



Spruce Home Public School
Newsletter



December 2023

Box 249
Spruce Home SK S0J 2N0
Phone 306-767-8377

Sun	Mon	Tues	Wed	Thu	Fri	Sat
					1	2
3	4 Kindergarten	5 Soup Lunch - free	6 Kindergarten Prairie Winds Band Concert 6:30 Carlton	7 12 Days of Christmas Starts	8 Kindergarten EA Rawlinson "The Little Mermaid"	9
10	11 Kindergarten Christmas Meal Ugly Sweater Day	12	13 Kindergarten Family Fun Night	14	15 Jersey Day	16
17	18 Kindergarten Christmas Hat Day Santa Store	19 Christmas Sock Day	20 Kindergarten Dress Like a Snowman Day (blue/white)	21 Red/Green Day	22 Kindergarten PJ Day	23
24 Christmas Eve	25 Christmas Day No School	26 Boxing Day No School	27 No School	28 No School	29 No School	30
31 New Year's Eve	1 New Year's Day No School	2 No School	3 No School	4 No School	5 No School	6



Classes resume
Monday, January 8th, 2024

Principal's Message

Where did the year go? Ready or not, December has made its arrival! December will be busy and engaging at Spruce Home Public School!

We had completed Student Progress Conferences (Parent/Teacher Interviews) at the beginning of November. These went well, and it was wonderful to see so many of you make time to come in for these. We have been fortunate to have a Scholastic Book Fair again. It was a great fair and the kids and their teachers all enjoyed getting their hands on some new books. A huge thank you to Mrs. Acorn who takes on that burden each year and does a fabulous job.

We will wrap up our Movember acknowledgement on Friday, December 1st starting with a students and staff volleyball game to celebrate the accomplishments of our teams. The celebration may get a little "hairy" as we recognize the "cookie dusters" donned by a few staff members with some pie throwing. We are scheduled to attend the Christmas play at the EA Rawlinson Centre on the morning of December 8th. We will be watching *The Little Mermaid* and permission notes should be out on Monday, Dec 4 at the latest. This year, Christmas Dinner will be on December 11th. We are anxious to enjoy our Christmas Dinner put on by the School Community Council and our parent volunteers. Yum! Spruce Home Public School is excited to be hosting a seasonal Family Fun Night. This will take the place of our Christmas concert. The Family Fun Night will be on Wednesday, December 13th from 6:30 to 8:00 pm. We will have many activities that you can partake in with your families inside the school and outside too if weather permits. It will be awesome! Our Santa Store is back on December 18th. A note will go home for the children to compile their shopping lists and parent volunteers and older students will help out to make sure it is a success.

Our last day of school before the Christmas Break is December 22nd. School will reconvene on January 8, 2024!

The entire staff at Spruce Home Public School wish you all a Merry Christmas, and a Happy New Year. Enjoy the time with loved ones and make time to rest during this holiday season.



Kindergarten/1/2 News

Greetings Spruce Home students and families! A big thank you to all the parents and guardians who came to see me for Student Led Conferences. It is always great to connect with you! If you weren't able to make it, please check out Edsby for a video of your child! At the beginning of November, K/1/2 students started bringing *ULFI homework practice sheets* home. The grade 1/2s are still getting used to the routine of the spelling assessments on Fridays. Stay tuned to Edsby for updates on your child's progress with the grade 1/2 spelling assessment from each Friday. In ELA, the grade 1/2s have been working hard on Sara Squirrel story sequencing of events retelling and writing activity. In K math, we have been working on our fine motor skills of printing numbers 0-10 as well as counting backwards from 10-0. In grade 1 math, we have been identifying the number that is 1 more/2 more and 1 less/2 less than a given number, as well as recognizing familiar arrangements of dots without counting them.

Grade 3/4 News

It's beginning to look a lot like winter, and even though the temperatures have been above normal, please remember to encourage your children to dress appropriately for the weather. This November, and hopefully in December, the students have been able to have some fun PE and EPBL classes outside, so it is helpful for students to be dressed properly. Students have started exploring gravity and friction in science and are going to be creating Rube Goldberg machines to test out what we have learned. In Social Studies the students have chosen a country to research and will be creating a display or slide show about what they have learned. They have been writing poetry in ELA and continue to work on developing their understanding of words in our daily time doing UFLI. With all the many activities that December brings, the month will be enjoyed by all!



