

# Shark Bites NEWSLETTER

SouthPointe School

## Principal's Message

We hope this message finds you well and enjoying the spring season! As we continue to move through the school year, we have some important updates and exciting events to share with you. Please take a moment to read through our newsletter and mark your calendars with the important upcoming dates!

- **Class pictures will be held on Wednesday, April 16 and Thursday, April 17**, so please make sure to mark your calendars! (**April 16 - Kindergarten Group A, Grades 1-4 and 4/5E then April 17 - Kindergarten Group B, Grades 5-9 and Staff photo**)

We also have some exciting events coming up next week:

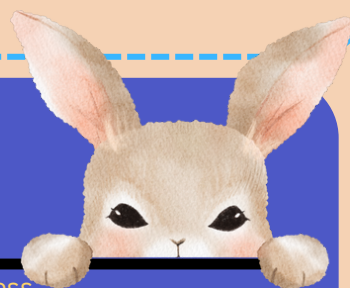
- **Purdy's Chocolate Pick-up: April 16 from 2:30-5:00 PM at 4 Becker Cres.**
- **Night of Music at SouthPointe:** Join us on **April 16 at 6:00PM** for an evening of musical performances. Everyone is welcome!

Reminder for Junior High Students: The **deadline for selecting preferences for Junior High electives is April 16**. Please make sure to submit your choices before the deadline.

Please note, there will be no school on Friday and Monday due to the Easter holiday. Enjoy the long weekend with your family!

Lastly, our next School Council Meeting will be on April 23 at 4:00 PM in Room 165. All parents and caregivers are welcome to attend. Thank you for your continued support, and we look forward to seeing you at these upcoming events! Laurie Caines, Principal

## NEXT WEEK



Monday (14)	Recorder Club @ First Recess Jr Badminton Practice @ 3:00-4:15PM Div 2 Track Practice @ 3:00PM-3:45PM
Tuesday (15)	Choir @ Lunch Recess Sr Badminton Practice @ 3:00-4:15PM Grade 6 & Jr High Band @ 3:00-3:45PM Gr 4-6 Track Practice @ 3:00PM-3:45PM
Wednesday	Night of Music @ 6:00PM Recorder Club @ First Recess Class Photos for KA, Grades 1-4 and 4/5E Gr 6 Hand Chimes @ Lunch Recess Jr Badminton Practice @ 3:00-4:15PM Purdy's Chocolate Pick Up @ 2:30-5:00PM Gr 4-6 Track Practice @ 3:00PM-3:45PM
Thursday (17)	Class Photos for KB & Grades 5-9 Deadline to Order Hot Lunch @ 12:00PM Sr Badminton Practice @ 3:00-4:15PM Gr 4-6 Track Practice @ 3:00PM-3:45PM
Friday (18)	Good Friday: No School

Deadline to  
Choose Jr High  
Electives @  
4:00PM!

# April

## Coming Up this Month

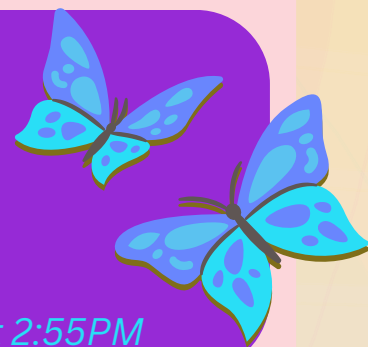
April 16	Class Photos for Mon/Wed Kinder, Grades 1-4 and 4/5E
April 16	Deadline to Sign Up for Jr High Electives
April 16	Pick Up of Purdy's Chocolate Orders
April 16	SPS Night of Music
April 17	Class Photos for Tues/Thur Kinder and Grades 5-9
April 17	Deadline to Order Hot Lunch
April 18	No School (Good Friday)
April 21	No School (Easter Monday)
April 22	<u>Earth Day</u>
April 22	Hosting EIAA Badminton Tournament
April 23	Gr 1-3 and Mon/Wed Kindergarten Hot Lunch
April 23	School Council & FASS Meeting
April 24	Wacky Hair Day
April 24	Gr 4-6 and Tues/Thur Kindergarten Hot Lunch
April 25	Gr 7-9 Hot Lunch



