



St. Elias Community School

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January 23, 2015

Literacy Week:

Jan. 26th – 30th is Literacy Week. We have a series of fun school wide Literacy events that are planned to take place throughout the week.

Our biggest event starts today January 23rd and runs to January 29th. Students, staff and parents are invited to **Read Our Way to Eric.** For every 10 minutes of reading we cover 10km on our journey to Vancouver and back in support of Eric Morin and his family. A large map will be posted in the main hallway of the school to track our progress daily. Let's see how long it takes us to get there and back!

Throughout the week we will also have visiting authors and guest readers, the giggling bookworm making sudden appearances throughout the week where students and staff will drop everything and read for 10 minutes, and a buddy reading session on Friday January 30th where older students read with younger students.

On **Thursday Jan. 29th from 6:30 – 8:00 p.m.** St. Elias School and School Council is hosting a **Play For Literacy Event** in the school gym. Please bring your family and join us for an evening of board and word games that encourage literacy fun! School Council will be providing tasty snacks! Plan to make this a family and community event!!!

100's Day:

January 29th marks the 100th day of learning at St. Elias Community School for this school year. To help celebrate the K-4 to Grade 4 classes will be participating in a variety of special activities during the morning.

Please note: All K4 and Kg students will attend from 8:30 to 11:00am on Thursday. There will be no afternoon classes.

Upcoming Events:

- Jan. 23 – “Read Our Way to Eric” begins.
- Jan. 28 & 29 – Gr. 8/9 Drama Workshops with Sharon Shorty.
- Jan. 29 – Play for Literacy Event. Everyone welcome.
- Jan. 29 – 100's Day activities for Kg to Gr.4.
- Jan. 30 – Minister Graham and MLA Istchenko visit.
- Jan. 30 – Fun in the Sun Day.
- Feb. 3 – Gr. 4 to 7 Elementary Hockey Tournament in Whitehorse.
- Feb. 5 & 6 – Yukon Polar Games.
- Feb. 11 – St. Elias School Spell-Off for Gr. 4-9.
- Feb. 16 – Flag Day at SECS.
- Feb. 20 – Yukon Sourdough Northwestel Spelling Bee.

Welcome back Mr. Preto!!

continued on next page

SECS High School Semester Change:

With the end of January fast approaching we find ourselves in the midst of semester change. Grade 8-12 students have written Semester I exams and both staff and students are settling into some new courses for this second half of the year. **Report Cards have been issued and were sent home on Wednesday, January 21st.** If you would like to receive an electronic or mailed copy, please contact the school.

It is important to take time to review your student's report card and discuss their progress and achievements. It is also a great time to set goals and expectations for this coming semester courses. Setting regular time each day to complete homework, study and finish projects goes a long way to feeling and being successful in courses as well as prepared for the day to day learning tasks. And of course...daily attendance in all classes is vital.

Parent Help Needed Regarding Class Interruptions:

In order to minimize learning disruptions in our high school classes, we are asking parents and guardians for help with removing the use of cell phones and texting during class time. Please discuss with your student the importance of following this school expectation and leaving cell phones in lockers or at the very least turned off during class time. Please do not call or text you child on their cell phones during class time. Your support in this matter is greatly appreciated.

Drama Workshop:

CAFN Community Care Coordinator Jacque Chambers received funding to offer a New Horizons for Elders / Seniors Awareness project which our Grade 8/9 Drama students can be a part of!

This community / school based project will allow our Grade 8/9 Drama students the opportunity to meet with and learn from elders of our community and Champagne and Aishihik First Nation along with actress / play writer Sharon Shorty. Together they will explore ways in which communities and families provide positive supports for seniors and elders and discuss the warning signs and risks of elder abuse and oppression. Using the stories shared and learning about healthy, supportive ways of caring for our seniors that reduce acts of oppression, our Grade 8/9 drama students will create several scenes or skits to be performed at a H.J community dinner. This community event will showcase their learning through the project and create community awareness, educating others of the importance of healthy and supportive care for our seniors.

Next **Thursday and Friday, January 29 and 30th** our Grade 8/9 drama students and Mr. Symanski will be involved in a two day workshop with Sharon Shorty to begin their exploration in this unit and the development of the scenes. We look forward to this exciting learning opportunity for our students and the positive outcomes it holds for our students, staff and community at large.

Visit from the Minister of Education:

As many of you are aware, Yukon Education has a new Minister. Minister Doug Graham and MLA Wade Istchenko will be touring St. Elias Community School on January 30th. Minister Graham is excited to meet St. Elias Students and Staff and spend the morning with us.

Kids in the Kitchen a Big Hit!

Today draws an end to two weeks of amazing afterschool fun through the Kids in the Kitchen program. As was last year, the Kids in the Kitchen program has been a big hit with students. Our sincere thanks go out to Courtney Quinn and the volunteers who helped with this great program.