Grade 5/6 News

Hello Spruce Home families and happy holidays! The grade 5/6 class is keeping busy as always! The group is getting into the holiday spirit and it's showing inside the classroom. The students are aware that a certain elf that hangs out on a shelf will soon be arriving to the classroom to keep an eye on the boys and girls to make sure they report to not only Santa Claus but Mr. Fiddler too! Also, with Movember coming to an end we celebrated by throwing pies into the faces of Mr. Feschuk, Mr. Chester, and yours truly! The kids had a wonderful time doing it as we promoted men's mental health along with good deeds that were performed by the students throughout the month. This past month we decided to collect non-perishable food items to donate to different families within the school division. This started this past month and will go into December to help families provide food during the holidays. Happy holidays everyone!!!

Mr. Fiddler

Grade 7/8 News

November passed by quickly for the grade 7/8 class and was a very important, fun month. We participated in a lot of events and activities like assemblies and games. We focused on the carbon and nitrogen cycles in science. The carbon cycle is what animals and plants need to survive. In math, the grade 7s finished BEDMAS with decimals and the grade 8s are learning about dividing and multiplying integers. The grade 7/8 class also researched and ran the Remembrance Day Assembly. We researched and presented information on Canada's 75 years of UN peacekeeping, and Indigenous veterans, and some of the braver students spoke live at the service about the Italian Campaign. We are starting literature circles in ELA and it's actually really interesting. Our book is called "Number the Stars" which is about World War 2. We also had an assembly led by the SLC. The challenges were tug-of-war, mustache straw holding, and charades. It was really fun and the SLC leaders did an amazing job. November was a fun and busy month, and we look forward to all the amazing activities and learning that

December will bring us.

-written by Josiah-

Prairie Winds Band News

The Prairie Winds (Red Wing, Spruce Home and Christopher Lake) Band concert will be held on Wednesday, Dec. 6 at 6:30 pm in the Carlton High School Cafetorium. Band students should arrive by 5:45.

The Prince Albert Concert Band will be performing alongside our students and well as performing some of their own repertoire.

SLC News

This year the SLC has opened up to grade 4 students. We have a really excited group of students from grade 4-7. We have three committees that students signed up for: assemblies, promotions and event planning. Fridays at lunch is for our main meeting and on Tuesday and Thursdays during our EPBL time the committees meet with Mrs. Gareau for small group meetings. In October the assemblies committee planned a Halloween gym blast that had 4 different stations. In November we held our first whole school assembly where students were placed into our new houses named after trees: Spruce, Birch, Maple and Aspen. We had a blast and the assembly committee SLC members did a great job running the fun activities and speaking in front of the whole school!!! For this month the events committee has thought of some really fun days. We have a full spirit week on the last week of school. We will also be doing 12 days of Christmas that will start on December 7th. The promotions committee members are our graphic designers. They are learning how to make digital posters using Canva. Posts that you see on Edsby and Facebook are made by these students!

The SLC's big event for this month is the Santa store. It will be held on December 18th. We are asking for donations of items, gift wrap, bags, and gift tags. Students will shop for their families on this day. If you are interested in volunteering at our Santa Store, please contact the school.

I am so proud of the leadership, ideas, and school spirit I have seen so far by this group of students. I can't wait to see what the rest of the year holds.

-Mrs. Gareau

Family Math Challenge

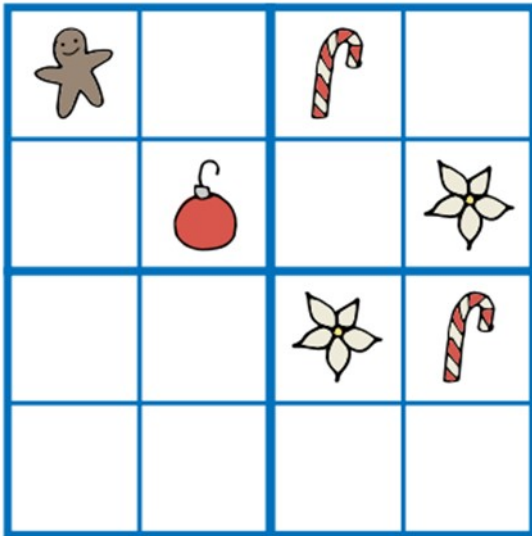
November answers

1. Hearts, round. Stripe, round. Dots, round. Heart, square. Stripes, square. Dots, square.

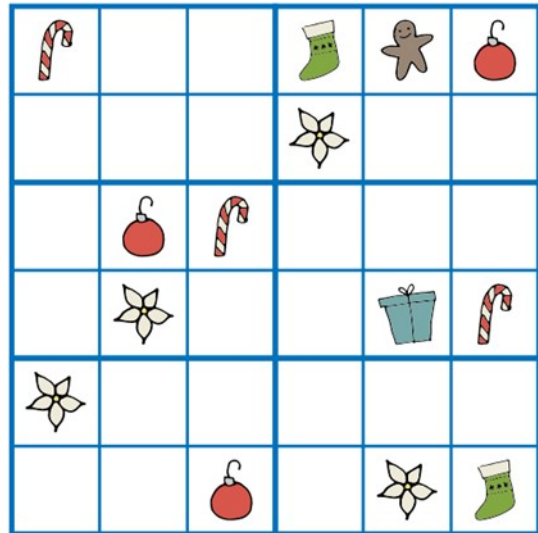
2. 7 trips. (trip 1 with crocodile, trip 2 empty handed, trip 3 monkey/parrot, trip 4 crocodile, trip 5 parrot/monkey, trip 6 empty, trip 7 crocodile)

December questions

1.



