



SEVEN STONES

COMMUNITY SCHOOL

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@7Stones_School



OCTOBER NEWSLETTER

Principal's Corner

Thank you for a fantastic first month of school! We have really enjoyed having so many of you come by to visit or attend the open house or grand opening. We appreciate your involvement in the school and hope you feel comfortable to drop by any time or give us a call.

It is amazing to see this school working on a day to day basis. It is exactly as it was intended! There is a beautiful tone to the building and students are quite engaged in their learning. What a great place to be!

We would like to welcome the following staff who have joined us since the opening of school. Mr. Parisien has joined us as a PLC 2 teacher, Ms. Miles has joined us for 0.2 Arts Ed, Ms. Westman has joined us as an EA and Mrs. Herridge has been appointed as our Superintendent. Lastly, Mr. Novak, Mr. Grover and Mr. Nitoral have joined us as our facilities team.

We want to congratulate our students on a great first month. We have been busy getting to know new routines and completing all of our pre-assessments. The kids have been amazing through all of the pomp and circumstance around opening a new school. Congratulations to all, we are off to a great start!

Sincerely,

Mr. Fladager and Mrs. Gavel



Plaque unveiling at the Grand Opening.



Treaty 4 flag raising ceremony.



First Assembly at Seven Stones.



Hawks' Nest in action with grade 1 and 2's.



Calendar of Events

For a full year calendar of school events, please check our website: <http://sevenstones.rbe.sk.ca>

Oct 2 – Belonging Assembly – 9:30 am
 Oct 2 and 3 – PLC 3 to McKenzie Gallery PM
 Oct 6 – School Pictures
 Oct 7 – Kindergarten to Family Centre at Scott
 Oct 8 – Cross Country Running Finals
 Oct 9 - Goal Setting Conferences
 – No regular classes for Gr K-8
 Oct 10 – No School – PD Day
 Oct 13 – No School
 Oct 20 – 24 – Education Week
 Oct 21 – Voices of Nature at Conexus
 Oct 22 – SCC AGM – 3:00 pm
 Oct 23 – ASKI family day for K and Pre K
 Oct 28 – Regina Symphony Players
 Oct 30 – Gym Blast at Scott for Gr 6s
 Oct 31 – Generosity Assembly, 1:00 pm
 Nov 3 – Photo retakes



Clubs, Teams, Arts and Culture

Girls' Volleyball – Wednesday games
 Boys' Volleyball – Tuesday games
 Fiddle – Tuesday afternoons
 Full Band – Day 2
 Band Sectionals – Day 5
 Cross Country Finals – October 8
 Seven Stones Steppers
 Coming soon: Niska Boys, Sage Girls, ACT, GSA,
 Rock 100, choir and much more



School Spirit Wear

There will be order forms coming home in October to purchase Seven Stones clothing such as t-shirts and hoodies. Sizing opportunities will be available. All orders will be cash only. Orders will be delivered by Christmas.



Halloween

Halloween is a special time of year for many children. Teachers often like to plan small activities to celebrate the day as well. That said, classes will not be having Halloween parties.

Three things to remember regarding Halloween:

- 1) We ask that you NOT send your child in costume and that you NOT send treats to school without checking with the teacher first.
- 2) Think safety first for Trick-or-Treating! Plan a route, go as a group with an adult, and check your candy before eating it.
- 3) Please do not send your child's candy to school with them. It disregulates the children's learning and creates a lot of garbage 😊



Keeping up with our Spirits

We have a wonderful presence on social media that we invite you to participate with. We have a school website and Twitter that will keep you up to date. We are featuring the Grand Opening on our site right now with links to all of the TV, radio and print coverage we received that day.

www.sevenstones.rbe.sk.ca

[@7Stones_School](https://twitter.com/7Stones_School)

Individual classes and PLCs have their own websites and Twitter accounts. Please sign the Media Release forms so that your children's achievements can be posted on these sites. We have so much to be proud of and just love to share our pride! Please note that many teachers also have Remind101 accouts or ThingLink accounts that are also very useful for classroom updates.



