

École St. Paul
429 Ross Haven Drive

Fort McMurray,
Alberta

T9H 3P3

780-799-5760

School Hours and Bell Times

1 st bell	8:50		EEP/Premiers Pas	
2 nd bell – Classes start	8:55		Morning Group	8:55-11:45
Nutritional Break	11:05-11:20		Afternoon Group	12:40-3:30
Recess	11:20-11:35		Kindergarten	
Classes Resume	11:35-1:35		Morning Group	8:55-11:45
Recess	1:35-1:50		Afternoon Group	12:40-3:30
Nutritional Break	1:50-2:05			
Classes Resume	2:05-3:35			

Principal's Message

Dear families,

Welcome to 2017! Happy New Year to all! May you be blessed with peace and good health. Bonne et heureuse année à tous!

Our Christmas concerts at our school were a huge success in December! If you would like to provide some feedback regarding our facility, please contact me at school. Thanks to Mr. Rory, our teachers, support staff and students for preparing so well and making the evenings memorable.

Thank you to all parents and students who provided gifts for our Giving Tree Project. It was a great success and we are grateful to have supported Santas Anonymous at Father Mercredi once again.

With the cold weather upon us, please remember to send your child with snow pants, mittens, scarves, a warm hat and boots. When it is colder than -20 (with wind chill) our students stay in for recess. Please consider sending your child with a deck of cards or a board game for indoor recess fun. For students in grades 3-6 who wish to participate in the **Polar Bear Club** (outdoor recess when the temperature is between -21 and -27) a signed permission letter must be returned to the school. A note will be coming home very soon.

Upcoming events: On January 26th our students in grade 1 - 6 will travel by bus to St. Paul Church for daily mass. A permission form will be sent home soon. The next Parent Teacher Council meeting is on Jan. 17th at 7pm. Please join us! Babysitting is provided. Jan. 31st is our next Leadership Assembly at 1:30 pm. Our students lead this assembly and are doing a fabulous job. Parents are always welcome! Reminder that there is no school on Jan. 27th.

We are beginning to plan our annual Carnaval d'hiver happening February 24th. We are asking that families send in rinsed 2 Litre milk or juice cartons. These cartons become ice blocks to build our château de glace. Thank you in advance!

Finally, thank you to all parent volunteers who come into the school to prepare materials for teachers, to read to students or sort and distribute our hot lunches. Your time is so valuable to us!

Have a wonderful month! Stay warm! Claudette Fidler

School Council Meeting Schedule

Renee Hurley - Chair
Julianne Bourque – Vice-Chair
Diana Lasso - Treasurer
Cathie Langmead – Secretary
Liette Poirier - Hot Lunch Coordinator

Free babysitting at each meeting.

**Dates: Sept. 20th, Oct. 18th, Nov. 15th,
Jan. 17th, Feb. 21st, Mar. 21st, Apr. 18th,
May 16th and June 20th.**

**Location: Computer Lab
Time: 7:00 pm**

Celebrating Birthdays in our classrooms

If you would like to celebrate your child's birthday in the classroom, we ask that parents follow our school's Wellness Guidelines as well as the Operating Policy 138 from our School District. Food items sold, served for fundraising activities, events, school snack programs, hot lunch programs, and celebrations must follow the 100% Choose Most Often Guidelines. This information is included at the front of your child's agenda.

Below are foods welcomed as a Birthday treat food for the classroom;

- Fruit tray
- Veggie tray
- Doles fruit cup
- Babybel Mini original cheese
- Triscuits (Parmesan garlic, Sweet chili, original)
- Sunrype fruit to go
- Quaker Oatmeal to go granola bars
- Quaker chewy granola bars



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In January students are learning to *put first things first* with Habit # 3 by setting personal and academic goals for the new year. You can support your child by discussing their goals with them, help track their progress, and support their success.

Basketball practice for grades 5 & 6 will begin next week, (January 9th and January 10th) boy's practices will be held on Mondays and Wednesdays from 3:40-4:40 and girls basketball practices will be held on Tuesdays and Thursdays from 3:40-4:40.



Bounce Back and Thrive (BBT) Program:

In collaboration with another school counsellor, Mrs. Stryde will be offering this program on **Thursdays from 9:00 – 11:00am**, starting on **January 12, 2017**. The workshop will be held at Sister Mary Phillips School. Please come join us if you are interested in learning skills to help your child build resiliency. This is a 10 week program and content is progressive, so we are hopeful that most parents will be able to attend every week. Coffee, tea, and light snacks will be provided at each meeting ☺

The BBT program is a great resource for parents of children in grades EEP – Grade 2. The content focuses on popular issues among this age group, such as emotional regulation, assertiveness, problem solving, and empathy. BBT lessons aim to show parents how to model the behaviour that they desire from their children through practice strategies. Please join us on Thursday mornings to learn more about this and be able to implement these skills at home right away ☺

If you plan to attend - please call the school [\(780\) 799-5760](tel:780-799-5760) to register as soon as possible.



