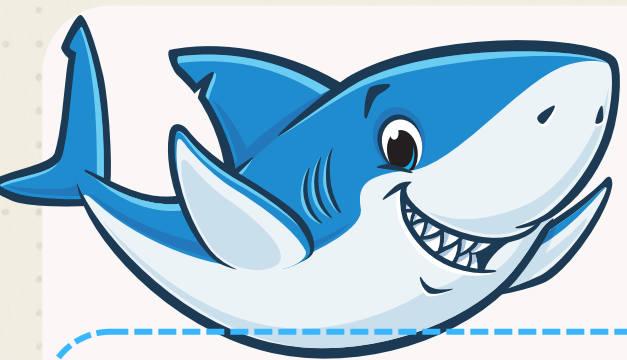


# Shark Bites

# NEWSLETTER



## SouthPointe School

### Principal's Message

As we move into the end of October, I wanted to share some important updates and reminders with you. I wanted to thank all our families that attended our Parent-Teacher Interviews this week. Thank you for being engaged in your child's education and taking this opportunity to discuss your child's progress and celebrate their achievements with their teachers. It was so nice seeing so many of you.

A huge thank you to everyone who participated in our recent Book Fair! Your support helps us foster a love of reading in our students. We hope they found some new favorite books!

It was a great, successful tournament weekend for all 4 of our Volleyball Teams last week! Congratulations to our Junior & Senior Boys and Junior Girls Volleyball Teams who brought home silver medals this past weekend, and to our Senior Girls who played some of their best volleyball and just fell short in the bronze medal game. Great job Sharks! We are hosting a Junior Boys & Girls Tournament this weekend. Good luck to all and thank you to all the volunteers helping make it happen! Thank you FASS for another great Hot Lunch from Boston Pizza! Our staff, students and families appreciate enjoying a hot meal each month.

As the weather gets cooler, please remember to send your child to school with warm clothing. Layers are always a great idea!

As Halloween approaches, we encourage students to wear their costumes on October 31. We can't wait to see the creativity and fun! Please ensure that Halloween costumes are safe and appropriate for school – we have highlighted some guidelines in this newsletter for your reference (see page 3).

Thank you for your continued support and involvement in our school community.  
Laurie Caines, Principal

WE SCARE  
FOOD DRIVE!

NEXT WEEK	
Monday (28)	Senior Boys & Girls Volleyball Practice @ 3:00-4:30PM SYNC/Coding/Multi-Cultural Association for Gr. 5s We Scare Food Drive
Tuesday (29)	Grade 4/5/6 Choir at Lunch Recess Senior Boys & Girls Volleyball Practice @ LUNCH Jr High Band Session 3:00-4:00PM Junior Girls Game @ 4:00PM @ SPS vs LAM
Wednesday (30)	Senior Boys & Girls Game @ 4:00PM @ SPS vs NHS Wear Orange & Black We Scare Food Drive
Thursday (31)	Grade 6 Hand Chimes at Lunch Recess We Scare Food Drive <span style="float: right; text-align: center;"> </span>
Friday (1)	We Scare Food Drive *Last Day Deadline to order Hoodies! <div style="text-align: right; color: red; font-weight: bold; font-size: 1.2em;">It's November</div>



## Coming Up this Month

October 28	SYNC/Coding/Multi-Cultural Association (Gr. 5)
October 28-1	We Scare Hunger Food Drive
October 30	Wear Orange & Black
October 31	Halloween *Wear Costumes
November 1	Deadline to order Hoodies
November 3	Daylight Savings (Turn clocks back an hour)
November 6	Early Dismissal (Dismissed @ 1:46PM)
November 6	Take Your Kid to Work Day *GRADE 9 STUDENTS ONLY
November 7	FREE Coffee for Parents @ School Drop off (7:40AM-8:15AM)
November 8	Formal Dress Up Day
November 8	Remembrance Day Assembly @ 10:30AM
November 9-17	November Break (NO SCHOOL)
November 11	Remembrance Day
November 18	SYNC/Coding/Multi-Cultural Association (Gr. 5)
November 20	FASS Meeting @ 5:00PM in Large Flex Space



