

BANDIT NEWS



Hays School Newsletter

December 2021

HAYS SCHOOL

MESSAGE FROM PRINCIPAL

Hello Everyone, time for another newsletter update. This has been a very busy month and has gone by very fast. Students have been completing many evaluations and the teachers have completed report cards. It is very nice to see parents at interviews on Thursday Nov. 18. We really enjoyed the face to face interviews. Please stop by to talk to the staff any time you have concerns.

Here comes December. I know this month goes very fast as we are all awaiting Christmas Programs, getting together with family, and some holiday time too. Our Christmas Concert is "The Grinch". We will be doing a video of the concert and sending it to parents. A treat will also come home from the PAA for the students. A nice Popcorn basket will also come home from Hays School. You can watch your child and eat popcorn at home. Have fun and watch your child on Our Parent WhatsApp.

We enjoy hosting the Christmas Festivities. The students will be provided with lunch on Thursday Dec 16 (turkey and all the fixings). Mrs. Nadeau & Mr. Kenney will be cooking.

Merry Christmas Everyone! ---- You're a Mean one Mr. Grinch.



Tracey Nadeau
Hays School Principal

Weather Changes - As our temperatures can change quite quickly it is important that students are dressed for the winter weather. Just a reminder that if the temperature drops below -20, it will be an inside recess.



Boat Races
Dec 9

Hot Lunch
Dec 16

Merry Christmas &
Happy New Year
NO SCHOOL
Dec 17 – Jan 3

Back to School
Jan 4

Hays School

205 2nd avenue
Hays, Alberta
ToK 1B0

403-725-3755

What do Santa's little helpers learn at school?

The Elf-abet!

Why don't you ever see Santa in the hospital?

Because he has private elf care!

What did the peanut butter say to the grape on Christmas?

"'Tis the season to be jelly!"

Parent Teacher interviews were held on Thursday November 18. Thank you to all those parents who took the time to speak with your child's teacher so they could brag to you about your children!



Merry Christmas and a Happy New Year from the entire Hays School staff. We hope you take time to enjoy the holiday season!

**HOT LUNCH
DECEMBER 16TH
THANKYOU TRACEY
NADEAU**

THANKYOU MICO & JUVY
FOR DONATING THE PIZZA
FOR
NOVEMBER'S HOT LUNCH

**SCHOOL SPIRIT FOR DECEMBER:
DEC 2- WEAR AN UGLY SWEATER
DEC 16 - PAJAMA DAY**

Theme of the Month:

SPIRIT OF GIVING

We understand that all of these new protocols and rules due to COVID-19 are frustrating. We would like to thank our parents for being so patient and understanding as we work our way through this difficult time together. It was decided at the Administration meeting that no schools in the Horizon School Division will be performing Christmas Concerts with parents in attendance. We have decided that our students will still practice and perform a Christmas concert, but we will record it and send it out in WhatsApp for the families to watch.



DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				School Spirit Wear an ugly sweater	NO SCHOOL	
5	6	7	8	9	10	11
				Boat Races	NO SCHOOL	
12	13	14	15	16	17	18
				School Spirit PJ Day FREE Turkey Hot Lunch	NO SCHOOL	
				Xmas parties in the pm Xmas Concert recorded and sent by WhatsApp		
19	20	21	22	23	24	25
	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	Christmas Day
26	27	28	29	30	31	
Boxing Day	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	

Healthy Teens

December Parent Newsletter

Hand Washing

Anytime is hand hygiene time. Studies done by the Centre for Disease Control have shown that if teens wash their hands as few as four times during the school day they have up to 50% fewer colds, flu and sore throats.

When it comes to hand washing, there are five important steps:

1. Wet hands with warm water
2. Apply enough soap
3. Scrub for 20 seconds focusing on the thumb and fingertips
4. Rinse off the soap and dirt
5. Dry hands well

The first four steps remove 60% of the germs. The last 40% of the germs come off when hands are dried. Keeping skin in good condition also keeps the germs away, so use lotion if skin gets dry. If the dirt is visible, waterless hand gels do not work. The best way to keep the germs away is to use plain soap and water, spend the time and get good friction.

