



## Telemiracle is just around the corner!

Fundraisers will begin on Monday, February 5th.

- Telemiracle Hands - 1/\$2.00 or 3/\$5.00
- Raffle Basket tickets - \$1.00 each
- Candy Jar Guessing Game - 50¢ each

Please login at <https://myschoolsask.ca/aspn/logon.do>

Once there, you will use the Login ID and password that was provided to you.

### Report Cards – Look what’s new!

Chinook believes that stakeholders are an important part of the work we do in schools. With this in mind, we surveyed our parents about their report card preferences. Due to an overwhelming positive response to printing reports, Chinook has decided to pilot the printing of report cards for Kindergarten to Grade 8 in January. We continue to encourage parents to log into MSS to view report cards and monitor student progress throughout the year. You will receive an email once the report card is ready to view.

**Printed report cards will be sent home on Thursday, February 1, 2024.**

Please contact the school if you have any questions.

We will be publishing report cards for all Kindergarten to Grade 7 students in MSS on **Wednesday, January 31st**. We are requesting that you try logging in to your account **PRIOR to January 31st** to allow us time to fix up any login errors prior to report cards being published.

\*Note that you will not yet see a published report card for your child in MSS until it is published on January 31st.



If you do not remember your Login ID, please connect with the Office Manager for support.






If you do not remember your password, **PLEASE** use the “I forgot my password” option to ensure that you do not get locked out of your account for trying incorrectly too many times.

**Need help resetting your password?** [Check out this video.](#)

Thank you in advance for your attention to this matter!

Thank you to Telemiracle, our SCC, and to SPS for donating the raffle baskets.

*Our Student Leadership Committee (SLC) is working on Valentine's activities for our students. Watch for more information to be sent home and posted on our social media soon.*

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>February</h1>			1 Assembly @ 2:40 pm Kindergarten Day 3	2  Day 4
5 Kindergarten Day 5	6 Day 6	7 Kindergarten Day 1	8 Day 2	9  Kindergarten Day 3
12  Day 4	13 Kindergarten Day 5	14  Day 6	15 Kindergarten Day 1	16  Day 2
19 Family Day No School	February Break - No school			
26 Kindergarten Day 3	27 Day 4	28 Kindergarten Day 5	29 Day 6	

# DE-ESCALATION

## strategies for meltdowns

Don't yell to be heard over a screaming child

Avoid making demands

Remain non-judgmental

Validate their feelings, but not their actions

Silence

Don't try to reason

Be aware of your body language

Avoid the word "no"

Respect personal space

Answer questions, but ignore verbal aggression

Acknowledge your child's right for refusal

Use a distraction

Practice deep breathing exercises

Take a walk or a short movement break

Get down to your child's level

Decrease sensory stimulation

Reflective listening

Use calming visual input

he's extraordinary  
TOOLS FOR RAISING AN EXTRAORDINARY PERSON



Box 1809  
Swift Current, SK S9H 4J8  
Phone Toll Free: 1-877-321-9200  
Phone: (306) 778-9200  
Fax: (306) 773-8011

January 17, 2024

Dear Parents/Guardians:

The Government of Saskatchewan has partnered with Shoppers Foundation for Women's Health to provide 12 million menstrual products to locations where there is need over the next three years.

At this time, more than three million free menstrual products, consisting of pads and tampons, are being shipped to school divisions and transition houses across the province.

Chinook School Division has received the first shipment of products and is in the process of distributing them to schools.

The intent of this program is to provide access to these products to support students in greatest need. Our school staff will make the products available in a manner that reduces stigma, includes gender sensitivity and cultural appropriateness, and facilitates easy access to products.

More information on how students can obtain the free products will be provided from your school once available.

If you have any questions, please reach out to your school's administration.

Sincerely,

*Kathy Robson*

Kathy Robson  
Deputy Director of Education  
Chinook School Division

  
**PUBLIC SCHOOLS**  
OF SASKATCHEWAN  
Where everyone can grow.

# Polar Bear Club

- Polar Bear Club is open to all students from Kindergarten to Grade 7
- Students **MUST** wear ski pants, mitts, toque, winter coat and winter boots
- Polar Bear Club will also be offered during some lunch hours, so come prepared!

