



The Spruce



Dene Tha' Community School's Newsletter

"Learning to Love, Loving to Learn"

The Spruce Volume 3, Issue 3

DTCS COMMEMORATES REMEMBRANCE DAY VIRTUALLY



The Grade 6s lay the wreaths during the Remembrance Day commemoration activity.

On November 8, 2020, all classes at DTCS showed their utmost respect, love, appreciation and gratitude for the millions of heroic Canadian veterans who paid the ultimate sacrifice for us to have freedom and peace in our daily lives and country today.

The Remembrance Committee members, consisted of Roleine, Christopher, and



The poppy symbolizes remembrance day since the end of the First World War in 1918.

Mr. MacDonald started the videotaping of numerous Remembrance Day events from all the classrooms. Presentations ranged from PowerPoint presentations to songs, postcards to veterans, poems, the Last Post, two minutes of silence, Reveille, and video presentations on the two world wars. Also, in some classrooms, students researched



The Grade 3s light the candles during the Remembrance Day commemoration activity.

information on Indigenous Veterans and their significant contributions to the two World Wars as snipers, scouts and "code talkers."

To further support Remembrance Day Activities, students in some classes baked wartime chocolate cakes, packaged slices of cake in individual containers, and delivered them to all students and staff at



The Grade 7s offer poppies and cards during the Remembrance Day commemoration activity.

DTCS.

DTCS is getting very skillful in virtually recognizing and commemorating many significant dates, especially Remembrance Day. We will never forget the heroes who fought bravely and valiantly for humanity. We will continue to bear the torch high.



This cenotaph represents the Tomb of Unknown Soldiers.

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DTCS Holds Virtual Halloween Celebration

Janessa, Grade 11

The DTCS school celebrated Halloween on October 30th since Halloween was on a Saturday. Because of COVID-19, this year we couldn't have the activities in the school's gym, but instead, we tried something new. Due to the pandemic protocols, students stayed in their classrooms and worked on different Halloween activities such as balancing with Oreos on one's forehead, moving across the classroom with a ball and a plastic spoon without dropping the plastic ball, colouring contest, Kahoot trivia, Halloween trivia, minute-to-win it and many more. We were able to see and hear the excitement and energetic participation in other classrooms via Google meet.

Community people came by the school for the costume parade and judging, and it was a good day.

To get the pulse of the students' and staff members' reactions to the Halloween celebrations, the student journalist interviewed some students and staff. These were some of the highlights of the interviews.

"It was good and it was fun. We painted with Dewey, made a mummy door, we drew pictures, we had fun eating lunch and watching Peppa Pig Halloween. I love going outside to go trick or treating." Tessa a

Gr.2 girl said.

Angela, a grade 4 student, said, "It was fun and cool. We told scary stories. Different classes danced, and we had a costume parade outside. We celebrate Halloween to have fun and get candy." she added.

Mr. MacDonald, the vice-principal thought the event was very well done, and we



The Ks/Grade 1s line up for the Halloween Parade

enjoyed the opportunity to share virtually with the community. We had the screaming contest, scary stories, monster mask making, colouring contest, door judging, zombie parade."

When Mr. MacDonald was asked why we celebrate Halloween, he replied, "It's just kind of an annual celebration, it's a tradition that's been handed over the years, it's fun to get dressed up and to fool people."

Ms. Roleine, the resource teacher and a member of the

Halloween Day Committee, spearheaded and successfully executed the DTCS virtual Halloween extravaganza with the help of the other committee members.

This year's Halloween festivities were not as fun as being in the gym with everyone. However, change is constant, and, as dynamic human beings, we will always find innovative and engaging ways to adjust and adapt.

Some contest winners were the following:

Costume Contest Winners: Winners get a choice of Tim Horton's Doughnuts.

K-3L Scariest: Bailey, Emma, Funny: Persius

Gr 4-6: Scariest:Landon Tannor, Funny: Bianca

Gr. 7-12: Scariest:Deacon Original: #83 Jaycee Funny: #84 Rayden A

Colouring Contest Winners: Head start – Maddie; Kindergarten – Pruedence; Gr 1 Bailey; Gr 2 Tessa; Gr 3 Treyven W.;

Gr 4 Alayah; Gr 5 Destiny; Gr 6 – Reshawn; Gr 7 – Jaycee; Gr 8/9 Keegan; Gr 10-12 Makayla

Door Decorating Contest Winners: 1st Gr 2; 2nd place tie Gr 5 & Gr 10-12

Student Corner:

Being Creative with Meals during War Time

Mia, High School

Food rations and lack of ingredients for meals forced Canadian homemakers to be creative at home with their meals. Food ration is a practice where individuals were limited to a specific amount of items, including food and other goods. The reason for this practice was to ensure that there would be enough food to send overseas to Canadian soldiers fighting in World War 1 and World 2 in Europe. The government asked Canadians “to make do” with less, to allow more resources for the troops overseas. Canadians were showing their support for the war efforts and patriotism.

Wartime, meals were made with vegetables from small gardens in people’s homes.

People just used what they had available and made meals and pastries that were tasty. One good example is the War Time Chocolate Cake. It is delicious!

As part of English Language Arts and Humanities learning tasks, high school students and grade 7 students from Humanities made wartime chocolate cakes in individual packages for all students and staff at DTCS.

Here is the recipe that you can try at home.

