

## December 2021

### Principal's Message



December is upon us. Report cards and junior high marks were released through the PowerSchool Parent Portal on November 26, 2021. We encourage all parents, if you haven't already, to log in and see how your child is progressing in school.

The weather so far in November has been quite mild but we are expecting that this trend may not continue. Please ensure that students are dressed properly for the conditions. Warm jackets, scarves, toques and gloves are all necessities. Snow pants are highly recommended. We want to ensure that if a bus breaks down during the morning or after school ride that students will be comfortable until help arrives.

We would like to thank our students and staff for participating in Hat Days. All the food donations and money have gone to the Fort Saskatchewan Food Bank to support their Christmas Hamper Campaign. We appreciate everyone's support in helping our community.

Our next School Council and Fundraising Association meeting will take place virtually on Wednesday, December 15 at 4:30 pm. A meeting reminder and code will be sent out via SchoolMessenger closer to the date. We welcome all parents and hope you will consider joining us.

We are hoping that everyone will enjoy the holiday break this year. The last day of school for students is December 21 and we return on January 5. We hope the break will provide you with the opportunity to enjoy the holiday season with family and friends.

Carol Brown, Principal  
Jay Robertson, Assistant Principal

### Fee Waiver Application Deadline

If circumstances exist where you're unable to pay school or transportation fees, you can apply to have [fees waived](#) by submitting an [Application for a Waiver of Fees](#). The application deadline is Dec. 15, 2021. If you're new to the Division, the deadline is the latter of Dec. 15, 2021, or 45 days after registration.

To access your fee information, simply log in to the [PowerSchool Parent Portal](#) and go to "Student Fees." There you can view your fees and pay them online using Visa or MasterCard. All fees are due within 30 days of being posted.

Don't forget to also log in to the PowerSchool Parent Portal regularly throughout the year. Fees are often added to your child's account to cover the cost of various school activities such as field trips, class projects, extracurricular activities and more.

For more information about school fees, waivers and payment deadlines, visit [www.eips.ca/schools/fees](http://www.eips.ca/schools/fees) and [www.southpointeschool.ca/about/fees](http://www.southpointeschool.ca/about/fees). Alternatively, contact Joanne Warwa, Business Manager at SouthPointe School at 780-998-2747.

### Learning Disruption Funding for Grades 2-3

At the end of last school year, the Government of Alberta announced 2021-22 funding for school divisions to help address learning disruptions for grades 1 to 3 students caused by the pandemic. Elk

Island Public Schools (EIPS) has received \$791,840 in learning disruption funding to support students in grades 2 and 3, a portion of which has been allocated to SouthPointe School.

The funding will provide targeted programming for specific students identified as requiring additional support in literacy and numeracy. At SouthPointe School, grades 2 and 3 students participated in the Star Reading Assessment and the Numeracy Assessment Screener earlier this year to assess students' literacy and numeracy levels. Those below the 25<sup>th</sup> percentile were identified as needing additional supports and eligible for funding. The Government of Alberta learning disruption funding received—at a per-student funding rate of \$490—will support targeted intervention programming for these students.



If your child was identified as needing additional supports, you'll receive more information directly from the school. Intervention programming for identified students will begin mid-December.

If you have questions about the intervention programming, contact the school office at 780-998-2747.

### **Junior High Candy Grams**

Send a holiday message to your friends! Each Candy Gram costs \$0.25 and will be sold during breaks and lunch on Dec 13 & 14 in the foyer. Proceeds from Candy Gram sales will support the Fort Saskatchewan Food Bank's purchase of gifts for kids this holiday season. Candy grams will be handed out by the Leadership 8 elves on Dec 21.



### **FT SASKATCHEWAN**

Do you know what KidSport™ Fort Saskatchewan is all about?

KidSport™ Fort Saskatchewan is a charitable organization that provides support to children to remove the financial barriers that prevent them from playing organized sport. We do this by providing financial assistance to cover registration fees for kids up to the age of 18, and strategically partnering with Sports Central in Edmonton to provide access to equipment. Our volunteers use a confidential application process to provide grants to families in our community. Upon registering their child in a season of sport of their choice, parents or guardians complete an online or paper application for KidSport funding. These applications must be supported by proof of need - typically, a CRA Notice of Assessment, Canada Child Benefit statement, Alberta Health Benefit Card or 3 consecutive pay stubs for each adult in the home. Visit our website at <https://kidsportcanada.ca/alberta/fort-saskatchewan/> or email us at [fortsask@kidsport.ab.ca](mailto:fortsask@kidsport.ab.ca) for more information.

What is truly remarkable is that public awareness of KidSport™ programming is primarily spread through word of mouth. If your family or someone you know could benefit from KidSport™ support,

please visit our website at <https://kidsportcanada.ca/alberta/fort-saskatchewan/> or email us at [fortsask@kidsport.ab.ca](mailto:fortsask@kidsport.ab.ca) for more information.



### **EIPS Career Pathways**

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Career Pathways is designed to develop skills that students can apply in their daily lives when preparing for entry into the workplace or for further learning opportunities. Competencies achieved will allow students to make relevant connections with work and/or post-secondary training.

Each month Career Pathways distributes relevant planning material, presentation sessions, occupational spotlights, and other helpful information meant to support students and families.

### **Literacy at Home**

## Literacy at Home: A Focus on Writing

Writing is one of the ways children can express their creativity and thinking. It also supports them in becoming better readers. According to author, educator, and literacy expert Pam Allyn, “writing helps to cultivate emotional growth, develop critical thinking skills, and improve school performance” (Tartakovsky, 2011).

A study by Graham & Heckbert (2010) showed the following:

-  Writing about a text deepens understanding. This can include: writing personal reactions or analysis, writing a summary, taking notes, and creating or answering questions in writing
-  Explicit instruction about writing, using text structure, sentence construction, and spelling patterns helps students improve reading comprehension, fluency, and word reading
-  Increasing how often students write improves their reading comprehension

Source: International Literacy Association



So, what can you do at home?  
Here are some ideas:

- Write lists
  - Grocery list
  - Christmas list
- Write how-to paragraphs
  - How to build a snowman
  - How to decorate a Christmas tree
  - How to make pancakes
- Write letters or cards to family and friends
- Write a review of a book, movie, game, or restaurant
- Write a story with a problem and a solution
- Write about reading
  - Summary
  - Reaction to a plot point
  - Personal connection

### **Returning Student Registration for 2022-23**

Elk Island Public Schools (EIPS) will once again conduct an online returning student registration process to confirm student registrations for the 2022-23 school year. Families of all current students—with the exception of graduating Grade 12 students—must complete the process to confirm the school their child plans to attend in the 2022-23 school year or advise the Division of their plans not to return to EIPS. 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. The 2022-23 returning student registration takes place Feb. 1-28, 2022.

Access to the Returning Student Registration Form is provided through the [PowerSchool Parent Portal](#). If you don't have a PowerSchool Parent Portal account, you need to set one up before Feb. 1, 2022.

[Create a PowerSchool Parent Portal account](#)

For more information, contact the school office at 780-998-2747.

### **Fundraising Association and School Council Update**

#### **NEXT VIRTUAL MEETING:**

- December 15, 2021 at 4:30 pm
- All parents are welcome to join our meetings each month! Keep up to date on what's happening in your child(ren)'s school!
- Please check your email next week for the invitation link to join the meeting

#### **HOT LUNCH:**

- December's Hot Lunch will be Boston Pizza on **December 17** (Kinder B class will be on **December 16**). If you haven't placed an order for your child and would like to, please make sure to have your order submitted online by **December 10**.
- There are larger sized portions at the bottom of the menus for Boston Pizza.
- **MARK YOUR CALENDARS! (all can be ordered now!) – Freson Bros for January 28 (January 26 for Kinder A classes) and Boston Pizza for February 25 (February 24 for Kinder B class).**
- If you have any questions or concerns or are interested in helping out with our hot lunch program, please reach out to Laelia at [president.fass@gmail.com](mailto:president.fass@gmail.com).
- **FROM 2020/2021 HOT LUNCH:** Credits have been applied to accounts for those that hadn't recovered their refunds from the previous year. If you have any questions or concerns regarding this, please feel free to contact Laelia at [president.fass@gmail.com](mailto:president.fass@gmail.com).



#### **VOLUNTEERS:**

We will be looking for lots of volunteers this year! Please let us know if you are able to help us out! We will be looking for volunteers for a variety of positions and fundraisers.

- Committee Heads and members (Hot Lunch program, Bottle Drives, Fundraisers, etc.)
- Marketing Coordinator
- Volunteer Coordinator

Email Laelia at [president.fass@gmail.com](mailto:president.fass@gmail.com) for more information

#### **MEMBERSHIPS:**

Become a member of the Fundraising Association! Have a say! Let your voice be heard!

- Membership forms can be found [here](#) or you can email Danielle at [secretary.fass@gmail.com](mailto:secretary.fass@gmail.com) for more information.

#### **FUNDRAISERS:**

**STAWNICHY'S FUNDRAISER!! – Thank you to everyone who placed orders!**

- Orders **MUST** be picked up on **December 10** as we do not have freezers to store orders in.

### COBS (Fort Sask location)

- Just mention Southpointe School when you are making a purchase
- Cobs gives back 5% of what you spend!



### FLIPGIVE

- For online shopping (Old Navy, Indigo, Canadian Tire, Walmart, Home Depot, Starbucks and more!)
- Just download the app, use the code K2TQ9X and start shopping!



### Counsellor's Corner

As we enter the holiday season it can bring a variety of both positive and difficult emotional experiences for people. While my hope for everyone is that they experience joy and can rejuvenate themselves, I also recognize for some the holiday season and winter months can be especially difficult to support their positive mental health. The [Winter Mental Health Guide](#) provides practical strategies and plans to help create space in your life for practices that promote positive mental health and well-being. It contains suggestions for meeting our social, physical, and mental wellness; tools to put our wellness plans into practice; and suggestions on how to support others.

I would also like to share with you the [Mental Health Supports for Parents, Guardians, and Families](#). This resource contains phone numbers for helping hotlines as well as a variety of other online resources.

Finally, please check out [Connect the Kids](#) which explains a variety of resources offered in Fort Saskatchewan. Of particular interest to some families will be the **Youth and Family Support Workers** who are available to meet with parents/caregivers and their children and youth 6 - 18 years old. They provide support, community resources, and referrals for: behavioral and emotional concerns, family wellness, school and community engagement, and help advocating for their family's needs. Call 780-992-0103 ext. 25 to speak with a Youth and Family Support Worker.

**Here are some simple tips for being intentional about creating positive experiences this holiday season:**

1. **Slow down.** When you slow down the pace of life you can be present in the moment and enjoy simple things you might otherwise miss. Slowing down can be the antidote to stress, anxiety, and feelings of being overwhelmed.
2. **Less is more.** Keep things simple.
3. **Remember it is okay not to be busy!** Don't get sucked into all your friend's social media posts about the millions of activities they sign their families up for. Maybe you will simply walk around the block looking at Christmas lights and then come home and enjoy a warm drink and Hallmark movie 😊
4. **Experience gratitude.** Sometimes searching for successes and positive experiences can take a lot of effort but trust me it is worth it. Try taking a chance on yourself and finding at least one thing each day you are grateful for. Jot them down as a visual reminder.

**Wishing you all the best this December**

### **Christmas Break**

SouthPointe School will close for the Christmas break at the end of the day on Tuesday, Dec. 21, 2021. The school will reopen on Wednesday, Jan. 5, 2022. During this time, if you have any school-related questions or concerns, contact Elk Island Public Schools (EIPS) Central Services at 780-464-3477.

