

"Take Care of Each Other"
**Gateway Elementary School
Newsletter**



Principal's Message

Well, three months have flown by and Christmas is on the horizon. We have had a great fall at Gateway with many students participating in several fantastic activities.

Our annual table tennis tournaments took place on Wednesday, November 28 and Thursday, November 29. The family table tennis night took place on Thursday, November 29 and was very well attended. Students' skill levels grew significantly in a very short period of time. Students will have the opportunity to play table tennis on the stage during noon hours for the rest of the winter.

We would forward to our annual Speedstacking tournament which will take place on Wednesday, December 19 after school. Students have been practicing every Wednesday to master the skills of the sport and their skills have improved significantly. Parents are invited to come and watch some exciting Speedstacking action.

Check out our Facebook page or the Facebook feed on our school website to access new weekly video announcements which will include information regarding school clubs, student and family engagement events and other exciting Gateway news! The video announcements will be posted and viewed by students at the beginning of each week.

Winter has arrived and cold weather is inevitable. Students are reminded to dress for the weather as they are expected to go out for recess during cold temperatures. At all times during outside recess, supervising staff members ensure student safety by closely monitoring students and the bell is rung early when necessary. On extremely cold days, students are kept inside the school for recesses.

December will go by quickly with holidays just around the corner. We look forward to seeing everyone at our 18th Annual Gateway Family Christmas Night on Thursday, December 6.

December 2018

Upcoming Events

- **Family Christmas Night**
Thurs, Dec. 6 at 7:00 pm
- **Salvation Army Donation Week** - Dec. 3 - 7
- **Screen Time Awareness Week** - Dec. 10 - 14
- **Jigging Club**
5B, 6B, 5F
Tuesdays 3:30 - 4:30 pm
- **Speedstacking Club**
Wednesdays 3:30 - 4:30 pm
- **Speedstacking Tournament**
Wed., Dec. 19
3:30 - 5:00 pm
- **Christmas Activity Afternoon** - Fri.,
Dec. 21 1:00 - 3:30 pm



Family Christmas Night

Students are invited to bring their whole family to Gateway's Annual Family Christmas Night on **Thursday, December 6 (7:00 - 8:30)**. There are lots of fun activities planned such as cookie decorating, board games, face painting and several make-and-take craft stations. Tickets for cookies and face painting will be sold at a cost of \$1.00 each. Children will have an opportunity to get their picture taken with Santa. (Parents are asked to bring their camera or cell phones). Apple cider will be provided free of charge. So come on out to the Gateway Family Christmas Night. You will have a blast!



Scent-Aware School

Due to allergy concerns, Gateway is a "scent-aware school". We are taking the following steps to continue to be a scent-aware school:

- * Aerosol products are not allowed at school.
- * Students are encouraged to refrain from wearing strong perfume or cologne.
- * Students are encouraged to wear mild scented or scent-free deodorant.
- * Public Health is contacted to provide education for all students regarding allergies relating to scents.
- * Products given to students at presentations are scent-free.
- * Signs are posted at each entrance indicating that Gateway is a scent-aware school.

ML Curling Club Toy Bingo

The Meadow Lake Curling Club is holding a toy bingo on Sunday, December 9th at 1 p.m. Come have some fun and win some prizes.



Salvation Army Stocking Fund

As you all know, at Gateway School we strive to "Take Care Of Each Other". This does not just include our fellow students. This means we also take care of our community. During the week of **December 3-7** we will be collecting new toys to donate to the Salvation Army in order to help out with their Christmas program. Cash will also be accepted. Thank you for lending a helping hand to those who are less fortunate.



Games Club and Table Tennis Club



During the cold winter months, students will have the opportunity to stay in at lunch hours and play board games and table tennis. Classes will be scheduled for each activity and the schedule will be announced daily.



Christmas Activity Afternoon

Every year on the last day of classes before the Christmas holidays, students participate in Gateway's Christmas Activity Afternoon. Students will have the option to sign up for several activities such as floor hockey, basketball, table tennis, Speedstacking, mini-stick hockey, Rocks and Rings curling, etc.



RAISING KIDS WITH CARE: 50 WAYS TO HELP YOUR WHOLE FAMILY THRIVE (CONTINUE #'S 16 - 20)

16. Be excited about your child's interests.
17. Take time to develop your own special strengths and talents.
18. Ask for your child's opinion.
19. Spend time alone with your significant other.
20. Don't worry if the house is a little messy sometimes.



Classroom Celebrations

It is common in our culture to celebrate special events with food. Often the foods we choose have a lot of fat, sugar and salt and not a lot of other healthy nutrients. When planning a classroom celebration, it is important to remember that there are many ways to celebrate special events. Ask yourself . . .

