

# the JAMES MOWAT Messenger

DECEMBER 2021



Dear Parents/Guardians,

December has arrived and the school is full of excitement and seasonal activities. Our staff continue to provide outstanding programming while adhering to all the protocols required.

We would like to thank Parent Council for organizing and running our hot lunch program. Our parents, students, and staff look forward to these days and we appreciate the tremendous amount of work involved.

We were glad to have so many parents/guardians participate in our telephone parent/teacher interviews on November 30 and December 2.

The school will be closed to staff and students December 22 to January 4 for Winter Break. Classes Resume on January 5th.

We wish everyone a safe and restful holiday!

Mr. Stacey Boyko, Principal  
Mr. John Murphy, Assistant Principal

## December at a Glance:

Dec 1	Early Dismissal
Dec 2	Parent-Teacher Interviews
Dec 3	Jay Day (wear blue)
Dec 6	Virtual Book Fair Ends
Dec 6-10	Dieleman order Pick up
Dec 8	Hot Lunch Orders Due
Dec 14	Hot Lunch Day - Boston Pizza
Dec 22-Jan 4	No School - Winter Break

## Looking ahead to January/February:

Jan 2-4	No School - Winter Break
Jan 5	Classes Resume
	Early Dismissal
Jan 17	Parent Council Meeting 6pm
Jan 31	No School - PL Day
Feb 2	Early Dismissal
Feb 10-11	No School - Teachers' Convention
Feb 21	No School - Family Day
Feb 28	Parent Council Meeting 6pm



JAMES MOWAT  
ELEMENTARY SCHOOL

9625 - 82 Street, Fort Saskatchewan, AB T8L3T6  
Phone: 780 992 1272 Fax: 780 992 1267  
principal.jmw@ei.educ.ab.ca www.jamesmowat.ca



## Christmas 2021

Unfortunately, we will not be having an in-person Christmas concert this year. Instead, each class will be performing a Christmas song or musical performance and it will then be posted to Brightspace under their music course for families to watch.



Recordings will start next week December 6 - 10. The majority of the recording will take place at the beginning of the school week. We would like students to dress up the day they are singing. Teachers will have students write in their agendas what day they will need to dress up for their recordings.

The videos will be posted by Friday Dec 17th, 2021. Please remember to log in under your child's Brightspace account to watch the video. Merry Christmas!

## Dressing for the Weather



We would like to remind all students to dress for the weather. Please remind your children to wear their mittens/gloves, snow pants, boots, and hats at recess. We also ask that parents please label their child's belongings. Clearly labeled items assist us in returning items to the rightful owners should they be misplaced.

## Water Bottle and Mask Reminder

Please remember to send a water bottle and mask(s) to school each day with your child(ren). Our water fountains are closed and only available as water bottle filling stations.



## Supporting Our Local Food Bank

James Mowat will be holding a Macaroni and Cheese food drive this season to support the Fort Saskatchewan Food Bank. Donations of boxes of Macaroni and Cheese can be sent in with your child and will be collected in the classrooms.

***Thank you for helping to support our local Food Bank!***



## Counsellor Update

Mrs. Kornicki, our school counsellor, has enjoyed getting to know all the grade 1 to 6 students as she teaches the **Strong Kids** and **Strong Start** programs in their classrooms.

The grade 1 and 2 students have learned about recognizing their emotions, the importance of making choices that are helpful and respectful even when they have strong emotions, and how to understand the emotions of others. Our next lesson will focus on dealing with anger; a sheet that details steps to follow to help calm anger will be sent home after the lesson.

The grade 3 to 6 students have learned how they can describe emotions by their level of comfort with the emotion, the physical feelings that go along with the emotion, and the strength of the emotion. They also learned how important it is to make choices that are helpful and respectful when faced with strong, uncomfortable emotions (and how challenging this can be). In our last lesson we learned some skills to identify the emotions of others and the difference between sympathy and empathy. Next, we will talk about dealing with anger.

We will be continuing with a few more weeks of lessons after the Winter break and will begin lessons with the kindergarten students in the Spring.



Alberta Health and the Mental Health Foundation are offering free, online parenting sessions over the lunch hour that would be helpful if you are parenting children with ADHD or executive functioning challenges. They also offer evening sessions on topics such as: self-regulation, technology, and parenting teens. You can learn more about these sessions through the Caregiver Education website at [www.cyfcaregivereducation.ca/virtual-education](http://www.cyfcaregivereducation.ca/virtual-education).

