



KSC Newsletter

Growth Mindset Leaders

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This month's Growth Mindset theme for October is "Today I am going to try something new!". We all want show our recognition of these students' positive attitudes towards change. While trying new things can be challenging, these students have done an amazing job proving that they are willing to embrace those challenges by building new friends and relationships in this new school year. All of the teachers are proud of how well these students are integrating into our school community and adapting to these new routines and expectations. We are excited to see how these students will continue to grow throughout the year!

- (KG-A) Ms. B. Kaur ~ Amaira Sekhon
- (KG-B) Ms. French ~ Arwin Sidhu
- (KG-C) Ms. N. Sandhu ~ Seerat Kaur Dhillon
- (KG-D) Ms. P. Sandhu ~ Anhad Kaur Kalsi
- (KG-E) Ms. Dhugga ~ Rehmat Kaur Dhaliwal
- (1-A) Ms. G. Sandhu ~ Barleen Ghatorey
- (1-B) Ms. Mann ~ Shubreet Sandhu
- (1-C) Ms. Daupan ~ Agamdeep Randhawa
- (2-A) Ms. Aujla ~ Saijvin Singh
- (2-B) Ms. Huang ~ Jaipartek Sandhu
- (2-C) Ms. J. Kaur/Belanger ~ Sher Singh Thind
- (3-A) Ms. H. Brar ~ Gurnek Singh Batth
- (3-B) Ms. Khehra ~ Kanwarjot Jhaji
- (3-C) Ms. Khatri ~ Gurbani Kaur Minhas
- (4-A) Ms. Dhanjal ~ Jian Dhaliwal
- (4-B) Mr. Miles ~ Waris Varn
- (5-A) Ms. Hasni ~ Sukhman Deol
- (5-B) Ms. Y. Sandhu ~ Anchvir Singh Gill
- (6-A) Ms. S. Sandhu ~ Gurjot Brar
- (6-B) Ms. Kahlon ~ Saihaj Johal
- (6-C) Ms. Parhar ~ Sachleen Kaur
- (7-A) Ms. Bedi ~ Ekaspreet Grover
- (7-B) Ms. Obhi ~ Sehaj Singh
- (7-C) Ms. Jones ~ Gurseerat Brar
- (8-A) Ms. Hoang ~ Gurnoor Khosa
- (8-B) Mr. Purewal ~ Sehajdeep Sandhu
- (9-A) Ms. K. Brar ~ Prateek Dhanjal
- (9-B) Ms. Aulakh ~ Yuvraj Dhillon



Principal's Message

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

We are excited to share that we have had a wonderful start to the school year! The students have settled in nicely, and we have been working hard to establish new routines that support their learning and growth. From engaging lessons to building a strong sense of community, it's been inspiring to see the enthusiasm and positivity across the school.

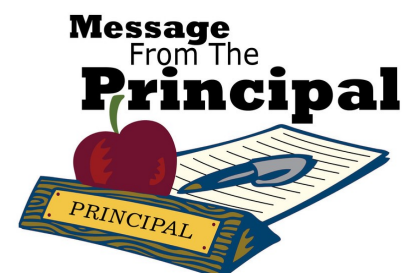
As we move into October, we look forward to all the exciting opportunities the month will bring. Whether it's new projects, special events, or continued progress in the classroom, we are eager to see the students continue to thrive.

At Khalsa School Calgary, we believe that our students are best supported when strong relationships are formed between teachers-parents-students. Communication is the foundation of these relationships and our staff strives to ensure parents have timely information through our various channels. Please read through each monthly newsletter to ensure you are receiving and utilizing the information provided to keep you up-to-date with the goings-on at school.

Many opportunities exist to volunteer both in and outside of the classroom, during field trips, as well as with large school events. We also extend the invitation to all of our parents to participate in our monthly Parent Advisory Council meetings. These meetings are a wonderful way to enhance your knowledge of activities in our school and participate in discussions that help mold and direct the vision of our school community. Look for an email later in the month regarding the upcoming meeting's agenda.

Thank you for your ongoing support, and we can't wait to see what the rest of the school year has in store!

