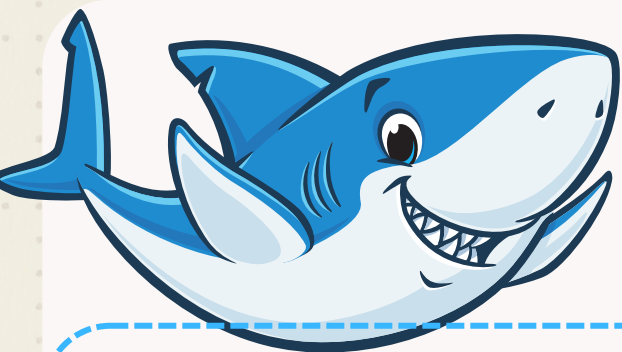


# Shark Bites

# NEWSLETTER



## SouthPointe School

### Principal's Message

Happy Thanksgiving SouthPointe families!

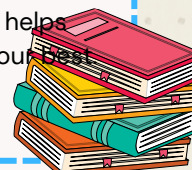
THANK YOU so much to Ms. Gauchier and the Read-in Week Committee (Ms. Hartwick and Mrs. Lechelt) for organizing and leading a great week of reading and fun activities; and for arranging all our special guest readers. Thank you to the Fort Saskatchewan Library, former SPS Principal Carol Brown, our First Nation Metis Inuit Cultural Consultant, Danielle Booker, and to our Admin team for taking the time to read to our students. Read on to learn more about how we celebrated Read-In Week. Our Cross-Country team participated in EIPS' Zones this week. Well done! Thank you for representing SouthPointe School in such a positive way!

I'm looking forward to our School Council/FASS Meeting on Wednesday, October 16th, at 5:00PM. We invite all parents and caregivers to join us. It's our AGM that night; I hope to see you there!

Our parent/teacher interview online booking is now live. Please keep reading for instructions on how to book your time slot. We value this opportunity for building strong partnerships between home and school, allowing you to gain insights into your child's academic progress and behavior while addressing any concerns. These meetings also provide an opportunity to set goals collaboratively, ensuring we work together to support each student's success - your involvement makes a significant difference in your child's education.

At SPS, we're so thankful for our school families and the important part you play in making our community strong and supportive. Your involvement in school activities and encouragement truly enhances our students' experiences and helps everyone feel like they belong. Together, we celebrate successes, tackle challenges, and motivate each other to do our best. Thank you for your ongoing support and commitment to our school!

Have a great Thanksgiving weekend! Laurie Caines, Principal



## NEXT WEEK

Monday (14)	Happy Thanksgiving! <b>NO SCHOOL</b>
Tuesday (15)	Grade 4/5/6 Choir at Lunch Recess Senior Boys & Girls Volleyball Practice @ 3:00-4:30PM Jr High Band Session 3:00-4:00PM
Wednesday (16)	Junior Boys & Girls Volleyball Practice @ 3:00-4:30PM Senior Boys Game @ 4:00PM @ FTV No Senior Girls Game Today FASS Meeting @ 5:00PM in Large Flex Space
Thursday (17)	Grade 6 Hand Chimes at Lunch Recess Junior Girls Game @ 4:00PM @ FTV Junior Boys Game @ 5:00PM @ FTV Senior Boys & Girls Volleyball Practice @ 3:00-4:30PM
Friday (18)	Junior Lakers Tournament @ Lamont Senior Ravens Tournament @ TBA

Happy Thanksgiving

Deadline to order Hot Lunch

# THANKFUL

## Coming Up this Month

October 11	Parent Teacher Interview Booking Goes Live
October 14	Thanksgiving <b>*NO SCHOOL</b>
October 16	School Council Meeting at 5:00PM in Large Flex Space
October 17	Deadline to Order Hot Lunch
October 18-19	Junior Lakers Tournament in Lamont
October 18-19	Senior Ravens Tournament
October 22	Parent Teacher Interviews & Book Fair @ 4:00PM-7:00PM
October 23	Hot Lunch for Grades 1-3 & M/W Kindergarten
October 23	Parent Teacher Interviews & Book Fair @ 4:00PM-7:00PM
October 24	Hot Lunch for Grades 4-6 & T/Th Kindergarten
October 25	Hot Lunch for Grades 7-9
October 28	SYNC/Coding/Multi-Cultural Association (Gr. 5)
October 30	Wear Orange & Black
October 31	Halloween *Wear Costumes



## School Start & End Times

8:10AM - School Begins

11:08AM to 11:48AM - Lunch

2:46PM - School Dismissed

(1:46PM - School Dismissed on Early Dismissal Days)



## TO DO LIST



## Pay School Fees Online

School fee information for the 2024-25 school year is now posted on the PowerSchool Parent Portal. **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 them online. If you're unable to pay your school fees, you can apply to have certain fees waived. The application deadline is Dec. 16, 2024.

