## **ADMINISTRATION MESSAGE**

7 %

Dear O.M. Irwin Parents and Caregivers,

Happy October! The school year is off to a wonderful start! September brought with it a renewed sense of energy, and it has been wonderful to see our students settling into routines, building friendships, and diving into their learning. Our staff and families have done an incredible job supporting a smooth and positive beginning.

As we step into October, we encourage everyone to embrace the season of change and growth. Just as the leaves transform, this is a perfect time for students to set new goals, challenge themselves, and discover the joy of learning in new ways. Let's carry forward the excitement of September into a month filled with perseverance, kindness, and inspiration. Events to look forward to this month include: Terry Fox Run, Fire Safety Week, SCC Forum, Spirit Days, SLC, and of course Halloween.

Have a terrific October everyone.

Mrs. Steinley and Mr. Horn



# WELCOME TO IRWIN SCHOOL!

We welcome parents, guardians & visitors into our school!

Please check in at the office when you arrive.

We will call your child to the office if you need to speak to them.

### **Bell Schedule**

Warning Bell Grade K-2 Warning Bell Grade 3-8	8:35 8:38
Period 1 Period 2	8:45 - 9:24 9:24 - 10:03
Break/Recess	10:03 - 10:18
Period 3 Period 4 Lunch	10:18 - 10:57 10:57 - 11:35
Period 5	11:35 - 12:25
Period 6	12:25 - 1:04
Break/Recess Period 7	1:04 - 1:43 <b>1:43 - 1:58</b>
Period 7	1:58 - 2:37



2:37 - 3:15

## **Important October Dates:**

Oct 2 - Terry Fox Assembly (P5 & 6)

Oct 3 - Fire Drill

Oct 6-10 - Fire Prevention Week

Oct 9 - SCC Fall Forum

Oct 9 - Spirit Day - Fall Colour Day

Oct 13 - Thanksgiving - NO SCHOOL

Oct 14 - Kids in the Kitchen (Oct 14th - Dec 9th)

Oct 15 - Early Dismissal @ 2:15

Oct 20 - Oct 23: Grade 6 Swimming Lessons

Oct 27 - Oct 30: Grade 6 Swimming Lessons

Oct 23 - Lockdown Drill

Oct 23 - Spirit Day - Wacky/Crazy Hair Day

Oct 24 - Burger King Meal Day

Oct 29 - Picture Retakes (pm)

Oct 31 - Halloween! (wear your costume)

Oct 31 - Spookerama (Grade 6, 7 & 8)

Oct 31 - Assembly @ 12:30



Nov 3 - NO SCHOOL - Convention

Nov 4 - Parent / Teacher Interviews

**Nov 6 - Parent / Teacher Interviews** 

Nov 10 - NO SCHOOL - Day in lieu of P/T

Nov 11 - NO SCHOOL - Remembrance Day

Nov 14 - Pizza Hut Meal Day

Nov 26 - Early Dismissal @ 2:15

## 2025/2026 Early Dismissal Dates

The Chinook School Division calendar includes five early dismissal days that are designated for teacher professional development to support student learning and assessment.

Students will be sent home at 2:15 on the following early dismissal dates:



October 15, 2025

November 26, 2025

February 11, 2026

April 29, 2026

June 3, 2026



## Back to SCHOOL MENTAL HEALTH TIPS FOR PARENTS

# Establish a Routine

CREATE A DAILY SCHEDULE FOR BEDTIME, WAKE-UP TIME, MEALS AND STUDYING TO PROVIDE STABILITY AND HELP REDUCE ANXIETY

### Set Realistic Goals

HELP STUDENTS SET ACHIEVABLE GOALS TO FOSTER A SENSE OF ACCOMPLISHMENT. BREAK LARGER TASKS INTO SMALLER. MANAGEABLE STEPS TO PREVENT FEELING OVERWHELMED

### Prioritize Sleep

ADEQUATE REST IS CRUCIAL FOR MENTAL HEALTH, LIMIT SCREEN TIME AND CREATE A TIND-DOWN ROUTINE BEFORE BEDTIME

# Encourage Social Connections

ENCOURAGE INVOLVEMENT IN GROUP
PROJECTS, EXTRACURRICULARS AND SCHOOL
HELP STUDENTS SET ACHIEVABLE EVENTS TO FOSTER A SENSE OF COMMUNITY

