

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



Principal's Message

Spring is just around the corner and with March coming in like a lion, we hope it leaves like a lamb. We had several successful and exciting events that took place at Gateway last month and some great events planned for future months.

During the Red Cross Day of Pink, students sold Helping Hands and pink ice cream with all proceeds going to Telemiracle. They also purchased Candygrams for Valentine's Day with the proceeds also going to Telemiracle. Thank you for "Taking Care of Each Other" and supporting Telemiracle.

Our family dance has been rescheduled to Thursday, April 4. We would like to thank everyone who has already donated prizes for the dance. We are still in need of prizes and if anyone able to donate a new toy or other prize for the dance it would be greatly appreciated. We look forward to seeing all of our families at the dance.

During noon hours during the month of March, we will be hosting chess club and the Gateway chess tournament. All students are encouraged to participate. We are also offering a Rubik's Cube club during scheduled noon hours.

Our Spring Concert is always a big hit. This year's Gateway rising theatre stars will be performing *Aladdin*. The students and staff members have started to prepare for the event and if you want to see a great show come to the Gateway Gymnasium on Thursday, May 2 at 7:00 p.m.

Parent-teacher-student interviews are on the horizon and we look forward to seeing all parents and students on March 20 and 21.

March 2019

Upcoming Events

- **Grade 6 Ski Trips:**
Mon. Mar. 4 - 6A, 6D, 6E
Mon. Mar. 11 - 6B, 6C, 6F
- **SCC Meeting**
Tues., Mar 12 - 7:00 pm
- **Parent/Teacher/Student Interviews**
Wed., Mar. 20 - 4:00 - 6:30
Thurs., Mar. 21 - 4:00 - 6:30
- **Family Dance**
Thurs. Apr. 4 - 7:00 pm



Minor Baseball



Minor baseball is just around the corner. Minor baseball registration will take place Wednesday, March 13th from 6:00 - 8:00 at the Meadow Lake Arena Lobby. If you have any questions please regarding minor baseball please call Regan Beck at 240-4600.



Milk Week March 11 - 15

For the month of March, students who purchase milk will receive an entry form for the opportunity to win Dairyland Sponsored prizes. We will also have "Milk Week" March 11 - 15 with extra prizes and fun milk activities for students to take part in.



Music Festival



The Meadow Lake and District Music Festival will be take place during the weeks of April 8 - April 17, 2019.



Book Fair

We are happy to report that we have had two very successful Scholastic Book Fairs at our school this year. From the two Book Fairs combined (one in October and one in February) we raised \$1252.23 for Gateway. This money goes towards our school's Accelerated Reader and STAR programs. A huge thank you goes out to the parent volunteers who helped out at the fairs, as well as to the students and their families for purchasing items at the book fairs!



Top 16 Accelerated Readers

1. Reese Schneider 905.4
2. Maggie Chow 493.6
3. Noah Capelle 384.9
4. Sophie Wolff 315.7
5. Olamide Smith 310.1
6. Allandex Crawford 292.7
7. Avery Sinclair 251.7
8. Nikolas Snodgrass 247.4
9. Shafaq Ahmed 235.4
10. Nate Dallyn 223.5
11. Kaidance Schwingenschloegl 209.3
12. Brooke Pchelyk 199.6
13. Callee Timmer 195.2
14. Caleb Pockrant 182.0
15. Jireh Madrid 178.5
16. Kyree Mirasty 162.94



Special Thank-you

A special thank-you to Trophies R Us, Kurt and Jenny Hadland, for the generous donation of winter outerwear for our students.



Milk Passes



Parents don't forget that we have milk passes available for purchase. This makes it easy for you to ensure that your child gets the protein, calcium, and vitamins they need in their diet. If you buy a milk pass for your child, they will get 20 cartons of milk for \$15.00 which works out to \$0.75 per carton, Milk gets delivered directly to students' classrooms. So, let's get drinking milk!

Spring Concert



Our preparations for this year's production of "Aladdin" have begun. We will be busy this month with practicing lines and musical numbers. A practice schedule will be sent home the first week in March. We look forward to our performance date of May 2, 2019.



Parent/Student/Teacher Interviews



Term two parent/student/teacher interviews will take place on Wednesday, March 20 and Thursday, March 21 from 4:00 - 6:30. Interview booking sheets will be sent home early this month so parents can select suitable times to visit their child's teacher. The Gateway Staff looks forward to meeting with you and your child.



Raising Kids With Care - 50 Ways to Help Your Whole Family Thrive

(#26 - 30)

26. Continue your own learning - read a book, go to a museum, or take a class.
27. Spend regular one-on-one time with each of your children.
28. Spend some time by yourself.
29. Be silly
30. Do volunteer work with your children.

READING LABELS TO MAKE HEALTHY FOOD CHOICES

The *Nutrition Facts table* and *Ingredient List*, which Health Canada has recently updated, are found on most food labels. They are great tools to use to help you decide which products are best for you and your family. Food labels help you to compare similar foods to see which one is the healthier choice.

NUTRITION FACTS TABLE

SERVING SIZE The information in the Nutrition Facts table is based on a specific amount of food. Always compare it to the amount you eat.

Calories and 12 CORE NUTRIENTS are listed to help you decide if the food product meets your nutritional needs.

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value*
Fat / Lipides 0 g	% valeur quotidienne*
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

The % DAILY VALUE (DV) explains at a glance if there is a **lot** or a **little** of a nutrient in the specific amount of food.

15 % DV or more is a **LOT**
Choose foods that have a high % DV for calcium, iron, and fibre

5 % DV or less is a **LITTLE**
Choose foods that have a low % DV for fat, saturated and trans fat, sugar, and sodium

INGREDIENT LIST

- The ingredient list is useful for people with allergies or for anyone who needs to limit or avoid certain ingredients.
- Ingredients are listed in order from the MOST to the LEAST. In the example below, you know there is more sugar than any other ingredient because it is listed first.
- All sources of sugar are grouped together to make it easier for you to see what sugar is added to the food.

Ingredients: Sugars (fancy molasses, brown sugar, sugar) • Flour • Vegetable oil shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red
Contains: Wheat • Egg

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Written by Public Health Nutritionists of Saskatchewan 2019