Best regards,
Mrs. Zaseybida



Important Dates:



Orange Shirt Day

In honour of "Every Child Matters", the school will be participating in Orange Shirt Day on **Tuesday, October 1st**. Students will be able to wear the orange shirts they have ordered through the school, or any other *school-appropriate* orange shirt. This day is about acknowledging and reflecting on the history of residential schools together as a school community.

Thanksgiving Day

Thanksgiving Day in Canada is on Monday, October 14th. There will be **No School** on this day. Please take time to show your appreciation for the people around you. We hope everyone will have a lovely day off, regardless of whether you participate in Thanksgiving or not.



Halloween At School

Halloween is just around the corner! As you start planning costumes for our classroom parties, please keep in mind that all costumes should be **school-appropriate**: *no blood, gore, or weapons are allowed*. Your child's homeroom teacher will reach out with further details. Thank you for helping us keep the celebrations enjoyable! Also, we fully respect any family's choice not to participate in Halloween activities.



IMPORTANT NOTICES:

Pre-registration For 2025-2026

If you would like to enroll another child on the next year's waitlist (2025-2026), kindly fill a pre-registration form by going to

Khalsa School Calgary.ca > School Admissions > Pre-registration Form

Add your current Khalsa Student's name and grade under the sibling. If you have already added your child's name to the waitlist, please do not fill another form. More detailed information will be sent out to you in the email soon. Thank you!

Nut-Free School

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 an 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:**

"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."



Thank you for your understanding and support!

Attendance

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 the early pickup.

Healthy Drinks, Healthy Kids: 2–18 Years

Drinks help children and youth to get the fluids they need to keep their bodies working well.

How much do 2–18 year olds need to drink?

Different amounts of fluid are needed depending on age and gender. See the table below.

Age in years	Recommended amount of fluid to drink daily	
	Girls	Boys
2–3	4 cups (900 mL)	
4–8	5 cups (1200 mL)	
9–13	6 cups (1600 mL)	7 cups (1800 mL)
14–18	7 cups (1800 mL)	10 cups (2600 mL)

Sometimes a child may need to drink more fluid. For example: in hot weather, when they're active, or not feeling well. Talk to your healthcare provider for more information.

Water

Make water the drink of choice. Offer it throughout the day. Unsweetened milk or fortified soy beverages are also healthy drinks.

Water

Offer water during the day and with meals to meet fluid needs and to quench thirst.

- Plain water without anything added is best.
- Reusable water bottles can be refilled all day long.



What about other waters?

- If you are offering flavoured or carbonated (bubbly) water, choose those without added sugar, sugar substitutes or sodium. For older kids, try flavouring water with natural ingredients like, mint, cucumber or fruit.
- **Coconut water** contains minerals like sodium and potassium. If choosing coconut water, choose plain coconut water without added sugar.
- **Vitamin waters** aren't needed for healthy eating. They may contain added vitamins, minerals, caffeine, herbs, sugars or sugar substitutes.

Milk or fortified soy beverages

A practical way to help children meet their needs for nutrients such as protein, calcium and vitamin D is to offer 2 cups (500 mL) of milk (skim, 1%, 2%) or fortified soy beverage every day. Canada's Food Guide includes these drinks as protein foods.



If choosing soy beverage, read the Nutrition Facts table and the ingredient list and choose one that:

- has calcium and vitamin D added
- is unsweetened

Other plant-based beverages

Beverages made from plants such as rice, almond, coconut, oat, potato, and hemp may not be fortified or enriched with calcium and vitamin D.

Plant-based beverages other than soy beverage are not considered a protein food because they may be lower in protein than milk.

If offering a plant-based beverage, read the Nutrition Facts table and ingredients list on the label and choose one that:

- has calcium and vitamin D added
- is unsweetened

If your child is replacing milk or soy beverages with other plant-based beverages, talk to a dietitian.

Drinks to limit

Limit drinks that have higher amounts of sugar, caffeine, or sugar substitutes.

Flavoured milks, yogurt drinks, kefir or fortified soy beverages

These drinks have the same nutrients as the unflavoured versions, but contain added sugar.

100% juice

Juice is a sugary drink and isn't needed.

Vegetable juices or blends may also be high in sodium.

Fruit drinks, iced tea, pop, or slushes

These drinks may be high in sugars or contain sugar substitutes. Iced tea, pop, and slushes may contain caffeine.

