

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



Principal's Message

Happy New Year from all of the staff at Gateway! I hope everyone had a great holiday and a chance to enjoy some quality family time.

The students and staff would like to thank the Gateway SCC for sponsoring our Christmas Dinner in December. It was fantastic that all of our students could enjoy a delicious meal free of charge. We would also like to thank all of the parent volunteers who assisted in preparing, serving and cleaning up after the dinner.

We're gearing up for a busy month. Basketball season begins this week and our annual floor hockey tournaments are always a big hit. Students had the opportunity to sign up for basketball before Christmas. I would like to see every student come out for basketball. It is quite common for students (particularly Grade 5 students) to feel they aren't good enough to play so they say they don't like basketball and don't bother to come out. Our basketball program is designed for students who don't know anything about the game. The focus is on fun and basic skills and any student who shows up is automatically on the team. Nobody is turned away and everyone gets to play and have fun, especially at our Griffin Slam tournament just before the February break. If you didn't sign up for Basketball before Christmas please see Mrs. A. Ellis as soon as possible.

Our annual Family Dance put on by the Gateway SCC will take place on Thursday, February 7th at 7:00 p.m. At this event, students will show their parents and grandparents all of the old-time and modern dances that they have learned at school throughout the year. So come on out, shake a leg and cure the winter blues at the Gateway Family Dance.

Best wishes for a fantastic year in 2019!

January 2019

Upcoming Events

- **CPF Meeting @ Lakeview**
Mon., Jan. 7 at 7 pm.
- **SCC Meeting**
Tues., Jan. 15 at 7:00pm
- **Grade 5 Floor Hockey**
Boys @ Gateway
Girls @ Alliance Church Gym
Fri., Jan. 18th
- **Grade 6 Floor Hockey**
Boys @ Alliance Church Gym
Girls @ Gateway
Fri., Jan. 25th
- **Gateway Family Dance**
Thurs., Feb. 7th at 7:00pm





Contact Information

We are updating our current contact information so if you have any changes to your child's contact information please let us know.

Floor Hockey

The Annual Floor Hockey Tournaments will be taking place Friday, January 18 (Grade 5) and Friday, January 25 (Grade 6). On Friday, January 18, the Grade 5 boys will play at Gateway and the Grade 5 girls will play at the Alliance Church Gym. On Friday, January 25, the Grade 6 boys will play at the Alliance Church Gym and the Grade 6 girls will play at Gateway. There will be booths set up at both tournaments. Students can purchase food from the booth or bring their own lunch. The tournaments will begin at 9:00 and will be finished by 3:30. Parents are invited to come and watch some exciting floor hockey action!!!



Top AR Students

- | | | |
|-----|----------------------------|-------|
| 1. | Reese Schneider | 748.4 |
| 2. | Maggie Chow | 420.9 |
| 3. | Allandrex Crawford | 274.1 |
| 4. | Noah Cappelle | 273.6 |
| 5. | Sophie Wolff | 258.8 |
| 6. | Olamide Smith | 171.3 |
| 7. | Nate Dallyn | 156.8 |
| 8. | Avery Sinclair | 145.2 |
| 9. | Nikolas Snodgrass | 139.3 |
| 10. | Brooke Pchelnyk | 137.4 |
| 11. | Jireh Madrid | 127.1 |
| 12. | Cash Drager | 121.2 |
| 13. | Kaidance Schwingenschloegl | 119.7 |
| 14. | Kyree Mirasty | 113.7 |
| 15. | Baine Marzan | 113.4 |
| 16. | Aislinn Petz | 112.4 |
| 17. | Callee Timmer | 111.4 |
| 18. | Caleb Pockrant | 110.0 |
| 19. | Shafaq Ahmed | 106.4 |
| 20. | Dayna Laliberte | 105.9 |



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.

Basketball

Basketball season will begin on Tuesday, January 8. Students signed up before the Christmas break. If students missed the sign-up they can see Mrs. A. Ellis. The season will be 6 weeks in length and will consist of one practice/week for each participant. Boys will practice on Mondays or Wednesdays and girls will practice on Tuesdays or Thursdays. Practice time is from 3:30 - 5:00. All students should have rides arranged for 5:00. The season will conclude with the Griffin Slam Basketball Tournament on Thursday, February 14th. All students are invited to come on out. Everyone who shows up will make the team.



Family Dance

This year's Gateway SCC Family Dance will be held on Thursday, February 7 at 7:00 p.m. at the Gateway Gymnasium. Gateway's teachers have been teaching students old-time and modern dances. To celebrate their learning, students are invited to bring their whole family to the dance. We are requesting donations of new toys and other prizes from parents for the 'Bucket Buster' prizes. If you are interested in donating these items please send them to the school as soon as possible.



RAISING KIDS WITH CARE: 50 WAYS TO HELP YOUR WHOLE FAMILY THRIVE (CONTINUED #'S 21-25)

21. Go to your childrens' games, performances, and other events.
22. When you're in a rut, change something about your routine to get a fresh outlook.
23. Surprise your child with something that will make her or him feel special.
24. Do the things that give you energy.
25. Tell your children you love them every day, no matter what.

Healthy Food Choices

Vegetables and Fruit

Choose brightly coloured fruits and vegetables every day. Frozen or canned unsweetened fruits and vegetables are a perfect alternative to fresh produce. Bagged salads and prepared vegetable platters are expensive but healthy options. Your goal is to fill half your plate with vegetables and choose fruit or vegetables for snacks.

Protein rich

Eat protein rich foods every day. Choose from a variety of foods such as fish, beans and lentils, tofu, dairy products, eggs and lean meat. Try to eat at least two servings of fish each week, and find recipes with beans, lentils and tofu for variety in your diet. Choose lower fat, unsweetened dairy products such as 1% unsweetened milk or unflavoured yogurt.

Whole grains

Pick whole grains at least half of the time. Try wild rice, quinoa or hulled barley instead of white rice or refined pasta. Choose whole grain bread instead of white.

Avoid highly processed foods like hot dogs, chips, cookies, doughnuts, fried foods and deli meats. They are often missing important nutrients and may be high in sugar, fat or salt.

Avoid sugary drinks like fruit drinks, 100% fruit juice, soft drinks, flavoured coffees and energy drinks. They have lots of sugar and calories. Drink water instead.



Written by Public Health Nutritionists of Saskatchewan 2019

Distributed by:

Stacey Wiens, Public Health Nutritionist, Saskatchewan Health Authority
North Battleford, Lloydminster, Meadow Lake and Surrounding Areas.

Walking Program

Those interested in walking indoors this winter are welcome to use the Gateway School hallways. Please sign in at the office and bring a pair of indoor shoes.

Walking Program Hours

School days: Monday - Thursday - 8:00 a.m. - 5:00 p.m.

Friday - 8:00 a.m. - 3:30 p.m.

For more information contact the school at 236-4141.

