

# Shark Bites

# NEWSLETTER

SouthPointe School

## Principal's Message

I can't believe it's already November Break! This fall at SPS has flown by! As we move into November, I want to take a moment to express my gratitude for the continued support and engagement of our school community. From planning and serving Hot Lunches and coffee for parents, to cheering on at volleyball and cross country to Parent Teacher Interviews and our Book Fair (shout out to Ms. Gauchier as Scholastic let us know SPS had the highest sales amount in the Edmonton & greater area!); we so appreciate every family that calls SouthPointe School home.

This morning we held a special assembly to honor those who have served and sacrificed for our country. A special thank you to Ms. Yule and our Remembrance Day committee for all their work planning and organizing our assembly. I would also like to thank all our families that joined us for our Remembrance Day assembly. It was so great to see so many of you.

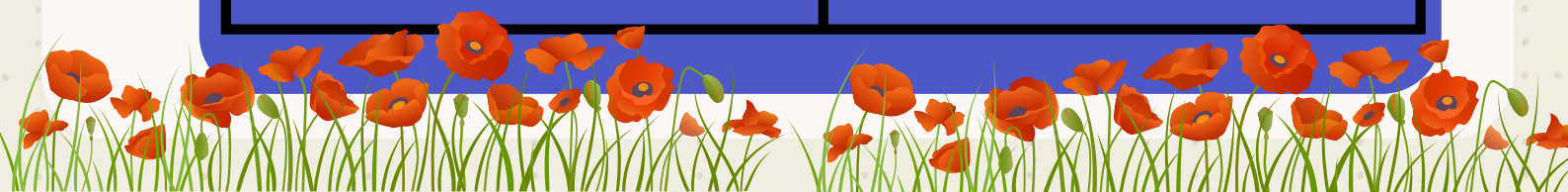
Please note that school will be closed for November break from November 11th to 17th. We hope this time allows families to relax and enjoy some quality moments together.  
Laurie Caines, Principal

**NEXT WEEK** IS NOVEMBER BREAK!

*Following Week...*



Monday (18)	Senior Boys & Girls Volleyball Practice @ 3:00-4:30PM SYNC/Coding/Multi-Cultural Association for Gr. 5s
Tuesday (19)	Grade 4/5/6 Choir at Lunch Recess Jr High Band Session 3:00-4:00PM Senior Boys & Girls Playoff Game TBA Junior Boys & Girls Volleyball Practice @ TBA
Wednesday (20)	Junior Boys & Girls Playoff Game @ TBA Senior Boys & Girls Volleyball Practice @ TBA FASS Meeting @ 5:00PM @ Large Flex Space
Thursday (21)	Grade 6 Hand Chimes at Lunch Recess Junior Boys & Girls Volleyball Practice @ TBA Senior Boys & Girls Semi-Finals Game TBA PARTY Program for Gr 9s Dungeons & Dragons @ 3:00-4:30PM
Friday (22)	Crazy Hair Day



## Coming Up this Month

November 9–17 November Break (NO SCHOOL)  
November 10–16 Metis Week  
November 11 Remembrance Day  
November 18 SYNC/Coding/Multi-Cultural Association (Gr. 5)  
November 18–22 National Anti-Bullying Week  
November 19 Tentative Canteen Soft Opening (details to come)  
November 20 FASS Meeting @ 5:00PM in Large Flex Space  
November 21 Deadline to Order Hot Lunch  
November 21 PARTY Program (for Gr. 9)  
November 21 Dungeons & Dragons  
November 22 Crazy Hair Day  
November 27 Hot Lunch for Grades 1–3 and M/W Kindergarten  
November 28 Hot Lunch for Grades 4–6 and T/TH Kindergarten  
November 29 Hot Lunch for Grades 7–9  
November 29 Report Cards Issued  
December 4 Early Dismissal @ 1:46PM



## 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.

**FEES ARE PAST DUE.**

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.

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.

## Facebook



Click **HERE** to join  
"Southpointe  
School K-9  
Parent Group"  
on Facebook

## 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

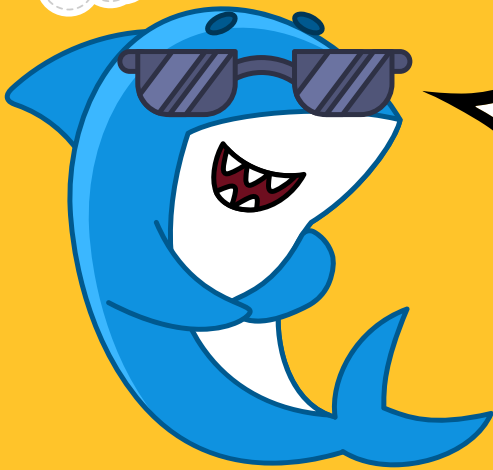
To order next month's hot lunch, go to  
<https://spschool.hotlunches.net/admin/>  
**\*\*Deadline to order is NOVEMBER 21\*\***



