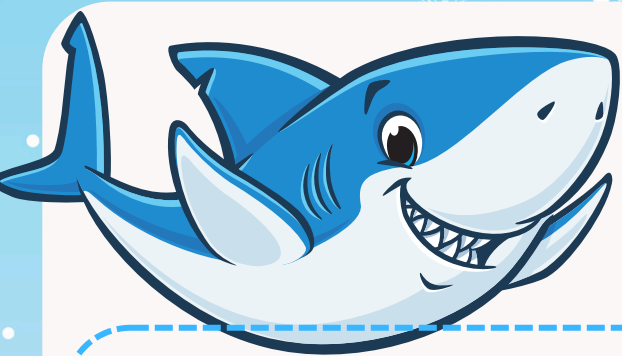


Shark Bites

NEWSLETTER



SouthPointe School

Principal's Message

We hope this newsletter finds you well! As we continue into January, we want to remind everyone that we have a large collection of lost and found items on display. We encourage all families to take a moment to check for any belongings that may have been misplaced. Please note, any items not claimed by Wednesday, January 29 will be bagged up and donated to a local charity.

Please also mark your calendars for our School Council Meeting on Wednesday, January 22 at 4:00PM. We'll be discussing school fees and would love to hear feedback from our parent community. Your input is important as we work together to make decisions that benefit all students.

Lastly, a big thank you to everyone who attended our Numeracy Night! Your participation makes all the difference, and we are grateful for your continued support of our students' learning.

Wishing you all a warm and wonderful week ahead!

Laurie Caines, Principal

NEXT WEEK

Monday (20)	<p>Recorder Club @ First Recess Jr Boys Basketball Practice @ 3:00-4:15PM Jr Girls Basketball Practice @ 4:15-5:30PM</p>
Tuesday (21)	<p>Choir @ Lunch Recess Sr Boys Basketball Practice @ 3:00-4:15PM Jr High Band @ 3:00-4:00PM Sr Girls Basketball Practice @ 4:15-5:30PM</p>
Wednesday (22)	<p>Recorder Club @ First Recess Not Lunch for Grades 1-3 & M/W Kinder School Council Meeting @ 4:00PM @ Flex Space Jr Boys Basketball Game @ 4:00PM @ SPS vs Veg Jr Girls Basketball Game @ 5:15PM @ SPS vs Veg</p>
Thursday (23)	<p>Gr 6 Hand Chimes @ Lunch Recess Not Lunch for Grades 4-6 & T/Th Kinder Sr Boys Basketball Game @ 4:00PM @ FTV Sr Girls Basketball Game @ 5:15PM @ FTV</p>
Friday (24)	<p>Twin Dress Up Day Not Lunch for Grades 7-9 Sr Girls Warriors Basketball Tournament @ FSC Sr Boys Warriors Basketball Tournament @ FSC</p>

Coming Up this Month

January 17 & 18	Jr Boys & Girls EIAA Basketball Tournament
January 20	EIPS Fort Sask Indigenous Winter Family Gathering @ 6:00PM
January 22	Hot Lunch for Grades 1-3 & Mon/Wed Kinder
January 22	School Council & FASS Meeting @ 4:00PM
January 23	Hot Lunch for Grades 4-6 & Tues/Thurs Kinder
January 24	Twin Dress Up Day
January 24	Hot Lunch for Grades 7-9
January 24 & 25	Sr Boys & Girls Warriors Basketball Tournament
January 26	Registration for Junior High Honors Closes
January 29	No School! *Professional Learning Day
January 30	Second Semester for Jr High *Only Options Change
January 30	Digital Wellness Workshop @ Wes Hosford @ 6:00PM
February 3	SPS' Read-A-Thon Starts!
February 5	Early Dismissal
February 6 & 7	No School (Teachers Convention)



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)



Junior High Honours Program: 2025-26 Applications

Is your child considering the Elk Island Public Schools (EIPS) Junior High Honours program for the coming school year? The program is designed for students in grades 8 and 9 with high achievement in their core courses and who enjoy a challenging academic environment.

Applications for the 2025-26 EIPS Junior High Honours program are open Jan. 13-26, 2025.

When applications open, the parent/guardian on file in PowerSchool identified as the Permission Click contact for all current grades 7 and 8 students will receive an email through Permission Click outlining the application process for the program—including a link to an application form. Refer to the [EIPS Junior High Honours program information page](#) for details about specific courses within the program and eligibility requirements.

