



# KSC Newsletter

## Growth Mindset Leaders

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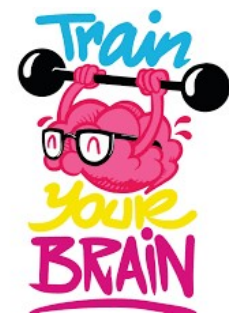
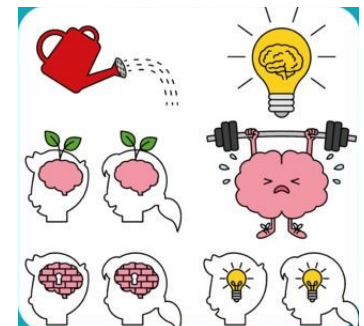
November's growth mindset theme is "My brain is a muscle."

Like any muscle, the brain grows and gets stronger the more you use it. This is called neuroplasticity; the brain's ability to change and grow throughout a person's life. So keep challenging your children and yourself to gain knowledge, learn new skills and enjoy different experiences.

Here are the students recognized for embracing challenges and difficult tasks with a growth mindset.

### Leadership Recognition

Ms. B. Kaur (KG-A)-	Reet Tah
Ms. French (KG-B)-	Gurleen Chahal
Ms. N.Sandhu (KG-C)-	Leroy Singh
Ms. P. Sandhu (KG-D)-	Fateh S. Gill
Ms. J Dhugga (KG-E) -	Nihal Singh Boyal
Ms.G.Sandhu (Gr.1A)-	Sachet Virk
Ms. V. Maan (Gr.1B)-	Jaap Bhatti
Ms. Daupan (Gr.1C)-	Angleen Kaur
Mrs. Aujla (Gr.2A)-	Angad Randhawa
Mrs. T. Huang (Gr.2B)-	Mehar Gill
Mrs. J. Kaur (Gr.2C)-	Partik Johal
Mrs. H. Brar (Gr.3A)-	Baninoor Ghatara
Mrs. Khehra (Gr.3B)-	Sehajdeep Takhar
Mrs. Khatri (Gr.3C)-	Joyman Chawla
Mrs. Dhanjal (Gr.4A)-	Jasman Johal
Mr. Miles (Gr.4B)-	Sukhman Doad
Mr. Hasni (Gr.5A)-	Avreen Gill
Mrs. Y. Sandhu (Gr.5B)-	Gurman Deol
Mrs. S. Sandhu (Gr.6A)-	Manchet Malhi
Mrs. Kahlon (Gr.6B)-	Mohdaat Singh Sidhu
Mrs. Parhar (Gr.6C)-	Karanvir Brar
Mrs. Bedi (Gr.7A)-	Jaskirat Singh
Mr. Obhi (Gr.7B)-	Jasmeet Gill
Mrs. Jones (Gr.7C)-	Mehtaab Dhaliwal
Mrs. Hoang (Gr.8A) -	Japreet Chahal
Mr. Purewal (Gr.8B)-	Huner Brar
Mrs. Brar (Gr.9A)-	Gurasis Saraon
Mrs. Aulakh (Gr.9B)-	Mansahibdeep Singh



## Principal's Message

### Wahe Guru Ji Ka Khalsa, Wahe Guru Ji Ki Fateh

November promises to be an eventful month, featuring various celebrations including Bandi Chhor Divas, Remembrance Day, and Guru Nanak Dev Ji Parkash.

This year, Bandi Chhor Divas is on Thursday, October 31st. To mark this occasion early, we will celebrate with our students on Friday, November 1st. The day symbolizes the triumph of freedom, justice, and compassion, and is celebrated with prayers, lighting of candles, and reflections on Guru Hargobind Ji's values. All staff and students are encouraged to wear bana or traditional Indian attire that day. Our Punjabi and Keertan teams have been busy with our students painting and decorating divas and preparing for a school assembly.

Remembrance Day is on Monday, November 11th. The school is closed on this day. Remembrance Day allows us to reflect on the courage, dedication, and resilience of those who fought and gave their lives for peace and freedom. By observing Remembrance Day, we pay tribute to their legacy, express our gratitude, and remind ourselves of the importance of striving for a peaceful future. Our school will observe Remembrance Day with an assembly on Friday, November 8th. We kindly request that all students wear their full uniforms for this observance.

