

# the JAMES MOWAT Messenger

March 2024



Dear Parents/Guardians,

Welcome to March! Please check the [website](#) calendar regularly to stay up to date on what's happening at James Mowat.

Thank you to everyone for completing your returning student registration. It is very helpful as we begin to plan for the upcoming 2024-2025 school year.

Parent Teacher Interviews take place on Tuesday, March 19th and Wednesday, March 20th. You can book your parent teacher interview time at <https://www.jamesmowat.ca/bookings> between Wednesday, March 13th and Sunday, March 17th.

School will be closed March 22nd to April 1st for Spring Break. We look forward to seeing everyone return to school on Tuesday, April 2nd.

Have a restful and safe Spring Break.

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



## March at a Glance:

Mar 1	No School—PL Day
Mar 6	Early Dismissal
Mar 8	New student registration deadline
Mar 11-15	Week of Inspirational Math
Mar 11	Parent Council/Parent Advisory Association Meeting - 6pm
Mar 13	Hot Lunch Orders Due
Mar 13	Parent Teacher Interview Booking Opens
Mar 14	Pi-rate Day
Mar 15	Report Cards published
Mar 17	Parent Teacher Interview Booking Closes
Mar 19-20	Parent Teacher Interviews
Mar 21	Hot Lunch (Pasta Pantry)
Mar 22-29	No School - Spring Break
Mar 29	No School - Good Friday

## Looking ahead to April:

Apr 1	No School - Easter Monday
Apr 3	Early Dismissal
Apr 8	Grade 6 Farewell Photos
Apr 8	Parent Council/Parent Advisory Association Meeting - 6pm
Apr 8-11	Scholastic Book Fair
Apr 11	Kindergarten Information Night (5:30-6:30pm)
Apr 13	Young Authors' Conference



## **Report Cards**

Report cards will be published on Friday, March 15th. Parents can view their child's report card by logging into the [PowerSchool Parent Portal](#).

Note: Report cards are *not* available in the mobile app.

## **Parent Teacher Interviews and Booking Appointments**

Parent/Student/Teacher Interviews for grades 1 to 6 are on Tuesday, March 19th and Wednesday, March 20th from 4:00 to 7:00pm.

Kindergarten Parent/Student/Teacher Interviews are on Tuesday, March 19th from 4:00 to 7:00pm and Wednesday, March 20th from 9:00am to 11:40am *and* 4:00pm to 7:00pm.

Interviews are set for 10-minute blocks for an individual time with the teacher.

All interviews are booked through our website at <https://www.jamesmowat.ca/bookings> *between Wednesday, March 13th and Sunday, March 17th*. Please select 'March 2024—Parent/Teacher/Student Interviews' or 'March 2024 - Kindergarten - P/T/S Interviews' to book your time.

## **Young Authors' Conference**

On Saturday, April 13, 2024 over 400 selected students in grades 4 to 9 from both Elk Island Public Schools and Elk Island Catholic Schools are invited to 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. James Mowat has selected 8 students who have show special interest or aptitude in the areas of writing and illustration to attend this conference. Thank you to Mr. Bartsch for spearheading this opportunity and Parent Council for their financial support of this for our students.

## **Kindergarten Information Night—April 11, 2024**

James Mowat Elementary's Kindergarten Information Night will be on April 11, 2024 from 5:30 to 6:30pm. This is an informative evening for families of kindergarten students registered at James Mowat for September 2024.



### **James Mowat Is a 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.



### **Week of Inspirational Math (March 11 to 15)**

Students will be participating in a variety of math activities during this week of Inspirational Math which coincides with Pi Day (March 14). We will have guest readers, math features (morning announcements), an estimation jar, and Pi activities. Pi-rate Day is on Thursday, March 14 where students can dress as pirates to celebrate Pi Day!

### **Fort Saskatchewan Food Bank**

This March, the Student Council is collecting "**Lucky Gold Coins**" for the Fort Saskatchewan Food Bank. Starting March 11th, students are encouraged to bring in cash donations for the Fort Saskatchewan Foodbank. The school will be tracking our donations in hopes to beat our last year's amazing total of \$492.00!!

### **Jump Rope Club**

We're getting into the swing of things this April with Jump Rope Club at lunch recess! Students can join us and do some jumpin' to get our hearts pumpin'! Students will also have the chance to help our school raise money for the Heart and Stroke Foundation by joining our Jump Rope for Heart fundraiser! Stay tuned for information and a special kickoff assembly after Spring Break.

### **Scholastic Book Fair**





### **Indigenous Corner...**

#### **INUKSHSHUK**

Students in Grade 2 have been learning about the Arctic, the animals and people that live there. You may be familiar with Inukshuks – structures made of stones piled on top of each other. Inukshuks are used for navigation and to mark sacred places, or places of significance. The Inukshuk is also on the flag of Nunavut. As part of Inuit tradition, Inukshuks should never be destroyed, so if you see one, leave it standing for the next person to admire.



