

the JAMES MOWAT Messenger

March 2023



Dear Parents/Guardians,

Welcome to March! We have a busy month planned with field trips, math activities, report cards, and parent teacher interviews.

Parent Teacher Interviews will take place on Tuesday, March 21st and Wednesday, March 22nd. Book your parent teacher interview time through our school website under 'Bookings' between Monday, March 13th and Sunday, March 19th.

Thank you to everyone for completing your returning student registration. This helps us to plan for 2023-2024. We have a new enrollment process for James Mowat and new kindergarten students must submit their completed registration forms by March 15th to be included in the random draw process. Any registrations received after this date, including siblings, will be directed to the alternate-designated school, Fort Saskatchewan Elementary.

The school is closed to staff and students March 24 to 31 for Spring Break. Enjoy your Spring Break and we will see you back on Monday, April 3rd!

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

March at a Glance:

Mar 1	Early Dismissal
Mar 3	No School - PL Day
Mar 4	Tchir Basketball Tournament at Rudolph Hennig School
Mar 10	Hot Lunch (Boston Pizza)
Mar 14	Wilderness Presentation (Grades 4 to 6)
Mar 15	New Student Registration Deadline for James Mowat
Mar 13	Parent Teacher Interview Booking Opens
Mar 13-17	Week of Inspirational Math
Mar 17	Rudolph Hennig Jr. High Grade 6 Visit
Mar 17	Report Cards Published 4pm
Mar 19	Parent Teacher Interview Booking Closes
Mar 20	Jig Dance with Krista Leddy
Mar 20	Parent Council Meeting 6pm
Mar 21-22	Parent Teacher Interviews
Mar 24 -31	No School - Spring Break

Looking ahead to April:

Apr 3	Classes resume
Apr 5	Early Dismissal
Apr 7	No School - Good Friday
Apr 10	No School - Easter Monday
Apr 15	Young Author's Conference
Apr 17	Kindergarten Information Night 5:30pm
Apr 17	Parent Council Meeting 6pm



JAMES MOWAT
ELEMENTARY SCHOOL

9625 - 82 Street, Fort Saskatchewan, AB T8L3T6
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Report Cards

Report cards will be published on Friday, March 17th at 4:00pm. Parents can view their child's report card by logging into their PowerSchool Parent Portal and clicking on the "Report Card" button in the lefthand sidebar.



Parent Teacher Interviews

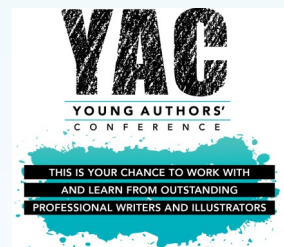
Our second round of parent/student/teacher interviews will take place on Tuesday, March 21st and Wednesday, March 22nd from 4:00 to 7:00pm. Interviews will be set for 10 minute blocks for an individual conference time with the teacher.

Booking Appointments for Parent Teacher Interviews

Interviews can be booked through the online booking system on our website **between Monday, March 13th and Sunday, March 19th**. Please go to www.jamesmowat.ca/bookings and select the event 'March 2023 - Parent/Teacher/Student Interviews'.

Young Author's Conference

On Saturday, April 15, 2023 over 400 selected students in grades 4 to 9 from both Elk Island Public Schools and Elk Island Catholic Schools will spend the day with a variety of well-known children and young adult authors, illustrators and graphic artists—working with them and learning the tricks of the trade. Six of our students at James Mowat Elementary have been selected to participate in this informative and fun filled day.



Swimming Lessons

Our Grade 1 and Grade 2 classes will begin their swimming lessons on April 4th. Lessons will be in the afternoons on Tuesdays and Thursdays for 4 weeks (8 lessons total).

Fort Saskatchewan Food Bank

We are supporting the Fort Saskatchewan Food Bank by collecting donations to fill our "Pot of Gold" until March 17th. All funds collected will go to the Food Bank. Thank you to our Student Council for coming up with this initiative and tracking the funds collected on a bulletin board.



March Book Madness

March Madness has arrived at James Mowat and like previous years, we are participating in the Tournament of Books. This is a bracket style competition where books go head to head and students get to choose the winner. After each week one book moves ahead to the next level of competition. We hope all our students enjoy this opportunity to experience a range of books and cheer on their favourites.



Register Your Child for Kindergarten by March 15!

Is your child turning five on or before Dec. 31, 2023? Do you want them to attend James Mowat Elementary? If so, it's now time to register for kindergarten. New students entering kindergarten, with a sibling currently attending James Mowat Elementary and returning next year, are guaranteed a spot at the school—through the sibling clause. **However**, the new student must register by March 15—the random selection process deadline.

