



# Cut Knife Elementary School Newsletter

Principal's Pen 

Volume 31, Number 8  
April 2015

I would like to thank all the parents who took the time to complete the Surveys that the SCC distributed. They will provide some valuable feedback as we make plans for next year.

It is exciting to have spring here and the playground drying up. Thanks to all the students and staff who helped clean up the school yard. Let's all try our best to keep it clean.

I also want to remind all our students that we have a 2-sets of shoes policy here at CKES. What this really means is that each student is expected to have a pair of indoor shoes that they can wear while inside. Their outdoor shoes are to be taken off and kept on the shoe rack by their entry door. Parents/Guardians, if your child is wearing sandals, flip-flops, or similar types of shoes as their indoor shoes, please send along a pair of socks and runners that they may wear during gym class. Mr. McNally, our Gym teacher says that "socks and running shoes are best to wear in gym to help prevent injuries." Without proper footwear your child may not be allowed to participate in gym class.

Please take note on the May calendar that the CKES teaching staff will be involved with Professional Learning Activities on May 4 and May 19. There will be no school on those days.

Have a great month and enjoy the Spring.

Paul Heselwood

## Bouquets

...to The Hoogsteens, Lorangers, and Tooveys for their donation to the SNAP hot lunch.

...to everyone for supporting and contributing to the SNAP hot lunch.

...to Good Shepherd Community Church for donating paint, scissors and craft supplies to Pre-K.

...to Lorie Gibson for donating farm animal toys to Pre-K.

...to Judy DelFrari for donating chili and buns to Lost Lunch program.

## Summer Camp Scholarship 2015



To the Camp of your choice!



Accepting Applications until May 1  
Applications available @ CKES

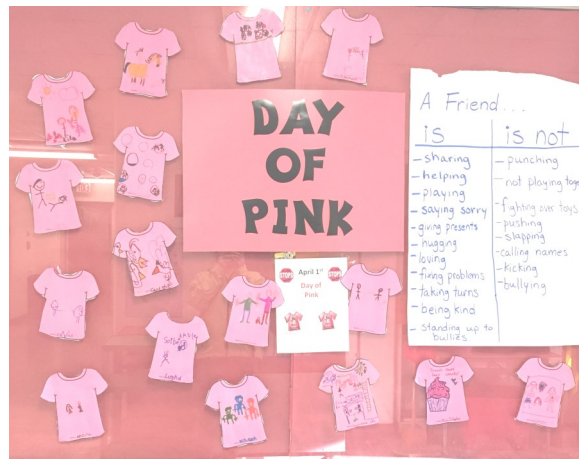


## The Red Cross Day of Pink

*This year, CKES showed their support against bullying by also wearing pink shirts on April 1<sup>st</sup>. Thank you to all the students and staff who participated in Day of Pink.*

*CKES participates year round in anti-bullying education through classroom teachings and the Caught You Caring Campaign, or CYC. In CYC students are “caught” doing a good deed such as helping others or standing up for their peers. A staff member fills out a form and then at the monthly assembly the students who were “caught” receive a prize. Miss K has a bulletin board by the Grade 3 Classroom with pictures of our monthly CYC students. Please stop by to see all of the students who have been “caught”.*

**Day of Pink** originated in Nova Scotia when David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied for wearing a pink shirt. The students took a stand against bullying when they protested against the harassment of a new Grade 9 student by distributing pink T-shirts to all the boys in their school.



## Grade 4 Trip to Veikle's Seeds Ltd.

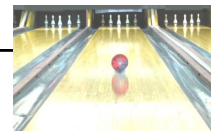
On March 10th, the grade 4 class went on a tour of Veikle's Seeds Ltd. At that time, the class was completing a unit in Social Studies on agriculture in Saskatchewan and had learned about the importance of grain elevators. While on the tour they got to see first-hand where farmers delivered their grain, how the grain was cleaned, where the grain was stored and how the grain was loaded onto the train cars for export. The students also learned how grain dockage was calculated, the types of grain accepted at that location and some of the locations the grain was delivered to.

This was a great chance for the students to get hands-on experience to help them develop a deeper understanding of the concepts taught in class. Thank you so much to Veikle's Seeds Ltd. for the opportunity.



