



Ruth Pawson School

40 Weekes Crescent

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April 2016 Newsletter

Principal's Message

March at Ruth Pawson was a very busy month! We welcomed new Kindergarten registrations for the 2017-2018 school year and we continue to do so. If you have a child who will be 5 years of age before December 31st, s/he is eligible to register. An orientation meeting will be held later in the spring and you will be contacted regarding the date.

The Ruth Pawson School Heritage Fair was held on March 28th. The grades 5-8 participated in showcasing their heritage or topics that were relevant to Canadian heritage. Thanks to our judges - Ms. Giannaris, Mrs. Campbell and Ms. Ball. I hope you were able to see us on Global and CTV! I'm very proud of the students' research and the presentations - well done students!

Our Conferences on March 23rd (Kdg) and March 24th (Kdg and grades 1-8) were well attended- thank you for your continued support!

Basketball season has come to an end. Thank you to the coaches - Mr. Wall and Mr. Penner. Congratulations on a very successful and enjoyable season. We hope to see you next year!



Easter is fast approaching and we will be on a break from April 14th- 21st. On behalf of all the staff at Ruth Pawson, I hope you enjoy the break!

Please remember that the staff parking lot is not for general use. This space has been designated for staff use only and is not for general parking or for dropping off/picking up your children. As well, do not walk your child(ren) through the parking lot as staff members can be leaving at various points throughout the day for meetings or workshops elsewhere. We want everyone to be safe at all times so please remind yourself and your child(ren) that the parking lot is out of bounds.



Yours in education,

Loraine O'Donnell

Ruth Pawson Health & Wellness Fair



Ruth Pawson School is hosting a Health and Wellness Fair on **Thursday, May 4 from 9:30 A.M. to 11:30 A.M.** This event will be held in the school gymnasium of the school.

The purpose of the Health and Wellness Fair is to bring together community groups to share their services which promote mental, physical and spiritual health within our community.

The objectives of the Fair include:

- ◆ Increase awareness for students and families on awareness of mental health and well-being
- ◆ Provide valuable information about resources available within the community to assist families with their physical, mental and spiritual health
- ◆ Increase awareness of physical, mental and spiritual health services and resources

The planned format will be an "expo" type Fair, with informational booths set up for participants to visit and gather information. We welcome families to attend, as well as the students will be attending with their classroom teachers.

We welcomed Elder Betty McKenna back to Ruth Pawson to assist the grade 5/6 classes with raising a tipi. In the First Nation culture a tipi was not only a shelter it was a sacred place that had significant meaning. Each of the 15 poles of a tipi has a teaching. Learning about the tipi teachings gives us an understanding of aboriginal world view. These traditional values can be helpful and inspiring to all people regardless of culture.

Obedience - accepting guidance and wisdom from outside ourselves. We learn by listening to our parents, elders and teachers.

Respect - giving honor to our fellow elders, students and to all of life. We must honor other people's rights. Treat others the way you want to be treated.

Humility - we are not above or below in the circle of life. We are just a strand in the web of life.

Happiness- our good actions and enthusiasm encourages others.

Love - to accept one another as we are and accept others who are not in our circle. Love means to be good and kind to one another and ourselves.

Faith - we must believe and trust others and to believe in a power greater than ourselves.

Kinship- our family is important to us, they love us and give us a sense of belonging and community.

Cleanliness- clean thoughts come from a clean mind and this comes from our spirit. With a clean mind and sense of peace within we learn not to inflict negativity on others.

Thankfulness- we give thanks to all that we are privileged to have and for all the kind things others do for us.

Sharing- through sharing responsibilities we learn the value of working together and enjoying the end result. We need each other to survive.

Strength-Be courageous in voicing your opinions, dare to be different and aim to be a meaningful role model. Keep your heart strong and believe in yourself.

Good Child Rearing- Children are unique and blessed with the gift of life, we are responsible for their well-being (emotionally, physically, mentally and spiritually). They are the next generation.

Hope-we must hope for better things to make life easier for us in the future.

Ultimate protection- to achieve balance and wellbeing of the mind, body, emotions and spirit for yourself, family and community.

Control flaps- We are all connected by relationships and we depend on one another.