## Reading Challenge

We have started our "All Aboard the Jay Mowat Express" Reading Challenge. Every night students will be bringing home a golden ticket for you to sign after they have completed at least 15 minutes of reading. Each golden ticket returned to the school will count as 1 kilometer towards our goal of travelling 4,000km to the North Pole. If we reach the North Pole before the Christmas Break there will be a special school prize.





## Parent Council Corner...

### Next Parent Council Meeting:

No meeting in December. Next meeting is on January 17 at 6:00pm (virtual). All parents/guardians are welcome to attend. The link will be emailed to all parents/guardians prior to the meeting.

### Parent Council Fundraising:

Thank you to everyone for supporting our Sun-Oka Farms Apple Fundraiser and Dieleman's Fundraiser. The Dieleman's orders are expected to be distributed the week of December 6. We truly appreciate your ongoing support of our fundraisers! Thank You!!

*Dieleman* **DFS**  
**FUNDRAISING Sales**  
Fundraising Solutions



### Hot Lunch:

Our next Hot Lunch is Boston Pizza on December 14th. Order forms are due by 3:00pm on December 8th. Order forms were sent home and are available on our website at [www.jamesmowat.ca/download/374986](http://www.jamesmowat.ca/download/374986). Cash or cheque payable to JMSPAA only.










## Literacy at Home: A Focus on Writing

Writing is one of the ways children can express their creativity and thinking. It also supports them in becoming better readers. According to author, educator, and literacy expert Pam Allyn, "writing helps to cultivate emotional growth, develop critical thinking skills, and improve school performance" (Tartakovsky, 2011).

A study by Graham & Heckbert (2010) showed the following:

-  Writing about a text deepens understanding. This can include: writing personal reactions or analysis, writing a summary, taking notes, and creating or answering questions in writing
-  Explicit instruction about writing, using text structure, sentence construction, and spelling patterns helps students improve reading comprehension, fluency, and word reading
-  Increasing how often students write improves their reading comprehension

Source: International Literacy Association



So, what can you do at home?  
Here are some ideas:

- Write lists
  - Grocery list
  - Christmas list
- Write how-to paragraphs
  - How to build a snowman
  - How to decorate a Christmas tree
  - How to make pancakes
- Write letters or cards to family and friends
- Write a review of a book, movie, game, or restaurant
- Write a story with a problem and a solution
- Write about reading
  - Summary
  - Reaction to a plot point
  - Personal connection



**FT SASKATCHEWAN**

## Do you know what KidSport™ Fort Saskatchewan is all about?

KidSport™ Fort Saskatchewan is a charitable organization that provides support to children to remove the financial barriers that prevent them from playing organized sport. We do this by providing financial assistance to cover registration fees for kids up to the age of 18, and strategically partnering with Sports Central in Edmonton to provide access to equipment. Our volunteers use a confidential application process to provide grants to families in our community. Upon registering their child in a season of sport of their choice, parents or guardians complete an online or paper application for KidSport funding. These applications must be supported by proof of need - typically, a CRA Notice of Assessment, Canada Child Benefit statement, Alberta Health Benefit Card or 3 consecutive pay stubs for each adult in the home. Visit our website at <https://kidsportcanada.ca/alberta/fort-saskatchewan/> or email us at [fortsask@kidsport.ab.ca](mailto:fortsask@kidsport.ab.ca) for more information.

What is truly remarkable is that public awareness of KidSport™ programming is primarily spread through word of mouth. If your family or someone you know could benefit from KidSport™ support, please visit our website at <https://kidsportcanada.ca/alberta/fort-saskatchewan/> or email us at [fortsask@kidsport.ab.ca](mailto:fortsask@kidsport.ab.ca) for more information.



Your Future in MIND

## **Fee Waiver Application Deadline**

If circumstances exist where you're unable to pay school or transportation fees, you can apply to have fees waived by submitting an Application for a Waiver of Fees ([eips.ca/schools/fees/waiver-of-fees](http://eips.ca/schools/fees/waiver-of-fees)). The application deadline is Dec. 15, 2021. If you're new to the Division, the deadline is the latter of Dec. 15, 2021, or 45 days after registration.

To access your fee information, simply log in to the PowerSchool Parent Portal and go to "Student Fees." There you can view your fees and pay them online using Visa or MasterCard. All fees are due within 30 days of being posted.

Don't forget to also log in to the PowerSchool Parent Portal regularly throughout the year. Fees are often added to your child's account to cover the cost of various school activities such as field trips, class projects, extracurricular activities and more.

