



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		
Nutritional Break	11:05 – 11:20	Morning Group	8:55 - 11:45
Recess	11:20 – 11:35	Afternoon Group	12:40 - 3:30
Classes Resume	11:35 – 1:35	Kindergarten	
Nutritional Break	1:35 – 1:50		
Recess	1:50 – 2:05	Morning Group	8:55 - 11:45
Classes resume	2:05 - 3:35	Afternoon Group	12:40 - 3:30

Principal’s Message

Bonjour and hello to all our École St. Paul School families! I feel blessed to be starting my seventh year as Principal at this wonderful school! Our school continues to grow and flourish! We warmly welcome several new teaching staff and Support staff to our school family.

Here are a few important dates to highlight:

- Sept. 9 1st day for our Kindergarten students
- Sept. 11 1st day for our EEP / Premiers Pas students
- Sept. 17 School Council Meeting at 7pm - babysitting will be provided
- Sept. 20 Opening Liturgy in the school gym at 2:30 pm. Parents are welcome.
- Sept. 26 Family Mission Statement Night 6:30 pm
- Sept. 26 Leadership Assembly at 2:30 pm. Parents are welcome.
- Oct. 2 Lifetouch School photos

I encourage all parents be involved in our School Council by attending the monthly meetings and volunteering for the fun events planned! Babysitting will always be provided and meetings are informative. We are very grateful to our School Council who have purchased school agendas for students in K - grade 6. Please take a look at the insert at the front of the Agenda for more school information.

Classroom teachers have introduced the Student Code of Conduct to their students. We believe that students need clear and concise expectations presented to them and then reminded regularly until it becomes habit. Coming home with your child(ren) for you to read and sign and return to school is the Student Code of Conduct, it is a yellow coloured sheet. Please look for it!

Please visit our District webpage at www.fmcsd.ab.ca as well as clicking onto our new school webpage.

If at any time you have questions or concerns, please feel free to meet with me at the office. We will work together in the best interest of our children! Have a great month of September.

Claudette Fidler, Principal

Here are some important reminders:



- Please sign in at the office when you enter the building and before going to your child's classroom. Keeping our children safe is our number one concern and we need to know who is in our hallways. If you are volunteering, we will ask that you wear a volunteer lanyard.

- Parking and dropping off students must be done safely for all. Please use the large parking lot when dropping off your child and have your child(ren) walk around to the playground. If you are dropping off from the Ross Haven Drive Road (adjacent to the bus loop) it must only be a drop off; parents cannot leave their vehicle to bring their children in. Please note, Bylaw will be monitoring this.

- We encourage our Administrative Procedure 217 for Healthy Schools. Information is also shared in the Agenda insert.

- Our School Council will continue to organize the Hot Lunch program on Thursdays. These lunches meet the requirements on the Choose Most Office food list. The Hot Lunch Program begins Sept. 20. • We are a nut, shellfish and codfish free school and remind parents not to send snack or lunch items containing any type of nuts, shellfish or codfish. Signs will be posted throughout the school.

- Classes begin at 8:50 for all children. Supervision begins at 8:35 and students may play in the back playground. Please do not drop off your child at school before 8:35.

Peanut/Nut and Shellfish Restricted School

Our school is a peanut/nut and shellfish restricted school as we have many students with life-threatening allergies. We ask that you do not send any products that contain or may contain nuts or peanuts or any shellfish.



Allergen Restriction Policies



2018/2019 Year End Honor Roll

6M
Brandon Collier
Glyan Dispo
Erica Hurley
Branden Hurley
Emma Earle
Avyn Holloway-Poirier
Kamryn Kalinin
Jaysie Sheppard
Kylie Villanueva
Hannah Tomon

6N
Daniel Chibuzo
Danielle Oke
Tomisin Adeyemi
Halla Petipas
Armya Beniameen
Madison Finlayson



Attendance and Absences

Please call the office staff with any absences for your child. It is important that you call prior to 9:00am before attendance is taken. If your child is not present and we have not received a call from the parent to indicate an absence, our child check staff will be calling your home to confirm the reason of the absence. You can call our school number 780-799-5760 and leave a message before 8:00am or you can e-mail the teacher to let them know your child will be late or absent

MOCCASIN NEWS

Tansi... Welcome back to school for 2019-2020 school year.

My name is Bev Pierce, Indigenous Liaison for St. Paul School



As a Liaison, I am here to support your child and family throughout the year, whatever supports, help, you may be needing. Don't hesitate to give me a call and please drop in to say "Hello". I can be reached at 780-799-5760 Ext:5844

Is your child of Aboriginal descent?