W a r t i m e c h o c o l a t e
c a k e

These are the easy ingredients that you will need:

- 1 ½ cups of flower
- 1 cup of sugar
- 1 tsp. baking soda
- ½ tsp. salt
- 1 Tbsp. White vinegar
- ½ cup vegetable oil
- 1 tsp. Vanilla extract
- 1 cup water

1/4 cup cocoa

Steps

- 1 Lightly grease an 8 inch square pan.
- 2 Combine flour, sugar, baking soda, cocoa and salt in the mixing bowl.
- 3 Add vinegar, oil, Vanilla, and water and mix well.
- 4 Bake at 350 degrees for 30 minutes.



Mia D. prepares the ingredients of the Wartime chocolate cake.

Sleep Essential for Teens’ Health and Learning

It’s Your Health

According to a recent article, “Why teenagers need more sleep,” Canadian teenagers need more sleep. It states that Canadian teens need 8 to 10 hours of sleep to function correctly daily .

There are two reasons why teenagers do not get enough sleep. First, teens are going through adolescence, and many changes are happening in their bodies. Second, teens do not like to go to bed early and try to “catch up” on their sleep on weekends. This thinking and practice present a lot of problems for teens.

Sleep is essential for teenagers for these two reasons: physical health and mental wellbeing. According to Shashank Joshi Shashank Joshi, MD, associate professor of psychiatry and behavioural sciences at Stanford,

“Sleep, profound sleep, is like a balm for the brain. The better your sleep, the more clearly you can think while awake, and it may enable you to seek help when a problem arises. ... Sleep deprivation can make it

hard to remember what you need to do for your busy teen life. It takes away the support, the infrastructure.” (taken from the article “Why teens need sleep”)

Without proper sleep, teenagers and young children will not be able to concentrate, remember information, and will have low grades, acne, anxiety and depression.

According to the Sleep Foundation, “Sleep benefits the brain and promotes attention, memory, and analytical thought. It makes thinking sharper, recognizing the most crucial information. Therefore, without adequate sleep, teens will be excessively sleepy and tired, “...and lack attention which will harm academic performance.” Lack of sleep will negatively affect teens’ physical and mental and learning. Furthermore, teens stay on their electronic devices, such as cell phones, computers, and gaming systems late into the night. The blue light coming, from these screens has a negative impact on teens’ sleep. This

blue light “...can affect the level of the sleep - inducing hormone melatonin.”

Here are some recommendations for a good night’s sleep from the Sleep Foundation:

- Budgeting eight hours of sleep into your daily schedule and keeping that same schedule on both weekdays and weekends.
- Creating a consistent pre-bed routine to help with relaxation and falling asleep fast.
- Avoiding caffeine and energy drinks, especially in the afternoon and evening.
- Putting away electronic devices for at least a half-hour before bed and keeping them on silent mode to avoid checking them during the night.
- Setting up your bed with a supportive mattress and pillows.

Feature Story:

Extraordinary Frontline Staff Rises to the Challenge at DTCS during Pandemic

By: Shia, Mindy and Jaycee, Grade 7 Humanities Students

On November 17, 2020, Humanities 7 students had the opportunity to interview

Ms. Lydia Metchooyeah. DTCS is blessed with outstanding, knowledgeable, dedicated, and versatile staff members. One such staff member and team player is Ms. Lydia Metchooyeah. Ms. Lydia, as staff addressed her affectionately called, is the Health and Safety Officer, with numerous talents, which include beadwork, sewing and more.

Within her role, Ms. Lydia stated that her primary responsibility is the following, "To make sure high traffic touch areas are sanitized. And to ensure all students are wearing their masks in the hallways. Making sure they are social distancing."

In the beginning of September 2020, Ms. Lydia helped paint

the sidewalk markers at the front of our school as part of the COVID protocols.

In keeping everyone safe at DTCS, Ms. Lydia has been gracious and willing to help grade 7 and high school students in a mask-making initiative as a way to protect individuals from COVID-19. With this project, students learn more safety protocols, measurement in the metric system, cutting and sewing machine skills. When Ms. Jenoure, high school teacher, asked Lydia to assist students with sewing masks, she was excited to help and said, "This was a way to share my knowledge and skills with students, which was fun." This team player had other fantastic staff members who assisted students, and they included Ms. Ann and Ms. Judy Ann.

The three grade 7 students interviewed Ms. Lydia to learn a little more about her. One student asked Ms. Lydia to talk about herself. According to Ms. Lydia, "I moved here [Chateh] in 1993 and got married in 1994. We raised 6six children. I have been a stay at home mom for most of the years. I recently started working at the DTCS part-time as a Health and Safety Officer."

Ms. Lydia came to Chateh from Nelson, which is a small northern town in British Columbia.

Thank you Ms. Lydia and all the extraordinary staff members at DTCS. You are all "simply the best".

Did You Know?

The Missing Man Table

By: Mia, High School Student (Researched this information)

Did you know that this is a symbolic act to recognize brave men and women who have lost their lives while engaging in heroic acts?

Here is the touching and significant meaning:

* a round table could symbolize your everlasting thanks to Veterans and those who died for our country.

* a white tablecloth may symbolize peace or the purity of their motives when answering the call

to duty.



*The Empty Table.
Royal Canadian Legion*

* a single red flower on each table may remind you of the lives lost in times of war or conflict.

* a slice of lemon on the bread

plate may remind you of the bitter fate of those who will never return.

* a pinch of salt on the table symbolizes the tears the families by the families of those who have sacrificed all.

*One empty chair at each table with the glass at that seat inverted will remind you of those no longer with us and the fact that they cannot make a toast. (Source: Veterans Affairs Canada)

Did You Know?

Victory Gardens Contribute to Food Supply during the War

By: Makayla, Grade 12 Student with support from the Writing Team



The British Campaign modelled the idea of the Canadian Victory Garden that introduced to address food shortage, rations, and food insecurity

due to the war. This Dig In Campaign urged citizens to become self-sufficient through growing food, learning to can/preserve and feed themselves, which expanded to entrepreneurship.

