

Redwater School

Box 790, 5023 - 50th Avenue

Redwater, Alberta T0A 2W0

Phone: 780.942.3625

Email: redwater@sturgeon.ab.ca

Website: www.redwaterschool.ca

Sturgeon Public School Division: www.sturgeon.ab.ca

MARCH



Principal: Kari Morgan ~ Vice Principal: Cheryl Tanouye ~ Counsellor: Niki Ballance

A MESSAGE FROM OUR PRINCIPAL

March 1, 2022

The month of February always goes quick and here we are already in to March!

Our school has been a busy place, thanks to our wellness team members as well as our student leadership team! They have provided ample good healthy food, outdoor walk day, hot chocolate, toast Tuesdays.....just to name a few. We have practiced kindness and goodwill all month and I know it will carry out for the rest of the year.

Our elementary students have been taking part in virtual presentations from the Telus World of Science, which have been sponsored through a grant from NWR. These are excellent lessons for our students that align nicely with our curriculum. We appreciate the support in enriching our science programs!

Please note that families of students in grade 7 and 10 will be receiving in the mail the 2021/2022 Alberta Education Assurance (AEA) Survey. The students will be completing these surveys at school, online during the month of March. We encourage all parents of students in these grades to provide you feedback. Last year we had very few parents respond, so we really need your input!

Parent teacher interviews are March 22 and 23rd from 330pm to 630pm. So far they are still online, but we will keep you posted!

There are many activities planned in the month of March, so please watch the calendar and follow our social media pages as these events unfold. We are happy to welcome spectators back to our school for sports and other events that take place. We do ask that we still practice good hand hygiene and physical distancing where possible. Even though our regulations have been lifted, we do need to continue to be mindful of everyone's health.

We have rapid test kits available at the school should you require more. If you do need one, please contact us and we will send one home with your child.

We are in the throws of planning for the next school year, believe it or not, and we do want to pre-register as many students as possible. This helps us with our planning. You can register your child for the following school year online through the Powerschool Parent Portal. If you need help logging on, please call Mrs. Gordey at the school.

We are looking forward to a great month of March and at the end a well deserved spring break for everyone!

Mrs. Morgan

The next Parent Council Meeting is coming up on
Monday, March 21, 2022 at 5:30pm.
Hope to see you online!



THERE IS
always, always,
ALWAYS
something
to be thankful for

STUDENT COUNCIL

February was a fun month for the Student Council yet again! Even though February was a short month for us we did have a lot going on with the Student Council. For Valentine's Day the board brainstormed and thought back to years past, we did our classic candy grams but we wanted to bring something back.

Matchamatics! We did this many years ago and decided to contact some people and to carry it on.

Matchematics is a compatibility test for people in our school, we do a survey and print out the outcomes, it is something the Council was really excited to do again. Our Toast Tuesdays have been going really well, it is quite the hit and something the students look forward to every week. Finally for this month's report Student Council did join Hype in hosting a breakfast for the whole school which we plan on doing monthly. We have a lot of new things planned with the next month coming up and we are even more excited to be able to be around all students as of March 1st!

Sincerely,

Adrianna Letwin

PARENT COUNCIL

Executive:

Tammy Dykens—Chair
Rikki Anema—Vice Chair
Patty Moskal—Secretary
Veronica Poitras—Room Rep Elementary
Phoebe Jagielski—Room Rep Junior High
Kim Kolybaba—Room Rep Senior High

Parent Society:

Kim Kolybaba—Chair
Karen Schneberger—Vice Chair
Janelle Corneilus—Treasurer
Patty Moskal—Secretary
Phoebe Jagielski—Fundraising



PARENT TEACHER INTERVIEWS

Mark your calendars! Redwater School's Parent Teacher Interviews are just around the corner. Further information will be sent home closer to the date. We hope to see you online!

Tuesday, March 22nd & Wednesday, March 23rd
3:30 pm—6:30 pm



REDWATER REMARKABLE RENEGADES!

Students who demonstrates a positive attitude, helps out in the classroom and is an active citizen in our school can be nominated as a Remarkable Renegade. Every month, one student from each grade will be honored as one of our school's Remarkable Renegades. Congratulations to our **February Remarkable Renegades:**

Grade 5: Lyndon R. ~ Grade 5/6: Gavin K. ~ Grade 6K: Jack H.

