



École St. Paul

429 Ross Haven Drive  
Fort McMurray, Alberta  
T9H 3P3  
780-799-5760

School Hours and Bell Times

1 <sup>st</sup> bell	8:50	EEP/Premiers Pas	
2 <sup>nd</sup> 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

Dear Parent (s) / Guardians,

I would like to thank all parents who participated in our virtual 3 Way Conferences at the end of November. As educators, we appreciate your commitment to your child’s learning.

We have entered the season of Advent on Nov. 28th and we are preparing our hearts for the coming of Jesus, with joyful anticipation. All students will celebrate a mini Advent celebration weekly. Our school-wide virtual Advent liturgy will be on Dec. 14.

Thank you to all the parents who have supported our GIVING Tree set up in the office. École St Paul School staff and families are purchasing stuffed animals for children ages 1 - 10 years. All unwrapped gifts must be under the tree by Dec. 10th and will be brought over to Fr. Mercredi for the Santas Anonymous campaign.

Again this year we will spread Christmas cheer through Virtual Christmas Video Greetings for our École St. Paul School families. Video recordings happen the week of Dec. 6-10. Please let your child’s classroom teacher, or our Music teacher know, if you do not want your child to be filmed.

Please take note that there will not be a School Council Meeting in December. Our next meeting will be on January 18th. We look forward to many new faces!

Finally, students can look forward to purchasing again this year, a jingle bell the week of Dec. 13th for \$1.00 All monies collected will go to the Fort McMurray Food bank. Parents please check classroom newsletters, websites, and agenda messages for other upcoming events.

I wish you all a very blessed Christmas and holiday season! School will resume on January 4th. Joyeux Noël à tous. Mme Fidler



