June 2023

Nessenge

Dear Parents/Guardians,

Welcome to the last month of the school year! It's exciting to see each student's growth this year.

June is a very busy month filled with Grade 6 PAT's, field trips, Fun in the Sun, Talent Show, Kindergarten graduation and the Grade 6 Farewell. We wish our Grade 6 students all the best as they leave James Mowat and move on to Junior High.

We would like to extend our appreciation to our Parent Council and Parent Advisory Association for their generous support of our school again this year.

Thank you to all of our parents who volunteered this school year in classrooms, on fieldtrips, on Parent Council and the Parent Advisory Association, with hot lunch, at casino, or at Fun in the Sun.

We wish the following staff all the best as they will be leaving James Mowat: Mrs. Bartz, Miss Charrois, Miss Kobelka, Miss Kotronis, Mrs. Laurent, Miss Leblanc, and Ms. Reimer. We would like to thank them for their contribution and dedication to making our school an amazing place to be!

Have a wonderful and safe summer! See you back to school on August 31, 2023

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



June at a Glance:

- Jun 7 Early Dismissal
- Jun 8 Gathering of First Nations, Métis and Inuit Families
- Jun 12 Kindergarten Graduation (M/W)
- Jun 13 Kindergarten Graduation (T/Th)
- Jun 15 Fun in the Sun
- Jun 19 Library books due
- Jun 20 Gr. 6 PAT English Part B 9am
- Jun 20 Talent Show 1pm
- Jun 21 National Indigenous Peoples 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 Gr. 6 Farewell PM
- Jun 27 Report Cards
- Jun 27 Last Day of Classes

2023-2024 at a Glance:

- Aug 1 <u>Write-on Stationery</u> orders due
- Aug 24 Office re-opens
- Aug 31 First Day back Classes Begin
- Sept 4 Labour Day No School
- Sept 6 Early Dismissal
- Sept 12 School Photos (K-6)
- Sept 13 School Photos (Alt. K. class)
- Sept 20 Meet the Staff 6:00-6:30pm

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







Fun in the Sun - Thursday, June 15

James Mowat's annual Fun in the Sun day will be on Thursday, June 15. Students will participate in various fun events like an egg race, chuck the chicken, obstacle course, long jump, and bucket brigade to name a few!

A huge thank you to our many volunteers who make this event possible!

Parent Council is treating the students to a free hot dog lunch. Thank you Parent Council!

Thank you to Freson Bros. for their generous donation to our Fun in the Sun Hot Dog Lunch.



How can parents help their children prepare for tests?

It is important that children feel relaxed and comfortable when they write any test, including provincial achievement tests (PATs). Children's feelings about a test are very much influenced by what adults close to them say about those tests. Parents can be of most help to their children by encouraging them to relax and do their best, just as they would when writing any test.

Grade 6 Parent Guide – Alberta Education

Library Books

All library books must be returned by June 19. Any library books/textbooks not returned will have the fee added to student accounts in late June/early July. These fees will be included on the list for collections in the Fall, if they are outstanding on August 31. Please check for fees and pay fees through your <u>PowerSchool Parent Portal</u>.

New intercom system for entry

Our front doors to the school are now locked at all times. For entry to the school please use our new intercom system.







Year End Talent Show

Tuesday June 20 at 1:00pm (families are welcome to attend) Location: School gymnasium

If students are performing a dance routine, please bring in your costume, lyrics and music either on an iPad, phone or USB stick. If your child is using a digital device it must come with the cable that connects to the USB port. If students are singing please have lyrics and music ready just like the dance routine requirements.

We hope you join us for this special annual event and everyone is excited to perform!!! If you have any questions, please contact Mrs. Sikora.

Thank you for your awesome support of our music program at James Mowat!

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 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)

First Day Back at School—Thursday, August 31, 2023

On the first day, staff will be welcoming students outside of the school behind the large playground. Students will find out which class they are in on the first day of school.

2023-2024 School Calendar

Are you Moving this Summer?

If you are moving and will not be returning to James Mowat Elementary in the Fall, please let the office know. It is very helpful to have this information as we plan for next year.







Smiles from Spencer Fundraiser

It is tradition each year that we raise money for a very special cause— Smiles from Spencer. Many of you may not know that Spencer was a student who attended our school many years ago. He was in grade 5 when he was diagnosed with a terminal brain tumour. Sadly Spencer passed away from his disease a year later. Spencer always had a huge smile that would light up any room. His family made it a goal to celebrate his life so that is why we raise money for cancer research and continue this tradition to celebrate Spencer's legacy.



This year to raise funds students my purchase a frozen treat for \$1.00 on Friday, June 23. Thank you for support of this cause.

REMINDER: 2022-23 school fees

School fees for the 2022-23 school year are posted on the <u>PowerSchool Parent Portal</u>. All fees are due within 30 days of being posted. Throughout the year, fees are often added to cover the costs for various activities, such as field trips, extracurricular activities, and late, damaged or lost textbooks.

To access your fee information, simply log in to the PowerSchool Parent Portal and go to "Student Fees." There you can view fees and pay them online using a credit card. Make sure to monitor your child's account on an ongoing basis.

For more information about school fees, waivers and payment deadlines, visit <u>eips.ca/schools/</u> <u>fees</u>. And, if you have questions, think there is an error or need help creating a PowerSchool Parent Portal account, contact your child's school directly before the summer break.

NOTE: Pursuant to <u>Board Policy 23: School Fees</u> and <u>Administrative Procedure 505: School and</u> <u>Administrative Fees</u>, EIPS will forward any unpaid 2022-23 fee amounts to a collection agency. To prevent this from happening, remember to pay your fees before Aug. 31, 2023.





FNMI Corner...

National Indigenous Peoples' Day

June is National Indigenous Peoples' Month and June 21 is National Indigenous Peoples' Day! This is a day to recognize the heritage, cultures, and contributions of Indigenous peoples in Canada. In 1996, Roméo LeBlanc, then Governor General of Canada, announced June 21 as National Aboriginal Day. It has since been renamed as National Indigenous Peoples Day. June 21st was chosen as it coincides with the summer solstice, the longest day of the year. This is a day/time of significance when many Indigenous peoples and communities celebrate their culture and heritage. At James Mowat we will celebrate by having 'Lunch on the Land'.

Parent Council Corner...

Next Parent Council Meeting:

The next meeting is our Annual General Meeting in September. Parent Council elections for executive positions take place annually at this AGM. This is a great way to get involved with the school and stay informed. If you have any questions about the executive positions, or are interested in volunteering, please contact jamesmowatpaa@gmail.com

Parent Council & the PAA's May monthly meeting minutes: JMSPAA & PC Minutes May 2023

Parent Council Fundraising:

Thank you to everyone who volunteered at the Casino on June 16 and 17th.







School Supplies 2023-2024



James Mowat Elementary 2023-24 school supply lists are posted on our website.

James Mowat is once again offering families the opportunity to pre-purchase school supply packages through Write-on Stationery. This is a voluntary program.

What is not addresses as part of the lists are personal items which are required like:

- indoor shoes (your child must be able to put on and do up themselves; lace up shoes <u>only</u> if your child can tie independently)
- water bottle
- Backpack

The "also required" items listed are items which you may already own. We do not expect parents to purchase these items every year. These only need to be purchased if you do not already own them.

If you would like to purchase your school supplies through this program, please order <u>online</u> by August 1, 2023. Orders will be delivered to your home address over the summer.

- Go to <u>www.write-on.ca</u>
- Click on "PARENTS Order Here"
- School Name: James Mowat Elementary School FORT SASKATCHEWAN
- Choose your grade and place your order.
- Complete your order by clicking 'PLACE ORDER'
- You will receive an automatic email confirmation to confirm your order has been received
- We accept VISA, MC, AMEX, Visa Debit and Interac On-line.



www.jamesmowat.ca



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 <u>EIPS Annual Education Results Report 2021-</u> <u>22</u> and discover how EIPS fosters learning environments for all students to learn, grow and thrive—and why it matters.

June Spotlight: enhancing public education through effective engagement

- · Rules of Engagement: Using a collaborative approach to improve student achievement and success
- · Driving change: Strengthening public education through Board advocacy

RELATED INFORMATION EIPS Four-Year Education Plan: 2022-26 EIPS Three-Year Capital Plan: 2024-27

2022-23 EIPS Annual Feedback Survey: For Parents and Caregivers – Results now available

The results of the 2022-23 EIPS Annual Feedback Survey: For Parents and Caregivers are now available. In March, the Division conducted the annual survey, which helps EIPS gauge its progress toward meeting the goals and priorities outlined in its <u>Four-Year Education Plan</u>. Families were 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.

Thank you to all families who took the time to share their feedback with the Division. Overall, the survey received 2,709 responses from parents and caregivers across EIPS. EIPS, and schools, will now review the feedback in detail and use it to develop new strategies to serve students and the wider community better.

The full results are available online: <u>2022-23 Parent Survey results: EIPS</u> <u>2022-23 Parent Survey results: James Mowat Elementary</u>



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 prekindergarten 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 <u>PALS Program Request Form</u> or call 780-417-8219. For more information, visit <u>eips.ca</u>.

Student Transportation: 2023-24 registration

Planning to use Student Transportation in the 2023-24 school year? If so, make sure your child is registered so Elk Island Public Schools (EIPS) can plan routes and send your child a bus pass before the first day of school.

All students who indicated needing transportation services through the returning student or new student registration processes are now registered. Those families have also received tentative route schedules and invoices—fees are due June 30, 2023.

For those students who didn't indicate needing transportation services during the registration process and want to now register, simply fill out this <u>registration form</u>.

For more information about EIPS Student Transportation, visit www.eips.ca/transportation.

NOTE: Families can pay fees online using the <u>PowerSchool Parent Portal</u>. To pay in-person, visit the <u>EIPS</u> <u>Student Transportation building</u> during its office hours—Monday to Friday, 7 a.m. to 5 p.m. on school days and 8 a.m. to 4 p.m. on non-school days.



Little Elk Island Adventure: Registration

Elk Island Public Schools is once again planning to run the Little Elk Island Adventure, a fun and informative program for first-time school bus riders.

Annually, Student Transportation offers the Little Elk Island Adventure to new riders and their parents. The program's aim: To help introduce families to busing so they feel comfortable and at ease before even starting school. Through a series of activities, riders learn about school bus safety, danger zones, tips on boarding and how to sit properly on the bus. After that, both the children and parents hop on the bus to practice what they've learned by venturing out on a short ride.

The Little Elk Island Adventure is for first-time school bus riders entering the 2023-24 school year. The tentative session dates and times are as follows:

Location	Date*	Time*
EIPS Central Services	August 14	5 p.m.
EIPS Central Services	August 14	6:30 p.m.
EIPS Central Services	August 15	5 p.m.
EIPS Central Services	August 15	6:30 p.m.
EIPS Central Services	August 17	5 p.m.
EIPS Central Services	August 17	6:30 p.m.
EIPS Central Services	August 18	5 p.m.

EIPS Central ServicesAugust 225 p.m.* Special Education session for PALS and Project Unit Funding students only.

SouthPointe School	August 21	5 p.m.
SouthPointe School	August 21	6:30 p.m.
** SouthPointe School location	ons are for stude	ents attending schools in Fort Saskatchewan.

EIPS Central Services is located at 683 Wye Rd., Sherwood Park SouthPointe School is located at 11 SouthPointe Blvd., Fort Saskatchewan

Register Now

Space is limited and pre-registration is required.

More information about busing for kindergarten children is available at: <u>eips.ca/transportation/kindergarten-busing-faq</u>.





Tools for School

James Mowat Elementary has once again partnered with the United Way for the <u>2023-24 Tools for School</u> campaign. Annually, Tools for School provides backpacks and school supplies to students in Kindergarten through Grade 12 whose families have limited resources. If you're a parent or know a parent who needs access to the program, contact the school directly. Staff will discretely provide the backpack to the child at the beginning of the 2023-24 school year.

Alternatively, if you'd like to donate to the program, you can pick up a few extra supplies when you're out shopping for back to school in August. Drop-off boxes are located at the EIPS Central Services office, all <u>Staples locations</u> and various businesses in the community. Any supplies donated within the community are invested back into the region.

For more information about Tools for School, contact James Mowat Elementary at 780-992-1272 or call EIPS Central Services at 780-464-3477.

United Way Tools for School Requests: Family Orders

Celebrate Summer BINGO at Fort Saskatchewan Public Library!

Everyone's invited to welcome in summer! The library's Summer BINGO challenge will help you get out and about and trying new things – or reading your favorite books in the sun! Pick up your monthly summer BINGO card at the Library or play virtually using the Beanstack app. Mark BINGO squares by completing an activity - or "buy" a square by reading for 30 minutes. Kids can earn weekly prizes and completed BINGO cards can be turned in for a new book that's yours to keep! Teens and adults can play, too, and will earn Booksale Book Bucks and weekly entries into two amazing grand prizes. The games begin Monday, July 3rd! For more information on the BINGO challenge and the library's great summer programs, visit <u>https://fspl.ca/</u> or call 780-998-4275.



EIPS DIVISION CALENDAR 2023-24



Regular School Day

No School – Statutory Holiday

Early Dismissal for Students

No School for All Students and Staff

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Important Dates				
Aug 29	Professional Learning Day			
Aug 30	Operational Day			
Aug 31	Classes Begin			
Sept 4	Labour Day – Statutory Holiday			
Sept 30	National Day for Truth and Reconciliation			
Oct 6	Professional Learning Day			
Oct 9	Thanksgiving Day – Statutory Holiday			
Nov 6-10	November Break			
Nov 10	Day-In-Lieu: Remembrance Day			
Nov 11	Remembrance Day – Statutory Holiday			
Nov 13	Classes Resume			
Dec 25-Jan 5	Christmas Break			
Dec 25	Christmas Day – Statutory Holiday			
Dec 26	Boxing Day – Statutory Holiday			
Jan 1	New Year's Day – Statutory Holiday			
Jan 8	Classes Resume			
Jan 31	Professional Learning Day			
Feb 1	Second Semester Begins			
Feb 8-9	North Central Teachers' Convention			
Feb 19	Family Day – Statutory Holiday			
Mar 1	Professional Learning Day			
Mar 22	School Closure Day			
Mar 25-29	Spring Break			
Mar 29	Good Friday – Statutory Holiday			
Apr 1	Easter Monday – Division Closure			
Apr 2	Classes Resume			
May 3	Professional Learning Day			
May 16-17	School Closure Days			
May 20	Victoria Day – Statutory Holiday			
June 21	National Indigenous Peoples Day – No Exams			
June 26	Last Instructional Day			
June 27	Last Operational Day			

Addiction & Mental Health News

June 2023

Understanding Emotions

Emotions are a normal part of life. Emotions aren't right or wrong or good or bad, they simply tell you how you feel. You can control your actions and behaviours, even when emotions are intense.

Help your child identify and manage strong emotions with these calming strategies.

Notice and name emotions. Help kids learn how to deal with and talk about their feelings. Use the Emotion Wheel link below to help name emotions and ask your child how their body feels when they are angry, sad, happy etc. This can help make the emotions less intense and can help your child respond rather than react.

Teens may enjoy journaling about feelings or expressing their feelings through art or music.

Self-care

As a parent, being a positive role model all the time can be hard.

Find healthy ways to express your own emotions and cope with stress. Be sure to take time for yourself to recharge. Some ideas include:

- Going outside for a walk
- Learning something new
- * Listening to music
- * Talking with a friend or family member
- Watching a funny show
- The ideas are only limited to your imagination!

What do you like to do to recharge?

MORE RESOURCES

https://tinyurl.com/Anxiety-Canada

https://feelingswheel.com/

Tense and release

Tensing and releasing all the muscles of your body, one body part at a time, can help reduce tension and calm the mind. This is a great way to end the day with your child.

- Find a quiet comfortable place to sit or ite down
- Focus on your feet and legs. Take a slow, deep breath in as you tighten those muscles. Hold for 5 seconds, then exhale and release those muscles.
- Inhale, squeeze your fingers, shrug your shoulders to your ears and tighten the muscles in your abdomen, hold for five seconds. Exhale and release those muscles.
- Scrunch up your face as you initiale, hold for 5 seconds and exhale to release.
- Take a breath in, tighten the muscles of your whole body and as you exhale, let your whole body relay.
- Notice how you feel now. Repeat as needed

Gratitude

Being grateful can improve your ability to cope with stress and improve overall mood. Here are some simple ways to practice gratitude with your family:

- * Say what you're grateful for each day
 - Savor the small everyday experiences by noticing how they made you feel
- Say "thank you" when someone does something nice for you
- Use a journal to write down things you're grateful for or write them on a slip of paper and add them to a gratitude jar and watch it fill up. Each month read together all of the things your family is grateful for.
- The key is to practice daily!

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



A MyHealth Alberta.ca

Addiction Services Help Line 1-866-332-2322

Mental Health Help Line 1-877-303-2642





INDIGENOUS SOCIETY

What is going on?

Events Happening with Indigenous Society of Fort Saskatchewan. 2023

June 14th – The last day of Pow-wow teaching. There will be a Celebration. And Pot luck.

June 18- Male Dancer performer. He will be Teaching us about his Regalia, and telling his story about his Journey getting his Regalia. This will be held in front of city hall at 1:00pm

June 19th - The City of Fort Saskatchewan and The Indigenous Society will be hosting a Movie **On Sacred Ground** at the Shell Theatre. Stars at 7:00pm. The Tickets are Free Visit the Shell Theatre or see the link on our Facebook page.

June 20th – National Indigenous Peoples Day Event is Happening at Cardiff Community Hall 55320-RR251. There will be dancers, vendors and food trucks. 5pm to 8pm One of the hosts are Creating Hope Society

June 21- Round Dance, Indigenous Society and the City of Fort Saskatchewan will be hosting a Summer Solstice Round Dance.

June 27th – The City of Fort Saskatchewan will be Raising the Treaty 6 and Métis 4 Flag at 12:30 at City Hall

ISFORTSASK@YAHOO.COM

FACEBOOK

Indigenous Society of Fort Saskatchewan