Guru Nanak Dev Ji Parkash will be celebrated on Friday, November 15th. There will be no school on this day allowing students and staff to spend time with family. Guru Nanak Dev Ji's life and message encourage us to live with kindness, selflessness, and spiritual awareness.

Our school celebration of Guru Nanak Dev Ji's Parkash will be held on Friday, November 22nd, with an event scheduled from **4:45–7:00 pm** with student performances. Classes will not be in session on that day. More information will be sent out in the coming weeks.

For the Guru Nanak Dev Ji Parkash Celebration we will be seeking several parent volunteers to assist with SEVA in various areas such as preparing langar at the Dashmesh Culture Centre (DCC) Gurdwara the day of, serving langar at the KSC school event, and helping with clean up at the end of the celebration. The organizing committee will reach out closer to the event regarding organization of volunteers.

## Remembrance Day

On Remembrance Day, we recognize the millions of people who lost their lives in war fighting for freedom. Remembrance Day is observed by countries all over the world on November 11th each year. This year Khalsa School will have their annual Remembrance Day Ceremony on November 8th, 2024. With our Remembrance Day assembly, we will learn about the Sikh tradition of past and present military service which dates back 400 years to Guru Hargobind Singh ji.

**\*\*Reminder: Friday, November 8th is FULL uniform for the Remembrance Day Assembly\*\***

***"Through selfless service, eternal peace is obtained." - Sri Guru Granth Sahib***



REMEMBRANCE DAY  
*Let Us Forget*

## SevaProject

KSC will be holding a **food bank drive** starting Monday, October 28th to Friday, November 8th for the **Calgary Veterans Services Society** in time for and in recognition of Remembrance Day. You can send in a small donation with your child. Your donations help fund national Veteran programs and supports Veterans and their families.

As an added incentive to students, we have incorporated "Casual Day of a Cause" for those students who bring in items; they can wear casual clothes on Thursday, November. 7th.



## Healthy Hunger—Fun Lunch

We are excited to again be offering a monthly Fun Lunch or Fun Snack this year! Our Healthy Hunger vendors are committed to providing vegetarian options and safe preparation and delivery of food items. All lunches will be individually packaged with limited handling and will be delivered to the students' classrooms.

To join in the fun, enter into the Healthy Hunger website at [www.healthyhunger.ca](http://www.healthyhunger.ca) and add your child to their new teacher/grade.

If you are new to Healthy Hunger, you will need to register your child(ren) through the homepage.

Our next fun lunch will be Papa John's Pizza on November 7th for those who ordered.

### Guest Speaker- Paul Davis About Social Networking

Paul Davis coming to KSC to discuss social networking and online safety with KSC (Div. 3) students on November 14th at 9:30 am - 10:30 am in the gym.

<https://socialnetworkingsafety.net/>

### Picture Retakes

Lifetouch will be here on **November 13th** for picture retakes. Students must wear their **FULL** uniform, including collared shirt, sweater and tie.

All grade 9s will do a retake as the majority of them did not get a chance to get their original picture taken due to time restraints.



Drop off in the morning is from **7:55-8:05 AM**

- \* Please be mindful and respectful of punctuality
- \* Being on time creates a more organized and productive environment for everyone.

Let's start **EACH** day off **RIGHT!**



## 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:



Thank you for your support with this procedure.



## Seat belt safety (reference: <https://www.alberta.ca/child-seats.aspx>)

It is the law in Alberta that a driver must ensure children under the age of 16 are properly restrained. In addition, research has found that child safety seats can reduce the risk of serious and fatal injury by around 60 to 70%. Your child needs to use the **most appropriate child safety seat to get the most safety benefit.**

### Choosing a child safety seat:

*Forward-facing car seat (at least 2 years until at least 6 years or 40 lbs)*

By law in Alberta, children under the age of 6 who weigh 18 kg (40 lbs) or less must be in a child safety seat.