On those cold winter days when we have inside recesses, meet Mr. Ross outside for some fun in the snow!



Polar Bear Club will only run when temperatures are between  $-25^{\circ}\text{C}$  and  $-35^{\circ}\text{C}$  with the wind chill.



## Is My Child Too Sick to Attend School?

Symptoms	Could be...	Should my child attend school?	When can my child return to school?	Should we see a healthcare provider?
				<b>Call 811 for advice at any time.</b>
<ul style="list-style-type: none"> <li>High temperature or fever/chills (over 37.5° C orally)</li> </ul>	<ul style="list-style-type: none"> <li>Strep throat (usually very painful)</li> <li>Chicken Pox</li> <li>Measles</li> <li>Respiratory infections</li> </ul>	No.	Once the child is fever-free for at least 1 day without the help of medication. Health Provider to advise if treatment is required.	Yes, if your child seems to be getting worse or if fever lasts longer than 3 days or cannot be controlled without acetaminophen or ibuprofen.
<ul style="list-style-type: none"> <li>Rashes</li> </ul> <p>Rashes have many different causes and some are very contagious. Usually a healthcare provider must see the rash and testing may be required.</p>	<ul style="list-style-type: none"> <li>Allergic reactions, insect bite, heat rash</li> <li>Fifth's Disease/ Parvovirus B19</li> <li>Scarlet Fever/Strep Throat</li> <li>Impetigo</li> <li>Chicken Pox/Shingles</li> <li>Hand, Foot and Mouth Virus</li> <li>Scabies</li> <li>Measles</li> </ul>	Yes, if allergic reaction, heat rash, insect bite, Fifth's Disease, or treated scabies.	Return to school time will vary depending on the cause of the rash. If antibiotics are prescribed for Impetigo or Strep infections, child can return to school 24 hours following the start of treatment.	Yes, unless you are sure it is an allergic reaction or heat rash.
		No.	Chicken Pox—when feeling well enough to attend and all blisters have crusted over.	<b>Phone the healthcare provider's office before you go to prevent spreading the rash to others.</b>
			Shingles—if lesions are covered.	





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				<b>Call 811 for advice at any time.</b>
<ul style="list-style-type: none"> <li>Vomiting</li> <li>Diarrhea</li> </ul>	<ul style="list-style-type: none"> <li>Upset stomach (caused by bacteria, virus or the toxins they produce)</li> <li>Gastroenteritis</li> <li>Norovirus</li> <li>COVID 19</li> </ul>	No.	Not until it has been at least 2 days since the last episode of vomiting or diarrhea.	Yes, if the child: <ul style="list-style-type: none"> <li>Is unable to keep any fluids down for 24 hours</li> <li>Is dehydrated</li> <li>Has blood in stool</li> </ul>
<ul style="list-style-type: none"> <li>Headache</li> </ul>	<ul style="list-style-type: none"> <li>Upset/Stressed</li> <li>Tired</li> <li>Dehydrated</li> <li>Onset of an illness</li> <li>Injury</li> <li>COVID 19</li> </ul>	No, stay home. Reassess after 24 hours.  Yes, if recovered and the headache is no longer present after that time.	When the child feels well and is able to manage school activities.	Yes, if headache is severe or accompanied by a stiff neck, or symptoms continue even with treatment; or a change is noted in the child's normal behavior (i.e., sleepy).  If not recovered after 24 hours, call 811.
<ul style="list-style-type: none"> <li>Cough</li> <li>Minor cold</li> <li>Runny nose</li> <li>Minor sore throat</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal cold</li> <li>Influenza (a very contagious viral infection that attacks the nose, throat and lungs and also causes fever, weakness and severe aches.</li> <li>COVID 19</li> </ul>	No, if not able to participate fully in regular activities.  No, if it is Influenza.  No, if it is COVID 19.	When the child feels well and is able to manage school activities.	Yes, if they have coughing that will not stop or anything different about the child's breathing.