## Did you know?

Research shows sustained, collaborative and job-embedded professional learning significantly enhances teacher efficacy and student achievement. Simply put, the more times teachers get to learn from one another during the year, the better it is for student success. Professional learning doesn't mean a day off for staff—they improve upon their knowledge using time dedicated for collaboration, growth and relationship-building. This ensures students continue to receive high-quality education throughout the school year.

you are  
**AMAZING**



A special  
"Shark Shout Out" to:

### Our Grade 9 students!

On Wednesday our grade 9 students experienced the work force as they went with their parent or family friend to work for the day. We had multiple grade 9 students working around our school too. Well done! Thanks for showing Shark Pride and making our school & community a better place!

## Inclement Weather

With the winter season almost here, we have a few reminders for families:

-Ensure students have clothing appropriate for expected weather conditions

-If weather conditions are bad enough to impact student transportation, Elk Island Public Schools (EIPS) advises families directly, as well as posting on social media and eips.ca as early as possible

-Decisions regarding bus cancellations are guided by an EIPS administrative procedure that states, "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

For more information, contact EIPS Student Transportation at 780-417-8151.



SPS Remembers & Honors those who serve our Country.



Thank you so much to all our students who participated in our Remembrance Day assembly with Hand Chimes, Choir, and MC's:

- Kalee V.
- Lily P.
- Zoey K.
- Brooklyn B.
- Ben P.
- Neely B.
- Eamon L.
- Sydney P.
- Mia H.
- Austyn S
- Ranuka P



# METIS WEEK



A big THANK YOU to Danielle Booker, EIPS' First Nations, Metis and Inuit Consultant for sharing your knowledge with our students and for making our time together so engaging!

For more resources, click [here](#).



# Counsellor's Corner...

## Emotional Regulation Activities

Parents and teachers can teach sensory strategies to help students emotionally regulate when they start to notice dysregulation building. When we are dysregulated, our lower brain has taken charge over the prefrontal cortex (upper brain). There are many sensory activities we can use to help students return control back to the upper brain.

### Tips for Adults:

- Provide students with choice, especially in their regulation tools; feeling control is an effective regulation strategy itself.
- Intentionally apply and model these strategies yourself—adults get dysregulated.
- Explicitly connect regulation strategies with success in adulthood
- Whenever possible, have visuals for strategies available for reinforcement; the higher the dysregulation, the less that language skills will be available

### Sample Strategy:

#### Progressive Muscle Relaxation

This is an exercise where students isolate and then tense and relax different muscles in their body. Progressive muscle relaxation tells the body where it is in space, which is good for teens and tweens when they are feeling emotionally dysregulated. It's a great stress buster and has even been shown to help treat anger and aggression in adolescent males.

#### Directions for students:

Label your feelings and put them into your shoulders. Tense them. Hold the position for 5 seconds and release.

Do the same for the wrists, fingers, knees, ankles, and toes. The feelings should become more manageable or even disappear.

More strategies will follow in upcoming newsletters. This [article](#) was my source.

## November 18-22 is Anti-bullying week.

Our school has the following activities planned:

- Daily facts on the announcements
- Classroom presentations
- Helping Hands Community Building activity
- Crazy Hair Day on November 22** to celebrate our individuality

Parent Resources on bullying:

<https://www.bullyingcanada.ca/what-should-parents-know-about-bullying>

## Dungeons and Dragons:

If your child is interested in joining a D & D group, ask them to sign up with Mr. Krause.

**The first session will be November 21st from 3:00-4:30PM.**



Always feel free to reach out with any questions or concerns:  
Blake.Krause@eips.ca

We are excited to be offering the Canteen after the break. More details to come (which days and for what grades) our first week back.