NOTE: Don't forget to also 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 various school activities such as field trips, class projects, extracurricular activities fees and more.

For more information, visit <https://www.southpointeschool.ca/about/fees>. Alternatively, contact Chantelle Grieve, Business Manager at SouthPointe School at 780-998-2747.

## Instagram

Elk Island Public Schools is on Instagram!

Want reminders and news about EIPS?

You can now follow the Division on Instagram [@elkislandpublicschools](https://www.instagram.com/elkislandpublicschools). Stay in the know about what's going on, from divisionwide celebrations to reminders about important dates and deadlines. You can also connect with EIPS on [Facebook](#), [LinkedIn](#), [YouTube](#) and the [EIPS website](#).

## October Hot Lunch

☀️ Grades 1-3 and Mon/Wed K	23 Oct
☀️ Grades 4-6 and Tues/Thur K	24 Oct
☀️ Grades 7-9	25 Oct

To order next month's hot lunch, go to <https://spschool.hotlunches.net/admin/>

**\*\*Deadline to order is OCTOBER 17\*\***



# Parent Teacher Interviews

Please book your Parent Teacher Interviews by clicking here:

<https://schoolinterviews.ca/code/a5mzn>

or by scanning the QR code below.



October 22 @ 4:00PM-7:00PM

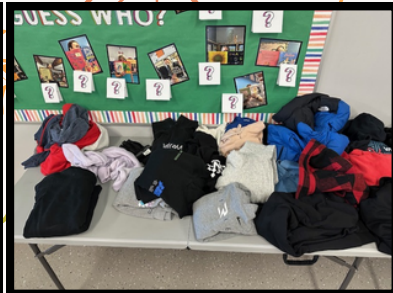
October 23 @ 4:00PM-7:00PM



LOST  
 FOUND

Come One, Come All!  
**Our Lost & Found is overflowing...** please stop by during school hours, FASS Meeting or P/T Interviews and hopefully find a treasure that's yours.

LOST  
 FOUND



Congrats to the 4 families that have won Oil Kings tickets so far for September & October. There will be more tickets available through out the season.

If you have not entered yet and would like your family entered in to the draw, please email [carla.ferris@eips.ca](mailto:carla.ferris@eips.ca)

Your entry will remain in the draw for the whole season unless your name is drawn.

**THANK YOU to MLC Group within SouthPointe Estates for the generous donation!**

# Read In Week

For Read in Week at SouthPointe we celebrated “Reading is for Everyone”! Students came together to celebrate the joy of reading, with buddy classes sharing stories, drawing favourite book characters, and listening to a variety of exciting guest readers. Read in Week is a wonderful opportunity to foster a love for literature and strengthen our school community through the shared experience of storytelling. Thank you to everyone who participated and made this week a memorable one!

Read-in-Week Team



## BOOK FAIR

I'm excited to announce that our first Scholastic Book Fair of the school year is quickly approaching!

The “**Reading is Spooktacular**” Book Fair will take place on October 22 & 23.

Each class will preview the book fair and have a scheduled buying time during the school day. In addition to this, the book fair will be open during the evening on October 22nd and 23rd from 4-7PM during P/T interviews.

I am currently looking for volunteers to help with book fair during the day (mornings, afternoons, or all day).

These volunteer opportunities include:

- Helping students find books and restocking items
- Managing the boutique table. (Pens, erasers, toys, etc.)
- Helping with door prize & guessing contest
- Cashier



If you're available to help at our book fair, please fill out the volunteer sign up form through the link below:

### Volunteer Sign Up

For students and teachers, this is one of the most anticipated events of the school year—and as a volunteer, you'll have the chance to experience the joy firsthand!

