



# École Arthur Pechey Public School

Principal: Mrs. Brandi Sparboe  
Vice-Principal: Mrs. Sherry  
Gunville  
Secretaries: Mrs. Sharon Kaponyas, Mrs. Detillieux

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

<https://ap.srsd119.ca/>

## School Hours

Classes Begin 8:50 a.m.

8:50 a.m. – 12:00 p.m.

Lunch

12:00 p.m. – 12:40 p.m.

12:40 p.m. – 3:10 p.m.



## OCTOBER 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Kindergarten Registration for the 2021/2022 School Year:</b>  We continue to accept registrations for both the English and French Immersion kindergarten classes. Please contact us at 306-922-9229 for further information.			31	1
4 <b>MMIWG Honoring Day</b>	5 <b>SCC AGM</b> 6:30 p.m. In Library	6	7  <b>Tie Dye Day</b>	8 <b>PLC Day</b> No classes
11 <b>Thanksgiving Day</b>  <b>No Classes</b>	12	13 <b>Twin Day</b> 	14	15
18 <b>Picture Day</b>  (Say Cheese)	19	20	21 <b>Crazy Hair Day</b> 	22
25	26	27	28	29 <b>Black and Orange Day</b>  (no Halloween Costumes please)

### Upcoming Important Dates:

November 9<sup>th</sup> – Student Led Conferences/Parent-Teacher Interviews

November 11<sup>th</sup> – Remembrance Day/No School

November 12<sup>th</sup> – No School

### Keeping our School Community Safe!

We are so happy to welcome our students and staff back this school year. We continue to work hard to create a safe and joyful environment at Arthur Pechey. Please see below for some key safety measures you can expect. For the full version of the SRPSD COVID Response Plan please see: <https://www.srsd119.ca/wp-content/uploads/SRPSD-Re-Entry-Plan-Revised-2021-08-24-WORKING-COPY.pdf>.

- We appreciate your efforts in monitoring your children and keeping them home if they are sick. If your child is not feeling well or is exhibiting symptoms of COVID-19 or if the number of symptoms they have is increasing or the symptoms are getting worse, please call 811 and follow the direction of SHA.
- Mask wearing: All students, Pre-K to Grade 8, as well as staff, are required to wear masks while indoors during the school day with some exceptions in Physical Education and Band.
- All students will wear a mask while riding the school bus or while being transported during the school day.
- Recesses and lunch will be staggered so that there will only ever be half or fewer of the students accessing the equipment and using the entrances.
- Students are asked to only bring to school what they require such as a lunch kit, backpack, and water bottle.
- Rather than water fountains, we have three bottle filling stations. Please ensure your child has a water bottle to use at school.
- Continuation of increased cleaning and sanitization of the school facility
- Continued promotion and education on hand washing and sanitizing.
- All visitors to the school must wear a mask (we can provide you with one), sanitize your hands, sign in with your name and contact information on the table in the entranceway, and check in at the office to let us know how we can help you. Please ensure that you are asymptomatic when visiting.

We would like to thank our families for helping us in our efforts to keep our school community healthy by supporting these safety guidelines regarding COVID-19.

### SCHOOL ACTIVITY FEE

If you have not paid your child's School Activity Fees please do using the new online payment option or you may pay in person at the office. There will be a service fee for online payments. Kindergarten students pay \$10.75 and students in Grades 1-8 pay an annual fee of \$21.00. This money is used to cover a wide range of expenses such as guest presentations, outdoor education, and extra consumable items used each year to support your child's classroom. It is sometimes necessary to charge an additional nominal fee to cover extra field trips or special project costs. We will try to minimize extra costs as much as possible.



Make online payments with  
**SchoolCashOnline**

- ✓ Field Trips
- ✓ Sports Events
- ✓ Activity Fees

**KEVGROUP**  
School Cash Simplified

Registration for School Cash Online is now available! Please visit [www.srsd119.ca/school-cash-online/](http://www.srsd119.ca/school-cash-online/) for instructions.

### Communication is Key

AP will use the School Messenger and eventually the Edsby notification service to send important information to families through phone calls and emails. **Please make sure the school has your correct email address.** You should have already received email messages from the school. If you haven't, please contact the school to learn more.

