



Shark Bites Weekly Update

Every Day, Every Student, A Success.



southpointeschool.ca

Principal's Message

The upcoming week is a busy week.

Administration is involved in Assurance Reviews on Monday afternoon. This is a great opportunity for us as school teams to share our story. We report on growth towards our school goals and challenges we may still be encountering. A thank you to Tasha Kennedy, our School Council Chair, for attending this review and providing a parent perspective.

Our grade 9 students will be attending the P.A.R.T.Y program on Thursday, November 30. The purpose of this program is to share with students the potential impacts and harm associated with operating cars and machinery under the influence of drugs or alcohol.

Report Cards will be released on Friday, December 1, 2023 at 3:00pm. A reminder, parents will need to access their PowerSchool Parent Portal to see the report cards. Please contact the school office personnel if you need support accessing your parent portal.

I hope everyone has a great week.

Carol Brown,
Principal

WEEK AT A GLANCE

Monday, Nov 27	
Tuesday, Nov 28	
Wednesday, Nov 29	
Thursday, Nov 30	Grade 9 – P.A.R.T.Y Program
Friday, Dec 1	Report Cards available at 3:00pm Junior High Band Concert

COMING UP

December 4-8	Gingerbread House Making Contest
December 6	Early Dismissal
December 7	Grade 6 Immunizations
December 8	Pizza Lunch Grades 4-9
December 13	Christmas/Winter Concert

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Fundraising Association Update

HOT LUNCH - December Hot lunch is from Papa Johns.

Wednesday, December 13 for Grades 1 - 3 & Monday/Wednesday Kindergarten.

Thursday, December 14 for Grades 4 - 6 & Tuesday/Thursday Kindergarten.

Friday, December 15 for Grades 7 - 9.

Order cutoff is Friday, December 8 at 3:00 pm.



PIZZA LUNCH – Grades 4-9 Pizza lunch is Friday, December 8.



Hot Lunches Online ordering and payment processing for schools
spschool.hotlunches.net

****Please remember if your child is away on their hot lunch day, plan to either pick it up from the school office or donate it. Unfortunately, if we are not aware, the lunch will be donated to another person, refunds will not be given. We ask that you please contact the school if your child is away.**

Should you have any comments, suggestions, or questions you can reach out via email at spschoolhotlunchadmin@gmail.com.

**** BEAR TRACKS****

There are people who have ordered Bear Tracks that have not yet picked it up. Please text 403-612-9580 or email president.fass@gmail.com to arrange a time.

We also have extra for anyone who is looking for some. \$30 per pail. Snow will be here soon, don't be caught without it.

FASS Secretary

We are looking for a volunteer to join the FASS team! If interested, please contact Laelia @president.fass@gmail.com. This is a great way to get involved with the school

ONGOING FUNDRAISERS

COBS (Fort Saskatchewan location only):

- Just mention SouthPointe School when you are making a purchase.
- Cobs gives back 5% of what we spend! Last year \$350.00 was given back to the school from this fundraiser!

FLIPGIVE

- Perfect timing to start Christmas shopping!
- For online shopping! (Old Navy, Indigo, Canadian Tire, Walmart, Home Depot, Starbucks and more!)
- You can even get/reload your gift cards here!
- Just download the app, use the code **K2TQ9X** and start shopping!

Pay School Fees online!

School fee information for the 2023-24 school year will be posted on the [PowerSchool Parent Portal](#) in late September. All fees are due within 30 days of being posted. To access your fee information, simply log in to the [PowerSchool Parent Portal](#) and go to "Student Fees." There you can view your fees and pay online using a credit card.

Don't forget to log in to the PowerSchool Parent Portal regularly throughout the year. Fees are often added to your child's account to cover the cost of certain school activities such as field trips, class projects, athletic-team fees and more. Additionally, junior high and senior high fees can change as courses are added and deleted.

If you're unable to pay your school fees, you can apply to have certain [fees waived](#) by submitting an [Application for a Waiver of Fees](#). The application deadline is Dec. 15, 2023.

For more information about school fees, waivers and payment deadlines visit [eips.ca](#). Alternatively, contact Mrs. Chantelle Grieve, Business Manager, at SouthPointe School, at



October 26, 2023

Community Agency Partners,

Each Christmas season, The Fort Saskatchewan Food Gatherers Society provides special holiday food hampers and gifts for children, to households within our community who need a helping hand. This is the 38th year the Society has been delivering the joy of Christmas, with support from our community and dedicated volunteers.