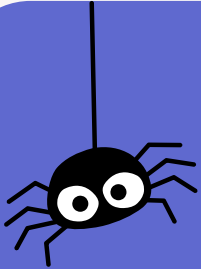
## School Start & End Times

8:10AM - School Begins

11:08AM to 11:48AM - Lunch

2:46PM - School Dismissed

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



**REMINDER**



## 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 OCTOBER 27.**

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, extracurricular activities fees & 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 @elkispubliicschools. 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](#).

## November Hot Lunch

☀️ Grades 1-3 and Mon/Wed K	27 Nov
☀️ Grades 4-6 and Tues/Thur K	28 Nov
☀️ Grades 7-9	29 Nov

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

**\*\*Deadline to order is NOVEMBER 21\*\***



# HALLOWEEN AT SOUTHPOINTE...

WEDNESDAY, OCTOBER 30TH

ALL STAFF & STUDENTS DRESS  
IN ORANGE AND BLACK



THURSDAY, OCTOBER 31ST

ALL STAFF & STUDENTS  
DRESS IN COSTUMES



As Halloween approaches, we're excited to see our students in their festive costumes!

To ensure all classes have fun & safe celebrations, please remember the following guidelines:

1. **Choose Friendly Themes:** Let's keep it light and fun with age appropriate costumes that spread joy, not fear (reminder we are a K-9 school).
2. **Focus on Safety & Comfort:** Opt for costumes that are comfortable and allow for easy movement. Avoid anything that could hinder learning & play.
3. **No Weapons, Masks or Props:** To maintain a friendly atmosphere, please leave any toy weapons and props at home. Masks are permitted but not during instructional class time.

Together, we can create a safe and enjoyable Halloween experience for everyone at SouthPointe!

Thank you for your cooperation, and we can't wait to see the creativity on display!



Thank you so much to the parents that gave of their time to help at the Book Fair! Your help was greatly appreciated!

Thank you to everyone who purchased books for their families and from the Teachers Wish Lists! I'm already planning and looking forward to our Book Fair in the Spring!

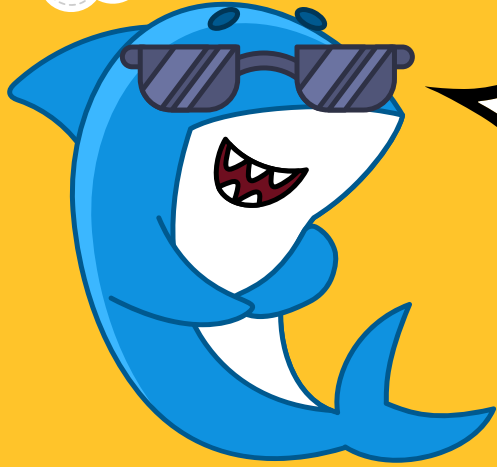
-Ms. Gauchier



Ms. Bossert is so excited to share the beautiful art that was created by her 5B students! Thank you to Miss Dylan for helping us create these masterpieces and to Jason Carter for inspiring us with your incredible work! Jason Carter is a proud contemporary Indigenous artist from Little Red River Cree Nation currently based in beautiful Alberta, Canada. He is a sculptor, painter, and public artist, and his work can be seen worldwide.



you are  
**AMAZING**



A special  
"Shark Shout Out" to:

**Aziz M, Kaine P, and Zoey S from 3G for  
cleaning up garbage during recess around  
the playground & field.**

**Dom K, Mia H and Sydney P from 6P for  
helping fold and sort our Lost & Found.**

Thanks to these amazing SPS students for  
showing Shark Pride and making our school  
a better place!

