

# The Bison Post



Sunchild School

Thursday, December 14th

Starting at 3:00 pm

3:00 pm to 5:00 pm — Christmas Crafts

5:30 pm to 6:00 pm — Turkey Dinner with all the Trimmings

6:00 pm to 7:30— Christmas Movie



On behalf of the Elementary Staff at Sunchild First Nation School, may we wish all of our families a most peaceful and happy Christmas holiday. Thank you all for being so supportive and committed to our School. Please accept our hopes to you all for a happy and healthy 2024  
Mr. Malthouse



## Sunchild School Christmas Concert



Thursday, December 21st @10:00 am

- Buses will be running at their normal time.
- Pancake Breakfast 8:30 to 9:30 cost \$5.00
- Students to be in class at 8:50 to participate in fun Christmas activities.
- Concert Starts at 10:00 am Lunch to follow

Merry Christmas Sunchild

## Student Social Emotional Health and Academics

Social and emotional learning (SEL) provides a foundation for safe and positive learning, and enhances students' ability to succeed in school, careers, and life. Research shows that SEL not only improves achievement by an average of 11 percentile points, but it also increases prosocial behaviors (such as kindness, sharing, and empathy), improves student attitudes toward school, and reduces depression and stress among students.

Effective social and emotional learning programming involves coordinated classroom, school wide, family, and community practices that help students develop the following five key skills:

- Self-Awareness** - involves understanding one's own emotions, personal goals, and values.
- Self-Management** - requires skills and attitudes that facilitate the ability to regulate one's own emotions and behaviors.
- Social Awareness** - involves the ability to understand, empathize, and feel compassion.
- Relationship Skills** - help students establish and maintain healthy and rewarding relationships, and to act in accordance with social norms.
- Responsible Decision Making** - involves learning how to make constructive choices about personal behavior and social interactions.

School is one of the primary places where students learn social and emotional skills.

Excerpt from edutopia.org GEORGE LUCAS EDUCATIONAL FOUNDATION

### Magic Square Puzzle

Place the numbers 1 to 9 so that each row, column adds up to the same number. (Use each number exactly once)

1 2 3  
4 5 6  
7 8 9


## Elementary Attendance Profile for the Month Of October

There were 19 instructional days in the month of October.

K4 Averaged 10 Days Missed

K5 Averaged 6 Days Missed

Grade 1 Averaged 4 Days Missed

Grade 2 Averaged 2 Days Missed

▶ Grade 3 Averaged 3 Days Missed

Grade 4 Averaged 4 Days Missed

Grade 5 Averaged 6 Days Missed

Grade 6 Averaged 8 Days Missed

**How many days did your child miss in October?**

## 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.



## Family Christmas Activities

- Go Ice Skating
- Decorate a Gingerbread House
- Board Game Night
- Write a Letter to Santa
- Make a Homemade Christmas Card
- Bake Christmas Cookies
- Make Salt Dough Ornaments
- Christmas Colouring Activity
- Go Sledding
- Build a Snowman
- View Christmas Lights



baby  
gifts  
holly  
Santa  
sleigh  
tree



Hint: They all go diagonally

## Important Dates for your Calendar

Friday, Dec 8 - 2:00 pm dismissal for students

Thursday, Dec 14 - Christmas Gala 2:00 student dismissal

Friday, Dec 15 - Dress Red Green Day

Thursday, Dec 21 - Sunchild School Christmas Concert 10:00 am  
Buses running at usual time

Wednesday, Dec 20 - Pajama Day

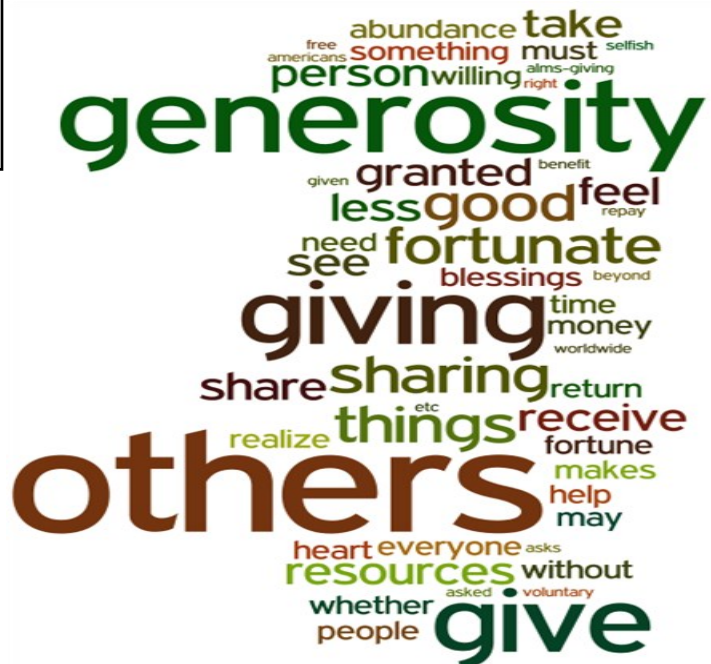
Friday, Dec 22 - No School start of Christmas Break!

Monday, Jan 8 - First Day of Classes after Christmas Break



## December's Seven Sacred Teaching is Generosity & Sharing, Kisewatisewin

Generosity is all about giving freely, whether it's your time, resources, or kindness, without expecting something in return. It's like having a big heart and a willingness to share what you have with others. Generosity can come in many forms, from small acts of kindness to grand gestures, and it often creates a positive ripple effect, making the world a better place one generous act at a time. How do you express generosity in your life?



## Christmas Word Search

G	C	S	S	E	F	Z	Y
Y	I	S	L	B	E	V	Y
L	S	F	A	E	A	R	L
L	V	V	T	N	I	B	T
O	L	J	W	S	T	G	Y
H	M	I	E	G	G	A	H