

KIKINO SCHOOL NEWSLETTER



NOVEMBER/
DECEMBER

WHAT'S
NEW?

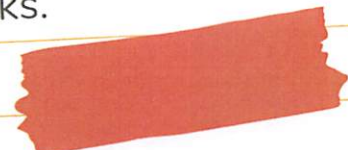
About Our lunchroom

Our students requested that we go back to eating lunch together so this year we put the lunch space back in operation. This newsletter contains a copy of the menu. All students are encouraged to eat the hot lunch provided. We recognize that we have some students with different needs and we work with specialists to increase tolerance for food. Students who have dietary restrictions are supported to bring their lunch bags to the lunchroom. The expectation is that the students are eating lunch, not snacks. We have snack time in the classroom.

Students are expected to bring food that fuels their body to learn during the day. Our students are not allowed to bring chips or chocolate bars for snacks.

NLPS Admin
Procedures
included::
AP 350 Student
Conduct
AP 352 Student
Substance Abuse
AP 357 Student
Suspension and
Expulsion

Funding for our nutrition program comes from an Alberta Ed grant to our jurisdiction. Additionally, I spend time filling out breakfast grants that fund our breakfast program.





SCHOOL WINTER DRESS

students dropped off
must be properly
dressed as well

Reminder to dress for the weather now. Students must be wearing winter boots and winter jackets now to get on the bus. They must have winter gloves with them as well and a touque. We are skiing again so long socks are a must.

Ski pants are a must as well. If you are in a bind then an extra pair of sweats on top of their pants is ok.

If your child is prone to losing their stuff please ensure their name is marked on everything with a permanent sharpie. It helps if you sew yarn through their gloves and string them through the sleeves.



Upcoming Events

- Nov. 21-22 4-7pm parent teacher interviews
- Nov. 24 no school Friday
- Dec 8th-no school for students
- Christmas concert Dec. 12th at 1:30pm
- Dec. 22 last day for students
- January 8th-school resumes

Please note:
The Christmas
concert is a
public event

Gender	Age (years)	Activity Level		
		Sedentary	Moderately Active	Active
Child	2-3	1,000	1,000 - 1,400	1,000 - 1,400
Female	4 - 8	1,200	1,400 - 1,600	1,400 - 1,800
Female	9-13	1,600	1,600 - 2,000	1,800 - 2,000
Female	14-18	1,800	2,000	2,400
Male	4-8	1,400	1,400 - 1,600	1,600 - 2,000
Male	9-13	1,800	1,800 - 2,200	2,000 - 2,600
Male	14-18	2,200	2,400 - 2,800	2,800 - 3,200

WHAT HAPPENS IF A CHILD DOESN'T EAT ENOUGH? THE TWO MAIN SYMPTOMS OF NOT EATING ENOUGH ARE WEIGHT LOSS AND DEHYDRATION. REMEMBER, THE JOB OF CHILDHOOD IS TO GAIN AND GROW. IF YOUR CHILD ISN'T EATING ENOUGH AND YOU'RE WORRIED, HEAD TO THE PEDIATRICIAN TO CHECK WEIGHT AND GROWTH ON THE GROWTH CHART.

SNACKS & LUNCH

IT WILL BE THE RESPONSIBILITY OF EACH PARENT TO PROVIDE A HEALTHY SNACK OR LUNCH (WHERE APPLICABLE) FOR THEIR CHILD. PLEASE KEEP IN MIND THAT WE DO HAVE A SNACK FRIDGE IN THE FRONT ENTRANCE!

AS PART OF OUR EFFORTS TO PROMOTE A HEALTHY LIFESTYLE, WE ASK THAT ALL SNACKS FOLLOW THE CANADA FOOD GUIDE WHERE POSSIBLE.

CATEGORIES OF FRUIT, VEGETABLES, BAKING OR DAIRY; THE CHILDREN SHOULD BRING SNACKS WHICH INCLUDE AT LEAST TWO DIFFERENT FOOD GROUPS EACH DAY.

