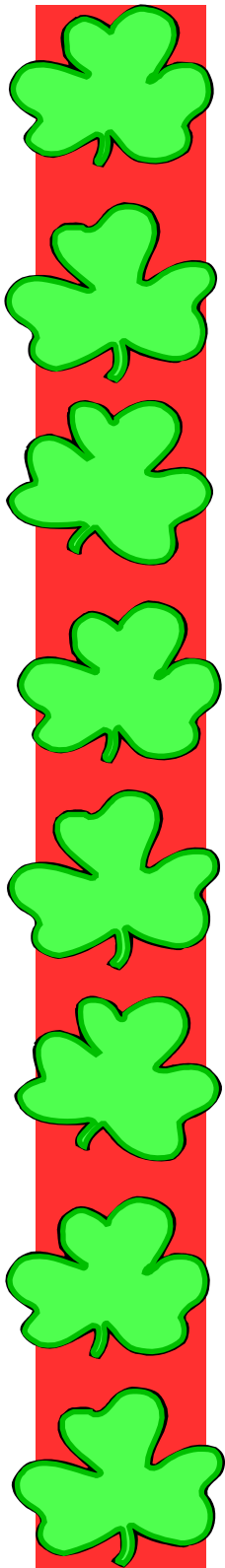


# MARCH 2021

## Tisdale Elementary School News



### March at a Glance.....

**March 1** - Dress in red or blue "One Fish Two Fish.."

**March 2** - Dress like a shadow (all in black) "The Shape of me and Other stuff"

**March 3** - Dress like it's summer "McElligot's Pool"

**March 4** - Dress in Animal print "On Beyond Zebra"

**March 5** - PJ day "The Sleep Book"

**March 8** - Match Mismatched Day - wear various patterns/shapes and colours altogether

**March 9 & 10** - Student Led Conferences

**March 11** - Class Colour Challenge! Each grade is assigned a colour. The class that has the most participants or wears the most of their colour will get something special!

- Pre K - Red
- K01, K02, K03 - Red
- 101- Orange
- 102—Orange
- 201 - Yellow
- 202 - Yellow
- 301 - Green
- 302 - Green
- 401- Blue
- 402- Blue
- 501- Purple
- 502- Purple
- 503- Purple
- Staff that are not assigned to a homeroom - Green

**March 12** - No school, enjoy a long weekend!

**March 16** - Plaid/Flannel Shirt Day

**March 17** - Green Spirit Day - St. Patrick's Day

**March 18** - Better Together Shirt Day

**March 19** - World Happiness Day

**March 22** - Lots of Socks Day

**March 25** - Better Together Shirt Day

**March 26** - Purple Day - Epilepsy Awareness Day, Universal Snack and Staff Dress Down for Breast Cancer

**March 30** - School Spirit Day - wear TES team colours and spirit wear

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Tisdale, SK  
S0E 1T0

Phone: 306-873-4533 Fax: 306-752-1933

E-mail: [tes@nesd.ca](mailto:tes@nesd.ca) Website: <http://tes.nesd.ca/>

# Thank You!

Thank you Cst. Isabelle Gareau from the Tisdale Detachment for visiting TES and taking time to talk to some of our students about bullying an the importance of online safety.



shutterstock - 102323386

Thank you to the TES School Community Council for providing our staff with breakfast and lunch during the Staff Appreciation Week! Your deliveries were greatly appreciated!



Thank you to the Tisdale Wildlife Federation for their wonderful donation of a 3-D badger archery target to our Archery Club. We look forward to the day that we are able to join together to practice on it!



## St. Patrick's Day

### School Community Council

Giselle Huvenaas  
Chair

Scott Janke  
Vice Chair

Erin DeLaet  
Secretary

Victoria Steinhæusser  
Treasurer

Janet Squires  
MAL

Michelle Allgrove  
MAL

Carmela Slade  
MAL

Lori Kidney  
Board Member

Danelle York  
Teacher

Sandra Norum  
Principal

The next School Community Council  
Meeting:  
March 25 at 7:00 pm  
online meeting

## Easter Break

Easter Break April 2-11

Classes will resume for students on Monday, April 12 and it will be a K02 Kindergarten Day. K01 & K03 will start back on Tuesday, April 13. Enjoy your week off!



## Reminders for Parents

Supervisors do not begin outside supervision until 8:40 am. Parents are reminded that drop off time for students is 8:40 am or after. The first bell to come in inside the school is at 8:50 am.