The Christmas campaign provides special holiday food hampers to families, individuals, and seniors, and toy packages for children 17 years old and younger, for those who apply.

The application period will be open November 6 - December 11

New this year, applications are accepted online, through our website
<http://www.FortSaskatchewanFoodBank.com>.

We encourage service providers to aid clients who require assistance accessing and navigating online forms.

Applicants should be prepared to provide:

Photo ID for each adult residing within the home

ID for each child residing within the home - AB Health card or birth certificate

Proof of Fort Saskatchewan residency - current proof of address for each adult

Fort Saskatchewan residents can apply for immediate family members who permanently reside within the home.

This year Hamper Delivery Day is Saturday, December 16th.

Applying for a Christmas hamper does not restrict a client in accessing a regular hamper during December.

Applicants do not need to have accessed food bank services prior, to qualify for Christmas assistance.

While the application process requires individuals to apply and doesn't accept agency or anonymous referrals, we realize that only by sharing the details with our partner agencies can we ensure that those who need assistance are informed of the available resource.

Please share this information. If there is any other additional information you require, please reach out and connect.

Kassandra Gartner

Executive Director

Email FortSaskFoodBank.ed@gmail.com

Healthy Fresh & Non-Perishable Food • Pick Up and Delivery • Toiletries • Pet Food • Shopping Days • Christmas Hampers
Strategic Partnerships • Corporate Team Building • Off-Campus Events • Volunteer Opportunities

780-998-4099 | 11226 – 88 Avenue, Fort Saskatchewan | Mailing: PO Box 3404, Fort Saskatchewan, AB T8L 2T3

FortSaskatchewanFoodBank.com | fortsaskfoodbank@gmail.com



CHRISTMAS HAMPERS & TOYS

Need some help to make Christmas merry?

Connect with us. We are here to help.

Applications accepted November 6–December 11

New this year! Applications are accepted online at

www.FortSaskatchewanFoodBank.com

If you require assistance with online forms, please contact us at 780.998.4099

The Details:

- Photo ID is required for each adult applying.
- Alberta Health Card or Birth Certificate is required for each child.
- Current proof of Fort Saskatchewan residency is needed.
- You may apply for your immediate family who permanently reside at the address.
- Full details online, or phone 780.998.4099.

Hamper Delivery Day is Saturday, December 16



Inclement Weather



With the winter season almost here, we want to remind families to dress children appropriately for the weather when getting ready for school or the bus. The weather often changes unexpectedly throughout the day, so please select suitable outerwear and ensure your child is prepared for changing conditions.

If inclement weather conditions occur, Elk Island Public Schools (EIPS) advises families of any bus cancellations using various communications tools—automated-telephone messages, alerts posted on www.eips.ca and school websites, Twitter, Facebook, local radio stations, and notification through both the Bus Status and the Ride 360 apps. Morning bus cancellations are posted on www.eips.ca by 6:30 a.m.

Decisions regarding bus cancellations are guided by EIPS administrative procedures that state, “school bus service may be suspended...when there is a forecast or current temperature of -40 C, including wind chill factor, in one or more regions.” Other reasons for suspending or delaying school bus services include adverse weather and poor road conditions. When school bus services are suspended, schools remain open to students. EIPS believes families have the right and responsibility to make choices for their children based on their beliefs and perceptions of safety during times of inclement weather.

For more information, contact EIPS Student Transportation at 780-417-8151.



SouthPointe School is excited to put on a Winter Concert on **Wednesday, December 13** in person in the gym. With the growth of our school since the last in-person concert, we will be splitting the concert into Division 1 (Grades 1, 2, and 3) and Division 2 (Grades 4, 5, and 6) at the following times:

Wednesday, December 13

Matinee: Division 1 at 1:00 pm
Division 2 at 2:00 pm
Evening: Division 1 at 6:00 pm
Division 2 at 7:00 pm

Each concert will be about 30 minutes long. If you have students in both age groups, there will be an intermission between the concerts to allow for the audience to change out. We have space to accommodate **two audience members per family** at each concert and request that families respect these seating limitations. Additional young children who will be sitting on laps can also be accommodated. Please note that junior high students will **not** be watching the dress rehearsal this year. If junior high students with siblings want to watch the performances, they are welcome to attend the **matinee** performance accompanied by an adult.

Doors will be open **15 minutes** prior to the concert's start time. When you arrive for the concert, please use the **bus lane doors** (junior high entrance) located on SouthPointe Blvd and proceed to the gymnasium.

