In order to achieve several of our Outdoor Education outcomes in Physical Education, this month, grade 5-8 École Arthur Pechey Public School students will be shoveling walks and driveways in our community. We would also like to thank West Hill Rink for allowing us to use their facility to skate. We could not be more thankful!

Go Eagles!

Allergen Aware: Reduce the Risk

There are children in our school with severe life threatening food allergies (anaphylaxis) to nuts and peanuts. This medical condition can result in death within minutes. Although this may or may not affect your child's class directly, we ask that any foods you send to school with your child be free from nut or peanut products. More information about anaphylaxis is available at the school. Please contact us. Thank you for your understanding and cooperation.

Exciting News! We have created a school SARCAN Drop & Go Group Account making recycling drop off so easy. Feel free to donate your household recycling using the Drop and Go group phrase **APPS** in the touch screen terminal at the SARCAN depot. All funds will be sent to the school by cheque, and will be used to help with transportation for a variety of school events throughout the year. Thank you so much your continued support!



Silver for Gold was created with the hope of impacting families across Saskatchewan. We collect pop tabs and donate 100% of the money to Childhood Cancer Research and Awareness directly supporting **Small But Mighty SK** from **Saskatoon, Saskatchewan**. Please save your tabs. If you have any questions, please contact Mme Shelley Mitchell. She is the representative for Prince Albert and area and will pick up your tabs.

Supervision

Our school provides supervision 8:35am-3:25pm. If your child requires supervision or child care outside of these hours, please make the appropriate arrangements. For information on our Before and After School Program, please contact Shawna Sinclair at (306) 981-2355.

Student Expectations

As a school, we would like to remind our students and parents that there are no food or drinks allowed on the playground. In addition, only water is allowed as a beverage in the classrooms outside of lunch time. An additional reminder is that cellphones are to be kept in the students lockers unless given permission by their teacher and they are going to be used for an educational purpose. Thank you for discussing these rules with your child.

BUS UNLOADING ZONES

We are very fortunate to have increased bus service for Arthur Pechey students this year. We need your help! Please do not park in the bus unloading zone directly in front of the school. This unloading zone between the two signs must remain clear of cars as there are at least four buses needing to park. As well, the **staff parking lot is not a pick-up or drop-off point**. Thank you in advance for reviewing with your child how and where to use the marked crosswalks on 26th Street and 4th Avenue and for helping to keep our children safe!

What a great turn out for our “*Baby It's Cold Outside...Come Read with Me!*” “*Il fait froid, viens lire avec moi!*” event on Monday, January 27th. Thank you to parents, grandparents, aunts, uncles, siblings and community members who came out to make our event a great success. All of our younger students had the opportunity to share the love of reading with someone, enjoy some hot chocolate, and even take home an AP pencil.

Thank you in particular to our community partners, the Prince Albert Fire Department and Parkland Ambulance who made an effort to come and be that special person for some of our kids. Congratulations to our prize winners Muzdalifa and Ryker! We hope you enjoy your new books and mitts!

French Immersion News:

February 3rd-7th is French-Second-Language Education Week across Saskatchewan. We are celebrating our French Learning with a busy week of activities. We are including our English AP family members in some of our celebrations too.

Here is a look at what we have organized for our French Immersion students:

- **Monday:** Assembly to kick off our week and teach some French songs to our English friends.
- **Tuesday:** SCFPA (the French Society of Prince Albert) is hosting a French movie at the Public Library for the Grade 2-8 students while our Grade 1s enjoy skating!
- **Wednesday:** We are going skating or sliding as a French Immersion Group. Those who have skates and helmets of their own will be skating while the others have fun outside here at school with some sliding and outdoor fun planned!
- **Thursday:** Mini-carnaval with all of the Grade 1-8 students. In mixed-grade teams, the students will visit 7 different French stations throughout the day which include games, crafts, and dancing! During our station activities, the students will be visiting the English students with a treat!
- **Friday:** We will enjoy some French food-crêpes! The French Immersion teachers will prepare crêpes for all of the K-8 French Immersion students. The students will prepare a collaborative art project which you will have to look for the next time you are in the school.

We hope our students feel pride, take risks, and have fun understanding how special learning another language can be.

Mrs. Conarroe's grade 1 class will have “Gum Day” on February 14th. It costs \$1 to participate, and gum will be sold February 10th-13th.



Lunch Hour

URGENT! Your child's safety and well-being is important to us. Please carefully read the lunch hour letter that was sent home with your child. We must have confirmation from parents/guardians if your child will be going home for lunch.