Model Positive Behavior

### Foster Open Communication

ENCOURAGE EXPRESSION OF FEELINGS AND CONCERNS. LISTEN ACTIVELY AND VALIDATE EMOTIONS TO HELP PROVIDE SUPPORT

# Stay Informed and Involved

KEEP IN TOUCH WITH TEACHERS AND COUNSELORS TO STAY INFORMED ABOUT YOUR CHILD'S PROGRESS AND ANY POTENTIAL ISSUES







**HEALTH** 



**MATTERS** 

### **School Information**

The front doors of the school will remain open. If a student is arriving late, lease ask them to stop by the office and check in before heading to class.

For students who walk to school or are driven by parents, please plan to arrive no earlier than 8:20 a.m.

If dropping something off for a student, please come in and bring it to the main office.

We will make sure your child gets it!

Please DO NOT drop off students in the staff parking area on the west side of the school! To ensure your child's safety, we ask that you use George Street for all drop-offs and pick-ups. Student

Irwin School is on Facebook! Please visit our school's Facebook page for all the exciting things happening in and around our school, and to check out upcoming events. <a href="https://facebook.com/omirwin/">https://facebook.com/omirwin/</a>

The Irwin Ice Hut Store is now open during morning breaks:

Grade 5 & 6: Days 1, 3 & 5

Grade 7 & 8: Days 2, 4 & 6

With the cold weather soon upon us, please send your children in fall gear and consider sending extra clothing in case their clothes get wet during recess.

## Important Parent / Volunteer Information

With school activities well under way, please see the following requirements for volunteers regarding **Criminal Record Checks**, **Vulnerable Sector Checks & Driver Authorization Forms**. These forms are required by the Chinook School Division in certain circumstances when volunteering for school activities:

- 1. If parents are driving students other than their own to a planned school activity, they need a **Driver Authorization form** filled out for the 2025-2026 school year (a new one has to filled out each school year) as well as a **Criminal Record Check** (not Vulnerable Record Check).
- 2. If parents are driving just their own children, they obviously do not need anything filled out :)
- 3. If a parent is helping a coach or is in a classroom where they **will not** be in charge or left alone with students, they can just help **without** a Criminal Record Check or a Vulnerable Sector Check.
- 4. If a parent is in a chaperone or coaching support role, where they are supporting students in a supervisory role or could be left alone with students, they will need a Criminal Record Check with a Vulnerable Sector Check as well.

All forms are available for pick-up at the school office or can be sent home with your child. Once filled out and approved, please return the forms to school. The Criminal Record Check and Vulnerable Sector Check forms are to be filled out and taken to the City RCMP Detachment, where the staff usually approve them while you wait. There is no charge to the applicant. The Driver Authorization forms must be filled out and returned to the school (new Driver Authorization Forms are required for each school year). Thank you!

# Pickup and Drop-off Guidelines for Parents and Caregivers



## Pickup and Drop-off Guidelines for Parents and Caregivers

- ★ Please do not park in the yellow zones or stop/park in the crosswalks. Remember there is a 30 km/hr speed limit in the school zone. Please drop-off and pick up your child(ren) outside of the school at the designated entrances. The designated entrances are:
  - o North East Entrance Grades 3, 4, 5, 6, and 7
  - o South East Entrance Grades K, 1, 2, 7 and 8.
- Please access the school via George Street to drop off and pick up your child(ren). Use the crosswalk and crosswalk lights when crossing George Street.
- ★ Parents and Guardians, please refrain from dropping off or picking your child(ren) in the staff parking lot and Chinook SD bus layover.
- **★** Thank you!



### Kids in the Kitchen is starting up again in October!



Kids in the Kitchen is an after-school cooking club for grade six students. It is a fun and interactive way for students who are interested in cooking to learn a few basic skills. It takes place on Tuesdays after school from 3:30-5:00 and there are three 8-week sessions available for students to choose from. There are a limited number of spaces in each session.

FALL Session is Oct 14-Dec 9
WINTER Session is Jan 13- Mar 10 (excluding Feb 17)
SPRING Session is March 31- May 26 (excluding Apr 7)



### Click the link to the Registration Form:

https://forms.gle/7dvvNEGh5rijjFy29

Registration forms are due Monday, October 6. Students are placed in their sessions based on space availability. Register early to ensure your child gets a spot in the session of their choice.