### **Parent Council & Parent Advisory Association Corner...**

Thank you to all of the parent volunteers who helped with the Winter Formal Dance. Without the numerous volunteers that helped it would not have been possible. The James Mowat Parents' Advisory Association is extremely grateful for all of the help. A huge thank you to all of the companies who donated prizes for our event: Telus World of Science, Country Chic Inc., Cotton Candy Shoppe, Ace of Fades, Fort Cinema, and Share & Care Thrift. We value your support and encourage our school community to support local when you can and to show some love to these great businesses who helped make our event a success.

### **Parent Council/Parent Advisory Association Meetings:**

Meetings are held the 2nd Monday of the month (excluding December and June). Our Next meeting is on April 8 at 6:00pm (library). All parents/guardians are welcome to attend.

### **Parent Council/Parent Advisory Association Minutes:**

[JMSPAA & PC Meeting Minutes—February 2024](#)

### **Parent Advisory Association Fundraising:**

James Mowat Elementary's playground needs to be replaced in the 2025-2026 school year. All fundraisers are raising funds towards our new playground!

- Purdy's fundraiser pick up is the week of March 18th. Watch your email for pick up details.
- Our next hot lunch is on March 21st - Pasta Pantry



Your Future in MIND

## Have your say! EIPS' 2023-24 Annual Feedback Survey Open March 1-21

Elk Island Public Schools (EIPS) wants to hear from you. Make sure to complete the 2023-24 EIPS Annual Feedback Survey: For parents and caregivers—open from March 1-21.

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 specific school their child attends;
- ◆ the quality of education being provided to students;
- ◆ areas for improvement; and
- ◆ new this year, the survey includes an additional series of questions—focused on stakeholder confidence in EIPS' priorities and strategic direction as a whole.

Collectively, the Division uses the survey feedback to help guide future planning, decision-making and strategies—all aimed at enhancing student learning and better serving the wider community.

### **TAKE THE SURVEY NOW!**

open March 1-21

To preview the questions before completing the survey, see [Question Preview - 2023-24 EIPS Annual Feedback Survey: For parents and caregivers](#).

*NOTE: To share the experiences of more than one child, or if you have a child who attends classes at more than one EIPS school—such as Next Step and an EIPS senior high school—simply complete the survey again.*

The survey is anonymous and only takes roughly 10-15 minutes to complete. EIPS will share the survey results in next year's *Annual Education Results Report 2023-24*.

### **BACKGROUND INFORMATION:**

[EIPS Annual Education Results Report 2022-23](#)

[EIPS Annual Education Results Report 2022-23: Overview](#)

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

*The background links are also provided throughout the survey, which you can use to help inform your survey answers.*



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 2022-23\*](#) and discover how EIPS fosters learning environments for all students to learn, grow and thrive—and why it matters.

### March 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](#)

### Did you know?

Alberta Education provides funding to EIPS. The provincial government's funding framework allocates funding directly to the Division, who then allocates funding to individual schools. Every year, EIPS prepares a budget in the spring based on projected enrolment, funding and student-focused initiatives directed by the Board of Trustees. Learn more about [K-12 Education Funding in Alberta](#) and the [EIPS Budget](#).

### Kindergarten Registration is Open!

Is your child turning five on or before Dec. 31, 2024? If so, it's now time to register for kindergarten. We still have limited spaces available at James Mowat Elementary for 2024-2025. Please complete your child's registration as soon as possible.

To register, simply complete the online registration form at [eips.ca/kindergarten](https://eips.ca/kindergarten).

To help families prepare, 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 registration, important dates, programming options, what to expect, eligibility, how to find your designated school, transportation and more.

Additional information is available on the James Mowat Elementary website:

[Kindergarten at James Mowat](#)

[Registration at James Mowat](#)





Your Future in MIND ●

### **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. Applications are now open 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 2020 or 2021, 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](http://eips.ca).

### **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.

### Managing stress through breathing

Deep breathing is an excellent way to help manage stress.

When we breathe deeply, into our stomachs, it sends a signal to our brains and bodies to calm down and relax.

When we pay attention to our breath it can help improve how we behave and how we feel.

### Practice makes perfect

When we pay attention to our breath, it can help improve how we behave and how we feel.

With practice we can learn to purposefully slow down our breath until we feel less stressed and more confident.

Try a few different exercises and see which one you like best!

### Breathing exercise to try with your child

**Triangle Breathing** - Start at the bottom left of the triangle.

Breathe in for three counts as you trace the first side of the triangle.

Hold your breath for three counts as you trace the second side of the triangle.

Breathe out for three counts as you trace the final side of the triangle. You have just completed one deep breath.

### Breathing exercise to try with your child

**Color Breathing** - Breathe in and imagine a calm, happy, positive color. Breathe out and imagine a color that represents stress, anxiety, etc. leaving your body.

**Darth Vader Breathing** - Pretend you have a straw in your mouth, suck in through the straw and breathe in. Breathe out like Darth Vader.