Canteen Menu

Available at the school from 11:55 to 12:10 daily

Prices and availability are subject to change without notice

Pizza: Pepperoni & Cheese **\$2.50/slice**

Corn dogs **\$1.50**

Pizza Pops: Pepperoni and cheese **\$2.00**

Breadsticks & cheese, granola bars & Fruit to Go **50¢**

Crispers/Pretzels **\$1.50**

Flavored water **\$1.50**

Juice boxes **\$1.00**

Desserts: rice crispy square, wagon wheel, pudding (chocolate & vanilla), canned fruit (peaches & oranges), applesauce, frozen yogurt tubes **\$1.00**

****SENDING A NOTE WITH YOUNGER KIDS IS ALWAYS HELPFUL!**

Community News

Come learn to ski with us!
The PA Nordic Ski Club Presents



Jackrabbits!



Ages 3 to 12
A fun learn to cross country ski program for youth.
Saturdays 11am-12 pm
Cosmo Lodge, Little Red River Park

Cost is \$20 for 10 lessons, plus a \$20 PA Nordic Ski Club Youth Membership.
Rental skis and boots available for \$40/season.
Go to <http://www.pasiskiclub.ca/jackrabbits.html> to register by mail or online.
Contact James Brown at 306-922-3524 for more information.

Wesmor Public High School

Open House

Tuesday February 4, 2020
5:30 - 7:30

WESMOR OFFERS: Wildlife Management, Land based learning, Culturally Responsive Programming, Drama Program, Military Coop Program, Photography, Breakfast and Lunch Program, Emergency Service Response Training, Cosmetology

Wesmor Public High School
1819-14th Street West,
Prince Albert, SK
306-764-5233

Principal—Gina Sinoski
Vice Principal—Matt Bergen

Healthy Eating Habits

Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat. Canada's Food Guide recommends the following:

Be mindful of your eating habits: Set aside time to plan and prepare meals. Take time to eat and focus on your food rather than distractions. Notice when you are hungry and when you are full.

Cook more often: Cooking more often can help you develop healthy eating habits. Preparing meals with others helps to nurture healthy eating habits that last a lifetime. There's no right or wrong way to plan meals. You can plan for the whole week ahead, or you can plan for a couple of days at a time. Do what works for you.

Enjoy your food: Enjoying your food is part of healthy eating. Enjoy the taste of your food. Knowing that you are making healthy food choices can increase your enjoyment of food. Cultures and food traditions are a part of healthy eating.

Eat meals with others: Enjoying healthy foods with family, friends, neighbours or co-workers is a great way to connect and add enjoyment to your life. It can provide many benefits and contribute to a healthy lifestyle.

For more information on how to eat well, visit: food-guide.canada.ca/en/healthy-eating-habits/

Written by Public Health Nutritionists in Saskatchewan (2019)

Saskatchewan Health Authority
saskhealthauthority.ca

BRIDGES PROGRAM

Bridges is an employment and training initiative assisting individuals who have recently transitioned out of the Provincial Correctional System into the community. Students receive certificates and workplace skills from multiple training opportunities, classroom work, guest speakers and volunteer work experiences, all with the intent of bridging into meaningful employment upon completion.

This 10-week program is PTA (Provincial Training Allowance) eligible. All participants must be referred from either a Probation Officer, or an Addictions/Mental Health Counselor, and must have been released from the corrections system in the last year (ex. All participants in 2019 must have been released in 2018 or 2019). Intakes and interviews are conducted prior to program start, and seating is limited.

Upcoming sessions are:

2020: January 13-March 20

March 30-June 12

For more information, please contact Bridges by:

Office Phone: 306-922-2243

Facebook: Bridges Saskatchewan



STRENGTHENING FAMILIES

A Family Program for Caregivers and their Youth Ages 12-17

Families work to improve communication, bonding, emotional management, and structure

Date: January - March 2020

Time: 5:00 – 8:00p.m., 14 sessions held weekly

Location: Carlton Comprehensive Public High School

Registration: FREE (Funded by Public Safety Canada)

- ❖ Transportation, childcare, and meals provided as well as other incentives
- ❖ All participants have free, rapid access to counselling services at CFSPA upon request
- ❖ An elder is present at each session

To register or for more information, contact Strengthening Families at Catholic Family Services:

Office: 306-922-3202 or 1-877-922-3202

Cell/Text: 306-981-6882

Email: strengtheningfamilies.cfspa@sasktel.net

Website: www.cfspa.ca/strengtheningfamilies

Facebook: SF PA

**AFTER THE STORM – A Support Group for Survivors of Domestic Violence**

Date: Wednesdays, January 15 to February 26, 2020 (no class Feb 19)

Time: 6:30 – 8:30 p.m. **Transportation and Childcare Provided*Location: King George Public School 421-23rd Street EastRegistration: **\$20/person** *Funded by: PA and Area Community Foundation***CALMING THE STORM FOR ADULTS - Anger Management for Adults**

Date: Thursdays, January 23 to February 20, 2020

Time: 7:00 – 9:00 p.m.

