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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	8:50 - 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	8:50 - 11:45
Nutritional Break	1:35 – 1:50	Afternoon Group	12:40 - 3:30
Recess	1:50 – 2:05		
Classes resume	2:05 – 3:35		

Principal's Message

Welcome to October and a busy month that lies ahead! Fall has arrived and with it, a change in weather. Please be sure your child is dressed for the cooler weather in order to enjoy the outside recesses. Labeling hats and mitts is being proactive :)

It was a great pleasure to meet with families at our Meet the Staff night on Sept. 13. Thank you to our School Council who set up a sign up table for parent volunteers and to everyone that signed up! Our next School Council meeting is on Tuesday, Oct. 16 at 7 p.m. Please consider joining us. It will be our AGM where Council members are voted into positions. Babysitting is always provided.

All families are welcome to attend our first school mass of the year at St. Paul Church on Tuesday, October 23rd at 10 a.m. It is a Thanksgiving Mass. Grade 3D and 3B are well prepared to host this mass for us.

We continue to encourage all students to read for 15 minutes (Division 1) or 20 minutes (Division 2) every night. As students finish their reading logs they are welcomed to visit Mme Fidler in the office for a high five and a Ecole St. Paul School pencil. All students submitting a reading log have a chance to win one of five free Boston Pizza children meals. The draw happens at our monthly Leadership Assembly. Thank you Boston Pizza!

In October we make an effort to collect for the United Way. All monies collected helps those in need, in our own community. Our students are invited to participate in a Pajama Day on Oct. 24. Students can bring in \$1 to support the United Way. You may also see staff in jeans this month - one of the staff's fundraising events!

Halloween: Teachers are planning an afternoon of center activities that the students will participate in. Students are permitted to wear costumes for the day. We ask that you have your child(ren) leave costume accessories at home in case costume pieces are left behind at the end of the school day. Students will not be permitted to wear masks. More information will be sent out by each individual teacher.

Finally, I leave you with a Thanksgiving prayer. Please take the time to express gratitude to the people around you. Have a wonderful month, Claudette Fidler

God our Father, thank you for the strength and the talents that you give us. Teach us to use them to grow in Your love and in the love of others. Help us to show gratitude by singing Your praises. We ask this of You through Your Son Jesus Christ. Amen

October 2018



United Way for Students:

Students can pay \$1 to

Wear PJ's on October 24th

Crossing Guards

There will be a crossing guard at the crosswalk from 8:35 to 8:50 each morning. From 3:35 to 3:50, the crossing guard will be there to assist students.



Terry Fox Run

The Terry Fox Run raised \$448.00

Congratulations to everyone for participating.



Please remember to let us know in the office when you have any changes to the information we have for your child.

Examples are new phone numbers, address changes, emergency contact changes, e-mail address and medical information.

Thank You.



There was an error in the September newsletter. Mandla Youleau-Mbomback (6M) name was misspelled on our honour roll list for 2017/2018. Congratulations Mandla!



Welcome to The Leader in Me

Each new school year brings opportunities for academic growth and growth in all areas of development. Although children must be knowledgeable when they leave our school, they must also be healthy, engaged, responsible, and caring people.

The Leader in Me provides your school with the vision and language to lead the school in a way that addresses all areas of

development. As each child discovers and develops his or her unique gifts and talents, they are given opportunities to lead. As leaders, they become active, engaged partners in their own education and their self-confidence, responsibility, and initiative grows. The children quickly understand the benefits of different gifts and talents; they learn to listen to new ideas, work together to achieve results, and motivate one another to be the best.

Over the course of the year, the grade 6 classes will be fundraising to support their educational out of town field trip to Edmonton in May. Throughout the year they will be doing numerous events around the school.

This week we have two fundraisers:

On Wednesday October 3rd, the NHL season is starting. Let's show our team support by wearing a Jersey. Students and staff are allowed to wear a Jersey for \$1

On Friday October 5th, Smoothies will be sold at school for \$2. Division 1 students will buy their smoothies at first recess and division 2 will buy their smoothies at second recess. Smoothies will consist of milk, fruits and yogurt.

Thank you, for supporting the grade 6 classes at St. Paul School.

October 2018

School Council Highlights

Thank you to everyone who attended our School Council meeting in September.

If you are on Facebook please like our page. Our Facebook page posts multiple times a week of events that are taking place within our school and also is a valuable source of important information.

Our page is:

Ecole St. Paul School Council

Boston Pizza- Operation Education

Our school is signed up for Boston Pizza's Operation Education Program.

All we need to do is save Boston Pizza receipts from any Boston Pizza location in Alberta and the PTC will receive 5% of the pre-tax total of the receipts collected. There is a red box set up in the office to collect all of the receipts. This term goes until the end of January.

