

# Stewart Valley School



*It was wonderful to see parents and community members come out for the Remembrance Day Assembly. The students worked hard to prepare. It was a touching tribute to show our respect to those who served for our country.*

*Thank You to parents for attending the Parent Teacher Conferences. Your support of school programs and special events is appreciated greatly.*

*Tis the season when we get busy with preparing for the holidays. Here are some of the activities we have going on at Stewart Valley School in December:*

- Dec. 2: No School PD Day
- Dec. 4: Room 3 Girls Cooking Club
- Dec. 6: Room 3 Boys Cooking Club
- Dec. 9: Curling Practice
- Dec. 10: STEAM Club
- Dec. 11: Shelter in Place Drill
- Dec. 12: Room 3 Girls Cooking Club
- Dec. 16: Room 3 Boys Cooking Club
  - SRC Decorate your class
  - Curling Practice
- Dec. 17: STEAM Club
  - SRC Christmas Sweater & Sock Day
- Dec. 18: SRC Dress as a Christmas Character
- Dec. 19: Room 3 Girls Cooking Club
  - Christmas Concert
  - SRC Red & Green Day
- Dec. 20: SCC Christmas Craft Day
  - SCC Pizza Lunch
  - SRC Pajama Day
  - Last day of classes before Christmas Break

## December



**Virtue of the  
Month:  
Peacefulness**

World  
peace  
begins with  
inner  
peace!

**Dali Lama**



# From the Principal's Desk

## PRINCIPAL'S MESSAGE:

Thank you parents for your attendance and involvement at our Parent-Teacher Conferences. We are proud of the work our students have done during this first part of the school year and your support of their learning is greatly appreciated. We truly value the partnership we have with all of you and we hope the PTCs were valuable and informative and give you an indication of your child's progress to this point in the school year. As always, if you have any questions or concerns please contact us.

The Christmas season has begun and classes have started preparing for the Christmas concert on December 19th. We are looking forward to performing for everyone. The Staff of Stewart Valley School would like to wish all of our students and their families a Merry Christmas and a Happy New Year. May you and your family have a holiday season filled with peace, joy, friendship, and love. We hope you all get some much deserved rest and relaxation over the upcoming Christmas break.

Mr. Biem

## Remembrance Day Service

- Thank you to all of the students who participated in the Remembrance Day service, and to all the families and community members who were able to attend. Your involvement made our service engaging, meaningful and moving.

## Shelter in Place Drill

- The school will be conducting a Shelter in Place drill on December 11th. This process is practiced as part of the school safety plan and is the procedure used in case of severe and potentially damaging weather. Please take some time to speak with your child about the need for having a plan and being prepared if an emergency ever took place at school.

## Stingers Write

- Thank you to our Stewart Valley Stingers poets who entered their work into the Poetry Institute of Canada's Young Writers poetry contest that wrapped up in November. All of our poets should be commended for their efforts and for taking the risk to submit their work. We look forward to seeing if any of our students get published or receive a prize.
- Winners of the book draw were Caleb Pate and Dylan Hogg - Please see Mr. Biem to collect your prize.

## STEAM Club

- The Stingers S.T.E.A.M (Science, Technology, Engineering, Art, Mathematics) club will begin meeting starting Tuesday, December 10th. It will be every Tuesday at lunch for any student in grades 3 and up. Our first project will be to make a solar cooker. If you have any questions see Mr. Biem.





Girls

Wednesday Dec. 4th

Thursday Dec. 12th

Thursday Dec. 19th



Boys

Friday Dec. 6th

Monday Dec. 16th

Tuesday Jan. 7th

For students in Room 3 who have enrolled.

**Grades 6, 7, & 8 Curling**

**Mondays@ 3:30 - 5:00**

**Swift Current Curling Rink**

**December 9th**

**December 16th**



**Grades 1 - 8**

**Wednesday afterschool**

**from 3:05 - 4:30,**

**Dec. 4**

**& Dec. 11**



**STEWART VALLEY  
CHRISTMAS CONCERT**



**December 19, 2019**

**7:00 pm**



*Please bring a snack to share following the concert.*



Follow us to keep up to date with student activities,  
school events, announcements and much more.

twitter   
@SV\_Stingers



@ StewartValleySchool

Website  [www.chinooksd.ca/school/stewartvalley/Pages/default.aspx](http://www.chinooksd.ca/school/stewartvalley/Pages/default.aspx)



**Next Meeting**  
**January 6, 2020**



### It's getting cold out there!

Please ensure students have warm winter coats, boots, mittens and toques as they are expected to go outside during recess.



## S.R.C. NEWS

*SRC collected enough items to fill 20 Christmas Shoeboxes. The SRC would like to thank all those who brought items to brighten the day of children in need at this special time of year.*

### Our December Christmas Sprit Week:

- Dec. 16: Decorate Your Class
- Dec. 17: Christmas Sweater/Sock Day
- Dec. 18: Dress as a Christmas Character
- Dec. 19: Red and Green Day
- Dec. 20: Pajama Day



# HAPPY BIRTHDAY

December

Birthday's:

Evan

Reyna

Dylan

Jesse

Ms. Clothier



# SWIFT CURRENT OUTDOOR HOCKEY LEAGUE

**The OHL is a non-competitive, fun league that promotes team play and sportsmanship. Better players are encouraged to include children that are learning the sport so that everyone has fun and is included.**

We will be starting the league Monday January 6<sup>th</sup> and will be operating at the Sheldon Kennedy Outdoor Rink (formerly Riverdene Outdoor Rink), and will run on Monday and Thursday from 6:30-7:30 and 7:45-8:45.