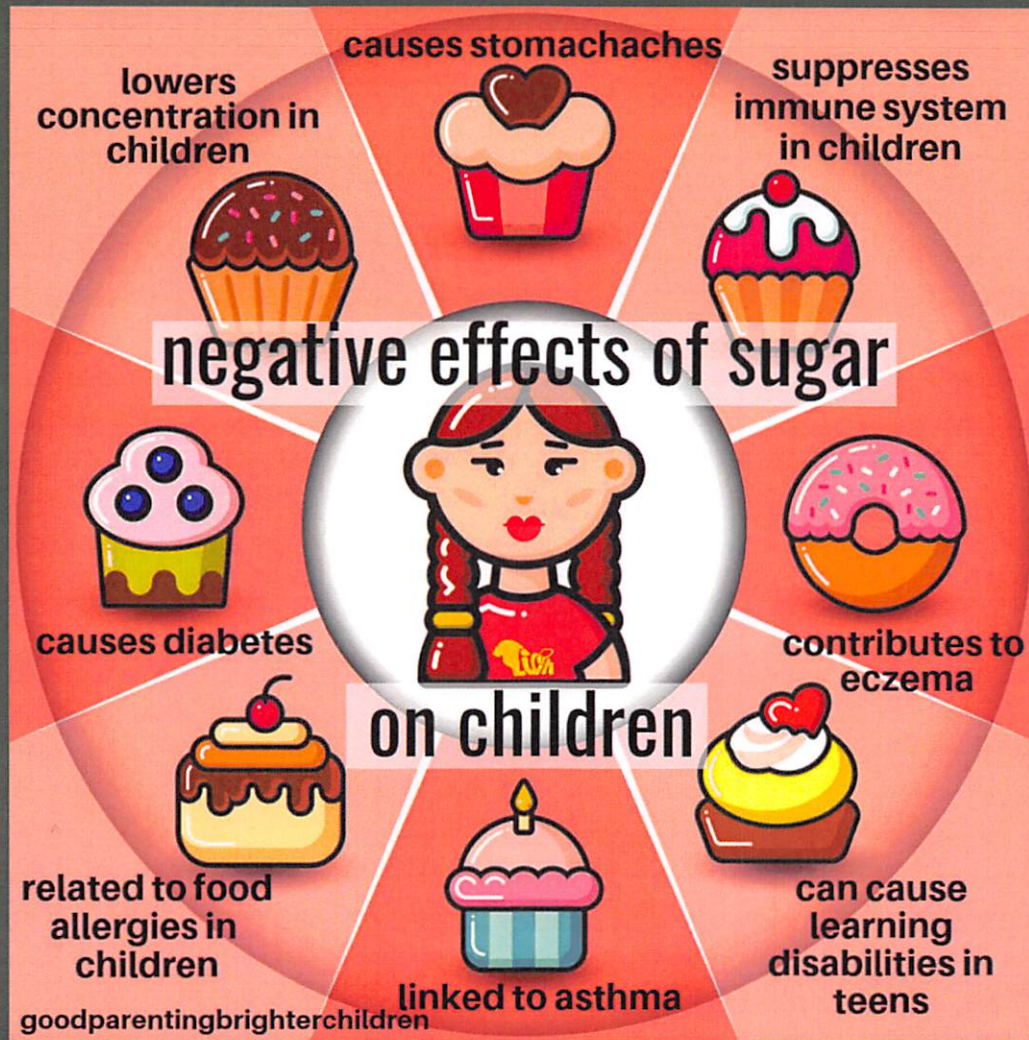
A HEALTHY DRINK IS ALSO NECESSARY. WATER IS ENCOURAGED AS MUCH AS POSSIBLE AND THAT IS THE ONLY DRINK FOR THE LUNCHROOM. ALL CHILDREN ARE PROVIDED A CUP AND COOL WATER IS IN THEIR CUPS AND PLACED ON THE TABLE.

ALL CLASSROOMS ENSURE OPPORTUNITY FOR SNACKS ONCE IN THE MORNING AND AGAIN IN THE AFTERNOON. THE BREAKFAST TROLLEY GOES TO EACH CLASS EVERY MORNING.

STUDENTS REQUIRING SPECIALIZED LUNCHES WILL DISCUSS WITH THE SCHOOL PRINCIPAL STUDENT NEEDS AND A PLAN WILL BE PUT IN PLACE. PARENT PROVIDED LUNCH SHOULD INCLUDE DIFFERENT FOOD GROUPS AND NOT BE WHAT IS CONSIDERED AS SNACKS.

