

Glaslyn Central School

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Administration's Address

One School One Book was a great success for grades K-7! Thank you to all the families for reading and participating in the planned activities.

Grad Community Calendar- Thank you for your continued support in ordering a community calendar. Please make note next year, 2020-2021, students will NOT be canvassing to sell calendars. You can purchase a calendar by returning the order form found in the calendar, or purchasing a calendar at one of the local businesses and school.

SAVE THE DATE:

Parent/Student/Teacher Conferences are fast approaching on **March 10-11 from 4:00-6:30 pm**. Did you know that our twice-per-year conference sessions are student-led? Prior to the conferences, students reflect on their own learning and prepare work samples from each subject that they want to share with their families. During the confer-

ence, the students lead, sharing what they know, how they feel about their learning, their successes, and their mistakes. They set learning goals for the rest of the year. They can also share what they need from the adults around them for support. Please plan on bringing your child to interviews! We will continue to schedule elementary interviews and will have grades 8-12 interviews in the gymnasium.

Ms LaClare has scheduled the grade 8/9 students and parents on March 11th to discuss their student's career choice and high school plan. She has emailed all the 8/9 parents with their scheduled time. If you are unable to make it, please switch or make alternate arrangements.

Jessica LaClare
Charmaine Hicks
Heather Thomson

February 2020

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Digging Ground for a New Playground: Chase the Ace

Just a reminder about the Chase the Ace that is going on to raise money for a new playground. Congratulations to Louise Stuart, Jean Kozka, Tannys Mannix and Michael Hicks who have won the weekly draw so far. We are still looking for the Ace of Spades. The Jackpot is currently at \$139.50 and will continue to grow each week until the Ace of Spades is found. Draws are made every Wednesday at 4:00 in the main hallway of the

school.

Thank you to The Liquor Nook, Glaslyn Co-op, Chernesky Grocery, Glaslyn Agencies, AgriTeam and His & His for selling tickets for us. Tickets can also be purchased from the office at the school.

Complete rules, as well as weekly winners can be found on our school Facebook Page @ <https://www.facebook.com/GlaslynCentralSchool/> If

you have any questions please contact Meagan at the school at (306)342-2114 or by email at

meagan.mannix@nwsd.ca

We thank you in advance for your support!

2020 Kindergarten Pre-Registration

Pre-registration for Kindergarten is currently being accepted. Your child must be five years old by December

31, 2020 in order to pre-register for Kindergarten. You will need to provide proof of age with the regis-

tration forms (a copy of health card or birth certificate). Please contact Allison Stein at the school ei-

ther by phone (306)342-2114 or via e-mail at allison.stein@nwsd.ca for more information.



Drama

March will be a busy month for us as we prepare for Re-



gional Drama in April! Regionals this year will be held in Medstead from April 2nd to April 4th, and we

will be doing a community performance towards the end of March. We look forward to seeing you there!

Library News

The end of March is the due date for the Willow Awards voting. Every year, we purchase 10 books in each of 3 interest-level categories, grades 1-3, grades 4-6, and grades 7-9, written by Canadian Authors. Students are then encouraged to read a required number of books in a category or multiple categories. They are then invited to vote for their favorite book. Students in lower grades that are not yet capable of reading on their own, are read to. These awards are unique in the fact that only Saskatchewan school students

and staff are allowed to vote. The awards presentations then takes place in June with a Saskatchewan school hosting.

This year, the voting at GCS will take place on Friday, March 26th after which the students and I will anxiously await the announcement of the winners. We will gather for our own little "gala" lunch on June 3rd to watch the live-streamed presentations from Wilfred Hunt School in Regina.

The Northwest School Division libraries are designat-

ing the month of March as 'Maker Month'. Hopefully your child(ren) will be bombarding you with books full of ideas of things for them to make and do. I look forward to hearing from them about some fun projects they are doing.

Happy Reading!

Laurie Dmytryshyn

GCS WE GROUP NEWS!!

“We Rise by Lifting Others”

GCS WE Group has been at it again!

We held our Annual Bake Bingo on Tuesday, February 25/2020.

THANK-YOU so much to everyone for coming out and supporting this annual event! Mrs. Dmytryshyn and I are so proud to work with this wonderful group of students who show up for our group every time and help in anyway they can! We are so close to reaching our goal of \$10,000.00 to build a classroom overseas in a 3rd world country!

Some other side initiatives we are looking at doing;

SATURDAY MAY 9/2020

Co-Ed Volleyball Tournament

Look for posters and social media announcements coming out near the end of March!

WE Group Leaders Conference at U of S in Saskatoon- March 27th 2020

We are taking a group of young leaders to the WE Group Conference at U of S in Saskatoon for the day. There is sure to be plenty of opportunity to discover their potential in helping others and themselves to be better leaders in their school and community!

Look for posters and other initiatives in the coming months from our group on Glaslyn WE Group Facebook page!