If you have any questions or concerns, please feel free to contact Mrs. Thompson at the school, or email cthompson@chinooksd.ca



### 6 THINGS TO SAY <u>INSTEAD</u> OF "GOOD JOB!"



"LOOKS LIKE YOU HAD FUNI WHAT PART DID YOU ENJOY THE MOST?"



"I SEE YOU WORKING HARD. YOU'RE MAKING A LOT OF PROGRESS"



"THIS WAS NEW! HOW DID YOU FEEL WHEN YOU WERE MAKING THIS?"



"THIS MUST HAVE TAKEN A LOT OF PRACTICE ARE YOU PROUD?"



"YOU WERE SO FOCUSED ON YOUR WORK. CAN YOU TELL ME ABOUT IT?"



"YOU LOOK VERY EXCITED ABOUT COMPLETING THIS PROJECT! WHAT DID YOU LEARN?"

#### SHIFTING FROM EXTERNAL PRAISE TO INNER AWARENESS

- 4 Hold general praise ("You were great!") and evaluation ("Amazing presentation!") to make room for kids to process their own feelings and opinions.
- Ask open-ended questions and invite children to notice how they feel about their efforts; both the process and the outcome.

#### THIS LEADS TO SELF-RELIANCE AND EMPOWERMENT

As you encourage their reflection, children learn to appreciate their own strengths, which contributes to their confidence and resilience.



In turn, they learn to rely on themselves instead of seeking external praise or evaluation, making them more empowered.





# MESSAGE FROM MICHELE

### **BAND NEWS**

From Ms Jersak

**Attention Band Parents & Families** 

The AGM for the Swift Current Band Parents' Auxiliary will be held on Thursday, October 16th at 7:15 pm in the **SCCHS Music Room.** Please consider this your invitation to attend. The meeting is open to all band parents from Grades 6 - 12. The meeting will be brief. We are currently looking for new members to serve on the executive board (Vice President, Treasurer, and various fundraiser task leaders). If you are interested in filling one of those positions, please contact Kelsey Brandt at scband.president@gmail.com or contact Ms. Jersak for more information.

Parent volunteers and participation are vital to the continued operation of the auxiliary.





From Mrs. Bleackley



Our school library is open for business as usual!

Mrs Bleakley is excited to see all Irwin students as they come in with their classes.



### **SCC News!**

# Thank you to the following Irwin School parents for volunteering to serve on the 25-26 School Community Council

Amy Tynning	Chair	Kim Busse	Representative
Nicole Dwyer	Secretary	Christie Robinson	School Representative
Whitney Marsden	Representative	Sheena McLean	School Representative
Hillery Macfie	Representative	Geoff Horn (Vice Principal)	School Admin
Ashton Redden	Representative	Deb Steinley (Principal)	School Admin

The SCC is a group of parents who help support the goals of the school and school division. The SCC meets about 6 times a year. We are looking for a few new members! If you are interested, please reach out to Mrs. Steinley or Amy Tynning (306-774-5178) for more information.

Our next meeting is scheduled for Tuesday, October 21st.

We would like to thank outgoing SCC members, Brett, Aaron & Jay, for their time and service to the school community!

Welcome to new members Ashton & Hillery!



## **TERRY FOX NEWS**



Our annual Terry Fox Run Fundraiser is underway!

We are well on our way to reaching our \$10,000 fundraising goal! Thank you to everyone who supported Family Movie Night, Toonies for Terry Hat Days, Terry Fox t-shirt sales, Admin Antics ballots, and the Pizza Hut meal day. The support our fundraising campaign receives from our school community is outstanding, with the majority of our funds coming from families making online donations on our fundraising page. Visit <a href="www.schools.terryfox.ca/omirwin">www.schools.terryfox.ca/omirwin</a> to make a donation online today!

#### **Fundraising Incentives for this year:**

If we reach our \$10,000 goal, K-5 students earn a "DJ Darby Dance Party", and Grade 6-8 students earn "Middle Years Madness" which will be a fun afternoon of activities in the gym.

If we reach our \$12,000 stretch goal, Mr. Darby will colour his hair, Mr. Grainger & Mr. Eltom will spend the night camping out in the courtyard at the school, and Icy Bear will be teaching a class for the day!

