


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 |

Bonjour and hello to all our École St. Paul School families! I feel blessed to be starting my 9th year as Principal at this wonderful school! Our school continues to grow and flourish! We warmly welcome new Teaching staff and Support staff to our school family!

Here are a few important dates to highlight:

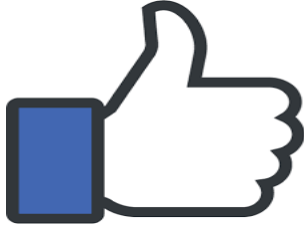
- Sept. 3 No School - Professional Learning Friday
- Sept. 20 Library visits begin!
- Sept. 22 Beginning of Year Liturgy celebrated in individual classrooms
- Sept. 27 Leadership Assembly celebrated in individual classrooms
- Sept. 27 Terry Fox Walk
- Sept. 28 School Council Meeting at 7pm (Virtual)
- Sept. 28 Lifetouch School photos
- Sept. 29 Orange Shirt Day
- Sept. 30 No school for the National Day for Truth and Reconciliation

I encourage all parents to be involved in our School Council by participating in the monthly meetings. Our parents are extremely supportive and valuable to the positive and successful school climate created for our students. 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 will be introducing 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 a habit. Please review this with your child, sign, and return to school.

Please follow our school Facebook page at **Ecole St. Paul School** for shared information about the great things happening at school!

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



Don't forget to like us on
Facebook!!!

We update our page frequently!

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.



Attendance and Absences

Please enter your child's planned absence on **Edsby**, email your child's teacher or call the office staff, with any absences or late arrivals 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.



Edsby Account:

[Fort McMurray Catholic Schools](#)

Parents and guardians at every Fort McMurray Catholic School will soon receive an invitation by email to register for an **Edsby** account. **Edsby** provides an easy and convenient way for parents and guardians to follow their children's progress at school, receive school updates, report absences and communicate with their school.

The invitation to join **Edsby** will be sent shortly to the email address of parents and guardians listed in our Student Information System (SIS).

For more information on **Edsby**: <https://fmcschools.ca/.../edsby-in-fort-mcmurray.../>

Frequently Asked Questions: <https://fmcschools.ca/edsby-frequently-asked-questions/>



Allergen Restriction Policies



Peanut/Nut, Cod Fish and Shellfish Restricted School

Our school is a peanut/nut, cod fish 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.

Important Screening Questionnaire

Covid-19 Symptom Guidelines

You should get tested if you have any COVID-19 symptoms.

If you have any of these symptoms you are **legally required to isolate for at least 10 days** from the start of your symptoms and until they resolve:

- **Fever**
- **Cough (new cough or worsening chronic cough)**
- **Shortness of breath or difficulty breathing**
- **Loss of sense of smell or taste**

Here is the link to the daily screening questionnaire:

<https://www.alberta.ca/assets/documents/edc-covid-19-screening-questionnaire-english.pdf>



All parents entering the School
must wear a face mask !

Fort McMurray Catholic Schools remains committed to revisiting our masking requirements as trends change in COVID-19 cases in our region.

Early Entry Program to Grade 3

- Masks are mandatory in common areas
- Masks remain strongly recommended in class
- Masks are mandatory on the school bus

Grades 4-12

- Masks are mandatory in schools
- Masks are mandatory on the yellow school bus and city transit
- Masks may be removed in class while at a desk
- Students are not required to wear masks outdoors, but physical distancing will be encouraged

Staff and Visitors

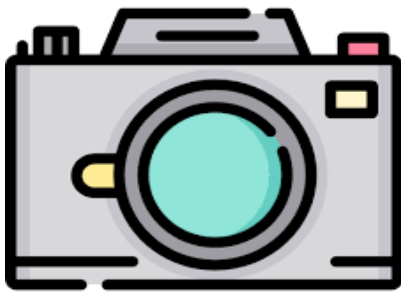
- Masks are mandatory in schools
- Masks may be removed in class when physical distancing is maintained
- All visitors are required to make appointments, use the [daily screening checklist](#), and remain masked for the duration of their visit.

*****Please note those with legitimate mask exemptions will continue to be respected and exempt.*****

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.

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!



