

# the JAMES MOWAT Messenger

October 2022



Dear Parents/Guardians,

With the amazing weather we've been having it's hard to believe we're already in October. School routines are well underway and it's wonderful to see all of the student learning happening at James Mowat.

Thank you to everyone who was able to come out to our Meet the Staff event and our first Parent Council meeting. We look forward to seeing you at our next Parent Council meeting on October 19th.

We appreciate our volunteers who help with various activities, field-trips, and projects throughout the year. If you are volunteering at the school you will need to complete a volunteer declaration each year, sign-in/out every time you're at the school, and wear a volunteer tag. We're excited that our sign-in/out sheet and the volunteer declaration form has gone digital! You can even access the volunteer declaration form through our 'Quick Links' on the right hand side of our School Website

Mr. Stacey Boyko, Principal  
Mrs. Amaya Ortigosa, Assistant Principal

## October at a Glance:

Oct 3-7	<a href="#">Read In Week</a>
Oct 5	<a href="#">World Teacher's Day</a>
Oct 5	Early Dismissal
Oct 6	Pajama Day
Oct 7	No School - PL Day
Oct 8	Apple Fundraiser Orders Due (online)
Oct 10	No School - Thanksgiving Day
Oct 16-22	Bus Safety Week
Oct 19	Picture Retakes (Kindergarten Track A & Grades 1-6)
Oct 19	Parent Council Meeting 6:30pm (school library)
Oct 20	Picture Retakes (Kindergarten Track B only)
Oct 25	Earth Rangers Assembly
Oct 27	Hot Lunch - Panago
Oct 27	Gr. 3 Rocks and Minerals In-School Field Trip
Oct 28	Halloween Dance
Oct 31	Halloween (students dress up for the afternoon only)
Oct 31	School Fees Due



JAMES MOWAT  
ELEMENTARY SCHOOL

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principal.jmw@ei.educ.ab.ca www.jamesmowat.ca



## Looking ahead to November:

Nov 2	Early Dismissal
Nov 4	Remembrance Day Assembly (10:30am)
Nov 7-10	Fall Break -No School
Nov 11	No School - Remembrance Day
Nov 18	Hot Lunch -Boston Pizza
Nov 25	Report Cards Published on PowerSchool Parent Portal (4pm)
Nov 29-30	Parent Teacher Interviews (4-7pm)

## Terry Fox Run



We participated in the Terry Fox Run on September 23rd. Thank you to everyone for bringing in their donations towards the “Toonies for Terry” campaign. We raised \$597.30 for the Terry Fox Foundation! Way to go Jays!

## Earth Rangers Assembly

The Earth Rangers School Assembly, sponsored by Pembina, is a dynamic and interactive presentation for Grades 1 through 6. Through the power of live animal demonstrations and positive, science-based information, our program educates students about the threats facing animals and the environment, highlights real conservation initiatives across Canada, and motivates them to want to get involved. The presentation on October 25th at 9:00am will highlight amazing animals and their superpowers - thus explaining the importance of biodiversity and how animals unique adaptations allow them to thrive in their specific ecosystems. The presentation will also provide students with tangible ways they can help protect these ecosystems and show the big collective impact small, everyday actions can have.



## Water Bottles and Cutlery

Please ensure your child remembers to pack all of their needed supplies for the day. Students are reminded to bring their lunch, snacks, and water bottle each day, as well as any needed utensils for their snack/lunch.





## **Attendance**

EIPS reminds families of the importance of regular attendance and of being on-time and how every absence affects your child's learning.

If your child(ren) will be absent, please notify the school office by visiting [www.jamesmowat.ca](http://www.jamesmowat.ca) and clicking the "Student Attendance" box on the left side of the homepage. It is important to provide a reason for the absence.

## **Picture Retakes**



Icon Photography will be at the school on Wednesday, October 19 and Thursday, October 20 (Kindergarten Track B) for retakes. If you would like your child(ren) to have retakes, please return the original order form to the photographer on this day with the retake section filled in.

## **Music Times!**

Welcome back to music! It's that time of the year when the choir and the handchime ensemble begin preparing for our Remembrance Day Ceremony and the Christmas Concert. Our choir practices for grade 4-6 have begun and the students are working hard at learning their Remembrance Day song. Choir practices are held on Tuesdays at 11:50am. The handchime ensemble has also been working hard at learning their piece for Remembrance Day. Their practices are on Wednesdays at 11:50am.

## **Remembrance Day**

Our Remembrance Day Ceremony is on Friday, November 4th, starting at 10:30am in the school gym. All are welcome to attend. You will hear the Grade 4-6 choir and Constable McLeod playing the bagpipe for our ceremony. We also hope to have a guest speaker from the Canadian Armed Forces attending. Our colour guard laying the poppies is made up of two students from each class. Please join us in remembering those who fought for our freedom.



