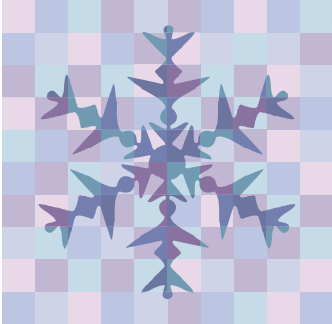


HAPPY NEW YEAR



SUNCHILD FIRST NATION SCHOOL

January Newsletter

Report Card Pickup and Parent Teacher Interviews

**Thursday February 5
3:25 to 5:00 pm**

If you are unable to pickup your child's report card on this day please contact your child's teacher and set up a time to pick it up.

Five **\$100.00** Gift Cards
Draw for parent who pick up their child's report Card!

Community Rink

The Sunchild Community Rink has been flooded and cleared of snow. Please remember that this facility is unsupervised and use at your own risk. We ask that all users be considerate of each other and that hockey players please ensure that they are sharing the ice surface with recreational skaters.

When students are using the rink during school time it is required that they wear a helmet. It is strongly recommended that all rink users also wear a helmet when skating.

No School For Students

**Friday, January 23rd Staff Professional Development
Friday, January 30th For Semester Break
Monday February 16th Family Day Long Weekend**


Monday and Tuesday this week we have Lillian Crier in our building with her Mossbag Teachings.



It's Basketball Season. Come out and support our teams!



Student Attendance

School staff have noticed that there are far too many students who are showing up late to school.  **School starts at 8:50 a.m.** Students are missing valuable instructional time when they show up late. It is also very disruptive to the class when students are showing up late to class. Parents who drive their children to school need to ensure that they are at school on time so that they have the greatest potential to be successful in school.

Important Dates For Your Calendar

Wednesday January 14	Condor vs Sunchild at Sunchild 4:30 start
Friday January 23	School Professional Development NO School for students
Tuesday January 27	Pioneer vs Sunchild at Sunchild 4:30 start
Friday January 30	Semester Break No School for Students
Tuesday February 3-5	FNSSP Youth Camp Goldeye Centre
Thursday February 5	Parent Teacher Interviews and Report Card Pick up 3:25 to 5:00
Monday February 16	Family Day no School for Students
Friday February 20	No School Staff Professional Development

Community New Item

Heather Goodrunning, a former student of Sunchild School who is a forward on the Thorsby Thunder hockey team has gained a position on the North All-Star 2014/15 team. Her name can be found on the Stat Leaders Board with five goals and assists. Her family is immensely proud of her accomplishments thus far this year. Way to Go Heather!



Cree Proverb

Be truthful and respectful in our speech, which in itself is a miracle and a gift from the Creator, that we might use it only to speak good of each other and pass on the good things of life.

"óma ka-píkiskwéyák ta-kí kistéyhtomowak mina ta-kí-tapwéyák, éyako áyamiwin mitoni mamáhtáwíshcikéwin óma ki-mámawóhtawímawánaw ká-kí-miyó-miyikowak, ka-tahkaki-píkiskwatówák ékwa mina ka-miyó-aniskowinimák pimatis-iwiwina."



©Yoogi Games

APPLE
BANANA
CHERRY
GRAPES
LEMON
ORANGE
TOMATO



How does your daily food intake stack up to the Canadian Food Guide?

Grain Products 5 – 12 SERVINGS PER DAY	1 Serving 1 Slice Cold Cereal 30 g Hot Cereal 175 mL 3/4 cup	2 Servings 1 Bagel, Pita or Bun Pasta or Rice 250 mL 1 cup
Vegetables and Fruit 5 – 10 SERVINGS PER DAY	1 Serving 1 Medium Size Vegetable or Fruit	Fresh, Frozen or Canned Vegetables or Fruit 125 mL 1/2 cup Salad 250 mL 1 cup Juice 125 mL 1/2 cup
Milk Products SERVINGS PER DAY Children 4–9 years: 2–3 Youth 10–16 years: 3–4 Adults: 2–4 Pregnant and Breast-feeding Women 3–4	1 Serving 250 mL 1 cup Cheese 3"x1"x1" 50 g 2 Slices 50 g YOGURT 175 g 3/4 cup	Other Foods Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or calories, so use these foods in moderation.
Meat and Alternatives 2 – 3 SERVINGS PER DAY	1 Serving Meat, Poultry or Fish 50-100 g Fish 1/3-2/3 Can 50-100 g Beans 125-250 mL 1-2 Eggs TOFU 100 g 1/3 cup Peanut Butter 30 mL 2 tbsp	