## Is My Child Too Sick to Attend School?

Symptoms	Could be...	Should my child attend school?	When can my child return to school?	Should we see a Healthcare Provider?
<ul style="list-style-type: none"> <li>• Redness in the white part of the eye or along the lids</li> <li>• Itching or pain in eye</li> <li>• Watering eye (tearing)</li> <li>• Discharge from the eye</li> </ul>	<ul style="list-style-type: none"> <li>• Pinkeye (Conjunctivitis)</li> </ul>	No.	If antibiotics are prescribed for pinkeye, can return to school 24 hours after the antibiotic was started.	<p><b>Call 811 for advice at any time.</b></p> <p>Yes, if discharge is seen from the eye.</p>

- Immunizations and frequent handwashing will help prevent many of these common childhood illnesses.
- Inform your school about the symptoms your child is experiencing when you call to inform them about the absence.
- See “Communicable Disease Control” for information about these and other communicable diseases at: [Communicable Disease Control | SasHealthAuthority](#)
- Contact a Public Health Nurse at your local community office: [Public Health Communicable Disease Control \(CDC\) Offices table](#).
- For 24-hour professional health advice and information, call

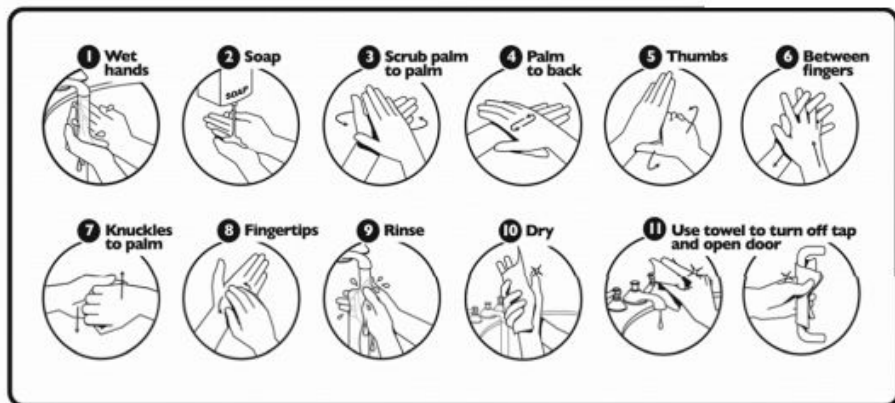


**Did you know?**

- 80% of infectious diseases are spread through contaminated surfaces and hands.
- Handwashing is the most important thing you can do to prevent illness and the spread of germs at home and at school.
- Improved hand washing can reduce student sick days from respiratory illness like colds and flu by as much as 21%, and sick days from stomach illness by as much as 31%.<sup>1</sup>



**Use soap, scrub for at least 15 seconds, rinse and dry hands well. These steps all work together to remove germs.**



**Wash hands several times per day, especially:**

- After using the washroom
- After blowing your nose, coughing or sneezing into your hands
- After using shared objects such as keyboards and telephones
- After handling the garbage and other waste
- Before and after preparing or eating food
- Before and after helping people who are sick
- Before and after attending to cuts, scrapes burns or other breaks in the skin
- After contact with bodily fluids such as blood, sputum, vomit, urine or feces
- When hands are visibly dirty



**What else can you do to prevent illness?**

- Use hand sanitizer when washing with soap and water is not possible.
- Ensure hand sanitizer remains wet on hands for at least 15 seconds and contains at least 60% alcohol as the active ingredient.
- Keep your hands away from your face. Germs can be spread when you touch your eyes, nose and mouth.
- Cover your nose and mouth with a tissue or your sleeve when you sneeze or cough. This avoids spreading germs into the air or onto your hands and surfaces.
- Stay home when you are sick. Going to school or work when you are sick can spread germs to others.
- Clean commonly touched surfaces often, such as doorknobs, washrooms, sink taps, telephones and computer keyboards.

Learn more at: [www.germsmart.ca](http://www.germsmart.ca)



References:

1. Aiello, A., Coulborn, R., Perez, V., & Larson, E. (2008). Effect of hand hygiene on infectious disease risk in the community setting: A meta-analysis. *American Journal of Public Health, 98*(8), 1372-1381.

Note: Images courtesy of SHA Creative Services Team