



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 families,

We look forward to March 10th as we celebrate 100 days completed at school! Hard to believe we are over half way finished the school year.

With our time away from school last week, we missed celebrating Ash Wednesday and the beginning of Lent. On March 8th we welcome Father Francis for our Lenten liturgies in the gym. We look forward to praying and worshipping together.

March is a time set aside to formally share with you how your child(ren) are doing at school. **Report cards** will be published in Edsby and you will have access on March 18th at approximately 3:30pm. Our **Three-Way Conferences** will be on March 22th and 24th from 5:00 - 8:00 pm. Parents will need to sign up via Edsby and can choose either a virtual conference or an in-person conference. The goal of this evening is for the student, parent and teacher to share successes and areas that might still be challenging. There will be no school for Early Learning students on March 24th as it is also a full day for Early Learning teachers to meet with parents.

Please note there is no school on March 11th and 25th as teachers are in Professional Development.

Our next School Council meeting is on March 15th at 7pm. Please join either in person or virtually. For those joining from home, a google meet link will be shared on March 15th via your child's teacher's email and posted in Edsby.

Our 9th annual Carnaval d'hiver will be on Friday, March 18th! Thankfully we are back to our traditional day of Carnaval activities which include Opening ceremonies, French cultural dancing in the gym, Carnaval crafts in the classroom, outdoor activities in our school yard and enjoying a taste of la tire (maple syrup on a stick). Teachers are ready to make some noise with their horns, we look forward to crowning this year's Roi (King) and Reine (Queen) of the Carnaval and most importantly Bonhomme Carnaval will be visiting! Students are encouraged to wear their Bonhomme Carnaval shirt or sash or a red shirt or plaid shirt. Assemblies and gathering as a large group are very new to us now that we are in phase 2. For this reason, we are keeping the day special for our students and staff only. Parents please look for awesome pictures on our Ecole St. Paul School Facebook!

Many of our grade 4 to 6 students will begin working on their Science Fair projects this month. From April 25-28, the projects will be on display in our Learning Commons for viewing and students will present to school judges. Some of the students in our Science fair Club will be moving on to represent Ecole St. Paul at the Virtual Regional Science Fair taking place on May 6th. Bonne chance!

In the week of March 14-18, we welcome and celebrate any and all Substitute Teachers with Substitute Teacher Appreciation Week. We are very grateful for their time in our school and classrooms. We have a few parents who are also substitute teachers for us.

Enjoy the month of March! Let's hope for continued warmer weather! Mme Fidler



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

SHINNING STARS FEBRUARY

Étoile Brillante	
Nom d'élève	Classe
Spencer Dunbar	PP am
Sofi David	PP pm
Ireland Reardon	Mat am
Gage Heinen	Mat pm
Deanna Morehouse	1R
Shay MacKenzie	1S
Isla Hollett-Plessis	2H
Genny Langevin	2M
Emma McCandless	3B
Isabelle Brooks	3R
Kara Hetu	4M
Ava Langlois-Burt	5M
Haley McDonald	6N

Shining Star	
Student Name	Class
Aiden Daito	EEP
Savannah Wiafe-Donkor	K Eng
Reed Reichstein	1M
CJ Schad	2W
Jaxon Kean	3M
Summer Anstey	4L
Aero Ermitano	5J
Hailey Thomas	6F

Congratulations!!!
Félicitations!!!