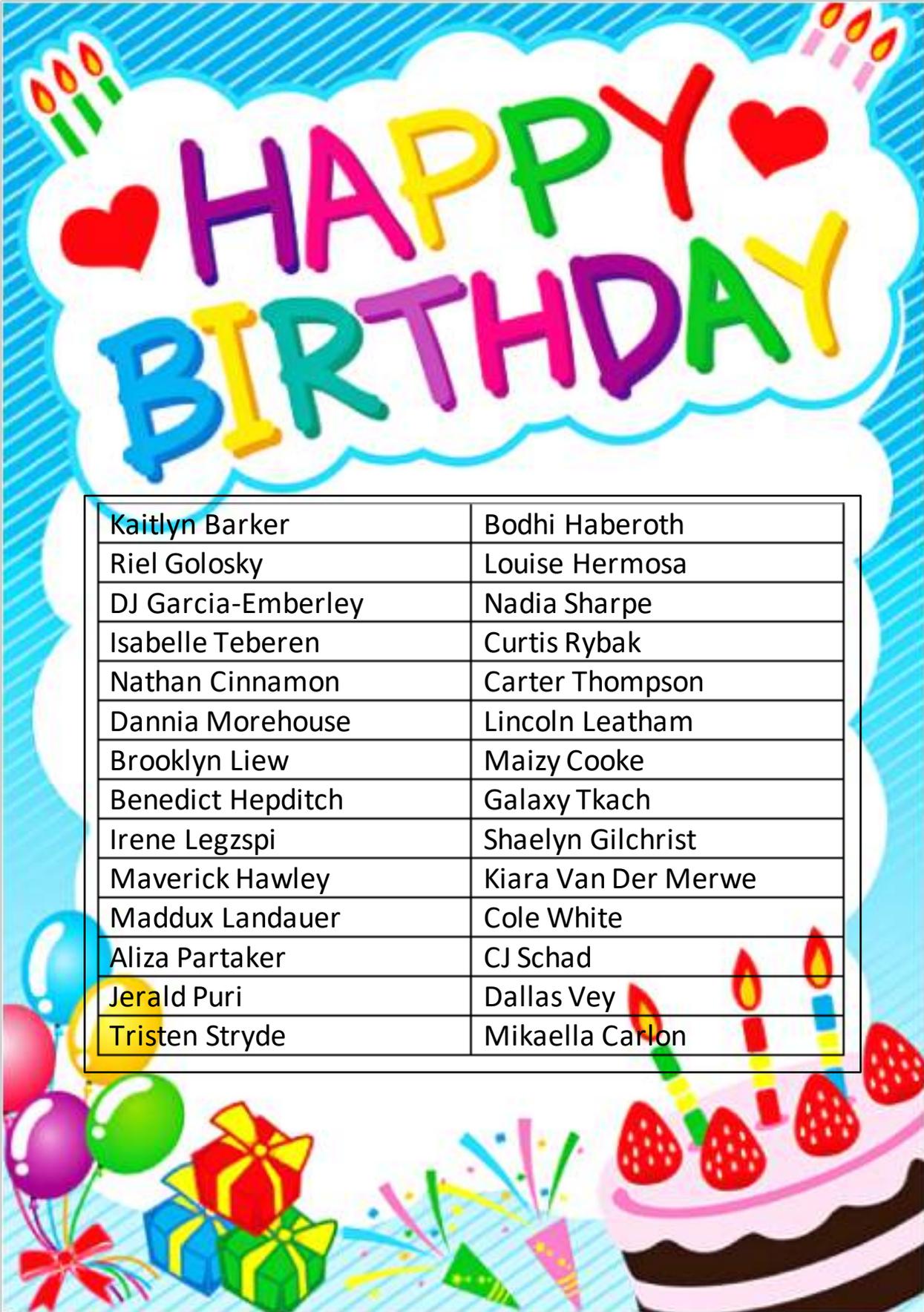
# Shining Star

## November

Étoile Brillante	
Nom d'élève	Classe
Charlotte Anderson	PP am
Shepherd Petipas	PP pm
Isaiah Maralli	Mat am
Harrison Dyer	Mat pm
Caleb Carriere	1R
Beckett Pelz	1S
Sarah Bracho	2H
Alora Moore	2M
Martin Langevin	3B
Hailey Uliac	3R
Melvic Rey	4M
Clara Strong	5M
Amanda Davis	6N

Shining Star	
Student name	Class
Denzel Cox	EEP
Asher Mohamud	K Eng
Curtis Rybak	1M
Victor Pollard	2W
Madison Kennedy	3M
Reid Helle	4L
Keenan Lam	5J
Ethan Bellows	6F





Kaitlyn Barker	Bodhi Haberoth
Riel Golosky	Louise Hermosa
DJ Garcia-Emberley	Nadia Sharpe
Isabelle Teberen	Curtis Rybak
Nathan Cinnamon	Carter Thompson
Dannia Morehouse	Lincoln Leatham
Brooklyn Liew	Maizy Cooke
Benedict Hepditch	Galaxy Tkach
Irene Legzspi	Shaelyn Gilchrist
Maverick Hawley	Kiara Van Der Merwe
Maddux Landauer	Cole White
Aliza Partaker	CJ Schad
Jerald Puri	Dallas Vey
Tristen Stryde	Mikaella Carlon

December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Advent Week 1		1	2 Hot Lunch - Boston Pizza	3 No School
6 Advent Week 2	7	8	9 Hot Lunch - Wok Box	10
13 Advent Week 3  Leadership Assembly 2:05	14 Advent Liturgy	15	16 Hot Lunch - Pizza Hut	17 No School
20 Advent Week 4  No School  Christmas Break	21 No School  Christmas Break	22 No School  Christmas Break	23 No School  Christmas Break	24 No School  Christmas Break
27 No School  Christmas Break	28 No School  Christmas Break	29 No School  Christmas Break	30 No School  Christmas Break	31 No School  Christmas Break

## NOTES:

January 4: Students return to class

January 14: NO School, PD Day

January 18: School Council Meeting, 7pm

January 28: NO School, PD Day



Hello, Kwe' Everyone!

We had a great Métis week with lots of staff and students Rocking their Mocs. Our week was kicked off (pardon the pun) with a jigging video with our very own student here at St. Paul, Eli Aikins. It was fantastic! Many students coloured moccasins and some made paper moccasins. We had Louis Riel Day on Tuesday. The Grade 5's watched an information video on the life of Louis Riel hosted by the Métis McMurray. They also did a comic strip based on Louis Riel's life that has been submitted to a contest. Lots of fun and creativity shown!

We now have an Elder in Residence with our Fort McMurray Catholic School Board, Elder Janette. She will be spending time in all our Catholic schools sharing her knowledge and teaching us about the Dene and Cree. We're very excited to be working with such a resource for our school.

Our learning and discovery with the program Full Circle will be continuing this coming month in Mrs. Robin LeBlanc's Grade 4 class. So far, it's been lots of fun learning, crafting and playing games learning about the indigenous culture.

With the Christmas season upon us we have been colouring and constructing ornaments for our trees in the school. The students are very creative and have made some beautiful ornaments so far. More ornaments to come in the coming weeks.

We will be making Bannock in Mrs. Jones Grade 5 class later in the month. This activity was inspired by a video that was shared by Kayla Atkins and her son, a student here, Eli showing us how to make Bannock. I'll let you know how that goes.

