



“Working Together for Success”



February 2010

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From the Administrator's Pen

Dear Parents/Guardians/Community Members:

We hope everyone had a great Christmas break and have settled back into their regular routines. The students and staff are busy learning daily curricular objectives as well as working on numerous projects. The debate team attended the debate tournament last weekend in Yorkton. The girls' and boys' basketball teams are currently playing in the scheduled league play and weekend tournaments. The pee wee teams continue to practice and will play some exhibition games soon.

Last week, Caitlyn L. won the school level Canspell School Spelling Bee and Emma K. was runner up. Caitlyn moves on to the next level of competition in February. Good luck to Caitlyn!

Students in grades six to eight will take part in our annual PAHL Exploratory trip to Mission Ridge and Regina YMCA Fitness and Swim on Thursday, February 4. The students will experience some lifelong activity skills through active participation. Thank you to the teachers and parent volunteers for your assistance.

Thank you to parents for your effort with providing rides to school when busses are cancelled. Despite cold temperatures and blizzard like conditions parents have ensured that students are at school. Sometimes students signal to their parents that the teachers don't teach in these situations, but, that is not the case. Regular instruction continues despite poor weather conditions. If your child does not come to school due to bus cancellation, please call the school to excuse them (to ensure student safety we need to have confirmation from parents that students are staying at home). Thank you!

Regular attendance at school is critical to the success of all students. Attendance is a mutual obligation between the school and the home that we all need to support. Thank you to parents who regularly report absenteeism of students to the office. Absenteeism messages can be left on the school message manager at 781-2115. Thank you for supporting the need for daily attendance.

Looking for a New Year's resolution? We have included Five Steps to Healthy Living from the Heart and Stroke Foundation of Saskatchewan as well as *The Educare Way*, *How Much Time Should Children Spend On Their Homework?* We hope you find this information both informative and helpful and perhaps parts of it may assist you in planning new goals for 2010.

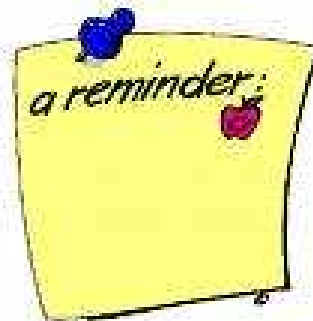
As always, please feel free to contact your child's homeroom teacher or the office if you have any questions or concerns. The school number is 781-2115. Thank you for your continued support of WCS – “Working Together For Success”.

Sincerely,

Mr. T. Kuz
Principal

SPECIAL EVENTS AND ACTIVITIES FOR FEBRUARY, MARCH AND APRIL

Feb. 1	Teacher P.D. (Non Student Day)
Feb. 4	PAHL Exploratory (grades 6-8)
Feb. 8-12	Olympic Week
Feb. 15	Family Day
Feb. 16/17	Winter Break
Feb. 18	Teacher Convention
Feb. 19	Teacher P.D.
Feb. 22	Classes Resume
Feb. 24-26	Telemiracle Week
Mar. 1-5	RAK Week (Teacher Appreciation)
Mar. 3	Grade 8 Science Fair Viewing (6:00 p.m. to 7:30 p.m.)
Mar. 12	School Break
Mar. 29/30	Parent/Teacher Interviews
April 1	Non-Student Day in Lieu of Interviews
April 2	Good Friday
April 5-9	Easter Break
April 12	Classes Resume
April 30	Non-Student Day



*Thank
You*

The Student Leadership Council would like to thank students, staff and community members for showing their generosity by donating to our Haiti relief fund. A total of \$2270.46 was raised and forwarded to Haiti through the Red Cross. This successful fundraising event is another example of WCS members “working together for success”.

TRANSCANADA CORPORATION DONATES TO WCS

TransCanada Corp. donated \$1,916.00 to our Guided Reading Program. These funds will allow us to purchase more guided reading materials that students can access. Thank you to the Community Investment Team for selecting White City School. Special thanks to Deanna D. and Shauna K. from TransCanada Corporation for their assistance in the application.

On **Wednesday, March 3rd, 2010** our WCS grade eights will be celebrating their Science Fair success! In period 5, students will set up their projects in the gym, followed by an open invitation for other classes to visit the fair and learn from our young scientists. **A public science fair will be held later that evening from 6 -7:30 p.m;** all grade eight students will be present to share in their findings and explain their innovative ideas. Family, friends and community members are encouraged to attend. Following the conclusion of the fair, projects will be chosen to advance to the PVSD Regional Science Fair, held at Greenall High School on March 22 and March 23, 2010.



Band News

We're working towards our upcoming Festival Concert and Optimist Band Festival performances, as well as finishing our planning for our Grade 8 Band trip.

Our Festival Concert is on Tuesday, March 9th, 2010 at 7:00 at White City School. Please mark the date down on your calendars and come and support our bands!

Our bands will also be performing at the **Optimist Band Festival during the days of March 16th, 17th and 18th, 2010.** I'll be sending home

permission slips as soon as dates and times are confirmed. Our Annual Jazz Auction and Coffeehouse is also coming up, on Thursday, March 4th at 7:00 p.m. at Greenall School. Enjoy a dessert and a fun and exciting auction to help benefit our band programs!

Calendars and Fundraising packages went home during mid-January! Don't forget to check the band blog at thebandguy.wordpress.com for notes, calendars and important information!