Sports drinks

Sports drinks are not needed for most activities.

Water is the best choice before, during, and after regular activity. For more information go to healthyeatingstartshere.ca and search for: "Sports Nutrition".

Energy drinks

Energy drinks are **not recommended** for children and youth because of their high levels of caffeine, sugar, and other added ingredients, such as vitamins and herbs.

For more information visit healthyeatingstartshere.ca and search for: "The Energy Drink Buzz".

Coffee and tea drinks

Many hot and cold coffee or tea drinks are made with flavoured milk, cream or whipped topping, and syrups, making them higher in fat and sugar. They may also contain caffeine or sugar substitutes.

Ingredient information

Sugar

A child who drinks fewer sugar sweetened drinks has a lower risk of tooth decay, overweight and type 2 diabetes.

Some names for sugar on the drinks' ingredient list are:

- | | |
|--|----------------|
| • agave syrup | • glucose |
| • cane sugar/juice | • honey |
| • corn syrup/solids | • liquid sugar |
| • dextrose | • maltose |
| • fructose | • molasses |
| • fruit juice, purées and concentrates | • sucrose |
| | • syrup |

Caffeine

Caffeine is found in coffee-based drinks, energy drinks, tea, iced tea, pop, and other drinks. Some side effects of caffeine are: nervousness, faster heart rate, and problems sleeping. Choose drinks without caffeine. Visit dietitians.ca and search for "Caffeine and Health" for more information.

Sugar substitutes

Drinks sweetened with sugar substitutes often have few nutrients and may take the place of healthy food and drinks. Sugar substitutes are not needed, unless a healthcare provider suggests them.

Some names of sugar substitutes on the drinks' ingredient list are:

- | | |
|------------------------|-------------|
| • acesulfame potassium | • stevia |
| • aspartame | • sucralose |
| • polydextrose | • xylitol |
| • sorbitol | |

Read the product label

Use the ingredient list and Nutrition Facts table to compare drinks.

Ingredient list

Check the ingredient list to see if there is added sugar, caffeine, or sugar substitutes. Ingredients are listed in order of what was used the most to what was used the least to make the product. New labels will group all the sugars together.

Ingredients: Carbonated water, **Sugars (glucose-fructose, sugar)**, sodium citrate, caffeine

Nutrition Facts table






Read the Nutrition Facts table to find the serving size and the grams of sugar in the serving. Grams of sugar include naturally-occurring and/or added sugars.

Nutrition Facts	
Per 1 cup (250 mL)	
Calories 140	% Daily Value*
Fat 0 g	0 %
Saturated 0 g	0 %
+Trans 0 g	
Carbohydrate 26 g	
Fibre 0 g	0 %
Sugars 22 g	22 %
Protein 2 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron 0 mg	0 %
*5% or less is a little, 15% or more is a lot	

Compare products and choose the one with less sugar. The drink above has 22 grams or about 5½ tsp of sugar in 1 cup (250 mL).

Did you know?

4 grams of sugar is about 1 tsp of sugar.

Drink	Tsp or grams of sugar
 Fruit juice or drink	591 mL bottle = 18 tsp or 72 grams
 Vitamin water	591 mL bottle = 8 tsp or 32 grams
 Sports drink	710 mL bottle = 10 tsp or 40 grams
 Energy drink	473 mL can = 14 tsp or 56 grams
 Iced coffee drink	414 mL = 12 tsp or 48 grams (natural and added sugar)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 No School National Truth and Reconciliation Day	1 Orange Shirt Day	2	3	4 Bana Day	5
6	7 Full Uniform	8			11 No School Professional Development Day for staff	12 Celebration-Darbar Khalsa (Dussehra)
13	14 No School Thanksgiving Day	15	16	17	18 Bana Day Interim Reporting	19 Joti Jot-Guru Gobind Singh Ji
20	21 Full Uniform	22 PAC Meeting (evening)	23	24	25 Casual Day Gur Gaddi-Guru HarKrishan Sahib Ji Joti Jot-Guru Har Rai Sahib Ji	26
27 Gurdwara Performance (Grade TBA)	28 Full Uniform	29	30	31 Halloween		