

Glaslyn Central School

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Administration's Address

Severe Weather

The Northwest School Division has stated in their AP that temperatures at or greater than -40 or severe wind chill at or greater than -45 degrees buses will be canceled no later than 7 am. The school will do its best to communicate using our **Facebook page**.

If the weather is -40 or -45 with the windchill, it is division directed that the bus does not run.

If the division directed conditions are not met as per the policy, and the driver is not comfortable driving the bus, it is the

drivers choice that the bus will not be running.

Parents always have a choice not to put their children on the bus if they feel it is unsafe to travel. If you have any questions regarding transportation, please call the transportation office at 845-2150.

Badminton

If you child would like to purchase a badminton racquet for the upcoming badminton season, or to use in phys ed, Ms LaClare is going to place a "Team" order through SportFactor. Please see the handout attached for the list of prices and descriptions. If you are wanting to buy a racquet, please let Ms.

LaClare know and she can give you a price owed.

One School One Book

We have begun our novel study for grades K-7! I hope you are enjoying the book with your family. Please come and join us January 27, February 7, and February 14th for family activities involving the novel.

The Admin Team at GCS
Jessica LaClare
Charmaine Hicks
Heather Morozowski

January 24, 2020

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Games Club

Starting on Monday, January 27th, we will be resuming our Games Club. On this day, and every Monday afterwards, students who are interested can come and play a variety of card and board games with each other. All students from grades 3-12 will be welcome.

The purpose of the Games Club is to foster critical thinking and problem-solving skills, as well as give students the opportunity to interact with their peers in positive ways. We hope it will be a valuable learning opportunity for interested students.

Anita Hamm

The club is free to join, but there is a form that I'd like returned to indicate if astudent will be attending. Knowing how many people will come will help us plan to make sure that everyone can participate.

Thank you, Anita Hamm

One School, One Book

Dear Parents,

One School, One Book is off to a great start.

In order for your child to be eligible for a prize each week, the attached sheet must be returned by Friday.

Please feel free to complete the squares with your child after you have read the chapters.

DATES

January 27: Family Literacy Day at 2:15 in the gym

February 7: STEM Day at 2:30 in the gym

February 14: Movie Day in the gym at 1:30



Boxing for grades 7-12

Mrs. Wells is considering having instructors in every Tuesday evening to coach boxing. The cost would be \$50 a month. The program will only run if there is enough interest. Please contact Mel Wells at the school if your child is interested.

Newletters

Glaslyn Central is going paperless!!! This will be the last newsletter to go home, it will be available on the school website, as well as electronically to all who provide the school with their email ad-

resses. If you haven't already done so, please provide your current email address to Ms Thomson in the office by emailing her at heather.thomson@nwsd.ca and she will add you to the

Newsletter group. Thank you for supporting our paper friendly Initiative.

Chase the Ace

We are in the final stages of planning to start a new round of Chase the Ace to raise money for our new playground. Watch for

tickets today!!

We appreciate the past support you have given us and look forward to sharing the

excitement of childrens play space with you!

Microwave in the High School

There is a microwave in the High School that has been available for Grades 8-12 at noon hour on a trial basis

for the month of January.

Due to the fact that the students have been treating this privilege with respect

this has been extended until June.

Tik Tok

Tik Tok is no joke. Please ensure your child's account is private and you know all of their followers! Our staff was alarmed when we were

able to watch our students on the app. The White Hatter recommends students under the age of 16 not to use the app because of the

mature content that can be seen. Here is a great article you can read...



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Nut Allergies

We have some students and staff who have severe nut allergies and it is VERY important that students avoid bringing nuts and nut products to school. This includes Nutella and peanut butter! Please don't bring sandwiches or granola bars or treats containing these to school as they can cause a severe anaphylactic reaction.

There are a lot of nut free snack products available. Try Wow butter or the granola bars that don't have nuts. There is plenty of time in the day to enjoy nuts and nut products away from school.



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Sask Milk Sponsored Sportsmanship Award

Sask Milk sponsored the Sportsmanship Award that the Sr Boys Volleyball Team received and as an extra bonus,

they supplies chocolate milk for all the students in the school!! They also gave the Sr boys a

cooler which they can use to carry their snacks and water in to games next season. Thanks Sask Milk!