Happy Birthday to:

Ethan Eros

Rosario Alejos

Madison McKay

Nathan Igbodudu

Quinn Bown

Kristen Dizon

Kylie Villanueva

Toble Jr Kabwabwa Magobu

Paige McGrath

Marcus Evoy

Magnus McKenzie

Kevin Rodriguez

Kelvin Kaskamin

Andrea Ferriss

Laura Collins

Wynter Holloway-Poirier

Jedd Baldomero

Hannah Tomon

Felix Ancil

Fafa Aklamanu

Carter Goddard

Kenzie Evoy

Verina Brown

Rhiannon Murphy

Vada Workun Schmidt

Amya Gillingham

Elliott Murphy

Sebastian Diaz Gaspard

Zachy Williams

Isabella Butler

Barbare Noniashvili

Tanner Oliver

Blakely Ward

Vinson Williams

Jaida Ginn

Miranda Ancil

Kaeson Thompson

Maddie Thibodeau

Jack Desrosiers

January 2017

PTC Highlights

Happy New Year!!

We are all looking forward to the months ahead of us. Hopefully we will be able to resume our Funtastic Fridays shortly, and next month we will have our "Under the Sea" themed movie night, plus so much more.

Breakfast Program

Our daily "grab and go" breakfast program is being utilized. and we need more volunteers to keep this program running. If you drive your children to school or walk, please consider helping out with this very necessary program. We need parents to help serve the students from 8:35-

9:00am. If you can help, please sign up at

<http://www.signupgenius.com/go/20f0e4baba72caa8-ecole3>

Save those Boston Pizza Receipts

This is our last month to submit as many Boston Pizza receipts as possible. All we need to do is save our Boston Pizza receipts from any Boston Pizza in Alberta and send them to the school. At the end of January, Boston Pizza will send the PTC a cheque for 5% of the pre-tax total of all the receipts we collect. So remember...Send in those Boston Pizza Receipts.

Hot Lunch

If you are able to spare an hour every Thursday to help sort and distribute the hot lunch, we would be so grateful. We begin at 10:30am in the common area.

<http://www.signupgenius.com/go/60b0d4ca9a82bab9-hotlunch>

Parent Teacher Council Meetings

We cancelled our December meeting.

Our next meeting on: **Tuesday January 17th**.

Meetings are always at 7:00pm and childcare is provided.

We look forward to seeing you there!

PTC Contact

Do you have an idea, a question or a comment? Please join us on

Facebook - Ecole St. Paul School Parent Council

Twitter- @ecolestpaulsch

Please feel free to contact Renee Hurley- srhurley@shaw.ca

Julianne Bourque- franjul@shaw.ca

Cathie Langmead- cathie_langmead@telus.net



English Language Award:
This award goes to the student who makes a great effort or shows improvement in his/her reading and writing in English Language Arts

English Language Arts Awards for **December**

- EEP - Veri Tjiramba
- Kindergarten - Jason Dingle
- 1R - Jordyn Austin
- 2P - Max Johnson
- 3T - Hannah Tomon
- 4S - Jacob Marten-Piche
- 5/6M - Jedd Baldomero

Ami du Français: This award goes to the student who makes a great effort to speak in French.



Ami du Francais -for **December**

- Premiers Pas am - Connor Gray
- Premiers Pas pm - Bethenny Wiafe-Donkor
- Maternelle am - Rediet Teshome
- Maternelle pm - Diana Melo
- 1D-F - Bracken Larocque
- 1S-F - Jack Pittman
- 2T-F - Gavyn Goddard and Alex Munroe
- 2J-F - Chiamaka Chijioke
- 3D-F - Victor Cremonesis
- 4N-F - Daniel Joseph
- 5M-F - Gracie Ross
- 5S-F - Haohan Cheng
- 6S-F - Tomi Dancer
- 6P-F - Rebecca Delile



APPLE AWARDS FOR December

Apple Award: This award goes to the student who is always positive towards being physically fit and eating healthy.

- PP am - Keaton Sinotte
- PP pm - Riley Hefferan
- EEP - Rye Frac
- Kinder Eng -
- Kinder FR am - Viviana Rosales
- Kinder FR pm - Emmanuel Makia
- 1R - Colby MacNeil
- 1D-F - Maren Petipas
- 1S-F - Jack Pittman
- 2P - Bella Curtis
- 2T-F - Sarah Harvey & Liam Church

- 2J-F - Selome Teshome
- 3T - Mlaika Youaleu-Mbomback
- 3D-F - Connor McCann
- 4S - Austin Bryan
- 4N-F - Leontine Quayson
- 5/6M - - Sadie Babenek
- 5S-F - Zachy Williams
- 5M-F - Rebekah Yeshaw
- 6S-F - Rhiannon Murphy
- 6P-F - Margaret Quayson

WANT TO KNOW HOW TO FEEL BETTER, RIGHT NOW?

SLEEP BETTER, FEEL HAPPIER, HAVE MORE ENERGY, GAIN CONFIDENCE,
GET OUT MORE, ENJOY BETTER RELATIONSHIPS, HELP OTHERS—LEARN
ALL THAT IN EIGHT, ENJOYABLE 90-MINUTE SESSIONS

VISIT WWW.LLTF.CA TO FIND OUT MORE!

