



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

Principal’s Message

Dear Parent(s) / Guardians:

How lucky we have been to have a fall that has been so mild! Thanks to all parents remembering to label hats, mittens and boots.

Looking ahead we will be celebrating Remembrance Day with a virtual liturgy on Nov. 10th. This liturgy is being prepared by classes 2M and 2H. Thank you in advance to Mme Halla, Mme Megan and Mrs. Mackley, our Music teacher. A reminder that there is no school on Thursday, Nov. 11 and Friday, Nov. 12.

Thank you to all parents who attended our October School Council Meeting virtually. Congratulations to our new Executive members: Renee Hurley (Chair) and Beverly Makia (Vice Chair) and Andrea Sieben as Secretary. Our Parents of Panthers Society is looking for new members. Please watch for more information. Our next virtual School Council Mtg is on Nov. 16th at 7pm.

Report cards will be ready and published to Edsby in the afternoon of Nov. 19. Please be sure to have your Edsby account activated. If you have missed the information shared and need support please call the school. Teachers will also be sharing an invitation to sign up for virtual Three-Way Conferences through Edsby. Our Three-Way Conferences are on Nov. 23 and 25th from 5-8pm. Early Learning teachers will be sharing the EYE assessments with parents during these Conference times. Reminder to the Early Learning parents that there is no school on Nov. 26th.

In lieu of our Scholastic Book Fair hosted in our school Library, we will be trying a virtual Scholastic Book Fair. The book fair will run from Nov. 8 - 19. Please watch for a link to online ordering.

Mid November we welcome [Josh Shannon](#) of Ni-Ten Judo Club to spend some time with our grades 1-6 students in the gym. We also will support Fr. Mercredi’s Santas Anonymous with 4 school spirit days and dress accordingly, raising \$1.00 each day. Thank you for your support of this community fundraiser! Nov. 3: Beach day - Nov. 10: Twin Day - Nov. 17: Decade Day -Nov. 24: PJ Day

We will finish this month with our virtual Leadership Assembly on November 29th. Our students continue to do a fabulous job of leading and preparing the assemblies! And finally, we thank our FMCS D parish team who will provide a grade 4 Bible Retreat to our students on November 30th.

Please take a look at our school website and calendar of events (<http://stpaul.fmcschools.ca/>) for upcoming events. Are you following our school’s Facebook page? Check us out at **Ecole St. Paul School** for pictures of student learning and fun events! Have a great month! Mme Fidler

Shining Stars Étoiles Brillantes

OCTOBER

Étoile Brillante/Shining Stars: *These students are rewarded for their effort, contributions, participation, and/or academic improvement.*

Étoile Brillante	
Nom d'élève	Classe
Lesira Don-Baridam	PP am
Ellianna Crilly	PP pm
Maya Ruiz	Mat am
Fikola Ojeyele	Mat pm
Morgan McWilliams	1R
Amoya Davis	1S
Gianna Itasoa	2H
Jordan Roberts	2M
Noa Jagnanan-Kamphof	3B
Curtis Newton	3R
Kaiya Heinen	4M
Joey Langevin	5M
Payton Major-Johnson	6N

Shining Star	
Student Name	Class
Cassidy Hughes	EEP
Precious Bikindou	K Eng
Skylynn Dumas	1M
John Ermitano	2W
Annabel Lord-Flett	3M
Ava Polegato	4L
Roxanne Tjivirura	5J
Princess Lejano	6F

**Congratulations!!!
Felicitations!!!**

Happy Birthday! Bonne Fête!

NOVEMBER

Haley MacDonald	Mackenzie Finlayson	Heidi Gillam
Emma Leblanc	Eilidh MacDonnell	Teagan Gaudet
Leeland Martin	Nixon Milisic	Rehn Seguin
Logan Wheeler	Mattias Keeping	MJ Tesoro
Roxanne Tjivirura	Harlow McQuair	Catalina Pena-Sideregts
Marc Boutin	Lexi Samuel	Aliya Brushett
Aria MacKenzie	Micah Baker	Silas Baker
Sophia Regonan	Archer Martin	Skylynn Dumas
Isabelle-Anne Brooks	Savannah Wiafe-Donkor	



Staff and students have raised
\$ 1154.00 for the United Way!

Thank you for your participation!!!

BOARD GAMES



The Library is currently looking for board games, **AGES 4 to 7**. 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!!!