## School Start & End Times

8:10AM - School Begins  
11:08AM to 11:48AM - Lunch  
2:46PM - School Dismissed  
(1:46PM - Early Dismissal Days)

*Please note supervision begins at 7:55AM and ends at 2:55PM*



## Class Photos!

**We have our photographer coming back to take class photos on the following days:**

**April 16 for Mon/Wed Kinder, Grades 1-4 & 4/5E**  
**April 17 for Tues/Thur Kinder and Grades 5-9**

## Note:

April (BPs) & May  
(Tim's & Papa John's)  
Hot Lunch online  
ordering is now open

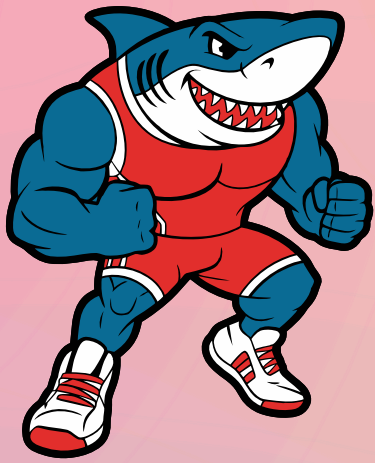
## April Hot Lunch

Grades 1-3 and Mon/Wed K	23 Apr
Grades 4-6 and Tues/Thur K	24 Apr
Grades 7-9	25 Apr

To order next month's hot lunch, go to  
<https://spschool.hotlunches.net/admin/>







## SHARKS ATHLETICS

**Monday (14)**

Jr Badminton Practice @ 3:00-4:15PM  
Gr 4-6 Track Practice @ 3:00-3:45PM

**Tuesday (15)**

Sr Badminton Practice @ 3:00-4:15PM

**Wednesday (16)**

Jr Badminton Practice @ 3:00-4:15PM  
Gr 4-6 Track Practice @ 3:00-3:45PM

**Thursday (17)**

Sr Badminton Practice @ 3:00-4:15PM  
Gr 4-6 Track Practice @ 3:00-3:45PM

**Friday (18)**

No School (Good Friday)

Good luck to our Jr & Sr Badminton athletes this weekend as the Jr's compete in Fultonvale's tournament and our Sr's compete in Rudolph Hennig's tournament.



## *Elementary Track*

Congratulations to all the Gr 4-6 students that made the Track Team!

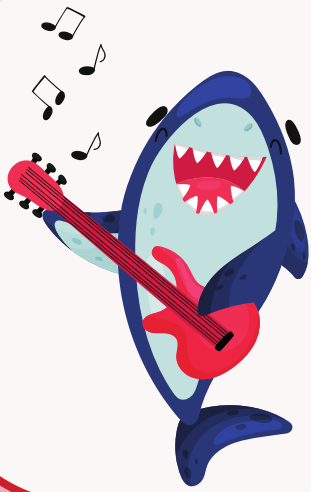
Practices will take place Mon/Wed/Thur from 3:00-3:45PM throughout April & the first week of May. Our Track Coaches are preparing the team for the EIPS Track Meet on May 8th where they will compete in relay races against EIPS schools.

**BRING YOUR OWN WATER BOTTLE**

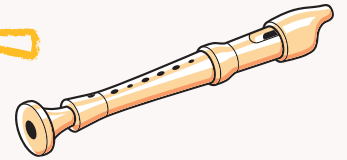
To stay hydrated throughout the day, please ensure your child brings a labeled, non-glass water bottle to school. There are numerous water fountains with water bottle dispensers around the school, so refilling is easy! This not only helps keep them refreshed but also reduces waste, making a positive impact on our environment! Thank you for your support!







# MUSIC



Gr 4-6 Recorder Club on Mondays & Wednesdays at First Recess

Gr 4-6 Choir on Tuesdays at Lunch Recess

Gr. 6 Hand Chime Club this Wednesday at Lunch Recess

Gr. 6 & Jr High Band on Tuesdays from 3:00-3:45PM

## NIGHT OF MUSIC

THIS COMING  
WEDNESDAY EVENING!

