

# March 2023



## A day

## WITHOUT

## Laughter

## IS

## a day

## WASTED!

My the luck of the Irish be with everyone this month!

All Stewart Valley and Success students traveled by bus to Pennant Rink for skating on Feb 3rd, 10th, and 17th. It was great to see everyone having a great time. Thanks to everyone who assisted with tying skates. We would like to give a **BIG SHOUT OUT** to **Pennant Rink** as they donated all facility rental fees.

A hotdog lunch was held on February 27th the proceeds going to Telemiracle. Thank you to SVS Room 3 students who prepared and served the lunch and to all those who ordered. We were able to raise \$190.00 for Telemiracle.

Room 3 students have been practicing their curling skills over the last couple of months. They participated in a curling Bonspiel in Gull Lake on February 11th. Our mixed team included Shaye-Lynn Moen, Ashlyn Todd, Tydon Moen and Peyton Todd. Congratulations to our mixed team that placed 2nd and advanced to the District Finals on March 3rd and 4th. Great job Stingers, and good luck at Districts. We will wrap up the season on March 11 with a Funspiel at the IPlex. Thank you to Mr. Ruf for taking the time to coach our curlers this year.

Parent Teacher Conferences will be held Wednesday, March 29 and Thursday, March 30 from 3:25 - 6:25 pm. A google form will be sent to book your time. Conferences will take place via phone, google meet or in person. Room 2 families are encouraged to book Wednesday, March 29th, as this is the only day Mrs. Penner will be available for conferences. Since Mrs. Penner instructs a number of classes for Room 2, she will be attending with Mrs. Schlageter to answer questions you may have.

Here is what is happening for March at Stewart Valley School:

March 1: Curling Practice @ the IPlex

Mar 1, 8, 15, 22, 29: Band

March 3 & 4: Room 3 District Curling

March 7 & 8: Science Fair for Room 3 @ SCCHS

March 10: Hat Day

Pizza Orders Deadline 3 pm

March 16: Toonie Treat Day

SCC Family fun Night

Purdy's Chocolate **Paper Orders** and **Money** due

March 17 : **No School** Professional Development

March 19: Purdy's **Online** Chocolate Order Deadline

March 20: **NO School** in Lieu of P /T Conferences

March 22: Pizza Hot Lunch

March 29 & 30: Parent Teacher Conferences  
from 3:25 - 6:25 pm

March 31: Bowling and Pizza

# Principal's Message

Hello families!

February was a very fun filled month at SVS! Room 2 was challenged by the author Sigmund Brouwer to raise \$40 for Operation Smile. They held a used book and toonie treat sale and raised \$104 for this important charity! Way to go Room 2! Room 3 competed in SWAC curling, placing second and will move on to Districts in March! Congrats curlers and good luck! Room 3 also enjoyed a ski trip to Hidden Valley! Our whole school went to Pennant rink for three Fridays in February to sharpen our skating skills. This was enjoyed by all! Our whole school gathering in February was a sweet Valentine's themed Bingo! The month wrapped up with a hot dog sale raising money for Telemiracle. Room 3 did an amazing job preparing the hot dogs. We are grateful for all these wonderful experiences for our students and look forward to many more in the months to come.

Mrs. Schlageter  
Principal  
Stewart Valley School

## UPCOMING EVENTS:

- April 7: No School - Good Friday
- April 10-14: No School - Easter Break
- April 17-20: Swimming Lessons for Room 1& 2
- April 20: SCC Meeting at 6:00 at SV Early Learning Centre

**Noon Lunch**  
March 22nd

Watch for a  
google form to  
order.

**HAPPY  
BIRTHDAY**

March  
Birthday's:  
No Birthday's  
this month

## School Community Council

Next Meeting: April 20th  
6:00 pm at  
SV Early Learning Center



**Weather can  
be unpredictable!**



Please check the forecast to ensure students  
have **weather appropriate clothing** as they are  
expected to go outside during recess.



March 17, 2023 - Teacher Professional Development

March 20, 2023 - In Lieu of Parent /Teacher Conferences

# Help Kids Learn to Enjoy a Variety of Foods

Learning to enjoy a variety of foods takes patience and practice. What we tend to label as “picky eating” is often very normal behavior. Adults can help kids feel safe and supported as they learn by following these tips:

- **Adults decide what foods to offer at meal and snack times**
  - This is where adults have a big impact on what children will learn to like
- **Let children and youth decide what to eat from the foods you offer**
- **Only offer water between meal and snack times**
- **Remove pressure around eating**
  - Kids do better when they can learn at their own pace
  - Pressure can include: praise for eating certain foods like vegetables; “clean your plate” or “take one bite” rules; “if you eat two more bites of this, then you can have that”; Etc.
- **Don’t limit meals to their favourite foods**
  - Offer a variety of foods
- **Offer unaccepted or new foods regularly**
  - Learning new tastes and textures can take many tries
  - Let kids see, smell and touch foods, even if they don’t eat it at first
  - Include 1 or 2 foods they usually enjoy at each meal so they feel safe and comfortable
- **Model healthy eating and healthy eating behaviours**
  - Remove distractions for everyone at the table including tablets, phones, TV, toys, etc.
  - Over time kids will learn to eat most of *what* and *how* you eat



Photo By: [Angela Mulligan](#) on [Unsplash](#)

Trust that over several days children and youth will eat what their bodies need if healthy choices are offered to them with no pressure. Over time they will become happy, confident and balanced eaters, which is an important life skill.

For more information visit: Ellyn Satter – The Picky Eater - <https://www.ellynsatterinstitute.org/how-to-feed/childhood-feeding-problems/#the-picky-eater>

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## *Healthy People, Healthy Saskatchewan*

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



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**March 2023**  
Stewart Valley School



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27 Day 5	28 Day 6	1 Day 1 Band Curling	2 Day 2	3 Day 3 SWAC District Curling	4 SWAC District Curling
5	6 Day 4	7 Day 5 Rm 3 Science Fair 3-9pm	8 Day 6 Band Rm 3 Science Fair 9 am - 6 pm	9 Day 1	10 Day 2 Hat Day Pizza Orders Due	11 SC Funspiel @ Iplex
12	13 Day 3	14 Day 4	15 Day 5 Band	16 Day 6 Stewart Valley SCC Family Fun Night 6:30 - 8 PM Toonie Treat Day Purdy's Paper Orders Due	17 NO SCHOOL - PD Day	18
19 Purdy's Online Order Deadline	20 NO SCHOOL -in Lieu of Parent Teacher Conferences	21 Day 1	22 Day 2 Band Pizza Hot Lunch	23 Day 3	24 Day 4	25
26	27 Day 5	28 Day 6	29 Day 1 Parent Teacher Conferences 3:25 - 6:25 ** See note for Rm 2 families Band	30 Day 2 Parent Teacher Conferences 3:25 - 6:25	31 Day 3 Bowling and Pizza Day	

Purdy's Chocolate paper orders and money are due Thursday, March 16th.

Online orders are open until March 19th.

Mrs. Penner is available for P/T Conferences only on March 29.

It is recommend Room 2 Families book this night if possible.