Victory Gardens were also grown in the United States of America (USA), and they were called war garden or food gardens for defense

and first appeared during World War 1 (1914-1918). An American Charles Lathrop Pack organized the National War Garden Commission to encourage Americans to contribute to the war effort by planting, fertilizing, harvesting, and storing their fruits and vegetables so that allies would receive more food supplies..

Honouring Indigenous Veterans

Janessa, Grade 11, with support from the Writing Team

“Indigenous people from every region of Canada served in the armed forces during the Second World War, fighting in every major battle and conflict campaign. To help their country, Indigenous people had to overcome unique cultural challenges. Their courage, sacrifices, and accomplishments are a continuing source of pride to their families, communities, and all Canadians.” This fact is a great part of Canadian history that many Canadians do not know.

Diverse Canadian veterans, including Indigenous veterans, were heroes because they showed great courage, valor, dedication, and commitment when they fought in different wars, such as World War 1, World War 2, and the Korean War, for peace and freedom of all people.

According to World War 2, Aboriginal Veteran, "We're proud of the word volunteer. Nobody forced us. We were good Canadians—patriots—we fought for our country." – Syd Moore

Based on further research on Indigenous Veterans' massive contributions to Canada, here are some fascinating findings:

Indigenous Veterans are First Nations, Inuit, and Métis peoples have served in the Canadian Army. Even though ac-

curate records were not kept of First Nations, Métis, and Inuit Veterans, it is estimated that more than 7,000 Indigenous people served our country in the First World War, Second World, and the Korean War.

It is interesting to note that the First World War, also known as the Great War, began on June 28 of 1914 and ended on November 11 of 1918. This was the war to end all wars.

However, World War 2 started in 1939 and stopped in 1945. That is why Remembrance Remembrance Day occurs when we remember all diverse soldiers who bravely fought and sacrificed themselves for our freedom and our home.

Indigenous veterans had many invaluable skills when they joined the military. According to Veterans Canada, these skills included "...patience, stealth, and marksmanship were well-honed traits for those who had come from communities where hunting was a cornerstone of daily life."

Based on the documentation from Veterans Canada, these experiences and skills of many Indigenous soldiers helped them "... to become successful snipers (military sharpshooters) and reconnaissance scouts (men who stealthily gathered information on ene-

my positions)."

In addition to serving as snipers and scouts, Indigenous soldiers were now "code talkers" during World War 2. There were men like Charles Checker Tompkins, an Albertan, who "translated sensitive radio messages" into Cree and back into English so that enemy forces would not understand the messages.

There were at least 50 decorations of bravery were earned by Indigenous soldiers during the war. For instance, "Henry Louis Norwest, a Métis from Alberta and one of the most famous snipers of the entire Canadian Corps, held a divisional sniping record of 115 fatal shots and was awarded the Military Medal and bar for his courage under fire."

The hope is that this article will increase knowledge and pride in the remarkable contributions of all Canadian Veterans, especially Indigenous Veterans.



The First Nations, Métis and Inuit people of Canada have a long and proud tradition of military service to our country.

DTCS Joins Jump Rope for Heart Celebration Janessa A., Grade 11 Student

DTCS students participated in the “Jump Rope for Heart” program on November 27th, 2020. Because of COVID, we still followed the protocols. The coordinator called each class down one-by-one to join in the event. Our school joined with



Students participate during Jump Rope for Heart Event

many other schools supporting the Heart and Stroke Foundation to promote physical health.

Mr. Somera, the principal, delegated Mr. Mangaser as coordinator in his second year, leading the “Jump Rope

for Heart” event. Mr. Mangaser and with his students planned and organized the many activities to support, encourage, and engage all students at DTCS.

The winners are as follows:

K-1- Shanaya, Braxton, and Mc Kenna

Grade 3- Ryder, Caylee, and Shayla

Grade 4- Tatum, Tanner, and Angela

Grade 6- Tierra, Reshawn, and Kane

Grade 7- Mindy, Sadie, and Deacon

Grade 8/9- Keegan, Rayden, and Timmy

As a participant, I did the limbo, which was energizing and exhausting at the same time. However, this “Jump



Children jump during Jump Rope for Heart

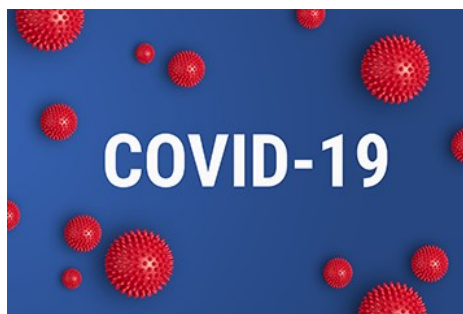
“Rope for Heart” activity is a great way to help young students promote active living and maintain a healthy heart. We’ll look forward to this activity again next year!



Grade 4s jump synchronously during Jump Rope for Heart Event

COVID-19 Increases in Canada

By: Jaycee and Shia, Grade 7 students, with Editor-in-Chief Janessa, High School



In our Humanities class, we watched a video with the Chief Medical Officer of Alberta, Dr Deena Heenshaw, telling us about the government's concerns about the rising cases of COVID-19 in our province of Alberta. In the month of November, Alberta recorded the "worst cases of the pandemic". As a result, Dr Heenshaw urged Albertans to be creative in finding new ways to celebrate upcoming holidays. One of the ways Dr Heenshaw suggested was have virtual celebrations in order to reduce the number of cases of corona virus. This video was posted on the CBC News website on December 1, 2020.