A reminder that at no time should parents be parking in the staff parking lot or in the bus loop. Parents are asked to avoid crossing through the bus loop to pick up their child and please do not allow your child to climb on hills outside the school as they could slip down them and into traffic.

Student Led Conferences for all students PreK through Grade 5 will be held on March 9 & 10, 4:00-6:30 pm both days. Parents will receive an email from their child's teacher inviting them to book a time slot using a Sign-Up Genius. Conferences can be help over the phone or via Google Meet, the format is the same as the conferences that were held in October. Parents, please be sure you sign up for your time slot by March 8! If you need to sign up after the March 8 cut off, please call the school directly 306-873-4533.

## Fall 2021

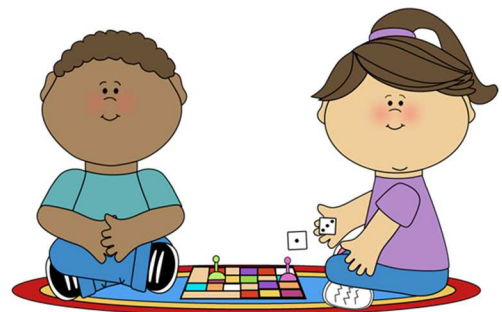
## Kindergarten

## Registration

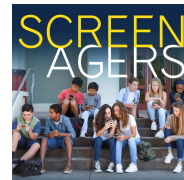
### **Attention parents!**

Do you or someone you know have a child who will be 5 years of age by December 31, 2021? If so, you may register them now for Kindergarten for the fall of 2021. Please visit the TES website (<http://tes.nesd.ca/>) and use the online registration form titled—'How to Register at Tisdale Elementary'. Once you have submitted the registration form, please email a picture of your child's birth certificate to [wingert.karen@nesd.ca](mailto:wingert.karen@nesd.ca) so we can use it for verification purposes for your child. Please watch for more information in June regarding Kindergarten. If you have any questions, please contact the school 306-873-4533.

♥ Welcome to  
Kindergarten



# Community Connections....



## Free Screening: Screenagers - Growing Up in the Digital Age

We're all getting more than our fair share of screen time these days. If you're looking for some balance, checkout

We've made the documentary available FREE on demand **February 25, 2021 to March 14.**

SCREENAGERS is the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions that work. What started out as a personal story for one has grown into a national movement, helping millions of teens and their families navigate growing up in a world with instant access to screens.

Registering is easy! Use the link below and register using your name and email. You'll receive an email notification and the movie will appear on an event page for registered users.

<https://www.screenagersevent.com/screenagers-saskatchewan-in-motion-feb25>

We're all doing our best to balance kids, working from home and worrying about family and friends right now. We encourage you to do what works best for your family and try to make time to get outside at least once a day. Your bodies and minds will thank you!

## Family Thirst Quencher!

Many people have heard the advice that we should drink more water and less sugary drinks. That is easier to say than do. Here are some tips on how to make that switch easier for everyone in the family.

### Why it matters.

Drinking sugary drinks may lead to increased risk of obesity, type 2 diabetes and cavities in children.

### What drinks count as sugary drinks?

Iced tea • Pop • Sports drinks • Energy drinks • 100% fruit juice • Fruit-flavoured drinks and punches  
Sweetened plant-based beverages • Vitamin water and other sweetened waters • Sweetened milks like chocolate milk • Hot chocolate • Sweetened hot and cold teas and coffees

### Parents can help children and teens replace sugary drinks with water.

- Did you know that teens drink most of their sugary drinks at home in the afternoons or evenings?
- Children and teens may not admit it, but they look to their parents to help guide their choices and behaviours.

### What you can do.

- Make sugary drinks less available at home for everyone.
- Think about when family members consume the most sugary drinks. It might be when you get food from a restaurant, after sports, in the car, or while watching a movie. Target those common times and slowly replace the sugary drinks with water.
- Customize your water. Ask kids for their ideas on what fruit or herbs to add to water for variety.
- Try unsweetened sparkling or carbonated water for a twist!
- Always have water on the table for meals and snacks.
- Be a role model. When your children see you drinking water they are more likely to do it too!



Photo by Johnny McClung on Unsplash

Written by Public Health Nutritionists in Saskatchewan (2020)

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