



Box 179, Consul SK S0N 0P0 |  
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# CONSUL SCHOOL NEWSLETTER

DECEMBER ISSUE

“

*Believe, Achieve,  
Succeed*

## *Christmas Market & Lunch*

**Wednesday, December 11th**

Come for soup and a bun and shop the Christmas Market at 12:00 noon before watching the concert. Everyone Welcome!

If anyone is interested in having a table at the market please contact the school.

## *Christmas Concert*

Please join us for our  
**Christmas Concert Matinee**

on  
**Wednesday, December 11th**  
at 1:00pm

## *Christmas Dinner*

**Thursday, Dec. 19th.**

Please call the school if you would like to donate food items for the dinner.

## *December Spirit Activities*

**Monday, Dec. 16th**

- Hot Cocoa/Coffee Bar
- Ugly Sweater Day
- Spirit Activity

**Tuesday, Dec. 17th**

- Hot Cocoa/Coffee Bar
- Candy Grams for sale

**Wednesday, Dec. 18th**

- Hot Cocoa/Coffee Bar
- Candy Grams for sale
- Wear red or green
- Spirit Activity

**Thursday, Dec. 19th**

- Formal Day
- Christmas Dinner

**Friday, Dec. 20th**

- Pajama Day
- Movie Afternoon

# COUGAR SPORTS

“

*Dedication, hard  
work all the time,  
and believe.*

## SR BOYS REPRESENT CONSUL AT 1A VOLLEYBALL PROVINCIALS



Congrats to these boys and their coaches on an outstanding volleyball season. They showed grit and determination all throughout their season. The highlight was finishing second at Regionals which advanced them to Provincials. They represented our school well and were definitely competitive with the top teams in the province. We are so proud of this team.  
Great job boys!!

## Telemiracle Fundraiser

Thank you to everyone who came out to support Telemiracle at our annual Dodgeball tournament and supper. We raised \$530.00 for Telemiracle.

Congratulations to The Purple Cobras who took home the golden dodgeball.



“

*Anyone who has never made a mistake has never tried anything new.*

## Student Leadership

Jordan L., Chase J., Lily S., Shiloh D. and Miss David attended a Horizons Conference in Gull Lake. Along with other students from across the division, they took part in a day filled with guest speakers and activities focusing on school spirit and leadership.

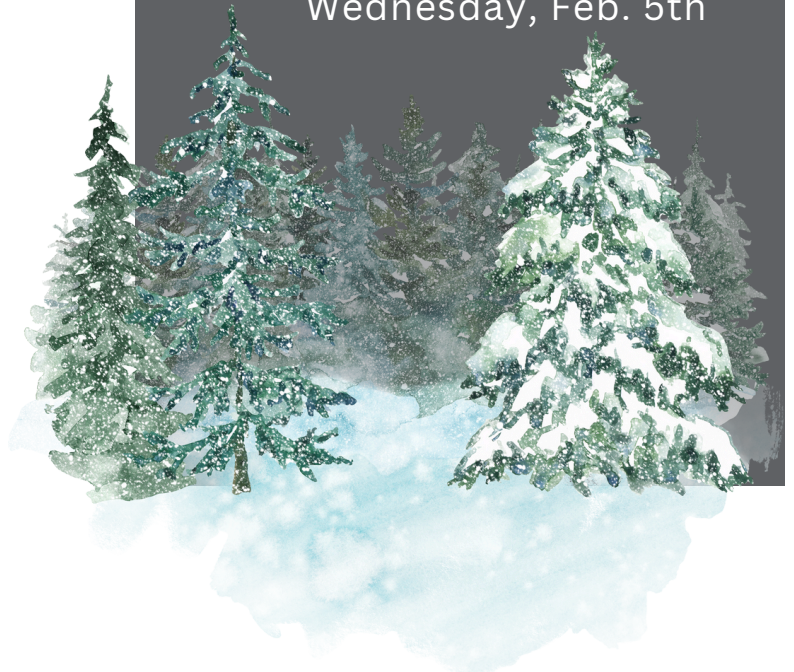


SAVE  
-THE-  
DATE

WINTER GAMES  
Friday, Jan. 10th



GRADE 4-12 SKI TRIP  
Wednesday, Feb. 5th



# Cypress Credit Union October and November Student Awards



THE GREATEST AWARD IS DOING  
SOMETHING YOU ARE PROUD OF.





# Counsellor's Corner with

*Mrs. Sarah Koch*

## healthy CONFLICT RESOLUTION TIPS



### Get Calm First

Wait until you are calm before addressing a conflict. Take some time to cool off and breathe.

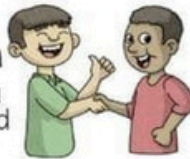
### Ignore or Walk Away

This works good when dealing with something that is annoying you.



### Find a Win-Win Solution

Brainstorm a solution or make a deal where everyone feels heard and that their voices and needs matter.



### Share or Take Turns

Everyone wins!



### Use an I-Message

Say how you feel, what you hope for and how you want to be treated. For example, "I felt \_\_\_ when \_\_\_," or "I would like \_\_\_," or "I want \_\_\_."



### Play a Game of Chance

...like Rock, Paper Scissors or Flip a Coin.



### Do Something Else

...like play another game.



### Listen with an Open Heart

Listen to the other person without interrupting or judgment. Try to put yourself in their shoes.



### Ask for Help

Get help if you feel unsafe or have tried 2 or 3 of these strategies and still feel stuck.



### Say Words that Mean "No"

Use a strong and respectful voice to say that you are not okay with something.



### Apologize

Saying you are sorry when you make a mistake helps to make repairs.



# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 • Career Counsellor	3 • Kindergarten • Piano • Gr. 6 & 8 immunizations • Taco Food Sale	4	5 • Kindergarten	6	7
8	9 • Kindergarten • Dental nurses • Driver Ed class 9-11	10 • Piano • Counsellor Sarah	11 • Kindergarten • Christmas market and lunch @ 12pm • Christmas concert @ 1pm	12	13 • Kindergarten	14
15	16 • Hot Cocoa/Coffee Bar • Ugly Sweater Day • Spirit activity at 12:35 • Driver Ed class 12-2	17 • Hot Cocoa/Coffee Bar • Kindergarten • Piano • Candy Grams	18 • Hot Cocoa/Coffee Bar • Red and Green Day • Spirit activity at 12:35	19 • Hot Cocoa/Coffee Bar • Kindergarten • Christmas Dinner • Formal Day	20 • Hot Cocoa/Coffee Bar • Pajama Day • Movie afternoon	21
22	23	24	25 <i>Merry Christmas</i>	26	27	28
29	30	31				

**Enjoy the holidays!! Classes resume Monday, January 6th which is a Day 1.**