## November 2024

**kickstand** Operated by:  
Fort Saskatchewan  
**THE BRIDGE**  
WELLNESS HUB FOR YOUTH

### The Bridge Wellness Hub for Youth

Monday	Tuesday	Wednesday	Thursday	Friday
Cooking workshop 4:30 – 7:30pm Hours 11-7 pm Appointment Based  <b>4</b>	ADHD Support Group 6-7:30pm Youth Employment Workshop 4:30-6pm Appointments 3-7pm <b>5</b>	Pottery Night Day One Nurse Clinic 2-6pm Psychologists by appointment  <b>6</b>	Movie night at the hub 5:30-7:45pm Youth Outreach Worker 2-7:45pm  <b>7</b>	<b>8</b>
Closed for Remembrance Day  <b>11</b>	 <b>12</b> Youth Employment Workshop 4:30-6pm Appointments 3-7pm	Button making Nurse Clinic 2-6 pm Psychologists by appointment  <b>13</b>	 <b>14</b> Dungeons & Dragons 5:00-7:45pm Youth Outreach Worker 2-7:45pm	Family Feud & Food Frenzy 6-9pm (Email to register)  <b>15</b>
Cooking workshop 4:30 – 7:30pm Hours 11-7 pm Appointment Based  <b>18</b>	ADHD Support Group 6-7:30pm Youth Employment Workshop 4:30-6pm Appointments 3-7pm <b>19</b>	Pottery Night Day Two Nurse Clinic 2-6pm Psychologists by appointment  <b>20</b>	Make holiday cards for Veterans 5:30pm – 7:45pm Youth Advisory Meeting Youth Outreach Worker 2pm-7:45pm  <b>21</b>	<b>22</b>
Cooking workshop 4:30 – 7:30pm Hours 11-7 pm Appointment Based  <b>25</b>	 <b>26</b> Youth Employment Workshop 4:30-6pm Appointments 3-7pm	 <b>27</b> Self Defense 6:45-7:45pm Nurse Clinic 2-6 pm Psychologists by appointment	 <b>28</b> Dungeons & Dragons 5:00-7:45pm Youth Outreach Worker 2-7:45pm	 <b>29</b> Rainbow Alliance 6-8pm

#### Contact Information

780-589-0224

info@thebridgewhy.com

Linktree: @thebridgewellnesshubforyouth

Scan for website



#### Ages 11+ All Welcome

All mental health services and drop in youth nights are completely free to all youth ages 11-25.

#### Hours of Operation

We are open Monday 11-7 pm and Tuesday 3-7 pm for appointments and workshops. Wednesday and Thursday, 2- 7:45 pm, we are open for drop-in.

Our Grade 9s will be attending the PARTY program on November 21.

**THANK YOU!**

Thank you for your Donations for our We Scare Hunger Food Drive!

"We make a living by what we get. We make a life by what we give."  
-Winston Churchill



You truly have made a difference! The Fort Saskatchewan Nourishment Centre was very thankful for all of our donations, especially the most needed items.

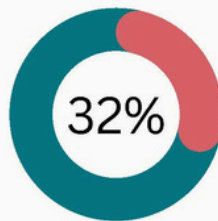
**Way to go SPS!**



To provide young people with information about injury, risk, consequences and prevention.

Topics Covered During the Day:

- Consequences of Risk Related Behaviors
- Effects of Alcohol/Drugs on Decision Making, Judgement, Concentration, and Coordination
- Injury Prevention and Strategies
- Quality of Life After Injury
- Impact on Family and Friends after and Incident



Of teens did not consider driving under the influence of cannabis to be as bad as alcohol

Motor vehicle crashes are the leading cause of death among 16 to 25 year olds, and alcohol and/or drugs are a factor in 55% of those crashes.

MADD Canada

Young drivers are over-represented in road crashes for two primary reasons: Inexperience & Immaturity

What previous attendees have shared about the program:

"I think this was very beneficial because it helps us to become more aware of our choices and how it can affect others."

"it's full of information that people my age should know, especially with most of us getting our learners within the next year or so."

"They covered a lot of valuable lessons, knowledge and information overall. As well as the consequences of impaired driving."



# GO TEAM!

## SHARKS ATHLETICS

**Monday (18)**

Senior Teams Practices @ TBA

**Tuesday (19)**

Senior Boys & Girls Playoff Games TBA  
Junior Teams Practice @ TBA

**Wednesday (20)**

Senior Teams Practice @ TBA  
Junior Boys & Girls Playoff Games TBA

**Thursday (21)**

Junior Teams Practice @ TBA  
Senior Boys & Girls Semi Final Game TBA

**Friday (22)**

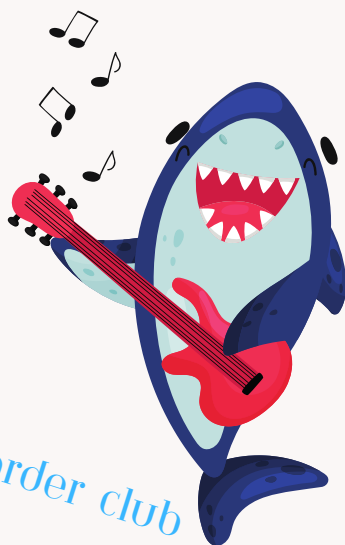


## FOOTBALL

**CONGRATULATIONS TO TEAM DANTE FOR WINNING ELEMENTARY INTRAMURAL FLAG FOOTBALL!**

**AND TO TEAM WATERMELONS FOR WINNING JUNIOR HIGH VOLLEYBALL INTRAMURALS!**

## VOLLEYBALL



recorder club

Grade 4/5/6  
Choir

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.

