

the JAMES MOWAT Messenger

May 2023



Dear Parents/Guardians,

Spring has arrived and we hope you are enjoying the warmer weather. We have lots happening between now and the end of the school year.

Please check the calendar on our website regularly to stay up to date on what's happening at our school.

The Grade 6 Provincial Achievement Tests (PAT) are this month and next month. Please check the calendar for specific exam writing dates. Students are expected to remain at school for the entire day as there are regular classes on these days.

We look forward to Fun in the Sun in June which is organized by Parent Council and we thank the many parent volunteers who will make this a memorable event for all students.

Mr. Stacey Boyko, Principal

Mrs. Amaya Ortigosa, Assistant Principal

May at a Glance:

| | |
|---------|---|
| May 1 | Bus Driver Appreciation Day |
| May 1-7 | Education Week |
| May 1-7 | Mental Health Week |
| May 3 | Early Dismissal |
| May 3 | Class Photos (M/W Kindergarten only) |
| May 4 | Class Photos and Gr. 6 farewell individual photos |
| May 4 | Track Invitational Meet |
| May 5 | No School - PL Day |
| May 15 | Kindergarten Information Night 5:30pm |
| May 17 | Gr. 6 PAT English Part A - 9am |
| May 19 | No School - School Closure Day |
| May 22 | No School - Victoria Day |
| May 29 | Parent Council Meeting 6pm |

Looking ahead to June:

| | |
|--------|--------------------------------|
| Jun 7 | Early Dismissal |
| Jun 12 | M/W Kindergarten Graduation |
| Jun 13 | T/Th Kindergarten Graduation |
| Jun 15 | Fun in the Sun |
| Jun 20 | Gr. 6 PAT English Part B - 9am |
| Jun 20 | Talent Show 1pm |
| Jun 21 | National Indigenous People Day |
| Jun 22 | Gr. 6 PAT Math Part A - 9am |
| Jun 23 | Gr. 6 PAT Math Part B - 9am |
| Jun 26 | Gr. 6 PAT Social Studies - 9am |
| Jun 27 | Gr. 6 PAT Science - 9am |
| Jun 27 | Report Cards |
| Jun 27 | Last Day of Classes |



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



THANK YOU! Bus Driver Appreciation Day is May 1

Join us on May 1 as we recognize and thank our school bus operators for keeping the safety of our students their first priority. We encourage you, and your children, to take a moment to say thanks to our bus operators—who go above and beyond to provide safe and timely transportation to our students.

On behalf of James Mowat Elementary *THANK YOU* to all of our school bus operators for a job well done.

Get ready for Kindergarten

Do you have a child registered in kindergarten next year? If so, make sure to attend James Mowat Elementary's upcoming Kindergarten Information Night on May 15th at 5:30pm. You'll get to:

- tour the school;
- meet the teachers;
- gain insight on play-based learning; and
- see what a typical day looks like.

Kindergarten Information Night 2023:

Date: **May 15, 2023**

Time: **5:30pm**

Location: **James Mowat Elementary**

To make the transition to school as smooth as possible, Elk Island Public Schools has put together a toolkit for families. The kit includes information about registration, important dates, programming options, what to expect, eligibility, finding your designated school, transportation and more. Find it at: [Welcome to EIPS Kindergarten](#).

Additional information about James Mowat Elementary's kindergarten program is available on the school website. www.jamesmowat.ca/programs/kindergarten

Mental Health Week runs May 1-7

Mental Health Week takes place May 1-7. To mark the week, James Mowat students will learn about a mental health strategy each day during the morning announcements. Also, Wednesday, May 3 is "Hats On for Mental Health" day in Alberta. Students are encouraged to wear a special hat to school to raise awareness of the importance of good mental health.



Spring 2023 Scholastic Book Fair

Thank-you for your generous support of the Book Fair! It was the second one of the school year and we were able to earn \$489 worth of free product before the fair was packed up. New books will be added to each section of the Library for all grade levels. Hopefully many will come home and be shared with you during home reading time.

Net Sales were \$4,895.52, earning \$2,889.61 in Book Fair credits which will be offered in September to Teachers to support classroom learning.

Yearbook—order deadline May 31st

2022-2023 Yearbooks are available to order through the [PowerSchool Parent Portal](#). The yearbook is \$20 and will arrived in September 2023.

