

JUNE NEWSLETTER



EARLY DISMISSAL

WEDNESDAY, JUNE 4 @ 2:25 PM

SCHOOL SUPPLY LIST

All of our school supply lists for 2025-2026 can be found at www.schoolstart.ca for online shopping!

Copies of our supply lists are also available on our school website in the About section.

www.shاونavonpub.chinooksd.ca

SLC WATER RUN

Our SLC are planning a water run activity for the afternoon of June 19th.

Each class will go to the Splash Park and go through different stations - including bouncy water slide, a slip and slide and more!

Please have your child bring their bathing suit, a towel and a change of clothes!

FREEZIE FRIDAYS

OUR SLC WILL BE SELLING FREEZIE DURING LAST RECESS ON FRIDAYS!

\$1 EACH, LIMIT OF ONE PER STUDENT.

KINDERGARTEN GRADUATION

MONDAY, JUNE 23
2:00 - 3:00

GRADE 7 FAREWELL

TUESDAY, JUNE 24
1:30 - 2:30



POOL

ALL OF OUR STUDENTS WILL BE GOING TO THE POOL IN JUNE.
PLEASE SEND A BATHING SUIT AND A TOWEL.

A LIFE JACKET IS MANDATORY FOR KINDERGARTEN AND GRADE 1!

PLEASE LET US KNOW IF YOUR CHILD IS NOT A STRONG SWIMMER
SO WE CAN KEEP A CLOSER EYE ON THEM!

Pool Schedule is attached below.

KINDERGARTEN ORIENTATION

SPS would like to welcome all new Kindergarten students to spend a little time in their new classroom!

Parents can drop their new Kindergarten student off at the classroom at 9:00 a.m, and pick them up at 12:00 p.m.

Please use the office doors and check in with Ms. Russell when you arrive.

See you there!



REPORT CARD

Final Report Cards will be published to MSS (My School Sask) Parent Portal on Friday, June 27th. Please be sure to log in onto MSS before the end of June so that Ms. Russell can offer assistance if you have any questions.

If you need instructions on how to access the report cards in MSS, there is some links available on our website.

www.shanavonpub.chinooksd.ca

Report Cards will also be printed and sent home with students between June 24-26th.

<https://myschoolsask.ca/aspen/logon.do>

Our year-end Assembly will be held

Thursday, June 26th @ 10:00 am.

Parents are welcome to join us.

Please use Office Doors.

SCHOOL COMMUNITY COUNCIL & AGM REGULAR MEETING

MONDAY, JUNE 2 @ 6:30 PM

SPS COMMONS AREA

If you are interested in learning more about how our SCC supports the students at SPS, please join us.

Everyone is welcome to attend.

THANK YOU FROM SPS!

To our wonderful students for giving us all a great year!

To our school families for supporting us throughout the year in the classroom, at home, and with our fundraisers.

To our School Community Council. The way you have cared for our staff and students in a school year that has been unlike any other is outstanding!

**HAVE A WONDERFUL
SUMMER BREAK!**



TRACK DAY & PLAY DAY

Friday, June 13th

Our alternate date (in case of poor weather) will be June 16th.

Our **Kindergarten to Grade 3** students will participate in Play Day hosted at SPS. Students will have several different fun activities to participate in throughout the day. They will all be going to the pool in the afternoon.

Kindergarten to Grade 3 students will be treated to a hot dog lunch prepared by our SCC at SPS. Order forms will be coming out shortly.

Our **Grade 4-7** students will participate in a track meet that will be hosted at Shaunavon High School track. The booth/bathrooms will be open in the rink and menu will be shared closer to the day.

Please note that all students from Grade 4-7 will be dismissed from the High School. BUS STUDENTS will have to be picked up at the High School. They will not get back to school in time to take the bus.

AS WE WRAP UP THIS SCHOOL YEAR, I WANT TO TAKE A MOMENT TO WISH YOU ALL A FUN AND RELAXING SUMMER! YOU'VE WORKED HARD, AND NOW IT'S TIME TO RECHARGE, EXPLORE NEW HOBBIES, AND SPEND QUALITY TIME WITH THE PEOPLE YOU LOVE.