Grade 7: Cassie M. ~ Grade 8: Sienna R. ~ Grade 9: Savannah P.

Grade 10: Traydee B. ~ Grade 11: Ethan D. ~ Grade 12: Ethan D. ~ GOALS: Kolton C.



Do you have the PowerSchool Parent Portal app? This is a very useful tool for parents and students to keep updated on marks and attendance throughout the school year. Parents can access student schedules, marks and attendance by logging into PowerSchool Parent Portal website at: [Student and Parent Sign In \(powerschool.com\)](https://www.powerschool.com)



Here at Redwater School, we know how important your children are. To ensure student safety, students must sign in at the office when arriving late to school as well sign out if leaving before the end of the day. Please contact Redwater School at 780.942.3625 to report a student's absence or late. Parents can also email the office at redwater@sturgeon.ab.ca, or through Redwater School's website at www.redwaterschool.ca.







Be Kind!



Words From The Wellness Hub

February was a busy month with our focus on acts of kindness for kindness week and taking a stance against bullying by participating in pink shirt day! In March, we will continue with the theme of kindness and virtue of love where students will have the opportunity to develop positive conflict resolution skills, participate in many school spirit activities, and of course look forward to a wonderful spring break. This month we have provided some ideas that you and your child can try at home to continue to develop wellness related habits.

Winter Wellness Ideas

<p style="text-align: center;">Do Community Service</p> <p>Helping the community is a terrific way to develop social awareness and empathy for others.</p> <p>You could:</p> <ul style="list-style-type: none"> • Make a card for folks living in a retirement community. • Bake a treat or make a card for a neighbor. • Donate food or time to the food bank 	<p style="text-align: center;">Growth Mindset Visualization</p> <p>Having a growth mindset means you believe you can always improve through Focused dedication. For this activity, sit quietly for 5–10 minutes and repeat one or more of the phrases out loud.</p> <ul style="list-style-type: none"> • “I won’t give up, even if the work is difficult.” • “I will learn from my mistakes.” • “I can do anything if I work hard and believe in myself.” • “I will try my best.” 	<p style="text-align: center;">Practice Deep Breathing</p> <p>Deep breathing exercises can help you achieve mindful awareness and can have a tremendous impact on your ability to de-stress. Sit quietly for 10–15 minutes. Focus on your breathing and try to clear your mind. See how many times a week you can do these. You can even set a challenge for yourself to increase the amount of time you meditate or how many days a week you do the activity.</p> 
<p style="text-align: center;">Take a Break From Social Media</p> <p>Research shows that spending too much time on social media can increase feelings of stress, and anxiety. Take a social media break during the weekends! Start with an hour each day and build up to a full day or more.</p> 	<p style="text-align: center;">Set a Goal for Each Week</p> <p>Practice goal-setting by setting a small, achievable goal each week will help you to focus and stay organized. After you choose your goal, create a plan for achieving it. Ask friends or family members to help</p> 	<p style="text-align: center;">Practice Kindness</p> <p>The Golden Rule is to treat others how you want to be treated. Going out of your way to be kind to someone can go a long way in brightening their day. For this activity, do something nice for a sibling, parent, caregiver, neighbor, or friend.</p> <p>You could:</p> <ul style="list-style-type: none"> • Write them a nice note or draw them a picture. • Help them complete a chore. • 

Caregiver Education Team Newsletter

March 2022



AHS, in collaboration with **The Mental Health Foundation**, is proud to offer **FREE** online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