## BASIC INFORMATION:

- There is **ABSOLUTELY NO CONTACT** during the games.
- Parents are asked to help out with: handing out jerseys, handing out and putting equipment on, and cheering.
- Every player needs to wear a helmet, gloves, skates, and a hockey stick. We will provide helmets and gloves that must be returned after each game.
- Jerseys are provided for each game.
- Teams are picked each night. There are 3 different age groups. Please come during the time for your age group and you will be put on a team. The teams are different every night.
- Goalies wear full equipment (provided) and is on a strictly volunteer basis.
- All players will be given equal ice time.

Forms are available at Stewart Valley School office. Please ask for the Registration Form, Release Form and the schedule.

Any questions, please call Sharon or Jon

Sharon & Jon Walde

773-5341 after 5:00 pm

741-6651 after 5:00 pm

[s.walde@shaw.ca](mailto:s.walde@shaw.ca) or [swalde65@icloud.com](mailto:swalde65@icloud.com)



(More information to follow)

**Jan. 6: Classes Resume**

**Jan. 6: SCC meeting**

**Jan. 6: Curling Practice Resume**

**Jan. 24: Noon Lunch**

**Jan. 31: Report Cards**

**Jan. 31: No School**



## Talking with your teen about vaping

### Before the talk: Get the facts

#### ***Vaping is not harmless***

- Vaping can increase your exposure to harmful chemicals.
- Vaping can lead to nicotine addiction.
- The long-term consequences of vaping are unknown.
- It's rare, but defective vaping products (especially batteries) may catch fire or explode, leading to burns and injuries.

#### ***Risks of nicotine***

Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it can alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Children and youth may become dependent on nicotine more rapidly than adults.

Although not all vaping products contain nicotine, the majority of them do, and the level of nicotine can vary widely. Some vaping liquids have low levels, but many have levels of nicotine similar or higher than in a typical cigarette. Quitting vaping can be challenging once a teen has developed an addiction to nicotine. Nicotine withdrawal symptoms can be unpleasant.

Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.

#### ***Vaping versus smoking***

For people who smoke, completely replacing cigarette smoking with vaping will reduce their exposure to harmful chemicals. However, it is not safe for youth to use any nicotine products, including cigarettes and vaping products. If you suspect your child is addicted to nicotine, talk to your healthcare provider.

#### ***Vaping liquids***

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed.

The heating process can cause reactions and create new chemicals, such as formaldehyde. Some contaminants, such as metals, might also get into the vaping products and then into the aerosol.

#### ***Did you know?***

- Data from a recent Health Canada survey showed that 23% of students in grades 7–12 have tried an electronic cigarette.
- Vaping devices may also be used for other substances like cannabis.
- Vaping products can be difficult to recognize:
  - Devices come in a variety of shapes and sizes, and some resemble a USB flash drive;
  - Liquids can have high levels of nicotine and come in a variety of flavours;
  - Vaping may not leave a lingering identifiable smell; and,
  - Add-ons like vinyl "skins" or wraps can also make these items harder to recognize.

- Vaping products have many names, such as: E-cigarettes, vape pens, vapes, mods, tanks, and e-hookahs. They may also be known by various brand names.
- The *Tobacco and Vaping Products Act* prohibits vaping products to be sold or given to anyone under the age of 18. Be aware of the laws in your province or territory, as some have increased the age to 19.

## Set a positive example

If you use tobacco or vaping products, be honest with your teen about the risks, and any regrets, difficulties and health effects resulting from your experience. Talk with your teen about when and why you started to smoke/vape and explain how you thought it would make you feel, and how it is affecting your health.

It is never too late to quit smoking. If you are vaping to help you quit smoking, talk with your teen about it. Talk to them about addiction and how hard it can be to quit smoking. And remember, quitting smoking is possible. For free help, visit [gosmokefree.gc.ca/quit](http://gosmokefree.gc.ca/quit) or call 1-866-366-3667.

## Start the conversation

### *Find the right moment*

- Take advantage of situations where you can talk about vaping. It doesn't have to be formal. For example, when passing by a group of teenagers who are vaping, take the opportunity to have a conversation with your teen about it. Discuss the facts and correct any misconceptions.

### *Be patient and ready to listen*

- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a meaningful conversation, not to give a lecture.
- Thank your teen for being honest with you if they tell you that they have tried vaping or vape regularly. Then offer to share some information about the risks of vaping, and discuss the benefits of being smoke- and vape-free.

### *Get support*

- Ask your healthcare provider to talk with you and your teen about the risks of vaping and ways to be smoke- and vape-free.
- Consider suggesting that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counsellors whom you know are aware of the risks of vaping. These supportive adults can help reinforce your message.

## Keep the conversation going

- Don't expect to have just one conversation with your teen. Odds are you will probably need to talk about the subject many times and in many different places.
- Strike up a conversation again whenever you have some time together. You will also find that as your teen grows, your conversations about vaping will change and reflect their growing maturity, intellectual abilities and the pressures they face.
- Keep in mind that talking about it can also set the stage for important discussions about tobacco, alcohol, cannabis, drugs and other risky behaviours.