# Welcome

# A Parent's Guide to School in Prairie Spirit



# PRAIRIE SPIRIT SCHOOL DIVISION





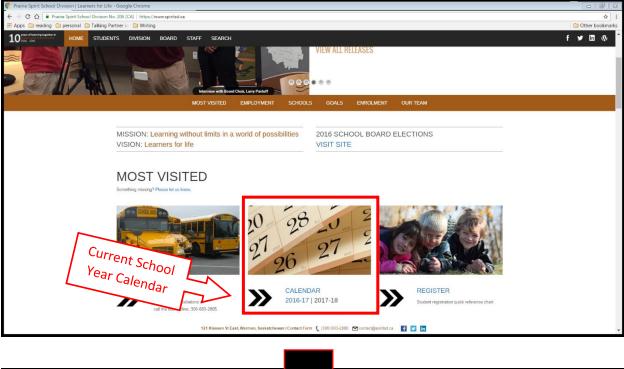
#### School Year Calendar

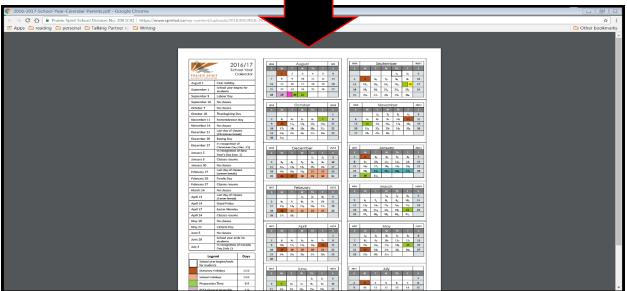
The school year calendar will tell you of the days your child is in school and the days they have no school.

How do I view the School Year Calendar?

Go to the Prairie Spirit School Division website: www.spiritsd.ca

Click on the calendar.







# In Prairie Spirit schools' students are placed in grades according to age

Grade Placement for the 2018-2019 School Year

Born	in	2013	

Born in 2012

Born in 2011

Born in 2010

Born in 2009

Born in 2008

Born in 2007

Born in 2006

Born in 2005

Born in 2004

Born in 2003

Born in 2002

Born in 2001

Kindergarten

Grade 1

Grade 2

Grade 3

Grade 4

Grade 5

Grade 6

Grade 7

Grade 8

Grade 9

Grade 10

Grade 11

Grade 12

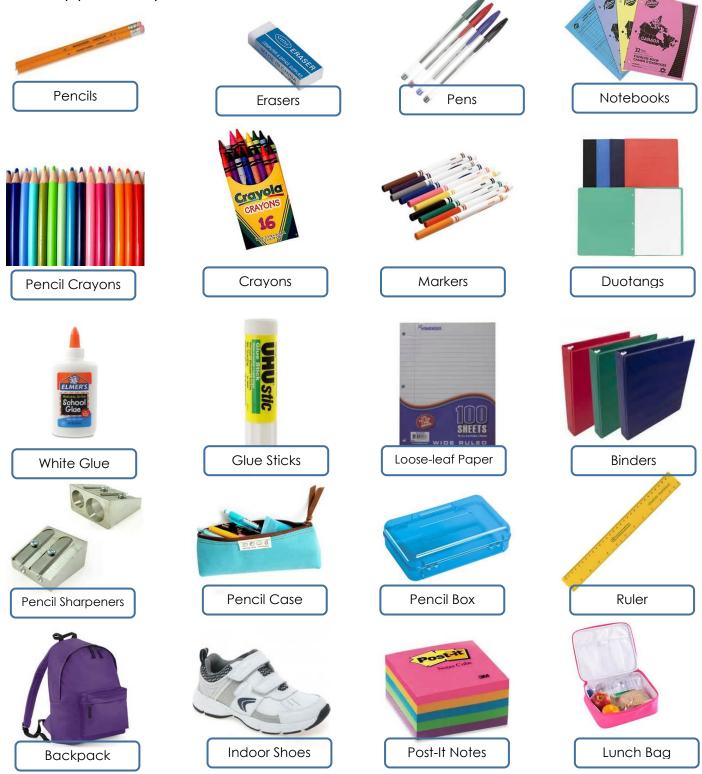


## **General School Supplies**

What supplies will my child need at school?

Your child's teacher will provide you will a list of supplies that he or she will need for class.

These supplies may include:





# **Getting to School**

Most students will walk, ride their bikes, travel by car or by bus to get to school.

