

**Take Care of
Each Other**

Gateway Middle School NEWSLETTER

Issue # 2

October 2019



September was a fantastic month at Gateway with several exciting events taking place. Tug-o-war, Community Registration Night, Open House, Gym Blast, Pass-Punt-Kick, Cross Country and Volleyball were enjoyed by everyone. Students are doing a great job of fundraising for our marathon. The deadline for all of the marathon envelopes to be returned back to school is Tuesday, October 1. Thank you to all parents and community members who have already donated to this year's Marathon.

At Gateway we have a very effective anti-bullying program. Teachers always have their eyes open for any signs of bullying and aggressively investigate any reports they get of someone being bullied. In order for our bullying program to work we require students to report.

We place a major emphasis on protecting the students who come forward to report any bullying that has taken place. Every year we have parents calling us to report that their child has been bullied over the past few months. They didn't report it earlier, at the request of the student, for fear of making the situation worse. Guess what? The situation gets worse! Bullies get their fun from bullying students who won't report them ... once the bullying is reported and the student is ready to report any further bullying, the bullying stops.

Once we find out who the bullies are it's time to work with them to help them change their ways. If we are able to help the bullies change their behaviour then we can help them become citizens who "Take Care of Each Other". If your child is a victim of bullying don't hesitate to report it to the Principal or Vice-Principal. It won't be ignored and it won't be allowed to continue. We promise you that.

Cross Country season wraps up with Districts at Sandy Beach this Thursday, October 3. Noon hour house games will begin this week. Be sure to attend our Smart Lunch which will take place during Education Week on Friday, October 18. Our annual Smashball and Tri-ball volleyball tournaments will take place on Wednesday, October 23 and Thursday, October 24. We also look forward to meeting with parents and students at our Term One Parent-Student-Teacher Interviews which will take place on Wednesday, October 9 and Thursday, October 10. It is very important that students attend the interviews with their parents.

Be sure to stop by and have a burger and beverage at our 3rd annual fall Drive Thru Burger sale hosted by the staff, students and SCC at the Gateway bus lane from 11:30 - 1:15 on Thursday, October 10. Parents and the entire community can enjoy a delicious Gateway cheeseburger and a pop for \$5.00 (taxes and smiles included). There is a rumour that there may even be Gateway garden produce also being sold at the event. All proceeds go to SCC initiatives and student activities.

Smart Lunch

Every year during Education Week, Gateway hosts a fantastic event called Smart Lunch. Parents and siblings are invited to join the Gateway students for the annual Smart Lunch in the Gateway Gymnasium on Friday, October 18th at 12:00. The food for Smart Lunch is prepared right here at Gateway by the Gateway students so bring your appetites for a nutritious, healthy lunch.

Thanks for Giving Food Drive

During the week of October 7th - 11th, Gateway students will be participating in the Thanks for Giving Food Drive. Students will receive house points for each item they donate. The biggest need is for canned meat such as tuna, salmon, chicken or ham, canned veggies, beans, lentils, tomatoes and fruit, as well as cereal, canned or boxed soup, and Kraft Dinner.



Dear Families, Welcome Back!

Here are some safety tips to share with your children to ensure a safe bus ride to school.

- ◆ Children should be at the bus stop 5 minutes before the bus arrives.
- ◆ Wait in a safe place, well away from where the bus stops. Do not approach the bus until it has come to a complete stop and the door opens.
- ◆ Children should board the bus in a safe manner and go straight to their seats.
- ◆ Children should remain in their seats until the bus has come to a complete stop before exiting.
- ◆ After getting off the bus, move away from the bus and stay away from the bus. Students should not go back to retrieve forgotten or dropped items.

A reminder to parents: Parents should use caution when dropping off and picking up their children at school. Traffic congestion and unsafe driving practices can create hazardous situations around school buses during the loading and unloading process.

Avoid the buses! Use designated or alternate safe drop-off/pick-up areas.

Have a safe 2019/2020 school year!
Northwest School Division Transportation Department



Raising Kids with Care

50 WAYS TO HELP YOUR WHOLE FAMILY THRIVE

- #6 **Turn off the TV.**
- #7 **Ask for help when you need it.**
- #8 **Trust your instincts.**
- #9 **Meet your children's friends and their friends' parents.**
- #10 **Accept that you don't have to be perfect — just be real.**

Parent Volunteer and Parent Driver Registration

Parents who are interested in volunteering at the school or in transporting students to extra-curricular events as a parent driver are required to complete the following steps:

1. Fill out the volunteer registration form.
2. Obtain a criminal record check.
3. Complete the Automotive Driver's Authorization Form.

Parents who are interested in volunteering or driving are encouraged to complete the registration process early in the school year.

Grade 7 and 8 Dance

On Thursday, October 3, Jonas Samson Middle School will be hosting a grade 7-8 dance for students attending either Meadow Lake Middle Schools. Staff from Jonas and Gateway will be chaperoning the event. The dance runs from 7-10 pm and the theme is "Red Carpet."



Gateway 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). We 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 Volleyball Tournament

The grade 5 tournament (Smashball) will be held on October 23. The grade 6 tournament (Tri-ball) will be held on October 24. Both of these tournaments will take place at Gateway. We need parent volunteers to work in the booths at both schools (one hour shifts). Please contact Mrs. Robertson/Mrs. A. Ellis at 236-4141 if you are available.



No School

There will be NO SCHOOL on Friday, October 11 and Monday, October 14.



