

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



Principal's Message

Summertime is near and the weather is fantastic! This school year has been very exciting for the students and staff at Gateway. Without volunteers, many of the great activities and initiatives at Gateway would not be possible.

In an annual community initiative, students at Gateway participate in Community Pitch-in Week where each classroom cleans up garbage in an assigned area in our corner of Meadow Lake in the Spring. This initiative has been very successful in teaching students to respect their environment and keep our city looking beautiful.

Gateway students volunteer to M.C. various school events, officiate house games, set up the gym and clean it up, assist with the school recycling program, help cook, help serve, take in playground equipment and do other tasks that are too many to mention. Our students also do a great job of volunteering to look out for and assist our special needs students who attend Gateway every year.

Our parent volunteers have always been a tremendous help at Gateway. Parent volunteers have given their valuable time in so many areas including the SCC, Family Dance, preparing morning snack and lunch, Christmas dinner, Field Trips, Ski Trips, Spring Concert and many more areas. The parents have also taught their children to volunteer, a value their children will carry with them for the rest of their lives.

The spirit of volunteerism is alive and well at Gateway and in the community of Meadow Lake. Our students and parents have done a fantastic job of 'Taking Care of Each Other' and words can't express how much we appreciate our student and parent volunteers.

Have a great, fun-filled, exciting, safe summer!

June 2019

Upcoming Events

- **I CAN GAMES**
Wed., June 5th
- **Grade 4 Tours**
Thurs., June 13th
- **Gateway Parent Information and School Tour Night**
Thurs., June 13th
7:00 pm
- **Danish for Dad's Father's Day Celebration**
Tues., June 18th
8:15-9:00 am.
- **6C Year End Trip**
Fri., June 14th
- **6A Year End Trip**
Mon., June 17th
- **5B & 5C Year End Trip**
Tues., June 18th
- **6E Year End Trip**
Tues., June 18th
- **5A & 5D Year End Trip**
Wed., June 19th
- **6B & 6D Year End Trip**
Wed., June 19th
- **5E & 5F Year End Trip**
Thurs., June 20th
- **6F Year End Trip**
Thurs., June 20th
- **TCO Awards Gala**
Tues., June 25th
10:30-12:00
BBQ Lunch Provided
- **Summer Sizzler**
Wed., June 26th (p.m.)



.....

Year - End Trips

The dates for Gateway's year-end trips have been finalized. For parents wishing to accompany their children on year-end trips here are the locations and dates:

Grade 5 (Greig Lake)

Tues., June 18th 5B and 5C
Wed., June 19th 5A and 5D
Thurs., June 20th 5E and 5F



Grade 6 (Meadow Lake Provincial Park)

Fri., June 14th 6C
Mon., June 17th 6A
Tues., June 18th 6E
Wed., June 19th 6B and 6D
Thurs., June 20th 6F

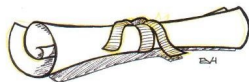


.....

TCO Awards Gala

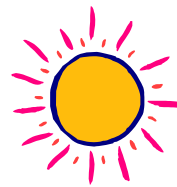
Our TCO Awards Gala will be held on Tuesday, June 25th at 10:30 a.m. Family members are encouraged to join us in celebration of all the accomplishments our students have made throughout the school year. The program will include AR Awards, House Championship, Volunteer Recognition, Citizenship/Griffin Awards, and a year-end video. After the program, Win-It Certificates will be presented in the classrooms, which will include students' academic accomplishments.

Families are invited to join their children for a BBQ picnic in our school yard after the classroom presentations. The meal is free of charge for everyone. We hope to see you there!



Summer Sizzler

At Gateway School, we celebrate the end of the year with a wet & wild summer sizzler event. This year's Summer Sizzler will be held on Wednesday, June 26th at 1:15 pm. Stations are set up around the school yard and students participate in a variety of water activities. Past stations have included: soaker hose limbo, wet head relay, slip and slide, tug-o-war and brain freeze break. Families are welcome to join in the fun. Be sure to bring a towel, sunblock and water bottle. See you there!



.....

Raising Kids With Care - 50 Ways to Help Your Whole Family Thrive (#41 – 50)

41. Be relaxed.
42. Kneel, squat, or sit so you're at their eye level.
43. Answer their questions.
44. Tell them how terrific they are.
45. Create a tradition with them and keep it.
46. Learn what they have to teach.
47. Use your ears more than your mouth.
48. Make yourself available.
49. Show up at their concerts, games, and events.
50. Find a common interest.



Top 20 AR Earners

1.	Reese Schneider	1066.0	11.	Kalem Klassen	310.0
2.	Maggie Chow	588.4	12.	Avery Sinclair	308.8
3.	Olamide Smith	548.6	13.	Jireh Madrid	307.9
4.	Noah Cappelle	537.2	14.	Terra Pickett	261.4
5.	Shafaq Ahmed	470.4	15.	Gabrielle Nippie	257.3
6.	Allandrex Crawford	434.0	16.	Callee Timmer	257.1
7.	Nikolas Snodgrass	352.3	17.	Caleb Pockrant	250.0
8.	Nate Dallyn	341.6	18.	Taylor Brander	242.7
9.	Kaidance Schwingenschloegl	331.8	19.	Erin Tower	240.7
10.	Sophie Wolf	315.7	20.	Owen Sinclair	238.8



Refueling Station



Image retrieved from: everactive.org/toolkit/

Healthy Foods at School Sporting Events

Why offer healthier foods at school sporting events?

- ▶ It can make a profit
- ▶ It tastes good
- ▶ To help kids and families feel their best
- ▶ To promote optimal performance
- ▶ To put classroom lessons about healthy eating into practice
- ▶ To connect healthy activity with healthy food

What are some healthy foods that kids and families will eat?

- Raw veggie cups with dip
- Apples, oranges and bananas
- Easy wraps and sandwiches
- Smoothies
- Tuna and cracker packages
- Yogurt and fruit
- Chili or soup and a biscuit

What are some tips for success?

- Advertise the new healthy menu
- Price healthy items lower than less healthy items to make them more appealing
- Put healthier items up front and centre
- Offer healthy items as 'specials' or part of 'meal deals'
- Give healthy menu items catchy names
- Provide free taste samples of the healthy items
- Use positive food descriptors (e.g. energy boosting, power meals, tasty, crunchy, fresh)
- Market healthy choices as the popular choice (e.g. basketball team favourite)

Distributed by: Stacey Wiens, RD
Public Health Nutritionist
Saskatchewan Health Authority
North-Battleford, Lloydminster, Meadow Lake and Area

Developed by: The Public Health
Nutritionists of Saskatchewan, 2019

For More tips and ideas
visit: <https://goo.gl/W4naV9>