Gratefully, Miss. Gauchier

# Meet Our Staff

## for 2024-2025



### Elementary

Mrs. Henderson (ECS)  
Ms. Salkeld (ECS)  
Mrs. Jefferis (1J)  
Ms. Sheridan (1S)  
Ms. Foster (2F)  
Mrs. Gacek (2G)  
Mrs. Gulseth (2G)  
Mrs. Lechelt (2L)  
Mrs. Olsen (2/30)  
Ms. Germaine (3G)  
Ms. Oram (3O)  
Mrs. Beasley (4B)  
Mrs. Estey (4E)  
Ms. Hartwick (4H)  
Mr. Epp (4/5E)  
Ms. Bossert (5B)  
Ms. Wright (5W)  
Mrs. Henry (6H)  
Mr. Henderson (6H)  
Mrs. Percy (6P)  
Ms. Yule (Music)  
Ms. Gauchier (Library)

### Admin Team

Mrs. Caines (Principal)  
Mr. Giesbrecht (Assistant Principal)  
Mrs. Nelson (Assistant Principal)  
Mr. Krause (Counsellor)  
Ms. LaValley (Mental Health Lead)

### Junior High

Ms. Connors  
Mrs. Dallyn  
Mr. Kokotailo  
Ms. Lichak  
Ms. Louma  
Ms. McKee  
Mr. Nyznyk  
Mr. Sudyk

### Educational Assistants

Mrs. Butler  
Mrs. Dykstra  
Mrs. Elmore  
Mrs. Hamilton  
Ms. Hammel  
Mrs. Kenny  
Mrs. Mackey  
Ms. Pawlik  
Mrs. Pitters  
Ms. Potts  
Mrs. Scott  
Ms. Townsend  
Ms. Wishloff  
Mrs. Zielinski

### Office Staff

Mrs. Marshall (Secretary)  
Mrs. Ferris (Registrar)  
Mrs. Grieve (Business Manager)  
Ms. Mary (Custodian)

## Welcome to Mr. Krause as our new (temporary) Counsellor

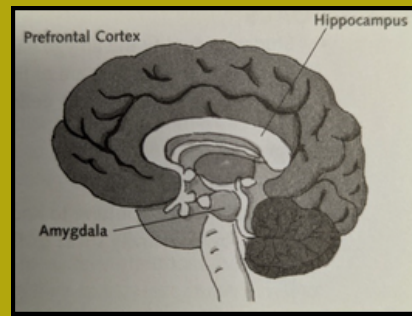
Hello SouthPointe family! My name is Blake Krause and I am excited to join the SPS community. My career path has been fortunate to have me be a teacher, principal, and a variety of other roles in schools across Alberta as well as a stint in Texas. I believe building strong relationships with parents, colleagues, community agencies, and students is key to success. My role is to support our students in their growth academically, socially/emotionally, and developmentally. I've enjoyed meeting the friendly faces at SPS this first week. Never hesitate to reach out via email: [Blake.Krause@eips.ca](mailto:Blake.Krause@eips.ca) or by phone: 780-998-2747, ext: 4604. Let me know how I can help.



# Counsellor's Corner...

I'd like to share a little brain research that can inform our practice as teachers and parents.

There are 3 key structures related to regulation and thinking:



The **amygdala** is a pair of almond-shaped structures that respond to fear and threat and acts as a security guard. When we are in a negative emotional state, it blocks information being sent to the higher-level thinking part of the brain (fight, flight, freeze responses).

The **hippocampus** assists in managing our response to fear and threats. We store memory and learning there.

The **prefrontal cortex** is the learning, reasoning, and thinking center of the brain. It allows us to learn to read, write, compute, analyze, and interpret the world around us.

Through the coming newsletters, I'll try to include some strategies for regulation so that we can work with our kids to improve their regulation to ensure positive emotional states and protect that pathway to the prefrontal cortex.