<https://www.cbc.ca/news/canada/coronavirus-covid19-canada-world-december-1-1.5823076>

Dr Heenshaw stressed the importance of all Albertans following the protocols for COVID-19; and finding new ways to celebrate holidays with their family members

outside of their households.

To fully observe the seriousness of COVID-19, here is a table of the number of cases of COVID-19 in Canada, :10 provinces and 3 territories:

Canada COVID-19 Cases -

British Columbia - 33,894

*Alberta - 59,484

Saskatchewan - 8,745

Manitoba - 17,107

Ontario - 118,199

Quebec - 143,548n

Newfoundland - 339

Prince Edwards Island - 72

Nova Scotia - 1,315

New Brunswick - 508

Territories

Yukon - 47

NorthWest Territory - 15

Nunavut - 182

(<https://www.theglobeandmail.com/canada/article-coronavirus-cases-canada-world-map-explainer/>) (map of Canada and Covid cases)

Looking at the figures, I noticed that the numbers for cases are alarming in the 3 provinces: Ontario, Quebec and Alberta. Therefore, it is essential that we all remember to follow the COVID-19 protocols to significantly de-

crease the number of cases.

I am so appreciative and grateful that there are no cases in our community. It should be noted that our school has been very vigilant in observing and practising the protocols of COVID-19. For instance, at DTCS, these are some of our routine COVID-19 protocol practices:

Everyone wears masks.

There are standing automatic sanitizers all over the school.

Students stay in their cohort groups and sit in individual desks with plexiglass,

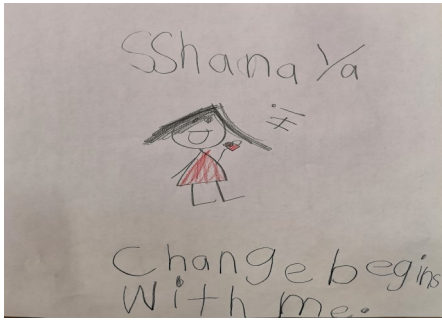
Lunches are delivered to each classroom in individual containers,

The Health and Safety Officers sanitize all high traffic areas.

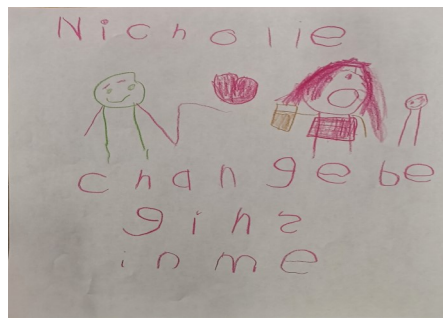
During daily morning announcements, the COVID-10 protocols are reinforced.

Also, staff and students know that they need to stay home and isolate for 10-14 days if they are sick and get tested before returning to school.

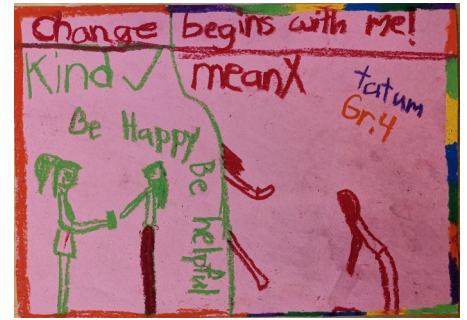
Winners for the National Addiction Awareness Week Poster-Making Contest with the theme "The Change Begins with Me"



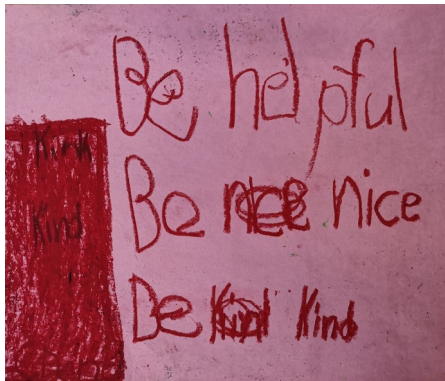
Shanaya, Grade 1



Nicholie, Grade 1



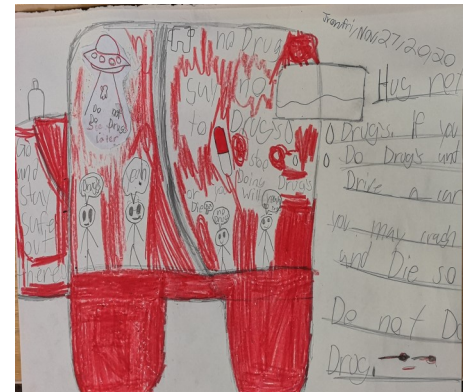
Tatum, Grade 4(Front)



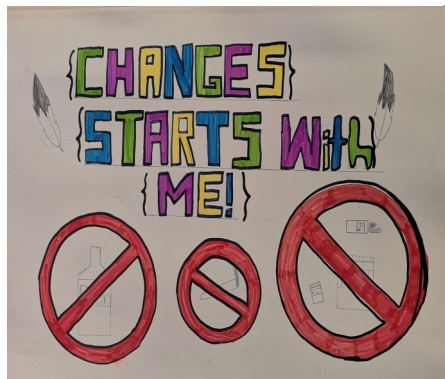
Tatum, Grade 4(Back)