**Kindergarten and Pre-Kindergarten registration for the 2021/2022 school year:** We continue to accept registrations for both the English and French Immersion kindergarten classes. Please contact us at 306-922-9229 for further information or register online at [ap.srsd119.ca](http://ap.srsd119.ca).

### School Community Council

Our school has a long history of working together as an entire school community – staff, students, parents, and guardians - to provide the best educational environment and opportunities for our children. The School Community Council is a great way to learn more about your child's school and to make a difference in your school. Involvement can come in many forms: attend meetings (both virtually and in person); share ideas; ask questions; organize events; support fundraising efforts; and more!

At the beginning of each school year, the SCC holds an Annual General Meeting during which the current representative members elect School Council Officers as well as further representative members. In order to have balanced representation and an effective council, we hope to have at least five members elected each year. Please join us for our AGM on **Tuesday, October 5<sup>th</sup> in our library at 6:30 pm.**

### New Playground Equipment!

This past week has seen the installation of several new pieces of playground equipment! The disc golf set, four new disc swings, and the new three-point basketball piece provide our students with many more options while they enjoy their recesses. We want to say a huge thank you to our SCC and our school community itself for all of their work to help us raise the funds that made this possible!



## Physical Education

Cross-Country Running season comes to an end on Oct. 5<sup>th</sup> with the extravaganza @ Spruce Home school. Coaches will provide more information to the runners that will attend.

Volleyball regular season games begin the week of October 4<sup>th</sup> with the extravaganza tournament the week of November 15<sup>th</sup> to 19<sup>th</sup>. Coaches will share their practice and game schedules with the athletes. You can access the game schedules on the P4A website <https://sites.google.com/a/students.srsd119.ca/p4a/>

Please make sure that your student has handed in their permission forms!

**\*\*\*SRPSD extracurricular activities and sport (skill based learning, intramural or inter-school) can be withdrawn at any time by SRPSD and following guidance from the SK Health Authority\*\*\***

Thank you so much for all your support during these times. Our #1 goal is to ensure the proper safety for our students staff and schools. Please stay tuned for further updates concerning extracurricular activities!

*Tim Strom*



## Tipi Teachings - Character and Values Education & Following Their Voices

In October, we will begin with *Respect* and then we'll move on to *Humility*. Here is a summary of some of the key points that classes focus on for each of these areas.

- **Respect/Lé respect** : We must give honour and show respect to our parents, guardians, Elders, teachers, and fellow students. We must honour other peoples' rights. When I respect myself, I live in harmony with the world and the people around me.
- **Humility/L'humilité** : We treat others equally. We are not above or below others. We understand that we are an important part of the world community.

We need your help!

FTV is releasing a parent survey, which is due **November 30th**. The information that will be gathered from the surveys will help teachers support our students in the FTV program from a parent and caregiver perspective. Once you have completed the survey, please screenshot that you have completed it and send it to [spilon@srsd119.ca](mailto:spilon@srsd119.ca). You will then be entered into a draw to win a gift card which will go towards AP's online clothing store.

Here is the link to the FTV parent survey:

<https://followingtheirvoices.ca/ftv/surveys/#/anon/code/7aRkW0eS>

This code will appear on the survey please ensure it is correct: 7aRkW0eS



## Oct 4 we will be Honoring Missing and Murdered Indigenous Woman and Girls



### MMIWG Honouring Day:

Please wear red (and/or a ribbon skirt or shirt) on Monday, October 4<sup>th</sup>. The colour red is a significant colour in various Indigenous cultures and is thought to be a colour that spirits can see. When we wear red, we are showing recognition and honour to the many missing and murdered Indigenous women, girls, and two spirit people who have not been forgotten.

In recognition of families who have lost someone, our school will be offering a smudge before school on Monday, October 4<sup>th</sup>. All are welcome to drop in from 8:30-8:50 am.

### PEDESTRIAN SAFETY

Our parking lot is out of bounds for students. We urge parents to support us in this safety endeavor by dropping off their children on either 4<sup>th</sup> Ave West or 26<sup>th</sup> Street West. We encourage the children to cross all streets in a safe manner by crossing at the corner or at cross walks. Staff supervision is also provided at our crosswalks.