Note:

Deadline to order Hot Lunch for January has passed. Next deadline is Feb. 20th

January Hot Lunch

☀	Grades 1-3 and Mon/Wed K	22 Jan
☀	Grades 4-6 and Tues/Thur K	23 Jan
☀	Grades 7-9	24 Jan

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



JANUARY

SHARKS ATHLETICS

Monday (20)

Jr Boys Basketball Practice @ 3:00-4:15PM
Jr Girls Basketball Practice @ 4:15-5:30PM

Tuesday (21)

Sr Boys Basketball Practice @ 3:00-4:15PM
Sr Girls Basketball Practice @ 4:15-5:30PM

Wednesday (22)

Jr Boys Basketball Game @ 4:00PM @ SPS
Jr Girls Basketball Game @ 5:15PM @ SPS

Thursday (23)

Jr Girls Basketball Practice @ 3:00-4:15PM
Jr Boys Basketball Practice @ 4:15-5:30PM
Sr Boys Basketball Game @ 4:00PM @ FTV
Sr Girls Basketball Game @ 5:15PM @ FTV

Friday (24)

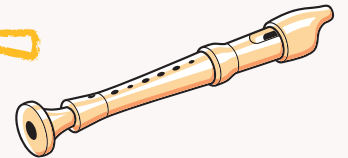
Sr Girls Warriors Basketball Tournament @ FSC
Sr Boys Warriors Basketball Tournament @ FSC



Congrats to our Senior Boys team on winning Gold last weekend and finishing as the EIAA 24/25 CHAMPS!



MUSIC



NEW Gr 4-6 Recorder Club on Mondays & Wednesdays at First Recess

Gr 4-6 Choir on Tuesdays at Lunch Recess

Gr. 6 Hand Chime Club on Thursdays at Lunch Recess

Jr High Band on Tuesdays from 3:00-4:00PM

DID YOU KNOW?

If your child misses just TWO DAYS a month for any reason for TEN of their school years, they'll have missed the equivalent of one entire year of school.

Students who frequently miss school, even as early as kindergarten, are also more likely to have difficulty in school, at post-secondary and in their career. As every family has unique circumstances, EIPS uses a multi-tiered approach to re-engage students with chronic absenteeism. In addition, the Division promotes strategies to support and encourage regular attendance for all students. If you're concerned about consistent student attendance for your child or youth, contact the school for support. An informative video is also available.



Counsellor's Corner...

Mindfulness



12 Ways to Practice Mindfulness



Take a mindful brain break  Practice breathing techniques  Check in with your emotions 

www.thepathway2success.com

Use senses to observe an object  Take a mindful walk  Recite positive affirmations 

Spend time writing in a journal  Mindfully listen to music  Practice yoga or stretch 

Draw, color, or doodle  Read guided imagery for relaxation  Spend extra time outside 

Images from Kate Hadfield & Sarah Pecorino

Many of us lead busy lives. We are busy thinking about yesterday and busy planning for tomorrow. When we focus on the past and future, we aren't paying a lot of attention to the present—where we are right now. Mindfulness is simply an invitation to step out of the clutter and really focus on what we are doing, thinking, and feeling in this moment.

Research shows that mindfulness can help improve well-being and quality of life. It may help people reduce stress and anxiety, manage symptoms of some mental illnesses and substance use problems, and improve physical health. Mindfulness can help us look at our own lives more clearly. It can help develop a different relationship with our experiences and it can give us space to look at problems from all perspectives, without getting tangled in difficult thoughts or feelings that only make us feel worse.

(Courtesy of

<https://cmha.ca/brochure/mindfulness/>)

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

YOU'RE INVITED

Wes Hosford invites you to a workshop on Digital Wellness on January 30 in partnership with the Strathcona Family Resource Network. Learn how to help your teen with the social & technological pressures they face in the world today. Together we will go through research-based ways we can support teens when they are feeling the pressure of their digital lives. Issues addressed include interacting with strangers online, understanding their digital identity, and healthy relationships.

The content of this workshop is geared for parents and caregivers with children between 9-14 years of age.

WHEN: THURSDAY, JANUARY 30

TIME: 6:00PM-7:30PM

WHERE: WES HOSFORD SCHOOL

WHO FOR: PARENTS AND CAREGIVERS OF YOUTH AGES 9 -14 YEARS



For more info click [HERE](#)

What's Happening

AROUND SOUTHPOINTE...