After March 15, the school will direct any new student registrations, *including siblings*, to the alternate-designated school—Fort Saskatchewan Elementary—unless space remains available in a particular grade at James Mowat Elementary. As such, make sure to complete your child's registration as soon as possible if you want them to attend James Mowat Elementary.

To register, simply complete the online registration form at eips.ca/kindergarten.

To help families prepare for kindergarten, Elk Island Public Schools has put together an online [EIPS Kindergarten Tool kit](#) to make the transition as smooth as possible. The kit includes information on calendars, fees, transportation and more.

Additional information is available on the James Mowat Elementary website:

[Kindergarten at James Mowat](#)

[Registration at James Mowat](#)

Kindergarten Information Night - for students starting in September 2023

James Mowat Elementary will be holding its Kindergarten Information Night on Monday, April 17, 2023 at 5:30pm. Parents/Guardians are welcome to attend with their child(ren).





FNMI Corner...

Smudging (miyakasikewin):

is an Indigenous tradition that involves the burning of sage, sweetgrass, willow fungus or cedar. The sacred plants are burned to cleanse the body, mind and spirit of any negative feelings, thoughts or energy—cleansing both physically and spiritually. People usually take off glasses and jewellery before smudging to symbolize the stripping away of external adornment and artifice. Smudging allows people to remember, connect and feel grounded in the present.

Smudging is performed by an elder, a cultural teacher, or a person who has the right to do this ceremony. At James Mowat, Jeremy Albert, our First Nations, Métis and Inuit advisor, conducts all smudges with specific students.

Parent Council Corner...

Next Parent Council Meeting:

March 20th at 6:00pm (library). All parents/guardians are welcome to attend.

For the remainder of the year PC & PAA meetings have been moved to a 6:00pm start.

Did you know PAA offers babysitting services at the school so parents can attend these meetings? If you require babysitting, please send an email to jamesmowatpaa@gmail.com, to ensure we have enough babysitters.

[JMSPAA & PC Minutes - February 2023](#)

Parent Council Fundraising:

Upcoming Casino: tentative dates June 16th and 17th

There will be quite a few volunteer positions to fill, if you are able to help please email jamesmowatpaa@gmail.com.

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 cooperation.





Your Future in MIND

Have your say! EIPS' 2023 Annual Feedback Survey Opens March 1-23

Elk Island Public Schools (EIPS) wants to hear from you. Make sure to complete the 2023 EIPS Annual Feedback Survey: For parents and caregivers—open from March 1-23

Every year, EIPS conducts the feedback survey to gauge its progress toward meeting the goals and priorities outlined in its [Four-Year Education Plan](#). Families are asked a series of questions about their experiences with EIPS and the school their child attends, the overall performance of the Division, the quality of education being provided to students and areas for improvement. The survey input helps the Division develop new strategies to better serve students and the wider community.

[VISIT EIPS.CA TO TAKE THE SURVEY: March 1-23](#)

NOTE: The survey is anonymous and only takes a few minutes to complete. If you want to share the experience of more than one child attending an EIPS school, simply complete the survey again.

Watch for Thin Ice

Remember, be aware of thin ice this time of year. Depending on changing temperatures, ice can form and melt to varying degrees on outdoor bodies of water. Try to remind your child about the dangers of thin ice, obey all posted signs, take proper care and remain a safe distance from the ice. For more information about ice safety, visit the Canadian Red Cross.

Did you know?

The colour of ice may be an indication of its strength. Clear blue ice is the strongest. White opaque is half as strong as blue ice. And, grey ice is unsafe—greyness indicates the presence of water.

Pre-kindergarten Programming at EIPS

Is there a preschooler in your life experiencing developmental delays or challenges with speech-language or motor-skill development—big or small? If so, Elk Island Public School's Play And Learn at School (PALS) program could help.

Early learning lays the foundation for success in primary grades and beyond. As such, EIPS offers the pre-kindergarten PALS program in five of its elementary school locations. In fact, EIPS is now accepting applications for free speech-language assessments for those interested in registering in the PALS program this fall. The assessment helps determine if PALS is appropriate for your child.

If you know a preschooler, born in 2019 or 2020, who could benefit from pre-kindergarten programming or want to book an assessment, fill out the [PALS Program Request Form](#) or call 780-417-8219. For more information, visit eips.ca.

What is sleep hygiene?

Sleep hygiene is our habits before bed that help to promote quality sleep. These habits and routines take time to develop, so keep repeating them!

This month we are sharing some tips and tricks to help promote quality sleep in children (as well as adults)!

If we have problems with sleep, we can see it impacts your child's school work, relationships, and overall mood.

Promote a good bedtime routine

Create a routine and be consistent with it. This lets your body know that it's almost time for sleep! The routine should take no more than 20 minutes and is intended to start calming the body and mind. Some ideas may be to have a bath, read a book, brush your teeth, etc. Over time, this routine will tell your body you are tired.