Cell Phone Policy

Students in kindergarten to Grade 6 have no access to cellphones or personal communication devices during the school day, including during breaks and the lunch hour. The purpose of the EIPS policy is to ensure learning takes place in an environment with fewer distractions. When students can focus on what's taking place in the classroom and can interact directly with the teacher and other students, they're in a better position to grow and succeed.

Track Team

On May 4th, the track team competed in the Elk Island Invitational at the Strathcona Athletic Park in Sherwood Park. We are very proud of all our students. A huge THANK YOU to our parent volunteers Karen Butler and Shannon Rodgers and our teacher representatives, Mrs. Ortigosa and Mr. Helwig.





FNMI Corner...

Do you know our First Nations, Métis and Inuit Team at Elk Island Public Schools? We have amazing people supporting our school, helping staff and students learn about First Nations, Métis and Inuit ways of being and ways of knowing. Perhaps your child has mentioned our friend Jeremy Albert, who has come to present during Circles and has worked with each classroom learning from and about the land. Cheryl Devin and Leaha Atcheynum are also familiar faces in our school.



We appreciate Jeremy, Cheryl and Leaha, and their ongoing efforts to support truth and reconciliation work throughout EIPS. Check out the First Nations, Métis and Inuit [website](#) for more information about what's happening in EIPS, resources available for students and families, as well as upcoming school and community events.

Parent Council Corner...

Next Parent Council Meeting:

May 29th at 6:00pm (Location TBD). All parents/guardians are welcome to attend.

This is the last Parent Council Meeting of the School Year.

[JMSPAA & PC Minutes—April 2023](#)

Parent Council Fundraising:

Casino in Camrose on June 16 & 17, 2023.

Volunteers needed! Please email jamesmowatpaa@gmail.com if you're able to help out!



May 2023 - Hot Lunch Orders



No one wants to make lunches after a long weekend.

Make it easy.... Pre-order your Hot Lunch!

Grades 1-6 and Tues/Thurs Kindergarten.

Tuesday May 23

*orders & payment must be submitted
before Tuesday May 16 at midnight



Orders can be made at :

<https://munchalunch.com/schools/jamesmowat>

When inputting your orders, please ensure that payment is processed.

Direct your questions or feedback to jamesmowatpaa@gmail.com

Lunch Supervisors needed!

Are you interested in Earning \$20.26/day? Are you a stay at home parent/guardian or retired?

**WE ARE CURRENTLY LOOKING FOR SUBSTITUTE NOON HOUR SUPERVISORS TO WORK ON A
CASUAL - AS NEEDED BASIS**

Time of shift would be 11:15 am-12:15 pm (approx.) If you are interested, please apply online
at EIPS.ca/careers and look for [Noon Supervisor \(JMW\)](#)



Your Future in MIND

EIPS Annual Education Results Report

Every year, Elk Island Public Schools (EIPS) publishes an Annual Education Results Report, which outlines the Division's Four-Year Education Plan, opportunities for growth and how it's supporting students to achieve the best possible outcomes. Read through this year's [EIPS Annual Education Results Report 2021-22](#) and discover how EIPS fosters learning environments for all students to learn, grow and thrive—and why it matters.

May Spotlight: cultivating high-quality learning environments and experiences

- [Power of Kindness](#): Creates welcoming, inclusive, respectful, and safe learning environments in schools
- [Building Blocks](#): How effective planning, management and infrastructure is supporting learning
- [Raising the bar](#): Evidence-based practices that are enhancing teaching and learning in EIPS

RELATED INFORMATION

[EIPS Four-Year Education Plan: 2022-26](#)

[EIPS Three-Year Capital Plan: 2024-27](#)

Education Week 2023: May 1-5

Education Week takes place May 1-5. Throughout the week, students and staff from James Mowat Elementary, are showcasing and celebrating the role education plays in shaping the future of our province. Led by the Alberta Teachers' Association and Alberta School Councils' Association, the annual event is celebrated by school communities provincewide with activities focused on the importance of education.

The theme of Education Week this year is Learning Uplifts All, which celebrates working toward an inspired future for public education. This includes optimal learning conditions for every child, students who enjoy learning and achieve their goals, opportunities for teachers to continue developing their professional skills, and parents and communities involved and supportive of learning.

James Mowat Elementary is excited to celebrate Education Week and has a number of activities planned, including:

- learning about different foods and food cultivation
- Learning about currencies
- Learning about sports
- Learning about music from around the world
- Learning about tourism

EXPAND YOUR Mind

Did you know that being creative, dancing, and listening to music are simple ways to boost your mental well-being by releasing feel good chemicals in your brain? Take time to turn up the music, have a great laugh and dance like no one is watching!

Fuel YOUR BODY

Nourishing your body with healthy food and water helps your body grow and stay strong. It can affect your mood, how you react and how well you can learn and focus.

Make a family goal to drink water to hydrate your body and keep your brain fueled and energized.

Move YOUR BODY

Move your body every day to improve your mental and physical health. The key is to make movement fun and try activities that you enjoy.

Get outside and move together as a family. Go for a walk, ride your bikes or visit a local park.

PRACTICE Mindfulness

Practicing mindfulness together can help build your family's connection with each other.

Try this simple strategy to relax and calm a busy mind.

Tune into your surroundings through your 5 senses.

Look around you, what do you see, hear, smell, taste, feel?



Build ASSETS

Did you know there are many things you can do to help your kids grow up great? A simple way to build assets and model kindness is to tell your kids why they matter to you.

Talk together about how being kind makes you feel. Kindness can reduce stress, fill your heart with joy, and assist you in feeling more helpful and hopeful.

Interested in more ideas on how to create positive connections and build a healthy family?

Follow us on social media @
Move Your Mood Alberta



Get Active this June with
ParticipACTION Community Better
Challenge

Everything gets better
when you move your body.

www.participation.com

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

 811 Health Link
Health Advice 24/7

 Alberta Health
Services

Back to Basics for Parents and Caregivers

How does stress, including surviving a pandemic change the developing brain? What is our community doing to help our children and youth thrive in this challenging time? Come out and play a fun game, and win some great prizes for building the strongest brain! Are you a brain architect?

Thursday, May 11 5pm-7pm

Fort Saskatchewan High School Gymnasium

Dinner provided

Childcare available

Free

Register [here](#)



FORT SASKATCHEWAN HIGH SCHOOL
&  **bgc** Fort Saskatchewan
PRESENTS...

back to basics





FORT SASKATCHEWAN HIGH SCHOOL GYMNASIUM
(10002 97 AVE)
THURSDAY MAY 11TH 2023
5:00 PM - 7:00 PM FOR PUBLIC
DINNER WILL BE SUPPLIED
CHILD CARE IS AVAILABLE
PRE REGISTER AT [HTTPS://FORMS.FORTSASK.CA/FCSS/WORKSHOPS](https://forms.fortsask.ca/fcss/workshops)
OR CALL 780 - 992 - 6267



WHAT YOU'RE DOING IS WORKING
HOW DOES STRESS INCLUDING SURVIVING A PANDEMIC, CHANGE THE DEVELOPING BRAIN? WHAT IS OUR COMMUNITY ABLE TO DO TO HELP OUR CHILDREN AND YOUTH THRIVE IN THIS CHALLENGING TIME? COME OUT AND PLAY A FUN GAME AND WIN SOME GREAT PRIZES FOR BUILDING THE STRONGEST AND TALLEST BRAIN USING JUST STRAWS AND PIPE CLEANERS. ARE YOU A BRAIN ARCHITECT?

prizes to be won!!!

Mental Health Week

Forming a Healthy Relationship with Food

Presented by Imagine Institute

May 10
Virtual
6:30 - 7:30pm

This session will provide strategies for forming a healthy relationship with food. This can help to set us up for success in healthy eating, dismantle diet culture and prevent things such as eating disorders.

Register via imagineinstitute.ca

Password: 20FORTSASK2023

If you have questions please call 780.992.6267 or
FCSSinfo@fortsask.ca



Call 780.992.6267 or visit fcss@fortsask.ca for more detailed information

ENGAGING WITH CHALLENGING BEHAVIORS

THIS THREE-HOUR SESSION WILL ENGAGE PARTICIPANTS IN EXPLORING WHICH CHILD BEHAVIOURS THEY FIND PARTICULARLY CHALLENGING AND WHY. WITH A FOCUS ON REDUCING THE OCCURENCE OF CHALLENGING BEHAVIOURS IN THE FIRST PLACE, THIS SESSION WILL AID PARTICIPANTS IN DEVELOPING STRATEGIES FOR ADDRESSING THESE BEHAVIOURS WHILE MAINTAINING CARING AND UNDERSTANDING RELATIONSHIPS WITH CHILDREN.



REGISTER

May 16.2023

DCC, Scotia Bank RM

(8700-84 street)

1:00pm - 4:00pm

ImagineInstitute.ca

Passsword: 20FORTSASK23

or contact

780.992.6267

fcssinfo@fortsask.ca