Top Fundraiser will become Principal for the Day!

Top Fundraising Class will have a principal teach their class for the day.

We are looking forward to seeing everyone at our Terry Fox Run event on Thursday, October 2<sup>nd</sup> beginning at 12:30pm. Families are welcome to join us for a quick assembly before we head out to walk around the neighbourhood!

## TERRY FOX WALK (2024)

Our 2025 TF Walk will take place on Thursday, October 2nd!







### **WELCOME TO IRWIN!**

For the 2025-2026 school year, Irwin is pleased to host the division's first Specialized Support Classroom (SSC).

Three coaches have joined our existing Student Support Team in order to offer a comprehensive approach to behaviour. Disruptive behaviour happens for so many reasons; the purpose of the Specialized Support Classroom is not only to reduce class disruption, but to explore and resolve the reasons why those moments occur.

In addition to individualized supports, a school-wide approach to behaviour tends to benefit all kids as expectations are clear, consistent, and thoughtful.







The 2025-2026 school year is in full swing and we are ready to show some school spirit.

Everyone is welcome to participate in our

## O.M. Irwin School October Spirit Days!!

Thursday, October 9th: Fall Colour Day

Thursday, October 23rd: Wacky / Crazy Hair Day

Friday, October 31st: Halloween Dress Up!

\*\*Remember: no scary costumes or fake weapons. Face masks may be worn for the school parade.



## REMEMBRANCE DAY ASSEMBLY

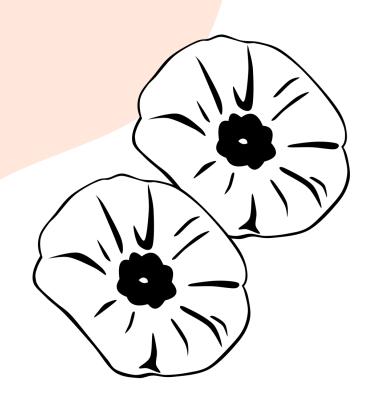
O.M. Irwin School's annual Remembrance Day Service will be held at the beginning of November (date to be announced)

Families are welcome to attend.

We will continue to build upon our Virtual Wall of Honour presentation that we do every year. This presentation features our loved ones who have served, or are currently serving in the Canadian Armed Forces.

Photos that were sent in previous years will be used again this year. If you wish to include a loved one in our presentation, please send a digital copy of a photo, along with their name and the name(s) of the student(s) they're connected to.

Send submissions to cthompson@chinooksd.ca before November 4th.



# FREE EYE EXAMS

### **DID YOU KNOW?**

Saskatchewan Health covers the cost of annual eye exams for all children under the age of 18





When should my child receive their first eye exam?

We recommend that children have their first eye exam between 6 and 9 months of age.

? How often should my child get their eyes examined?

Once between 6 and 9 months, once between the ages 2 and 5, and annually after the age of 5.

To find an optometrist near you, or for more information, visit childrensvision.ca







### THANK YOU TO OUR COMMUNITY!

#### **PIONEER CO-OP**

Thank you to Pioneer Co-op for donating prizes and a portion of the proceeds from their "Fuel Good Day 2025" events to our Chinook School Division Nutrition Programs.

Your community spirit and generosity are greatly appreciated!



#### LIVING SKY CASINO

Thank you to Living Sky
Casino (Siga Day of Sharing) for
donating boxes of groceries for
our school's Breakfast Program.
Your generous donation is
greatly appreciated!



Thank you to the Evangelical Mennonite Church for your generous gift card donation. Your gift will be used to purchase much needed supplies for our school's Nutrition Program.





# Potty Time 101



2<sup>nd</sup> Session Getting Started Saturday, October 18 & 25 OR Wednesday, October 22 & 29. 9:30-11:30 AM

> Dickson Community Centre 751 Lorne St. W, Swift Current

In this FREE 2-session caregiver workshop, the Early Years
Community Program Designer will provide strategies and answer
questions to help your family prepare for the toilet training



# COMMUNITY INFORMATION!

ADD/ADHD Information and Parenting Support Group:

Please feel free to attend the information group with any ADD/ADHD, learning difference or relationship questions. Or call Laurie at 306-626-3317.

Meeting will be held at The Great Plains College room 119 7:00-9:00 PM on the second Tuesday of every month.

