

BANDIT NEWS



Hays School Newsletter

APRIL 2021

HAYS SCHOOL

MESSAGE FROM PRINCIPAL

April is here on Thursday, what a great start to Spring with our snowstorm on March 29. Weather can be really unpredictable so please send your kids dressed in appropriate clothing as we will be playing outside every-day. We need to get our fresh air and be really healthy for the last 3 months of school.

This month our theme has been "Gold Coins for Good Manners" I must say I enjoy seeing all our students saying "please and thank you", students holding the door open for others and students giving compliments to their classmates.

We have purchased new ipads and cases, some new Chromebooks and a cupboard to store them in with part of our Tiny House money. We have also purchased and received a new laminator which has been a great asset to our school. Thank you to Mr. Kenney and Mrs. Duckett for ordering these items and getting them to us in a timely fashion.

Thank you also to Mr. Poettcker for running our noon hour badminton club for grades 4-6 and grades 7-9. The students love this time to have some competitive games. I pray that next year we will be back to having athletics as we have many really great badminton players.

Just a note about April Theme we are doing "Solve the Clues" and our Junior High class will be making small puzzles that each class will have to solve at the beginning of their day. It is a class participation activity for all. We will give class awards each week April 12-29. The puzzle will be written on your whiteboard each morning. The class that solves their puzzle needs to bring the answer to Mrs. Lindsay.

Have a great Easter Break and spend time at home with our families. Remember we are still gathering in small groups and no large gatherings as we have done really well at keeping COVID-19 cases low in our community.

Tracey Nadeau
Hays School Principal



ICE CREAM
TREATS

April 1, 15, 22

EASTER HOLIDAYS

April 2 - 11

SCHOOL SPIRIT
DAYS

April 13

April 27

HOT LUNCH

April 29

Hays School

205 2nd avenue
Hays, Alberta
T0K 1B0

403-725-3755

Easter Holidays
April 2 - 11
No School for
Staff or Students

Theme of the Month:
SOLVE THE CLUES

The next PAA
meeting is on
April 19 at
7:00pm



**HOT LUNCH
APRIL 29TH
THANKYOU
TRACY SIDAM
THANKYOU
MELISSA DUCKETT
FOR
MARCH'S HOT LUNCH**

Mrs. Lindsay has decided to offer ice cream treats to staff and students for purchase of \$1.00 each.

April 1 & May 6 - Drumstick

April 15 & May 27 - Kit Kat Ice Cream Bar

April 22 & June 3 - Ice Cream Sandwich

If you haven't handed in your order sheets please do so ASAP.

**SCHOOL SPIRIT DAYS FOR
APRIL
APR 13 - PJ DAY
APR 27 - CAMO DAY**



Why was the Easter Bunny so upset?
He was having a bad hare day!

Badminton Intramurals
Thank you to Mr. Poettcker for organizing Badminton Intramurals for the students who chose to play. On Wednesday's at lunch time the Jr. High play and on Thursday's the Grade 4-6 students play.



April 2021

vSunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Happy Birthday Sara Hamm Drumsticks	2 NO SCHOOL 	3
4 	5 Easter Monday NO SCHOOL Happy Birthday Mr. Poettcker	6 NO SCHOOL	7 NO SCHOOL Green Shirt Day	8 NO SCHOOL	9 NO SCHOOL	10
11 Happy Birthday Mrs. Nadeau	12	13 School Spirit Wear PJ's 	14	15 Assembly 2:47pm Kit Kat Ice Cream Bar	16 NO SCHOOL	17
18	19 Staff Meeting 3:45pm PAA Meeting 7pm	20	21	22 Ice Cream Sandwich Hot Lunch forms due back	23 NO SCHOOL	24
25	26	27 School Spirit Camo Day 	28 Happy Birthday Aaron Funk	29 Hot Lunch Hot Dogs 	30 NO SCHOOL	
						



HORIZON SCHOOL DIVISION

Developmental Check-up

Horizon School Division is offering **FREE**
Early Childhood Developmental Check-ups
for **children aged 3-5**.