### Bylaw update

Please be advised that there have been changes made to the Traffic Bylaw which now prohibits U-turns in school zones. In an effort to improve the safety of our children, the City of Prince Albert has added this safety measure. There is a \$150 fine for violating this restriction.



### Electronics and Cell Phones

Students are advised not to bring any electronics to school, as we are not responsible for lost or stolen items. Very few students have access to an individual locker that is secure. We understand that you may want your child to carry a cell phone for safety reasons; however, there is no need to have the phone on at school as we have school phones. Therefore, if a cell phone is brought to school, it MUST be powered off and stored in a safe place between 8:50 and 3:10. If a student is repeatedly asked to put the item away or continues to use it during school hours, parents will be contacted to come and pick it up.



### AP Eagle School Clothing

Are you interested in purchasing Arthur Pechey Eagle clothing for you or your student? Visit the link below:

<https://ecolearthurpecheypublicschool.entripyshops.com/>



Hello Parents, Guardians & Families!

As we settle into Fall, I thought it would be nice to touch base and let you know that we are again working on MATH as our school goal this year. Our daily math practices are infused with so many awesome ideas and strategies from *Following Their Voices*, new math games, flexible groupings, a variety of teaching approaches, and even a few great technology resources to help us make learning more engaging for all of our learners.

Are you looking for some fun ways to practice math skills with your family?! Try out these fun games, below, and adapt them to make it work for your family. Send us pictures to share on our social media platforms and show our AP family some of the fun math games happening at your house!

Email me the pictures at [lprimeau@srsd119.ca](mailto:lprimeau@srsd119.ca)

*AP's In-School Math Coach & Gr. 6 Teacher*  
~Mrs. Primeau

#### RACE TO 50 or 100

**How to Play:** Grab a deck of cards, a piece of paper, and a pencil. Place cards face down in a stack. On your turn, flip the top card. Write your number down. On your next turn, add to your previous number. Keep flipping and adding on to your previous sum. The first player to reach a sum of 50 or 100 (or go above 50 or 100) is the winner! Each face card is worth 10.

#### FLIP FOUR ADDITION or SUBTRACTION

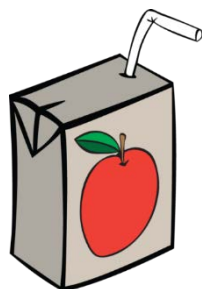
**How to Play:** Flip 4 cards (remove all 10s and face cards). Take the numbers from the four cards and make 2 two-digit numbers. Add or subtract the numbers that you created.

\*Note: If your student is not ready to add or subtract two-digit numbers, you can have them use 3 cards to make a two-digit number plus or minus a one-digit number.



## Canteen Menu

Available from 12:00 to 12:40.



Open to all grades – Mondays

Grade 6 & 4 – Tuesdays

Grade 5 & 1 – Wednesdays

Grade 3 & 2 – Thursdays

Grade 7 & 8 - Fridays

Kindergarten students will use a pre-order form  
and have access on their attendance days.

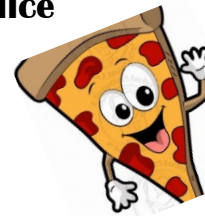


## Canteen Menu

Available from 12:00 to 12:40.

**\*Prices and availability are subject to change without notice\***

<b>Fresh Pizza:</b> Pepperoni & Cheese.....	<b>\$3.00/slice</b>
<b>Leftover Pizza (frozen &amp; reheated – sometimes available) .....</b>	<b>\$1.00</b>
<b>Corn dogs .....</b>	<b>\$1.50</b>
<b>Pizza Pops :</b> Pepperoni and cheese .....	<b>\$2.00</b>
<b>Granola bars.....</b>	<b>\$1.00</b>
<b>Beef Jerky .....</b>	<b>\$2.00</b>
<b>Hot Rods .....</b>	<b>\$1.00</b>
<b>Crispers/Pretzels/Popcorn/Chips .....</b>	<b>\$1.50</b>
<b>Flavored water .....</b>	<b>\$1.50</b>
<b>Juice boxes .....</b>	<b>\$1.50</b>
<b>Desserts:</b> wagon wheel, pudding (chocolate & vanilla), frozen yogurt tubes .....	<b>\$1.00</b>



Students have the opportunity to purchase a canteen card. Students can bring any amount of money to put on their card. The card would be kept in the canteen and students would order and we would deduct the money as they spend. Parents can also set a daily spending limit. Money can be sent and added at any time to the student canteen card. This is a great option as students wouldn't have to carry money every day they are going to purchase from the canteen.