## **Christmas**



Our grade 1-6 Christmas concert this year is called "Christmas With the Classics". The concert will be held on Thursday, December 15th. Our Kindergarten classes will have their Christmas concert on Wednesday, December 14th. Students from every grade will begin preparing for our concert in November. More details about our concert will be put in our November newsletter.



### **Pay School Fees Online!**

School fee information for the 2022-23 school year is now posted on the PowerSchool Parent Portal. All fees are due within 30 days of being posted. 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.

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 fees and more.

If circumstances exist where you are unable to pay your fees, you can apply to have certain [fees waived](#) by submitting an [Application for a Waiver of Fees](#). The application deadline is Dec. 15, 2022.

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, Finance Secretary at James Mowat Elementary at 780-992-1272.

### **Report Cards and Parent Teacher Interviews**

Report cards will be published on November 25th. Parents can view their child's report card by logging into their PowerSchool Parent Portal. Parent teacher interviews will be held on November 29th and 30th from 4:00-7:00pm. Detailed information will be available in the November newsletter on booking your time for parent-teacher interviews.

### **FNMI Corner**

Has your child told you about Circles? Circles is a period every Monday when students come together in cross-grade groups to learn about First Nations, Metis, and Inuit culture and perspectives, as well as Mental Health and Wellness, and Character Education. In the first few weeks of Circles, students have learned about:

- the meaning of why we sit in circle;
- National Day for Truth and Reconciliation and Orange Shirt Day; and
- the Cree language, and how to say an animal name in Cree.

This month students will also be learning about the land in our immediate community alongside our First Nations, Metis, and Inuit Advisor, Jeremy. Jeremy will be taking students on a walk in our field to learn on, about and for the land.





## Read In Week 2022

Read In Week returned on October 3. This year's theme: "Choose Your Own Adventure." Through various activities, students spent the week learning tips on choosing the right book; the art of storytelling; and how stories have the power to teach lessons, broaden perspectives and foster empathy. Some of the activities for Read In Week included:

- Guest Readers in our Classrooms
- Pick your own reading spot
- Buddy Reading
- Outside Reading
- Flashlight Reading
- Pajama Day



Read In Week is a division-wide initiative held annually to encourage a lifelong love of reading and to enhance literacy awareness among students, staff, families and community members. James Mowat Elementary invites all families to participate in Read In Week by reading yourself, with your child or with someone in the community.





### **School Bus Safety Week: October 16-22**

Schools throughout Elk Island Public Schools (EIPS) are celebrating School Bus Safety Week October 16-22. The theme: 'Make the World Green, Ride Yellow,' which focuses on transportation choice and the environment. Throughout the week, various activities are planned, including information sessions, bus-safety lesson plans and bus-evacuation drills.

As part of School Bus Safety Week, James Mowat Elementary reminds students and families that all Division school buses are equipped with a bus-pass scanner, GPS technology, the Child Check-Mate system and surveillance equipment, which allows Student Transportation to better monitor and manage its more than 170 buses. Families and students also have access to the Traversa Ride 360 app, a mobile tool to help determine the location of a bus, projected arrival times and when a child is scanned onto a bus. For more information visit EIPS Student Transportation or contact 780-417-8151.

### **Introducing Permission Click**

EIPS has begun migrating school and Division forms to the online Permission Click platform. Many families will have already received one or more forms within the new system. Permission Click makes the form submission process for families simple and straightforward. Forms are also easily accessible and fillable from your mobile device. Families will generally receive forms in one of two ways—sent as a link within a SchoolMessenger email or in a direct email from Permission Click sent to the first parent or guardian on record in PowerSchool. Be sure to add [notifications@permissionclick.com](mailto:notifications@permissionclick.com) to your safe sender list to ensure required forms aren't mistakenly directed to your junk mail folder.

### **Celebrating World Teachers' Day: October 5**

October 5 is World Teachers' Day! Launched in 1994 by the United Nations Education, Scientific and Cultural Organization (UNESCO), World Teachers' Day is celebrated annually around the world as a way to recognize teachers and the integral role they play in providing quality education to students. On October 5, Elk Island Public Schools (EIPS) encourages all of its students, parents and community members to show their appreciation for their teachers and the positive impact they make on our lives.

EIPS extends its heartfelt thank you to all Division teachers for their dedication, hard work and commitment in guiding and educating students through their kindergarten to Grade 12 years.



