



# Shark Bites Weekly Update

Every Day, Every Student, A Success.



southpointeschool.ca

## Principal's Message

It is nice to finally have some snow on the ground. We will see how long it lasts with the warm weather we have been having.

Report Cards were released last Friday through the parent portal on PowerSchool. If you haven't had an opportunity to review them, I encourage you to do so. This is a wonderful time to celebrate what is going well and look for areas for continued growth for next term.

Students in grade 1-6 have been practicing hard for the winter concert that takes place on Wednesday, December 13, 2023. More details can be found within this addition of the Bites.

We are looking to collect toys and food items to help members of our community who may be struggling this holiday season. Donations are gratefully accepted. These donations can be dropped off at the winter concert or by sending them with your child to school. A big thank you to any families that can contribute.

Carol Brown,  
Principal

## WEEK AT A GLANCE

Monday, Dec. 11	
Tuesday, Dec. 12	
Wednesday, Dec. 13	Christmas/Winter Concert Hot Lunch – Gr. 1-3 & Mon/Wed Kindergarten
Thursday, Dec. 14	Hot Lunch – Gr. 4-6 & Tues/Thurs Kindergarten
Friday, Dec. 15	Hot Lunch – Grades 7-9

## COMING UP

December 18	Spirit Days - Wear Red & Green
December 19	Festive Sweater Day
December 20	Festive Hat Day
December 21	Festive Socks Day
December 22	Pyjama Day
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

## 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



## Holiday Food Drive

Christmas Concert Week is upon us **Monday, December 11 to Thursday, December 14.** We are hoping to spread some holiday cheer at Southpointe School! We will be accepting non-perishable food items and toy donations at the school until Thursday, as well as during the matinee and evening **Christmas Winter Concert Performances.**

We will have bins set up by the gym doors where our Leadership students will welcome families and assist with donations.

Your generosity is much appreciated!

## Holiday Hours



## *Christmas Break*

**SouthPointe School** will close for the Christmas break at the end of the day on Friday, December 22, 2023. The school will reopen on Monday, January 8, 2024. During this time, if you have any school-related questions or concerns, contact Elk Island Public Schools (EIPS) Central Services at 780-464-3477.

## *EIPS Central Services*

Closed            December 25, 2023 - January 1, 2024

Open             January 2, 2024 8:00 – 4:00pm \*for location and contact information visit [www.eips.ca](http://www.eips.ca).

From everyone at Elk Island Public Schools, we wish all of you a happy holiday season and a wonderful New Year.

# December 2023



## The Bridge Wellness Hub for Youth



Monday	Tuesday	Wednesday	Thursday	Friday
				1
Employability Workshop 4:30- 6 pm 4	5	Gardening with Mitch! 4-6 pm Nurse Clinic 2-6 pm Psychologists 4-6 pm 6	Dungeons & Dragons 5-8 pm Youth Outreach Worker 2-8 pm 7	8
Employability Workshop 4:30- 6 pm 11	12	Smoothie Night! Nurse Clinic 2-6 pm Psychologists 3:30-5:30 pm 13	Gingerbread House Competition! Youth Outreach Worker 2-8 pm 14	rainbowALLIANCE Rainbow Alliance 6-8 pm 15
Employability Workshop 4:30- 6 pm 18	19	<b>Christmas Party!!</b> Saffron Centre Presentation 5:30-6:30 pm Nurse Clinic 2-6 pm 20	Painting with Dakota! Youth Outreach Worker 2-8 pm 21	22
Merry Christmas! 25	26	27	28	29
We are Closed!		We are Closed!		

### 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.

## 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](#).

*Merry Christmas and Happy Holidays from the Board of Trustees*

*I want to extend warm holiday wishes to all students, staff and families on behalf of the Elk Island Public Schools Board of Trustees.*

*We're grateful to have school communities full of hard-working families committed to the success of their children. Education doesn't just happen in school, it happens at home too—in every homework assignment completed, every textbook chapter read and every test reviewed. Thank you for taking the time out of your day to cultivate learning at home, so that students are eager to strive for their best at school the next day. We also appreciate the countless hours school councils put into planning events and appreciate all the people who volunteer at and attend them. Your support is invaluable.*

*We hope you enjoy all the holiday concerts and festivities happening at your schools, and that you get some well-deserved rest during the break. To each and every person, have a wonderful holiday season and a healthy and happy New Year.*

*We look forward to seeing everyone back at school on Jan. 8, 2024.*

*Merry Christmas and happy holidays,*

*Cathy Allen EIPS Board Chair*