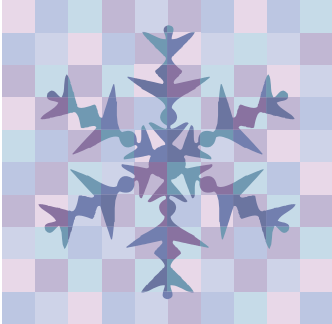


# HAPPY NEW YEAR



SUNCHILD FIRST NATION SCHOOL

# January Newsletter

## Report Card Pickup and Parent Teacher Interviews

**Thursday February 4  
2:00 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.

**Ten \$50.00 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.

**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.*




## No School For Students

**-Friday, January 29th For Semester Break  
-Monday February 15th Family Day Long Weekend**

**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

Friday January 15	2:00 Dismissal for Students
Tuesday January 19	Family Fun Night 3:30 to 6:00 pm
Wednesday January 27	Downhill Skiing Grades 4-6 Canyon Ski Hill
Thursday January 28	2:00 Dismissal for Students
Friday January 29	Semester Break No School for Students
Thursday February 4	Parent Teacher Interviews and Report Card Pick up 2:00 to 5:00
Monday February 15	Family Day no School for Students
Friday February 19	No School Staff Professional Development

# Family Fun Night

Tuesday January 19 3:30 to 6:00

## BOARD GAMES GALORE

Come and play some wonderfully fun board games with your children.

- For Students from Kindergarten to Grade 5 and their parents / guardians!
- Children must be accompanied by an adult.
- If you require transportation please contact the school

This is the second of four Family Fun Nights. If your family attends all four Family nights your name will go in for a **free IPAD** draw at the end of March. The next Family Fun Nights are February 17 and March 22.

Enter for a Free IPAD Draw!

### Fun for the whole Family!

There is a presentation in the school starting at 3:30 to 4:00. Adult attendees to this presentation will receive a **\$15.00** gift card for CO-OP.



Stew and Bannock Dinner will be provided.



## Basketball Home Games

Grade 6 and 7 Girls and Boys Basketball  
 Thursday January 14 Caroline at Sunchild  
 Thursday February 4 Condor at Sunchild  
 Tuesday February 16 Leslieville at Sunchild  
 Tuesday February 23 Leslieville at Sunchild



### Jr. Girls Basketball

Wednesday January 13 Caroline at Sunchild  
 Wednesday February 10 St. Matts at Sunchild

**Come out and Support our Basketball Teams!**



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

<b>Grain Products</b> <b>5 – 12</b> SERVINGS PER DAY	<b>1 Serving</b> 1 Slice Cold Cereal 30 g Hot Cereal 175 mL 3/4 cup	<b>2 Servings</b> 1 Bagel, Pita or Bun Pasta or Rice 250 mL 1 cup
<b>Vegetables and Fruit</b> <b>5 – 10</b> SERVINGS PER DAY	<b>1 Serving</b> 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
<b>Milk Products</b> <b>SERVINGS PER DAY</b> Children 4–9 years: 2–3 Youth 10–16 years: 3–4 Adults: 2–4 Pregnant and Breast-feeding Women 3–4	<b>1 Serving</b> 250 mL 1 cup Cheese 3"x1"x1" 50 g 2 Slices 50 g	Yogurt 175 g 3/4 cup
<b>Meat and Alternatives</b> <b>2 – 3</b> SERVINGS PER DAY	<b>1 Serving</b> 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
		<b>Other Foods</b> 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.