SUMMER IS THE PERFECT OPPORTUNITY TO TAKE CARE OF YOURSELF, BOTH PHYSICALLY AND EMOTIONALLY. WHETHER YOU'RE RELAXING, TRAVELING, OR SIMPLY ENJOYING YOUR TIME OFF, REMEMBER TO MAKE TIME FOR SELF-CARE AND REFLECTION. IT'S IMPORTANT TO LISTEN TO YOUR MIND AND BODY AND DO WHAT FEELS RIGHT FOR YOU.

IF YOU EVER NEED SOMEONE TO TALK TO, I'M HERE FOR YOU. DON'T HESITATE TO REACH OUT WHEN THE NEW SCHOOL YEAR BEGINS. IF YOU FIND THROUGHOUT THE SUMMER, YOU ARE STRUGGLING THERE IS A "HELPERS IN OUR COMMUNITY" PAGE IN THE NEWSLETTER. THERE ARE MANY RESOURCES/SUPPORTS YOU CAN USE DURING THE SCHOOL BREAK. YOU ARE NOT ALONE, AND WE ARE ALL IN THIS TOGETHER.

TAKE CARE, HAVE FUN, AND COME BACK READY TO SHINE IN THE FALL! I CAN'T WAIT TO HEAR ABOUT YOUR SUMMER ADVENTURES.

WARMLY,

MS. COURTNEY ALLEN
COUNSELOR

HELPERS IN OUR COMMUNITY

Swift Current, Saskatchewan



Community Mental Health & Addictions Intake

1-877-329-0005

*If this is an emergency, please call 911

Crisis Lines

- **Health Line:** 811
- **24/7 Mobile Crisis Line:** 306-757-0127
- **24/7 Child Abuse Line:** 306-569-2724 or 1-800-442-4453
- **Suicide Prevention & Mental Health Crisis Line:** 988
- **Kids Help Phone:** 1-800-668-6868 or text CONNECT to 686868
- **24/7 connection to supports and services in Sask:** 211 (text or call)
- **LGBTQIA2S+ Crisis Support:** 1-800-268-9688 or text 45645
- **Indigenous-based Wellness Helpline:** 1-855-242-3310 (toll-free)
- **Francophone Helpline:** 1-800-567-9699
- **Domestic Violence Hotline:** 1-800-799-7223

Safe Shelter & Crisis Services

- **Dorie's House:**
 - Regional Youth Safe Shelter - (306) 773-8937
- **SouthWest Crisis Services**
 - **24/7 Confidential Crisis Line:** 306-778-3386
 - **Women's Safe Shelter**
 - Animal Safekeeping program (provided through the SPCA)
 - Specialized Sexual Assault Services
- **Victim Services (RCMP) -** 306-778-4898



Student Services Counsellors and Support

Please contact the local school counsellor at your child's school 😊



Mental Health & Wellness (Online) Resources

- **Online Therapy Unit:** <https://www.onlinetherapyuser.ca/>
- **Rolling with ADHD:** <https://healthymindslearning.ca/rollingwith-adhd>
- **Anxiety Canada MAP workshop:** 6 session online program for adolescents and adults.
 - <https://maps.anxietycanada.com/>
- **Free Wellness Based Courses:** <https://moodle8.camhx.ca/moodle/>

Grief

- **GriefShare** (provided through the East Side Church of God: 306-773-4889)
- **Online Grief Modules:** <https://mygrief.ca/> or <https://kidsgrief.ca/>

Pride

SouthWest Saskatchewan Pride: Drop in Center located at: #201-234 1st Ave NE or visit online

SaskAbilities - 1-833-526-5299

- **Partners in Employment:** provides supported employment experiences for job seekers experiencing disability
- **Quality of Life Day Program:** provides individuals the ability to create their own program around their interests, hobbies, and abilities

Addiction

- **Dorie's House Substance Misuse Treatment Center** (inpatient/outpatient):
 - 306-773-8937
- **AA/NA:** 306-773-7494 (AA) or 1-877-463-3537 (NA)
- **Al Anon meetings:** <https://al-anon.org/al-anon-meetings/>