So remember....send in those Boston Pizza Receipts.

Breakfast Program

Our "grab and go" breakfast program is offered to all students in the morning. We offer choose most often foods consisting of cereal, fruit, mini muffins and cheesestings. If you are able to volunteer, parent helpers are needed every morning from 8:30-9:00am to set up the carts and distribute the food to the students. Instructions and training will be provided. Please look at the sign up genius below for days available to volunteer.

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

Playground Upgrade Support

Do you support the idea of a playground upgrade at Ecole St. Paul School?

We are looking for more parents voices to help support us get funding from the RMWB to upgrade our school playground.

Please stayed tuned for upcoming meetings to start a committee to help us reach our playground goals.

We appreciate all support!



October 2018

Mabel's Labels Fundraising

École St. Paul School is fundraising with Mabel's Labels.
Mabel's Labels are dishwasher, microwave and laundry safe
personalized labels.

Please visit campaigns.mabelslabels.com and search for our
organizations name to place your order and support our fundraiser.
Labels for the Stuff Kids Lose!

Volunteering Opportunities

There are many volunteering opportunities available in our school.
You can choose whichever works best for your schedule.
We are always seeking people to help in the following areas:

- Reading Helpers
- Library Helpers
- Paper Recycling
- Busy Bees (Cutting out supplies, laminating etc)
- Bottle Recycling
- Hot Lunch Distribution

Parent Teacher Council Meetings

All Parents Welcome! We have fun! We learn! We help make decisions on
our children's education!

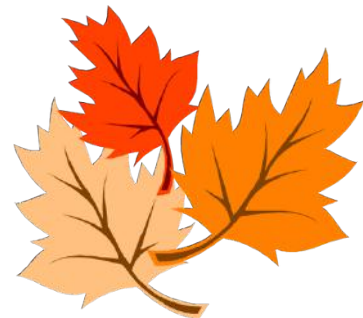
Our next meeting is: **Tuesday October 16th**

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
Feel free to contact:

Renee Hurley- espschair@gmail.com



October 2018

School Council Meeting Schedule

Free babysitting at each meeting

Renee Hurley – Chair
Julianne Bourque – Vice-Chair
Vacant – Treasurer
Susan Langenhoff – Secretary
Liette Poirier – Hot Lunch

Dates: Sept. 18th, Oct. 16th, Nov. 20th,
Dec 18th, Jan. 22nd, Feb 19th, Mar. 19th,
Apr. 23rd,
May 21st, and June 19th.

Location: Library

Time: 7:00 pm

Coordinator

In November Early Entry Program (EEP) and Kindergarten teachers will be speaking to parents about EYE evaluations. The Early Years Evaluation (EYE) (www.earlyyoursevaluation.com) assesses key areas of early childhood development closely associated with readiness to learn at school. These key areas include Awareness of Self and Environment, Cognitive Skills, Language and Communication, and Physical Development.

The Early Years Evaluation provides a leading indicator of children's development. It provides accurate data that helps teachers organize their instruction, increase learning time, and monitor each child's progress. The evaluation also informs parents about their child's progress. It is an opportunity to learn and grow in a positive environment, and allows resources to be correctly prioritized.

With the EYE results being discussed with EEP and Kindergarten families in November, we do not believe a November report card is necessary. Fort McMurray Catholic Schools will continue to provide report cards in March and June. We will still be assessing children through classroom based assessment throughout the year.

Are you looking for quality child care for your school age child? Ecole St. Paul is please to inform all families that we have a licensed Out of School Care Program within our school.

Out of School Care is for children in grades 1-6 and is open each morning at 6:00 am. After School children received a healthy snack, social interactions with other children, outdoor play. Our program offers an emergent curriculum for children based on their idea's, wants and needs.

On Non instructional Friday's we offer care from 6 am to 6 pm. These days often include community outings and excursions.

If you would like more information on our program, please contact the program manager at: [780 799 5799](tel:7807995799) ext 5044.

October 2018

MOCCASIN NEWS



Congratulations, we made it through our first month of school! We have some exciting events coming up in October.

Father Mercredi High School, will be having their Family fall feast on Wednesday Oct 3. Doors open at 5:30 p.m. and dinner begins at 6:00 p.m. If you have an older child who attends there, your whole family is invited. There will be door prizes, dinner and entertainment. For more information please contact: Trudie-Ann Plamondon 780-799-5725 Ext#5 or Kayla Aikins

Thursday October 4th we will be having our first Indigenous performance. Derric Starlight will be performing with his Indigenous Puppet show. Parents please come out and join us in the afternoon at our school from 2:15 p.m. - 3:15 p.m. for fun and laughter.