Don't forget to identify your child's Indigenous heritage on the registration form at your school. Canada recognizes three groups in Indigenous Peoples: First Nations, Metis, and Inuit. Status First Nations (person who is registered under the Indian Act); Non status First Nations-(person who is not registered with the Federal government or not registered to a band); Metis- Mix of First Nation and European ancestry who identify themselves as Metis people; Inuit- people from the Canadian Arctic.

On Monday September 30th our school will be recognizing the awareness of Orange Day.

What is Orange Day?

Here is some background how it became about: Orange shirt day is a legacy of the St. Joseph Mission residential school Commemoration event held in Williams Lake BC 2013. It grew out of "Phyllis's story having her new orange shirt taken away on her first day of school at the mission, and it has become an opportunity to keep the discussion on all aspects of residential schools happening annually. This date is chosen this time of year in which the children were taken from their homes to residential school. A day for survivors who attended residential schools to be reaffirmed that they **MATTER. EVERY CHILD MATTERS**, even if they were an adult and from now on. On this day, please have your **child wear an Orange T-shirt**, or something Orange to help recognize this day.

FULL CIRCLE MENTORING PROGRAM:

Full Circle is an Indigenous after school program for kids 8 years and up. The start up is Wednesday Oct 2nd- 3:35-4:35 each week on Wednesday's. The program is offered through Big Brothers Big Sisters of Wood Buffalo. Each week is planned with an Indigenous teaching, or activity, Full circle is, at its core, a mentoring program. Students experience new teachings, meet new friends, and build relationships.

For more information please call Bev Pierce at 780-799-5760

CULTURAL FESTIVAL 2019

September 19-21, at the Syne Park in Fort McMurray

Put on by Athabasca Tribal Council, go to the Website to see more details about the festival, Partnerships, Workshops, Performances, Artists, and More!! <https://www.atcculturalfestival.ca/>

Ninaskomtin (Thank you)

All My Relations

Bev Pierce



Counsellor's Corner...

Hello everyone and welcome to a new school year!!

For those of you who are new to St. Paul's School, my name is Joni Stryde and I am the counsellor directed to provide support for students and families at St. Paul's School. I am looking forward to getting started this year! In the beginning, I will be connecting with teachers and parents about any concerns they have and taking requests for support services they would like to receive this year. My role is mainly focused on providing support for students, teachers and/or parents who have concerns related to students' mental health. I teach lessons in classrooms, run support groups for students with similar needs, and see individual students who require one-on-one counselling support.

I will be teaching the 'Zones Of Regulation' program in each classroom again this year. This is a review for most students, but it will be new for all the early learners joining us this year. Everyone should be able to recognize the four zone feeling colours and get to know a few helpful strategies they can practice by the end of September... Feel free to ask your child if they remember what the "Zones" are:)

There are various programs offered from outside agencies that I coordinate with throughout the year as well, such as: Some Other Solutions (SOS), Canadian Mental Health Association (CMHA), Family and Community Support Services (FCSS), Waypoints, Mental Health Services, Borealis Counselling Services, and Legacy Counselling Centre. Please let me know if you have any questions about these agencies or would like to explore support options for your child.

If you have any questions about counselling services at our school, please feel free to contact me by phone (780-799-5760) or e-mail (joni.stryde@fmcsd.ab.ca). I look forward to continue counselling support at St. Paul's School again this year!

Joni Stryde,
Counsellor
Ecole St. Paul's School
(780) 799-5760
(joni.stryde@fmcsd.ab.ca)



Walking Together in God's Love

It is the beginning of a new school year and new family routines. Our lives once again pick up the pace with school work and activities. This is a good time to pencil in time to reflect on our faith and how we can become more active and involved in our personal and community spiritual life.

Our God encourages us to come together and get to know Him. Now, where to begin....

In Our Community Life (church, school, family and friends...)

Hebrews 10:24-25

“And let us consider how to provoke one another on toward love and good deeds, not giving up meeting together, as is the habit of some, but encouraging one another, and all the more as you see the day approaching.”

In Our Personal Life (reading the scriptures, prayer, pod cast...)

James 4:8

“Draw close to God, and He will draw close to you...”

What if there was a streaming service for Catholic content, a ‘Catholic Netflix’, wouldn’t that be amazing? Well, there is! And it is called **Formed**, Our Catholic Faith on Demand! Use this link <https://formed.org/> and enter code **D89XX6** provided by our parishes.