Here is a little information that can help you before your child(ren) picture day! You may also visit mylifetouch.ca if you need any extra details and view a short video. Please be informed if no background has been picked before that day, you're child will have a generic background!

School Name/ Nom de l'école : Ecole St. Paul School
Picture Day Date/ Date de la journée photo : **Tuesday, September 28**
Picture Day ID/ Code de la journée photo : **QI011162Y0**

Terry Fox Run

Monday, September 27 in the afternoon. Students can donate a toonie for Terry. More information to follow.





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 call **780-799-5760** when you have arrived and we will send your child out.

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!

*****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 the playground. If you are dropping off your child from Ross Haven Dr. (adjacent to the bus loop) it must only be a drop off and drive away. Please note, Bylaw will be monitoring this.*****



School Yard Supervision

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 am.

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.



Phone usage:

Students with phone messages will be called down to the office just before their nutritional breaks and just before final dismissal. Nutritional Breaks are **DIV 1**, 11:05 and 1:35; **DIV 2**, 11:20 and 1:50. 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



The milk program will begin on **Monday, September 27th**. Your child will be receiving a letter in their agenda shortly.



Hot Lunch Program

Hot lunches will begin on Thursday, October 14.
More information to come...

BUSSING EXPECTATIONS

(masks must be worn prior to embarkment)

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.



*****If you need to find out the status of your child(ren)
please use this link: www.myschoolbusmonitor.ca*****

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 sign up 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



August

Happy Birthday! Bonne Fête!

| | | |
|-------------------|--------------------------|--------------------------|
| Asher Joseph | Gage Heinen | Rain Arnold |
| Harper Hagerman | Keydan Thompson | Taylor Jeffries |
| Jayde O'Neil | Xavier Comeau-Manning | Gabriella Awanena |
| Owen Peckford | Kinsley Wiseman | Elizabeth Rose |
| Ryan Choukaier | Remy Heroux | Stellan Jagnanan-Kamphof |
| Rico Lehr-Menniti | Charlotte Anderson | Clara Strong |
| Owen Koops | Charlotte Higgins-Comeau | Callum Newton |
| Sage Darby | Brooke Haberoth | Hendrix Hawley |
| Puis Mugisha | Liam McGrath | Callen Aylward |
| Raeleigh Stevens | Lynden Hawkes | Wynter Marten-Piche |
| Zac Carpio | Samantha Jefferies | Rebecca Leer |
| Keenan Lam | Ashton Collier | Abigail DeBanks |
| Maxime Bersihand | Alexandra Benty | |

September

| | | |
|-----------------------------|-----------------------|----------------------|
| Owen Bugg | Jacob Davis | Maddison Millard |
| Adrianna Louvelle | Yasmine Apatira | Jaxon Roberts |
| Isabelle Velarmino Verceles | Jodie Frusa-Bastien | Sophie Pelz |
| Bless Bikindou | Amoya Davis | Jax Hawley |
| Maya Ruiz | Emmery Millard | Benjamin Boilard |
| Alivia Vey | Arati Khadka | Isaac Cedeno |
| Asher Mohamud | Larissa Mutungu | Jason Dingle |
| Kaiya Heinen | Jack Matthews | Oscar Comeau Manning |
| Asia Estacio | Rafael Pimentel | Shandy Daniel |
| Melvic Rey | Bethenny Wiafe-Donkor | Leyah Bradbury |
| Fisolima Ojeleye | Maven Rey | Emmett Stevens |
| Anjellica Mangrobang | Noah Sagmoen | Manuel Pena |
| Natalia Pena | Jestin Kidd | Kaleb Young |
| Keon Drysdale | | |

September 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| | | 1 Staggered Entry for grades 3-4 | 2 Staggered Entry for grades 1-2 | 3 No School |
| 6 No School Stat | 7 First day for students First day of OSC EEP and K Staggered Entry | 8 K Staggered Entry EEP EYE-DA screening | 9 First Regular day for Kinder EEP EYE-DA screening | 10 World Suicide Prevention Day EEP EYE -DA screening |
| 13 First Regular day for EEP | 14 | 15 | 16 | 17 No School |
| 20 Library begins! | 21 | 22 Beginning of Year Liturgy (virtual) | 23 | 24 |
| 27 Leadership Assembly at 2:05 (virtual) Terry Fox Walk Milk Program begins (gr. 1- 6) | 28 School Council 7pm School Photos | 29 Orange Shirt Day | 30 No School National Day for Truth and Reconciliation | |