**Featuring**  
**Band**  
**Choir**  
**Hand Chimes**  
**Recorder Club**

**WEDNESDAY, APRIL 16 6:00 PM**  
**SOUTHPOINTE SCHOOL GYM**





# Counsellor's Corner...



## The Benefits of the Outdoors on Children's Mental Health

### NATURE AND MENTAL HEALTH: THE BENEFITS



### Here are some ideas for outdoor activities that can help support kids' mental health:

Take a walk

Use sidewalk chalk to create art, play hopscotch or draw games like mazes

Hide small items in a yard or park and give kids clues to find them

Sit quietly outside and listen to birds & other sounds

Let kids explore unstructured outdoor play like building or climbing something

Create a small garden where kids can plant a few flowers or vegetables

Plan group nature activities, like planting trees or picking up trash in a park

Have a picnic outside

Give kids space to explore and create their own fun without a plan

Create art using natural materials like sticks, leaves, rocks or flowers

Encourage running games like tag or hide-and-seek

Set up an outdoor obstacle course in a green space or park

Visit a playground after school to tire kids out before bed

Identify plants, birds or insects

### Why is spending time outside good for kids' mental health?

- **Helps with stress, anxiety and mood:** Anxiety is when kids feel nervous and uneasy and depression is when they feel sad or have a low mood for a long time. Being outside in nature can help lift their mood and reduce stress and anxiety.
  - **Increases physical activity:** Physical activity improves overall mental health and reduces stress. When kids move their bodies – like running, climbing or jumping – they feel better, too. Being outside naturally gets kids moving.
  - **Improves focus and hyperactivity:** Research shows that kids who spend more time outside tend to focus better and feel calmer in school.
  - **Supports social skills:** Being outside gives kids an opportunity to play together. Outdoor activities often involve teamwork and cooperation, helping kids learn to get along with and feel more connected to each other.
  - **Improves sleep quality:** Natural light helps kids' internal clocks keep them on a good sleep schedule, and movement helps tire them out for bedtime.
  - **Enhances creativity:** Nature helps with imagination! Without screens or toys doing the thinking for them, kids are nudged to come up with their own games and ideas.
- Improves resilience and confidence:** Resilience is what helps us bounce back after tough situations. Outdoor activities can teach kids problem-solving, how to overcome tough moments and help build confidence in their abilities.

Courtesy of <https://www.kidsmentalhealthfoundation.org/>

If you have any question, please feel free to reach out: [Kofi.Frimpong@eips.ca](mailto:Kofi.Frimpong@eips.ca)



# What's Happening AROUND SOUTHPOINTE...

## JUNIOR HIGH ELECTIVES!



Students in grades 6, 7 and 8, it's time to choose your electives for next school year, and there are some exciting options to explore! Whether you're interested in getting creative with Art, learning to make delicious banana chocolate chip muffins in Foods, building something cool in Construction, or staying active and learning about healthy lifestyles in Rec Fit, there's something for everyone. Choose your top 4 electives and get ready for a fun and engaging year of hands-on learning!

Login to your PowerSchool account to choose your options before April 16th at 4:00PM.

## PURDY'S FUNDRAISER PICK-UP

Pick-up will take place this Wednesday, April 16th, from 2:30 PM to 5:00 PM at  
4 Becker Crescent.

Thank you for supporting our fundraiser!





# What's Happening AROUND SOUTHPOINTE...

*SouthPointe School YEARBOOK*

**ybpay.ca**

Order Deadline:  
**May 11, 2025**

Price:  
**\$20.00**

Yearbook ID Code:  
**14214925**

**Don't miss out!  
Order your yearbook today!**

Scan the QR code or visit:  
<https://ybpay.lifetouch.ca/>  
To purchase your copy.

## YEARBOOK

Hey, families! The school year is almost over, and it's time to grab your very own yearbook! It's full of fun photos and special memories from the year. Yearbooks are only \$20 each. Be sure to order before **May 11** - don't miss out on this cool keepsake!

Order your yearbook [HERE](#) and use the code 14214925.

**5B welcomed Jacqueline Rocque (Families First) and Melissa Kondro (FCSS) to share our "Blessing Bags" project and learn about poverty. Students participated in a fun budgeting activity using candy and discovered the importance of thoughtful spending—and giving their parents grace. Let Ms. Bossert know if you'd like to connect with these amazing community organizations!**



**MAKE THE MONTH**

How will you invest your resources?