Highlights

Community Mass, with lunch to follow. Sunday September 8th, 2019 at 10:00 A.M Held at Holy Trinity Catholic School. (The food is amazing!)

St. Paul’s Parish: Children’s Liturgy of the Word will be offered at both Sunday mass times! 9 am and 11 am, starting Sunday September 22nd.

St. John’s Parish: Children-Youth Catechism classes 2019-2020. Starts Sunday September 15th, after the 11:30 am mass. Please enroll your children KG-Grade 12 in this 1 hour class. 780-743-3980

Youth Ministry, grades 6-9, for both parishes will soon be kicking off! Look for more info in our next newsletter on how your child can get involved!

<https://thekidsbulletin.com/>

Ecole St. Paul School Council Information

The School's Mission Statement:

**Together we grow respectfully in our faith, learning and leadership.
We Are Awesome!**

School Council's mission is to support the mission of the school.

The School Council will undertake discussion and activities which enhance student learning and foster the well-being and effectiveness of our school community.

Please "Like" us on Facebook. Ecole St. Paul School Council. We post weekly updates of what is happening in our school, along with other valuable information throughout the week.

Our School Council consists of 4 executive members, staff and teachers, and parents/guardians.

Anyone who attends our meetings will learn valuable upcoming information of what is taking place in our school.

**We meet every third Tuesday of each month (except for December)
Meetings begin at 7:00pm and free babysitting is always provided.**

Our meeting schedule for the 2019/2020 School year is:

September 17th	January 21st	April 21st
October 15th	February 18th	May 19th
November 19th	March 17th	June 16th

We are always looking for volunteers to help support our amazing school in so many ways. Some of these opportunities are paper recycling, bottle recycling, reading helpers, library assistance and busy bees (laminating, cutting, gluing jobs etc)

Our School Council also works very closely with our fundraising society. The Parents of Panthers Association of Fort McMurray. Our fundraising

Terry Fox Run

Wednesday, September 25 in the afternoon. Students can donate a toonie for Terry. Division one students will begin walking on the soccer field at 3:10pm. Division two students will begin at 3:00pm for a Birchwood Trails walk.

society has taken over all management of the hot lunch program and the breakfast program.

Any Questions?

Email:

Trista Schultz- espschair@gmail.com

Renee Hurley- espsvice@gmail.com



Indoor/Outdoor Shoes

We ask that students wear their outdoor shoes/boots to and from school as well as during recesses. Indoor shoes need to worn at all times while in the school. They should have a non-scuffing sole. If your child does not yet have their indoor shoes, please make this a priority. Please let me know if we can help if needed.

Thank you, merci!

BREAKFAST PROGRAM - PLEASE READ

Did you know that each day last year our parent volunteers served a "grab and go" breakfast to approximately 140 of our students!

Our Parent Teacher Council is currently looking for a parent to organize this worthy initiative. Parents are also needed to pop in on a school morning to volunteer for 30 minutes, greeting and serving students.

Please contact the school if you would be willing to volunteer. Thank you in advance!

Crossing Guards

There will be a crossing guard at the crosswalk from 8:35 to 8:55 each morning. From 3:35 to 3:50, the crossing guard will be there to assist students.

School Fees

The 2019/2020 school fees are as follows:

EOP/PP fees: \$500 depending on EYE Assessment

Phone usage:

Students with phone messages will be called down to the office just before lunch and just before final dismissal. Please call before 3:00pm if you want to get a message to your child or to the teacher. In case of emergency, we will try all the phone numbers available and call again. Students are not allowed to have cell phones in the classrooms. Students are allowed to use the classroom phone with the teacher's permission, or use the phone in the office.



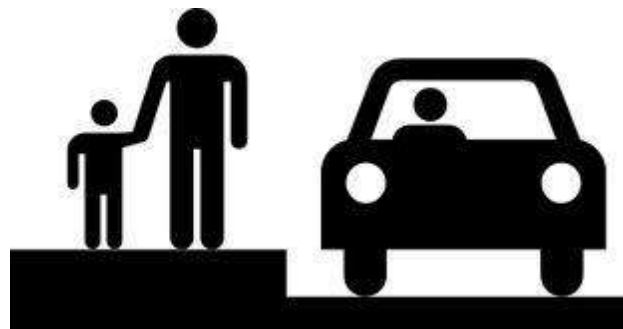
PICKING UP STUDENTS

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.



AT THE END OF THE DAY

All students must use their exit door whether they are walking home, taking the bus or being picked up by a parent. Parents can meet their child(ren) by their exit door or at the front of the school...Merci!