REMEMBER: Humor has a place to play in stressful situations, to ease tensions and keep personal perspective, one of the first and foremost steps to healing. Humor is a valuable tool to encourage positive thoughts and attitudes.

ST. PAUL FAMILY INDIGENOUS MEET AND GREET NIGHT! Thursday Nov 1st

5:30 p.m. - 8:00 p.m. @ École St. Paul gym

For all First Nations, Metis, and Inuit Families: please bring your family, siblings, grandparents, aunties, and uncles for a social meet and greet gathering. There will be dinner, activity stations, games and prizes.

This social evening is to meet other Indigenous families and students who are attending École St. Paul School. Please Come and Join the Fun!

RVSP: Please call the school at 780-799-5760 let us know how many will be attending or Email Bev Pierce at beverly.pierce@fmcscd.ab.ca

FULL CIRCLE MENTORING PROGRAM:

Begins Oct 24th and is held every Wednesday from 3:35 p.m. - 4:35 p.m. in the common area @ École St. Paul School. Limited space of 10 participants. Snacks and transportation will be provided.

Full Circle Mentoring Program is a free program sponsored by Big Brothers, Big Sisters, and is in partnership with the Catholic and Public Schools. It is an opportunity for children to get connected to their Aboriginal roots, and build meaningful friendships in the process.

Kinana'skomiya

Thank you,

All My Relations,

Bev Pierce

Counsellor's Corner

Happy October!!

This year is off to a great start as classes are settling into routines and students are getting used to their new teachers' expectations. How is the "school routine" settling in at home? Remember that having a regular routine at home is very important as well and it helps build healthy life-long habits. Do a *check-in* on your family's daily routines and make adjustments to promote success at school, such as regular bedtimes, morning rise (don't forget to eat breakfast), homework, and extra-curricular activities.

The Zones of Regulation program has been reviewed in all classrooms and each teacher has received posters to help remind students about the importance of knowing what zone they are in (how they feel) and what strategies they could try within each Zone. I have attached an image to explain the zone colours and it includes strategies for each zone. Please take time to review this with your child(ren) and add strategies that work for them in each zone. Then you can refer back to this chart when emotions run high as your child's teacher will be using a similar vocabulary. Have you seen the movie -"Inside Out"?... Ask your child what zone each character is in from that movie. Our school posters have these characters included:)



October 2018

The week of October 7-13, 2018 is [Mental illness Awareness](#) week. Each year, the first full week of October provides an opportunity to fight stigma, educate the public, and provide support. Spread the word during this week and replace the *stigma* with *hope* related to Mental Illness. One in five adults will experience a mental illness in any given year and these problems can result in long-term conditions such as major depression, bipolar disorder or schizophrenia. It is critical to learn to recognize early symptoms of mental illness and talk with your doctor about any concerns. Early identification and treatment can make a big difference in the successful management of a condition. Organizations around the world are encouraged to offer free, anonymous questionnaires that can help individuals identify potential signs of mental conditions. The National Alliance on Mental Illness (NAMI) offers helpful information through its website. www.nami.org

Parents of École Saint Paul:

If you would like to have a voice regarding the necessary playground enhancements to our school playgrounds, you are encouraged to email or call Verna Murphy, a Councillor for the Regional Municipality of Wood Buffalo. Verna's contact information is as follows:

verna.murphy@rmwb.ca

780-838-1782

SCHOOL ACTIONS FOR EMERGENCIES (SAFE) PLAN

In the event of an emergency, parents may receive more information by:

- 1) Calling the school office, or
- 2) Checking the <http://fmcschools.ca/> website Facebook and or Twitter page for an update

Parents are asked to **REFRAIN** from contacting the teacher. They should not be communicating with parents during the school day or in the case of an emergency. Thank you for your cooperation.

50 Ways to Take a Break

1. Take a Bath

2. Listen to Music

3. Take a Nap

4. Go to a body of water

5. Watch the cloud

6. Light a candle

7. REST your legs up on a wall

8. Let out a sigh

9. Fly a Kite

10. Watch the stars

11. Write a Letter

12. Learn something

13. Listen to a guided relaxation

14. Read a book

15. sit in NATURE

16. 2x Move twice as slow

17. Take Deep Belly Breaths

18. MEDITATE

19. Call a friend

20. Meander around Town

21. WRITE in a journal

22. Notice your Body

23. Buy some Flowers

24. Find a relaxing Scent

25. WALK Outside

26. Go for a run

27. Take a bike ride

28. Create your own coffee break

29. View some ART

30. Eat a meal

31. Turn off all electronics

32. Go to a Park

33. pet a furry creature

34. SILENCE

35. Examine an everyday object with Fresh Eyes

36. Drive somewhere NEW

37. Go to a Farmers Market

38. Forgive someone

39. read or watch something

40. FUNNY

41. Engage in small acts of KINDNESS

42. CLOR with crayons

43. Make some MUSIC

44. Climb a Tree

45. Let go of something

46. Do some gentle stretches

47. Paint on a surface other than paper

48. Write a quick poem

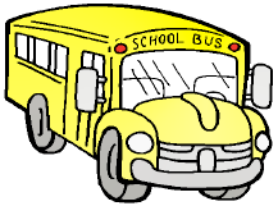
49. Read poetry

50. Put on some music and DANCE

51. Give Thanks

October 2018

Always communicate to the teacher of any changes to your child's routine for the day. To pick up your child for appointments and earlier dismissal, please stop by the office to report that you have arrived. Your child will then be asked to come to the office for his/her pickup. Please do not go directly to the classroom as this disrupts teaching.



BUSSING POLICIES

Bussing students are required to travel to and from school on their own bus. If the family has an unforeseen circumstance and the student(s) need to go to an alternate address, the parent(s) need to send a note to the office to get approval and then the note will be given to the bus driver.

Students that are not registered bus students cannot go to friends' houses on the bus as they are not covered by insurance.

The bus is not to be used for transportation of students for play dates, birthday parties, etc. We appreciate your corporation with this matter.

Message from Sparksman: Useful info about your child's bus.

Safety is our number one priority

Student safety is our number one priority and ensuring that students get from home to school and school to home is of the utmost importance.

You are able to check for late busses or signup to receive direct e-mails about your school bus for St. Paul School

For temporary route changes or school bus delays, please visit My School Bus Monitor <http://www.myschoolbusmonitor.ca>

For direct e-mails sign up by going to web site:

sparksman.ca

choose – Services

then choose schoolbus

Fill in your information to receive direct e-mail as per instructions and then choose your child's route.

October 2018

September Birthdays

Owen Bugg
Jacob Davis
Danica Castro
Jossah Kabwabwa
Magobu Makidpu
Kema Estimable
Shandy Daniel
Jaxon Roberts
Landon Bourdreau
Jodie Frusa-
Bastien
Taylor Smith
Bless Bikindou
Jax Hawley
Ella Gill
Marya Thornhill
Cole Baker
Kylie Drake
Ben Workun
Aiden Armstrong
Jason Dingle
Kaiya Heinen
Daniel Melo
Ruth Worku
Jestin Kidd
Ysabel Rojas
Stephanie Dingle
Braewyn Larocque
Faith Telke
Daniel Chibuzo
Melvic Rey
Bethenney Wiafe-
Donkor
Leyah Bradbury
Aniyah Hall
Patience Paquette
Emmett Stevens
Anjellica
Mangrobang

Spencer Fifi
Manuel Pena
Natalia Pena
Angelo Perez
Kaleb Young
Danielle Oke

Happy Birthday & Bonne Fête

October Birthdays

Jordan MacAulay
Ryker Wojcik
Arjo Perez
Ryan Bugg
Cohen Doyle
Kian Brodner
Joshua Aldaco
Murayama
Kendra Dizon
Jordan Roberts
Hailey Burt
Connor Mcdowell
Elisah Gongora
Kolby Lam
Jino Adorable
Brookelynn Whitford
Genevieve Langevin
Hamuel Overa
Eli Robicheau
Siobhan MacDonnell
Makayla Poirier
Michael Poirier
Rediet Teshome
Owen Cinnamon
Antoinette Gonzales
Peyton Brown
Ben Martinovic
Shiloh Jagnanan-
Kamphof
Nouvel Beauvais



~ October 2018 ~				
Mon	Tues	Wed	Thurs	Fri
1. Every Child Matters Orange Shirt Day Dielmans Catalouge Fundraiser	2. Lifetouch Photos	3. Earth Rangers Jersey Day Gr. 6 Fundraiser \$1	4. Pizza Hut DerRic Starlight Puppet Show	5. World Teacher's Day Smoothies Gr. 6 Fundraiser \$2
8. No School Thanksgiving	9. Minor Baseball in PE	10.	11. Darsen Catering	12.
15.	16. PTC Meeting 7 pm	17.	18. Booster Juice	19. No School
22.	23. Thanksgiving Mass 10 am	24. PJ Day United Way \$1	25. Wok Box PTC Halloween Dance 6:30 pm – 8 pm	26. No School
29. Leadership Assembly 2:30 pm	30.	31. Halloween centers in pm		

Notes:

- Nov 13 – Lifetouch Retakes
- Nov 9, 23 & 30 – No School