

**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.srsd119.ca/>

# January 2020

**24 HOUR ATTENDANCE NUMBER: 1-833-309-1241****PLEASE REPORT ALL ABSENCES**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		← NO SCHOOL →		
6  <b>Welcome Back!!</b>	7	8	9	10
13  School Community Council Meeting-3:30	14	15 <b>KIDS CLUB</b> 3:25 – 4:25	16	17
20	21	22  Edo Japan Hot Lunch	23	24
27 Baby it's Cold Outside-Come Read with Me Family Literacy Event 	28	29	30	31 <b>No School</b>

**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



**Outdoor Education:** Reminder to all parents and students that we will begin our Outdoor Education program with skating and shoveling in the New Year. Please dress accordingly for the weather. Thank you in advance. Please note: Activities may vary according to weather and/or scheduling. The skating schedule will be released in the New Year as we share West Hill Community rink with École St. Anne School. If you have any questions, please contact Mr. Kalika at École Arthur Pechey Public School.

- Helmets are mandatory for skating; helmets (with a cage) are mandatory for hockey players. The school provides helmets and skates for students who do not have their own.
- Appropriate winter clothing is NECESSARY and REQUIRED. Please let us know if your child requires extra clothing.
- No hockey sticks allowed on busses. All skates must be in a closed bag (no plastic).
- Skating may be cancelled if weather is COLD or there is inadequate participation from class.
- Parents are encouraged to come watch skating. If parents are willing to volunteer to help tie skates and/or skate with the students, please let Mr. Kalika know.
- All students must have their high-risk activity forms signed and handed in prior to skating.

All of our **basketball** leagues (5, 6/7 and 7/8) are in full swing! To view information regarding our grade 6/7 and 7/8 leagues, please go on the P4A website <https://sites.google.com/a/students.srsd119.ca/p4a/>. Our coaches, on a weekly basis, will announce our Grade 5/6 league games.



**Intramural:** Our Intramural BUMP league will be coming to an end in the month of January. Stay tuned for the 21 Tournament!

**New School Jerseys!** Did you know that you could own your very own École Arthur Pechey Public School team jersey? If so, your child can purchase one for \$25. The shirts are a very nice navy blue, dry-wicking style with the school logo on the front. You are welcome to stop by the school to see the jerseys anytime. We would ask that players have their uniform shirt clean and ready to wear on game days. These jerseys will be good for all school sport teams throughout the year and for years to come. Your child will receive their shirt as soon as they turn in the money to their coach. Please make cheques payable to École Arthur Pechey Public School.

**Go Eagles!**

**Baby it's cold outside... Come read with me!**

**Puisqu'il fait froid, viens lire avec moi!**

We invite our families to a come-and-go read with me event to celebrate Literacy Day on January 27th. You can pick up your child from their classroom, and go to the library to read to one another and enjoy some hot chocolate and cookies! It's always nice to snuggle up with a good book!



### Christmath fun! Du Plaisir Noëlématiques!

We had so much fun with the Twelve Days of Christmath (Les Douze Jours de Noëlématiques)! We did some estimating, skip counting, ordering of numbers, multiplying, dividing, adding, subtracting, and even got a great Christmath treat at the end!

### **French Immersion News:**

We are so sad to see Mme Laschowski and Mme Bilodeau leave us. Best of luck to both of them! At the same time, we are very happy to welcome Mme Amanda Szeszorak to Grade 6 and Mme Janelle Meyers to Grade 8. We hope their students enjoy their new teachers and have a great rest of the year with them!



### **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!



### **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.

We are so grateful to the following community members for helping make our December 20th student pancake lunch a success: Dr. Khan's Medical Prof. Corp., Tash's Flooring, Montana's, Original Joes, Ricky's, Superstore, Crown Pizza, Giant Tiger, Minto Bowl, Peavey Mart, Spicy Peppercorn, and Boston Pizza. We would also like to thank all the volunteers: parents, staff members and their families, PA Police, and the PA Fire Department. We look forward to making this an annual event!



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

Culture Days in Prince Albert

**CULTURE DAYS**

SEPTEMBER 27-29, 2018

PRINCE ALBERT CULTURE DAYS EVENTS

Check for the latest program!