Students will receive a poppy before the assembly.  
Donations are accepted for the Legion at the office



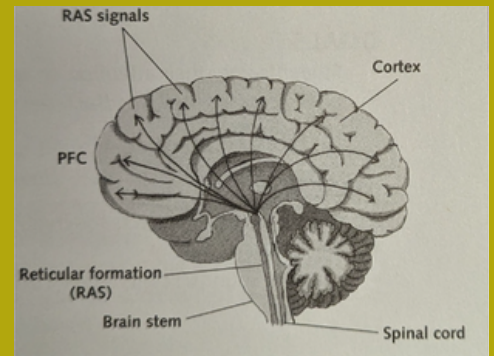
Parents, grandparents &  
caregivers are invited to  
join us for our  
Remembrance Day  
Assembly on Friday,  
November 8th at 10:30AM.

We recommend parents arrive around  
10:15AM so that we can get you seated  
before our assembly starts. Please  
access the main front doors as all other  
doors will be locked.



# Counsellor's Corner...

## RAS



### What is the RAS?

- It is a network of long nerve pathways within the core of the brain stem
- It helps regulate many basic body functions & connects the prefrontal cortex to the brain stem
- It sorts sensory information (visual, auditory, touch, smell, taste) that arrive from the spinal cord
- Relevant input are chosen by the RAS and sent to the prefrontal cortex

### Why does it matter?

- When dis-regulated the RAS will not correctly filter information
- The RAS can be trained which helps with focus, regulation, and social cues
- Sensory awareness activities help in this training and regulation

The brain stem needs to be regulated first so correct communication occurs through the next levels of the brain.

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))

## TAKE YOUR KID TO WORK DAY

Elk Island Public Schools is pleased to inform you that Take Our Kids to Work Day is fast approaching!

This national event, happening on **November 6, 2024**, provides **Grade 9 students** with the unique opportunity to step outside the classroom and into the workplace for a day of career exploration. This year's theme is: Breaking Barriers, Transforming Communities.

The goal of Take Our Kids to Work Day is to introduce students to the world of work and help them begin thinking about their future careers.

Whether they shadow you, a family member, or a trusted mentor, this experience will offer them valuable insights into daily work environments, professional responsibilities, and the wide variety of careers available to them. By engaging in this hands-on experience, students can connect what they learn in school with the real-world skills and competencies required in various jobs.

Health 9 teachers will be sending out information and a permission click form and will be doing in class discussions and assignments associated with the world of work.

## SHARKS ATHLETICS

**Monday (28)**

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

**Tuesday (29)**

Senior Teams Practice @ Lunch  
Junior Girls Game @ SPS vs LAM @ 4:00PM

**Wednesday (30)**

Senior Boys & Girls Game @ SPS vs  
NHS @ 4:00PM

**Thursday (31)**

**Friday (1)**

Practice  
MAKES  
Progress



**VOLUNTEERS  
NEEDED**

We need help in our Canteen!  
We're pleased to offer concession as a  
fundraiser during tournaments but  
need YOUR HELP.  
See the FASS Section to Volunteer

Our Junior Teams are hosting the SPS Invitational THIS WEEKEND!

## VOLLEYBALL

**WAY TO GO SHARKS!**

**Jr Girls: took home Silver from Lamont  
Invitational & beat Veg in 2 sets this week!**

**Jr Boys: took home Silver from Lamont  
Invitational**

**Sr Girls: lost in the Bronze medal final at Rudolph  
Hennig Invitational**

**Sr Boys: took home Silver from Rudolph Hennig  
Invitational**

Hoodies for  
**PURCHASE!**

**\$60**

The hoodies are \$60 with your name on them  
and come in adult and junior sizes.

