



# KSC Newsletter

## Growth Mindset Leaders

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The growth mindset theme for the month of October is "Today I am going to try something new!" We want to recognize students who are new to our school because we are proud of how well they have integrated into our school community. Every-day they are making new friends, developing new relationships with their teachers and getting used to new routines and new expectations. We are proud of them and for all our Khalsa School students who strive to grow in every way as they try new things both inside and outside of school.

### Leadership Recognition

**Ms.B.Kaur(KG-A)- Anukirat Sandhu**  
**Ms.French(KG-B)- Inderpreet Cheema**  
**Ms.N.Sandhu(KG-C)- Viraj Pannu**  
**Ms. Konrad (KG-D/1D)- Iknoor Sran**  
**Ms.G.Sandhu(Gr.1A)- Arshroop Sahota**  
**Ms.Katri (Gr.1B)- Angad Randhawa**  
**Ms.Konovalova (Gr.1C)- Fateh Gill**  
**Ms.Zaseybida(Gr.2A)- Ikroop Sahota**  
**Ms.Aujla(Gr.2B)- Baninoor Ghatora**  
**Ms.Belanger (Gr.2C)- Kyra Kahlon**  
**Ms. Brar(Gr.3A)- Jagtesh Maan**  
**Ms. Khehra(Gr.3B)- Gurmanjit Khela**  
**Ms. DhanjalGr.4A)- Harroop Kaur**  
**Mr. Hill(Gr.4B)- Isha Parmar**  
**Ms. Parhar(Gr.5A)- Gurnaazpreet Kaur**  
**Ms. Thompson(Gr.5B)- Gurman Dhaliwal**  
**Ms. S. Sandhu (Gr. 5C)- Tanvir Deol**  
**Ms.Richards(Gr.6A)- Sirat Gill**  
**Ms.Kahlon(Gr.6B)- Japnaam Ghuman**  
**Ms. Hasni (Gr. 6C)-Nimrit Maan**  
**Ms. Bedi(Gr.7A)- Brahmleen Kaur**  
**Ms. Obhi(Gr.7B)- Amanat Gill**  
**Ms.Hoang(Gr.8A)- Aikam Ghuman**  
**Ms.Jones(Gr.8B)- Balreen Dhaliwal**  
**Ms.S.Kaur(Gr.8C)- Mansahibdeep Singh**  
**Ms. Brar(Gr.9A)- Gurkirat Uppal**  
**Ms.Aulakh(Gr.9B)- Jasmeh Dhaliwal**  
**Ms. Kaler (Gr. 9C)-Dilshan Randhawa**

**NEVER  
BE AFRAID**  
TO TRY SOMETHING NEW,  
BECAUSE LIFE GETS BORING  
WHEN YOU STAY WITHIN THE  
LIMITS OF WHAT YOU ALREADY  
KNOW.

## Principal's Message

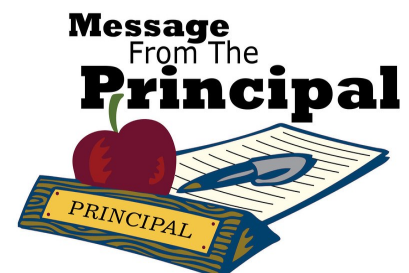
Wahe Guru Ji Ka Khalsa, Wahe Guru Ji ki Fateh.

We've had a great start to the month of September, and as we look ahead to all the exciting events and activities in October, we want to express our gratitude for your continued support and cooperation.

Firstly, we appreciate your efforts in ensuring that our students came to school with their complete uniform and black shoes for their indoor attire the first week of school. With the colder months approaching, we plan to make every Monday a full uniform day (**this will be mandatory for all students**), **starting mid-October**. Wearing a full uniform on Mondays is a standard practice in many schools with uniforms, and we would like to try implementing it as well. We will notify you via email when we observe the weather change and cooler days setting in. This adjustment will allow us to maximize the use of full uniforms. From Tuesday to Thursday, students will have the option to wear either their full uniform or a partial uniform, which includes a polo shirt and navy blue pants without the tie and sweater vest or cardigan. Every Friday will be either a uniform day or a bana day, with the last Friday of the month designated as casual day. During casual days, we kindly request that students avoid wearing ripped jeans, sleeveless tops, or shorts (for grades 4 to 9) to maintain a respectful and appropriate appearance.

We would also like to address our parents who drop off and pick up their children. We sincerely thank you for your cooperation in ensuring smooth traffic flow. To maintain an orderly and safe process, please remember that the 2:45 PM group should enter the parking lot first, and the 3:00 PM parents should arrive only at 3:00 PM to enter the parent parking lot after it has emptied out. This approach will help us avoid congestion and ensure everyone's safety. While I have been monitoring the situation, I will not continue this practice throughout the school year. However, occasional checks may occur. We kindly request your ongoing adherence to these guidelines to enhance safety and convenience for all. Please ensure that you slow down and not speed when you are entering the gravel road and parking lot, given the presence of children. Additionally, when parking, ensure that your vehicle is properly positioned to facilitate your child's safe entry. Please refrain from stopping in the middle of the street for pick-ups and drop-offs, as this disrupts traffic flow and poses safety concerns for others trying to exit the parking lot.