If you had a "55 candy budget" to spend every month, how would you spend it? What would your priorities be?

Place the required number of candies to indicate your spending choices.

You have to make a choice for each category (you can't skip any categories)

You are married, you both work and have a son, 14 and a daughter, 9.

Category	A (1 Candy)	B (2 Candies)	C (3 Candies)
<b>Housing</b>	1 bedroom 1 bath apartment, unfurnished, covered parking, stove only	2 bedrooms 1 bath apartment, unfurnished, covered parking, stove and refrigerator	3 bedrooms 1 1/2 bath house, unfurnished, small fenced yard, no garage, stove, hot water and dishwasher
<b>Healthcare</b>	No health insurance, you pay for all health related costs.	Health insurance for you through your employer but no health insurance for your family members.	Health insurance for you and your family through your employer.
<b>Food (per person)</b>	1 meal a day	2 meals a day	3 meals a day
<b>Transportation</b>	Walk or take occasional, no public transit available.	Walk, bike, or take public transit.	Own your own car.
<b>Technology/Access</b>	No computer No cell phone No cable TV or internet	No computer Cell phone with limited data No cable TV	Own computer Cell phone Cable TV and internet access
<b>Laundry/Utilities</b>	Laundromat	Shared laundry room in apartment complex	Own washer/dryer in home
<b>Shopping</b>	1 grocery store within walking distance, no mail order 20 miles	1 grocery store along the street from your home and a mail order within a mile	2 grocery stores within 1 mile and 1 large mail order within 5 miles
<b>Life/Other Money</b>	After the full month are paid no extra money left.	\$20 left over each week after all bills are paid.	\$50 left over each week after all bills are paid.

**United Way**





# What's Happening AROUND SOUTHPOINTE...

## WACKY HAIR DAY

### APRIL 24

GET READY TO SHOW  
OFF YOUR WILD SIDE!  
STAFF & STUDENTS  
ARE INVITED TO JOIN  
THE FUN AND COME TO  
SCHOOL WITH THE  
WACKIEST, MOST  
CREATIVE HAIRSTYLES  
YOU CAN DREAM UP!



#### Spring Food Drive

Beginning Monday, April 14 and continuing through to Wednesday, April 30, Southpointe School will be collecting Food Bank donations. In addition to the regular school days, we will have bins available at the gym doors to collect donations during the **Night of Music**, (6:00pm Wednesday, April 16). We gratefully accept any toy, non-perishable food, or personal care items that you generously donate.

**Your generosity is appreciated!**

## Frog Moon

April

[Click Here for EIPS' First  
Nation Metis Inuit April  
Newsletter](#)



Due to the muddy conditions outside,  
we kindly ask parents to send extra  
pants & socks with their child to school  
to help keep them comfortable and  
dry throughout the day.



# FASS/School Council Info

**The FASS is planning a **BOTTLE DRIVE** for later this month. Start saving your bottles, and we'll provide more details as the date approaches.**

**These fundraisers will help support the purchase of 40 Chromebooks and a charging cart for our students, which will greatly enhance their learning experience.**



## Growing Smiles Spring Plant Fundraiser

The Growing Smiles Spring Plant Fundraiser offers a beautiful selection of hanging baskets, patio planters, vibrant flowers, herbs, and vegetables—perfect for brightening up your home and garden. **Order now** to support our school and get high-quality plants just in time for spring!

## Fundraising Association for SouthPointe School

**Order Deadline: May 7 at 12PM**

**Pickup Date: May 22 @ SPS**

**Mark your calendars! Our next School Council Meeting is APRIL 23 at 5:00PM in the Large Flex Space.**

# HOT LUNCH

## **Hot Lunch is OPEN for April & May!**

To order hot lunches, we use the [spschool.hotlunches.net](https://spschool.hotlunches.net) website.

**Deadline to order for APRIL is coming up on April 17th at NOON.**

**Failure to pay for the order by the deadline will result in the order being cancelled.**

If your child is sick on the day of their hot lunch, please call the office **before 10:30AM** and let them know. No refunds will be given if a student is absent on the day of their hot lunch.