If you know of anyone who would benefit from this information, please pass this on.

Thank you!

### Plan for Winter/Cold weather





#### LABEL! LABEL!

Please send your child in warm, outside gear (toques, mitts, scarves, ski pants, boots). It is important that everything is LABELLED! We want our students to wear suitable winter jackets as well as hand and ear protection coming to and from school including those students who travel to school by bus.

### Morning Emergency - Bussing Back-Up Plan

It is important to develop and discuss with your children a back-up plan should the school bus be delayed in the event of inclement/stormy weather on its morning route.

- \* What would your child do if his/her bus did not meet its scheduled pick up time?
- \* Is there someone at home to assist?
- \* If parents leave for work and no one is home, does your child(ren) have access to their home to make a telephone call? If so, who would they call?
- \* Is there a neighbor home to assist?

It is better to be prepared than to experience a potentially dangerous situation.

Please take a few minutes to arrange your back-up plan and discuss it with your child.

### Severe Weather and Student Transportation

In the event of severe winter conditions, Swift Current city bus runs will be cancelled pending consideration of the following factors:

- · If the morning temperature is -40 degrees Celsius or the wind chill is -45 degrees Celsius or below
- · Adverse road conditions
- · Limited visibility because of fog or blowing snow

When a decision is made to cancel buses it will be made by 6:30 a.m. Information will be relayed to the public through local media on all radio stations.

If buses do not run in the mornings, you will need to provide transportation for your child before and after school.



### Personal Electronic Devices in Schools



Student use of personal electronic devices limited/not permitted during instructional time.

## Potential BENEFITS

- Increase focus
- Increase learning engagement
- Increase personal & social interactions
- Promote healthy habits
- Reduce interruptions in learning
- Reduce distractions
- Reduce anxiety & stress
- Reduce time spent on social media









## NOTICE O

#### Photo or Video Recording at School Events

According to Chinook School Division Administrative Policy 180 and the Local Authority Freedom of Information and Protection of Privacy Act (LAFOIP), please be aware of the following:

- Events and activities at this school may be photographed or recorded by parents or third parties.
- Photos and video recordings are allowed for personal use only and cannot be published in any form, including on a website or social media site, without appropriate consents.
- Any party taking a photo or video recording shall be fully responsible for obtaining appropriate consents. The school and Chinook School Division accept no responsibility for such consents.
- Students who violate the requirements for use of photos and videos of school or school-related activities can be subject to school discipline.
- Parents or third parties who violate the requirements can be restricted from attending future events at the school.



## **In Motion Commotion**

## In Motion Commotion October Newsletter





Hey everyone! We hope you're having a fantastic first month back at school and staying In Motion!

Being active helps boost your self-esteem, gives you tons of energy, reduces stress, improves your sleep, and makes life more enjoyable overall!

If you're age 7-14, don't miss out on our Welcome to Recreation program! Each month, you can dive into a variety of sports and fun activities designed to keep you moving and engaged. Ready to join the excitement? Visit <a href="www.swiftcurrent.ca/play">www.swiftcurrent.ca/play</a>

Have you checked out the 2025-2026 Fall/Winter Community Services Guide yet? It provides information about community organizations, clubs, sport, culture and recreation opportunities that are available in the City. To view the newest guide <u>click here</u>

Let's get active and have some fun this fall!







### Home Alone Course

The course focuses on four main areas:



Responsibilities Routines Injury Prevention First Aid Program geared to children 9 years and older

> Course Cost \$50.00 per child

TIME: 9:30am to 12:00pm OR 1:00pm to 3:30pm

#### 2025 DATES

January 11 March 1 May 3 July 9 September 13 November 1



First Aid Kit \$10.00

Please bring: Paper Pen/Pencil Healthy Snacks Beverage

CLASSROOM Neufeld Auction Building 616 Cheadle St W



To Register Email: cypressafas@gmail.com Or visit our website: cypressafas.ca



# Babysitter Training Course

The course focuses on five main areas:

Business Skills Leadership Child Care Injury Prevention First Aid/CPR

TIME: 9:00am to 4:00pm

2025 Dates

February 1

April 5

June 7

August 6

October 4

December 6



Program geared to children 10 years and older

> Course Cost \$70.00 per child

First Aid Kit \$10.00



Please bring:
Paper
Pen/Pencil
Healthy Snacks
Beverages
Lunch
1/2 hour
Stay at classroom

CLASSROOM Neufeld Auction Building 616 Cheadle St W



To Register Email: <a href="mailto:cypressafas@gmail.com">com</a> or on our Website: cypressafas.ca
BST Course fills up fast, to ensure spot register as soon as possible
with registration fee paid.