Fun in the Sun Day:

January 30th is Fun in the Sun Day at St. Elias School! Break out your favorite sandals, cool shades and summer gear!
continued on next page

Elementary School Hockey Tournament:

St. Elias Community School students who are also Haines Junction Minor Hockey Atom and Peewee players in Grades 4,5, 6 & 7 will be participating in the **Elementary Schools Hockey Tournament at the Canada Games Centre in Whitehorse on Tuesday, February 3, 2015**. Students will travel to Whitehorse early on the morning of February 3rd to participate in this Yukon Education sponsored event. All grade 4-7 Minor Hockey players interested in participating in the hockey tournament must submit their signed consent and medical forms by January 30th. Please see Ernie Mackinnon, Georgie Townrow or Ms. Mann at the school if you need the forms.

St. Elias Community School Spelling Bee:

In preparation for the 2015 Yukon Sourdough Northwestel Spelling Bee, several interested students from Grades 4-9 will be participating in our **St. Elias School Spell-Off on Wednesday Feb. 11th** in the Gr. 6/7 classroom. From this competition, three students will move on to the 2015 Yukon Sourdough Northwestel Spelling Bee in Whitehorse on February 20th. Good luck to our students!

Flag Day 2015:

At this year's Flag Day event, St. Elias Community School will be celebrating the 50th anniversary of the Canadian flag. To help students and staff celebrate this special event, we are pleased to share that the Commissioner of Yukon, Honorable Doug Phillips will join **St. Elias Community School Flag Day celebration on Monday, February 16th at 11:30 am**. The Commissioner will provide a short presentation on the history and significance of the Canadian flag and is looking forward to some time to have a meet and greet with our students and to answer a few questions. Mark your calendars and feel free to join our annual Flag Day event!

Healthy Nut Free Snack Ideas:

Attached to this newsletter is a helpful handout from our School Council to provide information to parents on healthy nut free snack options found in our local stores.

We hope this guide will provide ideas and options for families that want /need nut free snacks. These lists may serve as ideas if you are planning to send snacks in your child's lunch or a treat for the entire class!



LIST OF NUT-FREE PRODUCTS/SNACKS



Dear Parents/Guardians:

As we are an Allergy Aware school, the information below will help you to identify safe snacks for your child (ren) to bring to school. It contains several great alternatives to peanut/nut products. Given the life-threatening consequences for those students with this medical condition, we appreciate you taking the time to read and follow this list.

Please remember this is only a guide for safe snack-type food

Foods such as bread, bagels, sandwich meats, milk, cheese, cheese strings, cottage cheese, yogurt, fresh fruits, fresh vegetables, juice, yogurt tubes, puddings, raisins, and dried fruit are all excellent choices for school lunches and snacks.



- Please look for this “Peanut Free” symbol when purchasing snacks.
- Please do not send food purchased from bulk bins to school. Scoops often get moved from bin to bin making it impossible to ensure there has not been cross contamination with peanuts/nuts. As well, avoid bulk bags of food that do not have ingredient labeling.
- Please do not send baked goods purchased from bakeries or donut shops where the food has been sitting with other foods under the same glass display or where peanut products are produced. There is a risk that these items have been cross contaminated with peanuts/nuts. The product may have been made on the same counter as nut products, or with the same utensils, or the tongs used to pick up your purchase may have previously been used to pick up a peanut or nut product.
- When baking, please ensure all ingredients are verified (spices, chocolate chips, etc.) as they sometimes contain trace amounts of peanuts/nuts and are labeled accordingly.

* The best “baked” snacks from the store are cookies, crackers, and cereals that are properly labeled and packaged.

Bread and Buns

- Country Harvest
 - Bagels
 - Bread
- Dempster’s
 - Bread
 - Bagels
- Natural Bakery
 - Canadian Rye
 - French
- Old Mill
 - White / Whole Wheat bread
 - Bagels
- Wonder
 - White / Whole Wheat bread
 - White / Whole Wheat hot dog buns
 - White / Whole Wheat hamburger buns

Sandwich Spread

- No Nuts
 - Peabutter
 - I.M. Healthy
 - Soybutter
 - Wow! Butter
 - Soybutter
 - Sunbutter
 - All varieties and trail mix
 - FreeNut Butter
 - Soybutter
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Cereals

- Quaker
 - Life
 - Corn Bran
 - Oat Squares
 - Cap'n Crunch
 - Kellogg's
 - Mini Wheat Original (assorted varieties)
 - Rice Krispies
 - Vector
 - Corn Pops
 - Fruit Loops
 - Crispix
 - Cherrios (original)
 - Post
 - Alphabits
 - Honeycomb
 - Shreddies (original)
 - General Mills
 - Cinnamon Toast Crunch
 - Lucky Charms
 - Golden Grahams
 - Holy Crap – Breakfast Cereal
 - Dragon's Blend
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Cookies