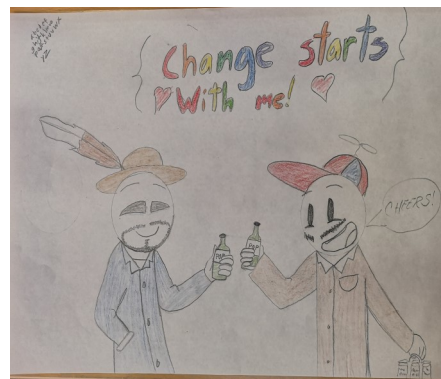
Jayren, Grade 5



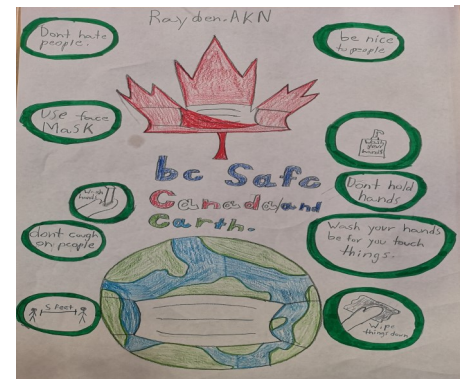
Iron, Grade 6



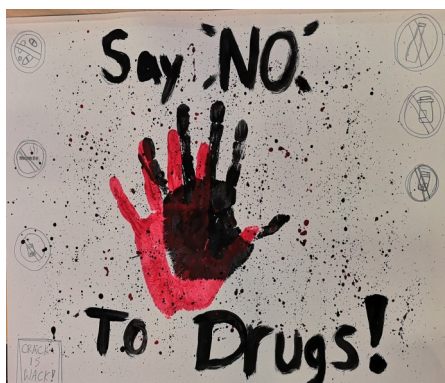
Sadie, Grade 7



Shia, Grade 7



Rayden, Grade 8



Makayla, High School

"The greatest discovery of all time is that a person can change his future by merely changing his attitude"
-Oprah Winfrey

Miscella-News



Dene 8/9 students gather around the fire inside the teepee.



Dene 8/9 explore outdoors



Community Health and Wellness together with 2 DTCS staff pose with their Group Crisis Intervention certificates .



Men play floor hockey for Mental Health



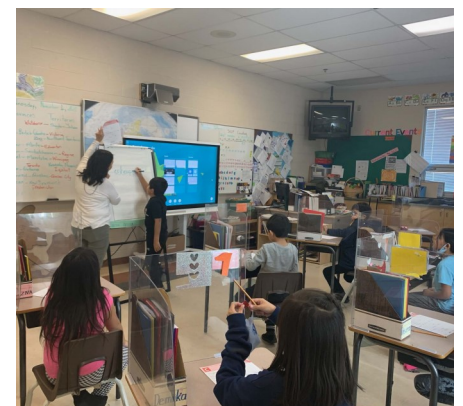
Staff offer prayers and send love to the community



Henry S. and Bruce M. put the sign for DTFN Community Choosewell Circle Park

“Every act of conscious learning requires the willingness to suffer an injury to one’s self-esteem. That is why young children, before they are aware of their own self-importance, learn so easily.”

– Thomas Szasz



Ms. Sharon M., FVSD Learning Supervisor help support DTCS to improve the academic success of the students. She helps with testing and sharing reading and writing program to teachers.

Principal's Message

"It is better to find your courage to make changes when you can choose to rather than being forced to. If you do not make a change, the change will make you" Roy Bennett

Every day marks a new day. Change is continually revolving, and it spins too fast. Fortunately, as human beings, the Creator designed us to adapt and overcome whatever adversaries we might encounter in our journey of life. We have what it takes to survive, change our habits, and protect ourselves during this COVID-19 pandemic.

Life of children and staff in our school continues as regular. We have set the procedures to adapt to the changes the pandemic has and ensure everyone's safety. We are grateful to the Chief and Council, Dene Tha' Education Authority, and the Emergency Management Team for leading the way to protect the Nation and our school as well. Thank you to our parents and guardians for sending your child/children to school. Thank you too, to all who have chosen to learn-at-home for looking after your children's learning. Thank you to our bus drivers for making sure our children will come to school. Thank you, staff, for your dedication to serve our children, and most of all, thank you, children, for behaving well and trying your best to learn. You have shown us how resilient you are. You have the perfect attitude during this difficult time.

Our Action-Chill Room with Matthew W. and Triage Worker Hayley N. have a crucial impact in the grounding process of your child. They more focused and well-behaved and always willing to learn.

In November, we celebrated the most historical events in our time as a Canadian-the Remembrance Day. With the help of our committee, we were successful in holding it virtually. If you would like to view our celebration, please visit our Facebook page. You witness how our children maximize their participation and recognize our ancestors' heroic efforts to achieve the peace we enjoy today.

Jump Rope for Heart is another significant oc-

casional that our school has participated in during this month. We have a week of activity focusing on the jump rope. Our children have demonstrated the ability to stay healthy, active, and strong. Physical activity helps our children perform better both academically, mentally, socially, and physically.

Furthermore, we also have our National Addiction Awareness Week Celebration. Our staff incorporate the celebration in their lesson and culminate by a poster-making contest in each classroom. Our children must learn this information to inculcate in their minds that addiction in any form will not give them a bright future.

To boost the spirit of everyone, we also have our Pajama Day. Children and staff will have the PJs on Friday to demonstrate their cooperation in being a part of the DTCS family.

Winter arrives too early. We encourage parents/guardians to ensure that your child/children have the proper winter gear. We conduct fire drills and other outdoor activities. Our children need to learn all these life skills to be ready for any challenges in life. Please contact the school if you need help. We are going to connect you to the right agency.

Finally, due to the new provincial COVID -19 restrictions, Grade 7-12 will remain open allowing a minimum of ten students per class. If you chose a Learn-at-home mode for your child, please make sure to sign out a Chromebook.