Hand hygiene continues to be one of the best and simplest ways to stay healthy all year round.

Articles

Hand Washing

Smokeless Doesn't Mean Harmless

Health Advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



Smokeless Doesn't Mean Harmless

In Alberta, using spit tobacco or smokeless tobacco is a concern. As a matter of fact, spit tobacco use is higher in Western Canada than in any other part of Canada. In 2012, 40% of all spit tobacco shipments in Canada were sent to Alberta.

Spit tobacco is a mixture of tobacco, nicotine, sweeteners, salt, abrasives and other chemicals. It's highly addictive. As a parent, it's important to know that flavours, such as cherry and grape are added to mask the harsh taste of the tobacco. This creates 'starter products' that are easier for new customers to use. Although spit tobacco was once used mainly by older men, it is now used most often by boys and young men.

Using spit tobacco is not harmless. There are over 3000 chemicals in spit tobacco,

including at least 28 that cause cancer. Because nicotine is so addictive, it can be very hard to quit using. Using spit tobacco can cause hairy tongue, harmless but ugly raised stains on the tongue.

Spit tobacco has been linked to many serious health problems, such as:

- Mouth cancer
- White patches inside the mouth, called leukoplakia,

that may turn into cancer

- Heart disease
- High blood pressure
- Heart attacks



For more information and support visit www.albertaquits.ca or call 1-866-710-QUIT (7848)

Healthy Children

December

Parent Newsletter

Be Tobacco Smart

Talking to kids about tobacco from an early age is important, but for some people it can be hard to know what to say, or when to say it. We do know that beginning the conversation as early as five or six years old and being open to talking about tobacco throughout the years, is important in helping children and youth make healthy choices.

A new resource is now available to help parents, health providers and teachers begin the conversation. The purpose of this booklet is to share health information in a meaningful and appropriate way with young children, while honouring the role of tobacco in many Indigenous communities throughout the province.

Titled *Be Tobacco Smart*, this booklet tells the story of three young children who find tobacco litter on the ground. Guided by their new friend Duke the Dog, they learn about how tobacco can harm their health, the environment and even their pets! Along the way, they meet Elder Eagle, who shares with them why tobacco is special to many Indigenous people. Using activities such as, word searches, crossword puzzles and colouring pages, the booklet provides an opportunity to begin discussions about tobacco with very young children – whether it is with parents, community health providers or teachers.



To access this resource, visit <https://www.albertaquits.ca/helping-others-quit/teachers-and-school> or call 780-422-1350

Articles

Be Tobacco Smart

Cyberbullying 101:
What it is and what
you can do!

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit www.optometrists.ab.ca



Alberta Health
Services

Cyberbullying 101: What it is and what you can do!

By learning what cyberbullying is, how it could affect your child and what you can do about it, you'll be better prepared to talk with your child and respond to their questions or concerns. Cyberbullying is a type of bullying that uses technology (smartphones, computers, tablets etc.) to intimidate, put down or spread rumours about someone using social media or social networks (e.g., Facebook, Twitter, Snapchat, Instagram, gaming sites, blogs, etc.). It also includes making something public that was meant to be private, like photos and videos.

Social media sites, as well as email and texting have become one of the main way kids communicate and socialize. Because of these sites and access to them, cyberbullying has become a reality for today's children.

Cyberbullies often feel safe because they hide behind their computer or phone. The only limits to what can be done are based on the bully's imagination and access to technology.

Research suggests that cyberbullying may have damaging effects to children, like low self-esteem, anxiety, missing or skipping school, poor grades, anger, depression, violence against others and suicide. Cyber threats can cause more harm than face-to-face bullying, because there's no escape. It can happen any time, any place.

What you can do about cyberbullying:

- Talk with your child often about their online activities and behaviours.
- Encourage your child to speak out against bullying of any kind.

- Teach your child not to post or say anything that they wouldn't want the whole world – including you – to read.
- Check in with your child often to make sure everything is okay.
- Watch for changes in your child's behaviour when using their phone or computer.
- Make sure your child feels comfortable coming to you with any issue.



To learn more about cyberbullying, please visit Alberta Health Services www.teachingsexualhealth.ca