6:00 – 7:30 pm

Understanding Autism

Monday, March 7

Substance Use: A Harm Reduction Approach

Wednesday, March 9

Test Anxiety: Strategies for Success

Monday, March 14

More than Just a Bad Day: Understanding Depression and Self-Injury

Wednesday, March 16

Mindfulness: Benefits for the Whole Family

Monday, March 21

Lunch & Learns

12:00 – 1:00 pm

Understanding Anxiety Series

Part 4: Overcoming Avoidance

Wednesday, March 2

Part 1: An Introduction

Wednesday, March 9

Part 2: Calming Our Bodies

Wednesday, March 16

Part 3: Settling Our Minds

Wednesday, March 23

Parenting Strategies that Promote Positive Mental Health

Part 1: Tuesday, March 1

Part 2: Tuesday, March 8

Parenting Teens in the 21st Century

Part 1: Tuesday, March 15

Part 2: Tuesday, March 22

Sessions at a Glance

Drop-In Series

6:00 – 7:30 pm

SEEDS Parenting Series

Creating Positive Experiences Through Play

Thursday, March 3

Supporting Emotional Growth in Children

Thursday, March 10

Motivating Your Child Through Praise and Rewards

Thursday, March 17

Supporting Your Child with Structure and Routine

Thursday, March 24



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

March 2022



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Date: Monday, March 7, 2022

Time: 6:00 – 7:30 pm

For caregivers of children/youth grades K-12; for adults only.

Substance Use

A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances used by youth, the spectrum of use, and the science behind addiction. Discover the basic principles of harm reduction and why it is beneficial for those who use substances. Learn strategies to support youth who may be using substances through courageous conversations and harm reduction strategies.

Date: Wednesday, March 9, 2022

Time: 6:00 – 7:30 pm

For caregivers and youth grades 7-12 to attend together.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"The format you provided honoured adult learners need to be active participants as well as people's privacy... Great job presenters!"

"This was well done, good information, relevant strategies and nice delivery."

"Excellent session, well organized, interactive and informative... fabulous!"



Mental Health Foundation



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Caregiver Education Sessions



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Test Anxiety

Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

Date: Monday, March 14, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers and teens (grades 7-12) to attend together.

More than Just a Bad Day

Understanding Depression and Self-Injury

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. Strategies for support will be discussed.

Date: Wednesday, March 16, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of youth grades 7-12; for adults only.

Mindfulness

Benefits for the Whole Family

This session will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents.

Date: Monday, March 21, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children/youth grades K-12; for adults only.

March 2022

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"I enjoyed the session and both speakers were very well spoken and I enjoyed listening to them."

"I thought the presentation was very positive and overall loved how [the topic] was spoken about."

"Very insightful and helpful. I am leaving with new tools for success in my classroom."



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Lunch & Learn Webinars

These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, sessions, participants can attend one or all sessions.

Understanding Anxiety Series

These sessions will help caregivers better understand the difference between their child's normal worries and anxiety that is no longer productive. Signs that a child or adolescent is experiencing problems with anxiety will be discussed and strategies for reducing the body's stress responses, negative thinking traps, and anxious behaviours will be shared.

This month, we conclude our previous series with Part 4 on Overcoming Avoidance and begin the series again with Part 1, our introduction to anxiety in children and youth.

Part 4: Overcoming Avoidance

Date: Wednesday, March 2, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 1: An Introduction

Date: Wednesday, March 9, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 2: Calming Our Bodies

Date: Wednesday, March 16, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 3: Settling Our Minds

Date: Wednesday, March 23, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

March 2022

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"I appreciate the ease of it all. Even if I am 'too busy' to sit, I can listen in and participate when I can."

"Timing was perfect as the one hour was easy to do without distractions. Able to absorb and maintain more information with the breakdown. Thank you for keeping it useful and interesting!"



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These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, sessions, participants can attend one or all sessions.

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Tuesday, March 1, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

Part 2: Tuesday, March 8, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

Parenting Teens in the 21st Century Respectful Limit Setting with Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1: Tuesday, March 15, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of youth grades 7-12; for adults only.

Part 2: Tuesday, March 22, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of youth grades 7-12; for adults only.

March 2022

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Thank you for putting the webinars together!"

"The presenters are very knowledgeable and compassionate. Good work."

"The presenters are very professional and very engaging. It takes a lot of skill to keep an audience engaged virtually and all the presenters I have seen continue to do this".



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Drop-in Series

SEEDS Growing Parenting Skills

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

Creating Positive Experiences Through Play

Join us in a session on how we can develop positive relationships with our children. As one of the most foundational parenting strategies, other strategies are more effective when you discover the connection that can be built through child-directed play.

Date: Thursday, March 3, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Supporting Emotional Growth in Children

This session is designed to help parents learn ways they can support their child's development and relationships through social and emotional coaching.

Date: Thursday, March 10, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

March 2022

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback

"Thanks for the extra time you answered our questions."