Our Talent Show and Christmas Concert will also be virtual. If you have a talent and you would like to share, please contact us for filming, and we will include your segment in our show.

Thank you, and stay safe. DTFN Strong.

Sincerely,

Mr. Carlito N. Somera,
Principal



Classroom Updates

HeadStart(K3 and K4)

Wow! Students have identified names, letters, and a lot of sensory play, such as making soft play dough (corn starch, conditioner and food colouring), water play, art activities, fine/gross motor skills, and freezing water balloons. These activities have so much learning to them, including science concepts, measuring, dumping and pouring, liquids/solids, change in colours, etc. The students have been interested in Lego block play and, building structures, recognizing colours, patterns, awareness of blocks needed, relationship building and communication/social skills, to name a few. Our based our plan on their interests as well as introducing new concepts. It's been a lot of fun shar-

ing, teaching and learning with your children. Ms. Jenna talks to the children in Dene, which is impressive because they hear it at school. Also, we have been taking advantage of going outside, so please ensure that your child has proper outdoor wear, and if they need anything, please don't hesitate to ask as we can get them through donations and other ways.

Next month, we'll be doing art activities, outside play (weather permitting); please ensure students have proper outdoor clothing and footwear. We will be recording our Christmas Concert on Dec 9. Please send your child's Christmas outfits and/or wear them that day.

Ms. H. Seniantha

P.S. If you would like more information about the children's learning, please let me know, and I'll gladly provide that. Heya mahsi, stay safe.



Headstart children play with Frozen balloons

Kindergarten(K5)/Grade 1

Another month went so fast; the grade one and kindergarten students have been doing their best to observe the COVID-19 protocols. These



Ks/Grade 1s design their pond park

growing children's job is to learn through various ways like art and play. They are mastering the letter names and their numbers through different art activities enable them to identify the letters in words. This is a simple way of introducing them to oral spelling. We are also focusing on building vocabulary and reading skills. The students are encouraged to talk to adults, so that they can pick up words or information. Adults like parents, guardians, grandfather, or grandmother play a crucial

role in supporting each child's reading. Conversation is the most efficient early-learning strategy for reading. This method is why one of the students' homework assignments is to tell stories to their parents to open up conversations aside from showing the every day work they do in school. I am proud of the little successes these children have everyday. It may not be so big in the adults' eyes but coming to school is a big one for them every day.

Ms. Y. Manghi



Students sort food, using Canada's Food Guide

The Grade 2 class has continued to engage in learning in a fun and exciting way.

In English Language Arts, students are building on their reading skills by reading some expository texts. They are focusing on vocabulary

development by identifying certain word patterns, copying related words and putting them in alphabetical order.

Real world tasks, such as telling the date and reading a calendar (also numeracy skill), are embedded in our readings this month, and the students are having so much fun singing the Days of the Week and Months of the Year songs. They are also very excited about their Word Wheels!

In Math, students are learning about ordinal numbers and skip-counting by 2s, 5s and 10s.

In Health, we are exploring Wellness Choices: Personal Health. In particular, Stu-

dents are learning about healthy eating and physical activities. As a result, they have created their baskets of food and sorted the foods into their various categories, using Canada's Food Guide. They have become experts in telling what food should be in a plate and what food should go outside of the plate. I hope they are asking for more veggies in their meals at home!

Thank you, dear Parents, for letting us know what was in for dinner. Your children happily submitted their dinner plates homework. Compliments of the season!

Grade 3

For the month of November, learning and teaching have moved in leaps and bounds in grade three. In English, we explored nouns as names of people, animals, places, and things. In Math, we focused on Expanded Notation, Place Value, Number Words, and Rounding Up and Down. In Art, we explored Blobbing using the primary colours. We also printed our initials using the face of a cut potato. In Science we continued observing and caring for our vegetables in the Grow Tower. The students have also reaped,

tasted, and taken home some of the vegetables. In Social Studies, we continue to explore Canada's provinces and Territories and their respective capital cities. In Phys. Ed. It is getting outdoors to enjoy the gifts of nature that are most appealing. We, however, engage in regular Yoga for Kids practice and other indoor games. We also make a daily trek out of our classroom and into the open space for further practice in Social Distancing, mask wearing, physical exercises and throwing and catching techniques.

Ms. J. Salmon-Brissett



Grade 3s take advantage of the wintry weather. Can you spot the teacher?

***“When you educate one person you can change a life,
when you educate many you can change the world”***

- Shai Reshef

Grade 4

Mr. M. Watts

November has been an excellent month for grade 4. We are studying Alberta's major cities, wheels and axles, number operations, sentence writing, mindfulness, and hockey. As winter approaches, it is vital that students dress for the weather. I also ask that all parents send their children to school with backpacks. Students who are learning at home may require the help of their

parents to complete their work. Please make sure the work I have sent out is returned when it is finished. We are using Google Classroom to complete many of our assignments, and this work can be completed online at home. Please check your work packs for information about logging into your email, Google Classroom, Mathletics, and Essential Skills. Parents can



Grade 4s show off their popsicle stick race cars!

contact the school to sign out a Chromebook for students to use at home.

Grade 5

Various Teachers



Grade 5s launch hot air balloons. They learn about thermal currents and constructing their own hot air balloon.

Grade 5s never stop learning. We are a resilient group. Our attendance is quite regular, and we have a strong will to learn. With Ms.

Vera, Wanda and other teachers, we continue learning on the different subjects:

Students read about animals (e.g. polar bears) in English Language Arts, and have studied onsets and rhymes. They are practicing their reading fluency skills by reading aloud with a partner. They are also practicing their spelling skills focusing on the onsets and rhymes in their readings.