Sr Boys Volleyball Sportsmanship Award

Congratulations to the 1A Sr Boys Volleyball Team and coaches for winning The Provincial Sportsmanship Award. Winning this award, in my mind, is more prestigious than the gold banner. Each one of the boys are true athletes with a heart of gold. Their conduct, attitude, and confidence are something they should be very proud of. They set an unprecedented standard for our young athletes to work towards.

I want to address a separate

thanks to Mrs Hicks and Ms Mannix. They are always there to help the young men develop their physical capabilities but also to teach them good sportsmanship and character. Provincials, of course, represent the peak of this kind of performance, and so the coaches also made a very important contribution to Sr Boy's victories.

Thank you for your time and dedication to the Sr Boys Volleyball Team.

Lastly, thank you to every-

one who made our provincials possible. A special thanks goes to the staff who have put in countless hours painting, making signs, cleaning, planning the menu, and finding volunteers. Thank you to the student body for all your volleyball decorations and watching our team. Thank you to the parents and community members for raising such honorable men, and for working at our provincials!










Library News

In keeping with our 'One Book, One School' project, the library has a mouse theme happening for a few weeks. Our elementary students are all reading Stuart Little, or being read to, and the library is featuring many other cute, furry story book characters such as Geraldine, Frederick, Geronimo, Angelina, Anetole, Chrysanthemum, and Wendel, just to name a few. When visiting with your child(ren) see how many mouse characters you can name or recognize togeth-

er. I hope you enjoy the Stuart Little activities, and novel if you get the chance to read it, and I look forward to seeing you at the upcoming events. I would also like to remind parents and guardians that our Lakeland public library provides an opportunity for our kids to order in many books that we may not be able to supply in our school library. If your child(ren) has a favorite series or author, for instance, I may have a couple of books on hand, but I can also help

them to order many more online from the public library. Mrs.Koop (Blair) will let me pick them up and deliver them to your child at school if you call to give her permission to do so. They can also return them to me, here at the school. Happy Reading!
Laurie Dmytryshyn

When Kids Need to Stay Home

I NEED TO STAY HOME IF...						
I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100.4 or higher	Within the past 24 hours	Within the past 24 hours.	Body rash with itching or fever.	Itchy head, active head lice.	Redness, itching, and/or "crusty" drainage from eye.	Hospital stay and/or ER Visit

I AM READY TO GO BACK TO SCHOOL WHEN I AM....						
Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash itching, or or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home and proof is provided to nurse	Evaluated by my doctor and have note to return to school	Released by my medical provider to return to school.

Glaslyn Central School

Box 370
Glaslyn, SK
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306-342-2114

*Like us on Facebook!
Search Glaslyn Central School*

GCS WE GROUP HAPPENINGS!

Greetings from GCS WE Group! We have taken a bit of time off from fundraising but are looking forward to getting back at it this New Year!

Mark your calendars for Tuesday February 25th from 6:30-8:30pm

We will be holding our annual WE BAKE FOR CHANGE- Bake Bingo, in the Gym of GCS.

There will be lots of lovely goodies up for grabs! We would love to see you there!

Anyone that would like to donate baking for this, please call Beth at

(306) 342-2114 or email beth.sabraw@nwsd.ca

WE Group Youth Leadership Conference is coming up on March 27th 2020, being held at the U of S. We are hoping to take a group of our young leaders to learn about skill building and “issues discovery workshops”. It will be a great day full of interaction and learning!

2nd Annual GCS WE GROUP Co-Ed Tournament

Coming up in April, we are planning on holding our 2nd Annual Co-Ed Volley Ball Tournament. Watch for posters and info on Glaslyn Central School & GCS WE Group Facebook page.

January

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 Newsletter Home	25
26	27 Final Exams Family Literacy Day	28	29	30 Last Day of Exams	31 Turn Around Day	

February

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7 Elementary Awards STEM w/ par- ent Gym Blast	8
9	10 Ski Forms due	11	12	13	14 Stuart Little Movie Day	15
16	17 FEBR	18 UARY	19	20 BREAK	21	22
23	24	25 We Group Bake Bingo	26 Pink Day – Anti-Bullying Day	27 Presentation Gr 7 - 12	28	29

2020 TEAM BADMINTON RACQUET OFFERING

SPORTFACTOR

For viewing hi-res pictures and program details, visit our website at www.sportfactor.net

PH: 780-450-0976 Toll Free: 1-888-989-9090

Fax: 1-888-361-9680 Email: sales@sportfactor.net

ALL PRICES SHOWN INCLUDE GST ONLY. SEE PICTURES ON BACK.