Your child should use the forward-facing car seat until they:

- are at least 6 years old, or
- weigh more than 18 kg (40 lbs) and have reached the maximum height or weight limit for the car seat

*Booster seat (at least 6 years or 40lbs until a seat belt fits)*

Booster seats are not required by law in Alberta. Drivers must ensure children aged 6 to 15 or who weigh more than 40lbs wear a seat belt. However, booster seats are highly recommended because they help position a child so the shoulder-lap belt fits across the child's chest and hips, rather than their neck and stomach.

Your child should remain in the booster seat until they:

- reach the maximum height, or weight limit for the booster seat (as stated by the manufacturer) and a seat belt fits properly.



# Homework Policy

## KSC Homework Expectation:

Homework has been an essential component part of the KSC education program, and students are required to complete their assigned work on time in order to practice and review the information covered in class. Additionally, you can find this information in our KSC Parent Handbook on our school website. The handbook details the expectations for homework as well as our school's various initiatives and objectives.

Here is a brief breakdown of how much time is expected for homework per grade level. Please note that the amount of homework given can vary based on the given day.

Kindergarten-10 minutes - Reading and / or unfinished work

Grade One- 20 minutes - Reading, spelling, and sight word practice

Grade Two-30-40 minutes - Also 20 minutes of reading

Grade Three- 40 minutes - Also 20 minutes of reading

Grade Four - 60 minutes - Also 20 minutes of reading

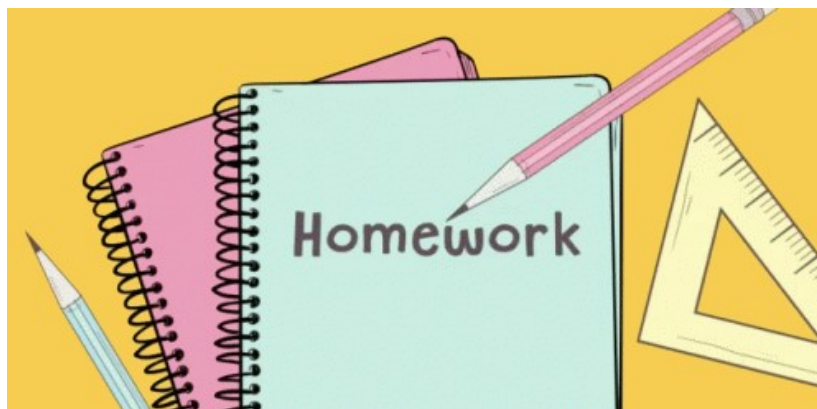
Grade Five - 60 minutes - Also 20 minutes of reading

Grade Six - 80 minutes - Also 20 minutes of reading

Grade Seven - 80 minutes - Regular reading for enjoyment is encouraged

Grade Eight - 90 minutes - Regular reading for enjoyment is encouraged

Grade Nine - 100 minutes - Regular reading for enjoyment is encouraged



# Up and Coming Events...



## HOLIDAY BASKET FUNDRAISER



Following the success of previous years' Holiday Basket Fundraiser, we are excited to announce that KSC is once again planning and preparing for this festive tradition.

This year's Holiday Basket raffle promises to continue to bring the anticipation and excitement to all the student and staff as it has previously. Each grade level has been chosen a themed to curate their Holiday Basket towards. Please see below for more information on the grade-level themes. Details on how to contribute items for these festive baskets will be shared by homeroom teachers.

**From December 2nd to December 12th, our the Holiday Baskets will be on display in the Learning Commons.** During these dates, we invite students, parents, and staff to partake in the festive fun by purchasing **\$2.00 per raffle ticket** with no limit on the number of tickets you can buy. The winners will be announced during morning announcements on Thursday, December 12th. Baskets can be picked up by the winners' families on Friday, December 13th. Best of luck to all!!