For Social Studies, Grade 5 class is exploring Canada. Students have learned that Canada has ten provinces and three Territories with six regions. They know that the Arctic region is a cold place and home to polar bears.

For Mathematics, they gain more knowledge in the fundamental mathematical operation. They have been adding and subtracting. They are also with online exercises and live Math games in Mathletics.

In Science, the grade 5s have been doing lots of experiments to explore the physical world. They have been learning about the weather, specifically thermal currents and the greenhouse effect. They also learned about electricity: its uses and safety around its use. We also did a bit of chemistry in the class by learning about acids and bases.

Grade 6

Ms. R. Adeniyi



Grade 6s utilize Essential Skills web app to improve their reading and writing skills.

Reading- Reading daily and using a variety of comprehension strategies.

Writing- We are focusing on creating writing ideas and reviewing writing conventions. We are adding details to our writing so as to help the reader create mental images..

Math- Grade 6 students continue to make unprecedented progress in learning and solving Math problems at the grade six level. Students have demonstrated adequate understanding of math in the following areas: ordering numbers to 2000; worked on a list of numbers arranging from

smallest to largest; Even and Odd Numbers, worked on Multiples and Factors; Least Common Multiple and Highest Common Factors.

Social- We are currently working on "Democracy in Action." This chapter covers the following areas: What Are Our Rights and Freedoms? Individual Rights, Equality Rights, Collective Rights, Aboriginal Rights, Language Rights, Democracy and Participation, What Are Our Democratic Rights? Participation and Voting, Winning the Right to Vote, and Democracy and Votes for Women.

Grade 7

Ms. E. Paracuelles

In grade 7, we believe that every day is a chance to work harder to get smarter. For Math, we are learning about integers and solving word problems with them. We will be learning about divisibility rules and relating decimals with fractions. For Science, we are entering into the Heat and Temperature unit where we learn about thermal energy and its uses, how heat is transferred, and the changes of state while using the particle model of matter. For Art, we continue to make Haida art and also incorpo-

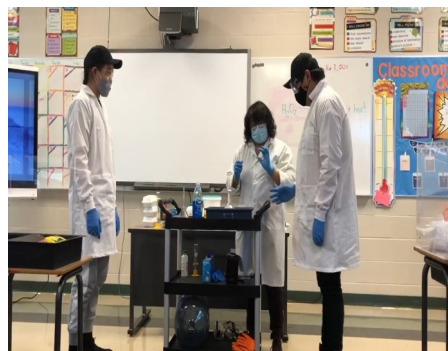
rate our learnings about the National Addiction Awareness Week to create a poster. For Environment and Outdoor Education, we looked into how local animals sustain themselves over the winter times. We are also looking into food waste and how our country tackles this issue. For Health, we are learning about what healthy relationships look like and what red flags there are when it comes to relationships. For Music, we are getting ready for our performances for the talent show and the Christmas Concert.



Grade 7 write secret messages on paper using lemon juice. The messages are revealed when the paper is slightly heated up.

Grade 8/9

Mr. C. Mangaser



Grade 8/9 students conduct a science experiment about chemical reaction.

The students of grade 8/9 have been working diligently on their academic work. This month we focused on honing our skills in algebra to the point where solving linear equations such as $23-4=x-3(2+10)$ became easy. Both grades witness a spectacular science experiment that includes fire and chemical reactions. In English, they have begun writing their own personal narrative story, which will be available to read if the author chooses so. Final-

ly, for Social Studies, the grade 8s are wrapping up their European Renaissance Europe, while the grade nine students continue to learn about the Charter of Rights and Freedoms. Everyone is excited for the talent show that is coming up early December. The grade 8/9 class decided to create a video that displays current trends in social media. You do not want to miss it so tune into the talent show!

In the past three weeks, high school students have been engaged in different learning tasks. These tasks range from poetry, paper mache, researching Remembrance Day resources, especially the contributions of Indigenous veterans to Canada, baking wartime pastry, exploring causes and effects of World War 1 and World War 2, persuasive techniques with Aristotle's ethos, logos, and pathos, journaling, archetype hero's journey, reading comprehension, article writing, multimedia presentations, Halloween activities, making meatballs from "scratch," and more.

Students wrote their mid-term exams on November 26 and 27th.

High school students attempted to plant seeds for the Grow Towers. This project, however, will be revisited in January 2021.

High School students are working on a project in English Language Arts that is integrating Art. This project examines symbolic masks that each person wears as shields to protect outer self and inner self. Students are creating their own masks by using paper mache. Students, under Mr. Dewey's instructions, will learn how to sketch by applying the elements of art: line, shape, colour, value and texture and their characteristics.

For Grade 7 Humanities students, they worked on developing their writing skills by focussing on paragraph structure. Students learned the different parts of a paragraph: topic sentence, three supporting details and conclusion. In addition, students worked on developing their reading comprehension skills by reading levelled fiction and non-fiction passages in Read works. Students need to continue to read for a minimum of 30 minutes each



Tanisha W. pours wartime chocolate cake

night and record this information on their "Reading Log".

As part of Remembrance Day activities, students baked wartime chocolate cakes to see how homemakers during the wars were creative and used limited ingredients that were available. Students used recipes and the metric system to measure their ingredients, so they were practicing their math skills.

Student Needs Triage



Students focus on Caring

In November, students are learning about Honesty teachings from The 7 Grandfather Teachings. Also, students are learning about different types of Emotions. For November, students are learning about Caring. What is Honesty? Honesty is speaking truthfully but also acting truthfully. Being honest means, you admit to your actions, even if you'll get in trouble. You are not honest if you deny you did some-

Ms. H. Natannah

thing wrong when you did it. What is Caring? When you are caring, you feel interested and concern for others. Other people's feelings matter to you. Being kind, generous, forgiving, helpful, and understanding are ways to show that you care. You can also use your words to tell people that you care about them.