Wishing you all a very Merry Christmas. Ulnuelewi! May the season bring you peace and joy.

Wela'lin / Thank you

Sandi Martin, Indigenous Liaison

**JESUS** is  
the *Reason*  
for the   
**Season.**

Newsletter  
December 2021

# ÉCOLE ST. PAUL SCHOOL COUNCIL

**Next School Council Meeting:  
*Tuesday January 18th, 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

We do not have a School Council meeting in December. We would like to wish everyone a Merry Christmas. See you all in 2022!

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 January 18th School Council Meeting.

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



## Christmas

### Delicious Decorations

#### Ingredients

- Nutritious dip (see the *Healthy Dips and Sauces* page for options)
- Water crackers or any whole wheate round crackers
- Colourful vegetables such as peas, peppers, and carrots
- Broccoli stems

#### Instructions

1. Spread the nutritious dip on the crackers, top with colourful veggies like peas, dices peppers, carrot slices, and finish with a broccoli stem.



### Frosty the Bagel

#### Ingredients

- Mini whole wheat bagel
- Nutritious dip (see the *Healthy Dips and Sauces* page for options)
- Baby carrots, celery, broccoli, and sliced red peppers
- Raisins, craisins, or dried cherries

#### Instructions

1. Spread half a mini whole wheat bagel with a nutritious dip, then add a baby carrot nose, dried fruit for eyes, and a sliced red pepper mouth.
2. For the earmuffs: curve a thinly sliced piece of celery along the top of the bagel and hold in place with a broccoli floret at each end. You may wish to use a toothpick to help secure it in the spot.





## Healthy Christmas Snack Ideas



School holiday celebrations provide a unique opportunity to make healthy eating fun and exciting for children. As an APPLE School, we want to serve food that tastes good, is nutritious, and provides students with positive education experiences.

When sending food to school for your child's holiday party, please consider sending some fun AND nutritious foods! To get you started, here are some examples:

- Air-popped popcorn or pretzels
- Baked chips or multigrain tortillas with salsa
- Mix sparkling water with 100% cranberry juice
- Whole grain bagels, cut into quarters, spread with hummus, and topped with fresh vegetables
- Cheese and crackers with an apple slice. Aim for whole wheat crackers
- Angel food cake with fresh fruit as a topping
- Fruit salad or fruit tray (use red, green, and white fruits to be festive) with vanilla yogurt as the topping
- Festive muffins made with whole grain flour. Keep the portion small
- Anything on a stick – veggie or fruit kabobs are always fun.
- Christmas smoothies: blend raspberries and kiwi with vanilla yogurt and ice
- Bakes whole wheat pita triangles with hummus for dipping
- Choose cookies with whole grains and dried fruit (e.g., oatmeal and raisin)

**Tip:** You can reduce the fat in your Christmas baking by replacing about half the butter or margarine with unsweetened apple sauce or vegetable oils. Add dried fruit or replace white flour with whole wheat.

# The Leader in Me™

great happens here

Dear St. Paul FAMILY Leaders!

It's ALREADY December! It's time to introduce a NEW habit. December is Habit 4 - Think Win-Win YES! Such an important Habit for our children. Truly, thinking Win-Win, or always thinking about another as well as yourself, is one of the great mental habits we can teach our children. After all, life isn't just about "ME", and it's not just about "YOU" - it's about both of "US". AMEN!

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 4 as a family in the month of December!

Habit 4 Think Win-Win Resources

## VIDEOS

[Sammy and The Pecan Pie](#)

[The Jenny and Zippy Show: What's our Win-Win \(K-2\)](#)

[The JENNY and CHRIS Show - What's Our Win-Win!](#)

[Manny and Clark: Habit 4: Think Win-Win](#)

[Manny and Clark: Habit 4: Think Win-Win Part 2](#)

## STORIES

[Give Pam the Ball](#)

[The Win-Win Tickets](#)

[The Nature of Win-Win](#)

## [WIN-WIN ATTITUDE SCENARIO CARDS](#)

NOW, we know we haven't really dabbled Habit 7 - Sharpen the Saw .... BUT it's an important one FOR SURE. We all feel better when we're balanced, when we take time to renew the four parts of who we are: BODY, HEART, MIND AND SOUL . Habit 7 - Sharpen the Saw is all about finding the balance. Let us never be too busy to take time to sharpen OUR saw.

Attached is a FUN little Christmas Sharpen the Saw activity for students and yourself. ENJOY!

"Leaders want to be happy and they want others to be happy. They think abundantly!"

Take care LEADERS !

Amber & Stéphanie



Habit 4:

# Think Win-Win

I win, you win, we win

I balance courage for getting what I want with consideration for what others want.



I make deposits into others' Emotional Bank Accounts.

When conflicts arise, I look for third alternatives.

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Habit 7:

# Sharpen the Saw

I take care of my body by eating right, exercising, and getting sleep.

**Balance Feels Best**



I find meaningful ways to help others.

I spend time with family and friends.

I learn in lots of ways and places, not just at school.

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HABIT 4: THINK WIN-WIN

What makes someone  
a good friend?

2 PARADIGM OF POTENTIAL:  
Everyone has genius.

LeaderinMe

# Habit 4: Think Win-Win®

## HOW CAN I WIN WITH MY FAMILY?

### Discover How to Win

In the boxes below, write your name and the name of someone in your family with whom you sometimes compete.



You:

Person with whom you compete:

Now think about sharing a remote control with this person.

<p><b>Lose-Win</b></p> <p>You get the remote and I get nothing.</p> <p>If you win, I am a loser.</p>	<p><b>Win-Win</b></p> <p>You and I decide together to turn off the TV and play a game.</p> <p>It's not about you or me; it's about both of us.</p>
<p><b>Lose-Lose</b></p> <p>We argue and I throw the remote against the wall.</p> <p>If I'm going down, you're going down with me.</p>	<p><b>Win-Lose</b></p> <p>I get the remote and you get nothing.</p> <p>We don't have enough for both of us.</p>

What would be a win for your family?

Family Member	What would be a "win" in their life now?

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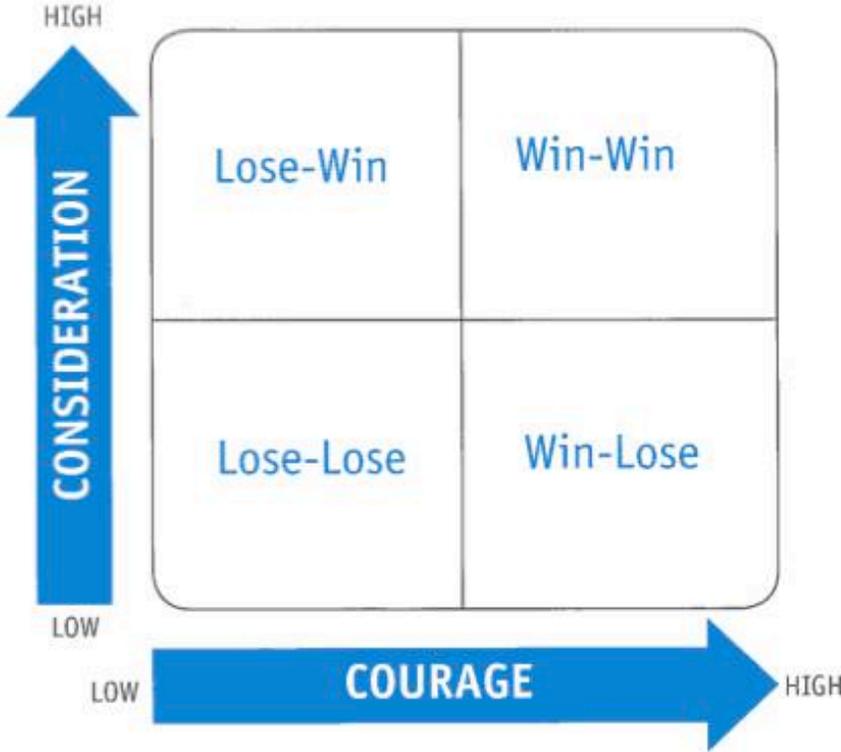
# Habit 4: Think Win-Win®

## BALANCE COURAGE AND CONSIDERATION

How Can I Balance Courage and Consideration Within My Family?

Maturity is the ability to express one's own feelings and convictions balanced with consideration for the thoughts and feelings of others.

—Dr. Stephen R. Covey





## BALANCE COURAGE AND CONSIDERATION

Identify how you know when you are high or low in either courage or consideration.

<b>You are HIGH in courage when:</b>	<b>You are HIGH in consideration when:</b>
You share your ideas and opinions with confidence.	You acknowledge other people's ideas and opinions.
You are not threatened by honest feedback from other family members.	You make sure all family members have a chance to speak.
<b>You are LOW in courage when:</b>	<b>You are LOW in consideration when:</b>
You have ideas you rarely voice out loud.	You interrupt, finish sentences, or talk over others.
You give in quickly when others disagree with you.	You text, check email, or social media during a conversation with someone.