TIME/DATE: January 7th, 14th, 21st, and 28th, 2017 - 10am – 1pm

COST: \$80, with sliding scale available

LOCATION: CMHA Office
10019 MacDonald Ave.

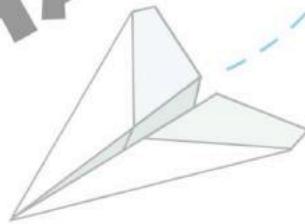
CONTACT:

Carolyn DeGrace

wellness@woodbuffalo.cmha.ab.ca

780-743-1053

**12 HOURS THAT CAN
CHANGE YOUR LIFE**



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LIFE TO
THE FULL**



The Canadian Mental Health Association, British Columbia holds the exclusive Canadian licence to Living Life to the Full.

COOKING SAFETY

Cooking fires are the number one cause of home fires and home fire injuries in Canada. Most of these fires can be prevented by following simple fire safety tips:

1. Never leave cooking unattended.
2. Keep the cooking area clean.
3. Do not store potholders or dish towels near the stove.
4. Always turn pot handles inward.
5. Wear short or close-fitting sleeves when cooking.
6. Teach children about safe cooking.

NEVER POUR WATER ON A GREASE FIRE...

- Do not overheat cooking oil.
- Cooking oil can easily start a fire. Never leave hot oil or grease-laden foods unattended.
- Water causes grease fires to flare and spread.
- Always keep a fire extinguisher at the kitchen door.
- Know how to use fire extinguishers.

Only use when you have a clear escape route and the fire department has been called first.

PAN FIRE: PUT A LID ON IT...

If a pan catches fire:

1. Carefully slide a lid over the pan using an oven mitt.
2. Turn off the stove burner.
3. Leave the lid on until the pan is completely cool.
4. Do not carry the pan to the sink or outside.



SHUT THE DOOR...

Oven or microwave:

1. Keep door shut and turn off the heat.
2. If flame do not go out immediately, call 911.

For more information about cooking safety contact the Fire Prevention Branch at 780.792.5519 or visit www.rmwb.ca/fireprevention.

January 2017



Kindergarten Literacy Night

When: Thursday, February 9th, 2017

Where: École St. Paul School

Who: Kindergarten Students and Parent(s)

What Time: 6:30-7:30 pm

Why: To learn new ideas, practice kindergarten skills, and to have fun!!!

*The picture shown above is what your child will receive at this event!

Thank you,

Ms. Joanne Johnson (CST), Madame Renée and Mrs. MacNeil (Kindergarten Teachers)

January 2017

Dear Parent of a Catholic Grade 2 or Grade 3 Child,

This is another reminder of our upcoming First Reconciliation program at St. John and St. Paul churches.

This is for parents of children in grades 2 or 3 who have not yet celebrated their first reconciliation.

Session #1 is your choice of either:

- 6:45 to 8:00 P.M. on January 10 at St. John the Baptist Church
- or 6:45 to 8:00 P.M. on January 11 at St. Paul Church.

(This first parent-child session replaces the parent-child retreats of the past.)

Part of the first session is registering your child. If your child has **not** been baptized in one of our Ft. McMurray parishes, **please bring a copy of their baptismal certificate.**

(Catholic parishes keep a record of baptisms, first communions, confirmations, and marriages. If you need a copy of your child's baptismal certificate, please contact the parish in which they were baptized.)

If possible, please bring a baptism photo of your child for this first session. We will use it during one of the activities.

Session 2 is your choice among the following dates and times:

- St. John Church at the 5:00 PM mass on January 21, or the 9:30 AM Mass on January 22
- Or St. Paul Church at the 7:00 PM mass on January 28, or the 9:00 AM mass on January 29.

Your child is then invited to celebrate their First Reconciliation on one of the three following evenings at 7:00 PM on January 31 at St. John parish, and February 1 and 2 at St. Paul parish.

For further information, questions or concerns, the telephone number for St. John church is [780 743 3980](tel:7807433980). For St. Paul church, it is [780 791 4305](tel:7807914305).

If your child is in grade 3 and has not yet celebrated their first reconciliation, please contact one of the parish numbers above for more information.

We look forward to walking with you on this journey into the wonderful mystery of God's forgiving grace.

Sincerely,
Charles Weckend
Religious Education Coordinator
Ft. McMurray Catholic Schools

~ January 2017 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Classes Resume	4	5 Hot Lunch: Boston Pizza	6	7
8	9	10	11	12 Hot Lunch: Jugo Juice	13	14
15	16	17 Parent Teacher Council Mtg. 7pm	18	19 Hot Lunch: Wok Box	20	21
22	23	24	25	26 Hot Lunch: Pizza Hut	27 No School	28
29	30	31 Leadership Assembly 1:30 pm				

NOTES:

- ❖ No School Feb 10 & 17
- ❖ No School Family Day Feb 20
- ❖ No School Teacher Professional Development and Teacher Convention Feb 27 – March 3