### MORE RESOURCES

[Stress Management: Breathing Exercises for Relaxation \(alberta.ca\)](https://www.alberta.ca/stress-management-breathing-exercises-for-relaxation.aspx)

[Breathing Exercises To Reduce Stress - Headspace](https://www.headspace.com/meditation/breathing-exercises-to-reduce-stress)

[Deep Breathing Exercises for Kids — Coping Skills for Kids](https://www.coping-skills-for-kids.com/deep-breathing-exercises-for-kids)

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







Families First Society  
FORT SASKATCHEWAN

# Understanding Your Grief and Loss

Grief is a natural response to loss.

Join Jody Cook (MSW) for this monthly in person group for individuals who are grieving a loss.

March 7, April 4, May 2, June 6, 2024  
12:00 pm to 2:00 pm

Loss can come in different forms, death of a loved one, loss of a job, loss of a relationship, and covid related losses to name a few. This group is a psychoeducational support group. The aims of the group include improving the understanding of grief and loss, gaining support from other members and learning a variety of helpful coping strategies.



This is an open group, come when you can and childcare can be provided.

*Please call to register for the weeks that work for you and if you need childcare.*



**CONTACT**

**780-998-5595 EXT. 221 TO REGISTER**



# 3 & UNDER FAIR

Monday, March 18  
3 - 7 pm



FAMILIES WITH CHILDREN 3 & UNDER ARE WELCOME TO COME TO THE LIBRARY AND LEARN ABOUT HEALTH AND WELLNESS FROM PARTICIPATING AGENCIES. THERE WILL BE PRIZES, ENTERTAINMENT, REFRESHMENTS, AND FUN!



Access information and connect to community resources to support early childhood wellness and development.

\$ Free Admission



780-998-4275



Fort Saskatchewan Public Library  
10011 - 102 St

# BABYSITTING COURSE



**MAY 16, 2024**  
**9:00AM - 4:00PM**  
**ORTONA RM.**  
**COST \$84**  
**COURSE CODE #15862**  
**REGISTER @ FORTSASK.CA**

Children between the ages of 11 to 15 years old, OR who have completed Grade 5 may register into the Red Cross Babysitting course. The Babysitting Course provides the participant with basic first aid and care-giving skills. This course also focuses on how to prevent and respond to emergencies and explores how to be a responsible babysitter. This course also gives the participant skills to promote themselves as babysitters in their communities





# STAY SAFE AT HOME ALONE

**MAY 17, 2024**  
**9:00AM - 2:00PM**  
**ORTONA RM.**

The Red Cross Stay Safe Home Alone Course provides the participant with basic first aid skills safety and awareness. Participants learn how to respond to various challenges when they are not under the direct supervision of a guardian or parent. Your child will be engaged in many activities throughout the course to enhance their interest and keep them occupied while learning. This course is intended for children between the ages of 9 to 13 years old

**Cost \$68.25**  
**Course #15863**  
**To register: [Fortsask.ca](https://fortsask.ca)**







**Register ON LINE** → (March 1, to April 1, 2024) at [josephburg.ag.ca](http://josephburg.ag.ca) or more specifically as noted below

<https://josephburg-ag.ca/ball-programs-2/ball-registration-form/>

**Games** – Monday & Wednesday nights, in Josephburg, (13 minutes East of Fort Sask.), from May 1 to June 26  
**May 1, 2024** – Kick off Ball 4 FUN with a **FREE Community Barbeque**, and open house from 5 pm to 7 pm. Meet Josephburg Agricultural Society Directors, & Community Groups. **Open to Ball families & the Josephburg Community.**

**Tee-Ball 4FUN** - played at North & Center Diamonds across from our Country Playground - 6pm - 7pm.

**Softball 4FUN** - played at South Shale Diamonds - 6pm - 7:30 pm. Bring a picnic basket & your Friends, Family & Neighbours to cheer on the Ball players. Enjoy our Country Playground as well as our OUTDOOR Fitness Centre

**Fees** – Only \$45.00 per player (no change), plus a \$10 membership to the Josephburg Agricultural Society (per family). Includes player's Ball Cap & T-Shirt c/w a NAME BAR on back of T-shirt that each player gets to keep.

**Photos** – This year we are providing a group photo and a Team photo, that would be emailed to each family. These would be taken on May 1, 2024 subject to the weather.

**Need Help or Have Questions** – contact ... **Billie Borys** at 780-905-6951 ...

or email at [billie.borys@wiseowls.ca](mailto:billie.borys@wiseowls.ca) for help to register.

**Thank you to the following Community Program Sponsors**

**Who help to keep our Ball 4 FUN Program affordable for Families**

Ball Cap Sponsor – **UFA Store, Fort Saskatchewan**

T-Shirt Co-Sponsors – **Allam Farms Partnership & Galloway Seeds Ltd.**

Insurance Sponsors – **Paul & Joann Bodell**

Dairy Queen Dilly Bar Party Sponsor – **Billie Borys – Wise Owl Financial Services**

Volunteer Ball 4FUN Coordinator's Honorarium - Sponsors –

**Perry's 2 for 1 Pizza & Pasta & Kal Tire – Fort Saskatchewan**