**Would you like to make a difference in the life of a senior?**

**Would you like to make a difference in your life?**

**We are looking to match volunteers with seniors with varying needs. Your interests and level of available commitment will guide the match. Must be 18.**

**Call Carla at 7807434370 ext 6 or email**

**[carlac@staidanssociety.ca](mailto:carlac@staidanssociety.ca)**

**Be the difference!**

**The Regional Municipality of Wood Buffalo are looking for**

## **Snow Angels**

**Be an angel. Help a local senior.**

Snow Angels is a program where volunteers shovel the driveways and walkways of seniors' homes. By joining this program, you will make a significant difference by providing a helping hand to seniors in need.

### **Who can volunteer?**

Anyone can volunteer. Our volunteers are made up of students, community members, businesses and non-profit organizations. We have partnered with Wood Buffalo Volunteers for this program. Click on the button below to sign-up!

[Volunteer to be a Snow Angel](#)

[Request a Snow Angel](#)

### **What to expect**

The program expects that the Snow Angel will shovel the driveway within 48 hours of a snow fall, which aligns with Municipal bylaws. However, we do encourage every Snow Angel to shovel as soon as possible after a snowfall. This will allow the senior greater mobility and access to and from their residence.

Should you not be able to complete the volunteer commitment, we ask that you let the Social Program Advisor know so that a replacement volunteer can be assigned to the home.

Shovels and ice scrapers will be given to each senior resident that registers for the program. The shovels and ice scrapers will be left outside to ensure that all COVID-19 guidelines are followed.

### **Program history**

Snow Angels began as a partnership with the municipality and the Fort McMurray Public School District in 2009. It was a pilot project in the downtown core originally using students from Dr. K. A. Clark and Fort McMurray Composite High School.

The program has since expanded to include the whole urban service area of Fort McMurray with students, community members, businesses and organizations volunteering to shovel the walkways and driveways of seniors' home in the community.

# Babysitting



Offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families.

**DURATION**

7-8 hours

**INSTRUCTOR**

Red Cross Youth Leader

**PREREQUISITE**

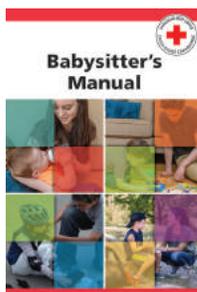
Minimum 11 years of age (or completion of Grade 5)

**COURSE CONTENT**

- How to be responsible and demonstrate leadership
- How to make good decisions and manage difficult behaviours
- Information on children’s developmental stages, and specific strategies for each stage
- How to feed, diaper, dress, and play with children and babies
- How to recognize and prevent unsafe situations, make safe choices and promote safe behaviours
- First aid skills
- The business of babysitting

**TAKE-HOME MATERIALS**

- Babysitter's Manual*
- Completion certificate



Sample Pages

## Stay Safe!



Offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

### DURATION

5-6 hours

### INSTRUCTOR

Red Cross Youth Leader

### PREREQUISITE

Minimum 9 years of age (or completion of Grade 3)

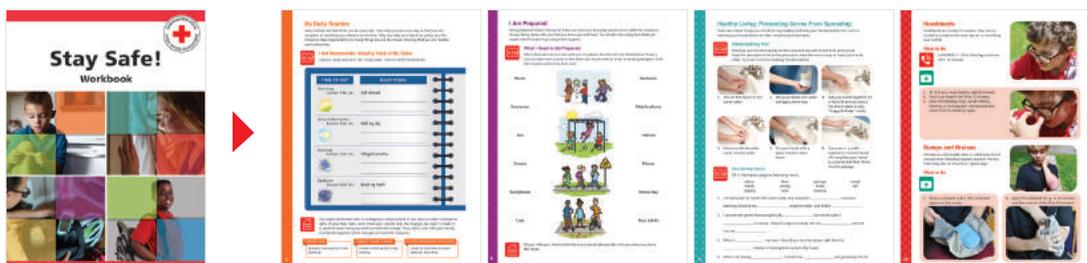
### COURSE CONTENT

- The importance of responsibility and respect while being accountable for yourself
- The importance of setting and following safety rules when on your own
- How to stay safe at home and within the community
- How to prepare for, recognize and respond to unexpected situations (e.g., inclement weather, strangers, and unanticipated visits)
- Basic first aid skills

### TAKE-HOME MATERIALS

*Stay Safe! Workbook*

Completion certificate



Sample Pages



From the Ecole ST PAUL  
School Family !!!