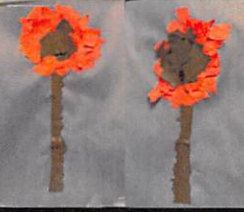
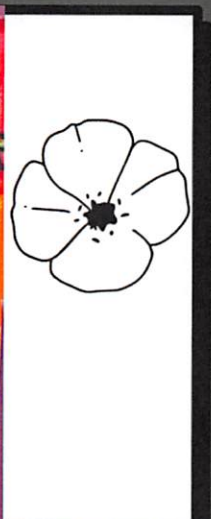
NUTRITION GUIDELINES FOR KIKINO SCHOOL

- WATER IS ALWAYS ENCOURAGED, MILK, FLAVORED MILK, OR 100% FRUIT JUICE. NO GLASS BOTTLES OF ANY TYPE ARE ALLOWED.
- NO POP UNLESS WE ARE ON A SPECIAL DAY. STUDENTS ARE NOT ALLOWED ENERGY DRINKS.
- NO CANDIES, GUM, CHIPS, OR CHOCOLATE BARS
- SWEETS WILL BE RESERVED FOR SPECIAL OCCASIONS - WE LOVE CELEBRATING SPECIAL OCCASIONS!



Spirit North visits Kikino School!

Spirit North stopped by join our students during phys ed classes on Nov 14, 15, 16. Chad, Anika and Shay showed the students how to play some traditional outdoor games as well as develop warm up and cool down skills with students who are interested in taking that extra step for athletics. We are excited for Spirit North to come back once it snows.



DECEMBER

2023

SUN MON TUE WED THU FRI SAT

1 2

3 4 5 6 7 8 9

No School

10 11 12 13 14 15 16

17 18 19 20 21 22 23

24 25 26 27 28 29 30

31

Christmas Break Dec 23-Jan 7
Back to school Jan 8

Daily Menu (UPDATED Oct 2023)

Date: September 2023-June 2024

Students: 111

Week 1	Week 2	Week 3	Week 4
Monday	Monday	Monday	Monday
Muffins/baked item Chicken strips Fries Water	Cereal Tacos Water	Muffins/baked item Chicken Mashed Potato Vegetables Water	Cereal BBQ Burgers Vegetables Water
Tuesday	Tuesday	Tuesday	Tuesday
Cheese & Crackers Tomato Soup Vegetables Bannock Water	Yogurt w/ Granola Vegetable Soup Bannock Fruit Water	Cheese & Crackers Chicken Noodle Soup Bannock Fruit Water	Yogurt w/ Granola Chicken Noodle Soup Bannock Fruit Water
Wednesday	Wednesday	Wednesday	Wednesday
Fruit bowl w/ Granola Garlic sausage Mashed Potato Vegetables Water	Boiled eggs Spaghetti and meatballs Water	Fruit bowl w/ Granola Hamburger & rice Vegetables Water	Boiled eggs Baked Ham Mashed Potato Vegetables Water
Thursday	Thursday	Thursday	Thursday
Boiled eggs Bannock Dogs Vegetables Water	Bagels Shake/Bake Chicken Rice Water	Boiled eggs Spaghetti with tomato sauce Vegetables Water	Bagels Bannock Sandwich Fruit Water
Friday	Friday	Friday	Friday
Yogurt w/ Granola Chicken & rice Vegetables Water	Fruit bowl w/ Granola Baked Pasta Water	Yogurt w/ Granola Pepperoni Pizza Water	Fruit bowl w/ Granola Potato Wedges Cold Cuts Water

Based on availability, items may be switched out periodically



AP 350: Student Conduct

Background

The Superintendent has a responsibility to provide all students enrolled within the Northern Lights School Division No. 69 (NLSD) with a welcoming, caring, respectful and safe learning environment that respects diversity and fosters a sense of belonging. The Superintendent expects schools to help students develop behaviors and social skills which will enable them to be socially responsible, caring and contributing members of society. The Superintendent expects students to be responsible for their behavior that impacts upon the school environment regardless of where it happens, including online.