## Nut Aware School

James Mowat is a Nut Aware School. Several students and staff at the school suffer from allergies. The most prominent allergy is one to nuts and nut products. Elk Island Public Schools has a "Nut Aware" strategy.



**Please do not send any nuts or nut products to school.**

Thank You for your support and cooperation as we strive to keep all of our children safe.

## Food Allergy Resources

To help parents and kids navigate food allergies with confidence this year, check Food Allergy Canada's ([www.foodallergycanada.ca](http://www.foodallergycanada.ca)) and the back-to-school campaign section ([www.foodallergycanada.ca/campaign/back-to-school-2022/](http://www.foodallergycanada.ca/campaign/back-to-school-2022/)).

## Parent Council Corner...

### Next Parent Council Meeting:

October 19 at 6:30pm in the school library. All parents/guardians are welcome to attend.

### Halloween Dance:

Parent Council is organizing our Halloween Dance on October 28th. Watch for a flyer coming home with details.



### Fundraising:

Our hot lunch program is a volunteer program organized by the James Mowat School Parent Advisory Association. It is supported and delivered to students by parent volunteers from our school community. With this volunteer support the program has been a successful fundraiser for many years.



This year hot lunch ordering is done through [munchalunch](https://munchalunch.com/schools/jamesmowat/) (<https://munchalunch.com/schools/jamesmowat/>).



## James Mowat School Hot Lunch Program

Our ordering system is going **GREEN!** Instead of filling out a paper order form, parents will place their hot lunch orders online using **MunchaLunch.com!** You can pay for your orders online by credit card (Visa/Mastercard). Please keep in mind when ordering multiple dates at a time, that we will **NOT** be issuing refunds.

Thurs Oct 27 - Kindergarten (T/Th) - Grade 1 -6 - Panago  
Fri Nov 18 - Kindergarten (M/W) - Grade 1 - 6 - Boston Pizza  
Fri Dec 9 - Kindergarten (T/Th) - Grade 1 -6 - Panago  
Fri Dec 16 - Kindergarten (M/W) - Grade 1 - 6 - Cobbs

### HOW TO REGISTER:

- 1) Go to: [www.munchalunch.com/school/jamesmowat](http://www.munchalunch.com/school/jamesmowat)
- 2) Click the "**Register Here**" button (as shown below). The system will guide you through
- 3) After adding your children, click the green "Order Lunch!" button to order
- 4) Next time, just click the "**Login Here**" button to access your account.



### ORDERING DETAILS:

- Online ordering will be **OPEN** up to 7 days before the delivery date.
- If you need assistance with ordering, or do not have access to the internet, please contact [jamesmowatpaa@gmail.com](mailto:jamesmowatpaa@gmail.com)
- Kindergarten: Please note the dates in which your child attends.

Please note **if your child is ill on a lunch date**, you are welcome to come and pick up their lunch by 11:30am; otherwise please consider it a donation. Consistent with previous years, there are **NO REFUNDS** as this is a fundraiser. We appreciate your support for our hot lunch program as the funds go to supports for the classroom and general fundraising within the school.

We are always in need of **Volunteers!** There is a volunteer page in the online system where you can checkmark which dates you are available. Volunteers must sign in at the front office and be available 11:15-12. The lunch coordinator will then contact you for clarification.

Our thanks to the James Mowat School Parent Advisory Association (JMSPAA) for supporting this important fundraiser and to our wonderful Volunteers who help make this program a success!





Your Future in MIND ●

## **Enhancing literacy and numeracy**

As part of Elk Island Public Schools' (EIPS) ongoing efforts to enhance the literacy and numeracy of students in all grade levels, the Division is once again administering the Star Early Literacy and Star Reading assessment tools in the 2022-23 school year. The Division's also launching a new assessment, called Star Math. These tools focus on literacy and numeracy, are digitally based and offer an opportunity for students to demonstrate their learning. The goal: To provide timely information to teachers, help enhance classroom instruction and identify student learning needs.

Three times a year, EIPS students in Grade 1 complete the Star Early Literacy assessment and students in grades 2-12 complete the Star Reading assessment. Both assessments are administered electronically and take about 20 minutes. Students in grades 2 through 10 also complete the Star Math, a mathematic screening tool. It, too, is administered electronically and takes about 30 minutes for students to complete. The results offer teachers a clearer picture of a student's learning needs and help determine if subsequent instructional planning is required.

In addition to the Star assessments, Alberta Education now mandates all students in grades 1-3 complete additional literacy and numeracy assessments. Students in Grade 2 and Grade 3 completed these provincial assessments in September. Grade 1 students will complete the assessments in January 2023. EIPS also administers the assessments to all Grade 4 students to gauge learning loss from the pandemic, which the Division is now analyzing.