Always feel free to reach out with any questions or concerns:

[Blake.Krause@eips.ca](mailto:Blake.Krause@eips.ca)

(reference: The MINDUP Curriculum: [www.thehawnfoundation.org](http://www.thehawnfoundation.org))



Mrs. Henderson's Kindergarten classes made beautiful tree art using broccoli





## SHARKS ATHLETICS

**Monday (14)**

No School...enjoy a walk outside with your family

**Tuesday (15)**

Senior Teams Practice @ 3:00-4:30PM

**Wednesday (16)**

Junior Teams Practice @ 3:00-4:30PM  
Senior Boys Game @ 4:00PM @ FTV

**Thursday (17)**

Junior Girls Game @ FTV @ 4:00PM  
Junior Boys Game @ FTV @ 5:00PM  
Senior Teams Practice @ 3:00-4:30PM

**Friday (18)**

Junior Boys & Girls Lakers Tournament @ Lamont  
Senior Boys & Girls Ravens Tournament @ TBA



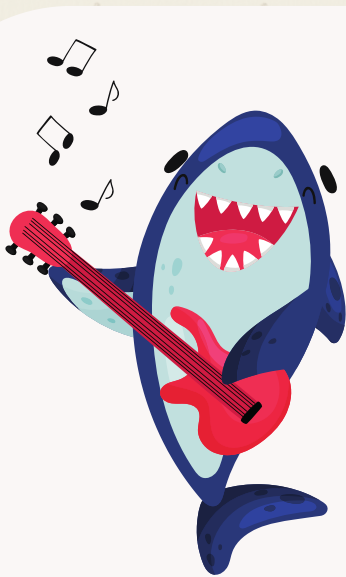
GET YOUR  
BACK-TO-SCHOOL  
SPIRITWEAR



Got your back-to-school Sharks wear yet?  
Go to our shop to order your gear! Click  
here:

<https://southpointe.entripyshops.com/>

Happy Shopping!



Grade 4/5/6  
Choir

recorder club

Jr High Band

# MUSIC

HAND  
CHIMES

Music extracurriculars have started!

Students in Grades 4, 5, and 6 can join the choir which meets **Tuesdays at lunch recess**. Hand chime club will only be open to grade 6 students this year and it meets **Thursdays at lunch recess**.

(Neither of these will conflict with your intramurals games) Any junior high students wanting to do band are invited to join the **after school band on Tuesdays**. It will meet until 4:00 pm. This is your chance to learn to play the flute, clarinet, trumpet, trombone, saxophone, or tuba and have some extra performance opportunities. The first band concert will be on Friday November 29.

-Ms. Yule

# School Council/FASS Info

All caregivers are invited to attend our FASS Meeting **THIS WEDNESDAY, Oct. 16 at 5:00PM** in the Large Flex Space.

This month's meeting is our *Annual General Meeting*. We will be voting in new volunteer positions, with all roles open for new faces. This is a great chance to participate in our school community and provide your input.

We would love to have you on our team!

## **FASS Wants to Expand, But We Need Your Help!**

Join fellow parents and assist with the hot lunch program, manage the canteen, or coordinate school dances. The more volunteers we have, the more successful our fundraising efforts will be. With your help, we can raise money for bigger and better initiatives that benefit our school and our children. Your involvement makes a difference! If you have questions about the available positions or want to learn more about how you can contribute, please email us at [president.fass@gmail.com](mailto:president.fass@gmail.com).

Did you know...

EIPS is committed to a productive and collaborative relationship with parents and caregivers. As such, the Division has a Committee of School Councils (COSC) comprised of representatives from school councils across EIPS. From October to May, COSC members meet monthly with the Board of Trustees and senior EIPS administration to discuss educational issues and trends, while sharing valuable information with one another to best enhance student success. In recognition of the effort and dedication of EIPS families and staff in engaging with their school communities, the Division was honoured to receive the Division School Council Engagement Award from the Alberta School Councils' Association last April. To learn more, visit the [EIPS website](#).



## HOT LUNCH



To order hot lunches, we use the [spschool.hotlunches.net](https://spschool.hotlunches.net) website. Parents must create an account and add their children. **All parents must go in and select their child's new teacher for this year.** To pay for your order the website uses PayPal. There is an option to check out as a guest through PayPal if you do not have an account. **Failure to pay for the order by the deadline will result in the order being cancelled.**

If your child is sick on the day of their hot lunch, please call the office and let them know. No refunds will be given if a student is absent on the day of their hot lunch.

If you need to cancel or change an order, you must do so before the deadline. A refund will be processed as a credit on your account to be used for future hot lunch orders.

**Once the deadline has passed orders cannot be changed or cancelled.**

Should you have any comments, suggestions, or questions you can reach out via email at [spschoolhotlunch@gmail.com](mailto:spschoolhotlunch@gmail.com).