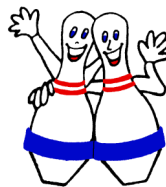
## March Bowlers of the Month

By Mrs. Anseth, YBC Co-ordinator



Congratulations to Akeira Anseth and Justin Gibson who are our March Bowlers of the Month at Cut Knife Country Lanes!

Akeira is a Grade 1 student at Cut Knife Elementary School who bowls Mondays and Wednesdays after school. She is a bantam bowler who played well over-average all month. Her average rose by 6 points on Monday's, and ended the year at a 113! Her high games this month included 188 and 174. Great job, Akeira! Keep bowling strikes!



**Bowlers of the month receive a movie pass (courtesy of YBC), pop and popcorn (courtesy of the ELKS), and a gift card from Afternoon Delight (courtesy of Roger & Linda Emberley).**

## Judy Bear - Interactive Stories

On April 21 - 23 Judy Bear and Elder Irene Peters were at the school telling traditional stories of First Nations people, baking bannock with the students, and teaching them how to bead and braid. A huge 'thank-you' to these ladies for sharing their valuable knowledge



## CUT KNIFE ELEMENTARY SCHOOL COMMUNITY COUNCIL

invites you to the next

**CKESCC MEETING**

**Tuesday, May 12th**

**6:30 p.m. in the Library**

We welcome everyone's input and ideas – Please come join us at a meeting.

### ***Agenda Items***

*Agenda items may be submitted to the CKESCC member Angie Chickeness (398-3654) up to 24 hours in advance of the meeting. Submissions should fall within the mandate of the Council whose focus is student learning and well-being.*

### ***Free Babysitting***

*On-site supervised play is provided free-of-charge in the gym for children whose parents / guardians are attending the meeting. Our sitters are graduates of the Red Cross Babysitting Course. Please contact Twila 398-4202/398-3657 or leave a message at the school at least 48 hours in advance to ensure sitters are available.*

## Manners Every Kid Should Know By Age 9

*By David Lowry, Ph.D. (Continued from January)*

Your child's rude attitude isn't always intentional. Sometimes kids just don't realize it's impolite to interrupt, pick their nose, or loudly observe that the lady walking in front of them has a large behind. And in the hustle and bustle of daily life, busy moms and dads don't always have the time to focus on etiquette. But if you reinforce these 25 must-do manners, you'll raise a polite, kind, well-liked child.

### **Manner #16**

Even if a play or an assembly is boring, sit through it quietly and pretend that you are interested. The performers and presenters are doing their best.

### **Manner #17**

If you bump into somebody, immediately say "Excuse me."

### **Manner #18**

Cover your mouth when you yawn, cough or sneeze, and don't pick your nose in public.

### **Manner #19**

As you walk through a door, look to see if you can hold it open for someone else.

### **Manner #20**

If you come across a parent, a teacher, or a neighbor working on something, ask if you can help. If they say "yes," do so -- you may learn something new.

Cut Knife Elementary School Community Council

Is sponsoring a

## **Babysitting Course**

Friday May 22 5:30 - 8:45 and Saturday May 23 9:00—4:30

At CKES Library

This course is free of charge for any CKES student (non CKES Students \$20) who will reach the age of 12 or older by Dec 31, 2015.

Training materials and snacks will be provided by your SCC, the students should bring a bag lunch and their water bottles.

Upon course completion and 2 hours of supervised, practical experience the student will receive a certificate and wallet card.

For more information please contact Mrs. Bullock @ CKES 306-398-4911

Student Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Return registration and fees, if applicable ASAP to CKES registration deadline is May 20, 2015

## "Caught Caring" in February:

Logan gr.1  
Jace gr.2  
Gracie gr.5  
Seth gr.3  
Maycee gr.3  
Max gr.K

Anthony gr.3  
Hunter gr.5  
Autumn gr.5  
Kehehis gr.3  
Raelynn gr.2  
Calista gr.K