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 -Dielman's Catalogue Fundraiser ends -Sacramental Prep for gr. 3's	2	3 Santas Anonymous Spirit Days - Beach Day	4 Hot Lunch - Booster juice	5
8 Virtual Scholastic Book Fair begins	9 Judo in PE class for gr. 1-6	10 -Judo in PE class for gr. 1-6 that did not receive Tue. - Santas Anonymous Spirit Days - Twin day -Remembrance Day Liturgy	11 No School Stat Remembrance Day	12 No School Non-Operational Day
15 Metis Week 15 - 21 Rock Your Mocs day	16 -Lifetouch Retakes PM -School Council 7pm -Louis Riel Day	17 Santas Anonymous Spirit Days - Decade day	18 Hot Lunch - Sweet Meats	19 Virtual Scholastic Book Fair ends
22	23 3-way conferences 5-8pm	24 Santas Anonymous Spirit Days - PJ Day	25 Hot Lunch - Jugo Juice 3-way conferences 5-8pm	26 No classes for Early Learning (P/T Interviews)
29 Leadership Assembly 2:05	30 Grade 4 Bible Retreat 1-3pm			

NOTES:

December 3 and 17... NO School

December 20 to January 3... Christmas Break

Scholastic VIRTUAL Book Fair



Ecole St Paul School's Virtual Book Fair will run from Monday, **November the 8th until Friday, November 25th**. The link for the Fair is <https://virtualbookfairs.scholastic.ca/pages/5166598>. Take a look at the new English and French releases... why not do some Christmas Shopping... Thank you in advance for your support, your children will benefit from it!!!

Let's continue to spread the love of reading!





École St. Paul School is celebrating 4 Spirit days in November in support of **Father Mercredi's Santas Anonymous**.

We are fundraising \$1 each day or \$4 can be sent in for the month!

Spirit Day

- November 3: **Beach day**
- November 10: **Twin Day**
- November 17: **Decade Day**
- November 24: **PJ Day**



2021-2022 FMCSD Sacramental Prep Teaching/Grade 4 Bible Retreat

Elton Jarvis, our youth director, will once again be travelling around to our schools to do the teaching. Here is the schedule for the month of November.

November 30, in the gym

4L & 4M 1:00 – 3:00



Moccasin News

Kew' / Hello!

Hope everyone had an enjoyable Thanksgiving with family and friends. Fall is upon us and the crisp air and fresh smell awakens our spirit.

We have started the Full Circle Mentoring Program in our Grade 4 Class in partnership with Big Brothers and Big Sisters. This program will continue into this month and finish up in December.

There's lots of fun and lots of learning going on! November 15 - 21 is Métis Week. In addition to recognizing Louis Riel Day on November 16th, the Métis Nation of Alberta (MNA) has declared the week surrounding November 16th as "Métis Week." The week is devoted to commemorating the sacrifices of the Métis who continue to strive towards rights and recognition as a distinct Nation.

We will be celebrating "Rock your Mocs" on November 15th with crafts during the month along with wearing our Moccasins on this day.

On Louis Riel Day, November 16th, the McMurray Métis are planning a virtual event for Grade 5s and 6s.

I will continue to do reading in classes along with some activities with our students.

Wela 'lin / Thank-you,
Sandi Barter Martin

Rock Your Mocs!

**Remember to rock your mocs on
November 15th!**



#RockYourMocs
#WeAreFMCS

Newsletter
November 2021

ÉCOLE ST. PAUL SCHOOL COUNCIL

November School Council Meeting:

Tuesday November 16th, 7:00pm

Virtual Meeting

(The Link for the virtual meeting will be emailed the day before. Included with the link will be the agenda & previous minutes)

School Council Contacts

Chair: Renee Hurley
espschair@gmail.com
Vice Chair: Beverley Tjarera
espsvice@gmail.com
Secretary: Andrea Sieben
esps.secretary2018
@gmail.com

Thank you to everyone who attended our AGM in October. We look forward to sharing valuable information with all of our parents during this school year.

School Council is an excellent way for parents to get involved in their child's education. It's an opportunity to learn about the current issues in education in order to provide feedback, and most importantly, continues to build a strong home/school partnership for the success of our students.

Fundraising Society

Our School is so fortunate to have a Fundraising Society. Parents of Panthers Association of Fort McMurray's objective is to help enhance student learning by fundraising and helping support the school and staff to allow for more and greater opportunities. Please join the next Parents of Panthers meeting immediately following the November 16th School Council Meeting.

PLEASE FOLLOW US:
[www.facebook.com/
evolestpaulschoolcouncil](http://www.facebook.com/evolestpaulschoolcouncil)

St. Paul Family Leaders!



CHILD AND YOUTH - FALL GROUPS

HEART OF THE MATTER

6-week support care program for children and youth from a recent divorce or separation.

Mondays | Oct 25th - Nov 29th | FREE

4:30-5:15pm | Ages 7-12 | Online - Zoom

JUNIOR MENTORS

Youth explore their values, interests, emotions and goals to learn how to make a difference and positively impact their peers and community.

Mondays | Oct 25th- Nov 29th | Cost: \$30/youth

5:30-6:15pm | Ages 9-12 | Online - Zoom

MINDFUL MINDS

Learn to be kind to your mind through building self-esteem, managing stress and coping techniques.