**Once the deadline has passed orders cannot be changed or cancelled.**

Should you have any comments, suggestions, or questions you can reach out via email at [spschoolhotlunch@gmail.com](mailto:spschoolhotlunch@gmail.com).

**REMINDER:**  
**Please still send**  
**SNACKS on Hot**  
**Lunch Day**

## Hot Lunch Volunteer Opportunity:

We're looking for volunteers to assist with our hot lunch program! As a thank-you, each volunteer will receive a \$5 discount on one child's hot lunch account for their help.

If you are able to volunteer, please email [spschoolhotlunch@gmail.com](mailto:spschoolhotlunch@gmail.com).



# News from EIPS



## *Explore Collegiate Pathways*

In 2025-26, Elk Island Public Schools (EIPS) will be expanding its Collegiate Pathways programming to provide more opportunities for more students across the Division. Opportunities are available for students entering or returning to Grade 12 in the fall. For students entering grades 10 or 11 next year, the available information will help with course planning throughout senior high.

[Learn more about Collegiate Pathways](#)

[Planning for Grade 12](#)

[Course planning for grades 10 and 11](#)

## **Pre-Kindergarten Programming at EIPS**

Is there a preschooler in your life experiencing identified developmental delays or challenges with speech-language—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 2021 or 2022, 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](https://eips.ca).

### **A big THANK YOU to EIPS Volunteers**

National Volunteer Week takes place April 27 to May 4. On behalf of the Board of Trustees at Elk Island Public Schools (EIPS), I want to say a giant thank you to all EIPS volunteers. This year's theme is Volunteers Make Waves, and that's certainly true in our Division. No matter whether you've chaperoned a field trip, helped out at a hot lunch day or provided support in a classroom—every time you've stepped in a school—you've made a ripple effect that washes over your community. These waves of positivity, hard work and dedication build up and make a momentous impact on a student's experience at school.

So, thank you again for being a part of our ocean at EIPS. The waves you've made—and will continue to create—all contribute to our collective goals of ensuring learning and working environments sustain student learning and amplifying the importance of public education in our province. This

National Volunteer Week, I encourage everyone to celebrate the hundreds of volunteers and thousands of hours put into supporting student growth and achievement at schools across the Division.

Cathy Allen Chair, EIPS Board of Trustees



# News from EIPS



Every year, Elk Island Public Schools (EIPS) publishes an Annual Education Results Report, which outlines the Division's Four-Year Education Plan, growth opportunities, and how it supports students in achieving the best possible outcomes. Read through this year's [EIPS Annual Education Results Report 2023-24](#) and discover how EIPS fosters learning environments for all students to learn, grow and thrive—and why it matters.

March 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](#): How EIPS supports the growth and achievement of self-identified First Nations, Métis or Inuit students.
- [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: 2025-28](#)



## CAREGIVER MATH SESSION

MATH LOOKS DIFFERENT NOW!

Are you struggling to support your student with math at home?

Join Wes Hosford Elementary as **Betty Morris** from **The Learning Consortium** breaks it down for us.

- ✓ 45 Minute Session per Division
- ✓ Choose to attend DIV 1, DIV 2 or Both
- ✓ Highlights of New Math Curriculum
- ✓ Strategies for Math Learning at Home
- ✓ Suggested Manipulatives and Games

**THURSDAY**  
**17**  
**APRIL**

**6:30 PM** DIV 1 (K - Gr. 3)  
**7:30 PM** DIV 2 (Gr. 4 - 6)

**WES HOSFORD ELEMENTARY SCHOOL**  
207 Granada Blvd. Sherwood Park, AB.



## Make the most of your summer with EIPS Summer School

With more than 40 senior high courses, students can earn credits, upgrade marks, lighten their workloads or finish needed prerequisites.