Connor gr.3  
Mi-Ye-Vah gr.5  
Drayanna gr.5  
Cassidy gr.K  
Lana Moon gr.1

Autumn gr.3  
Hayden gr.5  
Caroline gr.1  
Nipin gr.3  
Bailey gr.2

## "Caught Caring" in March:

Max gr. K  
Tavanna gr. K  
JoLeah gr.3  
Logan L gr.4

Cassidy gr. K  
Courage gr.1  
Kyle gr.4  
Tyler gr.6

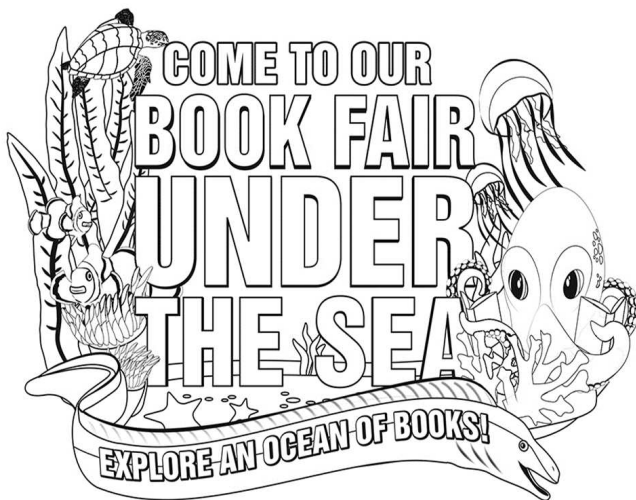
Calista gr. K  
Kehehis gr.3  
Cynthia gr.4



## NORTH BATTLEFORD KINSMEN INDOOR RODEO

Free tickets are available for the **SUNDAY AFTERNOON PERFORMANCE** at 1:30pm. These tickets are for children who attend CKES only.

Tickets may be picked up at the office.  
These free tickets are sponsored by The Royal Bank  
and  
Canadian Tire



Dates: May 6<sup>th</sup> 9:00 - 3:30  
May 7<sup>th</sup> 9:00 - 8:30  
May 8<sup>th</sup> 9:00 - 12:15

Place: Cut Knife Elementary  
Library

## Cut Knife School of Dance Recital

Sunday May 3<sup>rd</sup>



2pm @ Elks theatre  
2\$ for 0- 10 years  
7\$ for 10-100years

## WIDE OPEN CHILDREN'S THEATRE

The PreK - Grade 3 classes were treated with a Robert Munsch presentation on March 31<sup>st</sup> in the afternoon. Using puppets, the three young performers enacted 6 Robert Munsch books for the audience: Angela's Airplane, 50 Below Zero, More Pies, Alligator Baby, Moira's Birthday, Get Out Of Bed.

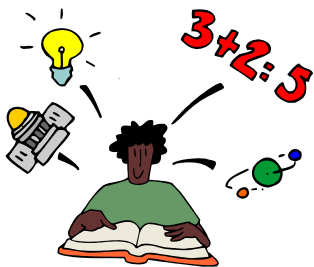
The students thoroughly enjoyed the performance and participated right along with the actors. This was just one of the highlights of Munsch Week at Cut Knife Elementary School.



The students also enjoyed 4 spirit days inspired by Robert Munsch books.

On Monday they wore their pajamas to school and read No Clean Clothes. On Tuesday they had Something Good for lunch. Wednesday was Show and Tell day. On Thursday students dressed in Purple, Green, and Yellow and tried to stay out of the Mud Puddles on their way to the Elks Theatre for popcorn and a movie!

# Healthy Foods for my School



School and home environments that support healthy food choices can help students do better in school and be healthier over all. The food students eat has a direct effect on how well they do in school and on their health. Students who eat the right amount of healthy food do better in school and are healthier. Create a healthy food environment at school and home with these ideas.

## Teach and practice healthy eating

- Teaching about healthy eating at school and at home is important. Part of learning about healthy eating is practicing. Offer healthy foods in school nutrition programs and cafeterias, involve your student in planning and preparing healthy meals at home. Talk to your school administration about incorporating healthy foods in cooking classes or afterschool programs. If your student's school does not offer these classes, ask how you can help to support offering food preparation classes. This way, children can practice what they learn about healthy eating.

## Make the healthy choice the easy choice

- Convenience foods, like frozen meals, tend to be short of vegetables, fruit, and milk products and so should be very occasional choices rather than every day lunch items.
- Snack foods like chips, candy, and pop fill children up, but don't supply any of the nutrition they need to grow and learn.
- Provide healthier choices, such as trail mix, yogurt, milk, or fruit cups, in school cafeterias or vending machines.
- Healthy drink choices include milk, 100% juice and water.

