

The Bison Post



Dressing for Winter!

Winter is now here. It is great to see students coming dressed for winter weather. Elementary students are outside daily for recess and for them to enjoy this break they need to be dressed for the weather. Recess contributes to children's physical activity levels, gives them a break from academic work and offers a chance to improve social skills. Students in elementary grades need to have winter boots, snow pants, a winter jacket, toque, and gloves or mittens.



New Year's Goal Setting Tips



Specificity: Define clear, specific goals rather than vague ones.

Measurable: Establish criteria to measure progress and success.

Achievable: Set realistic and attainable goals to maintain motivation.

Relevance: Ensure goals align with your values, aspirations, and long-term plans.

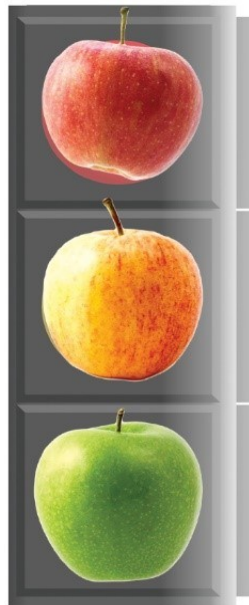
Time-bound: Set deadlines or timeframes to create urgency and focus.

Regular Review: Schedule regular checkpoints to assess progress and make adjustments.

Seek support: Surround yourself with people who encourage and support your goals.

Remember, the key to successful goal setting is consistency, determination, and a willingness to adapt as needed.

When Do Absences Become a Problem?



CHRONIC ABSENCE
18 or more days

WARNING SIGNS
10 to 17 days

GOOD ATTENDANCE
9 or fewer absences

Note: These numbers assume a 180-day school year.

Elementary Attendance Profile

- September 81% Attendance Rate
An average of 3 missed days in Sept
- October 73% Attendance Rate
An average of 5 missed days in Oct
- November 67% Attendance Rate
An average of 5 missed days in Nov
- December 60% Attendance Rate
An average of 6 missed days in Dec

What families can do...

- Be firm send your child to school every day
- Develop good sleep and morning routines
- Schedule appointments and extra-curricular activities outside of school
- Avoid taking holidays during the instructional days
- Seek help before your child's attendance affects their academics

It's never too late to improve attendance

- Going to school more will make a difference academically, socially and emotionally
- Socialization with peers and teachers builds character development, leadership skills, and positive social development
- The learning of the Cree language and Culture can also enhance self-esteem by strengthening cultural identity



Tutoring

Elementary students have access to after-school tutoring on Mondays and Wednesdays from 3:30 pm to 5:00 pm. Tutoring can help students strengthen subject comprehension, boost confidence, and build important learning skills. Tutoring gives students individualized attention and helps students who struggle to keep up, as well as those who aren't challenged enough. Parents can phone and ask for their child to participate weekly in tutoring otherwise we do ask students from grade 3 to grade 6 if they would like to stay for after-school for tutoring with a follow-up phone call to parents to ensure they know their child is staying after school. Transportation is provided home at 5:00 pm for students who reside in Sunchild.

Taking Students Home Early?



Parents please ensure that you sign your child out of the school through the main office. We need to know who is in the school in case of fire or related emergency.

Student Illness / Transportation

Any child suffering from illness should be at home. In the event a child becomes ill at school every effort will be made to contact the parents or family who in turn should be available to come to take the student home. Due to changes in staff roles we **cannot** guarantee a dedicated driver to drive students home who are ill or who are requesting to be driven home.



Sunchild School is a **peanut free** school. We ask parents to please refrain from sending any school lunches or snacks which contain peanuts, traces of peanuts or items which may contain peanut oil. The health of one of our students is dependent on our vigilance. Your support is greatly appreciated.

Dates for your Calendar

- Friday January 19 - No School for Students Staff PD
- Tuesday Jan 23-26 - Spirit North Cross Country Ski Program
- Friday February 9 - Regular Classes on Friday
- Monday February 19 - Family Day No School for staff and students
- Friday February 23 - No School Family Friendly Friday
- Wednesday March 6 - Early Dismissal for Students 2:00 pm
- Thursday Mar 7 and Friday Mar 8 No School Staff Conference



Sunchild Community ODR

With temperatures steadily staying below zero it is great to see so many skaters enjoying being out on the Sunchild Community Rink. Our school staff maintains this ice surface for everyone to enjoy and we are grateful for their work. The outdoor rink is a great place for the community to share the joy of skating and spend some time having fun together. Remember to stay safe and be careful of the other people around you who may not be as experienced on skates. Nobody wants to get hurt, avoid slap shots, body contact and keep your sticks and pucks down. Helmets are required to be worn at all times.



Inside Shoes!



We ask that all students and staff have inside shoes. This helps keep our school as clean as possible. Inside shoes also help to ensure the safety of our students so that they don't slip while in stocking feet. Also as we are about half way through the school year please check with your child to find out if their shoes still fit.

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L	W	K	Y	Q	I	C	E
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- COAT
- COLD
- FROST
- ICE
- IGLOO
- SCARF
- SNOW
- WINTER



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