Sports Corner



Junior Boys' Basketball – Coaches Mr. Rosnau and Mr. Wheeler

The Junior Boys' basketball team has been formed and practices/games are up and running. With changes to the league this year, the team has the opportunity to travel and host a variety of different schools that we hadn't usually played against in the past. The team is working hard and playing well. We are pleased with the effort and commitment the players are putting forth. League games are scheduled weekly either on Wednesday or Thursday nights. The 2010 WCS Junior Boys' Roster is as follows: Blake S. (6B), Josh T. (6B), Nolan L. (7D), Kolton B. (7D), Cohen Y. (8HL), Keegan B. (8HO), Tyrel N. (8HO), Garrett S. (8HO), Josh W. (8HL), Lucas N. (8HO), Brendan H. (8HO) and Kyle T. (8HL). Come out and support the home team!

February 3 - White City hosts NOEC (Nakota Oyade Education Centre)

February 11 - White City hosts Lumsden

February 24 - Qu'Appelle hosts White City

March 5 and 6 – Playoffs

Junior Girls' Basketball – Coach Ms. Fowler

The Junior Girls' basketball started the season with wins against Pilot Butte and South Shore. On January 23 and 24 they traveled to Lumsden for a tournament where they met with some serious competition. Although all girls passed, dribbled and shot well, it was a tough battle. They lost to Regina Jr. Cougars and Lumsden but came up on top defeating Montmartre in their last game. Next home game is Thursday, February 4 against Lumsden. Come out and watch your Wolverines in exciting basketball action!



Five Steps To Healthy Living

- Eat less fat, less salt, more vegetables and fruit, more whole grains. INTERHEART found that diets high in animal products, fat and fried foods can up the risk of an acute heart attack by 35 per cent when compared to diets with more vegetables, fruit and non-animal protein. The Heart and Stroke Foundation recommends following Canada's Food Guide, including choosing vegetables and fruit more often, particularly those which are dark green or orange, having at least half of your grain products as unrefined or "whole-grain" foods, and limiting fats (especially saturated and trans fats), salt and sugar.
- Be smoke-free. Smoking one to five cigarettes daily increases the risk of a heart attack by 40 per cent. Smoking can also cancel the benefits of blood thinners or cholesterol-lowering drugs. The risk of stroke, in particular, increases with the amount of tobacco exposure.
- Be active everyday. Gordon notes that physical activity can be a lifesaver, literally. When you're active 30 to 60 minutes a day, most days of the week, you can dramatically lower your risk of heart disease and stroke. Regular activity also helps prevent and control risk factors such as high blood pressure, high cholesterol and obesity. Adding more activity to your daily life may also reduce stress levels, increase energy and improve sleep and digestion.
- Achieve a healthy weight. In today's world, trying to keep to a healthy weight can be a real challenge. Portions are much larger than they used to be, unhealthy food choices are easily available, and busy schedules can play havoc with regular mealtimes and activity. A modest 5 to 10 per cent drop can reduce your risk of heart disease and stroke by lowering your blood pressure and improving your cholesterol profile.
- Know and control your blood pressure. High blood pressure affects one in five Canadians but many don't know they have it because it has no symptoms – you can't "feel" high blood pressure. It is the number one risk factor for stroke and a major risk factor for heart disease, but the good news is that you can control it. By following the other four steps to healthy living you may be able to keep your blood pressure in a healthy range. If not, work with your doctor to establish an effective plan. Have your blood pressure checked at least one every two years, more often if your blood pressure is high or high-normal (higher than 130/85*).

The Heart and Stroke Foundation is Canada's leading voice on matters of the heart. This winter, take time to think about your own lifestyle and how you can make small changes that can add up to a big improvement in your heart health. Learn more at heartandstroke.sk.ca.



Kindergarten Registration

White City School is now taking registrations for the 2010/2011 school year. If you have a child who will be 5 years of age on or before December 31, 2010, he/she will be eligible for the 2010/2011 Kindergarten class. Please call the school at 781-2115 to register.

Also, if you know of any families who are new to the community or may not get the school's newsletter, please pass this information on to them. Thanks for your help!

Drawing & Art - After-School Program

Artrageous Minds instructs 130 students weekly - Wow! Artrageous Minds provides a guided foundation for drawing, while communicating powerful life skills - creative thinking, "can do" attitudes, teamwork, and problem-solving. It really is fun and easy to draw!

Tuesdays from 3:40 - 4:40 pm at White City School (Resource Room/Library) from March 2 - April 13; OR Thursdays from 3:40 - 4:40 pm White City School (Resource Room/Library) from March 4 - April 22

Call 569-3922 or visit www.artrageous-minds.com/schedules.htm for more information or to register!

Pam Gillies, Owner & Certified Instructor
Artrageous Minds
Email: info@artrageous-minds.com
Phone: 306-569-3922
Website: www.artrageous-minds.com

YEARBOOK ORDER FORM 2009 - 2010

Family Name: _____

Student's Names:

Homeroom:

Number of yearbooks at \$18.00 each: _____

Total Cost: _____

If you have not received acknowledgement of your order within 2 weeks, please contact Ms. Huck at 781-2115.
Please make your cheque payable to W.C.S. Student Account

White City School 2009 - 2010 Yearbook Receipt

Family Name: _____

Thank you for your order of _____ yearbooks. We have received payment of \$ _____

Signature _____ Date _____

