



RENEGADE NEWS

Week of April 17 - April 21

A Message From Our Administration

Principal's message

Happy Friday! This week was a busy, but excellent short week. High School band practiced at SHCS in preparation for the Sturgeon Night of Music, and the school recognized military children, by wearing either Teal or Purple today.

As the weather starts to warm up, we are also expecting some rain. Rain equals mud! Please ensure your child has a pair of indoor shoes.

Next week, your child's admin team will be attending a leadership conference from April 16th-18th. Since we will not be available, we will need to cancel this month's School Council meeting.

Next week, our team will be begin having conversations with High School students with regards to how courses are progressing, and plans to finish up by June. We will also be sitting down with students to plan next year's courses. If your child has any questions or concerns about how their course(s) are going, please have your child talk with their teachers and come up with a plan to finish strong.

If you have any questions, please contact us! We are here to help!

Sincerely,

Christy Filgate, Principal

What is happening next week...

April 17 - April 21

Monday, April 17th / Day 2

- Honour band rehearsal for Sturgeon Night of Music, 3:30pm
- School Council Meeting postponed until May

Tuesday, April 18th / Day 1

- Jr. High Badminton "A" Home Tournament, 4pm

Wednesday, April 19th / Day 2

- Sr. Badminton Conference, Saville Centre

Thursday, April 20th / Day 1

- Jr. High Badminton "A" at Camilla

Friday, April 21st / Day 2

- Bio 30 Field Trip
- Sr. High Badminton, Friday and Saturday at M.E. Lazerte

What's coming up.... April 24 - April 28

Monday, April 24th

- **PD Day - No School**
- **Sturgeon Night of Music, 6:30pm**

Tuesday, April 25th / Day 1

- **Jr. High Badminton "A", Camilla**
- **Term 4 Begins**

Wednesday, April 26th / Day 2

- **High School Badminton Zones**

Thursday, April 27th / Day 1

- **School Wide Breakfast**
- **Jersey Day**
- **Jr. High Badminton "A", Home**

Friday, April 28th / Day 1

- **Have a great weekend!**

2023 - 2024 Redwater School Registration

REGISTER NOW

Registration for the 2023-2024 school year is now open. Please log onto your parent portal account and complete the registration for each child, even if your child is a returning student. If you require assistance or a password reset for your parent portal account, please call the office @ 780-942-3625.



Grandfather Teachings (For April)

This month's Grandfather teaching is the teaching of **Honesty**

The Sabe (or Sasquatch) teaches us honesty. Not to be confused with **Truth**, which is about natural law and curiosity, **Honesty** is about first and foremost being honest with yourself. This month we will work on practicing honesty by reflecting on our choices and how they affect our lives. By not making excuses for our behaviour but instead facing our mistakes and learning from them. And by living in balance and reciprocity with the land around us.

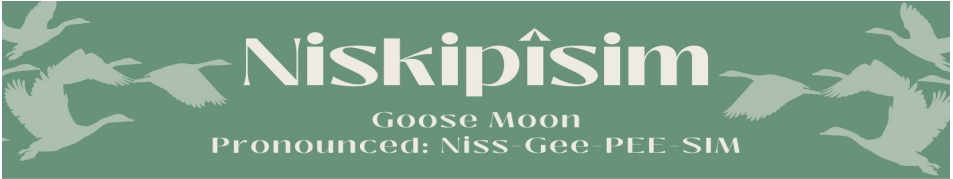
This Month's Sacred Teaching:

HONESTY

Self-Reflection
Balance
Reciprocity

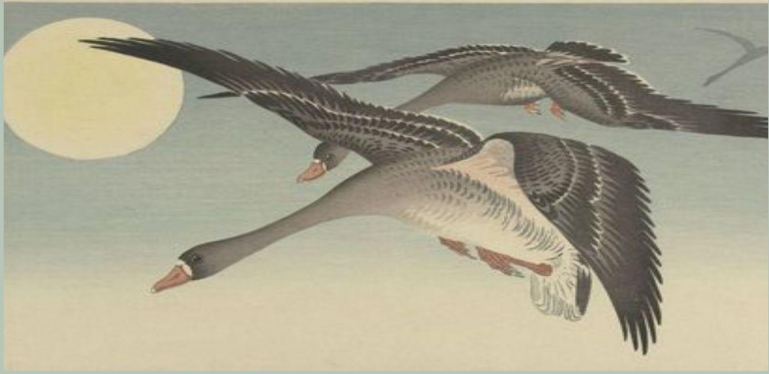


New Moon Information




Niskipîsim

Goose Moon
Pronounced: Niss-Gee-PEE-SIM



The Goose Moon is a very exciting moon! As we welcome this new moon we can celebrate that the days are getting longer and we have more time with the sun. We also notice that the plants and trees are starting to wake up, new growth begins to appear. We also hear the familiar honking sound from the sky and we welcome the geese that are returning. When we see this, we know that Spring is right around the corner. In Cree, the word for spring is "sîkwan" which is pronounced see-gwan. One of my favorite things to do during this season is to plan my garden for the coming Summer. How do you and your family like to celebrate the return of Spring? What are some ways you can connect with the land during this season?



Created by: Indigenous School Counsellor Katie Holubowich

Words From The Wellness Hub



Executive functioning skills are the critical self-management skills we use to accomplish daily tasks. They include planning, organization, time management, task initiation, attention, flexibility, self-control, and perseverance. There are many ways children can practice executive functioning skills at home!

- Use a calendar at home to help organize upcoming events.
- Choose a task, estimate the amount of time it takes to complete and then try to beat a timer.
- Make a distraction list and develop strategies to help reduce them.
- Discuss problem solving scenarios and situations.

