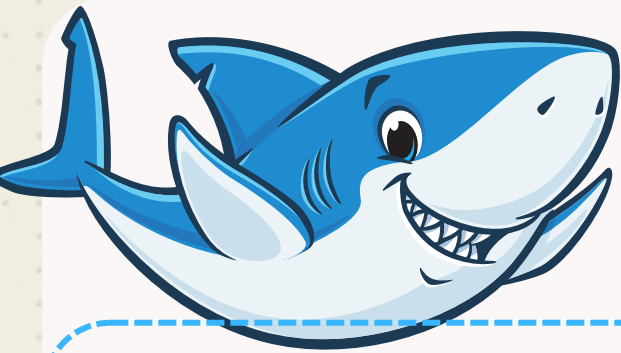


Shark Bites

NEWSLETTER



SouthPointe School

Principal's Message

Happy Friday SouthPointe Families!

We hope that everyone had an opportunity to get outside over the long weekend and enjoy the fabulous weather.

Our Parent/Teacher Interviews are next week (Oct. 22 & 23). We would love for every family to ensure they have booked their interview spot. Please keep reading for instructions on how to book your time slot(s). 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. Term 1 Progress Reports will be issued on Friday, November 29.

Our school will be hosting our "Reading is Spooktacular" Book Fair throughout the day and during P/T interviews on October 22 & 23. It's a great time to shop for great books and/or gifts and if you need any suggestions, Ms. Gauchier would be happy to help you!

We also have our Boston Pizza Hot lunch next week. Thank you so much to our FASS team for always organizing our hot lunches and volunteers! We so appreciate all that you do!

Have a great weekend and I hope to see you all at Parent/Teacher interviews!

Laurie Caines, Principal

NEXT WEEK


Monday (21)	Senior Boys & Girls Volleyball Practice @ 3:00-4:30PM Junior Girls Game @ 4:00PM @ Veg No Junior Boys Game Today
Tuesday (22)	Grade 4/5/6 Choir at Lunch Recess *Junior Boys & Girls Volleyball Practice @ LUNCH Jr High Band Session 3:00-4:00PM
Wednesday (23)	*Senior Boys & Girls Volleyball Practice @ LUNCH Hot Lunch for Grades 1-3 & M/W Kinder
Thursday (24)	Grade 6 Hand Chimes at Lunch Recess Junior Boys & Girls Volleyball Practice @ 3:00-4:30PM Hot Lunch for Grades 4-6 & T/TH Kinder
Friday (25)	Junior Boys & Girls SouthPointe Invitational Tournament @ SPS Hot Lunch for Grades 7-9





Coming Up this Month

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
November 3	Daylight Savings (Turn clocks back an hour)
November 6	Early Dismissal
November 6	Take Your Kid to Work Day *GRADE 9 STUDENTS ONLY
November 8	Formal Dress Up Day
November 8	Remembrance Day Assembly
November 9-17	November Break (NO SCHOOL)
November 18	SYNC/Coding/Multi-Cultural Association (Gr. 5)



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 NOVEMBER 21****



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

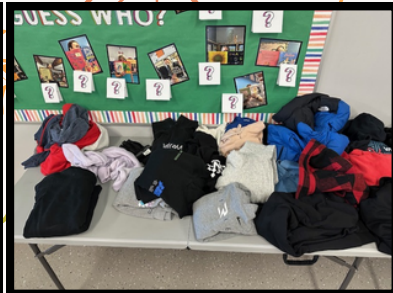
October 23 @ 4:00PM-7:00PM



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



you are
AMAZING



A special
"Shark Shout Out" to:

Beau K

Emery C

Reyna C

Seth G

These amazing SPS students showed Shark Pride by cleaning up garbage after school around the playground & field.

Thanks for being amazing!

READING IS SPOOKTACULAR!

BOOK FAIR

Did you know....

- You can come check out the Book Fair on Oct. 22 & 23 during P/T Interviews from 4:00-7:00PM
- Your child will have an opportunity to purchase books, pens, etc during an assigned time during the school day (Cash, Debit & Credit accepted)
- Each teacher will have a "Classroom Wish List" of books that they would like to have in their classroom that families will be able to purchase for the class
- the Book Fair is a fundraiser for the library! A portion of the funds goes back to our library



OCTOBER 22 & 23

Do you love helping in our school? Do you love books?

Do you have a morning or afternoon to spare?

Ms. Gauchier is currently looking for volunteers to help with book fair by:

- 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 able to help at our book fair, please fill out this Volunteer Sign Up form

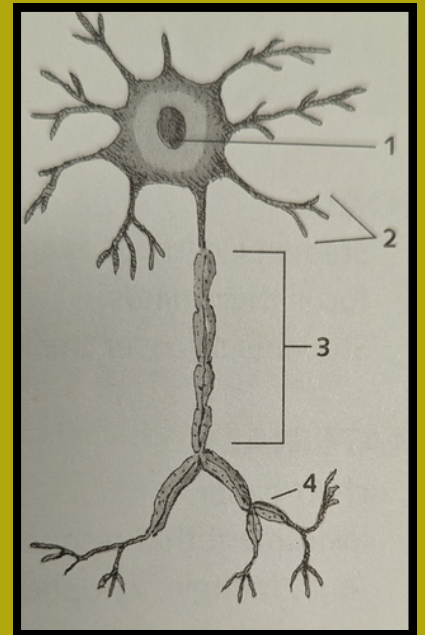


TRICK
OR
TREAT



Counsellor's Corner...