DO NOT park in the bus lanes for the matinee performance as the buses will be arriving to pick up students at the end of the day.

What students wear: For all performances, students should wear something nice and festive. There is no required dress code but please remember students will be on stage and some will be playing instruments on the ground.

When to show up: For evening performances, students should arrive **15 minutes early** for their performance and head to their homerooms upon arrival. If you have students in both age groups, they will remain in their classroom for the evening. Please pick up students from their classrooms at the end of the performance.

Ms. Maureen Basaraba

Music Teacher
SouthPointe School

SouthPointe School Junior High Band is excited to join with the Fort Saskatchewan Community Band to play a concert on **Friday, December 1**. This will occur at the Normandy Room in the Fort Saskatchewan Community Hall at 6:30 pm.



The Fort Saskatchewan Community Band

Christmas CONCERT & SING-A-LONG



The Fort Saskatchewan Community Band Society will be highlighting a fun variety of Christmas music along with South Pointe Junior High. Featuring traditional tunes, jazzy melodies and a sing along session!

Join us for some seasonal fun!



Fort Saskatchewan Community Hall
Legion Branch No. 27
Normandy Room
9964 93 Ave, Fort Saskatchewan
Free admission at the door.



November is Family Violence Prevention Awareness Month in Alberta! This month FCSS and the Fort Family Violence Prevention Coalition are asking all residents to join us in learning more about the supports available to people experiencing abuse and how to recognize the warning signs so that we can end family violence in our community.

Family violence can happen to people of all ages, abilities, sexual orientations, genders, and cultural identity. It happens in all communities and Fort Saskatchewan is no exception: so far this year we have seen an average of 11 family violence occurrences for every 1000 people, including 239 children. In Alberta, the statistics are equally distressing. Approximately 1 in 3 people in the province will experience family violence at some point in their lives.

This year we are hosting several events to help raise awareness about family violence in our city and how, you, as a resident, family member, co-worker, parent, and friend can support someone who is experiencing violence. To learn more about the events happening this month or for more information on family violence visit: fortsask.ca/FVPM or call FCSS at 780-992-6206.

Together we can raise awareness and take action to create a safer and more supportive community for everyone. It's time to stand up against family violence and work towards a brighter, violence-free future for Fort Saskatchewan.

Krista Allan
Community Development Coordinator
FCSS Fort Saskatchewan
kallan@fortsask.ca



Family & Community
Support Services
CITY OF FORT SASKATCHEWAN



AN INTRODUCTION TO SOCIAL-EMOTIONAL DEVELOPMENT

MORE AND MORE, PEOPLE ARE EQUATING SOCIAL-EMOTIONAL DEVELOPMENT WITH HEALTH AND HAPPINESS THROUGHOUT LIFE, SO HOW DO WE SUPPORT THIS IMPORTANT DEVELOPMENT IN CHILDREN?

THIS TWO-HOUR SESSION WILL REVIEW INTRODUCTORY CONCEPTS OF SOCIAL-EMOTIONAL DEVELOPMENT, WHAT CHILDREN NEED TO THRIVE SOCIALLY AND EMOTIONALLY AND WHAT WE CAN DO AS CAREGIVERS AND EDUCATORS TO BEST SUPPORT THEM.



REGISTER

November 29.2023
Fort Heritage
Precinct,
Program Space
(10006-100ave)
6:30pm - 8:30pm

ImagineInstitute.ca
Passsword: 20FORTSASK23
For more information
fortsask.ca/FCSSWORKSHOPS



SAFFRON CENTRE

Protecting Teens from Online Sexual Violence

A free training for parents and professional caregivers.

with STRATHCONA COUNTY RCMP

Wednesday, November 29, 2023
Council Chambers, Sherwood Park
6:00pm

Hello all,

Saffron is pleased to announce our upcoming event for parents and professional caregivers, “Protecting Teens from Online Sexual Violence.” The training will be co-delivered by the Saffron Centre and Strathcona County RCMP. It will be held in the Council Chambers in Sherwood Park starting at 6 pm and ending around 8:30 pm, on November 29th, 2023.

The training is for persons aged 18 and older who are parents, caregivers or professionals working with children. Topics include but are not limited to location settings, photo-sharing apps, sexting practices among teens, online grooming behaviours, and exposure to pornography. Our goal is to provide resources with accurate information and prevention strategies to help keep teens safe online.