Thursdays | Oct 28th- Dec 2nd | Cost: \$30/youth

4:30-5:15pm - Age 7-12

5:30-6:15pm - Age 13-18

Online - Zoom

To register visit:

www.someothersolutions.ca/child-and-youth-programs

For more information contact:

j.penney@someothersolutions.ca

780-743-8605 ext 105



It's ALREADY November! It's time to introduce a NEW habit. **Habit 3!!!!!!!**

Put First Things First. Work First, Then Play 🍌

Habit 3:

PUT FIRST THINGS FIRST

I am disciplined & organized.

WORK FIRST, THEN PLAY

I spend my time on things that are most important.

This means I say no to things I know I should not do.

I set priorities, make a schedule, and follow my plan.



Habit 3 is all about learning to spend your time on things that are ACTUALLY important such as BIG ROCKS. Putting first things first is hard. WHY? Because we are all somewhat addicted to doing the urgent thing or the easier thing first. If we don't teach our students to delay gratification and do the hard thing (or first thing) first while they are young,

they may learn too late or not at all. Be sure to point out how awful it can feel when you PROCRASTINATE and put things off. Contrast that with how good it feels when you are prepared. "Do what you have to do so you can do what you want to do."

Please continue to 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 3 as a family in the month of

November 😊 !

VIDEOS

[Grade 1-3 Habit 3 VIDEO](#)

Watch as Jumper learns the power of organization.

[Grade 4-6 Habit 3 VIDEO](#)

Jenni and Chris learn about Habit 3: Put First Things First and prioritizing Big Rocks.

[Manny and Clark: Habit 3 - Big Rocks](#)

[Max & Holly: Game Plan](#)

STORIES

[Doing First Things First](#)

[Messy Matt](#)

[Plan Weekly](#)

HABIT 3: PUT FIRST THINGS FIRST

What are you most grateful for?

PARADIGM OF EDUCATION:
5 Educators and families partner to develop the whole person.

LeaderinMe

Habit 3: Put First Things First®

WHAT DOES IT MEAN TO PUT FIRST THINGS FIRST?



If you don't put the Big Rocks (your family's priorities) in your schedule first, they hardly ever get in. When you put those family Big Rocks in first, you begin to feel this deep sense of inner peace. You're not constantly feeling torn between family, school, and work. —Dr. Stephen R. Covey



Your **Big Rocks** are the most important things for you to do next week, such as:

- Planning/eating family meals together.
- One-on-one time with family members.
- Pursuing an education or a skill.
- Scheduling balanced time for family, work, and school.

Your **Little Rocks** are the less important things for you to do next week, such as:

- Watching TV for long periods of time.
- Excessive social media.
- Too much "gaming" time.
- Any activity that keeps you from your Big Rocks.

My BIG ROCKS
for next week are:

My LITTLE ROCKS
for next week are:

Families do not fall because of divorce.
Families do not fall because of separation.
Families do not fall because of poverty.
Families fall because they stop nurturing each other from within.

—Jane P. Covey



FIVE REALLY BIG ROCKS

BIG ROCK 1: CREATE AND LIVE BY YOUR FAMILY MISSION STATEMENT

BIG ROCK 2: SCHEDULE REGULAR ONE-ON-ONE BONDING TIMES

How Do I Put Family Time First?

One-on-one times are where most of the real work of the family is done. This is where there is the deepest nurturing of heart and soul.

—Dr. Stephen R. Covey



The time I spent with _____ was special because:

In the column on the left, write the name of a family member with whom you wish to spend one-on-one time. Then write your ideas for activities that are memorable for that person. You may want to do this activity again as a family at home.

Family Member (Maria: Daughter)	One-on-One Activity (Play catch after school.)

Habit 3: Put First Things First®

BIG ROCK 3: HAVE REGULAR FAMILY MEALS

Remembering family mealtimes... _____

How can I improve our mealtimes? _____

BIG ROCK 4: PLAN REGULAR FAMILY TIMES

How can we keep the family close with so many distractions? The answer: Designate a specific time during the week for family time. Find one night a week to be together and share each other's company.

Set regular family times—at least once a week—to talk, learn, and play together.

- Read a book together.
- Learn a new skill.
- Play a game.
- Make a meal together.
- Take an excursion to a local attraction.
- Discuss family matters (school, activities, etc.).
- Plan an important upcoming family tradition.
- Plan your week.

What could you do as a family to hold weekly family times? _____

If you don't have the time for one night or at least one hour together as a family, then the family is not the priority.

—Oprah Winfrey





BIG ROCK 5: BUILD FAMILY TRADITIONS

When families gather together and have nurturing experiences and traditions, they build a bond that helps them have a positive family identity.

—Dr. John M.R. Covey



Three family traditions of my childhood family were:

- 1.
- 2.
- 3.

One tradition I will start with my family is:

I chose this tradition because: