

DECEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
			MB Hydro youth safety presentation Tigers in Morris	Gift for Every Child	EARLY DISMISSAL STUDENTS WILL BE DISMISSED AT 1:00 Tigers in Altona	
8	9	10	11	12	13	14
				Sugar Free Lunch Challenge!!!!		
15	16	17	18	19	20	21
		Christmas Concert	Christmas Carolling		Last day of School before Christmas break Tigers in Holland	
22	23	24	25	26	27	28
29	30	31				

NOTES

First day back after Christmas is January 6

The winner of our first 100 Club draw was Cal McKay.

December 5 is a Gift for Every Child. Students can bring a new unwrapped gift to the school and on Dec 5, we will all gather in the gym to decorate gift bags. The gifts will be picked up the following day and distributed to children in our area. **(please no gifts with batteries or liquid.)**

December 6 is our last Early Dismissal day of this year. Students will be dismissed at 1:00.

The Holiday Season and the Sugar Crash

As we head into the Holiday season, sweets and treats abound, as people all over the world rush into their kitchens to create their Holiday favourites, treats so loaded in sugar that they are saved for once a year. At this time I would like to remind you that when children ingest a large amount of sugar, they can experience a sugar high, followed by a sugar crash. This can drastically affect their ability to function academically as well as socially. I would be a Grinch to suggest that we shouldn't indulge in these treats, and I will indulge in a fair share myself, however please remember how they can affect your child at school. With this in mind we are going to try a sugar free lunch on December 12th, where I challenge students and staff to refrain from candy in their lunches for that day. Happy Holidays! Mr. Kemp

December 18 we will once again be carolling throughout the community. Watch for more details closer to the date.

December 20 the grade 7-12 will go to Holland to watch the Pembina Tigers in their annual High School Christmas Hockey game. Students will be back by 3:30.

CCSAC will once again be offering a school swim program for grade 1-8 students at the Sportsplex in Brandon. Lesson dates will be in March/April this year, and students will arrive home in time for 3:30 busses. Registration forms will be sent home after Christmas break. If you have questions please contact a CCSAC board member.

If your child is going to be absent, please notify the school at 204-529-2357 or jleece@prspirit.org OR cartwright@prspirit.org

Have a very Merry Christmas and a Happy New Year!!!

