



ÉCOLE St. Luke SCHOOL

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[Check us out on Facebook!](#)

Tuesday, November 25, 2025

Thank you to everyone who was able to attend 3-Way Conferences last week! We know that the education of your children is a team effort, and we appreciate your support and interest! Also, thank you for supporting the long john sale – we sold out in the evening! These proceeds will buy supplies for our indoor recess bins.

Progress reports will be published on Edsby on Friday, November 28th at 3:30pm.

As I mentioned in an Edsby message, we are holding a Popcorn Party challenge for the entire school. Students must bring back their signed flyer (please include the child's name on it) for the School Win Twice raffle once tickets have been purchased. The classroom with the most returned flyers will win a popcorn party!

Our special Advent Liturgy 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 can attend! The next day, Gr 6-8 students will share their musical talents with the Christmas Band Concert.

Stay warm!

Shelly Lord, Principal
St. Luke School

Dates to Note . . .

November 25 – Photo Retakes

- Gr 6-8 go to Holy Cross for theatre production

November 27 – Hot Lunch

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

December 1 – 1st Week of Advent Liturgy at 1:15 (Gr 2/3C)

December 2 – Core French Parent Information Night – 7pm

December 9 – Noon Festival of Carols at 12:45pm (choir students only)

December 16 – Advent Liturgy at Holy Spirit Church – 6:30pm, followed by Gr 4 Bake Sale

December 17 – Christmas Band Concert – 12:30pm

December 19 – Last Day of School before Christmas – hot Lunch

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.

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

CSCC November Meeting Highlights

🍷 Council approved funds for the new BBQ, propane tank, and updated indoor recess bins.

💎 Fundraising is strong: Cowboy's Caviar raised \$2,185, and Grade 8 initiatives continue for their year end trip

🍪 Upcoming events include the Healthy Hunger lunches, and the Grade 4 Christmas Bake Sale.

🏠 Administration reported new EA staffing, added security cameras, and several December activities planned.

📦 The school shared a wish list for Artist in Residence supplies, technology, and indoor recess materials.

🔧 Minor kitchen repairs are needed including fixing the oven and an outlet in the kitchen

📅 Next CSCC meeting is Thursday, January 8th at 6:30pm in the school library



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-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-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