**Bev Facey Community High**  
99 Colwill Blvd, Sherwood Park

**4-WEEK SESSIONS**  
**JULY 7-31** 8:30 AM to 1 PM

**2-WEEK SESSIONS**  
**JULY 7-18** 8:30 AM to 1 PM  
**JULY 21-31** 8:30 AM to 1:30 PM

**Courses include:**

- Core Senior High Courses
- CALM
- Physical Education
- Land-Based Learning
- Work Experience & RAP
- Workplace Safety

*Plus, online options for English and Social Studies, as well as other complementary courses*

**Registration opens March 17**  
[eipsnextstep.ca/summer-school](https://eipsnextstep.ca/summer-school)



# News from EIPS



## DID YOU KNOW?

EIPS prepares a budget in the spring based on projected enrolment, funding, estimated costs and Board of Trustees budget priorities. Before the Division can finalize its budget for the next school year, we need to wait for the provincial government to provide the funding manual for school authorities and EIPS' funding profile. This year's funding manual is expected to be released in early April and the funding profile should be available mid-March. EIPS plans to publish its spring budget in May. [Learn more](#)

## Get Ready for Kindergarten...

Do you have a child registered in kindergarten next year?  
If so, make sure to attend SouthPointe's upcoming Kindergarten Information Night on May 8<sup>th</sup>. 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 2025

Date: May 8<sup>th</sup>

Time: 4:30-5:30PM



Location: SouthPointe School in the Large Flex Space

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.

Additional information about SouthPointe's kindergarten program is available on the [school website](#).

# NAVIGATING THE SHIFT:

## SUPPORTING YOUR CHILD FROM ELEMENTARY TO JUNIOR HIGH

APRIL 2025

01-30  
APRIL

### ANXIETY WORKSHOP

VIRTUAL

Dr Caroline Buzanko shares her knowledge in what anxiety is, how it shows up and how to support your child in managing it.

### NAVIGATING CONFLICT: BUILDING HEALTHY RELATIONSHIPS AND UNDERSTANDING BULLYING

SOUTHPOINTE SCHOOL

6:30 PM - 7:30 PM

This presentation will touch on understanding conflict and conflict resolution, bullying and what it really is, and promoting healthy relationships.

### FSPL E-RESOURCES FOR K-12 STUDENTS

VIRTUAL

12:00 PM - 1:00 PM

Join FSPL in this virtual session to learn about all of the e-resources that support K-12 students in their learning of the Alberta Curriculum.

# NAVIGATING THE SHIFT:

APRIL 2025

10  
THU

### SO, NOW YOU HAVE A JUNIOR HIGH STUDENT IN YOUR HOUSE

WIN FERGUSON ELEMENTARY

6:30 PM - 7:30 PM

The shift from elementary to junior high is a challenging time, this session is aimed at providing caregivers with ways to support your student with new peer groups, an increased workload, and identity exploration. Learn ways to support your child's independence and help them to make healthy decisions. Learn ways to keep open communication, healthy coping strategies, and learn about resources to help them navigate this transition successfully.

### SAFFRON PRESENTS:

#### CYBERWORLD

FORT SASKATCHEWAN HIGH

6:30 PM - 8:30 PM

This training is designed for caregivers to learn about the fast-changing world of online safety and its potential dangers. The session will cover safety tips for current social media platforms and gaming sites and discuss the world of online sexual exploitation.

### ANXIETY Q & A SESSION

VIRTUAL

7:00 PM - 7:45 PM

Join Dr. Caroline online where she is available to answer questions you may have around anxiety. This session is open to all and timely if you have signed up for the Anxiety Pre-recorded Session.

★ TO REGISTER: [WWW.FORTSASK.CA/FCSSWORKSHOPS](http://WWW.FORTSASK.CA/FCSSWORKSHOPS)

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# NAVIGATING THE SHIFT:

APRIL 2025

28  
MON

### CHILDHOOD ADHD: FROM STRUGGLING TO THRIVING

VIRTUAL

12:00 PM - 1:00 PM

Join this lunch and learn to learn ways to support your child with ADHD as they move from Elementary to Junior High

28  
MON

### SAFFRON PRESENTS: FOUNDATIONS OF CONNECTION

DOW CENTENNIAL CENTRE;  
LIONS PRIDE

6:30 PM - 8:30 PM

This training provides parents with strategies for communicating with children and youth at different developmental stages to encourage healthy relationships and build on trust and open communication. The goal is to help every caregiver act as a trusted adult for the children and youth in their lives.

★ TO REGISTER: [WWW.FORTSASK.CA/FCSSWORKSHOPS](http://WWW.FORTSASK.CA/FCSSWORKSHOPS)