



ST. LUKE SCHOOL



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www.gscs.sk.ca

Office Coordinator: Mrs. J. Oberg

Vice Principal: Mr. S. Cole

Principal: Mr. D. Hyshka

Trustee Liaisons: B. Elliott, J. Carriere

www.gscs.ca/studentsandfamilies/schools/LUK

Tuesday, January 26, 2021

We have almost reached the midway point for this school year and continue to be blessed: to remain in school as well as being safe/healthy too.

We have begun planning for the 2021-2022 school year. Information and video posts/links will be on our website for registration. Our French Immersion program will expand into Grade Three and possibly Grade Four if numbers permit.

We will be collaborating with Celena from Holy Spirit Church to plan activities for our journey through the season of Lent. Ash Wednesday begins during the Winter break on February 17.

A sincere thank you to the St. Luke CSC for the gift baskets provided for the school staff. Please know that we value and appreciate the thoughtfulness and recognition.

Darren Hyshka,
Principal

Steve Cole,
Vice-Principal

Dates to Note

Monday, February 1 – Friday, February 5

- French-Second Language Week

Monday, February 15 – Friday, February 19

- February Break – School closed



Valentines

We would like to let families know that students are able to share Valentine cards.

Please know that candy and food continue to not be permitted to be

shared by students and staff due to Covid-19.

Valentines cards should arrive at the school no later than 24 hours in advance of class circulation.

Heart Health Month

Our SafeSHIP Nursing Team are challenging all families and staff to a February fitness challenge. Please see more details at the end of this newsletter.



Polar Bear Club

We will be initiating the Polar Bear Club at St. Luke School, if the weather continues to be inclement. Usually during days when the windchill and temperature exceed -26°C , we stay inside. The Polar Bear Club would venture out for a five to seven-minute walk with our students on those days with staff supervision. Consent forms will be shared and required, along with warm clothing, for a student to participate in the club. Due to Covid-19 and cohort groups, additional scheduling arrangements are required.

Vaccinations by Public Health Nurses

We have been advised that our Public Health Nurses have been assigned to work on Covid-19 so they will not be coming into schools for vaccinations. We encourage families to contact their local Public Health Unit to make arrangements for vaccinations. The phone number for the South East Public Health office, 3006 Taylor Street East, is 306-655-4730.



February Spirit Days

Monday, February 8 – Wear clothing to represent your favorite sport

Tuesday, February 9 – Wear the colour Red in support of Heart Health Month

Wednesday, February 10 – Hat Day

Thursday, February 11 – Wacky Hair/Sock Day

Friday, February 12 – Pyjama Day

Daily Screening for COVID-19

It is imperative that parents and guardians please screen their children before sending them to school. If a student has any one of the symptoms listed on the Daily Screening Questionnaire that is attached at the end of the newsletter, we ask that the child please remain at home until symptom-free for 48 hours. Thank you for your cooperation and assistance with this matter.

COVID-19 Daily Screening Questionnaire	
Parents/caregivers/students must use this questionnaire daily for each student to decide if the student can attend school.	
Risk Assessment: Initial Screening Questions	
Do you, or your child, have any of the below symptoms:	CHOOSE ONE
• Fever	Yes No
• Cough	Yes No
• Shortness of breath/Difficulty Breathing	Yes No
• Sore throat	Yes No
• Chills	Yes No
• Painful swallowing	Yes No
• Runny nose/Nasal congestion	Yes No
• Feeling unwell/Fatigued	Yes No
• Nausea/vomiting/diarrhea	Yes No
• Unexplained loss of appetite	Yes No
• Loss of sense of taste or smell	Yes No
• Muscle/joint aches	Yes No
• Conjunctivitis (Pink eye)	Yes No
Has the person attending the facility travelled outside of Canada in the last 14 days?	Yes No
Have you/your child had close contact (face-to-face contact within 2 meters/6 feet) with someone who has travelled outside of Canada in the last 14 days and who is ill**?	Yes No
Have you/your child or anyone in your household been in close contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	Yes No
** "ill" means someone with COVID-19 symptoms on the list above"	
If you have answered "Yes" to any of the above questions, please DO NOT enter the school at this time. You should stay home and call 811 for directions.	
If you have answered "No" to all the above questions, you may attend school.	

Rink/Helmets

The Lakeridge Community Association volunteers have worked hard to get our rink up and running. The ice is smooth and ready to go. Students are able to use the rink during breaks but **must be wearing a helmet at all times**. If they are playing a hockey game, **students must have a helmet with a face shield**. **Hard pucks are also not permitted**. These same rules apply if your child's classroom is scheduled to use the rink.



SafeSHIP News . . .

Hello St. Luke's Community,
We would like to introduce ourselves to you as the winter term University of Saskatchewan Safe SHIP nursing students. Our team includes four 4th year nursing students in our final clinical placement, our names are Brynn Rieder, Jaiden Ivanochko, Kassandra Gilchuk, and Taya McKean. Our clinical facilitator is Tish King, whom you may know from past years. We will be at St. Luke's School on Mondays and Tuesdays until March 31st.

Please feel free to leave us a confidential voice mail or send us an email if you have any questions or concerns related to your child/children's health or well-being.