Let's collaborate to ensure a smooth and safe environment for everyone in the parent parking lot. Your cooperation and support are greatly appreciated.



## Trickster Theatre



We are excited to announce that we have received an Alberta Foundation for the Arts grant to have a *Trickster Theatre* residency from October 16th - October 20th at our school! We will have their theatre company come in to work with our students for 80 minutes each day that week to create a performance. On **Friday, October 20th**, we will invite our families to an evening performance that will showcase all the students' work.

The theme of the show is: 'What does it mean to be Sikh in Canada?' We are looking forward to having you join us that evening to view the students' creativity and dramatic skills. We will be providing more information later this month with details on the timing of the show, but please save the date!

**Volunteers and Help Needed!** To put on such a large show, we are hoping for help from our parent community. Please take a look at this link and sign-up for any of the volunteer tasks that you can:

<https://www.signupgenius.com/go/30E0F4DAEA923AAFB6-43550923-khalsa#/>

## PCHS

*Punjabi Community Health Services (PCHS) Calgary is a non-profit organization focused on providing culturally-specific and client-centered supportive programming to the Punjabi community in areas of: Mental Health and Family Support. PCHS extends to providing community outreach/education/awareness in the areas of family, parenting and youth counselling. Our services are provided with cultural sensitivity and available in Punjabi, Hindi, Urdu and English.*

*We would like to offer support to parents and their children who would like support in improving their relationships and communication with one another. Our understanding of Punjabi cultural norms, values, and practices is essential in establishing trust and rapport with students and families, enabling us to offer effective guidance and assistance. Our Community Counsellor can support you in our office, in the community, online or at Khalsa School.*

*PCHS will be joining us at our Parent Advisory Council (PAC) meeting on Nov. 21st to provide further insights into their services and discuss their collaboration with KSC to support our students and parents.*



## Halloween at school



Trick-or-treating is around the corner! As you begin to plan costumes for our school parade & classroom parties, please remember to wear only school appropriate costumes. No blood, gore, or weapons. If anyone has a question concerning the appropriateness of a costume, please contact your homeroom teacher. Thank you for keeping things fun! Please note that we respect a family's decision not to participate in Halloween activities.

## NSTEP

This year, we will be collaborating closely with NSTEP, an organization dedicated to cultivating lifelong healthy habits. NSTEP serves as an educational hub, providing scientifically-backed knowledge to instill enduring health practices in children. For further insights on healthy living, please visit their website at <https://nstep.ca/>. Additionally, we've attached some Active for Life resources in English and Punjabi in the email for our students to make use of. Enjoy!



## Guest speaker

Bhai Gulzar Singh Ji, from Toronto, will be our guest speaker for an informational session on Wednesday, October 4th, from 1:30pm to 2:30pm. This session is tailored for our grade 7-9 students and will encompass a dialogue on parent-child relationships today's challenging times. Additionally, he will address aspects of education concerning strategies to address common behavior challenges and issues related to drug violence. We will extend an invitation to parents to participate, either in person or via Zoom live.

Stay tuned for more information!

## IMPORTANT NOTICES:

Dear Parents/Guardians,

Please note that we have several students and staff at Khalsa School Calgary who have severe food allergies to peanuts and nuts. It is important that there is a strict avoidance to prevent a **life-threatening** allergic reaction. We are asking for your help to provide all our students and staff with a safe school environment. To help reduce the chance of a life-threatening allergic reaction from occurring, we ask that you **do not** send your child to school with products containing peanuts or nuts.

The best way to determine if snacks are allergy-free is to read the label. **Be aware** of phrases like this:

**"May Contain Peanut or Tree Nuts."**

**"Processed on shared equipment with Peanuts or Tree Nuts."**

**"Manufactured in a plant with Peanut or Tree Nuts."**

**"Contains Peanut or Tree Nut Ingredients."**

And look for images such as this one:



## Reporting absences for appointments

We kindly ask that you make appointments for your child on **PD Days** or **Holidays** if possible. However, we understand that it is not always possible to do so. If for any reason parents need to pick up their child early, they need to inform the **Homeroom Teacher** via **email one day prior** to their child/children's appointment. If they have an urgent pickup, parents need to call the Office at **(403) 293-7712** and Press **0** and inform them about early pickup



**Attendance  
Matters**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>National Truth and Reconciliation Day</b>  <b>Orange Shirt Day</b>	3 <b>Vaccination Program (Gr. 6 &amp; 9)</b> Guru Angad Dev Ji Gureyaai	4 Bhai Gulzar Singh Ji presentation for Gr.7-9	5	6 <b>No School</b>  Professional Development Day	7
8	9 <b>No School</b>  Thanks giving Day  Prakash Utsav- Guru Ram Das Ji  Guru Nanak Dev Ji- Joti Jot	10	11	12	13  Bana Day	14
15	16	17	18	19	20 Bana Day	21 Guru Gobind Singh Ji- Joti Jot
	← <b>Trickster Residency</b> →				20 <b>Trickster Performance (evening event)</b>  <b>Interim Reporting</b>	
22	23	24 <b>PAC meeting</b>	25	26	27 Casual Day	28 Gurgaddi Guru Gobind Singh Ji
29 <b>Gurdwara Performance (Grade TBA)</b>	30 Guru Ram Das Ji Prakash	31 <b>Halloween</b>				