2.



Ed Support

Spruce Home students have been practicing different breathing techniques to help learn how to self-regulate. Self-regulation is a skill that is learned through time. One technique students know is tapping meditation. Ask your child if they remember how to do this technique and get them to teach you. This is a great technique to help when you are feeling stressed, upset, frustrated etc. This technique helps reduce cortisol levels (stress hormone) in your body.

Say an affirmation (I am loved, I am resilient etc.)

Start with your pointer and middle finger tapping 7-10 times on the pinkie side of your hand. Switch and do the other hand.

Now move to your head tapping with both hands.

Move to your temples tapping with both hands.

Now move to under your eyes.

Move to under your nose.

Now to just below your collar bone.

Now give yourself a hug and tap under your armpit.

Repeat 2 more times with a new affirmation for each time you do the cycle.

You can stop there or continue with the next part we do at school.

Relax your arms and close your eyes. Take a deep breath in and then blow out your candle. Take another deep breathe in and blow out your candle. Last time deep breath in, make a wish for the day and blow out your candle. Stretch to the sky and elongate your back. Now stretch your arms back and open up your chest.

You can also watch the video for this technique, square breathing and 5 finger breathing at the following link.

<https://sites.google.com/srsd119.ca/morning-meetings/breathing-meditation>



Invites All Students & Staff to the Annual

CHRISTMAS TURKEY MEAL

MONDAY DECEMBER 11, 2023

11:45AM

SCHOOL GYM

DONATIONS REQUESTED FROM EACH CLASS:

K/1/2: SIX DINNER BUNS PER STUDENT

3/4: FROZEN VEGETABLES OR BOXED STUFFING

5/6: SIX POTATOES PER STUDENT

7/8: PAPER PLATES, PLASTIC CUTLERY, NAPKINS

**PLEASE BRING TO SCHOOL NO LATER THAN
WEDNESDAY, DECEMBER 6TH**

**ANY QUESTIONS? CALL/TEXT AMY ACORN, SCC VICE CHAIR
(306) 961-6781**



The SCC needs your help



*at the Family Fun
Night*

*Canteen Helpers and
Silent Auction
Donations*

**Spread holiday cheer
and make a difference
in our school!**

WED DEC 13TH 6:30-8:00 PM

HOW CAN YOU HELP?

- HELP IN THE CANTEEN FOR A 45 MIN. SHIFT. 2 SHIFTS AVAILABLE:
6:30 - 7:15 & 7:15 - 8:00
- ANY DONATIONS FOR THE SILENT AUCTION WOULD BE APPRECIATED

All funds raised support our kids through fun events and purchases of needed school items!

Please contact Kim Weir by Dec 8th if you can help. Ph: 306-961-0488 or Email:

riew_kimmie@hotmail.com



CHECK OUT SPRUCE HOME SCHOOL'S SCC/SLC BULLETIN BOARD!

If there are parents/caregivers who do not utilize Edsby or SHPS Facebook page, you will now have the option to come into the school to receive important information. These will be updated monthly!

The bulletin board is located at the front entrance of school, just left of the main doors.



Keep up to date on:

Events
Fundraisers
Meetings
SCC Meeting Minutes
Principal's Report

**GET IN THE GAME
WITH US TODAY...
SPOTS ARE LIMITED**

Thunder Basketball Presents

3X3

**BASKETBALL
LEAGUE**

**3rd
BLOCK**

FOR GRADES 3-12

SUNDAYS

DEC 3, 10, 17 2023

JAN 7 2024

CARLTON CPAC/RED

**Registration
Now Open**

Grades 3-5 Co Ed	3pm - 4:15pm
Grade 6/7 Girls	4:15pm - 5:30pm
Grade 8 Boys	5:30pm - 6:45pm
Grade 8/9 Girls	5pm - 6:15pm
Grade 6/7 Boys	6:45pm - 8 pm
Grade 9-12 Co Ed	7:30pm - 8:45 pm



SCAN ME

Email questions to: thunderbasketball.sk@gmail.com