Notes: OCTOBER

- 1st: Dielman's Catalogue Fundraiser
- 8th: No school
- 11th: Thanksgiving
- 14th: Hot Lunches begin
- 19th: School Council Virtual meeting
- 30th: No school



Dear families,

Welcome to École St. Paul School! As a School Council and with the support of our Parents of Panthers Society, we are able to be involved in the decisions made for our children's education. We are supportive of the learning that takes place and provide an Agenda for every Kindergarten to grade 6 students in the school. In a non-Covid year we plan fantastic family opportunities to gather as a school community – these include family dances, family movie night and family BBQ's. We hope we can return to these awesome activities very soon!

There are many ways that parents can be volunteers at our school even if we are faced with the challenges of Covid-19. Take a look at the volunteer opportunities below and connect with Mme Fidler Principal), Mme Gagnon (Vice-Principal) or Renee Hurley (Chair of the School Council).

Mme Fidler claudette.fidler@fmcsd.ab.ca

Mme Gagnon sarah.gagnon@fmcsd.ab.ca

Renee Hurley espschair@gmail.com

Hot Lunch – Thursday mornings beginning Oct. 14th. 3 to 4 parents organize the food arriving from the food vendor (in the Out of School Care room).

Busy Bees – parents come into the school to laminate (we will show you how!) and take materials home to cut out.

Paper Recycling – Twice a month a parent picks up all the paper and cardboard recycling from the school, to bring to the depot.

Bottle Recycling – Once a month a parent picks up our Bottle recycling to bring to the recycling depot.

Library – Parents come in and help put books on the shelves, put order on the shelves and help code and stamp new arrivals.

Executive positions are available on the School Council which meets virtually once a month on a Tuesday evening. Positions are also available for the Parents of Panthers Society which supports the school through fundraising initiatives.

Please plan to attend our first School Council Meeting on Sept. 28th at 7pm. A virtual link and the agenda will be sent ahead of time.

Wishing you all a great year!



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.

COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR ADULTS 18 YEARS AND OLDER)

Overview

This tool was developed to support Albertans in protecting others and reducing the risk of transmission of COVID-19. Adults 18 years and older can complete this checklist every day to self-monitor for symptoms of COVID-19.

If you have traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

Screening Questions for Adults 18 Years and Older:

| | | | |
|---|--|-----|----|
| 1. | Do you have any new onset (or worsening) of the following symptoms: | | |
| | • Fever | YES | NO |
| | • Cough | YES | NO |
| | • Shortness of breath | YES | NO |
| | • Runny nose | YES | NO |
| | • Sore throat | YES | NO |
| | • Chills | YES | NO |
| | • Painful swallowing | YES | NO |
| | • Nasal congestion | YES | NO |
| | • Feeling unwell / fatigued | YES | NO |
| | • Nausea / vomiting / diarrhea | YES | NO |
| | • Unexplained loss of appetite | YES | NO |
| | • Loss of sense of taste or smell | YES | NO |
| | • Muscle / joint aches | YES | NO |
| | • Headache | YES | NO |
| • Conjunctivitis (commonly known as pink eye) | YES | NO | |
| <p>If you answered "YES" to any symptom:</p> <ul style="list-style-type: none"> • Stay home. • Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. • Individuals with fever, cough, shortness of breath, runny nose, sore throat or loss of sense of taste or smell are required to isolate for 10 days as per CMOH Order 39-2021 OR receive a negative COVID-19 test and feel better before returning to activities. <p>If you answered "NO":</p> <ul style="list-style-type: none"> • You may attend work, school, and/or other activities. | | | |

