



ÉCOLE St. Luke SCHOOL

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[Check us out on Facebook!](#)

Wednesday, November 12, 2025

November is traditionally a very busy month as teachers complete assessments and prepare the progress reports. We also look forward to meeting with families during 3-Way Conferences to celebrate the learning of our students! Please be sure to sign up for a conference time with your child's teacher on Edsby. Ms. Kammermayer sent out a message regarding this to all families. Kindergarten conferences are booked by calling the office. If you have questions or concerns about this, please don't hesitate to call the school.

Thinking ahead to Christmas, our school is moving into a three-year rotation, following the lead of many other schools. The typical rotation is Family Night, Concert, Advent Liturgy. That means that this year is the Advent Liturgy. It will be held on Tuesday, December 16th at 6:30 pm at Holy Spirit Church. The Gr 5s will lead the liturgy and Kindergarten to Gr 4 (French and English) will be responsible for the music throughout the Liturgy. Following this, the Gr 4 families will be hosting a Christmas Bake Sale in the church hall. We hope everyone is able to attend! The next day, Gr 6-8 students will share their musical talents with the Christmas Band Concert. As the dates draw closer, we will share more details.

Stay warm!

Shelly Lord, Principal

St. Luke School

Dates to Note . . .

November 12/13 – St. Luke Volleyball Tournament

Friday, November 14 – Hot Lunch

November 20/21 – Three Way Conferences – Thursday evening and Friday morning. **No school for students on Friday.**

November 28 – Progress reports published on Edsby at 3:30 pm

School Times

8:35 a.m. - First bell

8:40 a.m. - Start of school day

10:10 a.m. - Recess

11:40 a.m. - Lunch Recess Cohort B

12:02 p.m. - Lunch Recess Cohort A

12:25 p.m. - Start of afternoon classes

1:55 p.m. - Recess

3:10 p.m. - Dismissal

Cohort A

Kindergarten to Gr 3

Cohort B

Gr 4 to Gr 8

Healthy Hunger Hot Lunch Days

The St. Luke CSCC will be hosting fun lunch days throughout the year using the Healthy Hunger platform. Please review the instructions below to set up your student's account. All funds raised through our Healthy Hunger Hot Lunch Days are put right back into your student's classroom to help sponsor field trips, purchase much needed classroom supplies and more. We thank all families in advance for your support of our lunch days, it is appreciated!

If your child is unexpectedly absent on a day that you have ordered lunch on,

please contact your classroom teacher or the school no later than 11:00 am with instructions if it is to be set aside for you to pick up. Additionally, if your child is in Kindergarten, please note the days which they are attending school as not all lunches take place on Kindergarten days. Thank you for your attention to this matter.

November 14 - Bar Burrito
November 27 - Dairy Queen
December 19 - Boston Pizza
January 30 - Subway
February 13 - Santa Lucia Pizza
March 6 - TBA
March 27 - Boston Pizza
April 23 - Dairy Queen
May 13 - Subway (Tri-school Track Meet, lunch for those grades attending delivered to Gordie Howe)

St. Luke CSCC

A huge thank-you to everyone who supported our Cowboy Caviar Fall Fundraiser! Your enthusiasm and generosity make a real difference. Orders are expected to be distributed by the end of November — just in time to enjoy before the holidays!

Next week, our amazing **CSCC members and volunteers** will be selling **Nestor's famous long john donuts** during the three-way conferences. Be sure to stop by, say hi, and treat yourself — every donut sold helps fund learning opportunities and supplies for our students. **Grade 8 students** will also be serving up **hot drinks** to keep you cozy while they raise money for their year-end trip. There's no better combo than a warm drink and a fresh donut!

And don't forget your **School Wins Twice Raffle** tickets! This is one of our biggest fundraisers of the year, and every ticket sold helps our school community shine even brighter. Let's see if we can beat our goal together!

A big thank you to everyone who supported our St. Luke Clothing Sale! Orders may be picked up at the school.

We'd love to see you at our **next CSCC meeting on Tuesday, November 18 at 6:30 p.m. in the school library**. Everyone is welcome — come join us, share your ideas, and help make a difference in our school community!



SafeShip Nurses

Hello Parents and Guardians of St. Luke! Welcome to Nutritious November! As the mornings get darker and colder, it is understandable that our children want to sleep in and sometimes skipping breakfast altogether. However, a nutritious breakfast helps start the day right and make a notable difference in helping our children learn and stay focused throughout the school day. Breakfast fuels the brain and body after a long night's rest, providing energy needed to stay focus, have better moods, and participate actively in class activities. Kids who skip breakfast regularly are more likely to become overweight, develop vitamin D deficiency and iron deficiency, especially in girls. Let's help our children shape good eating habits and stay healthy in a long run by encouraging them to start the day with a nutritious breakfast.

Here are some **tips for healthy eating**:

- Make time for eating breakfast as a family together on the weekends.
- Put food into larger bowls or serving dishes on the table so children can enjoy “family-style” meals
- Offer breakfast with variety of components like vegetables and fruit, whole grain foods, and protein. Follow the Canada's food guide plate for recommended portions. (<https://food-guide.canada.ca/en/>)
- Make healthy drink choices. Choose water, unsweetened lower fat milk, or

unsweetened fortified plant-based beverages over juice.

- Plan meals, grocery shop, and make breakfast with your children. Share the tasks!
- Limit the amount of highly processed foods you offer, prepare breakfast with little to no added sodium, sugars, saturated fat.
- Parents should also prepare and eat healthy breakfast, let's lead by example!

If you need ideas for healthy breakfast, here are some **recipes**:

- Simple breakfast soup. <https://food-guide.canada.ca/en/recipes/simple-breakfast-soup/>
- Apple pie breakfast bowl. <https://food-guide.canada.ca/en/recipes/apple-pie-breakfast-bowl/>
- Chocolate berry overnight oats. [https://food-](https://food-guide.canada.ca/en/recipes/chocolate-berry-overnight-oats/)
[guide.canada.ca/en/recipes/chocolate-berry-overnight-oats/](https://food-guide.canada.ca/en/recipes/chocolate-berry-overnight-oats/)

- Multigrain congee with shiitake, ginger and scallion. <https://food-guide.canada.ca/en/recipes/multigrain-congee-shiitake-ginger-scallion/>
- Flourless yogurt blender muffins. [https://food-](https://food-guide.canada.ca/en/recipes/flourless-yogurt-blender-muffins/)
[guide.canada.ca/en/recipes/flourless-yogurt-blender-muffins/](https://food-guide.canada.ca/en/recipes/flourless-yogurt-blender-muffins/)

Or search <https://food-guide.canada.ca/en/kitchen/> for more recipes that suit your family's eating style!

Holy Spirit Parish News....

SUNDAY MASS SCHEDULE

Saturday 5:00 pm

Sunday 10:00 am, 12:00 noon, 7:00 pm

Fr. Joseph Salihu, Pastor

www.holyspiritsaskatoon.ca



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