-Ms. Yule



# FASS/School Council Info

*Thank you*

The FASS would like to extend a special **thank you to McDonalds** for their generous donation of coffee & cookies for our Parent/Caregiver Coffee at drop off. Thank you to all those that showed up to enjoy a coffee too!

Thank you for your continued support and for making a positive impact in our community! 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

## VOLUNTEERS NEEDED

### 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)

## Reporting Attendance

Thank you so much for calling in or emailing the front office when your child is absent. We are not able to reply to all of the attendance messages, but please know we appreciate every one of them.

To report absences: E-mail [general.sps@eips.ca](mailto:general.sps@eips.ca) or call 780-998-2747.



## 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

## NOVEMBER CONNECTIONS MONTH

2024



### DAZZLING DINNER IN THE DARK

Families First  
November 4th 5:00pm - 7:00pm for ages 8-18 and their families



### COMMUNITY COLOURING AT THE LIBRARY

Fort Saskatchewan Public Library  
November 12 - 17; ALL AGES



### FAMILY FEUD & FOOD FRENZY

The Bridge, November 15th 6-9pm, for ages 11 and up

### BINGO

BGC, November 7th, for all ages

### FREE FALLING ROCK CLIMBING

BGC, November 13th, for all ages

### BE OUR GUEST PIE EDITION

BGC, November 28th, for all ages

### TOBACCO TIES & BANNOCK KITS

Families First  
November 13th, 1:00pm - 4:00 pm, ALL AGES



## November Newsletter



Operated by:



### Connection Month

Calling all youth and families! Come join us at the Bridge from **6-9pm on November 15th** for a **Family Feud & Food Frenzy**: a free night of fun and games suited for all ages. Supper and a sundae bar will be available!

Join us in celebrating and *building community connections* all throughout the month of November with wonderful events from FCSS Fort Saskatchewan and many other local organizations! For more info on how to get involved in Connection Month & other events at the hub, see our calendar and the posters attached! We hope to see you there!

### Upcoming Events

Dungeons & Dragons: Nov. 14 & 28

Sign up required

Mug making workshop: Nov 6 & 20

Holiday cards for veterans: Nov 21

Self-defense: Nov 27 6:45-7:45pm

**Wednesday:** drop in 2-7:45pm

Nurse Clinic Wed 2-6pm

**Thursday:** drop in 2-7:45pm

Youth Outreach Worker 2-7:45pm

### Workshops

**Youth Employment Workshop** ft. BGS Career Ventures: Nov 5, 12, 19, 26. A few spots are available, email support@thebridgeway.com if interested! Free for ages 16-25. Date: every Tuesday 4:30-6pm at the hub until Jan 14, 2024.

### Survey: Win a \$25 gift card!

Give feedback on community mental health supports for youth



## NOVEMBER CONNECTIONS MONTH

2024

### THE FORT SASKATCHEWAN PUBLIC LIBRARY PRESENTS: COMMUNITY COLOURING

November 12th - 17th; All Ages



From November 12 to 17th a giant colouring sheet will be on display at the library - all that's needed is your talent and creativity! All ages are welcome to come in and colour a portion of the colouring sheet. Crayons will be available at our front desk so that it's easy for you to contribute your creative colouring!

Let's see what we can create as a community! Bookmarks will also be available for you to colour at home or at the library.



## NOVEMBER CONNECTIONS MONTH

2024

### THE FORT SASKATCHEWAN BGC PRESENTS: BINGO

November 7th; 6:00pm - 8:00pm

Ages  
Registration

### FREE FALLING ROCK CLIMBING

November 13th; 6:00pm - 8:00pm

Ages 11+

### BE OUR GUEST PIE EDITION

November 28th; 6:00pm - 8:00pm

Ages 11+



## NOVEMBER CONNECTIONS MONTH

2024

### THE BRIDGE WELLNESS HUB FOR YOUTH PRESENTS: FAMILY FEUD AND FOOD FRENZY

November 15th; 6:00pm - 9:00pm

Ages 11+



Calling all youth and families! Come join us for a free night of fun and games suited for all ages. Supper and a sundae bar will be available.

- Kids Corner for kids Under 11



To learn more or register:  
info@thebridgeway.com  
or call 780-589-0224



## NOVEMBER CONNECTIONS MONTH

2024

### CREATING HOPE SOCIETY PRESENTS: TOBACCO TIES & BANNOCK KITS

November 13th: 1:00 - 4:00 pm

@ Families First Society  
ALL AGES

Drop in welcome



# Have a Great November Break!