

January

"Enter this new year with a gratitude for this new chance to create your dreams."

Avina Celeste

BRIGHTCOLORMOM.COM

Thank you!

SPS is so incredibly thankful for all our families and community members who have donated to our fundraisers during the Christmas season. From Candygrams, to Shaunavon Christmas Hampers, to the Santa Store, we love sharing the season of giving with our students and we couldn't do it without your support.

Report Cards

Report cards will be published to the My School Sask. Parent Portal on **Wednesday, January 31st**. Please take a moment to log in before this date to ensure you have access. If you have any trouble logging in, or need your username and password, please let Mrs. Cote know ASAP. New student families should have received login information in the last couple of weeks.

Please visit: [Aspen login](#)

Please check out the links below for helpful instructions.

- [Logging into MSS from a Phone](#)
- [Logging into MSS from a Computer](#)
- [Video - Logging into MSS from a Computer](#)



NEW YEAR'S EVE WORD SEARCH

C	G	E	H	S	S	Y	S	M	J	P	A	R	T	Y
Q	O	U	T	L	R	Q	R	A	P	L	G	I	H	X
O	M	N	A	A	Z	E	N	P	L	C	K	P	N	U
M	G	O	F	H	R	U	E	R	J	C	S	J	W	B
F	G	N	N	E	A	B	A	H	R	V	I	V	O	A
E	O	H	X	R	T	D	E	E	C	K	T	L	D	L
K	L	T	Y	X	N	T	S	L	J	U	T	A	T	L
C	D	J	U	E	X	O	I	K	E	Y	Z	V	N	O
O	L	R	L	N	L	L	K	X	U	C	V	W	U	O
L	Q	A	N	U	R	E	K	A	M	E	S	I	O	N
C	C	D	T	M	I	D	N	I	G	H	T	U	C	S
V	I	I	R	A	E	Y	W	E	N	V	A	M	H	H
A	O	B	S	Z	E	U	W	S	X	F	C	P	V	I
N	Z	F	P	A	H	J	A	G	L	M	C	G	P	U
M	H	A	N	L	G	A	H	G	R	J	Q	D	O	Y

BALLOONS
CALENDAR
CELEBRATE
CHEERS
CLOCK

CONFETTI
COUNTDOWN
GOALS
HAPPY
JANUARY

MIDNIGHT
NEW YEAR
NOISEMAKER
PARTY
RESOLUTION



THE STRESS RESPONSE IN KIDS

FIGHT

Yelling, Screaming,
Using Mean Words

Hitting, Kicking, Biting,
Throwing, Punching

Blaming, Deflecting
Responsibility, Defensive

Demanding,
Controlling

"Oppositional",
"Defiant", "Noncompliant"

Moving Towards What
Feels Threatening

Irritable, Angry,
Furious, Offended
Aggressive

FLIGHT

Wanting to Escape,
Running Away

Unfocused, Hard
to Pay Attention

Fidgeting, Restlessness,
Hyperactive

Preoccupied, Busy with
Everything But the Thing

Procrastinating, Avoidant,
Ignores the Situation

Moving Away From What
Feel Threatening

Anxious, Panicked
Scared, Worried,
Overwhelmed

FREEZE

Shutting Down,
Mind Goes Blank

Urge to Hide,
Isolates Self

Verbally Unresponsive,
Says, "I don't know" a lot

Difficulty with
Completing Tasks

Zoned Out,
Daydreaming

Unable to Move,
Feeling Stuck

Depressed, Numb,
Bored/Apathetic,
Helpless

Get to Know Your Chinook Trustee!

Get to Know Your Chinook Trustee!

Chinook Board members answered a series of questions so Chinook families and communities can get to know their local trustees better! To read about all ten trustees, visit the [Chinook website](#).



GWEN HUMPHREY

1. What do you feel you bring to the Board table as a trustee?

My top skill is that I am a good listener and thus a voice to my constituents in the Frontier, Eastend, Shaunavon and Hutterian schools. My years of experience as an accredited board member contributes to my passion to continually improve rural communities, which in turn increases opportunities. Lastly my three amazing children, who are successful, community minded adults, along with grandchildren going through the public school system.

2. What do you feel is one of the most important issues facing rural education today?

I feel our main obstacle is the uniqueness of our area to adequately provide transportation and the best education possible for all our students. And of course if we weren't always looking at a deficit, we would be able to hire more staff to provide students with all the needs required to achieve their educational goals.

3. Which of Chinook School Division's VALUES is most important to you and why? (Care, Commitment, Integrity, Respect, Trust, Empathy, Excellence, Loyalty, Honesty)

All of the above values are equally important in one way or another, because if they work together they will achieve our vision, which is: Chinook is a great place to work and go to school were students are empowered to become knowledgeable, skilled and responsible citizens who recognize the value of a democratic and prosperous society.

4. What do you think needs to happen in the Education sector to ensure a bright future for students in southwest Saskatchewan?

The word KINDNESS comes to mind. If we would all practice and think about this word, I feel things would move along smoothly.

5. What is your most memorable school event or activity you have been a part of?

My best memory would be the Family Days! Where, as a trustee, I take a moment just to watch how happily excited the students are to show off their work or projects and classroom to their very proud family.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 		<p>3</p>	<p>4</p>	<p>5</p>
<p>8</p> <p><i>Welcome Back!</i></p> <p>Day 4</p>	<p>9</p> <p>Kindergarten Day 5</p>	<p>10</p> <p>Day 6</p>	<p>11</p> <p>Kindergarten Day 1</p>	<p>12</p> <p>Day 2</p>
<p>15</p> <p><i>Assembly @ 2:40 pm</i></p> <p>Kindergarten Day 3</p>	<p>16</p> <p>Day 4</p>	<p>17</p> <p>Kindergarten Day 5</p>	<p>18</p> <p>Day 6</p>	<p>19</p> <p>Kindergarten Day 1</p>
<p>22</p> <p>Day 2</p>	<p>23</p> <p>Kindergarten Day 3</p>	<p>24</p> <p>Day 4</p>	<p>25</p> <p>Kindergarten Day 5</p>	<p>26</p> <p>Day 6</p>
<p>29</p> <p>Kindergarten Day 1</p>	<p>30</p> <p>Day 2</p>	<p>31</p> <p><i>No School</i></p> <p><i>Report Cards Published</i></p>	<p><i>Happy New Year!</i></p>	