For more information about school fees, waivers and payment deadlines, visit [www.eips.ca/schools/fees](http://www.eips.ca/schools/fees) and [www.jamesmowat.ca/about/fees](http://www.jamesmowat.ca/about/fees). Alternatively, contact Sherri Jensen, Secretary (Finance) at James Mowat Elementary at 780-992-1272.

## **Learning Disruption Funding for Grades 2-3**

At the end of last school year, the Government of Alberta announced 2021-22 funding for school divisions to help address learning disruptions for grades 1 to 3 students caused by the pandemic. Elk Island Public Schools (EIPS) has received \$791,840 in learning disruption funding to support students in grades 2 and 3, a portion of which has been allocated to James Mowat Elementary.

The funding will provide targeted programming for specific students identified as requiring additional support in literacy and numeracy. At James Mowat Elementary, grades 2 and 3 students participated in the Star Reading Assessment and the Numeracy Assessment Screener earlier this year to assess students' literacy and numeracy levels. Those below the 25th percentile were identified as needing additional supports and eligible for funding. The Government of Alberta learning disruption funding received—at a per-student funding rate of \$490—will support targeted intervention programming for these students.

If your child was identified as needing additional supports, you'll receive more information directly from the school. Intervention programming for identified students will begin in January.

If you have questions about the intervention programming, contact the school office at 780-992-1272.



Your Future in MIND ●

## **Returning Student Registration for 2022-23**

Elk Island Public Schools (EIPS) will once again conduct an online returning student registration process to confirm student registrations for the 2022-23 school year. Families of all current students—with the exception of graduating Grade 12 students—must complete the process to confirm the school their child plans to attend in the 2022-23 school year or advise the Division of their plans not to return to EIPS. Additionally, students who want to attend a non-designated school need to make that request through the returning student registration process—acceptance is based on available space. The 2022-23 returning student registration takes place Feb. 1-28, 2022.

Access to the Returning Student Registration Form is provided through the PowerSchool Parent Portal. If you don't have a PowerSchool Parent Portal account, you need to set one up before Feb. 1, 2022. Create a PowerSchool Parent Portal account

For more information, contact the school office at 780-992-1272.

## **Christmas Break**

James Mowat Elementary will close for the Christmas break at the end of the day on Tuesday, Dec. 21, 2021. The school will reopen on Wednesday, Jan. 5, 2022. During this time, if you have any school-related questions or concerns, contact Elk Island Public Schools (EIPS) Central Services at 780-464-3477.

EIPS Central Services Christmas Break Hours

Open December 22 and 23; 8 a.m. to 4 p.m.

Closed Dec. 23, 2021 to Jan. 3, 2022

Open January 4; 8 a.m. to 4 p.m. \*for location and contact information visit [www.eips.ca](http://www.eips.ca).

From everyone at Elk Island Public Schools, we wish all of you a happy holiday season and a wonderful New Year.

# Caregiver Education Team Newsletter

December 2021



AHS, in collaboration with **The Mental Health Foundation**, is proud to offer **FREE** online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

## Caregiver Education Sessions

### **Technology and the Teenage Brain**

*Digital Wellness for Families*  
Thursday, December 2  
6:00 – 7:30 pm

### **Sleep and Your Family's Mental Health**

Monday, December 6  
6:00 – 7:30 pm

### **Supporting Self-Regulation in Elementary School Children**

Wednesday, December 8  
6:00 – 7:30 pm

### **More than Just a Bad Day Understanding and Supporting Depression and Self-Injury in Youth**

Thursday, December 9  
6:00 – 7:30 pm

### **Resilience in Parenting**

*Caring for the Caregiver*  
Monday, December 13  
6:00 – 7:30 pm

## Lunch & Learns

### **Keeping Scattered Kids on Track**

*Supporting Children and Adolescents with ADHD*

#### **Part 1:**

Wednesday, December 1  
12:00 – 1:00 pm

#### **Part 2:**

Wednesday, December 8  
12:00 – 1:00 pm

### **Building Executive Functioning Skills**

*Promoting Success in Learning*

#### **Part 1:**

Tuesday, December 7  
12:00 – 1:00 pm

#### **Part 2:**

Tuesday, December 14  
12:00 – 1:00 pm

## Drop-In Series

### **Support, Education, and Engagement Drop-In Sessions (SEEDS)**

**Effective Consequences**  
Wednesday, December 1  
6:00 – 7:30 pm

## Sessions at a Glance



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)