

The Bison Post



Elementary Report Cards Tuesday, Nov 7th or Wednesday, Nov 8th

Elementary Reports will be available for parents to pick up from homeroom teachers on Tuesday, November 7th or Wednesday, November 8th from 4:00 pm to 7:00 pm.

The purpose of a student report card is to communicate your child's progress in meeting curriculum outcomes, how they demonstrate the learning habits that support student achievement and to identify areas of strength and areas where improvement may be needed.

Each elementary grade will be drawing for several a \$50.00 Sobeys Gift Card for parents in that grade who have picked up their child's progress report.



Daily Recess Dressing for the Weather

Recess is a crucial part of a student's day, providing them with a break from structured learning and an opportunity for physical activity and socialization. Students need to dress appropriately for winter as they have a morning recess, lunch and afternoon recess. Students need to have winter boots, snow pants, winter jacket with toque and mittens.



Cold weather should not hinder physical activity. Adequate winter attire allows students to participate in outdoor play, promoting exercise and contributing to their overall health and fitness. Recess is not just about physical activity; it's also a time for social interaction and bonding. When students are comfortable and warm, they can fully engage in play and socialize with their peers, contributing to their social development. Exposure to sunlight, even in winter, has mental health benefits from natural light and fresh air, which can positively impact mood and concentration. Dressing appropriately for winter is not just about staying warm—it's a holistic approach that considers students' physical health, mental well-being, social development, and overall school experience.

Sunchild School Education Round Dance

Friday December 1st
Pipe Ceremony @ 5 pm
Feast @ 6 pm
Round Dance to Follow

First 20 Lead Singers Will be Paid
Give-Away 50/50 Draws Raffles
Feast will be served

Sleep and Academics

Getting consistent sleep is vital for children who are experiencing significant brain development¹. Unfortunately, a significant number of students in elementary schools are failing to get enough nightly sleep. Without enough sleep, children can have problems with attention, memory, and problem-solving. Sleep deprivation can also contribute to emotional issues and behavior problems that may affect academic achievement.

Sleep needs vary by age. For school-age children ages 6-12 years, the National Sleep Foundation recommends 9-11 total hours of sleep per day². Unfortunately, researchers have found that many children are failing to get the sleep they need. As many as 25% of younger children³ are believed to suffer from poor sleep and excessive daytime sleepiness.

It's natural for parents to want to do all that they can to support their children in school. A vital step for many families is making sleep a priority. Parents should create a daily schedule that accounts for school start times and other activities and budgets enough hours for children to get the recommended amount of sleep. Having a consistent schedule reinforces the importance of sleep and supports steady sleep habits.

As an extension of the firm bedtime, parents can encourage their children to create a relaxing routine to get ready for bed. Following the same steps every night in order to relax and prepare for sleep has been found to benefit young children and is often recommended for people of all ages.

Is your child getting enough sleep?



From Canadian Sleep Society

Elementary Clubs and Extracurricular Activities

This fall there have been a number of elementary clubs and extracurricular activities available for elementary students to participate in October:

- Movie Club
- Lunch Time Art Club
- Lego Club
- Breakfast Club
- Elder's Teaching Garden
- Origami Club
- After School Tutoring

Follow us on Facebook

Facebook provides a platform for Sunchild school to communicate important information to parents. Facebook helps keep you up to date about school events, schedules, and other announcements, ensuring that parents stay informed. Facebook also allows us to showcase the achievements and successes of students. Whether it's academic accomplishments, sports achievements, or creative projects, it's an excellent platform to celebrate the positive aspects of school life.



Please Phone the School if Your Child will be Absent

Attendance at school is critical for student academic success. However, we understand that sometimes things come up where your child may be unable to come to school. When this happens please contact the school to report your child's absence. We ask that parent(s)/caregiver(s) to report an absence for the morning or full day. Please include the reason for the absence in your message, or conversation with school staff. Thank you for your attention with this matter.



October's Seven Sacred Teaching is Courage

Courage involves making good choices in the face of fear or obstacles. It's another term for bravery. Remember: Bravery doesn't mean fearlessness. It means we do not let fear hold us back from exploring new opportunities, developing our skills, and doing what is right. For a five-year-old, courage might look like starting a new school, trying a new activity that stretches them, and learning new skills that take effort.



Working together to educate and teach our children respect and responsibility, with parental involvement and community support.



Remembrance Day November 11

"We, your sons and daughters of today, we remember you, spirits of past wars and battles. We stand for peace on this planet called Mother Earth... We are armed not with the terrible weapons of technology but with the wisdom of the elders. We have not forgotten, we will not forget. We will live for our children and the future." Gordon Ahenakew Saskatchewan Indian Veterans Association.



Elementary Attendance Profile for September

There were 16 instructional days in the month of September.

- K4 Averaged 5 Days Missed
- K5 Averaged 4 Days Missed
- Grade 1 Averaged 4 Days Missed
- Grade 2 Averaged 1 Days Missed
- Grade 3 Averaged 2 Days Missed
- Grade 4 Averaged 2 Days Missed
- Grade 5 Averaged 2 Days Missed
- Grade 6 Averaged 4 Days Missed



How many days did your child miss in September?

Dates for your Calendar

- Tuesday November 7 - Parent Teacher Interviews 4:00 pm -7:00 pm
- Wednesday November 8 - Parent Teacher Interviews 4:00 pm -7:00 pm
- Friday November 10 - No School Remembrance Day Statutory Holiday
- Friday November 17 - No School for Students Staff PD
- Friday November 24 - No School in Lieu of Parent Teacher Interviews
- Friday December 1 - Sunchild School Round Dance
- Thursday December 14 - Community Christmas Gala at Sunchild School