STANDARD FIRST AID

## BASIC or INTERMEDIATE & CPR-C/AED COURSE



BASIC FIRST AID/CPR-C
One day (8 hours) First aid course
For employees working in low risk
environments such as customer service,
daycares, education

INTERMEDIATE FIRST AID/CPR-C Two day [16 hours) First Aid course For employees working in medium to high risk environments such as oil field, carpentry, mechanical, Coaches, etc.

INTERMEDIATE FA/CPR-C/BLS Health Care students and employees

\*AED Training is included with all courses\*

First Aid/CPR-C/AED
TIME: 8:00am to 5/6:00pm
Breaks throughout the day
Lunch & 12:00 pm to 1:00 pm

#### 2025 Course Dates

January 18 & 19, R 20 February 5 & 6, R 7 March 8 & 9, R 10 April 14 & 15, R 16 May 12 & 13, R 14 June 21 & 22, R 23 July 14 & 15, R 16 August 11 & 12, R 13 September 20 & 21, R 22 October 6 & 7, R 8 November 15 & 16, R 17 December 8 & 9, R 10

BASIC - First day of listed dates INTERMEDIATE - Both days Recertification - R

#### Cost of Course

BASIC FA/CPR-C - \$125.00 INTERMEDIATE FA/CPR-C - \$175.00 INTERMEDIATE FA/CPR-C/BLS = \$185.00 Recertification BASIC FA/CPR-C - No Recertification INTERMEDIATE FA/CPR-C - \$175.00

INTERMEDIATE FA/CPR-C/BLS = \$185.00

Classroom
Neufeld Auction Building
616 Cheadle St W

To Register: Call 306.774.4885 Email: cypressafas@gmail.com Website: cypressafas.ca





## SPOCKERAMA INFORMATION



- 1. Dance is open to Grades 6-8 in the City of Swift Current, Waldeck, Wymark, Success and Hazlet.
- 2. \*\*Doors open at 7:00 pm and close at 8:30 pm. The dance and games will run until 10:00 pm.
- \*\* Please note the change in times.
- 3. Students do not have to stay until 10:00pm, but if they are wishing to leave early, they MUST phone a parent/guardian for a ride. Students will not be allowed to walk home alone.
- 4.Each student will need to present either their student card or a letter from the principal, with the student's name in order to get into the dance.
- 5. Pizza and pop will be served at no charge.
- 6. Coat check will be available.
- 7. Zero tolerance for behaviour which causes concern. If there are any problems, the students are to report to the nearest Kiwanis member.
- 8. This year, new to the Spookerama Hallowe'en Party, there will be lots of prizes! There will be prizes for the Scariest, Funniest and Most Creative costumes, plus spot dance prizes and door draws. We look forward to seeing your fantastic costumes!

This event is co-sponsored by Swift Current Kiwanis Club and the City of Swift Current.

For more information, call Marty Salberg. 1-306-741-7947

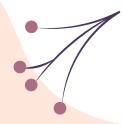
# The Best Personalized Labels for Everything That Goes to School.



mabel's labels

Go to **campaigns.mabelslabels.com** and choose **OM Irwin School** from the list. Then shop and your labels will ship directly to you FREE!

# Mabel's Labels



Irwin School has an ongoing fundraiser with Mabel's Labels! These are waterproof, laundry and dishwasher safe labels in fun designs that make it easy to label all your student's items that come to school!

Get ready for back to school by ordering early! Shipping is free, and items are delivered to your address!

Click the link to access our fundraising page:

www.campaigns.mabelslabels.com

and then enter **OM Irwin** into the search bar to support our school!

### **JOIN OUR TEAM!**

Chinook needs casual bus drivers!
We offer many job benefits:

- Competitive wages
- Free hands-on training
- Weekends & holidays off
- Great hours & flexible schedules
- Pension (MEPP)
- Future permanent route opportunities

Visit our website or contact us! https://www.chinooksd.ca/careers



