

KAW TAY WHEE SCHOOL

THE COMMUNITY SCHOOL OF DETTAH
TWEET US @KTW_SCHOOL_YKI



It's hard to believe that March Break is just around the corner!

A huge thank you to all of our parents and guardians for your help with our Winter Super Secret Surprise!

Our students had a fantastic time and the surprise wouldn't have been possible without your support!

We wish everyone a very safe and happy March Break, and

look forward to meeting with you beforehand to discuss the learning of your child(ren) over the past term.

How to Be OTBN:

KTW has an on-going commitment to helping students arrive on time!

We can:

- *Provide alarm clocks**
- *Call**
- *Text**
- *Private Tweet**
- *Arrange door-knocking**

If we can help, let us know how!

MAHSI CHO
to everyone who participated in our Canadian Tire Money Fundraiser so far!
We are collecting until March 31 and our final total will be revealed in our April Newsletter!



On Time By Nine

We have many exciting OTBN events coming up this month!

The staff volunteers to organize these events to recognize students who have consistent on-time attendance.

See our attached calendar for event dates and times.

100% on time attendance all day is required to attend.

Remember! "If someone does not qualify this time, they might next time!" Especially with your guidance and support!

KTW LUNCH PROGRAM

DONATIONS

WELCOME!

As all students take part in our school lunch program, we are asking that families begin to donate items.

Please consider donating a batch of homemade bannock, or 4 liters of milk, or a bag of apples once each term.

This will be a great help to our program.

Dene Kede Theme

MUSKOX

Dene Law

Young boys and girls should behave respectfully

PARENT TEACHER INTERVIEW REMINDER **Parent- Teacher Interviews are being held:**

Wednesday, March 12 & Thursday, March 13 from 8-8:30am,
12-12:45, and 3-5 pm

Sally will contact you in the next few weeks to set appointment times.

MARCH BREAK INFORMATION

Students are dismissed for March break at 3:20pm on March 13.
Classes resume on Monday, March 31 at 8:45am

IT'S STILL COLD OUTSIDE!

PLEASE BE SURE THAT YOUR CHILD(REN) ARE DRESSED FOR THE WEATHER!

ALL CHILDREN NEED: A WARM COAT, SKI PANTS, BOOTS, HAT, MITTS AND
NECK WARMER- EVERY DAY!

IF WE CAN HELP WITH THIS, PLEASE LET US KNOW!

WE GO OUTSIDE FOR THREE RECESSES EACH DAY, AND SKI SEASON IS
HERE.

IN LIEU OF GOING TO THE GYM FOR PHYSICAL EDUCATION CLASS, WE
TRY TO USE THE BEAUTIFUL BUSH, TRAILS, AND LAKE OF THE YKDFN AS
MUCH AS POSSIBLE!

WARMTH = OUTDOOR EXERCISE AND FUN!

A HUGE THANK YOU TO

THE DOMINION DIAMOND MINE CORPORATION

FOR THEIR RECENT CONTRIBUTION OF

\$35, 000.00!

THIS FUNDING WILL HELP WITH A VARIETY OF PROGRAMMING AT KAW
TAY WHEE SCHOOL, AND THE DETTAH DISTRICT EDUCATION AUTHORITY,
STUDENTS AND STAFF ARE VERY EXCITED AND THANKFUL!

MARCH IS **ABORIGINAL LANGUAGES MONTH & NUTRITION MONTH!**

Ask your child about the words they have been learning!
The theme for Nutrition Month is "Simply Cook and Enjoy!"

Our Drop the Pop theme this year is: Traditional Drinks
Stay tuned for more information about our upcoming Annual Family Nutrition Fair!

Parenting is hard work! At KTW we believe that parents are a child's first teacher. We also believe that parenting is tricky business!

Here are some places that you can find more information about issues that may arise.

If you need computer or internet access, or would like further information, please get in touch with Miss Lamoureux.

Drug and Alcohol Resources

[HTTP://KIDSHEALTH.ORG/PARENT/POSITIVE/TALK/ALCOHOL.HTML](http://kidshealth.org/parent/positive/talk/alcohol.html)

ALANON 1-888-322-6902

[HTTP://KIDSHEALTH.ORG/PARENT/POSITIVE/TALK/TALK_ABOUT_DRUGS.HTML](http://kidshealth.org/parent/positive/talk/talk_about_drugs.html)

Sleep Resources

http://www.canadiansleepsociety.ca/Map/www/pdf/brochure/sleep_children.pdf

Screen Time Resources

http://www.caringforkids.cps.ca/handouts/promote_good_television_habits

http://www.caringforkids.cps.ca/handouts/limiting_screen_time_at_home

Counseling Resources

Kid's Help Phone-1-800-668-6868

YHSS Counselling Intake-867-765-7715

Tree of Peace Referral/Counselling

867-873-2864

General Resources

[HTTP://WWW.RESPECTYOURSELF.CA](http://www.respectyourself.ca)

[HTTP://KIDSHEALTH.ORG/PARENT/POSITIVE/TALK/QUESTIONS_SEX.HTML](http://kidshealth.org/parent/positive/talk/questions_sex.html)

[HTTP://KIDSHEALTH.ORG/PARENT/POSITIVE/TALK/ALCOHOL.HTML](http://kidshealth.org/parent/positive/talk/alcohol.html)

[HTTP://WWW.PBS.ORG/PARENTS/RAISINGGIRLS/FRIENDS/ELEM1.HTML](http://www.pbs.org/parents/raisinggirls/friends/elem1.html)

[HTTP://WWW.CARINGFORKIDS.CPS.CA](http://www.caringforkids.cps.ca)

LET'S TALK ABOUT **DRINKING AND DRUGS**

While different types of experimentation are part of growing up, drinking alcohol and trying marijuana (weed) and other drugs at a young age can do serious damage to the body, and brain.

This type of activity can also lead to very serious and dangerous situations for the children involved. Potentially life-threatening, or with negative life-long consequences.

Speaking to children about the dangers of drug and alcohol use can be very difficult for parents. On the left of this page are some resources you can use if you are interested in learning more.

LET'S TALK ABOUT **SLEEP**

How much sleep does my child need?

Every child is different. Some sleep a lot and others much less. This chart is a general guide to the amount of sleep children need over a 24-hour period, including daytime naps. *

Newborns (birth to 2 months)	16-18 hours a day (3 to 4 hours at a time)
Babies (2 months to 6 months)	14-16 hours
Older babies (6 months to 1 year)	14 hours
Toddlers (1 to 3 years)	10-13 hours
Preschoolers (3 to 5 years)	10-12 hours
School aged children (5-10 years)	10-12 hours

*According to the Canadian Pediatrics Society **Children over 10 years of age may need **even more!**

LET'S TALK ABOUT **SCREEN TIME**

Screen time means how much time a person spends in front of a tv, computer, smartphone, Ipad, or other tablet, or playing any kind of video or computer games.

Did you know that having too much screen time can have a negative impact on children's sleep, learning, speech, and overall health? It can also have a negative impact on the amount of time that children spend being physically active. Find more information by following the links on the left side of this page.