

February

Telemiracle is just around the corner!

Fundraisers will begin on Monday, February 24th.

- Telemiracle Hands - 1/\$1.00 or 3/\$2.00
- Gift Basket tickets - \$1.00 each
- Candy Jar Guessing Game - 50¢ a ticket

Thank you to Telemiracle, our SCC, and to SPS for donating the gift baskets and the pizza lunch or popcorn and a movie for the classroom that raises the most money.

Report Cards

Report cards will be published to My School Sask. Parent Portal on Friday January 31st. Please take a moment to log in before this date to ensure you have access.

If you have any trouble logging in, or need your username and password, please let Ms. Russell know ASAP. New student families will receive a username and password from the Chinook School Division.

If you don't receive your username and password, contact Ms. Russell and she will help you out.

Hard copy will be sent home with your child in a parent addressed sealed envelop on Thursday, January 30th.

Please follow the links below.

Please visit: [Aspen login](#)

- [Logging into MSS from a Phone](#)
- [Logging into MSS from a Computer](#)
- [Video - Logging into MSS from a Computer](#)

BUS DRIVERS NEEDED!

Ask Ms. Russell for information on how to apply!



INSIDE SHOES

Please make sure your child have inside shoes at School. This is for safety reason.

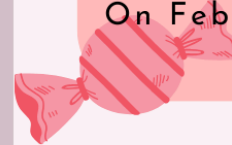
We never know when an emergency can happen. If we have to evacuate the building, children won't have time to put their outside shoes on. With the cold weather, going outside without shoes can be dangerous and cause serious injuries.



Thank you!

The SLC will be selling Valentine's Day candy grams for \$1.00 from February 3rd-7th. Candy grams will be delivered on February 14th.

On February 14th they have organized a Red & Pink Spirit Day!



We would like to Welcome Mrs. Drockner and Mrs. Krahn who will be teaching a variety of classes for the foreseeable future!

Mrs. Drockner will be teaching Grade 3 Social Studies, Grade 3 Language Arts and Grade 1 Physical Education.




Mrs. Krahn will be teaching Social Studies for Grade 2, 4, 5 and 7.



February

2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 DAY 4	4 Kindergarten DAY 5	5 DAY 6	6 HOT LUNCH FORM DUE Kindergarten DAY 1	7 DAY 2
10 Staff Appreciation Week! 100th day of school! Kindergarten DAY 3	11 DAY 4	12  OVERTIME HOT LUNCH EARLY DISMISSAL 2:25 PM Kindergarten DAY 5	13 DAY 6	14  Red & Pink Spirit Day Kindergarten DAY 1
17 <i>February Break - No School</i>	18 <i>February Break - No School</i>	19 <i>February Break - No School</i>	20 <i>February Break - No School</i>	21 <i>February Break - No School</i>
24 DAY 2	25 Kindergarten DAY 3	26  Pink Shirt Day DAY 4	27 GAP Presentation Grade 3 - 7 Kindergarten DAY 5	28 DAY 6



Mindfulness Skill Urge Surfing

A technique to help you manage physical and emotional urges

Quick Tips!



Urges and cravings are going to happen, you can't get rid of them.



You can learn to accept them. You can ride them out without giving in, just like riding a wave.



Don't judge yourself or feel guilty for having the urge.

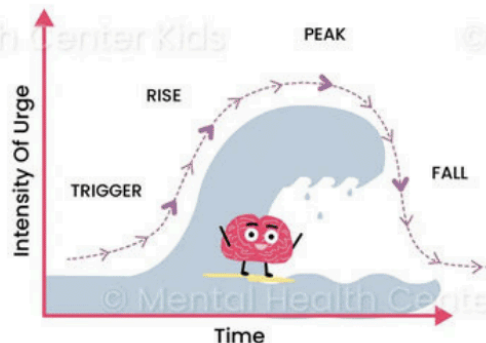


Your urge is temporary and will eventually pass on its own.

Urge Surfing Technique



1. Notice you are having an urge.
2. Notice your thoughts and feelings, and the parts of your body affected by the urge.
3. Use your breath as a surfboard, ride the wave until the urge goes away just like a wave coming to the shore. Waves rise and fall, but a surfboard helps you stay upright and in control.
4. Move forward with your day when you feel the intensity of your urge has dropped to a manageable level.



TRIGGER: The urge is triggered by an external or internal event.

RISE: The intensity of the urge grows.

PEAK: The intensity of the urge reaches its peak.

FALL: The urge loses intensity and fades away on its own.

BREAKING
NEWS

THE SPS DAILY

SPECIAL
EDITION

EXECUTIVE FUNCTIONING EMOTIONAL REGULATION

WHAT IS EMOTIONAL REGULATION?