Mrs. Sabraw, & Mrs Dmytryshyn - Staff WE Group Leaders

2020

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Cross Country Skiing Gr 5-7	4	5	6 Gr 6-12 Table Mountain Ski Trip	7
8	9 PD DAY No School	10 MADD Presentation Gr 8-12	11	12 MADD Presentation Gr 4-7	13 Report Cards Gr 1-9	14
15	16	17 Theatre @ Medstead Gr K-12	18	19 Sr Badminton Here	20	21
22	23 SCC 3:30	24	25	26	27	28
29	30 Kindergarten Families in Motion Event	31				

April

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Drama Regionals 2	Drama Regionals 3	Drama Regionals 4
5	Sr Badminton Playdowns 6	Sr Badminton Playdowns Turkey Ham Bingo 7	Jr Badminton Playdowns 8	Elementary Awards Expert Day 9	Easter Break 10	Easter Break 11
12 Easter Break	Easter Break 13	Easter Break 14	Easter Break 15	Easter Break 16	Easter Break 17	Easter Break 18
19 Easter Break	20	21	22	23	24	25 District Badminton
26	27	28	29	30		

Vaping FAQs for Parents and Guardians

What is vaping?

Vaping is the act of inhaling and exhaling an aerosol produced by a vapour product. A vapour product heats a liquid solution into a vapour. This vapour then condenses into an aerosol, which is breathed in by the user. The liquid is often flavoured and can contain nicotine. Vaping doesn't require burning like cigarette smoking.

Vapour products are usually battery-powered and may come with removable parts. The vapour products are small and easy to disguise. They may be similar to a pen or a USB stick. There are various shapes, sizes, brands and names of vapour products.

Are there harms associated with vaping?

Yes. Vaping can increase exposure to harmful chemicals and the long-term consequences of vaping are unknown. Vaping increases the risk of nicotine dependence and addiction. Nicotine can alter teenage brain development and affect memory and concentration. The level of nicotine in vapour products vary.

Can vapour products help youth to quit smoking cigarettes?

The evidence of the efficacy of using vapour products as a smoking cessation device is limited. People interested in quitting smoking should discuss their quit goals with their health care professionals. In addition, people in pursuit of nicotine replacement therapy should use products that have been approved to be used as smoking cessation tools. These products include patches, lozenges and gums.

What is the legal status of vapour products in Saskatchewan?

As of February 1, 2020, *The Tobacco and Vapour Products Control Act* will come into force and vapour products will be regulated in the same manner as tobacco products. This includes:

- Vapour products are not to be sold or provided to youth under 18 years of age.
- Use of vapour products is not permitted on school property or in vehicles with persons under 16 years of age, or in places where smoking is prohibited.
- In general, use of vapour products within enclosed public places is prohibited.
- *The Tobacco and Vapour Products Control Regulations* sets a three-metre area around any doorway, window or air intake of an enclosed public place in which no one can use vapour products.
- Saskatchewan Health Authority Tobacco Enforcement Officers will respond to complaints regarding vaping. To find the public health office serving your area, please visit their website at: <https://www.saskatchewan.ca/residents/health/public-health/public-health-inspectors>

Are youth vaping?

Yes. The common reasons for youth vaping include: curiosity, low perceived harm and flavoured vapour products.

As reported in the Canadian Student Tobacco, Alcohol, and Drug Survey 2018-19 of youth in grades 7-12 across Canada, vaping prevalence rates have doubled among students in 2018-19 since the 2016-17 survey. Twenty percent of students (approximately 418,000) had vaped in the past 30 days. The majority of students (65%) in grades 7 to 12 who vaped in the past 30 days got their vapour product from a social source. Social sources refer to friends, family and others.

What can I do as a parent?

Model positive behaviours. Have frank and continuing conversations with your child regarding vaping. Create opportunities to have discussions. The discussions can be informal such as at the dinner table. Ask open-ended questions and find out their opinions. Ask your children what assistance they need and how you can help them. When talking with your child, be patient and listen. Try to avoid using language with judgement or criticism. Understand this may come up more than once.

Children are more likely to engage in constructive behaviours if they have a strong bond with a caring adult. Parents should ensure a safe and compassionate atmosphere at home.

More information is available here:

- Health Canada: About vaping <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html>
- Health Canada: Talking with your teen about vaping <https://www.canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html>
- Government of Saskatchewan: [Saskatchewan.ca/vaping](https://www.saskatchewan.ca/vaping)

Sources:

- Health Canada: About vaping <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html>
- Health Canada: Talking with your teen about vaping <https://www.canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html>
- Health Canada, Canadian Student Tobacco, Alcohol, and Drug Survey 2018-19: <https://www.canada.ca/en/health-canada/services/canadian-student-tobacco-alcohol-drugs-survey/2018-2019-summary.html>

Non-Food Rewards

Sometimes food is used to motivate children. For example, a parent may make a child eat all of the meal before getting dessert or a teacher may give a child a candy for getting a question right. Rewards can be a good tool to encourage a behaviour, but over time, the goal is to reward children less and less so they learn to do it on their own.

Rewards should not be used to get children to eat certain foods. Doing so can put pressure on children and lead them to eat worse, not better.



Food rewards can lead to unhealthy habits because children may:

- learn to like less healthy foods more than nutritious foods.
- learn to use food to feel good.
- lose the ability to tell when they are hungry or full.
- expect to be rewarded for doing good things and not do it on their own.
- under or over eat

Alternatives to food rewards:

- Social rewards—such as attention, praise or thanks.
- Recognition—such as plaques, stickers, or telling others.
- Privileges—such as extra play time outside, choosing an afternoon activity, etc.
- Toys or gear—e.g. Frisbee, water bottle, etc.

Written by the Public Health Nutritionists of Saskatchewan (2019)

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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.