The scores of the assessments aren't used toward a student's grade, and there is no need to study ahead of time. The tools simply provide the teacher with information to better understand where each student is in terms of reading comprehension and mathematic ability. If, after analyzing the results, it's determined a student can benefit from extra support, the teacher will contact the family to discuss possible support strategies.

For more information about the Division's Star assessment tools, contact EIPS Supports for Students at 780-464-3477.

## **Caregiver Education Sessions**

Alberta Health Services hosts a variety of virtual caregiver information sessions throughout the year focused on ways to support students' mental health. The sessions are free and geared toward parents, caregivers, teachers and community members who want to learn more about challenges impacting children and adolescents. Session topics include anxiety, ADHD, depression, self-harm, technology, teens and teaching leadership skills, communication, resiliency and more.

Visit [Caregiver Education](https://www.cyfcaregivereducation.ca/) (https://www.cyfcaregivereducation.ca/) to see the monthly caregiver sessions



### Parents promoting positive mental health

Parents play an important role in supporting a child's mental health.

Mental health affects the way you think, feel and act.

You can promote good mental health by the things you do, say, and the environment you create at home.

### Focus on strengths

When your child brings home a test, talk first about what they did well instead of focusing on mistakes.

If improvement is needed, ask your child what they could do better next time.

Have suggestions ready if they ask you.

### Ask questions about feelings

Help your child name and calm feelings; start by asking how they feel.

Let them know that it's OK to talk about feelings.

Feelings are not right or wrong, and you can't control how you feel.

You can control how to act when you have strong feelings.

### Listen and show empathy

Stop what you are doing and look at your child when you talk to them.

Listen to what your child is saying about their feelings without judgement.

Put yourself in their place.

Acknowledge what your child is feeling.

### MORE RESOURCES

[Parents Promoting Positive Mental Health \(alberta.ca\)](https://www.alberta.ca/parents-promoting-positive-mental-health.aspx)

[Helpful Tips and Strategies \(alberta.ca\)](https://www.alberta.ca/helpful-tips-and-strategies.aspx)

[Parent Information Series | Alberta](https://www.alberta.ca/parent-information-series.aspx)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642



# ABOUT

## KidSport Fort Saskatchewan

We provide grants to help cover the costs of registration fees so that all kids aged 18 and under in Fort Saskatchewan and our surrounding communities of Ardrossan, Josephburg, Bruderheim, Lamont, Gibbons, Redwater and Bon Accord can play a season of sport.

KidSport provides grants to kids from families facing financial barriers so they can participate in registered sport programs and experience the lifelong benefits of a season of sport.

### **What is a grant?**

KidSport Fort Saskatchewan provides grants of up to \$400 per eligible child, per year (January 1st—December 31st) towards sport registration fees.

Do you need equipment in order to play? Let us know, and we can make a referral to a partner agency. KidSport grants are intended to be used for sport registration fees; travel and competitions are not eligible for funding.

### **Eligibility Requirements**

KidSport Fort Saskatchewan uses the Canadian Low Income guidelines (before Tax plus 30%) to determine financial eligibility for grants (Line 236 of your tax assessment). The guidelines can be found on our website:

<https://kidsportcanada.ca/alberta/fort-saskatchewan/>

More detailed information as well as the application process are also available on our website. We are happy to answer your question - email us at: [fortsask@kidsport.ab.ca](mailto:fortsask@kidsport.ab.ca)





Hi, my name is Kristi Wahl and I am the Youth and Family Coordinator with the City of Fort Saskatchewan FCSS. What is FCSS? It stands for Family and Community Support Services and that is what we are, we are there to help support, lift up and provide navigation to those who need it. My role specifically is to help support and provide resources/trainings/workshops and presentations to schools and local organizations. I also run the Youth Advisory Committee and Youth Council.

I am one very small part of FCSS; Natasha Magas is the Youth Outreach Worker and her role is to work with children, youth and families aged 6-18 with short term goal orientated support that is aimed at building on youth and families strengths and abilities.

Amber Grant is the Community Coordinator and her role is to support and encourage community projects. She is responsible for things like the Good Neighbour, Neighbourhood Connector, and Block Parties to just name a few.

Toni VanVelzen is our Seniors Coordinator and she supports seniors and families in navigating the senior world. She is an amazing advocate and knows the in's and out's of Senior supports.

Michelle Hoy is the Home Support Coordinator; Home Support provides practical, in-home support services to residents of Fort Saskatchewan. Home Support enables individuals to retain and/or improve their quality of life by enhancing independent living, reducing isolation and promoting a safe and quality home life.