Grade Level	Basket Theme
<b>Kinder A &amp; B</b>	STEM basket
<b>Kinder C, D &amp; E</b>	Rainbow basket
<b>Grade 1</b>	Art basket
<b>Grade 2</b>	Cupcake basket
<b>Grade 3</b>	Birthday basket
<b>Grade 4</b>	Hot Chocolate basket
<b>Grade 5</b>	Baking basket
<b>Grade 6</b>	Movie basket
<b>Grade 7</b>	Red & Green basket
<b>Grade 8</b>	Games basket
<b>Grade 9</b>	Spa basket



# Up and Coming Events...



**Khalsa School Calgary will be holding its annual Science Fair from January 28th to 29th for division 2 and 3 students.**

The selected students from grades 4 to 9 will be showcasing their experimental, research, and innovation projects.

Over the past years, the Science Fair has offered several important benefits to our students, including those below:

- Integrating Science with other disciplines such as Technology, Engineering, and Mathematics (STEM)
- Improving research and critical thinking skills
- Refining data analysing skills
- Enhancing written, visual, and verbal communication
- Improving time management and organisational skills

As our student enrollment has grown considerably over the past few years, we have had to implement changes to ensure that we are able to effectively and efficiently judge students' projects. The students' projects will pass through Stage 1 and Stage 2 before they are nominated for the Calgary Youth Science Fair.

Please read through the following information carefully:

**Stage One** - The students will be presenting their science fair project digitally to their respective science teacher in the week of **Jan 20—Jan 24**. The top five projects will be selected by their teacher to go for further judging.

**Stage Two** - Top five projects from each class will get judged digitally during the Science Fair scheduled on **Jan 28th and Jan 29th**. We will have a team of teachers and volunteers with science backgrounds to judge these projects.

Judging Date	Classes
Jan 28	Grade 9A, 9B, 8A, 8B, 7A, 7B and 7C
Jan 29	Grade 4A, 4B, 5A, 5B, 6A, 6B, and 6C

Continued.....





**Stage Three** - The top projects from Grade 5 to 9 will be entered in the **Calgary Youth Science Fair** scheduled on **April 10th to 12th**. Students will make trifold upon reaching this stage. As we have a limited quota, only four projects can be nominated from grade 5 and 6, and five projects from grade 7 and up.

The students will receive guidance from their science teachers in the months of February and March after their selection for the city-wide science fair, and the dates to offer help will be communicated to parents in the second week of February, 2025.

Grades	Guiding Teacher
Grade 5 & 6	Ms. Kahlon, Ms. Richards, Ms. Sandhu
Grade 7, 8, 9	Ms. Bedi and Ms. Aulakh



**Calgary Youth Science Fair:** This event will be held at the University of Calgary and one teacher from division one and one from division three will attend if permitted by CYSF. Please mark your calendar for some important dates:

**February 7** - CYSF Project registration will close

**March 21** - CYSF Online Projects must be complete and students will lose access to their projects for editing

**April 10** - CYSF Project Set-Up (Trifold set up, no experiment set up)

**April 11** - CYSF Judging Day

**April 12** - CYSF Medal and Award Ceremony

Please do not hesitate to contact your child's science teacher if you have any questions.

Thank you very much for your support in nurturing your child's love for science.

November Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31 Halloween	1 <b>Bana Day</b>  Celebration-Bandi Chhor Divas (Diwali)	2
3 Gurgaddi-Sri Guru Granth Sahib Ji (Nanded)  Daylight Saving Time ends	4	5	6 Joti Jot-Sri Guru Gobind Singh Ji	7 Casual Day for a Cause	8 <b>Full Uniform</b>  Remembrance Day Assembly  Last day to donate to for the Veterans food drive	9
10	11 <b>School Closed</b>  Remembrance Day (regional holiday)	12	13 Picture Retakes (must wear full uniform)	14 Guest speaker: <b>Paul Davis</b> on Social Networking Safety	15 <b>School Closed</b>  Guru Nanak Dev Ji Parkash	16
17	18	19 PAC Meeting	20	21	22 <b>No school</b>  Guru Nanak Celebration (evening)	23
24	25 Grade 4 Swimming	26 Grade 4 Swimming	27 Grade 4 Swimming	28 Grade 4 Swimming	29 <b>Casual Day</b>  Grade 4 Swimming	30 Birth-Sahibzada Baba Joravar Singh Ji