Character Education

We are a Circle of Courage school. We teach and values of Generosity, Belonging, Mastery and Independence. Each month we will focus on one of these four areas and recognize students for their achievements at a monthly assembly.

**Upcoming Dates: October 2nd at 9:30 am
and October 31st at 1:00 pm.**



Cross Country Running

On September 17th the Seven Stones Cross Country Running Team were bussed to Douglas Park Track to race against many other schools in Regina. The team was well prepared, as we have been practicing twice a week, running around our school and practicing running drills. All members of the team ran or walked through to the finish line. Students who were 9 and under ran 1.2 km and those 10+ ran for 2 km. Although exhausted at the end of the race many of the runners felt proud no matter where they placed. Mrs. Hubbard and Ms. Kimbley are proud of their efforts.

Cassidy, Sidney, Karen, Lily, Ashanti, Ashanti and Abony have qualified for the next race as they came in the top 25 within their age division. We wish them luck in the qualifiers race on October 8th.



Seven Stone Steppers were nervous and excited at the starting line



School Community Council

The Annual General Meeting is scheduled for **October 22nd at 3:00 pm**. Elections will be held that day, but you can also come just check it out and consider becoming involved. Please join us if you are able!



Apple Crisp

PLC 2 brainstormed ways in which math and hygiene is required in daily life.

This was proved when we baked apple crisps in the nutrition room.

Students practiced good hygiene by washing their hands, the apples and working space. They also had first hand experience in realizing the importance of math as they worked together in small groups to follow the recipe.

Students had the experience of: peeling apples, cutting, measuring and mixing ingredients. It was a wonderful cooking experience but if you were to ask any of the students involved we are certain they would say the best part was eating the apple crisp.





Goal Setting Conferences

Goal Setting Conferences are set for **Thursday, October 9th**. There will be no regular classes that day. A separate letter will come home indicating your conference time(s). Please join us to set a plan for your child(ren)'s success this year at school.



Nutrition

Morning snack is provided to all students at 8:53 am every morning. There is no charge for this program.

New this year to our Nutrition Program is the addition of a Student Lunch Program which will run Monday – Thursday weekly. A different lunch item will be offered daily some being hot and some being cold. The menu for lunches will be posted monthly. Lunches will only be offered thru a purchased lunch card, which must be purchased a day in advance of the student needing the lunch. To allow for adequate numbers required for lunch preparation.

Cost of lunch cards is as follows:

\$30.00 Lunch Card -11 lunches which include lunch, a drink (milk, water or juice) and dessert of the day.

\$20.00 Lunch Card- 11 lunches which is lunch of the day only

Lunch Cards can be purchased thru our school online system or by cash to Ms. Shukin Nutrition Coordinator

When cards are purchased, a notice will go home with your child when they have only 2 remaining lunches left. This will allow another card to be purchased with a day in advance of the student needing lunch.

See the month's menu attached.

~ Ms. Shukin, Nutrition Coordinator



Seasonal influenza: It's serious

Seasonal influenza is a serious respiratory illness that can lead to severe complications and even cause death. Immunization remains the best way to fight influenza. Immunization can lower your chances of getting influenza or if you do get influenza after being vaccinated, you may not be as sick.

You can have the influenza virus and not be ill, but still pass the disease on to others. The Regina Qu'Appelle Health Region (RQHR) encourages you to get your seasonal influenza immunization to protect yourself and those around you. The vaccine is safe, easily accessible and has very few side effects.

The RQHR provides seasonal influenza vaccine to residents at **no cost**. Those at highest risk for influenza disease are: persons ages 65 and over; those diagnosed with chronic lung or heart disease, diabetes, lowered immunity, cancer, kidney disease and/or severe anemia; pregnant women; children from six months to four years of age; persons with severe obesity; and residents of a nursing home or other care facility.

RQHR encourages all people to be immunized.

For clinic dates, times and locations see the attached page.

For general information on influenza, call HealthLine at 811 or visit www.rghealth.ca.