The FCSS Counselling Program is an affordable, professional service designated to address short term counselling needs and focuses on resolving client concerns. Our counsellor Valerie Jansen-Lakusta (M.Ed.) and uses solution focused, cognitive behavioural approaches to assist clients in meeting their counselling goals.

For any questions or to book service please contact FCSS via email [FCSSinfo@fortsask.ca](mailto:FCSSinfo@fortsask.ca) or call 780-992-6267.



The Centre for Sexuality Presents:

## **Easier Than You Think. Talking to Children about Healthy Relationships, Sexuality and Sexual Health**

Tuesday October 18th @7pm  
Virtual Workshop

Recommended for parents/guardians of children ages 8-12

Register Via [fortsask.ca/FCSSWorkshops/](https://fortsask.ca/FCSSWorkshops/)



700 -1509 Centre St SW, Calgary, AB T2G 2E6

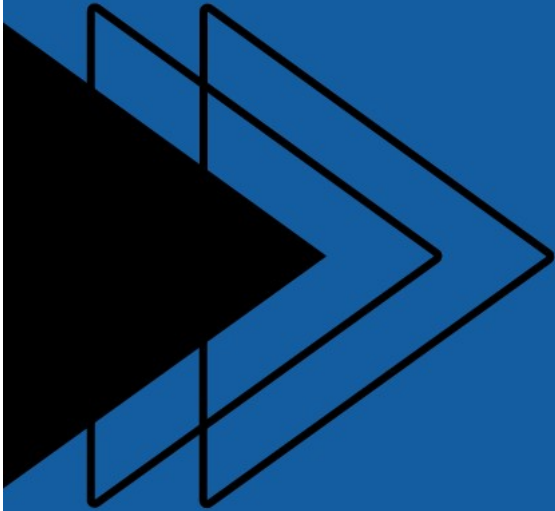


Families First Society  
FORT SASKATCHEWAN



Family & Community  
Support Services  
CITY OF FORT SASKATCHEWAN

# Cyberworld: What Happens When Youth Press Send?



**October 19. 2022**

**7:00 – 9:00 pm**

**@ BGC Fort Saskatchewan**

**\*Registration not required**

A presentation for parents and caregivers on practicing internet safety with youth. The presentation also discusses online child sexual exploitation and how to respond to it.

For more info call 780.992.6267 or  
email [FCSSinfo@fortsask.ca](mailto:FCSSinfo@fortsask.ca)





# Internet Safety

October 13, 2022 @ The Bridge 6:00 - 7:00pm

October 27, 2022 @ BGC Fort Saskatchewan 7:00 - 8:00pm

A presentation for youth on how to stay safe online, setting boundaries online, and learning more about the social media platforms we use.

For more info call 780-992-6267 or  
email [fcssinfo@fortsask.ca](mailto:fcssinfo@fortsask.ca)



# DISCLOSURE TRAINING



WEDNESDAY, 16 NOVEMBER

**7:00 PM**

Fort Saskatchewan Curling Rink  
9312-102 street Fort Saskatchewan

**REGISTER ONLINE**

[FORMS.FORTSASK.CA/FCSS/WORKSHOPS](https://forms.fortsask.ca/fcss/workshops)



## FCSS Presents Dr. Caroline Buzanko **Anxiety Workshop**

January 30, 2023

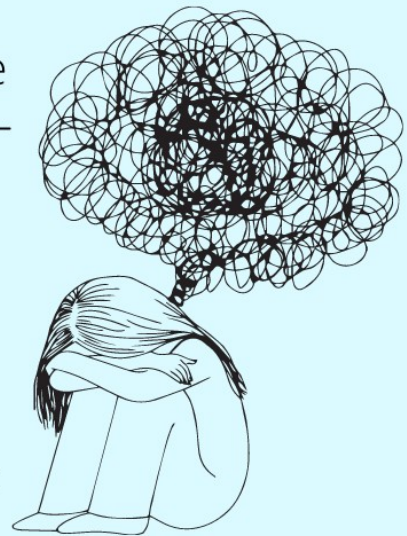
Shell Theatre, Dow Centennial Centre

Professionals 9:00am-12:00pm

Parents/Guardians 1:30pm-4:30pm

***Free tickets are available at  
the Shell Theater or at  
[fortsask.ca](https://fortsask.ca)***

In this workshop, you will gain a better understanding of anxiety, how it shows up, and the key skills needed to manage it.



For more info contact

**780-992-6267** or

**[FCSSinfo@fortsask.ca](mailto:FCSSinfo@fortsask.ca)**



**Family & Community  
Support Services**  
CITY OF FORT SASKATCHEWAN