

EVERY STUDENT IS

- Known
- Valued
- Believed In



Saskatoon
Public Schools

December 9, 2020

FROM THE BOARD TABLE

Schools use creative approaches to mark Remembrance Day

Honouring those who served took on a unique look in schools this year.

All schools typically observe Remembrance Day prior to November 11, however due to COVID-19 health guidelines and a significant winter storm, school ceremonies in schools looked different this year, trustees heard during the Celebrating Excellence portion of the Dec. 8 Board of Education meeting.

Thanks to creative staff and students, many schools used video and virtual services to honour and highlight those who served and sacrificed for Canada. Many presentations included traditional services with readings and a moment of silence. Videos also highlighted student learning on the themes of Remembrance Day, as well as unique approaches such as a dance performance by students from Tommy Douglas Collegiate.

Other meeting highlights included:

- Trustees received an update from administration on the ongoing response to the COVID-19 pandemic. Student and staff safety is the top priority, including timely and effective communication with staff, parents, and the community. New provincial guidelines on close contacts and contact tracing in schools, and mandatory mask guidelines for all grades announced in late November were part of the update.
- A strategic plan update on the work of the division's First Nation, Inuit and Métis Education Unit. The unit's work focuses on the Truth and Reconciliation Commission's Calls to Action and ensures leaders and classroom teachers are supported in building their cultural competencies, relationships, and instruction.

Reports and information presented at board meetings can be found at saskatoonpublicschools.ca. The next meeting of the Board of Education is Tuesday, Jan. 12, 2021, at 5 p.m. Due to COVID-19 and physical distancing guidelines, members of the public may attend regular board meetings virtually. If you wish to attend please contact [Estelle Allington](#), Executive Assistant to the Board of Education, to request the link to the virtual meeting.

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ACADEMIC
EXCELLENCE



CHARACTER



ENGAGEMENT



WELL-BEING

STAY TUNED!



Our schools will hold Virtual Kindergarten Open Houses the spring. Until then, learn more about our Kindergarten program by visiting the Saskatoon Public Schools website.

There will be more opportunities to learn about Kindergarten in the new year. If you have questions or would like to register for September 2021, please contact your neighbourhood school.

saskatoonpublicschools.ca/kindergarten



Saskatoon Public Schools
Inspiring Learning



**LEARN MORE ABOUT WHO OUR
STAFF ARE STAYING HEALTHY FOR.**



COVID-19 CASES IN SCHOOLS

FREQUENTLY ASKED QUESTIONS

See saskatoonpublicschools.ca

IMPORTANT DATES

DECEMBER 10 Quint 3 deadline for transfer between collegiate online/in-person classes

DECEMBER 17 Final day of Quint 2 for high school students

DECEMBER 18 Last Day before Christmas Break

JANUARY 4 School Resumes

JANUARY 12 Saskatoon Board of Education Meeting 5 p.m.

MOVE TO GROW... YOUR BRAIN

Research evidence suggests that children who are more physically active do better in school. Exercising not only spikes brain activity and prepares you for mental stresses, but also increases the retention of new information and helps students to better react to complex situations. Just a single session of moderate exercise before school has been shown to benefit brain function and academic performance in children, while also producing healthy consequences in terms of mental health.

The benefits of exercise come directly from its ability to reduce insulin resistance, reduce inflammation, and stimulate the release of growth hormones—chemicals in the brain that affect the health and abundance of brain cells. Exercise stimulates growth of new connections between these cells in a wide array of important areas of the brain, making it easier for the brain to grow new and strong connections during a learning process. Indirectly, exercise improves mood and sleep, and reduces stress and anxiety.

Early Snow + Winter Fun = More Exercise + More Learning

The early snowfall has provided us with extra opportunities to get outside and Move to Grow during the winter. Please remember that this winter wonderland provides so many different activities (skiing, snow shoeing, tobogganing) for our families to have fun and get exercise to fuel our brains for learning. As a community let's think of ways to encourage each other to remain active on the way to school during these winter months. ***Have Fun.....Get Moving.....#MovetoGrow.***

