



Shark Bites Weekly Update

Every Day, Every Student, A Success.



southpointeschool.ca

Principal's Message

Thank you to all our families that could join us for the Elementary Winter concert on Wednesday. It was wonderful to see the students do such a great job. They were so excited and proud to share all their talents with everyone.

A big thank you to Mrs. Basaraba for all her hard work organizing the concert, working with the students, and directing such a wonderful program. I would also like to thank the staff for all their work helping to make the concert a reality. People helped set up and tear down the gym, helped with the sound, decorated, and practiced and rehearsed with their classes.

We have several themes days organized for next week, please look at what is planned below. We encourage all students to participate and show their festive spirit.

Carol Brown,
Principal



WEEK AT A GLANCE

Monday, Dec. 18	Spirit Days – Wear Red & Green
Tuesday, Dec. 19	Wear Festive Sweater
Wednesday, Dec. 20	Wear Festive Hat
Thursday, Dec. 21	Wear Festive Socks Kindergarten Christmas Concert – Ms. Salkeld's class
Friday, Dec. 22	Pyjama Day Kindergarten Christmas Concert – Mrs. Henderson's class

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Dec. 25 – Jan. 5

Christmas Break

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.

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

COMING UP

Monday, January 8 Classes Resume

Fundraising Association Update

The FASS and Parent council would like to give a big shoutout to the following, for their generous donations:

Freson Brothers - all 25 Gingerbread houses for the classrooms for the decorating contest,

Co-op - \$50 gift card for Gingerbread house decorations,

Costco Sherwood Park - \$100 for Gingerbread house decorations,

Dairy Queen - all the Dilly Bars for the winners,

Mayor of Fort Saskatchewan – Gale Katchur – 3 \$25 Gift cards for the 3 winning teachers.

The students had a fun time decorating last week, and the winning classrooms are thrilled to have their Ice Cream Party on December 15!

The winning classrooms are:

Division 1 – Mrs. Henderson’s Kindergarten

Division 2 – Mr. Epp’s Grade 5

Division 3 – Mr. Nyznyk’s Grade 7-1

HOT LUNCH

January's Hot Lunch – to be determined



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.

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 [Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

- **K2TQ9X** and start shopping!

Division High School Information Session

To help grades 8 and 9 families make an informed decision about senior high, EIPS is hosting a Division high school information night. The session provides information about senior high courses, instruction, programming and extracurricular opportunities throughout the Division, as well as details about diploma requirements and various career path options.

Monday, January 15 6-7:30 p.m.
The Park Church, 1 Brower Dr., Sherwood Park

High School Open Houses and Alternative Programs
<https://www.eips.ca/registration/senior-high>



Barclay Spady, M.Ed.

Principal

Next Step Outreach

P 780.464.1899 | C 780.984.3970

Twitter @eipsnextstep | Instagram @eipsnextstep

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.



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

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	Christmas Party!! 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.



Families First Society
FORT SASKATCHEWAN

T.W.E.E.T

Today we engage and explore together

IN - PERSON



WINTER SCHEDULE 2024



>>>>> DROP IN

Drop in with your children to this FREE play program filled with activities, songs, snacks and more. All are welcome, with activities geared for children aged 0 to 6 years.

**Learn more about
how to help your
children thrive**

Saturday Mornings Fort Saskatchewan

Families First Building
9901 90 Street

9:30 am to 11:30 am

- ✓ January 20
- ✓ February 10
- ✓ March 9 and 23

*Program of the Fort Saskatchewan
and Sturgeon Region Family Resource Network*

Alberta Provincial Family
Resource Networks



Families First Society
FORT SASKATCHEWAN

SILLY SPROUTS PLAY

WINTER SCHEDULE 2024

IN-PERSON

DROP-IN

Join us for songs, rhymes,
stories and time to play!

Drop-in to this **FREE**,
facilitated program for
caregivers and their
children aged 0 to 6 years.

Alberta Provincial Family
Resource Networks

Program of the Fort Saskatchewan
and Sturgeon Region
Family Resource Network



MONDAYS - CARDIFF

Cardiff Community Hall
55320 RR 251 Sturgeon County

9:30 to 11:00 am

January 15, 22, 29
February 5, 12, 26
March 4, 11, 18

No program
February 19

MONDAYS - GIBBONS

Gibbons Cultural Centre
5115 51 Street

9:00 to 10:30 am

January 15, 22, 29
February 5, 12, 26
March 4, 11, 18

No program
February 19

TUESDAYS - REDWATER

Pembina Place
4944 53 Street

9:30 to 11:30 am

January 16, 23, 30
February 6, 13, 20, 27
March 5, 12, 19

WEDNESDAYS - LEGAL

Citadel Centre
4812 51 Avenue

9:30 to 11:30 am

January 17, 24, 31
February 7, 14, 21, 28
March 6, 13, 20

WEDNESDAYS FORT SASKATCHEWAN

Families First Building
9901 90 Street

9:30 to 11:30 am

January 17, 24, 31
February 7, 14, 21, 28
March 6, 13, 20

THURSDAYS BON ACCORD

Town Office Basement
5025 50 Avenue

9:30 to 11:30 am

January 18, 25
February 1, 15, 22, 29
March 7, 14, 21

No program
February 8



Families First Society
FORT SASKATCHEWAN

FAMILY FUN NIGHT

WINTER 2024



DROP-IN

Open doors to an evening of family fun, nutritious snack and a bedtime story.

Activities will be geared for children aged 0 to 6 years with the invitation open for all to play.

Come spend some special time together as a family!

Join us in the following communities:

JANUARY:

- Thursday, January 18- Morinville Community Cultural Centre
- Monday, January 22- Legal Citadel Centre
- Tuesday, January 30- Gibbons Cultural Centre

FEBRUARY:

- Wednesday, February 7- Redwater Pembina Place
- Wednesday, February 14- Bon Accord- Arena
- Thursday, February 22 - Morinville Community Cultural Centre
- Monday, February 26- Legal Citadel Centre

MARCH:

- Tuesday, March 5- Gibbons Cultural Centre
- Wednesday March 13- Redwater Pembina Place
- Wednesday, March 20- Bon Accord- Arena



*Program of the Fort Saskatchewan
and Sturgeon Region Family Resource Network*

Time 5:30 to 7:00pm

For More Information :

780-998-5595 ext. 221

www.familiesfirstsociety.ca

Alberta Provincial Family
Resource Networks

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.

Returning Student Registration: 2024-25

Mark your calendars! Returning student registration for the 2024-25 school year will take place Feb. 8-21, 2024.

Families of all current students—with the exception of graduating Grade 12 students—must complete the process to confirm the school their child plans to attend in the 2024-25 school year or advise the Division of their plans not to return to EIPS. Additionally, students who want to attend a non-designated school need to make that request through the returning student registration process—acceptance is based on available space. Watch for more details in the new year.

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