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>

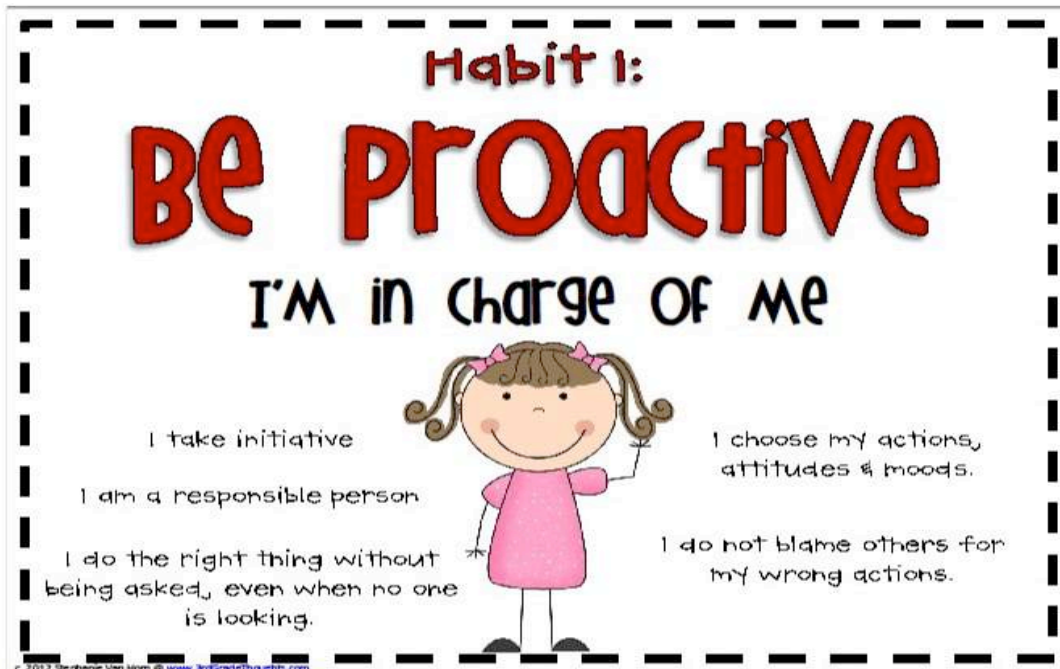


For more information about APPLE Schools, visit www.appleschools.ca



Dear St. Paul LEADER Families!

Madame Nelson and I, (Madame Stéphanie are HERE as your **Leader in Me REPS** for another amazing school year. NOW September is HERE ! Which means it's time to jump into our FIRST Habit !!! So exciting... **Habit 1 - Be Proactive - I'm in Charge of Me !!**



It's vital to teach our children to take responsibility for their own lives, for their own fun or boredom, for their own happiness or unhappiness. This is Habit 1 - Be Proactive. In other words, take charge of your own life and stop playing the victim.

- I take initiative.
- I am a responsible person.
- I do the right thing without being asked, even when no one is looking.
- I choose my actions, attitudes & moods.
- I do not blame others for my wrong actions.

Please REST EASY! Madame Nelson and I always got you covered. Take a few minutes and explore the resources below and the ones attached. You'll be ALL set to explore Habit 1 as a family in the month of September 🤗 !

HABIT 1: BE PROACTIVE

When was the last time
you tried something new?
What was it?

