



# Gator Gazette

Principal: Iain Jamieson

Vice Principal: Julaine Percy

## PRINCIPAL'S MESSAGE

As we look ahead to this year with optimism, the staff at Guthrie School are looking forward to a rich and rewarding 2021-2022 school year in which we will focus on connections, relationships and well-being, as well as learning together. Our team will continue to embed critical thinking and collaboration across all content areas. We will also continue working diligently to meet the diverse needs of our students through small and large group instruction across all grade levels, school-wide focus on Literacy and Numeracy.

Mr. Iain Jamieson & Mrs. Julaine Percy



# Counsellor's Corner

We have had a beautiful and busy Fall. I have enjoyed seeing all the returning and new faces to our Guthrie family! Coming back to school can mean a lot of transitions, adjustments and changes for our children. It is especially important to get back into a consistent sleep schedule during this time.

The current average recommendations are:

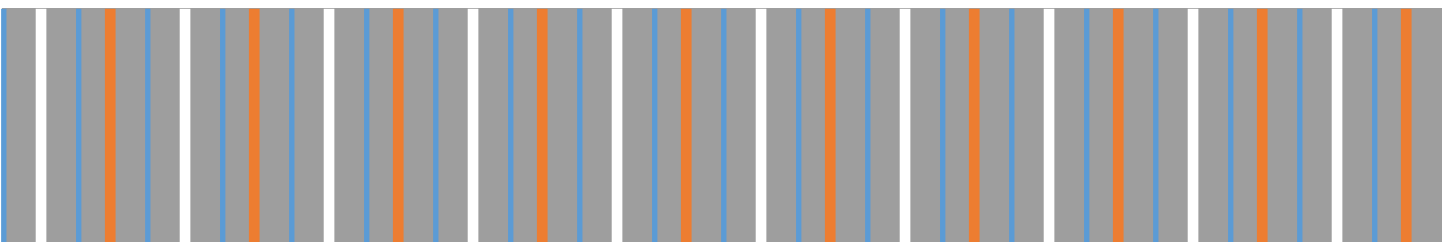
- 9–11 hours of sleep/night for children ages 5–13 years old, and
- 8–10 hours of sleep/night for children 14–17 years old.

### Here are some sleeping tips:

- **Have a relaxing bedtime routine.** Have a light snack (such as a glass of milk) before bed. Try to go to bed at about the same time every night. Keep your room cool, dark and quiet but open the curtains or turn on the lights as soon as you get up in the morning.
- **Always fall asleep in your bed.** Use your bed for sleeping only. Avoid doing homework, using a computer or watching TV while in your bed.
- **Napping during the day can make it difficult to fall asleep.** If you want to nap, keep it short (less than 30 min). Definitely don't nap after dinner.
- **Get exercise every day,** but avoid very hard exercise in the evening.
- **Limit screen time before bed.** Using electronic media and being exposed to the screen's light before trying to sleep can make it harder to fall asleep.

[http://www.caringforkids.cps.ca/handouts/teens\\_and\\_sleep](http://www.caringforkids.cps.ca/handouts/teens_and_sleep)

Please feel free to call or see Cindy Vandervaate in the school if you have any concerns regarding your children.



# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 Thanksgiving Day	12 PD Day No classes	13	14	15	16
17	18 	19	20	21	22	23
24	25	26	27	28	29 Halloween Activities	30
31 						

# November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Picture re-take day	2	3 Parent-teacher interviews	4 Parent-teacher interviews	5	6
7	8 Fall Break No School 	9 Fall Break No School 	10 Fall Break No School 	11 Remembrance Day-No school 	12 Fall Break No School 	13
14	15 Term 2 begins	16	17	18	19	20
21	22 Book fair	23 Book fair	24 Book fair	25 Book fair	26 Book fair	27
28	29	30				
						

# Cross Country Meet

Congratulations to the Cross Country Running team! The team participated hard and partook in the Sturgeon School Division's annual Cross Country meet on Tuesday, September 28th at Echo Park in Gibbons.

Twenty five Guthrie Students from grades 4-9 ran against their peers. The coaches, Mrs. Middleton, Miss. Cook and Miss. Williams trained and prepared the students after school. Guthrie is proud of this team A special shout out to Griffyn Keast who placed 4th overall for grade 6 boys. We are very proud of all the kid's efforts as they improved immensely and ran with determination.





**THE  
TERRY FOX  
RUN**

Together Guthrie School Raised

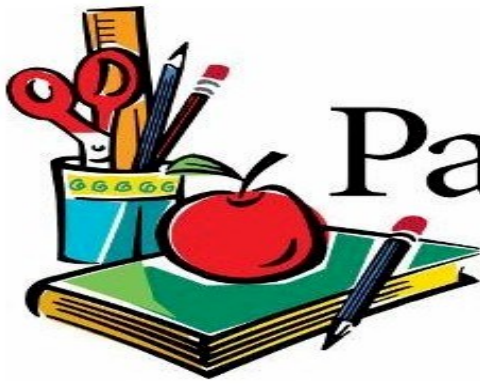
\$277.35



# Fire Prevention Poster Winners

Great job to all the students who created a fire poster for fire prevention week and congratulations to all the poster winners! All of the winners received a Walmart gift card courtesy of the Military Fire Department.