Location: Catholic Family Services 3rd FloorRegistration: **\$20/person** *Funded by: Northern Lights Community Development Corp.***CALMING THE STORM FOR TEENS - Anger Management for Teens**

Date: Wednesdays, January 15 to March 4, 2020 (no class Feb 19)

Time: 4:30 – 6:00 p.m.

Location: P.A.C.I. 45-20th Street WestRegistration: **FREE** *Funded by: Affinity Credit Union***CLIMBING THE ROCK – A Program for Teens Exposed to and Healing from Trauma**

Date: Tuesdays, January 21 to March 17, 2020

**Transportation Provided*

Time: 4:30 – 6:00 p.m.

Location: Riverside Public School

Registration: **FREE** *Funded by: Ministry of Justice – Victims Services***GOOD GRIEF – A Group for Children ages 6 – 12 who have Experienced Loss**

Date: Wednesdays, February 26 to April 1, 2020

**Transportation Provided*

Time: 6:30 – 8:30 p.m.

Location: Vincent Massey Public School

Registration: **\$20/person** *Funded by: Community Initiatives Fund***PARENTING FROM THE HEART (formerly Active Parenting)**

Date: Wednesdays, February 26 to April 1, 2020

**Transportation and Childcare Provided*

Time: 6:30 – 8:30 p.m.

Location: Vincent Massey Public School

Registration: **\$20/person** *Funded by: Community Initiatives Fund***RIDING THE WAVE - A Program for Children and Families Exposed to Violence and Trauma**

Date: Tuesdays, January 14 to February 25, 2020

**Transportation & Childcare Provided*

Time: 6:30 – 8:00 p.m.

Location: John Diefenbaker Public School

Registration: **FREE** *Funded by: Ministry of Justice - Victims Services***TAMING THE TIGER - Anger Management for Children Ages 6 – 12 and Parents**

Date: Thursdays, January 16 to February 27, 2020

**Transportation & Childcare Provided*

Time: 6:30 – 8:00 p.m.

Location: John Diefenbaker Public School

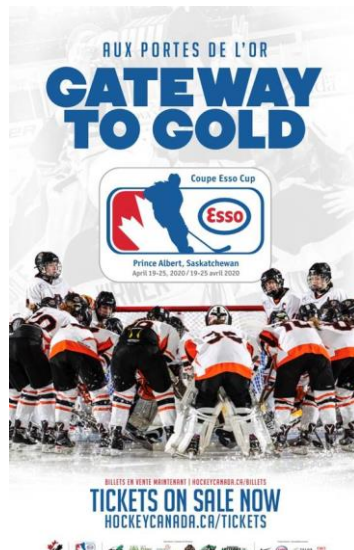
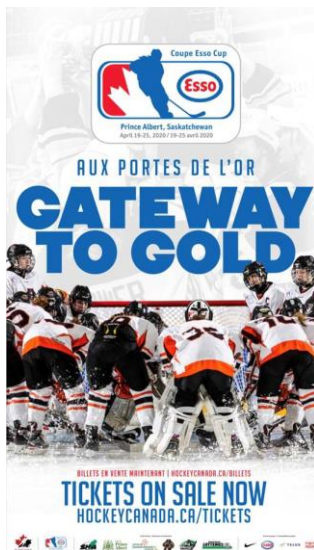
Registration: **FREE** *Funded by: Ministry of Justice – Victims Services***STEPPING UP – A Group for Men who have been Abusive in their Relationships**

Date: Thursdays, January 16 to April 9, 2020

**Transportation Provided*

Time: 6:30 – 8:00 p.m.

Location: Catholic Family Services 2nd FloorRegistration: **\$20/person** *Funded by: Community Initiatives Fund***To register or for more information, call:**Catholic Family Services 306-922-3202 or 1-877-922-3202 or email pederson.cfspa@sasktel.net



Family Resource Centre

The opening of the **Prince Albert Early Years Family Resource Centre** is getting closer every day. If you are in the **Gateway Mall**, (the space under renovation across from Cole's Book Store), please walk by and have a look. We will be announcing the actual opening day very soon with a Grand Opening to follow. If you are a parent or caregiver of children 0-5 years, this new Family Resource Centre will be a place where you can go with your children to enjoy play activities, talk to facilitators, learn about resources, sign up for programming, and meet other families in a safe, fun environment at no cost to you. We are pleased to announce that we have hired Tobie Devitte as Coordinator of the Centre with hiring of 2 facilitators to follow. Tobie has 11 years of experience working with families in Prince Albert as a KidsFirst home visitor. She is available to come and meet with your parent group or your organization to provide more information about the Family Resource Centre. For more information or to book Tobie for a visit, contact wdmelchert@shaw.ca
Hours of operation will be Tuesday – Saturday – 10:00 am – 4:00 pm.