At a young age, we cognitively begin to feel and experience emotions - positive and negative. Experiencing these emotions is a necessary and normal part of developing one's own self identity. However, for some who struggle with the executive function skill of emotional regulation (emotional dysregulation), experiencing different emotions can be overwhelming and can cause reactions that may be seen as inappropriate, excessive, or out of control. According to Rolston and Lloyd-Richardson 2014, emotional regulation is a term generally referred to one's ability to manage and respond appropriately to emotionally stimulating experiences. For most people, many different emotions are used daily to respond in a calm, appropriate, and socially acceptable way. For others, emotional responses may seem intensely dramatic, or even unnecessary. As a result, it is important to identify students who require support in learning and applying different strategies to regulate emotions so they have equal opportunities to learn new skills and develop socially.

IDENTIFYING EMOTIONAL DYSREGULATION

It is very important to start early when observing for signs and symptoms of emotional dysregulation. Some common signs to watch for may include:

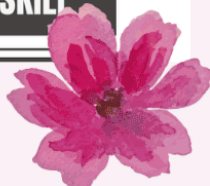
- tantrums (duration, purpose, audience)
- outbursts (intention, word choice, physical)
- refusal to engage (age appropriate activities)
- low tolerance for crying (unable to identify cause for being upset, uncontrollable sobbing)
- frequent bad moods (difficult to change mood despite offering preferred task or activity)
- aggression or the threat of aggression (verbal or physical)
- self-harm or deliberate harm to others

STRATEGIES TO TRY

- talk about the emotion
- give the emotion a name
- physical activity
- proper nutrition and hydration
- journal or draw the emotions
- mindful walks or activities
- breathing exercises
- role play different emotionally stimulating experiences



