

We are short on gifts for men!

The staff at SPS would like to wish all our families a very Merry Christmas and a Happy New Year!!

Watch for information coming home soon about the SCC Colouring Contest! Entries will be due December 11th and there will be a winner selected from each class. The winners will win a pizza lunch with Mr. Ross and Ms. Leslie.

SPS will be hosting our annual Christmas Concert on Thursday, December 21st at 7:00 pm.
Please join us to celebrate the Christmas season with our students.

The weather has been beautiful for this time of year! Please remember to dress appropriately and in layers! All outerwear should be clearly labelled.



CHRISTMAS CANDY GRAMS!!!!

December 1-15 at recesses \$1.00



HO HO HO

Reminder:

Students are not to drink pop or energy drinks during school time or on school property. Please remind your children to purchase an appropriate beverage when going downtown for lunch.

Details about all the fun we have planned for our students on the last day of school before the Christmas break will be coming home soon! Please note the cycle day change on the calendar.

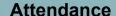


How to Reduce Holiday Stress in Children



about gratitude and kindness

Manage sugar intake



Does your child give you a hard time about coming to school? Does your child say. "I don't want to go to school" or take too long getting ready in the morning? It's a common problem! Here are some tips to help curb the bad habit before it turns into a serious concern.

- First, make sure you understand the importance of your child being at school on time every day. Even a few lates really add up! Say your child is only 10 minutes late each school day. Not a big deal, right? Well, that adds up to 1,750 minutes (almost 30 hours) of school missed in one year. That's a big deal!
- Determine any school or home barriers that are preventing your child from coming to school. Are they prepared? Do they connect with their teacher? Do they feel safe at school? Do they have a routine for bedtime and morning at home?
- Communicate with your child's teacher, school counselor, or principal to help your child feel better about coming to school.
- Once any simple barriers are removed, make it a priority to get them to school on time. Do not make or accept any excuses!
- Routines are key. Bedtime should be consistent to ensure enough rest. Most school aged children need between 8-10 hours. Adults should set the bedtime.
- Develop a morning routine that works. If you are rushing to get out the door, everyone needs to get up at least 15 minutes earlier. Rushing is not a good way to start the day. If your child continues to give you a hard time about coming to school, try using logical consequences to help them change their own behaviour and learn responsibility.

Here are a few examples for dealing with frequent problems:

- Your child fusses and fights each morning or refuses to get ready. Immediately implement an earlier bedtime of at least 30 minutes. Explain to your child that their behaviour shows that they need more sleep. When they can show better behaviour in the morning consistently, they can earn back a later bedtime little by little.
- Your child deliberately misses the bus. Have them walk (if within walking distance) or drive them. If you have to drive them a lot due to this problem, dock their allowance for gas money.
- Your child doesn't care if they're late. However many minutes of school they miss, they spend doing extra homework after school or they go to bed a minute earlier for each minute they miss school.





Junnal Warrant

Christmas Hampers

SPS is collecting non-perishable food donations to support this year's Christmas Hamper program.

Donations due December 12th

Thank you for your support.



We are excited to be able to offer you the opportunity to make purchases from "school" online! We will be using a website called MySchoolBucks to offer you the option to pay for items such as hot lunches via credit card, Visa Debit, and Mastercard Debit. Watch for our upcoming hot lunch forms for more details.

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY
Christ	TAS St 6	Kindness is lik eautifies everyth	e snow. ing it covers.	1 Assembly @ 2:40 pm Day 6
4 Kindergarten Day 1	5 Day 2	6 Kindergarten Day 3	7 SLC Winter Dance Gr. 6 & 7 6:00-8:00 pm Day 4	8 Kindergarten Day 5
11 SCC Colouring Contest entries due Day 6	12 Christmas Hamper donations due Kindergarten Day 1	13 Day 2	14 Kindergarten Day 3	15 Day 4
18 Kindergarten Day 5	19 Day 6	20 Kindergarten Day 1	Kindergarten	22 Ay Switch Day 2
Day 5 Day 5 Decei	Day 6	Day 1	Day 3 28 28 back to school will to	Day 2 29 be January 8/24