### 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

Sept 30, 2021

Dear Families,

On September 29<sup>th</sup>, the Saskatchewan Health Authority proclaimed that schools with students aged 11 and under will be provided with self-test kits for families to participate in a home self-test program (the full SHA media release can be found at <https://www.saskatchewan.ca/government/news-and-media/2021/september/29/test-to-protect-expansion-of-covid-19-self-testing> ). More specifically, the Saskatchewan Health Authority provided the following details about the self-testing program in schools:

***Self-Test Expansion via Schools***

*The Saskatchewan Health Authority has provided a new supply of 475,000 self-tests to Saskatchewan elementary schools, expanding the self-test at home pilot throughout the province. The program targets households with students age 11 years and under as these students are not yet eligible for vaccination.*

*As of October 4, if you have a child age 11 years and under attending school, you may contact that school about receiving at home, self-testing kits for the use of students age 11 years and under, as well as all household members. More information will soon arrive in your child's backpack.*

Saskatchewan Rivers Public School Division expects to be receiving the division's first allocation of self-test kits starting the week of October 4<sup>th</sup> to distribute to the schools with students 11 years old and under, students aged 12 and older are not included in this program. The process of receiving and delivering the self-test kits will take time, so we ask for patience as we ensure schools get their allotted supply in a timely manner. SRPSD encourages you to learn more about the program by following the QR code links located on the SHA document "COVID -19 and Children" that accompany this letter.

If you are interested in participating in this program, please contact your school to indicate that you wish to receive a kit. The supply of self-test kits will be limited as SRPSD's initial shipment will be equivalent to approximately 15% of our students aged 11 and under. If you are unable to receive a kit during the first distribution, please ensure that your school is aware that you would like to receive a self-test kit when the school receives another shipment.

Sincerely,

Cory Trann  
Superintendent of Schools  
Saskatchewan Rivers Public School Division



# COVID-19



## DON'T HESITATE, **VACCINATE**



**Prince Albert Upcoming Clinics—NO APPOINTMENT NEEDED**

**PFIZER AND MODERNA Vaccine—eligible if born in 2009 or earlier**

If you have had COVID disease in the past, you still need to be immunized to give you long term protection.

You can get the vaccine as soon as you are off isolation.

**Sept. 29th 9am—5pm Senator Allen Bird (2300-9 Ave W)**

**Sept. 30th 1pm-6:30pm Prince Albert Exhibition Centre (Exhibition Dr)**

**Oct. 1st 1pm-6:30pm Prince Albert Exhibition Centre (Exhibition Dr)**

**Oct. 2nd 9am—4pm Prince Albert Exhibition Centre (Exhibition Dr)**

**Oct. 4th 1pm-6:30pm Prince Albert Exhibition Centre (Exhibition Dr)**

**Oct. 5th 1pm-6:30pm Prince Albert Exhibition Centre (Exhibition Dr)**

**Oct. 6th 9am—5pm Senator Allen Bird (2300-9 Ave W)**

**Oct. 7th 1pm-6:30pm Prince Albert Exhibition Centre (Exhibition Dr)**

For more information about Saskatchewan's COVID-19 vaccination roll-out and  
to find a clinic near you visit [www.saskatchewan.ca/COVID19-vaccine](http://www.saskatchewan.ca/COVID19-vaccine)



# COVID-19 and Children

With children in school it is important to remember that COVID-19 is still impacting the health of communities. The Delta variant is showing to be more infectious to both adults and children. Saskatchewan pediatricians (moms & kids Health Saskatchewan) encourage you to continue watching for COVID-19 symptoms in children and consider adding testing to your daily routine.