For more info visit: [culturedays.ca](http://culturedays.ca)

**Arenas**

**Art Hauser Centre**

Free Walking & Jogging  
Starts October 1st

Walking Schedules are at the AHC office or online at [www.arthausercentre.ca](http://www.arthausercentre.ca)

**Free Public Skating**  
September 8 from 2:30 to 4:30 pm  
September 15 from 2:30 to 4:30 pm

**Dave G. Stewart Arena:**

**Free Adult & Senior Skating**  
Tuesdays  
Oct 1, 2018 to Mar 24, 2020 from 10:30-11:30 am  
Thursdays  
Oct 3, 2018 to Mar 26 from 1:15-2:15 pm

**Free Parent & Tot Skating**  
Tuesdays  
Oct 1, 2018 to Mar 24, 2020 from 9:15-10:15 am  
Thursdays  
Oct 2, 2018 to Mar 25, 2020 from 2:30-3:30 pm

For more info on skating sessions visit: <http://citypa.ca/skating>

**FREE UPCOMING EVENTS:**

- Downtown Art Walk—September 6
- Rock My Gypsy Soul Music Festival—September 7
- Culture Days—October 27-28
- Santa Claus Parade—November 30

For more information visit: [paevents.ca](http://paevents.ca)

Prince Albert Arts Centre

**Children/Teen/Family Programs**

**Dreamcatchers (Adult +2)**  
Saturday, October 13 (2:00 – 4:30 pm)

**Pottery – Christmas Clay (Adult +2)**  
Saturdays, November 30 and December 14 (2:30-4:30 pm)

**Adult/Seniors/Elders Program**

**NEW! Pottery – Newcomers New to Clay (Adult)**  
Saturdays, October 12 to 26 (10:30 am – 12:30 pm)

**Pottery – Clay Christmas Lantern (Seniors)**  
Mondays, November 4 to December 9 (4:30-6:00 pm)

Register online at [www.citypa.ca](http://www.citypa.ca) or call the Arts Centre at 306-922-4811. Funding support from the Saskatchewan Lotteries Community Grant Program.

**Free Open Art Studio**

After School (Open Art Studio) (ages 6-18)  
Wednesdays, September 11 to December 18, 2019  
4:30 to 6 pm

Sponsored and administered by the Prince Albert Council for the Arts, with funding from the Saskatchewan Lotteries Community Grant Program.

**John V. Hicks Gallery Exhibits:**

Common Visual Community Arts and the Indigenous Peoples Artist Collective presents **Aspetti (2019)** by Artists Michele Mackenzie and Manuel Chantre—September 1 to 23

**Studio 1010 Members Annual Exhibit**  
October 1 to 28

**Jack Jensen—November 1 to 23**

When the Trees Crackle with Cold (OSAC Exhibit)—December 1 to January 23, 2020

[www.citypa.ca](http://www.citypa.ca)

## Packing Healthy School Lunches

School lunches are a way to incorporate favourite healthy foods on a daily basis but can also be a source of family frustration. Involving children and youth in packing their own lunches allows them to choose foods they like from parent-approved items and will decrease food waste as they are more likely to eat them.

### Lunch ideas:

- Whole grain English muffin pizza: cover half with pasta sauce and top with favourite pizza toppings then broil for 2 minutes. They can be eaten cold or reheated in a microwave if one is available.
- Soups: use a thermos to keep foods at a safe temperature by heating a homemade soup at home in the mornings.
- Greek pasta salad: mix cooked and cooled whole grain pasta with peppers, tomatoes, Greek salad dressing and rinsed canned chick peas for extra protein.

### Recipe: Broccoli soup:

- Sauté diced onions, carrots and celery.
- Add broccoli florets and enough vegetable broth to cover all the vegetables.
- Bring to a boil then simmer for 20 minutes.
- Puree the mixture and add grated parmesan cheese.
- Heat in the morning and send to school in a thermos with a whole grain bun or slice of bread.

Written by the Public Health Nutritionists of Saskatchewan Working Group (2019)



The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



[saskhealthauthority.ca](http://saskhealthauthority.ca)





## WINTER/SPRING 2020 PROGRAMS



### **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 421-23<sup>rd</sup> Street East

Registration: **\$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 3<sup>rd</sup> Floor

Registration: **\$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. 45-20<sup>th</sup> Street West

Registration: **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 2<sup>nd</sup> Floor

Registration: **\$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](mailto:pederson.cfspa@sasktel.net)

## **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](mailto:strengtheningfamilies.cfspa@sasktel.net)

Website: [www.cfspa.ca/strengtheningfamilies](http://www.cfspa.ca/strengtheningfamilies)

Facebook: SF PA

### **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