BUSSING EXPECTATIONS

It is vital that each student be at his/her designated stop at least 5 minutes in advance in order to avoid causing delays. The bus driver may not be able to wait which will then mean that you will have to drive your child to school.

Remember that bus drivers follow their company's protocols so please call their office if problems arise (780-790-3960).

Please assure that there is someone to meet your child at his/her stop at the end of the day if they are in the earlier grades. Kindergarten students are required to have someone at the stop. **A written permission note from the parent is required if your child is to be picked up at school instead of taking the bus. If we do not have a note or a phone call the student will be sent home on the bus.** Bus rules need to be followed strictly in order to ensure safety for all students. A student who is on the bus continues to be the responsibility of the school under the School Act. Bussing is a privilege and students can be detained from using the bus if behavior is disruptive.



Message from Sparksman:

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

A reminder that there are no microwaves in the classrooms for the school year for many reasons: safety, time constraints, and electrical issues. Please send in a lunch with your child that does not require heating up in the microwave. Additional suggestions for lunch ideas are available on the Apple School website.



School Yard Supervision

School staff members are the only adults who supervise the school ground during recesses. Staff has been advised to approach each parent or stranger that may be present on the school grounds. The person will be directed to report to the school office or to leave the school grounds. This is a precautionary measure to ensure child safety.

Students are reminded to report any stranger to the office. Please remember that a parent to one child is a stranger to all other students.



The Library is currently looking for board games. Every month, the winners of the **Sneaky Slipper** have a chance to come in and play board games for an hour on a Friday afternoon during that month.

If you have any games, that are complete and you are wanting to part with them, please feel free to take them to Mrs. Julie. Thank you in advance!!!

A Bite of Health



As an APPLE School, we strive to build a healthy school community, focusing on improving students' healthy eating, physical activity, and mental health habits.

WAY TO GO, H2O!

This month, students are learning the importance of drinking water through a monthly campaign called Way To Go, H2O! Here is a summary of the learnings and how you can support your child's health.

What's so great about water?

Your body is comprised of 60% water.²

Water maintains your body's fluid balance and body temperature at a healthy level, and helps you digest food.²

Drinking water regularly throughout the day is the best way to avoid dehydration, and headaches caused by dehydration.²

How much should we be drinking?

4-8 year old children should drink 5 cups of water daily.¹

9-13 year old children should drink 6.5-7 cups of water daily.¹

Adult men should drink 12 cups, and adult women should drink 9 cups of water daily.¹

Strategies to increase water intake

- Drink a glass of water when you wake up each morning, and one an hour before bedtime.
- Carry a water bottle with you throughout the day.
- Drink a cup of water with every meal.
- Add some fun flavors to water by adding strawberries, lemons, limes, and raspberries. Or try a combo like cucumber with mint, or strawberries with basil.



References

¹ <https://www.eatrightontario.ca/en/Articles/Water/Facts-on-Fluids-How-to-stay-hydrated.aspx>

² <https://www.dietitians.ca/Your-Health/Nutrition-A-Z/Water/Why-is-water-so-important-for-my-body---Know-when-.aspx>



For more information about APPLE Schools, visit www.appleschools.ca





WANT TO **PLAY** **SPORTS** BUT NEED HELP WITH FEES?

Up to
\$600
per child per year!

APPLY TODAY!

KidSport Applications Available online at
kidsportcanada.ca/alberta/wood-buffalo/apply-for-assistance/

OR for pickup at the Redpoll Centre, Shell Place, 1
C.A. Knight Way



Find us on Facebook @kidsportwoodbuffalo



Find us on Twitter @KidsportWB



#SoAllKidsCanPlay



United Way
Fort McMurray

Thanks to the help from Red Cross, KidSport is able to fund kids to play their sport of choice in the RMWB!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labour Day No School	3 1st day for students gr. 1-6	4 Staggered Entry for EEP/PP and K	5 Staggered Entry for EEP/PP and K	6 Staggered Entry for K EYE Assessments for EEP/PP
9 EYE - DA Assessments for EEP/PP 1st day of school for K	10 EYE -DA Assessments for EEP/PP	11 1st day of school for EEP/PP	12	13 No School
16	17 School Council Mtg 7pm Babysitting is available	18	19 Hot Lunch begins – Pizza Hut	20 Beginning of year Liturgy 2:30 pm
23 Milk program begins	24	25 Terry Fox Walk Div.1 3:10 Div.2 3:00	26 Hot Lunch - Booster Juice Leadership Assembly 2:30 Family Mission Statement Night 6:30pm	27 No School
30 Every Child Matters Orange T- shirt day				