## Self-Testing Program for Schools Fall 2021:

- Is available in schools for families with children 11 years old and younger
- Gentle and easy to use nasal swab, instructions are provided in the testing kit
- Kits are free
- Provides early identification of COVID-19, reducing outbreaks where kids live, work and play

## COVID-19 in Children:

Symptoms of COVID-19 and cold and flu can be found here: [www.canada.ca/flu](http://www.canada.ca/flu)

### Monitor Daily for COVID-19 Symptoms:

Fever	Cough
Sore throat	Diarrhea
Nausea, vomiting	Stomach pain
Fatigue	

### Other symptoms to watch for:

Rash  
Headache

**Most children have no symptoms or mild symptoms**

It is hard to know the difference so **TEST and TEST OFTEN**

### Parent Information Session

Oct 5 @ 1200



Oct 5 @ 1800



## How Best to Protect Children:

- get vaccinated if you are eligible (12 years and older)
- participate in at home self-testing for COVID-19
- wash your hands often
- wear a mask
- stay home if you are sick
- symptomatic testing requires a lab (PCR) test
- physically distance when you can
- clean and disinfect high-touch surfaces everyday

Testing is an important layer of protection for you and your family and we recommend testing twice per week. We **STRONGLY ENCOURAGE** all household members who may have COVID-19 symptoms to call HealthLine 811 to arrange for a lab (PCR) test at a local COVID-19 testing site in your community or drive-thru testing site if available in your area.



## For More Information Follow These Links



[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)



Self-Testing at Home



## Gearing Up For Sports



This newsletter is published by the Acquired Brain Injury (ABI) Education & Prevention Coordinator from Saskatchewan North ABI Services.

Participating in sports is a great way to make friends, get in shape & keep your brain healthy. Sports help us learn important lessons about cooperation, determination, resilience and being part of a team.



4) Know your sport. Understand the rules & regulations. They are there to allow you to play aggressively while keeping yourself and others safe.



Playing a sport can put you at risk to sustain an injury. Your body is moving in all sorts of complex ways. If you aren't careful, you could tear a muscle, break a bone, damage your joints beyond full repair or sustain a concussion or brain injury.

5) Keep your head up! Watch out for players who might not see you standing there. If they aren't paying attention, make sure you are.



6) Don't play if you're already injured. You won't be helping your team or yourself if you're already hurt. You could risk aggravating your injury. This is an easy way to take a minor injury and turn it into a life-threatening one.

### Here are some ways to stay protected!

1) Make sure you have all the necessary protective gear for your sport. Ensure that it fits you properly, and is in good condition. Wear your gear EVERY TIME you play; practice & games.

2) Stretch your body before and after. The more flexible your joints and muscles are, the better your body will accept the strain and impact of your sport.

3) HYDRATE! Not drinking enough liquids through the day can cause exhaustion, headaches, severe cramps and even a trip to the ER.



***\*Remember concussions are injuries too! If you do not allow your brain to heal it can put you out of the game a lot longer.***



7) Remember, it's just a game. Listen to what your body is telling you. Take breaks, and eat a healthy diet full of the nutrients necessary for you to be a strong athlete and competitor.

***As your gearing up for your fall sport to go into full swing, remember how important it is to keep yourself safe. Have fun this season!***

We are always on the lookout to connect with communities interested in injury prevention. Please email [jennie.knudsen@saskhealthauthority.ca](mailto:jennie.knudsen@saskhealthauthority.ca) for more information. We want to hear from you!



**Saskatchewan  
Health Authority**



*Free Interactive*

**BRAIN WAVES PRESENTATION**

**FOR GR 4-6 STUDENTS**

**JOIN US ON ZOOM**

Session 1 Oct. 20th & 21st	1 - 2 pm
Session 2 Oct 26th & 27th	9 - 10 am
Session 3 Nov 3rd & 4th	1 - 2 pm
Session 4 Nov 29th & 30th	9 - 10 am