The Superintendent expects schools to create, distribute and review annually a student code of conduct which:

1. Ensures students respect constitutionally protected rights.
2. Prohibits bullying behaviors and sets out a procedure for addressing such behavior.
3. Is publicized and posted for all students and their parents or guardians.

The Superintendent expects students, in keeping with their level of maturity and capacity, to:

1. Act with due regard for the supervisory authority of staff.
2. Respect the constitutionally protected rights of others.
3. Refrain from bullying behaviors.
4. Refrain from taking or encouraging actions which are unsafe or put the safety of others at risk.
5. Refrain from making threats or engage in behaviors which disrupt the welcoming, caring, respectful and safe learning environment of the school.
6. Respect the property of the school division, staff and other students.

The Superintendent expects all staff members to share the responsibility for supervising the behavior of students and:

1. Look for opportunities to educate students in pro-social behavior.
2. Model the behaviors students are expected to learn.
3. Report violations of the established rules of conduct to the principal.

Procedures

1. A code of conduct shall be created in consultation with students, staff and parent council and reviewed annually to ensure it is current and effective.
2. The code of conduct for students is to be clearly communicated to students in an age appropriate format.
3. Parents shall be advised of the student code of conduct. The delivery of this information via paper or electronic means will serve as fair notice of the student conduct expectations of the Superintendent.
4. Students and parents/guardians must be advised that the violations of the code of conduct may result in sanctions up to and including suspension with a recommendation for expulsion in accordance with AP357 – Student Suspension-Expulsion.
5. The principal shall ensure that their school provides students with a process for reporting unwanted and unwarranted actions of other students that they feel constitute bullying behavior.
6. The principal shall ensure that support is provided for students who are impacted by inappropriate behavior, as well as for students that engage in inappropriate behavior.
7. Authorized supervisors, including parents, are expected to be familiar with the Student Code of Conduct and enforce the standards of behaviors described in section 8.
8. The principal shall be clear in developing the Student Code of Conduct and shall include the following directives to students in an age appropriate manner:
 - 8.1. Be responsible for providing a positive and healthy environment for others by maintaining order, self-discipline and having consideration for the rights and property of others;
 - 8.2. Be responsible for neatness and cleanliness of personal attire and hygiene;
 - 8.3. Refrain from fighting, physical bullying, creating disturbances, denying others the use of school facilities or buildings, intentionally injuring another person or acting in such a manner as to expose others to risk or danger of harm or injury.
 - 8.4. Refrain from using threats, psychological or social bullying, or engage in acts of intimidation against any other person whether on school grounds, off-school grounds or in a virtual online environment.
 - 8.5. Respect the health and safety of others and will refrain from possessing, transmitting, or being under the influence of any alcoholic beverage or non-prescription drug or prohibited substance or by engaging in gambling, extortion, theft, assault, excessive noise, or any other unlawful activity.

8.6. Respect the educational process and learning environment of others by refraining from intentional or habitual tardiness, inexcusable absences, or any activities which diminish the rights of others and the opportunity of other students to receive an education and obtain the maximum benefit from a public education.

8.7. Respect the rights of all individuals and refrain from discrimination because of the race, religious beliefs, colour, gender, gender identity, gender expression, physical disability, mental disability, age, ancestry, place of origin, marital status, source of income, family status or sexual orientation of that person or class of persons.

8.8. Respect and understand that the student code of conduct applies at sporting events, competitions, field trips, and other school sanctioned events wherever they occur.

References

Section 12, 45, 47, 60, School Act
Alberta Human Rights Act

Adopted

May 11, 2016



AP 352: Student Substance Abuse

Background

The Division is committed to providing a safe learning environment for all students that is drug and alcohol free.

The Superintendent expects schools to provide age appropriate educational programs regarding the harmful effects of alcohol and drug use and abuse. Information and/or supports for counselling related to alcohol and drug abuse shall be made available to students and parents or guardians.

Definition

"Drugs" means any substance, inclusive of illicit drugs, restricted drugs, misused prescription or nonprescription drugs, and misused solvents, the use of which has the potential to cause impairment or intoxication, changing or affecting the way a student thinks, feels or acts. For further clarity, any reference to drugs includes cannabis.