# Parent-Teacher Interviews

## Online Interviews

Nov. 3rd and 4th 2021

3:30pm-6:30pm

### Booking Parent/Teacher Interviews

Interviews will be online again this year for grades K-9 and will be booked through school interviews. Your teacher will contact you directly with their preferred method of interview (i.e. telephone or online).

Teachers request that parents sign into PowerSchool prior to your scheduled interview time to review the "growth as a learner", teacher comments and grades for your child.

#### **Booking Online: Booking will open on October 25/2021**

- All conference times are booked through [www.schoolinterviews.ca](http://www.schoolinterviews.ca)
- Log in with our school access code – **7yx4n**
- Enter parent's name, email address, and student (s) name (s)
- Choose the teacher (s)
- Select your conference time (s)
- You will receive a confirmation email

If you have any questions/concerns with the Parent Portal or booking parent/teacher interviews online, please contact the school at 780-973-3111.



GUTHRIE PARENT ASSOCIATION

# VOLUNTEERS NEEDED!



## Interested in joining us?

Call us at 780 973 3111 or send us an email at [guthrie@sturgeon.ab.ca](mailto:guthrie@sturgeon.ab.ca). Looking forward to your help!

**We rely on parent support in order to run things such as Guthrie's Christmas store and our hot lunch program!**

## WE NEED HELP WITH:

- Parent Council Chair
- Parent Council Members
- Fundraising Committee and Planning
- Fundraising Volunteers
- Classroom Reps







## Winter Weather Is Coming!!!

We are once again into typical winter weather in Alberta - **cold (windy)** in the mornings. Please ensure that your children are dressed for the cold weather in the morning and also note that the doors don't open until **8:30am.**

Students should plan their arrival at school around that time, as there is only supervision at that time.

## INCLEMENT WEATHER POLICY

Students will not be required to go outside during school days when the temperature is -25 Celsius and/or there are high wind chill conditions. Students are expected to dress appropriately and to go outside for recess breaks unless it is announced as an inside day. Students may remain inside for scheduled activities, at the request of staff or have a note from their parent because of health reasons.

School board policy states that schools shall remain open even if bus service has been suspended due to weather conditions. Parents who bring their children to school on days when school bus services are suspended will be responsible for picking up their children at dismissal time. As well, if weather conditions dictate, a bus contractor may bring students home early without prior notification. Parents should arrange a safe alternative for your child if this happens and there is not normally someone at home.

Announcements regarding suspension of transportation services are made on the following radio stations: CHED ( AM-630), The Chuck (FM-92.5) and CISN (FM-103.9). The Sturgeon School website may also be checked at [www.sturgeon.ab.ca](http://www.sturgeon.ab.ca), Transportation, Bus status or if parents have requested they will get direct information from SSD Transportation department.



# **Community Programs**

## **Fun With Finances! Reaching Your Financial Goals**

Ages 12-18

\*\*Do you dream of saving for a car, trip, or college? This engaging and fun money-learning experience will provide an introduction to saving, spending plans, goal setting, and developing a positive money mindset. Join our resident financial literacy advocate, Susan Morrissey, CPA, and learn the basics of good money habits and take steps to reaching your financial goals and dreams.

\*\*Date: Tuesday, November 9 (Fall Break); 10:00 a.m. – 12:00 p.m.

Location: FCSS Office 9606 100 Street, Morinville

Fee: FREE!

## **National Child's Day**

Ages 8-17 (Nov. 9); 3-10 (Nov. 17)

\*\* Join us for an evening of fun and imagination as we celebrate National Child's Day. Sturgeon County will be hosting two creative art sessions which will teach you the importance of this day while working on your artistic skill – both sessions will be taught by local artists! Participants will receive all the necessary supplies to create their own work of art and can show-case their creation in a virtual gallery.

\*\* Dates: November 9 (Paint-Night Style Follow Along Art Project for youth aged 8-17) and November 17 (Creative Expression for children aged 3-10)

Time: 5:00 – 6:30 p.m.

Location: Sturgeon County FCSS Office (9606 100 Street, Morinville)

Fee: FREE!

## **Métis Week: Indigenous History**

Ages 6-15

\*\* Join us to learn about our local Indigenous History and to celebrate Métis Week! Celina Loyer from the St. Albert (Musée) Heritage Museum will be facilitating the learning.

\*\*Date: Thursday, November 25

Time: 6:00 – 7:00 p.m.

Location: Sturgeon County FCSS Office (9606 100 Street, Morinville)

Fee: FREE!

**All programs are free, but you must register to attend.**

**You can register online at: <https://sturgeoncounty.perfectmind.com/> or by calling us at 780-939-8334**

# Reminder to Parents/Guardians

Due to Covid-19 regulations, Guthrie School does **not** allow students to use the microwaves. Please remember to send your child with a non-microwavable lunch.

Guthrie School has several students who have severe allergies to peanuts and/or nuts. We request that Guthrie strive to be a nut free school. Thank-you to all parents / guardians as we strive to ensure a safe school environment for everyone.