VICTOR LYNX \$26.95 92 grams. Graphite shaft with aluminum head. Internal T-joint. Slim-line design. Stiff shaft. Full Thermal cover. Price Includes GST only.

VICTOR THRUSTER K 3399 \$36.95 96 grams. The Thruster K 3399 is a fantastic fused frame ideal for kids starting out in badminton. The aluminum head provides the durability parents will appreciate and the graphite shaft allows for the playability that a learning player should have. Integrated T-joint. Isometric head shape. Medium Flex Shaft. Full Thermal cover. Price Includes GST only.

YONEX NANORAY LEVITATE \$49.95 89 grams. All graphite with Nanomesh + Carbon Nanotube. Head light balance and Aero frame. Isometric head shape. Flexible Shaft. Head cover. Price Includes GST only.

WILSON FIERCE 250 \$59.95 89 grams. Full micronized Carbon Fiber. Quad (isometric) head shape. Medium Flex shaft. Full Thermal cover. Price Includes GST only.

YONEX NANORAY 10F \$69.95 84 grams. All premium graphite racquet with Nanomesh + Carbon Nanotube. Isometric head shape for lighter, easier play. AERO frame and TFA cap accelerates frame recovery and dampens vibration. Head light balance. Flexible Shaft. 3/4 cover. Price Includes GST only.

YONEX VOLTRIC BREACH \$84.95 88 grams. Graphite/Tungsten head with Graphite Shaft. AERO + Box frame. Tri-Voltage system. Head heavy. Isometric head shape. Flexible Shaft. Headcover and BONUS YONEX RACQUET BAG. Price Includes GST only.

YONEX ASTROX SWIRL \$99.95 79 grams. Our lightest racquet. Graphite/Tungsten head and Nanomesh Neo Shaft. Aero + box frame. Rotational Generator System. Isometric head shape. Medium Flex Shaft. Full ASTROX cover. Price Includes GST only.



A QUICK-GUIDE FOR PARENTS & TEENS

ConnectSafely

For a more in-depth look, go to ConnectSafely.org/TikTok.

➔ What is TikTok?



TikTok is an app that gives users the opportunity to create and share short-form videos with friends, family, and the entire world. The app is especially popular with teens and young adults, who enjoy using its tools to combine video, music, and graphics into fun sketches, and creative shorts. TikTok runs on both Apple and Android phones and tablets and has selected a 12+ rating on the App Store and Google Play so that parents can use the device-level parental controls provided by Apple and Android.

Why do so many teens like TikTok? ⬅

The app and its user community are known to value creativity and authenticity over follower counts and likes. As a result, users find it a refreshing atmosphere where they can be themselves. Also, TikTok videos can be fun to watch and - because they are so short - be enjoyed during brief breaks. If a half hour TV show were a meal, TikTok would be a snack.



➔ Are TikTok videos private or public?



By default, TikTok accounts are Public, which allows anyone to view a user's profile and posted videos. Users have the ability to change their profile to Private. This allows users to approve or deny followers. It also means that only your approved followers can view your videos.

How can I help my teen use TikTok safely? ⬅

Start by talking with your teen about how they use TikTok. Make sure they understand that the videos and comments they post affect their reputation and that they should never post anything that jeopardizes their privacy and security. Make sure your teen knows how to block anyone who bullies, threatens, or harasses them or if they don't want that person to see their content or comment on their videos.



TikTok also provides users (or their parents) the ability to filter out more mature content by enabling Restricted Mode. Parents can set these restrictions only if they have access to their teen's device, username, and password. TikTok has resources for parents, including a "Top Ten Tips for Parents" primer, safety videos, and other tools which you can access at ConnectSafely.org/TikTok.

Read and discuss TikTok's Community Guidelines.