## Rewards not "treats"

- Use non-food items for rewards in the classroom and at home. Be creative.

## Make it last

- Talk to your school community council and school administration about creating a school food policy to promote healthy foods in your school.



## Year-End Bowling Banquet Held

Submitted By Mrs. Anseth

Cut Knife Country Lanes held their season-ending banquet and awards night on Friday, April 10<sup>th</sup>. Bowlers of all ages were part of the evening. Youth Bowlers from both Cut Knife High School and Cut Knife Elementary received their trophies, medals, certificates, badges, and gift cards. 44 youth bowlers participated this year in 3 after-school leagues. It was the 15<sup>th</sup> year of YBC bowling in Cut Knife. These were our participants:

Monday's: Logan Hampson, Dawson Brinkhurst, Dalton Loranger, Liam Stone, Raelynn Hampson, Akeira Anseth, Logan Weikle, Calista Herman, Adrian Deleanu, Xander Herman, Decklen Simaganis, Jace Nighthtraveller, JoLeah Tootoosis, Maycee Weikle, Kenley McDonald, and Jessica Nighthtraveller.

Wednesday's: Rachele Labossiere, Aaron Rutley, Caden MacDonald, Autumn Toovey, Kakike Bull, Nipin Wuttunee, Hailey Drake, Zane Bear, Quaid Nighthtraveller, Chase Toovey, Shayden Antoine-Tootoosis, Gracie Wuttunee.

Thursday's: Jake Vaadeland, Kyle MacDonald, Garrett Bertoia, Karson Montour, Danika Guggenberger, Brodie Loranger, Tessa Bingham, James Bingham, Justin Gibson, Aleks Anseth, Blake Ramsay, Carter Wasmuth, Kimberley Gibson, Aunica Guggenberger, Soleil Toovey, Hannah Feser.

### **Family Twosome Winners:**

- Bowlasaurus: Calista Herman and Grandma Brenda
- Bantam: Akeira Anseth and dad
- Junior: Brodie Loranger and Grandma Caren
- Senior: Justin Gibson with mom



### **Perfect Attendance: (2)**

Soleil Toovey and Carter Wasmuth

**High Averages:** Bowlasaurus: Calista Herman 48

Bantam: Akeira 113, Dalton 105

Junior: Jessica 154, Jake Vaadeland & Kyle MacDonald 125

Senior: Justin 222, Aleks 198

**High Double:** Bantam: Caden MacDonald 283, Autumn Toovey 225

Junior: Soleil Toovey 260

**High Triple:** Bantam: JoLeah Tootoosis 338, Logan Hampson 400

Junior: James Bingham 580, Tessa Bingham 482

Senior: Blake Ramsay 757

**High Single:** Bantam: Zane Bear 161, Gracie Wuttunee 132

Junior: Brodie Loranger 170, Hannah Feser 195 Senior: Carter Wasmuth 210

### **Hi-Low Doubles Winners:**

(Mon.) Akeira + Logan W +185

(Wed.) Caden + Aaron + 222

Thursdays had their own tournament with Ned and Justin and Aunica won the cash prize.

**Most Improved Bowlers:** Most improved girl: Akeira Anseth +27.

**Most Improved boy:** Justin Gibson +37

**Bowler of the Year Tournament:** This year's year-end tournament had a very good turnout of 14 bowlers. The competition was especially close for two individuals. This year's winner won by one point. Congratulations to Justin Gibson who had a scratch triple of 838, which was +172 over his average. Honourable mention to Kyle MacDonald. Justin also had the highest triple and single ever thrown by a Country Lanes YBC member. On March 12<sup>th</sup>, he bowled a 393 single and a 1027 triple! He will receive a free year of bowling next year (Courtesy of Cut Knife Innovation Credit Union) and his name will be added to the annual plaque. Last year's winner, Blake Ramsay, will present him with these awards.

### **Bowlers of the Month for This Season:**

**October:** Shayden Antoine-Tootoosis, Zane Bear

**December:** Logan and Maycee Weikle

**February:** JoLeah Tootoosis, Logan Hampson

**November:** Aleks Anseth, Blake Ramsay

**January:** Caden MacDonald, Jessica Nighthtraveller

**March:** Akeira Anseth, Justin Gibson

