



February

Halfway Through 2018-19 School Year

February is quickly upon us! The 2018-19 school year is flying by at warp speed! Thanks to all of our families for supporting great attendance by having on time each and every day! Did you know that our Elders - Phillomene and Tracey Stevens did something very special for our students with great attendance? They handcrafted dream catchers and key rings to name a few of the marvelous items for our students. We are so blessed! Thank you! Our goal is to see at least 90% attendance each month. We know our students can do it! Please help them get here every day on time! Thanks again for phoning the attendance line when your child is sick.

IMPORTANT DATES:

Fri Feb 8 - Half Day / Early Dismissal

Feb 18 to 22 - NO SCHOOL

Tue Feb 26 - Independence Assembly (1pm)

Wed Feb 27 - Elders Attendance

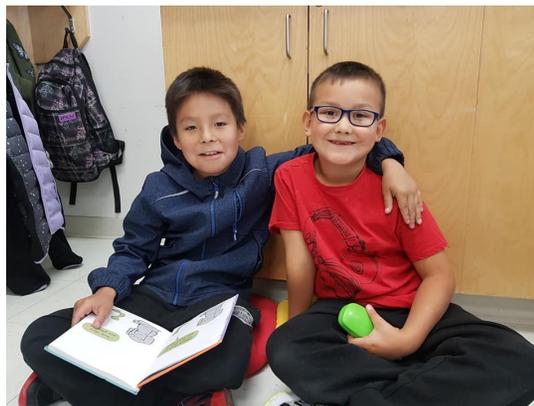
Meeting (10am)

Wed Feb 27 - Parent Advisory Group (1pm)

Literacy

Did you know that each time a child reads 100 books they receive a special red shirt for doing so? Please encourage your child(ren) to read each and every night! Readers make future leaders!

We have celebrated Literacy Week! Our students have been involved in many fun activities from playing Giant Jenga, buddy reading across the grades, a special literacy lunch and celebration on Thursday January 31, readers' theatre and PJ day! Exshaw School has spirit and reads!



Spirit North Loppet

Exshaw School ski team and grade 6 class participated in the Loppet.

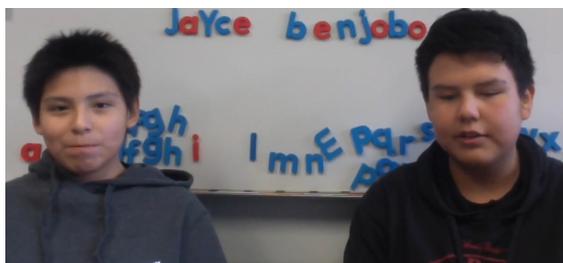
Koby Rider finished first overall! Well done Koby!

As well, we had two of our students interviewed on the news, **Twisha Wildman** and **Dretin Goodstoney**. Great job Twisha and Dretin!



Weekly Screech Newscast

Did you know that our grade 7s and 8s do a weekly newscast of the events around Exshaw School led by Ms. Kulmatycky and Mrs. Beardwood? Check it out on our website! I think we will have some future newscasters in our midst!



PINK SHIRT DAY

Pink Shirt Day will be on **February 27, 2019**.

What is Pink Shirt Day you may ask? It is one day per year where we wear pink in a united stand to support healthy relationships, wellness and diversity. However, the work we do in this regard is on-going through various programs, initiatives and presentations focused on healthy relationships and personal well-being. Examples of such programs include the work of our Family School liaison counsellor, Success Teacher, student leadership group, behaviour support programs, wellness programs and daily learning incorporated into the curriculum and the important support that comes from our Elders, community involvement and various agencies. Providing safe and caring learning environments for students is very important to us. We understand that in order for students to learn, flourish and reach their full potential, they need to feel safe, happy and cared for in a positive learning environment. Thank you so much for your involvement and support and we invite you to join us on February 27, 2019 for Pink Shirt Day when Exshaw students and staff will wear pink in support of healthy relationships, wellness, and diversity.



Winter Clothing

Thanks for dressing your child(ren) for the weather. Exshaw weather seems to change very quickly. Thanks for making sure that he/she has mitts, a hat and boots.

Our **Lost and Found** is growing! Please check to see if any of your child(ren)'s items are in there as we will be taking the leftovers to donate on February 15th! Thank you!

Community

Exshaw School loves our community. In collaboration with the MD of Bighorn, we put on a Seniors/Elders Tea for Exshaw and Morley on January 30th. We appreciate the teachings we receive from our Seniors/Elders.

Yours in education, Nadine Dack-Doi (Principal)



@Exshawschool



Find us on Facebook: Exshaw School



<http://exs.crps.ca/>

Fruity Breakfast Parfaits

Our Snacketeria provides nutritious and yummy recipes for our students at a minimal cost.

Here's a healthy recipe that is easy and kid approved!

All you need is a selection of your favorite fruits, some plain Greek yogurt (the thicker yogurts work best), and a topping of your choice. Layer the fruit and yogurt in the jars (I use mason jars) — we usually put fruit on the bottom and yogurt on top, but you can create as many layers as you'd like in whatever order you want. Store them in the fridge and when ready to eat, just add your favorite crunchy topping and there you have it. It's breakfast on the go that doesn't feel like breakfast on the go.

Some flavour combinations to try:

- Strawberries and pistachios
- Blueberries and walnuts
- Blackberries and raspberries with granola
- Peaches and Cheerios
- Apricots, cherries and cashews
- Dates and pecans



Enjoy!!!