

# JANUARY NEWSLETTER

## CHESS



THURSDAY, JANUARY 9TH  
FROM 6:30 TO 8:00 PM

JOIN US FOR OUR FAMILY OPEN  
HOUSE AND ENJOY ACTIVITIES THAT  
EACH OF THE CLASSES HAVE  
PLANNED FOR FAMILIES TO ENGAGE  
IN THROUGHOUT THE EVENING !

## REPORT CARDS



REPORT CARDS WILL BE SENT HOME ON THURSDAY, JANUARY 30TH  
AND PUBLISHED TO THE 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 SHOULD HAVE  
RECEIVED LOGIN INFORMATION IN THE LAST COUPLE OF WEEKS.

PLEASE VISIT: [ASPEN LOGIN](#)

PLEASE CHECK OUT THE LINKS BELOW FOR HELPFUL INSTRUCTIONS.

- [LOGGING INTO MSS FROM A PHONE](#)
- [LOGGING INTO MSS FROM A COMPUTER](#)
- [VIDEO - LOGGING INTO MSS FROM A COMPUTER](#)

ANY STUDENTS IN GRADES 1 - 7 ARE INVITED TO JOIN CHESS CLUB  
THIS YEAR. CHESS CLUB WILL START ON TUESDAY, JANUARY 7TH AT  
NOON AND WILL RUN EVERY DAY 4 OF OUR DAY CYCLE. ALL  
STUDENTS ARE WELCOME TO DROP IN FOR CHESS CLUB. PERMISSION  
FORMS WILL NOT BE SENT HOME FOR THIS REASON.  
COME OUT AND JOIN US TO LEARN MORE ABOUT THE GAME OF CHESS!

*thank you*

SPS IS SO INCREDIBLY THANKFUL FOR ALL  
OUR FAMILIES AND COMMUNITY MEMBERS  
WHO HAVE DONATED TO OUR FUNDRAISERS  
DURING THE CHRISTMAS SEASON. FROM  
CANDYGRAMS, TO SHAUNAVON CHRISTMAS  
HAMPER, TO THE SANTA STORE, WE LOVE  
SHARING THE SEASON OF GIVING WITH OUR  
STUDENTS AND WE COULDN'T DO IT  
WITHOUT YOUR SUPPORT.

WE WOULD LIKE TO SAY THANK YOU TO  
THE LEGION AS WELL FOR THEIR  
DONATIONS TOWARDS FRESH FRUIT FOR  
OUR STUDENTS.

THANK YOU TO OUR SCC AND THE  
COMMUNITY FOR SUPPORTING OUR BASKET  
FUNDRAISER. WE RAISED \$1,030 TOWARD  
OUR STAGE LIGHTS !

# Deep Breathing EXERCISE



Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the arrow. Trace the next arrow and breathe out. Continue around the image several times.



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BREAKING  
NEWS

THE SPS DAILY

SPECIAL  
EDITION

# EXECUTIVE FUNCTIONING WORKING MEMORY

## WHAT IS WORKING MEMORY?

Defined by Kid Sense Child Development, 2024, working memory is believed to be one of the top three pivotal executive functioning skills required of children to learn, grow, and develop at a rate that matches age and grade equivalent standards. "Working memory involves the ability to keep information active in your mind for a short period of time (5-20 seconds) in order to use that information for further processing (Straeder, 2021). Our working memory is a temporary neurological storage system which is vital for carrying out daily tasks (following directions, completing tasks, reading comprehension, problem solving, etc.).

Commonly confused with short term or long term memory, working memory is centered more around our ability to take new information in, manipulate and transform it, temporarily store it, then apply it to new knowledge. For example, when students practice their oral reading fluency, they decode new words. It is common practice to decode a new word then restart reading the sentence again to gain a full understanding. Students with deficits in working memory may struggle to recall decoding strategies, require supports to

decode high frequency words, then struggle to remember the word they decoded when they go back to reread the sentence. Working memory deficits can negatively impact all aspects of learning and require an extensively high amount of neurological energy to carry out tasks others may find easy.

## SUPPORTING WORKING MEMORY

When supporting students with working memory deficits, it is important to try many different supports often. Such supports may include:

- reinforce students strengths and interests
- use visuals to improve students ability to recall
- break tasks and assignments into smaller sections with clear beginning and ending points
- give clear and precise instructions
- have the learner retell the instructions to ensure full understanding of what is required of them
- provide frequent reviews
- be patience with the learner
- model/demonstrate
- present information in a variety of ways
- allow time for lots of repetition when information is new



STAY TUNED EACH MONTH FOR DETAILS ON A NEW EF SKILL



# JANUARY <sup>20</sup>/<sub>25</sub>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

HAPPY NEW YEAR

6

FIRST DAY  
BACK TO SCHOOL

KINDERGARTEN  
DAY 3

7

DAY 4

8

KINDERGARTEN  
DAY 5

9

fAMILY  
OPEN HOUSE

6:30 - 8:00 PM

DAY 6

10

KINDERGARTEN  
DAY 1

13

DAY 2

14

KINDERGARTEN  
DAY 3

15

DAY 4

16

KINDERGARTEN  
DAY 5

17

DAY 6

20

KINDERGARTEN  
DAY 1

21

DAY 2

22

KINDERGARTEN  
DAY 3

23

DAY 4

24

KINDERGARTEN  
DAY 5

27

DAY 6

28

ASSEMBLY AT 2:40  
EVERYONE IS WELCOME!

KINDERGARTEN  
DAY 1

29

DAY 2

30

KINDERGARTEN  
DAY 3

31

NO SCHOOL

REPORT CARDS  
PUBLISHED