Please click on link below to order:

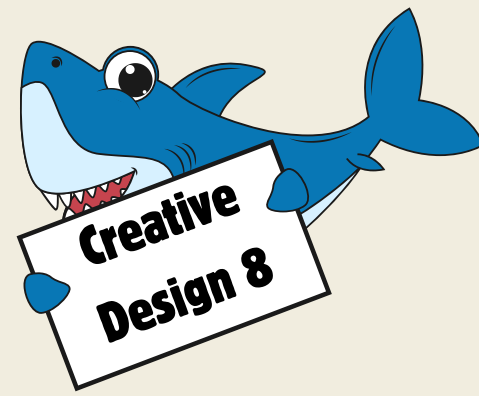
[https://docs.google.com/forms/d/13yhkCWcNyrGnf73QYUXgoNchmiNbgRawnaF2Q6a\\_cCs/edit](https://docs.google.com/forms/d/13yhkCWcNyrGnf73QYUXgoNchmiNbgRawnaF2Q6a_cCs/edit)

Once you filled out the form, please log on to your  
PowerSchool Parent Portal to complete payment (you will  
need to add the fee to your cart by clicking on the Shark  
Hoodie icon.) Don't forget to press SUBMIT to complete your  
order!

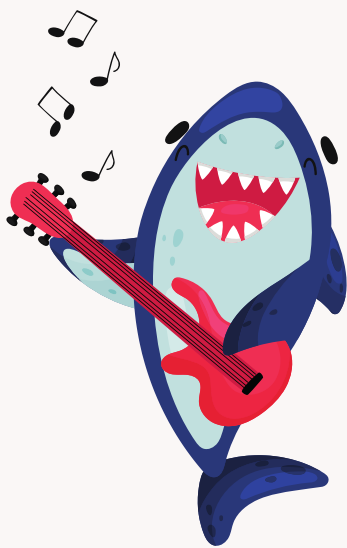
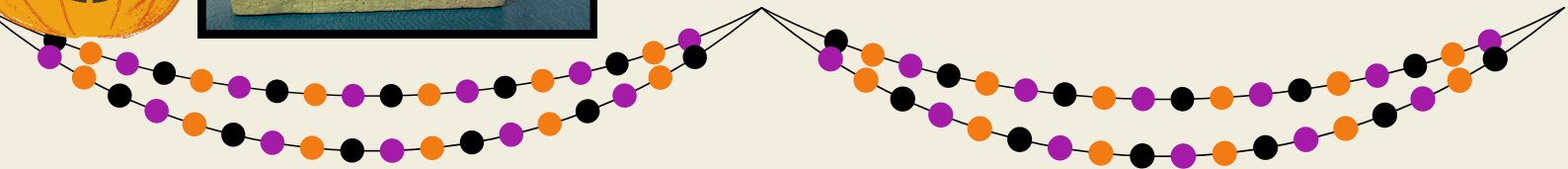
**Deadline to order hoodies: November 1**

For other SouthPointe  
**SCHOOL WEAR:** [Click here: https://southpointe.entripyshops.com/](https://southpointe.entripyshops.com/)





**Ms. Dallyn's Students finished the graffiti name fence project this week. Each student was given the same materials but the creative freedom to design however they wanted to represent their own name.**



**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 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).

**Grab your BEAR TRACKS (Ice Melt)**

**Only 20 Buckets left!**

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](mailto:president.fass@gmail.com)

**FREE**



**Thursday, November 7**

All parents & caregivers are invited to enjoy a **FREE** McDonald's COFFEE at school drop off. Coffee will be available at the main doors from 7:40AM -8:15AM.

Looking forward to seeing you there!



# HOT LUNCH



To order hot lunches, we use the [spschool.hotlunches.net](http://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).

**REMINDER:**  
Please still send  
**SNACKS on Hot  
Lunch Day**

**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).

November's Hot Lunch is from Tim Horton's & Papa John's



# 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)

### 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](https://fortsask.ca/FVPM).



## YOUR FUTURE POST-SECONDARY & CAREER FAIR

free event



NOV. 5 6 p.m. to 8 p.m.

Strathcona County Agora, Sherwood Park

For the list of vendors, visit [eips.ca/students/your-future](https://eips.ca/students/your-future)



X @eipspathways  
@eipscareerpathways