### **EIPS Central Services Christmas Break Hours**

Open December 22 and 23; 8 a.m. to 4 p.m.  
Closed Dec. 23, 2021 to Jan. 3, 2022  
Open January 4; 8 a.m. to 4 p.m.

\*for location and contact information visit [www.eips.ca](http://www.eips.ca).



From everyone at Elk Island Public Schools, we wish all of you a happy holiday season and a wonderful New Year.

### **UPCOMING DATES**

- December 13 & 14** Candy Gram sales
- December 15** School Council & Fundraising Society virtual meeting - 4:30 pm
- December 17** Hat Day - bring a cash/foodbank donation to wear a hat for the day
- December 21** Last Instructional Day before Christmas Break  
Wear your PJ's & Holiday Hats!  
Candy Grams delivered
- Dec 22 – Jan 4** NO SCHOOL - Christmas Break
- Dec 24 – Jan 3** Central Services closed
- January 5** First Instructional Day after Christmas Break  
Early Dismissal (end of the day 1:51 pm)
- January 31** NO SCHOOL – Professional Learning Day





## -FCSS- Youth Outreach Worker

The Youth Outreach Worker provides short-term, goal-oriented support to youth, aged 6-18 years, and their families. They work with the youth's existing strengths while building connections between families, schools and community services.

### Youth Outreach helps with:

- Emotional Concerns: self-esteem, managing emotions, grief and loss, stress, life changes, coping skills;
- Family Concerns: separation or divorce, parent-teen conflict, sibling conflict, parenting tools, advocacy;
- School Based Concerns: transition to a new school, attendance issues, improve communication between families and the school; and,
- Social Concerns: problem solving, social skills, communication, peer relationships.

### Individual sessions may focus on:

- Connecting the family to community resources,
- Acting as a liaison between the school, community agencies and the family,
- Identifying strategies to support both the youth and/or family,
- Supporting parents to empower themselves and their children, and
- Working to meet goals while building relationships.

FCSS provides short term, preventative mental health resources as well as counselling, workshops, support groups and programs. These supports are geared towards individuals, families, children/youth as well as seniors.

For more information, please visit <https://www.fortsask.ca/en/living-here/family-and-community-services.aspx> or call 780-992-6267



## -BGC- Youth & Family Support

Fort Saskatchewan

BGC Fort Saskatchewan is a nonprofit youth serving organization that has worked with children, youth and families for over 35 years. We are a spoke of the Family Resource Network (FRN) who partners with Families First Society & Creating Hope Society.

BGC Youth & Family Support Program provides:  
Individual Youth & Family Counselling - Group Support - Education - Referrals

By listening and building on what people already do well, we offer children, youth and families ways to learn new skills and take action for current and future life concerns.

### Some of these skill building topics include:

- Positive Communication
- Increasing Self Esteem
- Managing Stress
- Healthy Boundaries
- Increasing respect for self and others
- Recognition and Expression of feelings
- Social Skills
- Life Skills
- Increasing self confidence
- Managing Family & parent expectations
- Conflict Resolution
- Anger Expression
- Bullying
- Divorce/ Separation/Grief/Loss
- Working on positive problem solving
- Exploring different communication styles
- Discussing healthy boundaries.

We provide Parenting programs, workshops and webinars as well as supported referrals that connect individuals/families with The FRN and other community agencies that best meet their needs.

Services will be tailored to your family's uniqueness and situations.

Please connect with one of our support staff  
780-992-0103  
[ythfamilysupport1@fsgbc.ca](mailto:ythfamilysupport1@fsgbc.ca)



## -The Bridge- Wellness Hub For Youth

The Bridge is a wellness hub for all youth between the ages of 11 - 24 years old which provides various health and wellness services for youth including counselling, support groups & programs.

We help to ease the transition between youth and mental health support by providing access to the health services young people need, as well as an open space to hang out with friends and make new connections. We are an open inclusive space for all youth to access whether they are utilizing support services or not.

- Nurse clinic every Wednesday from 5-8pm
- Drop-In Counselling Services
- Substance Counselor
- Job seeking services
- AltView Peer Support (LGBTQ2+)
- Rainbow Alliance Group
- Eating Disorder Support
- Indigenous Support
- Sexual Assault Support
- Inclusive Spaces
- Computer Lab
- Relaxation Room
- Kitchen with Community Pantry
- Creative Art Space
- WI-FI

Reach out;  
[manager@thebridgeway.com](mailto:manager@thebridgeway.com)  
780-589-0224

# Connect the kids



## -Restorative Justice- Conflict Assistance

Our trained volunteer conflict coaches work with an individual to:

- Empowerment to resolve their own conflict.
- Gain an awareness of their own role in conflict.
- Understand barriers to communication and methods to address them.
- Learn effective methods for dealing with difficult behaviours.

The goals of the conflict coaching are to encourage the participant to understand perspectives from multiple sides and to discover their personal goals. We help the participant to not only recognize barriers, but to create strategies to overcome them and achieve their goals.

Reach out:  
587-938-5621  
[gloria@fortsaskrestorativejustice.com](mailto:gloria@fortsaskrestorativejustice.com)  
[info@fortsaskrestorativejustice.com](mailto:info@fortsaskrestorativejustice.com)

Find us on Facebook at:  
Fort Saskatchewan Restorative Justice.  
Look us up on the  
Alberta Restorative Justice Association's website at  
[www.arja.ca](http://www.arja.ca).



Families First Society  
FORT SASKATCHEWAN

## -Families First Society- Family Wellness Worker

Families First Society is a non-profit, charitable organization serving families through early childhood development, parenting programs, family violence prevention, and family support. We are part of the Family Resource Network who partners with BGC Fort Saskatchewan & Creating Hope Society.

At Families First Society, we take a strengths based approach to support families in Fort Saskatchewan and Sturgeon Region to boost the relationship between caregivers and their children and promote overall well-being. Our Family Resource Network programs offer supports to families who have children aged 0 to 13 years. Programs can take place virtually and in person in the community, at our site in Fort Saskatchewan, and in family homes.

Some services are delivered in a group setting, while other supports are delivered individually. All programs are voluntary and collaborative. We lean on the gifts and strengths of our village members to build healthy families and communities.

When families come to us, we will take the time to listen deeply and connect in a manner that encourages health and healing. We will partner with families to:

- Set goals on changes they wish to address in their parenting
- Explore what may be contributing to their child's behavior and consider possible solutions
- Offer parenting strategies around age-appropriate discipline, creating family routines, and emotional regulation
- Build off existing skills to strengthen the relationship between caregivers and their children
- Engage with their child's school and other service providers in a healthy and meaningful way

To find out what type of support makes the most sense for you, or to make a referral, please reach out to our Community Connectors via phone

780-998-5595 ext. 221  
fax 780-998-5503

or email [referrals@familiesfirstsociety.ca](mailto:referrals@familiesfirstsociety.ca)



Creating Hope Society of Alberta

## -Creating Hope Society- Cultural Support Worker

The Strengthening Homefires Program through Creating Hope Society is a part of the Family Resource Network (FRN) & offers voluntary support to Sturgeon County residents.

- **Cultural Support** - Getting participants connected to their Indigenous culture by promoting & supporting traditional cultural teachings & practices.
- **In-home Support** - Providing supports through home visitation & building trusting relationships with families. As well as supportive referrals (Food Bank & Sleep in Heavenly Peace)
- **Household Management** - Budgeting, rules & boundaries, & healthy relationships.
- **Sharing Circles** - To enhance family building capacity.
- **Traditional Parenting & Triple P** (Positive Parenting Program)
  - **Grief & Loss Supports** - Referrals.

Reach out for self-referrals:  
587-936-0348

[shcw.ftscw@creatinghopesociety.ca](mailto:shcw.ftscw@creatinghopesociety.ca)