Learn more about your child's developmental
progress, as well as the benefits of
Early Childhood programming.

Vauxhall Elementary | Tuesday, April 13

Book appointment by April 12

Developmental areas:



Motor Skills



Language & Communication



Early Concepts

To book an appointment, call
Sharla, School Secretary at 403-725-3755.



Healthy Eating in Stressful Times: How to Bring Family Together in the Kitchen

Stress can disrupt our eating habits. With uncertainty brought on by the COVID-19 pandemic, it's not surprising that unhealthy habits are sneaking in. If your family has turned to increased snacking or meals in front of the TV, you're not alone!

There are many reasons to eat well. It can improve your mood, help balance energy levels, and help to prevent chronic disease. Keep in mind that there's no single nutrient, vitamin, mineral, or natural health product to fight against COVID-19. An overall healthy diet supports your immune system.

Here are some tips to help the whole family make healthy eating a priority during the COVID-19 pandemic:

Stick with a schedule. Having regular meal and snack times adds a sense of rhythm to your child's day. This goes along with a regular sleep and wake schedule. Your body likes routine and so does your child's. Eating regularly fuels your body and helps to keep you from reaching for extra snacks out of boredom or stress. As a family, set a schedule that works for you.

Healthy Children

March 2021 Parent Newsletter

Eat together. Meals can be a shared experience and a great time to get together, catch up, and communicate. Even if your family has a busy schedule, try to eat meals together a few times a week. There's no need to be fancy—a sandwich and a fruit can be a quick and healthy meal.

When eating as a family, try to limit technology at the table, like phones, tablets, and TV. Instead, try [conversation cards](#) or listen to music.

Keep it simple. Try recipes with only a few ingredients or steps to make meals easy, quick, and low-cost. Simple meals can also allow kids to help in the kitchen. This helps boost their confidence and interest in food.

- For simple and fun family recipes, check out [UnlockFood.ca/recipes](https://www.unlockfood.ca/recipes).
- Kids can do a lot in the kitchen:
 - At age 5 they can help set the table, stir ingredients, and slice some softer foods.
 - At age 6, children are able to make an easy breakfast.
 - Children aged 8 to 11 can even make and pack their own lunch!
 - [Check out these tips](#) for more information on age appropriate meal planning and tasks.

Model healthy behaviors. Lead by example! Your child will carry these healthy habits with them for life. Kids can share ideas for your family meal plan, create a [grocery list](#), and help in the kitchen.

Talk about your values. Your family's eating habits may reflect the values you share. Talk with your kids about what's important to them, and help them explore how values influence their food and drink choices. For example, if active living is a priority, you might focus on eating well to fuel your physically active way of life.

Connect culture. Find a family or cultural recipe and help your kids make it! Explain the history and meaning behind the recipe. This can help build cultural connections and a sense of belonging.

All families are different! Focus on what works best for you and your family.

Try the following fun, family recipes to help get you and your child cooking:

- [Cinnamon Morning Oatmeal](#)
- [Pita Pizza](#)
- [Tomato Macaroni & Cheese](#)
- [Chocolate Chip Banana Muffins](#)

For more ideas, visit [HealthyEatingStartsHere.ca](https://www.healthyeatingstartshere.ca)



Healthy Eating in Stressful Times: Tips for Families with Teens

Stress can disrupt our eating habits. With uncertainty brought on by the COVID-19 pandemic, it's not surprising that unhealthy habits are sneaking in for teens and adults alike! If your family has turned to increased snacking or meals in front of the TV, you're not alone.

There are many reasons to eat well. It can improve your mood, help balance energy levels, and help to prevent chronic disease. Keep in mind that there is no single nutrient, vitamin, mineral, or natural health product to fight against COVID-19. An overall healthy diet supports your immune system.