Keep bedtimes and wake-up times close to the same time every day, even on weekends, to keep your body in a regular pattern.

Tips for a good night's sleep

Limit screen time before bed. The blue light our devices and TVs produces actually prevents us from producing melatonin. Melatonin is the hormone our bodies produce to help us fall asleep and stay asleep!

Get some exercise during the day. Physical activity can help us fall asleep faster and stay asleep!

Ways to support your child's sleep

If you notice your child is struggling to relax at bedtime, or talk about feeling worried, you can take some extra steps.

- If there is an easy solution, tackle it with them.
- Acknowledge their feelings if it's not a quick solution.
- Share with them when you notice positive changes in their sleep habits and routines.

MORE RESOURCES

<https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>

<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>

<https://positivepsychology.com/sleep-hygiene-tips-kids-teenagers/>

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




MyHealthAlberta.ca

Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

 311 Health Link
Health Advice 24/7

 Alberta Health
Services



ROUND DANCE

SAVE the DATE

**PIPE CEREMONY HONOURING MOTHER EARTH
AND OUR ANCESTORS**

WHEN: SUNDAY, MARCH 19, 2023

TIME: 11:00AM – 4:00PM

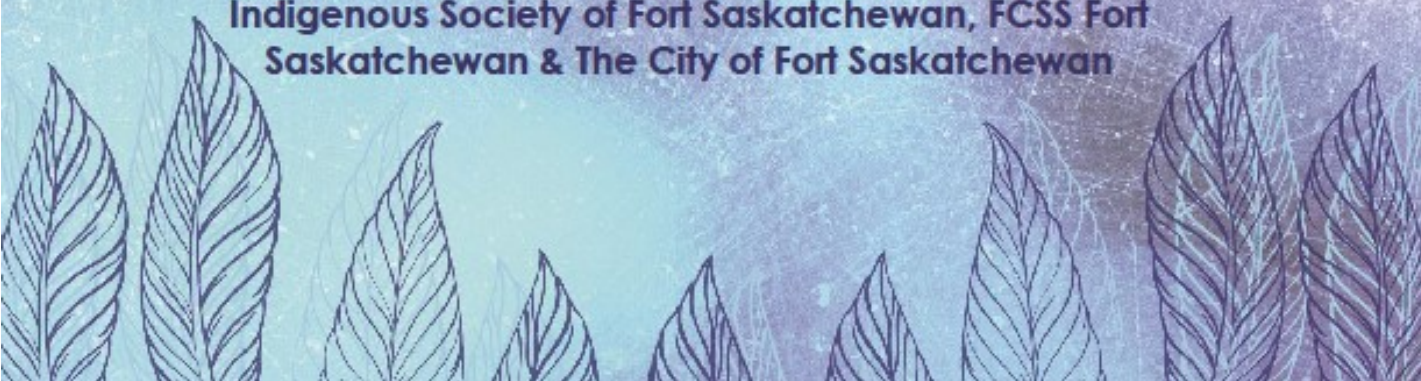
WHERE: NORMANDY ROOM AT THE LEGION

PIPE CEREMONY 11:00AM

FEAST 12:00, ROUND DANCE TO FOLLOW

GIVEAWAY AT 3:00PM

**Indigenous Society of Fort Saskatchewan, FCSS Fort
Saskatchewan & The City of Fort Saskatchewan**



Caregiver Education Team Newsletter

March 2023



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

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

Parenting Teens in the 21st Century

For parents and caregivers of youth in grades 7-12

Part 1:
Tuesday, March 7
12:00 – 1:00 pm

Part 2:
Tuesday, March 14
12:00 – 1:00 pm

Test Anxiety *Strategies for Success*

For parents and teens (grades 7-12) to attend together

Wednesday, March 15
6:00 – 7:30 pm

Keeping Scattered Kids on Track

Supporting Children and Youth with ADHD

For parents and caregivers of children and youth in grades K-12

Wednesday, March 22
6:00 – 7:30 pm

Adult Education Sessions

More than Just a Bad Day

Understanding Depression

For adults supporting their own wellness or the wellness of youth (grades 7-12)

Wednesday, March 15
12:00 – 1:00 pm

Understanding Anxiety Series

For adults supporting their own wellness or the wellness of children and youth.

Part 1:
An Introduction
Tuesday, March 21
12:00 – 1:00 pm

Part 2:
Calming Our Bodies
Tuesday, March 28
12:00 – 1:00 pm

Participant Feedback:

"I was really impressed with the presenters and increased my knowledge on this topic."

"The instructors are well versed and how they teach is most effective, there is compassion and warmth and that makes a big difference. Thank you."

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca