

the JAMES MOWAT Messenger

February 2024



Dear Parents/Guardians,

Welcome February! This month we focus on kindness. Our students will once again be writing acts of kindness on strips of paper to create our 'Kindness Chain' that will be displayed throughout our school hallway. It's also a time to celebrate our students uniqueness.

It's hard to believe we are more than half way through the school year. There is lots of learning and field trips planned this month. We also have several clubs happening during lunch for our Division 2 students: minecraft club (grade 4), chess club, and newspaper club.

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

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



February at a Glance:

Feb 1	2024-25 kindergarten and new student registration opens
Feb 2	Career Day (Div 2)
Feb 7	Early Dismissal
Feb 7	EIPS Ribbon Day
Feb 8	Returning student registration opens
Feb 8-9	No School - Teachers' convention
Feb 12	Parent Council/Parent Advisory Association Meeting - 6pm
Feb 14	Dress in Red/Pink/White for Valentine's Day
Feb 17	<u>Random Acts of Kindness Day</u>
Feb 19	No School - Family Day
Feb 21	Returning student registration closes
Feb 23	Winter Formal Dance
Feb 28	Pink Shirt Day

Looking ahead to March:

Mar 6	Early Dismissal
Mar 8	New student registration deadline
Mar 11	Parent Council/Parent Advisory Association Meeting - 6pm
Mar 15	Report Cards published
Mar 19-20	Parent Teacher Interviews
Mar 22-29	No School - Spring Break
Mar 29	No School - Good Friday
Apr 1	No School - Easter Monday



KD Extravaganza

Together we collected 810 lbs. or approximately 1837 boxes of Kraft Dinner which was donated to the Fort Saskatchewan Food Bank. Congratulations to 1G and 6S classes for winning the pizza party class prizes. Way to go Jays!

Career Day

Thank you to all of our parent volunteers that came to our grade 4 to 6 Career Day on February 2nd. We appreciate you taking the time to join us and share about your occupation. The students enjoyed learning about the many different careers.

Pink Shirt Day - Wednesday, February 28, 2024

On February 28th we encourage everyone to wear pink in support of Pink Shirt Day to stand up against bullying.

School Fee Feedback

We are currently collecting feedback regarding school fees from James Mowat families. Please take a few minutes to complete this [Fee Survey](#). School administration will use feedback provided to help determine fees for 2024-2025, which will then be shared at a School Council Meeting.

Report Cards and Parent Teacher Interviews

Report cards will be published on Friday, March 15. Parents can view their child's report cards by logging into the [PowerSchool Parent Portal](#). (Note: Report Cards are not available on the mobile app). Parent-Teacher interviews will be on March 19 and 20.

Student Attendance

The best way to report student attendance is by visiting 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 and if your child is ill, please include the type of symptoms.

Lunch Supervisors needed!

Are you interested in earning \$20.67/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 11:50 am 12:50 pm (approx.) If you are interested, please apply online at EIPS.ca/careers and look for [Noon Supervisor \(JMW\)](#). Only those selected for an interview will be contacted.



Complete your Returning Student Registration: February 8-21

Elk Island Public Schools' (EIPS) returning student registration process is now open. For James Mowat Elementary families, [returning student registration](#) for the 2024-25 school year takes place at the same time as all other schools from February 8-21.

All current students must complete the online Returning Student Registration Form to confirm their enrolment in a school for the upcoming 2024-25 school year. 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. All current EIPS students are required to complete the form by Feb. 21, 2024.

To complete your child's returning student registration, refer to the Returning Student Registration Form email you received from Elk Island Public Schools via Permission Click on February 8. Families will receive one email for each student. No log in is required to complete the form.

For more information, contact the school directly.

RELATED INFORMATION:

[Registration at James Mowat](#)

[Returning Student Registration Process](#)

[Frequently Asked Questions](#)

[EIPS School Boundary Maps](#)

[Closed Boundaries 2024-25](#)

[Find my designated school](#)

[Applying to a non-designated school](#)

Did you know?

Within EIPS, schools consistently offer a broad range of educational choices for students of varied backgrounds and interests—from specialized language and faith-based programs to advanced academic opportunities and competitive sports to specialized supports and continuing education. Through this, students are then able push their limits and find meaningful ways to contribute to and enhance their communities. Learn more about Division programs and services on the [EIPS website](#).



Register Your Child for Kindergarten by March 8!

Is your child turning five on or before Dec. 31, 2024? 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 8—the random selection process deadline.

After March 8, 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.

NOTE: The random selection process will only be required if the number of registrations received by March 8 exceeds the number of available spaces in one or more grades.

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](#)





Parent Council & Parent Advisory Association Corner...

Next Parent Council/Parent Advisory Association Meetings:

February 12 at 6:00pm (library). All parents/guardians are welcome to attend.

Parent Advisory Association Fundraising:

*Dear students and parents of James Mowat Elementary,
James Mowat Parent Council
would like to invite you to our*

Winter Formal Dance

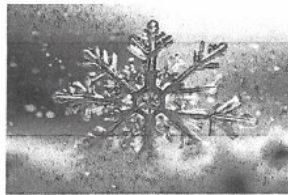
Friday, February 23rd

from 6:00 pm to 8:30 pm

This is an opportunity for our families to come together for dancing and snacks!

The Parent Council will be collecting non-perishable food bank items during this event.

If you bring food bank items, you will be entered into a HUGE prize draw.



Admittance tickets are

\$5 per person to a \$20 maximum per family

(children 3 and under are free)

Cash only for admittance and concession.

Financial support is available!

Please contact the School Office to inquire.

Please note the following rules regarding the dance:

- This event is for James Mowat students and their **immediate family only** (parents/guardians and siblings). **Cousins, friends and others will not be allowed entrance.**
- **Absolutely No outside food or beverages** will be permitted (**this includes coffee/tea**).
- All students **MUST** be accompanied by a parent or adult guardian. Guardians will be charged admission and must stay onsite for the entire event. Please do not drop off your children or leave them. All children must have an adult present.
- No re-entry including smoke breaks etc.

WE ARE CURRENTLY LOOKING FOR ADULT VOLUNTEERS. PLEASE EMAIL
WITH OUT VOLUNTEERS WE WILL NOT BE ABLE TO RUN THIS EVENT:

JAMESMOWATPAA@GMAIL.COM



Indigenous Corner...

PROTOCOL. You may have heard this word used in the context of First Nations, Métis and Inuit cultures. Each Nation is distinct and has their own understanding of what protocol means and how it is practiced. Generally speaking, protocol is a way to honour and respect Indigenous ways of being and doing and respect important ethical practices. Protocols are ways of establishing and maintaining respectful relations with Indigenous Peoples. For Nations that have protocol teachings, it can mean following the customs that describe appropriate and respectful behaviour when seeking knowledge, advice, expertise or service. Protocol is offered to serve each individual and with each request. It is important to ask about the proper protocol for any given situation.

[Our Words, Our Ways](#) (Alberta Education 2017) notes that protocols exist to

- build trusting, honest relationships
- show respect for Aboriginal (Indigenous) cultures, values and beliefs
- allow people to speak in the voice and style of their cultural group
- create balance in the consultation and negotiation process
- improve relations with Aboriginal (Indigenous) communities.

Want to learn more? This [video](#) explains protocol, why it is offered and when it is offered.



Your Future in MIND ●

Complete the Alberta Education Assurance Survey

Once again, Alberta Education is surveying teachers, students and families through its annual Alberta Education Assurance (AEA) Survey. The survey gathers feedback on the quality of education provided by school authorities and their schools, which they then use to help understand how they're doing and plan for the future.

Throughout February, Grade 4 students at James Mowat Elementary are completing the survey online at the school. Student participation is voluntary and completely anonymous. Students are assigned a random username and password to ensure survey responses aren't linked to any individual student. The survey doesn't take long to complete and is done within the school day during regular class time.

Additionally, parents and guardians of students in these grades are also asked to take a survey online. Alberta Education has mailed families information about the survey directly. As with the student and teacher survey, it's anonymous and asks questions about your school experiences. If you have a child in these grades, we encourage you to participate. The survey deadline is March 1, 2024.

Results from the AEA Survey are provided to Elk Island Public Schools each spring. The Division then uses the data to inform its four-year education plan, school education plans and strategies for continuous improvement. Each fall, the results are also shared with EIPS families and school communities in the Division's Annual Education Results Report.

RELATED INFORMATION

[AEA Survey: Information for parents and guardians](#)

[AEA Survey](#)

[Assurance and Accountability: Alberta's K-12 education system](#)



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 the most recent [EIPS Annual Education Results Report 2022-23](#) and discover how EIPS fosters learning environments for all students to learn, grow and thrive—and why it matters.

February Spotlight: Student Growth and Success

[Early Learning:](#) Ensuring early learners reach developmental milestones

[Culture of Literacy:](#) Dive deep into the data and learn how students are developing strong literacy skills

[Math Matters:](#) Enhancing reasoning, understanding and achievement through numeracy-rich classrooms

[Boosting Educational Outcomes:](#) Discover how EIPS supports the growth and achievement of students who self-identify as First Nations, Métis or Inuit

[Beyond High School:](#) Supports and strategies that are creating real-life career pathways for learners

RELATED INFORMATION

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

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

EIPS 2024-25 Division Calendar

The 2024-25 EIPS calendar is now available. The calendar includes important dates during the 2024-25 school year, such as school-closure days, breaks, the first and last day of classes, professional learning days, early dismissal days, plus more.

The 2024-25 calendar is on the following page and can be found at eips.ca.

Did you know you can sync the Division calendar to your personal calendar? You can. Simply, visit www.eips.ca/calendar and click on the “subscribe to calendar.” It's that easy.



EIPS DIVISION CALENDAR 2024-25

Regular School Day

Early Dismissal for Students

First Instructional Day (Semester 1 and 2)

No School – Statutory Holiday

No School for All Students and Staff

No School for Students
– Professional Learning/Operational Day

Important Dates

- Aug 27** Professional Learning Day
Aug 28 Operational Day
Aug 29 Classes Begin
Sept 2 Labour Day – Statutory Holiday
Sept 30 National Day for Truth and Reconciliation – Division Closure
Oct 4 Professional Learning Day
Oct 14 Thanksgiving Day – Statutory Holiday
Nov 11-15 November Break
Nov 11 Remembrance Day – Statutory Holiday
Nov 18 Classes Resume
Dec 23-Jan 3 Christmas Break
Dec 25 Christmas Day – Statutory Holiday
Dec 26 Boxing Day – Statutory Holiday
Jan 1 New Year's Day – Statutory Holiday
Jan 6 Classes Resume
Jan 29 Professional Learning Day
Jan 30 Second Semester Begins
Feb 6-7 North Central Teachers' Convention
Feb 17 Family Day – Statutory Holiday
Mar 7 Professional Learning Day
Mar 21 School Closure Day
Mar 24-28 Spring Break
Mar 31 Classes Resume
Apr 18 Good Friday – Statutory Holiday
Apr 21 Easter Monday – Division Closure
May 2 Professional Learning Day
May 19 Victoria Day – Statutory Holiday
June 21 National Indigenous Peoples Day
June 25 Last Instructional Day

AUGUST 2024

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MAY 2025

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JULY 2025

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What is kindness?

Kindness is sharing the best parts of our hearts with those around us.

Kindness is seeing the good in others and celebrating it.

Take time to show kindness to yourself and others this month.

How does kindness benefit you?

Kindness has been shown to increase self-esteem, empathy, compassion and improve mood.

It can increase a feeling of connection with others, decrease loneliness and improve relationships.

It can also be contagious and encourage others to join in with their own acts of kindness!

Ways to be kind to yourself

When sharing kindness, it's great to share it with others, but important to show kindness to yourself too. Try some of these simple ways to show yourself a little more kindness!

- Make a gratitude list
- Do something you love
- Write down things you love about yourself
- Practice positive self-talk

Ways to be kind to others

Try one of these easy ways to show kindness to others. You can do these anytime!

- Pay someone a compliment
- Hold the door open
- Express gratitude for someone
- Smile

MORE RESOURCES

[the art of kindness](#) – Mayo Clinic

[10 Ways to Practise Self-Kindness - School of Kindness](#)

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



Caregiver Education Team Newsletter

January/February 2024



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

Sleep and Your Family's Mental Health

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

Part 1:
The Importance of Good Sleep Hygiene
Wednesday, January 17
12:00 – 1:00 pm

Part 2:
Setting the Stage for Good Sleep
Wednesday, January 31
12:00 – 1:00 pm

Body Image and Eating Disorders

For parents and caregivers supporting adults or teens (Grades 7-12)

Wednesday, January 31
6:00 – 7:30 pm

Adult Education Sessions

Understanding Anxiety Series

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

Part 1:
An Introduction
Thursday, February 1
12:00 – 1:00 pm

Part 2:
Calming Our Bodies
Thursday, February 8
12:00 – 1:00 pm

Part 3:
Settling Our Minds
Thursday, February 15
12:00 – 1:00 pm

Part 4:
Overcoming Avoidance
Thursday, February 22
12:00 – 1:00 pm

Substance Use

A Harm Reduction Approach

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, February 28
6:00 – 7:30 pm

Participant Feedback:

"Great session! Thanks for providing them free to the community."

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca



Families First Society
FORT SASKATCHEWAN

Circle of Security® Parenting™



Raise love.

Explore how supporting children's emotional development will build your bond.

Open doors to a deeper understanding of your child's needs with a FREE 8 week group program for caregivers of children 0 to 6 years old.



#thisisourvillage

Program of the Fort Saskatchewan
and Sturgeon Region Family Resource Network

Join us virtually
on zoom

Tuesday evenings

5:30 to 7:00pm

February 06, 13, 20, 27
March 05, 12, 19, 26



To register please call:
780-998-5595 ext. 221

Alberta Provincial Family
Resource Networks

Sponsored by



Fort Saskatchewan Family **WINTER**



Feb 24, 2024

11:00 A.M. - 2:00 P.M.

The Old Fort

Fort Saskatchewan,
10006 100 Ave, AB, T8L 0J3

Dress for the weather and bring your own skates, lawn chair and sled if you would like