**LET'S HAVE FUN LEARNING ABOUT  
NEUROSCIENCE & BRAIN INJURY PREVENTION**

**EACH STUDENT WILL RECEIVE THEIR VERY  
OWN PACKAGE WITH EVERYTHING THEY  
NEED TO FOLLOW ALONG**



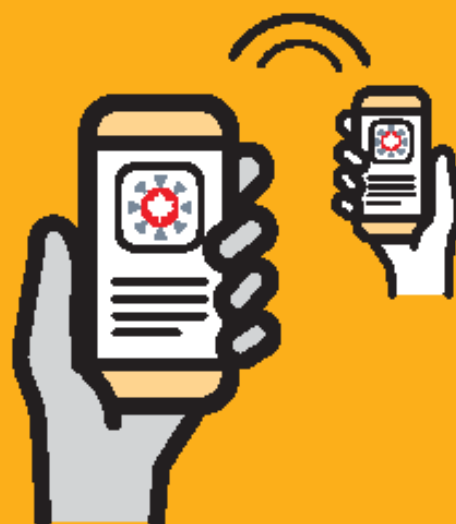
Acquired Brain Injury  
Education & Prevention

For more information or to register please e-mail  
**[jennie.knudsen@saskhealthauthority.ca](mailto:jennie.knudsen@saskhealthauthority.ca)**



# Protect your community.

## Download the COVID Alert app.



The more Canadians who install the COVID Alert app, the better we can limit the spread of COVID-19.

Let's protect each other. Download the app.  
Learn more:

 [canada.ca/coronavirus](https://canada.ca/coronavirus)

 1-833-784-4397



# Double your protection.


## Download the COVID Alert app and wear a mask.



The more Canadians who install the COVID Alert app, the better we can limit the spread of COVID-19.

Let's protect each other. Download the app.  
Learn more:

 [canada.ca/coronavirus](https://canada.ca/coronavirus)

 1-833-784-4397





## #38 "Anavets" Prince Albert Air Cadets



Parade nights: Mondays from 6:15 to 9:00pm  
(Except school holidays)

### 2021-2022 Staff:

Commanding Officer – **Capt Kris Dobratz**

Training Officer – Lt Clayton Letendre

Supply Officer/Training - Lt Brenda Dyer

Admin. Officer/Supply – Capt Bernadette Slager

Ground School Training/Air Survival

Instruction/Public Speaking – CI Bob Spracklin

The phone at the Armouries is only used on Monday & Sun. evenings. The number is **306-922-4001** (messages can be left but they are only checked on Mon. & Sun.)

Welcome to the Prince Albert Air Cadets. We are #38 Anavets Squadron.

Registration is now open for the 2021-2022 training year. There are no fees to join and uniforms are provided free which will be required to be returned when leaving the organization.

There are a lot of opportunities in Cadets available for those who show regular attendance and progression in the system. As the cadets advance through the levels they can be offered summer training (at no cost to the family) and employment at summer camps when they reach sixteen. Summer training involves: leadership, survival skills, music training, aircraft mechanics, glider, pilot training, and athletics camps.

### What happens on a Monday cadet night?

With Covid19 it makes things a lot more difficult to run a youth program. Last year we did part in person and part online and were able to continue outdoor activities during the day but no overnight ones. We will find out if we can train in the armouries in early October. We are planning an outdoor training day on the 16<sup>th</sup> of October. We will adapt the training throughout the year depending on the requirements of Covid restrictions.

For training, cadets join their level groups (according to age) to learn about a variety of topics. Some of these are the cadet organization, citizenship, drill, air rifles, aircrafts, sports, radio communications, how to instruct other cadets and survival training.

For the online communication and delivery, every cadet must have their **own email address**. It cannot be a school one but must be just for the cadet program. Each cadet will be required to register for cadet365 an online format that cadet groups use to meet and share information.

Parents that want to participate with cadets on outings must fill out some **screening papers**. This rule has been implemented to ensure the safety of our youth. All parents/guardians are welcome. The more that participate the more fun we have. Parents have a committee to keep them informed about what is planned for the cadets. They will contact each parent as long as they have your email address. If you put a parent one on the registration form it will be given to the parent committee. There is also a facebook cadet group for our parents and cadets. "Prince Albert Air Cadets"  
We hope you enjoy being part of this organization.