"This session was interactive and focused on the intended objectives. Given examples and suggestions were very relevant. The length of the session was appropriate."

"Thank you for an accessible and informative webinar."



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Drop-in Series

SEEDS Growing Parenting Skills

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

Motivating Your Child Through Praise and Rewards

This session will demonstrate how the offering of simple social rewards and tangible incentives can be effective in encouraging children to behave in helpful ways, build essential life skills, and reach goals.

Date: Thursday, March 17, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Supporting Your Child with Structure and Routine

Providing structure and routine is one of the most effective means of promoting healthy development in our children. Learn how to use these strategies in your home and how to assist your child in daily transitions.

Date: Thursday, March 24, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

March 2022

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback

"Lovely course! I'm really enjoying these courses and their online format."

"I always gain new insights and tools to use with my child. Thank you!"

"Thank you so very much for all the wonderful resources. I am so glad I registered!"



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COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments. International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada

If your child has received a message from Public Health indicating that they are a case⁴ of COVID-19 or if your child has tested positive on a [rapid test](#), they are required to isolate as per [Public Health instructions](#). For more information on isolation requirements after a positive rapid test, refer to the [Rapid Testing at Home website](#).

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case⁴ of COVID-19 in the last 14 days? <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who slept over, attended a birthday party or someone who was a play date with a case.</i>	YES	NO
If child answered "YES" AND they are NOT fully immunized⁵: <ul style="list-style-type: none">Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms If child answered "YES" and they are fully immunized⁵ proceed to question 2: If child answered "NO" to question 1, proceed to question 2			
2.	Does the child have any new onset (or worsening) of the following core symptoms:		
	Fever Temperature of 38 degrees Celsius or higher	YES	NO
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the child answered "YES" to any symptom in question 2: <ul style="list-style-type: none">If the child is fully immunized⁵ they are required to isolate for 5 days from onset of symptoms or until symptoms resolve³ whichever is longer. They must wear a mask for up to 5 days after their isolation period if you are outside of the home in a public place or otherwise in the company of other persons out of your household (no exceptions permitted) ORIf they are NOT fully immunized⁵, they must isolate for 10 days from the onset of symptoms or until they resolve³ whichever is longer ORUntil symptoms resolve³ if they receive a negative PCR COVID-19 test ORUntil symptoms resolve³ if they receive two negative rapid antigen tests, with at least 24 hours between tests			

³ Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication

⁴ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

⁵ A child who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

- They can use an [at-home rapid test if available](#) or the [AHS Online Assessment Tool](#) or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If the child answered “NO” to all of the symptoms in question 2, proceed to question 3.

3. Does the child have any new onset (or worsening) of the following other symptoms:

Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO

If the child answered “YES” to ONE symptom in question 3:

- Keep your child home and monitor for 24 hours and consider giving child an [at-home rapid test](#). If the test is positive or negative see below for further instructions.
- If [at-home rapid testing](#) is not done and the symptom is improving after 24 hours, your child can return to school and activities when they feel well enough to go.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use an [at-home rapid test](#) if available or the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

If the child answered “YES” to TWO OR MORE symptoms in question 3:

- Keep your child home
- Use an [at-home rapid test](#) if available or use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.

For at-home rapid testing result instructions for those without symptoms:





- If an [at-home rapid test](#) is done and is negative, they can return to school and activities as long as they remain asymptomatic.
- If [at-home rapid](#) test is positive, the child is required to isolate as outlined above for **question 2**.

If the child answered “NO” to all questions:

- Your child may attend school, childcare and/or other activities

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative PCR COVID-19 test result or two negative rapid test results at least 24 hours apart **and** feel better.

March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8 Jr. High Girls Basketball RW Band Gr. 7-12 Music Festival 	9	10	11 Basketball Finals—SCHS 	12
13 	14 PD Day No School 	15 Marmot Basin Ski Trip Depart: March 15 at 4am Return: March 16 at 9pm 	16	17	18	19
20	21 Parent Council Meeting 5:30 	22  Parent-Teacher Interviews 3:30 PM - 6:30 PM	23	24 Hot Breakfast 	25 No School In Lieu of PTI's 	26
27	28 READY, SET... SPRING	29	30	31		
						BREAK!