

**Take Care of
Each Other**

Gateway Middle School NEWSLETTER

Issue # 1

Sept. 3, 2019

Message from the Principal,

Hello everybody and welcome **back** or welcome **to** a wonderful year at Gateway Middle School. Let me begin with a few introductions. My name is Greg Ackerman and our Vice-Principal's name is Angela Ellis and we've both been at Gateway since it opened in 2001.



We have some exciting events coming up in the month of September. We have a Tug-O-War in the gym on Friday, September 6 and a "Gym Blast" is scheduled for Friday, September 27. For those who don't know, a "Gym Blast" is a lively, loud series of events consisting of crashing fridge boxes, bouncing truck tire tubes, hop ball derby, loud music, team cheers and team puzzles. We will also be having our annual Marathon on Friday, October 4 and we invite all parents to join us as the whole school walks or runs 5 km.

You're going to enjoy your year at Gateway this year as long as you follow our motto which is **"Take Care of Each Other"**. The secret is to treat your teachers and classmates with respect. Get involved in everything you can and not just the sports or activities you like "best". If you practise these few ideas you are in for a great year.

If you aren't enjoying yourself at Gateway then you need to do something about it. If someone is bothering you at school or outside of school please tell someone. There are lots of staff members here at Gateway who can help you with your problems but you have to make the first move. You'll be glad you did!

Our Open House is on Thursday, September 12 at 7:00 p.m. and we hope to see all of our parents attend so we can get to know them. Parents will also have the opportunity to sign up for our School Community Council that evening for those interested in participating at that level.

Have a fantastic year, get involved and Take Care of Each Other!

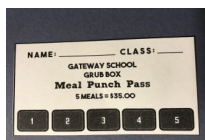
Open House Night

Gateway Middle School staff would like to invite all students and their family members to our "Open House" Night. This event will take place on Thursday, September 12 from 7:00 - 8:30 p.m. The evening will include fun activities to introduce you to your child's teacher as well as the rest of the Gateway Staff. So bring your family and come on down to meet and greet the Gateway Staff!

Grub Box

Punch passes

Meal punch passes are available for \$35.00 for 5 lunches. Each lunch will include entrée, drink (water, milk, juice), and ice cream or 3 smaller snacks.



Entrée punch pass are available for \$25.00 for 5 entrees. This will include only the entrée no drink or snack.



Milk passes are available from the Grub Box. For the price of \$15.00, your child will have 20 milk delivered to their classroom each day.



All passes can be purchased at the Grub box or School Cash Online.

Children's Safety

A reminder to parents to please drop your children off on the Gateway side of the street so they do not have to cross the road.



Cross Country



Gateway's Cross Country program will begin this month. Participants will take part in practices during noon hours and after-school. The Cross Country team will attend meets throughout September and October. Sign-up sheets are posted in the commons area.

Marathon



Gateway's 19th Annual Marathon will take place during the afternoon of Friday, October 4. The marathon involves all staff and students walking or running 5 km within the city of Meadow Lake (parents are welcome too). Our marathon is our major

fundraiser for the year and the money raised goes toward school trips, guest presenters, equipment to enrich the learning program, school events, playground equipment, etc. Students will be bringing home pledge sheets a few weeks before the marathon. Prizes will be awarded in the form of bucket draws on the day of the marathon. Students will receive tickets for the bucket draws based on the amount of money they have raised. We do require volunteers for the marathon. If you are interested in being a volunteer please call Debbie Robertson at 236-4141. Come on out and be a volunteer or a participant in the 19th Annual Gateway Marathon!

Gateway Clothing



Every fall Gateway students have the option to purchase authentic Gateway clothing. Students can try on the clothing and place orders during the evening of Thursday, September 12 (Open House Night). Clothing orders will be placed at the end of September.

Volleyball



Gateway's Volleyball program will begin this month. The grade 5 tournament (Smashball) will be held on October 23. The grade 6 tournament (Tri-ball) will be held on October 24. The grade 7 schedule and tournament will be determined after the 1st week.