Our Philosophy:

As nursing students in the Safe SHIP program, we are dedicated to working and building partnerships with students, teachers, families, and the community to promote healthy choices. We will create a safe space for learning where individuals have the right to feel included and have a sense of belonging as we value diversity. We will work to create a safe and trusting school community that will positively impact future health. We will look at health choices, health consequences, and how we as nursing students can promote informed decisions. We will serve the St. Luke's community by fostering positive relationships and teaching this population about their health in a fun and engaging way.

We look forward to working with you and the St. Luke community over the next few months. **Keep an eye out for our February Family Fitness Challenge that is included with this newsletter!**

Contact information:

- Phone Number: 306-659-7766
- Email: safeship@gscs.sk.ca

St. Luke CSCC . . .

The next CSCC virtual meeting will be hosted on Wednesday, March 3rd at 6:30 p.m. Please contact the school office at 306-659-7370 to have your name included for the Microsoft Team Meeting. You will receive an email invitation as your confirmation.

Thank you to the CSCC members for their continued leadership and service to the students and staff of St. Luke School.

Holy Spirit Parish News . . .

SUNDAY MASS SCHEDULE

Saturday 5:00 pm

Sunday 10:00 am, 12:00 noon, 7:00 pm

Father Darryl Millette, Pastor

Father Phong Pham, Pastor

Celena Komarnicki, Youth Ministry Coordinator

www.holyspiritsaskatoon.ca

SACRAMENTAL PREPARATION, HOLY SPIRIT PARISH: Confirmation (Grade 6 and up)

The Diocese of Saskatoon has recently moved the age of Confirmation to Grade 6. If you have a child who is in need of receiving this Sacrament, and is in Grade 6 or

older, please contact Erin Gratton at egratton@rcdos.ca for a Registration Form and more information. Classes will take place over Zoom starting at the end of February and running until the end of March. To see the Bishop's Letter on the subject of Confirmation at an older age please visit: https://rcdos.ca/wp-content/uploads/2020/07/MHagemoen-to-Sask-Diocese-re-Confirmation-Jul8-2020.pdf?fbclid=IwAR24vn_8ae-oYLA8D5aqRU1oxef6gQVBSBFe1OPtV4TDIFQ6YSnfBlzs0qY

Pope Francis has declared that the Third Sunday in Ordinary Time is to be devoted to the celebration, study and dissemination of the Word of God. In 2021 the *Sunday of the Word of God* falls on **January 24**. So, what can we do to celebrate the Word of God?

1. **DESIGNATE A PLACE FOR LISTENING AND PRAYER:** Enthroned the Bible in your home. This is a spot or a place to come regularly to read the Bible, individually and/or as a family.
2. **READ:** Read the verses aloud, slowly and carefully, realizing that God is speaking through the sacred text. Imagine the scene, notice the feelings evoked by the text, and consider the type of writing used by the author.
3. **MEDITATE:** Considering what particular phrases or images have caught your attention, ask yourself what the text is saying personally to you. What insight, comfort, or challenge is God offering you?
4. **PRAY:** Respond to God who has spoken to you in the text. In words of thanks, praise, repentance, or petition, speak to God from the heart.
5. **CONTEMPLATE:** Simply rest in God's presence. Trust God to work within you and form you in the divine image. Stay in silence and savor the Holy Spirit.
6. **ACT:** Determine how you can turn your prayerful reflection into practical experience. Let the power of God's word have an effect in your life, making you a more committed disciple of Jesus.

Celena Komarnicki
Youth Ministry Coordinator for Holy Spirit Parish



St. Luke School February Fitness Challenge



The Safe SHIP nursing team is challenging all families in the St. Luke community to participate in our February Fitness Challenge!

What is it?

The fitness challenge will focus on tracking the amount of time your family spends being active. Activities that are acceptable for this challenge include anything that gets you up and moving around and increases your heart rate. Examples of activities are:

- Walking
- Skating
- Dancing
- Yoga
- Any sport
- Playing outside
- And many more!

How are we tracking this?

We are providing each student/family in the St. Luke's school with a calendar to track your activity progress. This challenge runs from **February 1st – February 28th, 2021**. Each time you are active make sure to mark down the following:

- Who participated in the activity?
- How long you were doing the activity?
- What was the activity?

Why participate in our challenge?

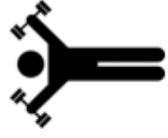
As Safe SHIP nurses we want to promote living a healthy lifestyle. February is a month that focuses on heart health and what better way to do this than to be active and exercise!

BONUS: Each family that participates in the fitness challenge will be entered into a draw to win prizes provided by our community sponsors!

Follow us on Instagram (@safeship_nurses21) for updates and to track progress of members in our St. Luke's community. Help us build momentum by uploading your own pictures of the challenge and tagging us in the pictures!

If you have any questions or concerns, please feel free to contact us at 306-659-7766 or Safeship@gscs.sk.ca
Good luck everyone!

Safe SHIP Nursing Team



St. Luke School February Fitness Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27

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Instructions:

Each time you exercise make sure to mark down **who** participated, **how long** the activity was done for, **what** activity was done.

Check out more information on heart health including benefits of physical activity, recommended amount of physical activity, and tips to getting active on the Heart and Stroke foundation website at www.heartandstroke.ca

Return this calendar to the Safe SHIP nursing team in the first week of March to be entered in for prizes!

Student's Name _____ Grade _____ Teacher _____