



Shark Bites Weekly Update

Every Day, Every Student, A Success.



southpointeschool.ca

Principal's Message

It is hard to believe that our winter break is upon us. A Thank You to all the Kindergarten students and staff for sharing some winter spirit during their concerts. We appreciate all the support from the families that were able to join us.

On behalf of the staff at SouthPointe School, we hope everyone gets an opportunity to spend time with families and friends during the holiday season. We are looking forward to seeing everyone on January 8 when classes resume for our students.



Carol Brown,
Principal

WEEK AT A GLANCE

Monday, Jan. 8	Classes Resume
Tuesday, Jan. 9	
Wednesday, Jan. 10	Early Dismissal at 1:51pm
Thursday, Jan. 11	Grades 4-6 Ski Trip Sunridge
Friday, Jan. 12	

Dec. 25 – Jan. 5 Christmas Break

Inside this Issue:

- Principal's Message
- Week at a Glance
- Holiday Hours
- Coming Up
- Fundraising Update (hot lunch)
- Inclement Weather
- FCSS

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
Thursday, January 11	Grades 4-6 Ski Trip
Monday, January 15	High School Information Night
Friday, January 19	Spirit Day-Wear Jersey/Sport Shirt for First Day of Winter Olympics
January 24, 25, 26	Hot Lunch Days
Monday, January 29	Grades 7-9 Ski Trip

Fundraising Association Update

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

Collective Waste Solutions – donated Candy Canes for Santa to deliver to students

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!

BOSTON PIZZA (all locations)

- Collect your receipts and drop them off at the school
- Boston Pizza donates 5% back

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!

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.

Cybersecurity Update: Important information for families

As part of EIPS’ ongoing commitment to maintaining a secure and effective digital learning environment for students, the Division is implementing an important update to its cybersecurity protocols **Jan. 19, 2024**.

Enhanced Location-based Security for Student Accounts

Starting Jan. 19, 2024, access to student user accounts—used for platforms like PowerSchool, Brightspace and Google—will be limited to within Canada's geographical boundaries. This change is an essential step in strengthening our cyber defenses and ensuring the digital safety of students.

What Does This Mean for You and Your Child?

Location-limited Access: Your child's account will be accessible only when they're physically located in Canada. This includes all activities related to their schoolwork, such as submitting assignments, accessing study materials or sending EIPS account emails.

Seamless In-country Use: While in Canada, students will experience no change in how they access and use their accounts. The process remains as straightforward and user-friendly as always.

PowerSchool Access for Parents and Caregivers: This change will NOT impact parent and caregiver access to PowerSchool during periods of travel.

Why This Change?

The safety and privacy of students are paramount. This location-based access control is a proactive measure to prevent unauthorized access to students' accounts and protect sensitive information from potential cyber threats.

Questions?

For more information, contact the school office at 780-998-2747.

Thank you for your understanding and cooperation in this matter. Together, we can ensure a secure and thriving digital learning environment for all students.

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.

Additional information regarding SouthPointe School's kindergarten program is available at www.southpointeschool.ca

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.



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



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