TikTok has community guidelines that limit what can be posted. This includes anything that is illegal, content that depicts dangerous activity, including self-harm, threats against any person or group, any form of hate speech based on race, ethnicity, religious sexual orientation and other characteristics, and any nudity or sexual content. There are other rules and restrictions. There's a link to TikTok's Community Guidelines at ConnectSafely.org/TikTok.

How to block people from seeing your content or interacting with you.

To prevent someone from following you, seeing your content or commenting on your videos, go to that user's profile, tap the three dots in the right corner and tap Block.

Moderation and abuse reporting.

To enforce its Community Guidelines, TikTok uses a combination of policies and human- and machine-based moderation practices to handle content that may violate its guidelines. To report a comment: Tap on the comment and then Report. To report an inappropriate video, tap the arrow in the bottom right corner of the video, tap Report and select the reason. You can report a profile by going to that profile, selecting Settings and then Report.

Parental controls.

TikTok's settings menu (click on Me in the lower right corner and then the three dots at the top left corner) has a "Digital Wellbeing" section that allows a parent (or user) to enable Restricted Mode that "will limit the appearance of content that may not be appropriate for all ages." There is also a Screen Time Management feature that can require the user or parent to enter a passcode to use the app beyond a specified period of time (40 to 120 minutes a day). Both of these controls require access to the teen's device and TikTok account to create, change, or remove the passcode or configure the settings. Parental controls have their place, but sometimes conversations can accomplish even more. For general advice on parental controls including suggestions for talking about them with your kids, visit Connectsafely.org/parental-controls.

Passwords and other personal information.

Talk with your kids about the importance of keeping passwords and other personal information private. Friends can become ex-friends, and use your teen's account in mean or inappropriate ways. Scammers can also lure kids into giving private information.

Time management and life balance.

Whether it's TikTok or any other app, it's important for teens (and adults too) to put down their phones and interact with others in person. No app should ever keep you or your teen from getting exercise, doing chores, work or anything else that keeps us healthy, happy, and productive. If you need a nudge, use the time management features in the TikTok app or Apple and Android phones.

For More Info

ConnectSafely has an in-depth parent's guide to TikTok at ConnectSafely.org/TikTok.



Make the Healthy Choice the Easy Choice

Healthy eating helps children do better in school. Parents and schools can work together to make sure the foods available in schools support health and learning.

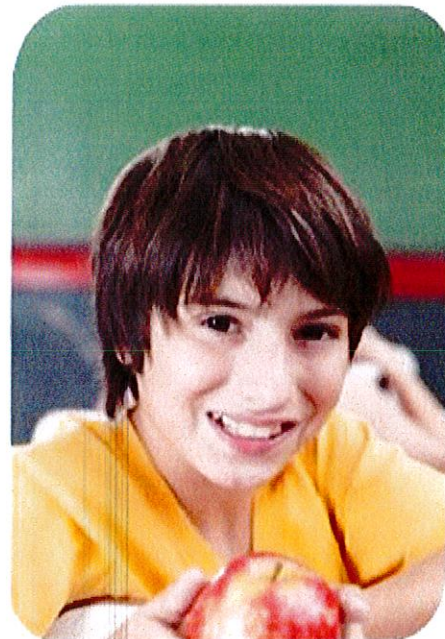
Here are some ideas for making the school food environment healthier:

Help children learn about healthy eating. Students learn about food and eating in the classroom and by the types of foods promoted and served at school. When unhealthy foods are available in school or the classroom, there is confusion about what is considered healthy.

Make the healthy choice the easy choice. Work with your school to provide healthier foods in canteens and vending machines and at special events. Provide healthy food for classroom celebrations. Make sure drinking water is available and promoted. Processed foods have a lot of salt, sugar and fat and should not be served or sold in schools.

Raise money the healthy way. Non-food or healthy food fundraisers, such as fresh fruit or grocery gift cards, can make profits.

Make it last. School policies take the guesswork out of deciding what foods to offer at school and during school activities. Talk to your school administration and community council about creating a school food policy to promote healthy foods in your school.



Written by the Public Health Nutritionists of Saskatchewan (2019)

Distributed by: Stacey Wiens, Public Health Nutritionist, Saskatchewan Health Authority
North Battleford, Lloydminster, Meadow Lake and Surrounding Areas



**Saskatchewan
Health Authority**



saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.