"A good head and good heart are always a formidable combination. But when you add to that a literate tongue or pen, then you have something very special."

— Nelson Mandela

**IMPORTANT INFO -
GRADE 7-12 STUDENTS:**

As you have likely heard on the news, many grades 7-12 students across Alberta will be learning @ home & NOT returning to classes until the New Year. As we have no cases in our school, community, low-class sizes, & have a quality safety program in place, DTCS will continue in -person class for all students. DTCS will monitor any changes, as the health & safety of all our students & staff are our most important concern.

DTCS VIRTUAL HOLIDAY SHOWCASE is a combination of our talent show & Christmas concert & an excellent opportunity to stay connected with our community during these challenging times. Airing on google share & Facebook live 1pm Dec 16.

VIRTUAL STUDENT LEARNING OPPORTUNITIES:

Wednesday, Dec 9, 9:30 ALBERTA BOREAL CAREERS PROJECT:

The ABC Project 2020 is designed for students in grades 7-12 to investigate science, technology & careers in Alberta's Boreal Region. During the program, students will discover a myriad of

career options & paths, meet leaders in the field, assess future employment possibilities, participate in video tours & consider their future environment & natural resources. The program will include a dynamic mix of breakout discussions, activities & helpful resources that will prepare students to explore natural resource careers as an opportunity.
<https://www.insideeducation.ca/youth-education-summits/abc-project/>

December 15, 5pm VIRTUAL MENTORSHIP SERIES:

DTCS has teamed up with Careers NexGen to be part of the young women in trades & technologies program. Students have participated in the construction trades segment earlier this year. The next presentation is Automotive & Mechanical Trades. Future career exploration includes; Industrial Trades & Information & Communications Technology

EMERGENCY ALERT TEST FOLLOW UP:

On Thursday, November 26, 2020, you SHOULD have received an alarm & COVID alert on your cell. This system was used to notify local residents in our area during last year's Chuckegg Creek Wildfire evacuation. If you didn't receive the alert, contact your cell provider.

JUMP ROPE FOR HEART: Thanks to all DTCS classes for participating. A BIG THANKS to Mr. M for organizing this important & successful event for our school.

NATIONAL ADDICTIONS AWARENESS WEEK. Thanks to all DTCS classes for participating. The art contest winners are - K/G1: Tie Shanaya & Nicholie; G4: Tatum; G5: Jayren; G6: Jron; G7: Tie, Shia & Sadie; G8/9: Rayden HS: Makayla

STAY CONNECTED WITH DTCS:

Our special events are accessible through our social media. To follow the Dene Tha' Community School news & happening, log on to our official Facebook page: <https://www.facebook.com/dtesofficial>

The DTCS site has the Spruce newsletters; monthly calendar & live streaming events: (ie Halloween; Remembrance Day, Christmas Concert, spelling circle. etc)

Sincere best wishes for a healthy, happy & safe holiday season for you, your loved ones & good friends!

Special Thanks to the following donors:

1. DTFN Community and Wellness for donating PPE kits
2. Councilor Charlie Chambaud for donating winter gears
3. Holly Seniantha for donating winter gears
4. Jenna Seniantha for donating winter gears
5. Community Choosewell
6. Alberta Blue Cross



DENE THA' COMMUNITY SCHOOL

DECEMBER LUNCH MENU

Note: Subject to change upon availability of supplies

	<p>1</p> <p>Chicken Thigh Cream of Mushroom & Rice Mush Potatoes Mix Fruits</p>	<p>2</p> <p>Chicken Tenders Rice Fruits</p>	<p>3</p> <p>Spaghetti Mix Veggies Fruits</p>	<p>4</p> <p>Hot Dogs Fruits</p>
<p>7</p> <p>Hot Wings Potatoes Fruits</p>	<p>8</p> <p>Dry Ribs Rice Fruits</p>	<p>9</p> <p>Drum Sticks Corn Fruits</p>	<p>10</p> <p>Pork Chop Mix Veggies Potatoes Fruits</p>	<p>11</p> <p>Pizza Veggies Fruits</p>
<p>14</p> <p>Chicken Corn Fruits</p>	<p>15</p> <p>Hot Wings Salad Fruits</p>	<p>16</p> <p>Student Christmas Feast</p>	<p>17</p> <p>Dry Ribs Rice Fruits</p>	<p>18</p> <p>Chicken Tenders Rice Fruits</p>



DTCS DECEMBER 2020 Calendar

MON	TUE	WED	THU	FRI	SAT
	01	02 Awards Student	03	04 Report Cards	05
07	08	09 9:30 - Alberta Boreal Careers Virtual Project Gr7-12	10	11 12:30 Dismissal SELF-CARE PM	12
14	15 HS Class 5:pm DTCS Hosts VIRTUAL MENTORSHIP SERIES: AUTOMOTIVE & MECHANICAL TRADES	16 1pm VIRTUAL HOLIDAY SHOW - CASE Connect through DTCS Facebook live	17 Spruce Newsletter	18 Last day before holiday break Spirit Day: Ugly Sweater	19 HOLIDAY BREAK
21 HOLIDAY BREAK	22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 CHRISTMAS DAY	26 HOLIDAY BREAK
28 HOLIDAY BREAK	29 HOLIDAY BREAK	30 HOLIDAY BREAK	31 HOLIDAY BREAK	1 HAPPY NEW YEAR	2 HOLIDAY BREAK
4 HOLIDAY BREAK					