Here are some tips to help your teen and family make healthy eating a priority during the COVID-19 pandemic.

Stick with a schedule. Having regular meal and snack times adds a sense of rhythm to your teen's day. This goes along with a regular sleep and wake schedule. Eating regularly fuels your body and helps to keep you from reaching for extra snacks during times of stress or boredom. Encourage your teen to set (and stick with) a meal schedule that works for them.

Healthy Teens

March 2021 Parent Newsletter

Eat together. Meals can be a shared experience and a great time to get together, catch up, and communicate. Even if your family has a busy schedule, try to eat meals together a few times a week. There's no need to be fancy—a sandwich and a fruit can be a quick and healthy meal.

When eating as a family, try to limit technology at the table, like phones, tablets, and TV. Instead, try [conversation cards](#) or listen to music.

Let them lead. Teens are able to do so much in the kitchen! They can follow recipes, be involved in grocery shopping, and even make the family meals themselves. Involving your teen in cooking can help increase their interest in food, boost self-confidence, and build important food skills.

If your teen is new to cooking, try the following tips to give them a healthy start:

- Start small. Recipes with few ingredients or steps can be simple and fun!
- Encourage your teen to find a recipe they would like to try, such as those on [UnlockFood.ca/recipes](https://unlockfood.ca/recipes) or the [Cookspiration.com](https://cookspiration.com) website or recipe app.
- Let your teen choose! Have one family meal a week where they are in charge.

Model healthy behaviors. Lead by example! Model healthy habits that your teen will carry with them for life. Show them how you plan family meals, make [healthy grocery lists](#), and use up leftovers in the fridge.

Talk about your value systems. Your family's eating habits may reflect the values you share. Talk with your teen about what's important to them, and help them explore how values influence their food and drink choices. For example, if active living is a priority, you might focus on eating well to fuel your physically active way of life.

Connect culture. Find a family or cultural recipe and make it together. Explain the history and meaning behind the recipe. This can help build cultural connections and a sense of belonging.

All families are different! Focus on what works best for you and your family.

These recipes can help your teen get comfortable in the kitchen.

- [Breakfast Burrito](#)
- [Orzo Salad](#)
- [Turkey Shepherd's Pie](#)
- [Banana and Carrot Bread](#)

For more ideas, visit HealthyEatingStartsHere.ca

LET'S LEARN TOGETHER!

FREE Parent Workshops

Horizon's Family School Liaison Program presents Interactive virtual evening sessions on topics to help support our children and youth.

Session List

*Click on the title of the session to attend

Wednesday
March 31
@ 7PM

[Loneliness and Social Connection](#)

with Linda Yamamoto, Family School Liaison Counsellor and Tricia Van Vaerenbergh, Family Connections Wellness Coach. Meeting ID: 974 1884 7391 Passcode: tL6Z3B

Tuesday
April 13
@ 7PM

[Helping your Child Control their Emotions](#)

(Co-Regulation)

with Angela Miller, Clinical Team Leader for Horizon School Division and Rylee Beland, Family Connections Program Manager. Meeting ID: 974 1884 7391 Passcode: tL6Z3B

Tuesday
April 27
@ 7PM

[Why Do They Cut? And other questions a local Psychologist/Professor will answer about Self-Harm](#)

With University of Lethbridge Professor Dawn McBride, Registered Psychologist
Meeting ID: 373 288 8337 Password: Dawn

Thursday
May 13
@ 7PM

[LGBTQ+](#)

With Jamie Lewis, FCSS Outreach Inclusion Worker.
Meeting ID: 974 1884 7391 Passcode: tL6Z3B

TBD

[Eating Disorders and Body Image](#)

TBD. Meeting ID: 974 1884 7391 Passcode: tL6Z3B



Visit the Weekly Wellness Updates at horizon.ab.ca for details on the workshops offered and the direct zoom links
OR Mental Health in Horizon School Divisions Facebook Page.



THE VIRTUAL RUNNING & READING CLUB

JOIN US FOR AN ONLINE ADVENTURE!