March 2022

Chiara Ghoubrial

Lily Robicheau

Riyana Samsonroy

Aiden Breen

Phillip Kilfoy

Nova Quesnel

Gabriella Itasoa

Elina Heinen

Averie Carriere

Spencer Dunbar

Joey Langevin

Jelo Baldomero

John Michael Pascual

Timothy Hufancia

Jonathan Eskender

Gunnar Comeau

Fikola Ojeleye

Munroe Hawley

Ngetota Tjirongo

Rvhin-John Liwanag

Abigail Tubongbanua

Deanna Morehouse

Morgan McWilliams

Jomi Ogunsona

Caleb Carriere

Jasiel Biruk

Hailey Esau

Blake Leblanc

Sarah Bracho

Manny Makia

Sofia Valdez

Gordy Pittman

Lilly White

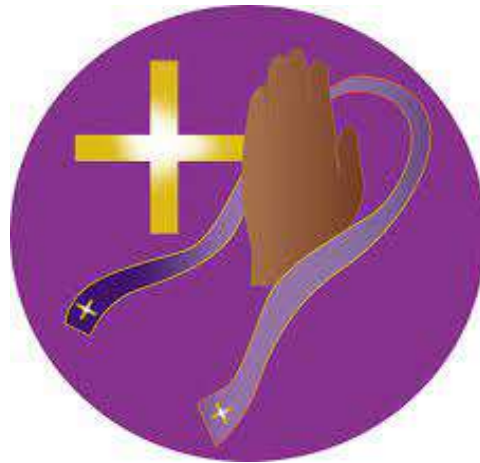
Ryan Schad



Monday	Tuesday	Wednesday	Thursday	Friday
28 No School Non-Operational Day	1 No School Non-Operational Day	2 No School Non-Operational Day Ash Wednesday - 1st day of Lent	3 No School ATA Convention	4 No School ATA Convention
7	8 Lenten Liturgy	9	10 Hot Lunch - Pizza Hut 100 Days of School	11 No School
14	15 Dog Mushing Day; Grades 1-6 School Council 7pm	16 3 rd Annual Canoe Races 2:10 Sleigh Rides for Early Learning	17 Hot Lunch - Jugo Juice St. Patrick's Day	18 9 th CARNAVAL D'HIVER
21	22 Mandla's Day Three-Way Conferences 5-8pm	23 World Math Day	24 Hot Lunch - Boston Pizza No classes for Early Learning Three-Way Conferences 5-8pm	25 No School
28	29	30	31 Hot Lunch - Booster Juice	

NOTES:

April 1st & 29th: No School
 April 11th to 15th: Easter Break
 April 18th: No School... Easter Monday
 April 19th: School Council 7pm
 April 22nd: No classes for KINDER ONLY, Kinder Open House
 April 27th: Spring / Class Photos



Congratulations to the students who have completed
their Reconciliation on February 24, 2022

Browne, Bianca

Bugg, Ryan

Carpio, Zac

Comeau-Manning, Xavier

Daley, Harrison

Dizon, Kendra

Famador, Gianni

Famador, Kian

Ghoubrial, Chiara

Hawley, Jax

Hefferan, Riley

Helle, Reid

Hetu, Kara

Hughes, Kaleigh

Kilfoy, Grace-Ann

Langevin, Martin

Martinez, Matias

Mitchelmore, Benjamin

Moore, Alora

Murphy, Catherine

Newton, Erika

Pimental, Maitee

Reardon, Wyatt

Rey, Melvic

Rosales, Viviana

Valero, Samuel

Vey, Dallas

Watts, Lily

Young, Kaleb



March 7, 2022!

Dear families,

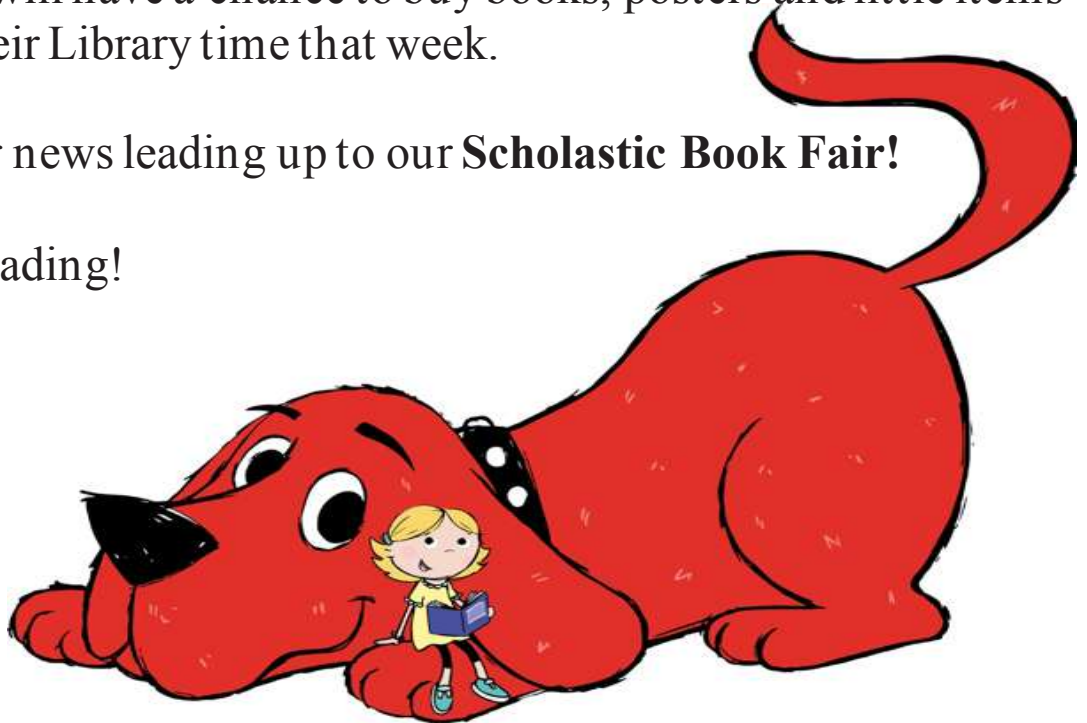
Mark your calendars! The fun and excitement of a **Scholastic Book Fair** is coming to our school!

So, save the date! Our **Scholastic Book Fair** will take place on **Monday, April 4th to Thursday, April 7th, 2022**

This will be a Book Fair for **ST. PAUL'S STUDENTS ONLY**. Students will have a chance to buy books, posters and little items during their Library time that week.

Watch for news leading up to our **Scholastic Book Fair!**

Happy Reading!





EEP AND KINDERGARTEN REGISTRATION 2022-23

Fort McMurray Catholic Schools are now accepting registrations for our EEP and Kindergarten programs for the 2022-2023 school year.

- ❖ **To be eligible for our Early Entry Program, children must be born in 2018.**
- ❖ **To be eligible for our Kindergarten Program, children must be born in 2017.**

If your child is currently in EEP, you must register for Kindergarten for the 2022-2023 school year.

Registration can be completed online via our district website

<https://fmcschools.ca/form-school-registration/>

Moccasin News

Kwe' / Hello everyone,

March brings us to the season of change and renewal. We spring ahead to a season that revives all things that lay dormant over the winter months. However gradual, the flowers and plants begin to come alive with the promise of warmer days.

This month we will be starting a new program of Full Circle with the Grade 4s in Mrs. Mackenzie's class. This program is delivered through Big Brothers/Big Sisters and facilitated by Mrs. Pierce.

Last month we began learning about the Inuit with a presentation of Inuit artefacts with the grade 2 classrooms and this month we will continue learning about their way of life with the grade 5s as well.

Our Elder in Residence, [Janette Flett Jones](#) will continue providing knowledge this month. She has been visiting our Catholic Schools virtually with classes joining in. She has been sharing her culture and traditions as well as language with us.

We will continue our cultural reading and crafts with students. It's always fun learning and creating together.

If anyone is interested in learning more about the Métis culture, please check out some fun, family-friendly activities at albertamétis.com

Thank you / Wela'lin,

Sandi Martin
Indigenous Liaison



St. Paul Family Leaders!

It's that time again to introduce our new Habit for the month of March! Habit 7 y'all! Sharpen the Saw - Balance Feels Best ! At times, our children become grouchy or hyperactive, or literally start falling apart. It's usually a case of the kids being out of balance. They're tired, hungry, or overstimulated. Sometimes feeding them an apple, giving them a bath, or reading them a book until they turn "normal again" does the trick. The same principle applies to us adults, don't you think? 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.

Please continue to REST EASY! Madame Nelson and I always have you covered. Take a few minutes and explore the resources below and the ones attached. You'll be ALL set to explore Habit 7 as a family in the month of March. Spring is coming !

VIDEOS

[Habit 7 - Junk Food Jumper](#)

[The Jenny and Zippy Show - Finding Real Balance \(K-2\)](#)

[The Jenny and Chris Show - Finding Real Balance \(3-5\)](#)

[Manny and Clark Habit 7 - Balance is Best](#)

[Manny and Clark Habit 7 - Renewal](#)

STORIES

[Sharpen the Saw](#)

LEAD ON St. Paul FAMILIES !

Amber Nelson (6N) & Stephanie Roberts (1S)



HABIT 7: SHARPEN THE SAW

What made you smile
this week?

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

LeaderinMe

Habit 7: Sharpen the Saw®

Balance Is Best!

Imagine going for a walk in the forest, when you come upon a man sawing down a tree.

- "What are you doing?" you ask. "I'm sawing down a tree," he says.
- "How long have you been at it?"
- "Two or three hours so far," he says, sweat dripping from his chin.
- "Your saw looks dull," you say. "Why don't you take a break and sharpen it?"
- "I can't," he replies. "I'm too busy sawing."

Think about it. Do we ever do this to ourselves in other situations? How?

When we work to build family traditions together, we show we are valuing the needs of individuals and families. Renewing our family in each of these areas is where family bonding, identity, fulfillment, and happiness are found. Many of these renewal times come when we are giving time to the Big Rocks we learned about in Habit 3: regular one on one-time, regular meals together, regular family time, family rituals, and traditions.

Think back to Habit 2 when your family created your coat of arms. What did you put in each of the four quadrants? Think back to why you chose to add what you did. Was there at least one item that was something you could do with your physical body? One that was emotional or to do with love? Anything about learning? What about spiritual? These are the four basic needs families and individuals need.

Physical—Body

- Exercise and do physical activities together.
- Clarify or reclarify expectations and goals around financial and physical assets.
- Do family work together.

Mental—Mind

- Learn new things together.
- Share and discuss ideas.
- Develop talents.
- Write/keep a journal.

Emotional—Heart

- Love and affirm one another.
- Laugh at inside jokes and relax together.
- Build relationships of trust and unconditional love.

Spiritual—Spirit

- Renew commitments.
- Clarify directions and goals.
- Read inspirational literature together.

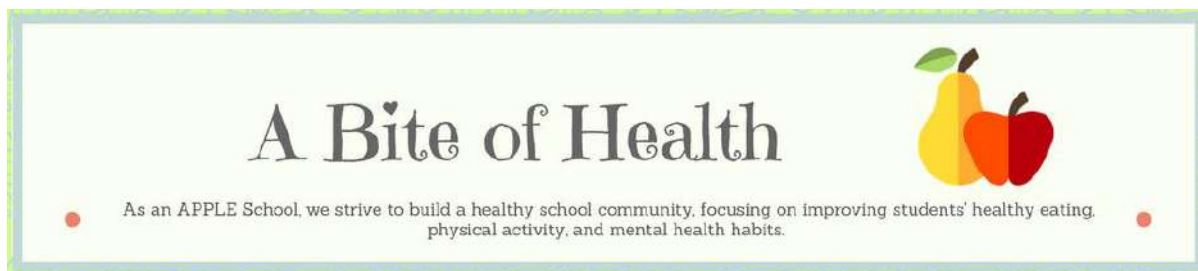
Habit 7: Sharpen the Saw®

"Neglect your body, and it will deteriorate. Neglect your car, and it will deteriorate. Watch TV every available hour, and your mind will deteriorate. Neglect your family, and it will deteriorate. Anything that is not consciously attended to and renewed will break down, become disordered, and deteriorate."

—Stephen R. Covey

Family Activity:

1. Take time to write down some activities your family can do to balance your lives. Is there something you would really like to do but haven't or haven't done in a long time? Choose one or two activities and make a plan to Sharpen the Saw together. Pick a date you will complete the activity by or the date you will discuss the activity details with your family. Write it down on your family calendar where everyone can see it.
2. Have each member of your family answer the following question by either writing or drawing their answer. **Parents: What would a "personal day" look like to your ten-year-old self? Kids: If you could have a day to do anything at or around your home, what would it look like?**



Turn off the Tube, Get on the Move

Students are learning about the Canadian Sedentary Behaviour Guidelines for Children and Youth through a campaign called Turn off the Tube, Get on the Move. Here is a summary of the learnings, and how you can support your child's health.

Canada is the first country in the world to have guidelines around limiting the amount of time children and youth should spend staring at a screen. They are called the Canadian Sedentary Behaviour Guidelines for Children and Youth. These guidelines show us how truly important it is for kids to move around every day in a variety of ways.



Why reduce screen time?

Studies have shown that increased physical activity and reduced sedentary time can lead to increased fitness, improved self-esteem, and higher academic performance.¹

For elementary-school-aged children, the guidelines recommend reducing screen time to no more than two hours per day.¹ Look at how much screen time your family gets each day. Is there room to reduce it?

Get your kids to turn off the tube, and get on the move!

- Check your local community centre for fun activity programs
- Invite children on a walk or bike ride after dinner, aiming to establish it as a habit.
- After school, encourage children to visit with friends in person, rather than online
- Eat at the dinner table as a family. Encourage a no-screens-allowed rule (includes phones!)
- Offer your child some active indoor and outdoor chores
- Engage your child in helping to prepare meals
- Encourage your child to be involved in after school activities or sports
- Limit after school television, video games, texting, and other screen time

Reference: ¹www.csep.ca



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



Virtual Support Group

For parents & caregivers of children with
ADHD/ADD

2nd Friday of the Month

7:00 - 8:00pm

Google Meet joining info

Video call link:
meet.google.com/ygi-jhje-xkt

Or dial:
(CA) +1 647-732-6972
PIN: 212 625 003#



In collaboration with Autism Alberta's Family Resource Centres



**Fort McMurray Minor Baseball
has some great programs for
everyone, scan below for information.
Registration Open Now.**

