



# Shark Bites Weekly Update

Every Day, Every Student, A Success.



southpointeschool.ca

## Principal's Message

Friday, December 1 is the date that our first report cards will be released for all students in grades 1-9. Parents can access these report cards through your PowerSchool Parent Portal. If you have not set up your Parent Portal account, or have forgotten your sign in credentials, please contact the front office and our team will be able to support you.

I encourage all parents and guardians to review your child's report card with them. The report cards give families a wonderful opportunity to celebrate student successes and look for areas to continue to grow in.

We have been fortunate with the weather that we have experienced during the month of November, but it looks like we are heading into more seasonal weather. Please encourage students to dress appropriately with mitts, toques, and jackets.

A reminder that we have our Winter Concert coming up on December 13. Please look in the Shark Bites for further details.

Carol Brown,  
Principal

## WEEK AT A GLANCE

Monday, Dec.4	Gingerbread House making – 4 <sup>th</sup> -8 <sup>th</sup>
Tuesday, Dec. 5	
Wednesday, Dec. 6	Early Dismissal
Thursday, Dec. 7	Grade 6 Immunizations
Friday, Dec. 8	Grades 4-9 Pizza Lunch Cutoff for Hot Lunch Ordering 3:00pm

## COMING UP

December 13	Christmas/Winter Concert
December 13	HOT LUNCH – Gr. 1-3 & Mon/Wed Kindergarten
December 14	HOT LUNCH – Gr. 4-6 & Tues/Thurs Kindergarten
December 15	HOT LUNCH – Grades 7-9
December 18-22	Spirit Days (see School Calendar for what to wear)
Dec. 25 – Jan. 5	Christmas Break

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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.**

Please remember to pack your kids a lunch just in case, as this is first come first serve.

\$2 a slice or a combo of 2 slices of pizza and a drink for \$5.



Hot Lunches Online ordering and payment processing for schools  
[spschool.hotlunches.net](http://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](mailto: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](mailto: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](mailto:@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](mailto: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](http://FortSaskatchewanFoodBank.com) | [fortsaskfoodbank@gmail.com](mailto: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](http://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](http://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](http://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.

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### **Kindergarten Winter Concert**

The **Kindergarten Winter Concert** will be held in the Library (Learning Commons), as a separate concert from the rest of SouthPointe School. Please enter through the front office, seating will begin at 12:45.

Ms. Salkeld’s class – **Thursday, December 21** at 1:00pm

Mrs. Henderson’s class – **Friday, December 22** at 1:00pm



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 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**

A red calendar icon with two punch holes at the top. The date "Dec 1" is written in large red letters, with "6:30pm" below it. At the bottom is the Legion logo, which includes a red flower.

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.





## **Connection with Intention- Simplifying What it Means to Connect with Your Kids This Holiday Season**

During the hustle and bustle of holiday preparations, it can be hard to find time and ideas to connect with our children and youth. It's easy to get caught up in the material aspects of the holiday season as well as the picture perfect Instagrammable activities that come to mind when we think of "family time." This year let's redefine what meaningful connection realistically looks like.

While striving to create a memorable holiday experience, let's not forget about the simple yet profound impact of intentional connection. Meaningful connections do not require elaborate plans or extravagant gifts. Instead, it's about being present and purposeful in our interactions. Here are some practical and realistic ways to intentionally connect:

**Quality Over Quantity:** Instead of focusing on large-scale activities, prioritize quality time together. Whether baking cookies, doing a craft, or simply getting cozy for a movie night, the key is to be fully present and engaged.

**Active Listening:** Showing genuine interest in your child's thoughts and feelings reinforces that their opinions are valued, and their feelings are valid. Practice active listening by maintaining eye contact, asking open-ended questions, nodding, and repeating what they say to show you understand.

Wishing you and your family a joyous and connected holiday season!

Natasha Magas  
Youth Outreach Worker  
FCSS Fort Saskatchewan  
nmagas@fortsask.ca





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.

Program of the Fort Saskatchewan  
and Sturgeon Region Family Resource Network



## Share Your Thoughts on Budget Planning for 2024-25

Alberta Education allocates funds to school boards to fulfill their delegated responsibilities of providing education programs for students in kindergarten to Grade 12. As part of Elk Island Public Schools' (EIPS) commitment to stakeholder engagement and to continue allocating resources according to local priorities, the Division conducts an annual budget planning survey to seek input from staff, families, Grade 12 students and community partners.

The survey is voluntary, anonymous and takes about five to 10 minutes to complete. The survey questions suggest possible budget areas for EIPS to focus its resources, which align with the Division's current [Four-Year Education Plan](#). If you believe there are other areas where the Division should concentrate its resources, you can also indicate what these are. EIPS will consider all budget planning input to guide future decision-making.

## COMPLETE THE SURVEY NOW

Survey closes December 20, 2023

Grade 12 students will complete the survey at school.

Thank you for sharing your input to help inform Division planning.

### 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



### **Kindergarten Registration Starts Soon!**

Is your child turning five on or before Dec. 31, 2024? If so, it's almost time to register for kindergarten.

Kindergarten registration opens for the 2024-25 school year on Feb. 1, 2024.

To help families prepare, Elk Island Public Schools has put together an online [EIPS Kindergarten Tool kit](#) to make the transition as smooth as possible. The kit includes information on registration, important dates, programming options, what to expect, eligibility, how to find your designated school, transportation and more.

### **Spread the Word: EIPS is Hiring Substitute Educational Assistants**

Do you know someone who may be interested in part-time, flexible work as a substitute educational assistant (EA)? Elk Island Public Schools (EIPS) is hiring—spread the word!

EAs are integral to the school team, assisting teachers with instructional and non-instructional tasks in the classroom and other school activities.

Whether it's working one-on-one with individual students or with a small group of students in a class or special program, EAs provide support and assistance to help students achieve success.

Substitutes are needed to fill positions at all school locations until the end of the school year. The application deadline is **December 8**. If you know someone who'd be great in this role, encourage them to [apply today](#).