Start2Finish is celebrating our 20th Anniversary and our fun and educational Running & Reading Clubs are back...*virtually!* Your Coaches are very excited to see you again in our new and exciting online space.

THE FORMAT:

- Running & Reading Clubs will meet (virtually) twice a week, after-school
- Each session will be about 30 minutes, for a total of 1 hour a week!
- Students will be placed into teams of 8-10, with 2-4 Coaches per team
- We will be using Google Classroom for our meets and activities
- Each week we will combine literacy, fitness, and social emotional learning activities
- There is an opportunity to win prizes!!



REGISTER NOW TO SAVE YOUR SPOT!

<https://docs.google.com/forms/d/185JGT-z9-ITzTafrCzjOi6sqyfiH7eHdqOUGCkFxqZY/edit?ts=5f5a6561&ct=t>



WHO WE ARE

Start2Finish is a national non-profit that operates in over 60 communities across Canada and focuses on **breaking the cycle of child poverty in Canada by providing ongoing educational support for Canada's at-risk children throughout their school years.**

Our programs provide an equity-focused approach by nurturing mind, body, and social health of our participants so they are empowered to succeed and become role models for change. By instilling the joy of education, we contribute to children staying in school and making an impact in their communities.

During the COVID-19 pandemic, we have seen up close and personally the effects of educational disparity for children in our communities. As parents, teachers, and children in our Province become more dependent on technology as a solution, children are blocks apart but worlds away.

According to Statistics Canada, lower-income children were not prepared for this COVID-19 shift (Frenette et al.). Technology such as mobile phones, tablets, and laptops are available in the home; however, the reality of how they are used is not considered. Many of our children do not have extended access to the hardware in the home, and when they are provided access, they have limited time to receive any online help if they do not understand the material.

When a child does have extended access to the hardware, it is a mobile device, which can create challenges when accessing online learning portals.

In general, we already know that gaps in schooling lead to loss of learning. During the summer, children lose on average 10-25% learning (Mundy and Hares). This loss looks even bleaker in light of the COVID-19 challenges.

BRIDGING THE GAP

Education in Canada is equal, but unfortunately, it is not equitable, so we all must endeavour to bridge the gaps and overcome the barriers that poverty creates for young students.

January 2021, Start2Finish received a \$1 million grant for over three years from the 2020 TD Ready Challenge to deliver Brainworx! An online program to support Canada's most vulnerable youth. As a national charity, we are still looking for government partnership and commitment to strengthen our programs.

Start2Finish has committed to providing quick, efficient, and mobile-friendly approaches to educational support. For the past 20 years, we have provided this support for our students leading to greater community connection, an improved view of self, and improved educational relationships.

Brainworx! is a digital evolution of our **Running & Reading program**, which we have successfully run for almost 20 years. With a digital space, we will be able to expand our impact without the constraints of a physical program.

The Running & Reading Club is an evidence based after-school program. The program addresses the need for enhanced literacy and physical activity among children experiencing poverty/deprivation across Canada.



Results are measured through pre- and post-program fitness testing by our S2F Scientific Advisory Group (SAG), as well as through participant surveys and journals, volunteer and teacher reports, and a questionnaire developed by SAG member Dr. John Cairney, that measures the impact of physical activity on social and character skill development.

As with our after school program, the goal of the portal will be:

INCREASED PHYSICAL ACTIVITY

HIGHER READING LEVELS

**DEVELOPMENT OF
SOCIAL/EMOTIONAL AGENCIES**

INCREASED GRADUATION RATES

As of now, the physical activity component has been developed and is being run on a separate platform. August 2020, we completed a Summer Recovery and Literacy Program, which was a great success. We are looking forward to doing it again in 2021.