Gateway S.C.C. Sign up

Parents interested in volunteering for the School Community Council (S.C.C.) can sign up with their child's homeroom teacher on Thursday, September 12 at 7:00 p.m. (Open House Night). Being a S.C.C. member allows parents the opportunity to assist the staff in providing an outstanding learning environment for students. Members of the council make decisions in regards to school events, programs, etc. Our council requires several new members this year. If you would like information about being a School Community Council member please phone our Wellness Coordinator, Debbie Robertson, at 236-4141.

Community Registration Night

Gateway Elementary School's SCC will be hosting its annual Community Registration Night on Tuesday, September 10 from 4:00 - 7:00 p.m. This registration night is a fast and easy way for families to find out what kind of sports, recreational and cultural activities our community has to offer and to register your children on the spot.

For further information and/or to book a space for your club or organization, please contact Debbie Robertson at 236-4141.

KidSport

What is KidSport? KidSport is a children's charity. It is designed to assist children of families facing financial obstacles to participate in community sport or cultural programs. The goal of KidSport is to provide these children with the opportunity to achieve, physical, social, intellectual and moral development through the participation in sport.

Head Lice

If you suspect someone has head lice please contact the school and notify them of your suspicion.

A staff member will then check the child and make confirmation in this regard. This will be dealt with in a very delicate and considerate fashion, taking into consideration the child's feelings. Siblings and other students living in the same household will also be checked. This may include notifying other schools.

The parents will be notified and informed of treatment and a copy of "Help Control Head Lice" pamphlet will be sent home with their children. Information regarding treatment will be shared at this time with the expectation that the child be treated before returning to school.

When the school is notified of a case of head lice, the classroom will be given a letter informing parents to monitor their child/children for head lice. Confirmation of treatment will be obtained from the child or parent the following day.

Positively Parenting Activities

- ♦ Sterling's Hokey Pokey Playgroup - ML Library, 11- noon every Tuesday
- ♦ Triple P Class - Raising Confident, Competent Children - Sept. 12th - 7 - 8:30 pm
- ♦ Triple P Class - Raising Resilient Children - Oct. 2 - 7 - 8:30 pm
- ♦ Parenting Through Separation and Divorce Saskatchewan Justice mandated class call 1-877-964-5501
- ♦ Adult and Youth Anger Management Classes - call to register
- ♦ Postpartum Support Group - text-to-text mom - 306-240-9385

For more information or to register call 306-236-4804

**SUBSCRIBE
TODAY for
TEXT NOTIFICATIONS**

Get the latest updates like:
Emergency Notices
Reminders
Upcoming Events
and more!



Volunteer Opportunity

If you enjoy baking and/or cooking, then you might be interested in lending a hand for Gateway's daily snack program and Grub Box concession booth. We are in need of volunteers to help with a number of things, including baking for the snack program, food preparation for the lunch program, helping out during the 12:00 -12:20 p.m. concession, etc.

Every year, we work hard to provide a free snack program that is both healthy and budget friendly. We also strive to provide the most healthy food choices possible on our lunch concession menu. To continue doing so, we require as much help as possible. Whether you are available for volunteering once a week or once a month, we would certainly appreciate your time and efforts.

Please contact Debbie Robertson at 236-4141 for further details and/or to schedule some

Electronic Device Policy

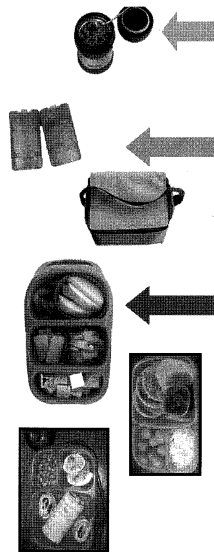
Due to potential issues regarding cyber-bullying, theft and privacy act legislation, students are asked to keep all electronic devices at home. These devices include cell phones, MP3 players, iPod Touches, digital cameras, etc. If students have brought them to school they are required to keep them locked in their lockers. Use of electronic devices on school property will result in the devices being temporarily confiscated.

Raising Kids with Care 50 WAYS TO HELP YOUR WHOLE FAMILY THRIVE (1 - 5)

- #1 Take care of yourself first and you'll take better care of others.
- #2 Play and laugh with your children.
- #3 Compliment your kids on the good things they do.
- #4 Let your kids be kids.
- #5 Admit your mistakes and say you're sorry.

...to be continued in next month's newsletter

No Microwave? No Problem!



Try some of these easy, healthy no-heat lunch ideas

Pack HOT leftovers in insulated containers

- Heat food in the morning, then put it in an insulated container (e.g. Thermos*) to keep it warm until lunch
- Try soups, stews, curries, chili, pasta, and stir fries

Pack COLD foods with ice packs in insulated bags

- Homemade or store bought ice packs work great
- Try milk, cheese, yogurt, tuna salad, pasta salad, leftover meat, hard-boiled eggs, fresh spring rolls, sandwiches and wraps

Pack 'bento box' style lunches

- Mix and match easy to "grab and go" foods like cut vegetables and fruit, sliced cheese, hard-boiled eggs, popped popcorn, batch of pasta, rice or other grain salads, yogurt, crackers, pre-mixed dips, etc. Be creative!

Pack foods in reusable containers

- Not only are they convenient and better for the environment, but they are good for your budget too!
- For low-cost containers look in dollar stores, second hand stores, and garage sales.
- Try containers of different sizes for different foods.

Pack foods kids helped to plan and prepare

- Plan lunches together one night each week with your child. Let them have a say, but also give them some guidance. You decide *what* foods they can choose from. Let them help pack it too!

Distributed by:
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Surrounding Areas
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For more lunch ideas visit the Saskatchewan Health Authority Pinterest Page:
[GOO.GU/RSMIDVE](https://www.pinterest.ca/GOO.GU/RSMIDVE)

Written by the Public Health Nutritionists of Saskatchewan 2018

Follow us on Twitter @ gateway_griffin

Website: <http://www.nwsd.ca/school/gateway/>
www.facebook.com/gatewaygriffin

2014-2015 Gateway Staff



Mr. Ackerman



Mrs. A. Ellis



Mr. Medway



Mr. Brzovic



Ms. Mitchell



Mrs. T. Ellis



Mrs. Pylot



Mr. Connolly



Mrs. Fry



Ms. Wilson



Mr. Mutch



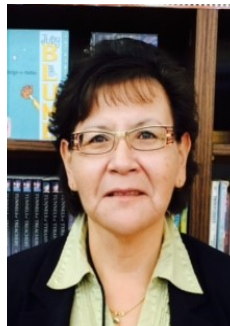
Mrs. Osborne



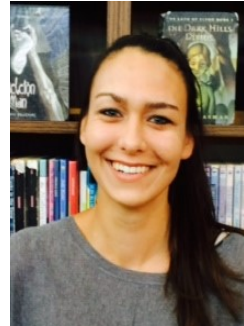
Mr. Dark



Mr. McDonald



Mrs. Bell



Miss O'Donnell



Mr. Kapiniak



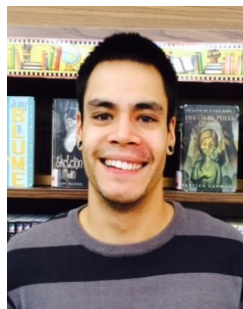
Mrs. Hadland



Mrs. Hamilton



Mr. Wilkinson



Mr. Daognam



Ms. Richards



Mrs. Norman



Miss Marrant



Ms. Coulombe



Ms. Lariviere



Mrs. Rowland



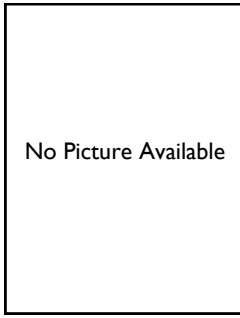
Mrs. Craig



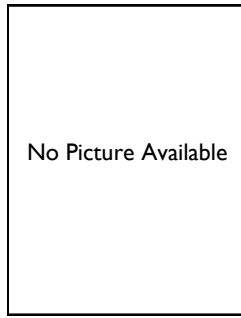
Mr. Kessler



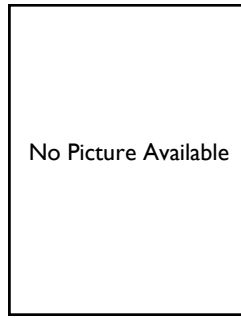
Mrs. Kessler



Ms. Bucsis



Mrs. Dull



Mr. Snelling