To register you can use the provided link ([Registration](#)), or the link can be accessed through Saffron’s social media platforms. Attendance is free, and refreshments will be provided. We look forward to seeing you there.

Take care,

Kiara Warkentin

Director of Justice, Research and Outreach

Saffron Centre Ltd.

office. 780.449.0900

direct. 587.200.4849

110, 222 Athabasca Avenue

Sherwood Park, AB T8A 4C9

www.saffroncentre.com





PARENTING YOUTH CIRCLE

This is a support circle for caregivers of youth aged 8 to 13 years. It is a space to connect with other caregivers who are parenting through these important years of development. You will have the opportunity to share your strategies, successes and difficulties in raising youth.



Monday Night
Fort Saskatchewan
Families First Building
9901 90 Street

5:30 to 6:00pm Supper
6:00 to 7:30pm Circle

October 30th
November 13th
November 27th
December 4th

Children's programming is available

To register
Call 780-998-5595 ext. 221

In a circle we are all equal.
There is no one behind you, no one above you, and no one below you.

What are the “winter blues” or seasonal affective disorder?

Seasonal Affective Disorder or SAD occurs in up to 17% of people, and often is seen in more than 1 family member. It is a type of depression that usually happens in the colder months, when the days are shorter.

Winter blues impacts about 15% of Canadians and involves a lower mood or waves of emotions in the colder months.

These tend to be more common in adults, but can still show up in children and youth. If you see signs in yourself or your children, speak to a healthcare provider.

Ways to combat “winter blues”

If you notice your children have lower moods in the winter, there are some strategies that may help:

- Open curtains and allow natural light in your space
- Spend time outdoors and get fresh air
- Get regular exercise and eat healthy food
- Talk to a doctor or a therapist
- Ask your doctor or pharmacist about vitamin D supplements
- Help your child understand what increases their stress and how they can better manage it

Ways to combat “winter blues” as a family

- Watch a funny show or movie together; make a night of it!
- Put on your favourite music and have a dance party
- Make a winter bucket list, come up with some activities the whole family is interested in
- Try new recipes
- Create new family traditions
- Have conversations and check in with each other if you notice any changes in behaviour

Stress Busters

Stress can impact your overall mood and wellbeing. If you notice yours or your children's moods are fluctuating in the cold winter months, you may need to take extra special care. This could include things like:

- Deep breathing strategies
- Try “mindful crafts” or “stress reduction crafts for kids”
- Mindfulness strategies like focusing on your 5 senses (5 things you see, 4 things you touch, 3 things you hear, 2 things you smell, 1 thing you taste)

MORE RESOURCES

[Winter Blues and SAD](#)

[Parent Information Series | AHS](#)

[Mindfulness for Kids](#)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322













Mental Health Help Line
1-877-303-2642



November 2023

The Bridge Wellness Hub for Youth



Monday	Tuesday	Wednesday	Thursday	Friday
		 1 Gardening with Mitch! 4-6 pm Nurse Clinic 2-6 pm Psychologists 4-6 pm	  2 Free Night! Youth Outreach Worker 2-8 pm	3
Employability Workshop 4:30- 6 pm 6	7	 8 Button Making with Reanne! Nurse Clinic 2-6 pm Psychologists 3:30-5:30 pm	 9 Dungeons & Dragons 5-8 pm Youth Outreach Worker 2-8 pm	10
No Employability Workshop 13	14	 15 Yoga for Anxiety @TheSpace Nurse Clinic 2-6 pm Psychologists 4-6 pm	 16 Painting with Dakota! Youth Outreach Worker 2-8 pm	17
Employability Workshop 4:30- 6 pm 20	21	Saffron Centre Presentation 22 5:30-6:30 pm Nurse Clinic 2-6 pm Psychologists 3:30-5:30 pm	 23 Dungeons & Dragons 5-8 pm Youth Outreach Worker 2-8 pm	 24 Rainbow Alliance 6-8 pm
Employability Workshop 4:30- 6 pm 27	28	 29 Cooking with Reanne! Nurse Clinic 2-6 pm Psychologists 4-6 pm	  30 Hot Chocolate Bar and Movie Night! Youth Outreach Worker 2-8 pm	

Contact Information

Any questions please call the hub at 780.589.0224 or email us at info@thebridgewhy.com.

Ages 11+ All Welcome

Youth nights are completely free to all youth ages 11-24.

Hours of Operation

We are open 2-8 pm on Wednesday and Thursday. We provide supper and snacks.