4 PARADIGM OF MOTIVATION:
**Empower students to
lead their own learning.**

LeaderinMe

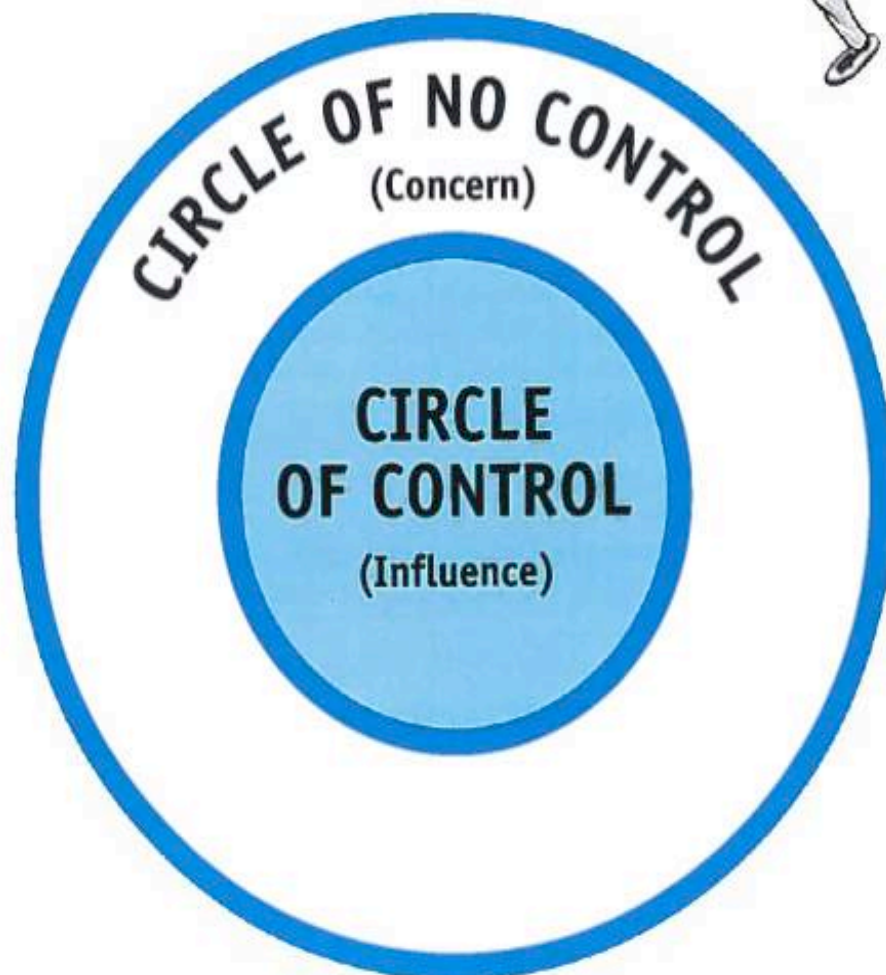
Habit 1: Be Proactive™

HOW CAN I HAVE MORE CONTROL IN MY LIFE?

When you are proactive, you take control of and responsibility for you. You make choices based on your values. When you are reactive, you give away your control and make choices based on mood, circumstances, and experiences.



Take Control of You!



Habit 1: Be Proactive™

HOW CAN I TAKE CONTROL OF ME?

Reactive



Be Reactive

I am controlled by conditions and feelings.
It's not my fault. I am a victim.

Proactive



Be Proactive

I am responsible for my choices and actions.
I can choose my response based on my values.

Between stimulus and response, there is a space. It is possible for us as individuals to develop this capacity to pause and give wiser responses.

—Dr. Stephen R. Covey

Steps to taking control of you:

1. **Pause:** Stop what you are doing.
2. **Think:** Think about what you should or shouldn't do.
3. **Choose:** Choose the best thing to do.



Write one thing about yourself over which you would like to have more control.

PAUSE: Write one thing you can do to pause and take control of you.

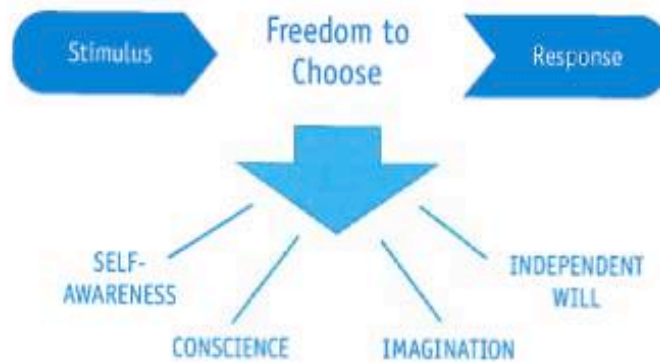
THINK: Write one thing you should or shouldn't do to take control of you.

CHOOSE: Write what you will choose to do to take control of you.

HOW CAN I BUILD MORE PROACTIVE POWER IN MY LIFE?

Living in the Circle of No Control puts you in a reactive mode. You are responding to stimuli that are outside of your control. People who are reactive typically create low-trust relationships. Living in the Circle of Control is proactive. You focus on things you can influence. People who are proactive typically build high-trust relationships.

YOUR FOUR UNIQUE HUMAN GIFTS



Identify one reactive behavior you want to stop doing.



Identify one proactive behavior you want to start or continue doing.