### Hot Lunch Volunteer Opportunity:

**We're looking for volunteers to assist with our hot lunch program! As a thank-you, each volunteer will receive a \$5 discount on one child's hot lunch account for their help.**

**If you are able to volunteer, please email [spschoolhotlunch@gmail.com](mailto:spschoolhotlunch@gmail.com).**

October's Hot Lunch is from Boston Pizza!



thank you



# Community RESOURCES



## Family 2 Family

Join our Glenrose clinicians and community partners for virtual presentations providing strategies and resources on topics that affect the quality of life for children and families.

### From Worry to Wellness: Empowering Parents to Help Children Navigate Anxiety

Tuesday, September 24, 2024  
6:00 – 7:15pm

### Sleep Strategies for Neurodivergent Children and Caregivers

Wednesday, October 23, 2024  
6:30 – 8:00pm

### Behavior: The Tip of the Iceberg

Wednesday, November 20, 2024  
6:00 – 7:30pm

See reverse for session descriptions

### To register and receive upcoming Family 2 Family calendars

Please contact Charlene Prochnau  
at (780) 735-7999 ext 15578 or email at [PFRC@ahs.ca](mailto:PFRC@ahs.ca)

### From Worry to Wellness:

#### Empowering Parents to Help Children Navigate Anxiety

It can be hard to know how to support your child when they're experiencing anxiety. Join Kirsty Choquette for this presentation where we'll explore what anxiety is, how to talk to your child about anxiety, and how you can help them (and yourself!) move through the worry.

### Sleep Strategies for Neurodivergent Children and Caregivers

This presentation led by Dr. Carole Anne Hapchyn will provide a brief review of key information about sleep and then focus on frequent causes of childhood sleep challenges and specific interventions and strategies to support improved quality and quantity of sleep.

### Behavior: The Tip of the Iceberg

In this presentation, we seek to understand behaviors through a developmental and relationship-based approach, being mindful of individual differences and the social and emotional development of our children. Join Dr Jessica Zvonkovic and Dr. Anahita Shokrkon as we look at potential causes and triggers of behaviors and will talk about how to address what often underlies behaviors from the "body up to the top down." Finally, we will explore how we can build positive experiences with our children.



Feeling unsure about which agency is the right fit for you? Any of these community partners would be happy to assist you in navigating the support network.

REMEMBER, THERE'S NO WRONG NUMBER IN OUR COMMUNITY



**Family & Community Support Services**  
CITY OF FORT SASKATCHEWAN  
780-992-6267

- Outreach Supports
- System Navigation
- Community and Agency Supports
- Workshops and Trainings
- Community Programs

Digital copies feature clickable links for convenient access, guiding you directly to the websites below!

**BGC Fort Saskatchewan**  
fortsask.bgccan.com

- (780) 992-0103
- Children & Youth 6+
- Before/After school care, youth programs
- Family Supports and programs



**Fort Saskatchewan Public Library**  
fspl.ca

- (780) 998-4275
- Educational and entertainment resources, services and programs for all ages



**Families First Society**  
familiesfirstsociety.ca

- (780) 998-5595 ext. 221
- Play programs, Family support and education, Family Violence Prevention, System navigation, Connection to resources for all ages



**Heartland Housing Foundation**  
heartlandhousing.ca

- (780) 400-3500
- Rent assistance programs
- Near market housing
- Seniors lodges, near market and affordable apartments



**The Bridge Wellness Hub for Youth**  
facebook.com/TheBridgeWHY

- (780) 589-0024
- Youth 11-24
- Youth and Family centered health, mental health and social support services



**Fort Saskatchewan Nourishment Center/Food Bank**  
fortsaskatchewanfoodbank.com

- (780) 998-4099
- Food Hampers (T,Th)
- Daily Bread+ (M,W,F)
- Christmas Hamper and Toys



## Eating Healthy on a Budget

Looking for some tasty and economical meal ideas? Join PCN Registered Dietician Meghan Brooks-Goodburn as she walks us through staying on a budget and healthy meal planning for different types of households including those with kids.



**When: October 24th 6:00 - 7:00pm**

**Where: Fort Sask Public Library**

**To Register: [fortsask.ca/FCSSWorkshops](https://fortsask.ca/FCSSWorkshops) or call 780.992.6267**