We have started a new positivity program at the school. It is called Above & Beyond! When students have actions and behaviours above and beyond their typical character, they are nominated by their teachers to win fun prizes and class pizza parties!



POSTIVE BEHAVIOURS

TEACHER NOMINATIONS

FUN PRIZES

CLASS PIZZA PARTIES

**DRAWS
EVERY FRIDAY**

Fun Family Literacy Activities

One of the easiest ways to help your child increase their reading comprehension skills is to talk about what they are reading. This “verbal processing” helps them remember and think through the themes of the book.

Take a few moments to ask questions before, during and after your child has been reading. Click the link below for specific questions you can ask

<https://lexile.com/parents-students/tools-to-support-reading-at-home/21-questions-ask-child-book/>

Join us at the
concession on the
following days for
some good food

The Lunch Basket MONTH: March 2023

		WEDNESDAY 1 Pizza Bombs 2 for \$5.00 Ceasar Salad \$1.00	THURSDAY 2 RW Smoothies \$4.00	FRIDAY 3
MONDAY 6	TUESDAY 7 Pryogies & Sausage \$6.00	WEDNESDAY 8 Egg McMuffins & Home fries \$5.00 Trail Mix Cookie \$1.00	THURSDAY 9	FRIDAY 10
MONDAY 13	TUESDAY 14 Big Mac Egg Roll \$3.00 each Mini Cinnamon Buns \$2.00	WEDNESDAY 15 Lasagna \$5.00 Garlic Knots 2 Pieces for \$1.00	THURSDAY 16 RW Smoothies \$4.00	FRIDAY 17
MONDAY 20	TUESDAY 21 Walking Taco's \$6.00	WEDNESDAY 21	THURSDAY 23	SPRING BREAK
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK

Lunch Basket order forms have been sent home with students. Please have them in by April 21st.



Redwater School

"Making A Difference"

www.redwaterschool.ca ~ redwater@sturgeon.ab.ca

THE LUNCH BASKET: Order Form
Student Name: _____ Grade: _____

RETURN THIS PORTION TO THE SCHOOL

Date	Food	Cost	Quantity	Total
April 19	Walking Tacos	\$6.00		
April 26	BLT's	\$4.00		
May 2	Bacon Cheeseburger Tater Tot Bake	\$5.00		
May 9	Beef Dip	\$6.00		
May 10	Walking Tacos	\$6.00		
May 16	Buffalo Chicken Wraps	\$5.00		
May 17	Loaded Potato Skins	\$4.00		
May 23	Burgers & Fries	\$6.00		
May 24	Walking Tacos	\$6.00		
TOTAL			\$	
ADDITIONAL: kool-aid jammers \$2.00 and Slurpees \$3.00 No pre-orders needed				

SAVE THIS PORTION FOR REFERENCE


DATE	FOOD	COST	DATE	FOOD	COST
April 19	Walking Tacos	\$6.00	May 17	Loaded Potato Skins	\$4.00
April 26	BLT's	\$4.00	May 24	Walking Tacos	\$6.00
May 2	Bacon Cheeseburger Tater Tot Bake	\$5.00	ADDITIONAL: kool-aid jammers \$2.00 and Slurpees \$3.00 No pre-orders needed		
May 9	Beef Dip	\$6.00			
May 10	Walking Tacos	\$6.00			
May 16	Buffalo Chicken Wraps	\$5.00			

Acting Principal: Shannon Requa Vice Principal: Cheryl Tanouye Acting Vice Principal: Kevin Dorosh

Box 790, Redwater, AB T0A 2W0 (780) 942-3625




The Page Program



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You can apply if you

- Will be at least 15 years of age by September 1, 2023
- Are entering Grade 10, 11 or 12 as a full-time student

Application deadline is April 30, 2023



**A big thank you to Mrs.
Shannon Requa for coming to
our school as Acting Admin.
Your passion for students and
innovative ideas will be
missed. You will forever be a
Renegade in our hearts.**



A big Thank you to our
Student Council for
planning an amazing
whole school lunch of
Tacos last Thursday.

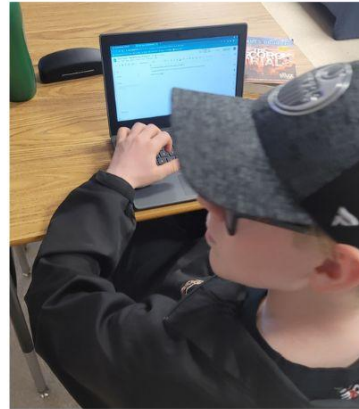
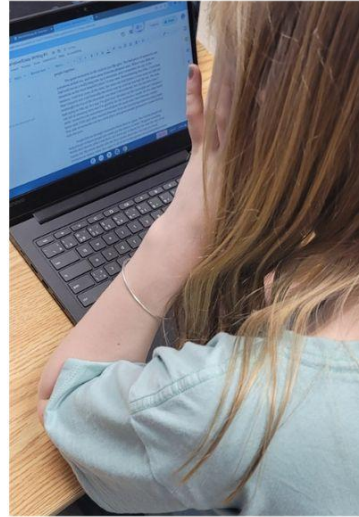


The Sturgeon Public School staff from Ochre Park School & Redwater School are honoured to have the opportunity to attend the Town of Redwater Mayor's Breakfast last Thursday.

We are excited to work together to move forward and build connections in our community together.



Today the students are exploring their literacy skills through grammarly and the creation of narratives expressing the importance of memories.



**The Phys Ed class is
exploring movement
through pool noodles.
A Great way to move
your body!**