The Grub Box

Students can purchase lunch at the Grub box using 3 options:

Cash or **Meal Punch Pass** or **Entrée Punch pass**

Punch passes can be purchased through School Cash Online or from Mrs. Robertson at the school. Meal punch passes are \$35.00 for five meals and Entrée punch passes are \$25.00 for five entrees. The punch passes will be kept at the school to avoid loss or theft. When a punch pass has been used up, it will be sent home to notify parents that there are no meals remaining on the pass.

Parent/Teacher/Student Interviews

The Term One Parent/Teacher/Student interviews will take place on Wednesday, October 9th and Thursday, October 10th from 4:00 - 6:30.

Interview booking sheets have been sent home so parents can select suitable times to visit their child's teacher. The Gateway Staff looks forward to meeting with you and your child.

TOP AR EARNERS

Grade 7

1. Aislinn Petz	46.8
2. Corbin Booth	36.0
3. Gabrielle Nippi	20.0
4. Callee Timmer	13.1
5. Casey Gilvie	10.9

Grade 6

1. Terra Pickett	55.3
2. Kalem Klassen	47.8
3. Noah Cappelle	45.1
4. Jireh Madrid	25.9
5. Ashley Lumanglas	25.4
6. Avory Letkemann	18.3
7. Bo Pchelnyk	18.1
8. Owen Sinclair	17.3
9. Drew Cornish	15.0
10. Dylan Gregory	14.8



Grade 5

1. Aiden Harman	30.0
2. Hiba Aleem	23.2
3. Dana Catapang	20.5
4. Shurupa Saha	20.4
5. Adam Treptow	14.8

CHECK OUT OUR NEW WEBSITE:

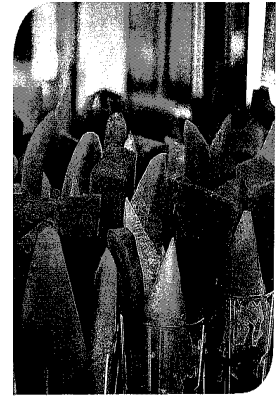
www.nwsd.ca/school/gateway

Snack for Success

Children need energy and nutrients to grow and be active.

A healthy snack can:

- help meet daily nutrition needs,
- give energy needed for physical activities,
- satisfy hunger between meals, and
- restore energy, water and other key nutrients after an activity.



Balance is key. Include a protein-rich food with a vegetable, fruit or whole grain to make a healthy snack.

Plan ahead and prepack your snacks. Kids may eat more vegetables and fruit as snacks when they are pre-washed and cut up into ready-to-go portions.

In a pinch? **Buy single-serve snacks** like string cheese, nuts, yogurt cups, uncoated granola bars, unsweetened apple sauce, fruit cups, bananas and oranges.

Adapted from original content of the Eat Healthy Play Healthy Advisory Committee.

Distributed by Stacey Wiens, RD
Public Health Nutritionist, North Battleford,
Meadow Lake, Lloydminster and Area.



Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

Drive Thru Burger Sale

Gateway will be having a drive thru burger sale on Thursday, October 10 from 11:30 - 1:15. It will take place at the Gateway bus lane. The cost is \$5.00 for a burger and a pop/water. We will also have garden produce on sale. All proceeds go to SCC initiatives and student activities.



A Message from the Public Health Nurse

Public Health would like to remind all parents to ensure their child's immunization status is up-to-date. If you are unsure, please call your Public Health Nurse to check your child's record. We would also like to invite all new families enrolled in Kindergarten and Grade 6 to contact Public Health so we can request your child's immunization records from your previous location(s).

Reminder: Grade 6 parents please watch for immunization packages which will be coming home shortly for your review. **Please ensure to sign the consent form and promptly return it to school.** If you have any questions or concerns regarding immunization, please contact your Public Health office.

Head Lice:

Anyone can get head lice. They are common in classrooms and daycares because children play so closely together. Head lice are small insects that live on scalp. They bite and cause itching. Lice lay eggs called nits which are small, oval and yellowish white. To prevent the spread of lice, it is important to check your child's head once a week all year long. Remind children to store their clothing away from other children's clothing if possible, braid or tie back long hair and teach your children not to share brushes, combs or head gear. If lice are detected, check everyone in the home. Treat all household members who have head lice promptly and at the same time. Nits should be removed daily with a louse comb right after the first treatment and for at least 2 weeks after the second treatment. All personal items such as combs, hair accessories, bedding and clothing need to be cleaned in very hot water and dried thoroughly. There are a number of effective shampoo treatments for head lice. They all contain insecticide that kills the lice. A pharmacist, doctor or public health nurse can help you choose the best product to help you.

Influenza season is approaching and Public Health would like to remind all families to receive their flu shot this year. Seasonal influenza vaccine is recommended for **all individuals** over 6 months of age.

High risk populations include 6 months to 5 years of age, all pregnant women, those who are 65 years of age and older and people who are medically at risk. These individuals are particularly susceptible to complications from the flu and are more likely to be hospitalized because of them. Combined with regular hand washing, the flu shot is the best way to protect yourself and others from the virus. Each year there is a new vaccine to protect against all new strains of the influenza virus. High risk populations receive the vaccine free of charge and all non-high risk individuals are charged \$25.00/dose. Watch for a flu clinic schedule in your local newspaper or visit our website at www.pnrha.ca for more information.

Some symptoms of flu complications in children/adolescents include difficulty breathing, sudden paleness, fever or low temperature, inability to drink or breast-feed, vomiting more than 2-3 times in 24 hours, a stiff neck, lethargy or confusion and convulsions or seizures.