- Dare
 - Simple Pleasures
 - Ultimate (except Harvest of the Rainforest)
 - Breaktime
 - Whippet
 - Viva Puffs
 - Bear Paws / Bear Paws Minis (labeled peanut free)
 - Wagon Wheels (labeled peanut free)
 - Econo
 - Dare Traditions
 - Maxi Fruits
 - Create A Treat
 - Sugar cookies (labeled peanut free)
 - Honey Maid
 - Graham wafer crackers
 - Mr. Christie
 - Teddy Grahams snack packs (labeled peanut free)
 - Soft Baked Cookies (labeled peanut free)
 - Mini Chips Ahoy (labeled peanut free)
 - Animal Crackers snack packs (labeled peanut free)
 - Chips Ahoy
 - Fudgee-O
 - Double Fudgee-O
 - Oreo Cookies
 - NoName (Extra Foods / Superstore)
 - Marshmallow Squares (labeled peanut free)
 - Mr. Fudgey (labeled peanut free)
 - Mr. Maple (labeled peanut free)
 - President's Choice Mini Chefs
 - Mini Chefs Honey Crunch Cubs lunch box packs (labeled peanut free)
 - Mini Chefs Zookies lunch box packs (labeled peanut free)
 - Arrowroot cookies (labeled peanut free)
 - School Room
 - School Safe brownies, cookies and baking (labeled peanut free)
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Crackers

- Dare
 - Breton
 - Breton Minis
 - Breton Gourmet
 - Vinta
 - Grains First
 - Grissol
 - Melba Toast
 - Mr. Christie
 - Premium Plus Crackers
 - Wheat Thins
 - French Onion
 - Bacon Dippers
 - Swiss Cheese
 - Original Triscuit
 - Vegetable Thins
 - Crispers
 - Stoned Wheat Thins
 - Sociables
 - Ritz
 - Cheese Nips
 - Ritz Chips
 - Ritz Cheese Mini Crackers
 - Pepperidge Farm
 - Goldfish
 - President's Choice
 - Wheat Snax
 - Woven Wheats
 - Classic Snack
 - Classic Cheese
 - Original Chippers
 - Parmesan & Basil Chippers
 - Salt & Vinegar Chippers
 - Peppercorn & Ranch Chippers
 - Cheddar Little Penguins Snack Crackers
 - Annie's
 - Cheddar/Graham/Chocolate...Bunnies
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Candy

- Dare
 - Real Fruit (labeled peanut free)
 - Juiced Up
 - Nestle (individually wrapped snack size only)
 - Aero
 - Kit Kat
 - Smarties
 - Coffee Crisp
 - Mars
 - Mars Bars
 - Hershey's (individually wrapped snack size only)
 - Milk chocolate
 - Cookies 'n Cream
 - Caramel in milk chocolate
 - NoName (Extra Foods / Superstore)
 - Jelly beans (labeled peanut free)
 - Zoo Animal Fruit Snacks (labeled peanut free)
 - Trebor Allan Candy
 - Swedish Berries
 - Fuzzy Peach
 - Gummies
 - Cherry Blasters
 - Sourpatch Kids
 - Twizzlers
 - Licorice (labeled peanut free)
 - Pull-n-Peel (labeled peanut free)
 - Nibs (labeled peanut free)
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Snacks

- Betty Crocker
 - Dunkaroos
 - Fruit Roll Ups
 - Fruit by the Foot
 - Fruit Snacks
 - Fruit Gushers
 - Chips
 - Lays
 - Old Dutch
 - Hostess
 - Sun Chips
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- Coop Gold
 - Real fruit blend – apple, strawberry snacks
- Del Monte
 - Fruit Gels - orange, grape, strawberry, cherry
 - Fruit Cups - all fruit cups are safe
 - Puddings - chocolate fudge, banana, vanilla, butterscotch
- Dole
 - Squish'ems
 - Fruit cups
 - Fruit parfaits
- Hawkins
 - Cheezies
- Hunts
 - Juicy Gels
 - Puddings - Chocolate, double chocolate swirls, butterscotch, vanilla
- Jell-o
 - Puddings
 - Kool-Aid
- Kellogg's
 - Nutri-Grain bars - apple cinnamon, cherry, mixed berry, raspberry, strawberry, blueberry
- Mini Chefs
 - Fruit Smooshies
- Mott's
 - Fruitsations – apple cinnamon, strawberry apple, raspberry apple, mango peach, cherry apple
- No Nuttin
 - Variety of Granola Bars
- Ocean Spray
 - Craisins - all flavours (labeled peanut free)
- President's Choice
 - Fruit Bars (labeled peanut free)
 - "Just Apples" sauce
 - Blue Menu Wheat Bran Bites (labeled peanut free)
 - Granola Bars (labeled peanut free)
- Sunmaid
 - Raisins
- Sun Rype
 - Mini Bites
 - Fruit to Go
 - Squiggles
- Quaker
 - Chewy- Granola bars (labeled peanut free)
- Yoplait
 - Minigo
 - Yogourt tubes

Ice Cream

- Chapman's - ice cream / novelties (labeled peanut free)

* These are just SOME examples of NUT-FREE products found in our local stores.

* Here are links to sites that provide lists and ideas for healthy school snacks and lunches:

<http://www.100daysofrealfood.com/2013/10/07/nut-free-school-lunch-ideas/>

http://www.100daysofrealfood.com/wp-content/uploads/2013/09/Elementary-School-Snack-List-9_4_13.pdf