#### Walking to school



Walking to school is a great way for your child to get fresh air and exercise. Children should walk on the sidewalks and cross the street at designated crosswalks. When the weather is cold it is important to make sure that your child is dressed warmly if they are walking to school. When the temperature is -30C or

colder exposed skin can freeze in as little as 10 minutes. This is called frostbite. Please find another way for your child to get to school when the weather is extremely cold.

#### Riding a bike to school

Riding a bike to school is a quick and fun way for your child to get to school once the snow has melted and the streets are dry. When your child is on his or her bike, they are considered to be a vehicle. This means they must stop at all stop signs and obey the traffic rules the same as cars. Please make sure your child wears a properly fitted bike helmet and is aware of the bicycle safety rules when riding their bike.



#### Travelling by car to school

It is the law in Canada that all people in a vehicle must wear seatbelts. Children aged 0-12 should sit in the backseat.



#### **Car Seat Guidelines**

-Children weighing 1.8-16kg(4-35lb.) should sit in a rear facing car seat. Children weighing 9-30kg(22-65lb.) should sit in a forward facing car seat.

-Children weighing 18kg or more than 40lb should sit in a booster seat. Children weighing 36kg or more than 80lb may use just a seatbelt.

#### Travelling by bus



Parents must make arrangements for their child to travel by bus.

**Urban busing:** In the cities of Martensville and Warman students must live more than 1km from the school in order to receive busing. Students are required to walk to a designated bus stop where the bus will pick up and drop them off. All students need a bus pass issued by the school to get on the bus.

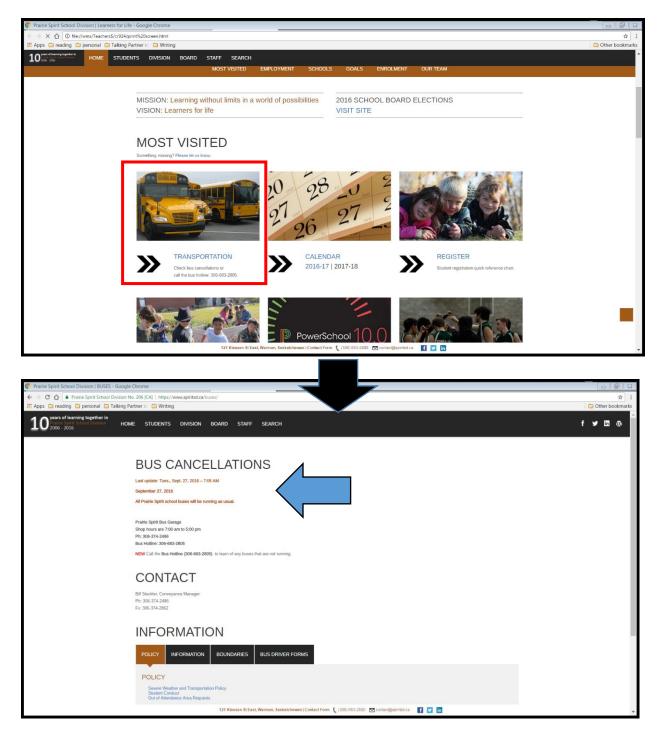
**Rural busing:** Busing is provided to families living in rural areas. Parents must notify the school if their child will be requiring bus transportation.

For more information about bus transportation please refer to the Prairie Spirit School Division website at <u>www.spiritsd.ca</u>

#### **Bus Cancellations**

How do I find out if the school bus is running?

Go the the Prairie Spirit School Division website: **www.spiritsd.ca** Click on the picture of the school bus.



## Dressing for the Season

#### Spring & Fall

#### Outside





















## Dressing for the Season

#### <u>Winter</u>



## Dressing for the Season





# What to Pack for Lunch?

Canada's Food Guide suggests eating a variety of healthy foods everyday. Families are encouraged to have plenty of fruits and vegetables, choose whole grain foods as well as foods that contain protein such as: lean meat, nuts and seeds, lentils, eggs, tofu, yogurt, fish and beans.



Examples of a healthy school lunch



Never bring Peanut or Nut products to school!

# **Emergency Numbers Martensville**



Fire

# Prairie Spirit School Division Schools

Lake Vista Public School	306-934-2185
Valley Manor Elementary School	306-931-2233
Venture Heights Elementary School	306-934-2185
Martensville High School	306-931-2230

# **Emergency Numbers Warman**



#### Fire



# Prairie Spirit School Division Schools

Ecole Traditions Elementary School	306-683-5200
Warman Elementary School	306-933-2066
Warman Community Middle School	306-933-2771
Warman High School	306-933-2377