Procedures

1. Students suspected of distributing, selling, possessing, consuming or under the influence of alcohol or drugs while on or near school premises or while participating in a school or school authority sponsored activity shall be reported to the Principal. The Principal will investigate and ensure appropriate consequences which may include suspension or recommendation for expulsion.
2. Students in possession of paraphernalia related to the use of alcohol or drugs shall be reported to the Principal. The principal will ensure appropriate consequences.
3. In the event that students are found distributing, selling, possessing, consuming or under the influence of alcohol or drugs, the parent/guardian shall be notified immediately and requested to come to the school to pick up his/her child. Students under the influence of alcohol or drugs shall not be released from school without parent/guardian permission and accompaniment.
4. A letter describing the circumstances and the disciplinary action shall be sent to the parent/guardian as required by the Education Act.

5. The police shall be notified when, in the judgment of the Principal, a criminal act has taken place.

6. Use of drugs for student's personal medical requirements as prescribed by a licensed physician shall not be subject to disciplinary action. All medications must be stored and administered according to any Administrative Policies related to medications on school premises.

References

Board Policy 28 Student Code of Conduct, Northern Lights Public Schools
Section 36, 37, Education Act

Revised

June 2010, September 2020



AP 357: Student Suspension and Expulsion

Background

Northern Lights Public Schools believes where a student's behavior impacts upon the school environment, regardless of where it occurs, that:

1. threatens the health, safety, or well-being of staff or students; or
2. intentionally causes a significant disruption to the learning of students; or
3. demonstrates flagrant or continued disregard of the Student Code of Conduct or other behavioural expectations; or is injurious to the physical or mental well-being of others in the school,

that student's right to attend class, school, ride a school bus, or participate in an activity approved or sponsored by the school or Division may be suspended as determined by the Principal. When necessary, the Principal may recommend that a student be expelled from the school.

The Board believes the Superintendent or designate is in the best position to approach expulsion issues from an educational and non-political perspective. The Board therefore delegates that recommendations for expulsion shall be made to the Superintendent or designate in order to conduct the hearings as required and make a determination of the expulsion recommendation from the Principal.

Definition

Suspension is defined as removal from an individual class, or removal from school for a period not exceeding five consecutive days. Students may also be suspended from participation in extracurricular or school approved activities, or suspended from riding the bus not exceeding five consecutive days. Only a school administrator can suspend a student from school.

Expulsion is defined as removal from a school or schools for a duration of more than 10 days. Only the Superintendent or designate can expel a student from a school.

Procedures

1. A teacher may suspend a student from one class period. A written report on each one class suspension shall be entered into log entries by the teacher.
2. A principal may suspend a student from school, from one or more class periods, courses or education programs, or from riding in a school bus. Using a template provided, in the event of an out-of-school suspension a written letter with all pertinent information shall be provided to the parents or guardians, and a signed copy shall be forwarded to the division office.
3. Where the student is being recommended for expulsion, the Principal shall inform parents or guardian in writing, using a template provided, of the recommendation within the five consecutive days of the student suspension. The Principal is expected to communicate the intent to recommend expulsion with the appropriate Senior Executive member, and provide a copy of the written letter.
4. A hearing date and location will be established and communicated to the parents or guardians and Principal within ten school days inclusive of the first full day of suspension as required by the Education Act. Parents or guardians will also be advised that they have the right to an advocate.
5. The Superintendent or designate will convene the hearing, allowing both the students and/or parents or guardians and the Principal to present their statements. Following the hearing, the Superintendent or designate will decide on whether or not to uphold the recommendation for expulsion or allow for the immediate return of the student to school, the length of the expulsion, and the possible conditions of return. This decision will be communicated to the parents or guardian prior to the end of the ten school days. Communication will include a written letter. Additionally, the Superintendent shall inform the parents or guardians of the appeal process in the event the recommendation for expulsion is upheld.
6. In the event of an expulsion the Division continues to be responsible for the educational programming for the student, and will make and communicate appropriate arrangements. As per the Education Act, the expulsion from a school shall not extend from one school year to the next.

References

Section 36, 37, Education Act
Policy 28 Student Code of Conduct, Northern Lights Public Schools
NLPS Suspension and Expulsion Letters Templates

Revised

September 2020