Is food needed?

If you answered 'no'

- ✓ Show kids that they can celebrate special events without food.
- ✓ Celebrate with non-food items like stickers, pencils or erasers.
- ✓ Celebrate with new games, art projects or music.

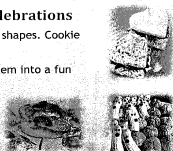


If you answered 'yes'

- ✓ Show kids that they can celebrate special events with nutritious food. There are a few ideas listed below.
- ✓ Serve the food during a scheduled meal or snack time.
- ✓ Consider allergies in the classroom. Serve foods that all kids can eat.
- ✓ Consider the cultural diversity of your school.
- ✓ Serve different cultural foods.

Nutritious Meal and Snack Ideas for Classroom Celebrations

- Mini crust-less sandwiches using whole grain bread. Cut into fun shapes. Cookie cutters work great for this!
- Fresh vegetables or fruit cut up into bite-size pieces. Arrange them into a fun design on a platter.
- Mini whole grain pitas topped with tomato sauce and cheese.
- Kabobs with bite-size shapes of fruit and cheese.
- Bannock with black bean dip or hummus.



Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2017)
Distributed by Stacey Wiens, Public Health Nutritionist, Prairie North Health Region

Top 12 AR Students

1. Reese Schneider - 629.2
2. Maggie Chow - 316.6
3. Noah Cappelle - 233.0
4. Sophie Wolff - 224.1
5. Allandrex Crawford - 212.4
6. Nate Dallyn - 122.8
7. Brooke Pchelnik - 118.5
8. Avery Sinclair - 108.6
9. Nikolas Snodgrass - 104.6
10. Kyree Mirasty - 100.5
11. Jireh Madrid - 98.9
12. Aislinn Petz - 92.3
13. Callee Timmer - 91.6
14. Cash Drager - 89.1
15. Kalem Klassen - 77.0
16. Dayna Laliberte - 76.7
17. Terra Pickett - 76.6
18. Gabrielle Nippi - 76.1
19. Kaidance Schwingenschloegl - 76.1
20. Bain Marzan - 75.8
21. Olivia Bannister - 70.8
22. Darian Murray - 68.9
23. Ayla Mutch - 68.5
24. Caleb Pockrant - 60.0



Screen Time Awareness Week

During the week of December 10 – 14, students will be taking part in Screen Time Awareness Week which will include classroom activities, discussion and Screen-Free Activity Bingo.

Strategies to Limit Screen Time

1. Eliminate background TV. If the TV is turned on – even if it's just background – it's likely to draw your child's attention. If you're not actively watching a show, turn off the TV.

2. Keep TVs and computers out of the bedroom. Children who have TVs in their bedrooms watch more TV than children who don't have TVs in their bedrooms. Monitor your child's screen time and the websites he or she is visiting by keeping TVs and computers in a common area in your house.

3. Don't eat in front of the TV. Allowing your child to eat or snack in front of the TV increases his or her screen time. The habit also encourages mindless munching, which can lead to weight gain.

4. Set school day rules. Most children have limited free time during the school week. Don't let your child spend all of it in front of the screen. Also, avoid using screen time as a reward or punishment. This can make screen time seem even more important to children.

5. Talk to your child's caregivers. Encourage other adults in your child's life to limit your child's screen time too.

6. Suggest other activities. Rather than relying on screen time for entertainment, help your child find other things to do, such as reading, playing a sport, helping with cooking or trying a board game.

7. Set a good example. Be a good role model by limiting your own screen time.

8. Unplug it. If screen time is becoming a source of tension in your family, unplug the TV, turn off the computer or put away the smart phones or video games for a while. You might designate one day a week or month as a screen-free day for the whole family.

9. Become an active participant. When your child has screen time, make it as engaging as possible.

10. Plan what your child views. Instead of flipping through channels, seek quality videos or programming. Consider using parental control settings on your TV or computers. Preview video games and smartphones applications before allowing your child to play with them.

11. Watch with your child. Whenever possible, watch programs together – and talk about what you see, such as family values, violence or drug abuse. If you see a junk food ad, explain that just because it's on TV doesn't mean it's good for you.

12. Record programs and watch them later. This will allow you to fast-forward through commercials selling toys, junk food and other products. When watching live programs, use the mute button during commercials.

13. Encourage active screen time. Have your child stretch or do yoga while watching a show. Challenge your family to see who can do the most jumping jacks during a commercial break. Choose video games that encourage physical activity.