Sticking with some brain research from last week, beside is a diagram of a **nerve cell** (neuron):



Neurons carry messages through electrochemical signals.

1. **Cell Body** (soma) which houses the neuron's control center (nucleus).
2. **Dendrites** are the part that receives messages from other cells.
3. **Axons** are transporters which relay signals from the dendrites.
4. **Nerve endings** which pass the message to the dendrites of another neuron.

Focusing on breathing can help our brains:

- Calms the body by slowing heart rate, lowering blood pressure, and sharpening focus
- Controlled breathing supports strong functioning in the higher brain
- Lessens anxiety by overriding "fight, flight, freeze" from amygdala and gives control to frontal cortex
- When breathing is deliberately regulated, the brain is set to think first and plan a response
- Short, daily structured listening and breathing activities can create and strengthen nerve cell connections

Always feel free to reach out with any questions or concerns: Blake.Krause@eips.ca
(reference: The MINDUP Curriculum: www.thehawnfoundation.org)

ways to be **INVOLVED** at SouthPointe

**Our school is a fantastic place to be and we want you to be a part of it.
There are so many ways to be involved at SouthPointe School...**

- Help at Hot Lunch (monthly)
- Coach a Jr High team
- Serve at the Canteen during events
- Attend games & cheer on Sharks
- Attend FASS Meetings
- Help at the Book Fairs
- Complete surveys sent by EIPS & SPS
- Field Trip Volunteer



SHARKS ATHLETICS

Monday (21)

Junior Girls Game @ Veg @ 4:00PM
Senior Teams Practice @ 3:00-4:30PM

Tuesday (22)

Junior Teams Practice @ Lunch

Wednesday (23)

Senior Teams Practice @ Lunch

Thursday (24)

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

Friday (25)

Junior Boys & Girls SouthPointe Tournament @ SPS

VOLUNTEERS NEEDED

We need help in our Canteen during our tournament **THIS WEEKEND** (Oct. 25 & 26).

We're pleased to offer concession (CASH ONLY) but need **YOUR HELP**. See FASS Section to Volunteer!

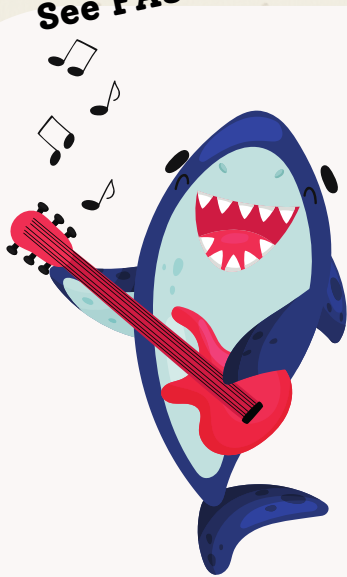
GET YOUR BACK-TO-SCHOOL SPIRITWEAR



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

FASS/School Council Info

FASS Wants to Expand, But We Need Your Help!

Join fellow parents/caregivers 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.

**Grab your BEAR TRACKS (Ice Melt)
before they are all gone!**



FASS has a few pails of Bear Tracks left to sell for \$30 each.

To purchase, text: 403-612-9580

Canteen Coordinator Needed!

FASS is looking for a Canteen Coordinator; if you are interested, email the FASS president at 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 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.

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.

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

Calendar

SURVEY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Elk Island Public Schools has begun planning for future Division calendars.

They are looking at changing the calendar and want EIPS families and staff feedback. Please participate in the short survey that can be found here:

<https://www.eips.ca/engage/calendar-consultation>

The survey will be open until Oct. 21, 2024.

City of Fort Saskatchewan Launches Family Violence Prevention Month Campaign

Theme: "The Elephant in the Room"

Fort Saskatchewan, AB, October 15, 2024 – This November, the City of Fort Saskatchewan, alongside the Fort Saskatchewan Family Violence Prevention Coalition, will lead a campaign to bring attention to the often-overlooked issue of family violence. The theme, "The Elephant in the Room," aims to break the silence surrounding family violence and empower the community with resources and support.

"Family violence is a subject many are reluctant to discuss," said Melissa Kondro, Community Development Coordinator for the City of Fort Saskatchewan. "Our goal is to bring it out of the shadows, create awareness, and encourage those affected to seek help."

Key Events and Public Installation

Throughout November, the City will host a series of workshops and a public art installation, including:

- Public Workshop: Immigration Resources (Nov 6)
- Lunch & Learn: Protecting Your Employees (Nov 12)
- Workshop for Support Services: Navigating Family Court & Civil Orders (Nov 19)
- "The Elephant in the Room" Installation: Featuring a life-sized Paper Mache elephant at City Hall and crocheted purple elephants contributed by locals.

For more information on events and to register for workshops, visit fortsask.ca/FVPM.

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 or call 780.992.6267

