

**School Hours**  
 Welcoming Bell 8:55 a.m.  
 Classes Begin 9:00 a.m.  
 9:00 a.m. – 11:55 a.m.  
 11:55 a.m. – 12:40 p.m. Lunch  
 12:40 p.m. – 3:30 p.m.

# John Diefenbaker Public School

Principal: Mrs. Jenna Cross  
 Vice-Principal: Mrs. Angela Yeaman  
 Secretaries: Mrs. Sharon McKay, Mrs. Claire Urbaniak



1090 Branion Drive  
 Prince Albert, SK  
 S6V 2S8  
 Phone 306-763-6031  
 Fax 306-922-3878  
<https://jd.srsd119.ca/>



# April 2024



**PLEASE REPORT ALL ABSENCES THROUGH EDSBY: [SRSD119.EDSBY.COM](https://jd.srsd119.ca/)**

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9 <i>Clan Shirt/Clan Color Day</i>	10	11	12
15	16 <i>Clan Shirt/Clan Color Day</i>	17	18	19
22 <b>No School</b>	23 <i>Clan Shirt/Clan Color Day</i>	24  Grades 6 Immunizations 10:00-12:00	25 <i>Hot Lunch Forms Due</i>	26
29	30  <i>BP's Hot Lunch</i> <i>Clan Shirt/Clan Color Day</i>			

## STUDENT PICK-UP/DROP-OFF

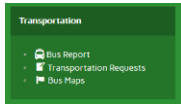
For the safety of our staff and students, the **staff parking lot is not a pick-up or drop-off point.** Help us to keep our children safe!

## School News

### Important Information about Busing:

Registering your child for busing is necessary, but not every year. Please only re-register if the student's information has changed. This may include a change of school, address or contact information.

Registering online is quick and easy. However, it may take several days to arrange their busing. The direct link to register is <https://www3.srsd119.ca/busgarage/transport/request.php> or you can simply type "Sask rivers school bus" in a search engine (we recommend Google) and we will surely pop up. Once you click on our link, look for this box towards the bottom of the page, and choose "Transportation Requests". You may find our links for the daily bus report and city bus maps handy as well.



If you are unsure whether or not you have previously registered, or if you have any questions, please contact the Transportation Department at 306-763-2323.



Because our fountains have been converted to bottle filling stations, **please ensure you send a water bottle to school with your child.** Like utensils, we do not supply cups.

### Lunch Hour

Please provide necessary utensils in your children's lunches. We do not distribute utensils. Also, the school has no microwaves to heat up lunches.

### **official John Diefenbaker Public School shop!**

Customize your own JD merchandise at <https://jdps.entripyshops.com/>. Adult and youth sizes available.



### **Allergen Aware: Reduce the Risk**

*There are children in our school with severe life-threatening food allergies (anaphylaxis) to nuts and peanuts. This medical condition can result in death within minutes. Although this may or may not affect your child's class directly, we ask that any foods you send to school with your child be free from nut or peanut products. More information about anaphylaxis is available at the school. Please contact us. Thank you for your understanding and cooperation.*

## Community News

Prince Albert Child Care Co-operative Association is pleased to offer before and after school care at John Diefenbaker Public School. We offer screen-free programming with a combination of active and academic play. Breakfast and snacks are included. Full day care is available on non-school days.

We have a variety of rates to best suit your needs:

Full time-----	\$375.00
-includes before school and after school care and all non-school days	
Mornings only-----	\$125.00
After school only -----	\$250.00
Casual rates (Morning)-----	\$10.00
After School -----	\$15.00



Call 306-930-7511 for availability.

PRINCE ALBERT **Royals** MINOR BASEBALL



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CANADIAN BASEBALL CHAMPIONS

**ROYALS BASEBALL**

BASEBALL FOR ALL AGES AND  
LEVELS OF EXPERIENCE

AGES 5-18 BOYS & GIRLS

**2024 SEASON**

VISIT OUR WEBSITE  
TO REGISTER  
[PAMINORBASEBALL.COM](http://PAMINORBASEBALL.COM)



**PAMF PROGRAMS 2024**

- LITTLE TYKES - GR. 1-4
- FALL RIVER RIDERS - GR. 6-9
- SPRING 6-A-SIDE- GR. 5-8
- PASS, PUNT AND KICK - AGE 7-14

 PRINCE ALBERT MINOR FOOTBALL

VISIT OUR  
WEBSITE FOR  
MORE  
INFORMATION





PRINCE ALBERT MINOR FOOTBALL

REGSITER AT [PARIVERRIDERS.COM](http://PARIVERRIDERS.COM)



# Why SLEEP MATTERS

## Physical Health:

Sleep is essential for physical growth, immune function, and overall health. Children who consistently lack sleep are more prone to illnesses and may experience delayed growth and development.

## Cognitive Function

Sleep plays a crucial role in cognitive functions such as memory, attention, and decision-making. A well-rested child is better able to concentrate in class, learn new information, and perform well on tests.

## Emotional Regulation

Sufficient sleep helps regulate emotions, reducing irritability, mood swings, and stress. Children who get enough sleep are often more emotionally stable and better equipped to handle the challenges of school and social interactions.

## Academic Performance:

Numerous studies have shown a strong correlation between sleep and academic success. Children who regularly get enough sleep tend to have higher grades, better attendance, and overall academic achievement.

## Safety:

Sleep-deprived children are at a higher risk of accidents and injuries, both at school and during other activities.

## Behavioural Issues

Sleep deprivation can contribute to behavioral problems such as hyperactivity, impulsivity, and difficulty in following instructions. Adequate sleep promotes better behavior and classroom conduct.



## WAYS TO STAY SAFE TRAVELING TO AND FROM SCHOOL

1

### Recognize Safe Adults

Teach your children to recognize safe adults such as teachers, staff, and other parents to go to if they need help. Remind them not to accept gifts or go anywhere with someone they do not know.

2

### Walk in a Group

Encourage your child to walk or bike to school with friends or in groups. There is safety in numbers. Consider organizing a walking school bus for younger students.

3

### Traffic Safety

Remind your child to follow all traffic rules. Use designated crosswalks, obey traffic signals, and never dash out onto the street. Be alert in parking lots and around vehicles. If your child has their license please remind them to put their cell phones away while driving.

4

### Bullying Prevention

Encourage your child to talk to you or a trusted adult if they feel they are being bullied or witness bullying. Talk to them about the importance of reporting such incidents to school staff as soon as possible when appropriate.