Other Resources

- **Take home Naloxone kits:**
 - Community Mental Health (4th floor E.I Wood Building) OR Pharmasave
- **STD/STI Info/Testing:** 306-773-9100
- **Parent Training:** 306-778-5259
- **Legal Aid:** (Adrian McBride) 306-778-8272 or 1-306-933-6764
- **Food Bank** (Salvation Army): 306-778-0515
- **SouthWest Newcomer Center:** 306-778-6262
- **Transportation:** (Access Transit) - 306-773-2076
- **Apps:**
 - CALM: <https://www.calm.com/>
 - Mindshift: <https://www.anxietycanada.com/resources/mindshift-cbt/>
 - Overdose Intervention App: <https://stopoverdoseapp.com/>



June

MON DAY	TUES DAY	WEDN ESDAY	THUR SDAY	FRI DAY
2 SCC ANNUAL MEETING @ 6:30 PM SPS COMMONS AREA EVERYONE IS WELCOME! DAY 4	3 ASSEMBLY 2:40 KINDERGARTEN DAY 5	4 EARLY DISMISSAL 2:25 P.M. DAY 6	5 KINDERGARTEN DAY 1	6 FREEZIE FRIDAY DAY 2
9 KINDERGARTEN DAY 3	10 DAY 4	11 KINDERGARTEN DAY 5	12 DAY 6	13 FREEZIE FRIDAY TRACK & PLAY DAY KINDERGARTEN DAY 1
16 DAY 2	17 KINDERGARTEN DAY 3	18 DAY 4	19 FROG HOPPERS PRESENTATION - GR.1 SLC WATER RUN KINDERGARTEN DAY 5	20 FREEZIE FRIDAY DAY 6
23 KINDERGARTEN GRADUATION 2:00 - 3:00 KINDERGARTEN DAY 1	24 GRADE 7 FAREWELL 1:30 - 2:30 DAY 2	25 KINDERGARTEN ORIENTATION 10:00 - 12:00 KINDERGARTEN DAY 3	26 ASSEMBLY 10:00 FREE HOT DOG LUNCH FOR EVERYONE LAST DAY OF CLASSES! DAY 4	27

June

Pool schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 GR.7 : 11:00-12:00 GR.1 : 1:00-2:00 DAY 4	3 K/GR.2 : 1:00-2:00 KINDERGARTEN DAY 5	4 GR.4 : 1:00-2:00 DAY 6	5 GR.3/6 : 2:00-3:00 KINDERGARTEN DAY 1	6 GR.5 : 2:00-3:00 DAY 2
9 KINDERGARTEN DAY 3	10 GR.1/7 : 1:00-2:00 DAY 4	11 GR.4 : 1:00-2:00 GR.5 : 2:00-3:00 KINDERGARTEN DAY 5	12 GR.3/6 : 1:00-2:00 GR.2 : 2:00-3:00 DAY 6	13 K/GR.1 : 1:00-2:00 GR.3 : 2:00-3:00 KINDERGARTEN DAY 1
16 GR.1/5 : 2:00-3:00 DAY 2	17 K/7 BUDDIES : 1:00-2:00 KINDERGARTEN DAY 3	18 DAY 4	19 KINDERGARTEN DAY 5	20 GR.2/4 : 11:00-12:00 GR.3/6 : 1:00-2:00 DAY 6
23 GR.3/7 : 1:00-2:00 KINDERGARTEN DAY 1	24 GR.5/6 : 2:00-3:00 DAY 2	25 KINDERGARTEN DAY 3	26 GR.1-3 : 9:00-10:00 GR.4-5 : 10:00-11:00 GR.6-7 : 11:00-12:00 DAY 4	27

How am I

FEELING today?

I feel...

I need to...

**Angry,
Annoyed,
Terrified,
Stressed out**

TAKE DEEP BREATHS,
COUNT TO 10 AND ASK
FOR HELP

**Confused,
Worried,
Nervous,
Frightened**

TAKE A BREAK, GET SOME
FRESH AIR AND TALK TO
SOMEONE ABOUT MY
FEELINGS

**Sick,
Tired,
Hurt,
Sad**

GET SOME REST, DO
SOMETHING I ENJOY,
TELL AN ADULT

**Calm,
Excited,
Focused
Happy**

ENJOY THIS FEELING
AND SHARE IT WITH
OTHERS