STAY TUNED EACH MONTH FOR DETAILS ON A NEW EF SKILL



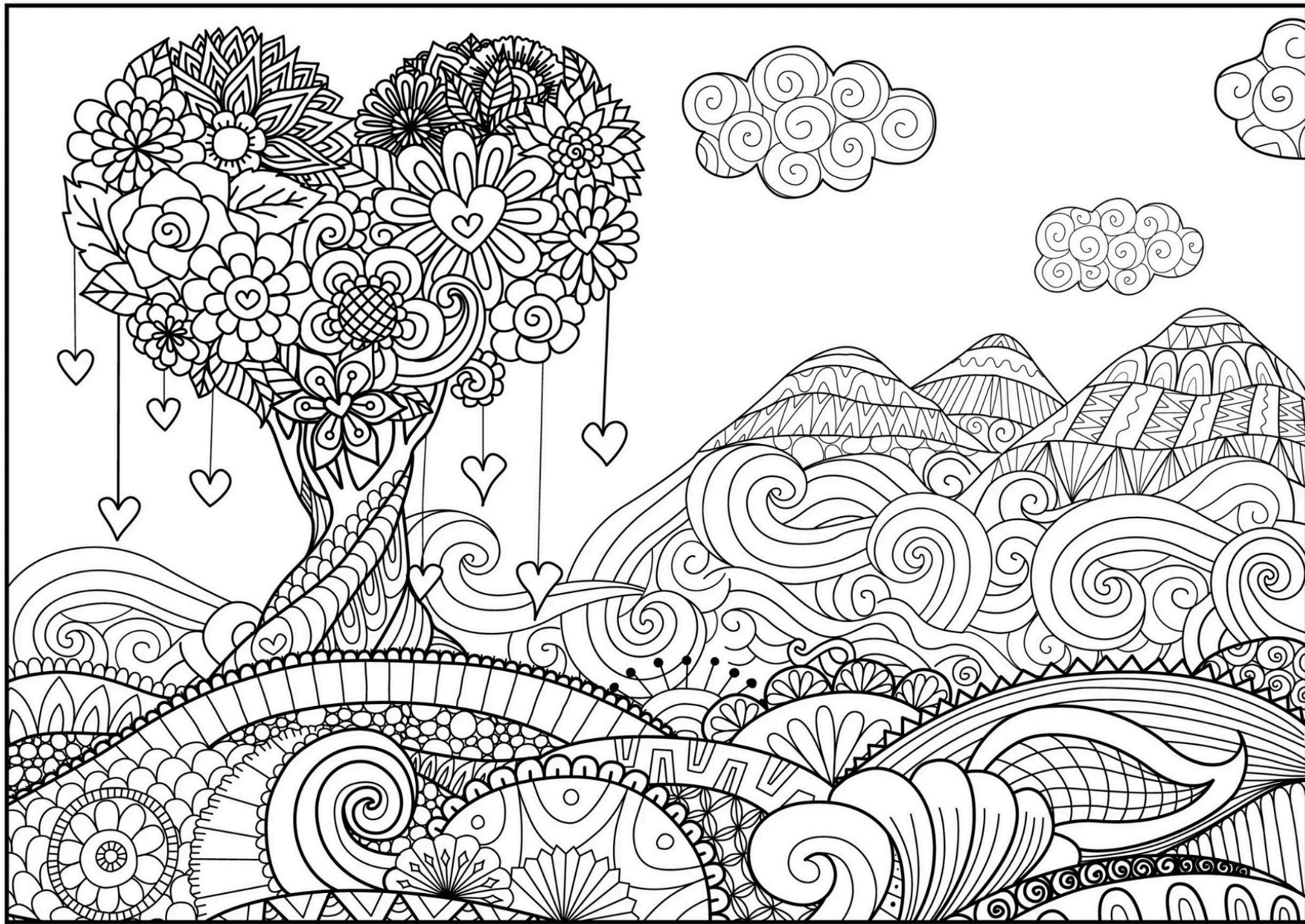
Polar Bear Club

- Polar Bear Club is open to all students from Kindergarten to Grade 7
- Students MUST wear ski pants, mitts, toque, winter coat and winter boots
- Polar Bear Club will also be offered during some lunch hours, so come prepared!

On those cold winter days when we have inside recesses, meet Mr. Ross outside for some fun in the snow!



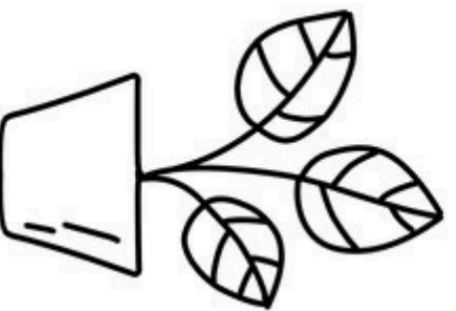
Polar Bear Club will only run when temperatures are between -25°C and -35°C with the wind chill.



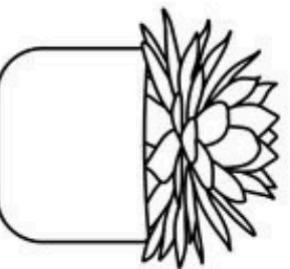
Kind Word Flower Pots

Go through this list and color in the flower pots with the affirmations that you like the most! Practice saying these to

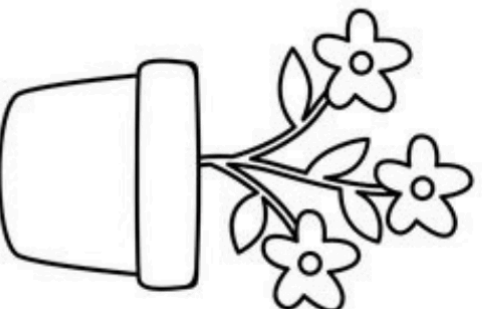
yourself daily



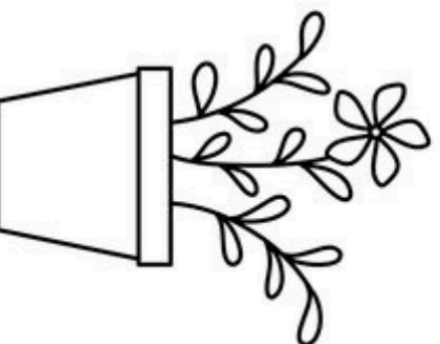
I deserve to be
happy



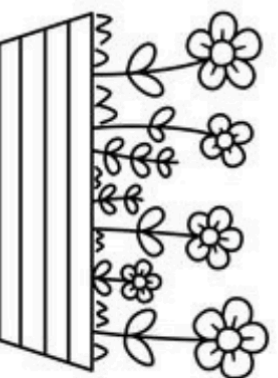
I am strong and
can overcome
challenges



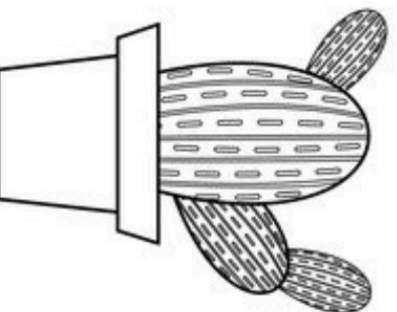
I am proud of
who I am



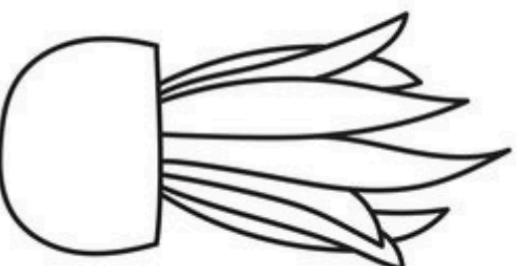
I believe in
myself and can
do hard things



I am constantly
growing and learning



I am unique and I
accept myself



I am capable of
reaching my goals



I have people
who love me



I get stronger when
I make mistakes