As technology progresses, we are applying our equitable philosophies to the digital space. **Our D20 program and developing Literacy Portal are already designed to provide simplistic and mobile-friendly support to the children we serve.**

VALUE TO CANADIANS

Education in Canada is equal, but unfortunately it is not equitable, so we all must endeavour to bridge the gaps and overcome the barriers that poverty creates for young Canadians.

A major issue of online learning revealed during COVID-19 is the lack of connectivity and the complexity of learning curriculum. Due to these hurdles, students are discouraged from enjoying the learning process, furthering the gaps between students who have access and those who do not.

According to the Centre of Global Development, simpler and modified learning goals will improve the online learning process (Mundy and Hares). In Start2Finish's physical programs, we have seen an exponential increase in children's view of themselves and their work leading to improved grades and participation. This is what we aim to extend to the digital space.

Schools principles that work with Start2Finish stated:

"Parents have been dealing with the stress of job loss, worrying about their family's health, trying to keep their family safe, ensuring they have access to food, and trying to support their children's' education at home" (Principle of Brant Avenue, Guelph)

"So it's been a huge experience doing online learning. First of all, it's brand new for all of the teachers. Everybody's used to teaching in the classroom. And we've got people who have taught for years and years and are fabulous teachers and all of a sudden it's just turned upside down because they have to learn how to use different platforms to get lessons across." (Vice Principle of Thorncliffe Public School, Toronto)

FOR MORE INFORMATION:

Website: www.start2finishonline.org/
Instagram: @s2fonline
Twitter: @s2fonline
Facebook: @Start2FinishOnline

Mundy, Karen, and Susannah Hares. Equity-Focused Approaches to Learning Loss during COVID-19. 16 Apr. 2020, www.cgdev.org/blog/equity-focused-approaches-learning-loss-during-covid-19.

Frenette, Marc, et al. School Closures and the Online Preparedness of Children during the COVID-19 Pandemic. 15 Apr. 2020, www150.statcan.gc.ca/n1/pub/11-626-x/11-626-x2020001-eng.htm.

LUNCH BOX GUIDE

Pack a tasty lunch in minutes by choosing foods you enjoy.

Try for...

TWO TYPES OF VEGETABLES OR FRUITS

Beets	Kale	Apples
Bell peppers	Lettuce	Apple sauce
Broccoli	Mushrooms	Bananas
Cabbage	Peas	Berries
Carrots	Potatoes	Grapes
Cauliflower	Spinach	Mango
Celery	Squash	Meion
Corn	Sweet potato	Oranges
Cucumber	Tomatoes	Peaches
Green beans		Pears

ONE TYPE OF WHOLE GRAIN FOOD

Bagels	Naan
Bread	Noodles
Bun	Pancakes
Cereal	Pita
Couscous	Rice
Crackers	Tortillas
Muffins	

TWO TYPES OF PROTEIN FOODS

Cheese	Beans
Kefir	Hummus
Milk	Lentils
Yogurt	Nuts
	Seeds
Beef	Seed, pea or nut butter
Chicken	Tofu
Egg	
Fish	
Lamb	
Pork	
Wild game	

Choose sauces and sides to complement:

Examples include condiments such as dips, salad dressing, cream cheese, mayonnaise, mustard, ketchup, salsa, barbecue sauce, soy sauce, and butter, as well as foods such as pickles, granola bars, cookies, and pretzels.

DIY Lunch Kit



Bell peppers



Grapes



Pita



Cheese



Egg



GET INSPIRED

Leftover Beef and Noodle Bowl



Broccoli



Orange



Noodles



Milk



Beef

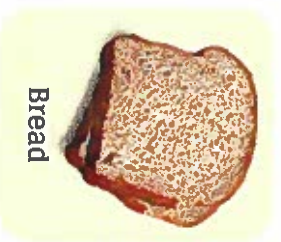
Sauces and sides: no-bake cookies and hoisin sauce



Cucumbers



Strawberries



Bread



Yogurt



Chickpeas

Sauces and sides: mustard, mayonnaise, and pickles in sandwich

Smashed Chickpea Sandwich