NUMERACY NIGHT

A big thank you to Mrs. Percy, the staff, and all the families and students who took part in our Numeracy Night! Your energy, enthusiasm, and support made the event so much fun and helped show how exciting math can be. It was wonderful to see everyone working together and enjoying the activities. We're grateful to have such a strong, supportive community and look forward to more events like this in the future!

THANK YOU!

Lost and Found



Our Lost & Found bin is overflowing with snow pants, jackets, sweaters, gloves, water bottles, shoes, and more! Please stop by during school hours to help reunite these items with their owners.

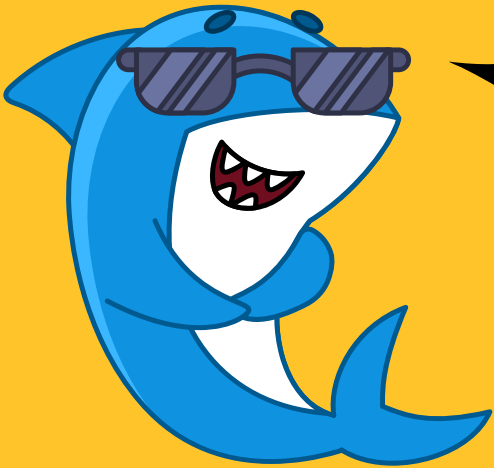
ALL ITEMS WILL BE DONATED AFTER JANUARY 29th!



What's Happening

AROUND SOUTHPOINTE...

you are
AMAZING



A special
"Shark Shout Out" to
the following grade 4 students for
helping Mrs. Nelson sort & organize
the Lost & Found:

**Isla Millar, Dylan Sievers, Jax Sirois
& Charlotte Smith**

Thanks for showing Shark Pride and making
our school & community a better place!

**Tickets
available!**



We are thrilled to announce that we have more Edmonton Oil Kings tickets available to giveaway! If you haven't entered the draw yet and would like your family to be included, simply email carla.ferris@eips.ca to enter. Your entry will remain in the draw until all tickets are given out, unless your name is drawn as a winner.

A big THANK YOU to MLC Group within SouthPointe Estates for their generous donation of these tickets!

Don't miss out—enter today for a chance to enjoy an exciting game with your family!

If you have already won tickets, please allow others to have a chance.

FASS/School Council Info

THANK
YOU

Thank you to our School Council for providing family games for prizes at Numeracy Night. Your contribution helped make the event even more fun & memorable, and we truly appreciate your continued support of our school community!

Congrats to the families that won the prizes!

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

NEXT SCHOOL COUNCIL MEETING IS ON JANUARY 22 AT 4:00PM IN THE LARGE FLEX SPACE. ALL PARENTS & CAREGIVERS ARE INVITED TO COME OUT!

HOT LUNCH

Hot Lunch is OPEN for January, February & March!



To order hot lunches, we use the spschool.hotlunches.net website.

Deadline to order for JANUARY was Jan. 16th at NOON. Don't miss February's Deadline!

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 **before 10:30AM** and let them know. No refunds will be given if a student is absent on the day of their hot lunch.

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.

**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.

News from EIPS



Inclement Weather

With the winter season in full effect, 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.

News from EIPS

High School Open Houses

To help students and their families make informed decisions about next school year, senior high schools across the Division will host open houses throughout the upcoming registration season to share information about specific courses, programming and extracurricular opportunities available.

Plan to attend one or more of the open houses near you:

- Ardrossan Junior Senior High – February 10 @ 6-7PM
- Bev Facey Community High – February 11 at 6-8PM
- Fort Saskatchewan High – February 11 at 5-7PM
- Lamont High – February 12 at 6-7PM
- Next Step Fort Saskatchewan – January 15 at 6-7:30PM
- Next Step Sherwood Park – January 22 at 6-7:30PM
- Next Step Vegreville – February 13 at 6-7:30PM
- Salisbury Composite High – February 12 at 6-8PM
- Strathcona Christian Academy Secondary – January 20 at 6-7PM
- Vegreville Composite High – February 13 at 6-7:30PM

For those who were unable to attend the Division High School Information Session on January 13, a copy of the presentation and recording of the information will be available on eips.ca later in January

Kindergarten Registration Starts Soon!

Is your child turning five on or before Dec. 31, 2025? If so, it's almost time to register for kindergarten.

Kindergarten registration opens for the 2025-26 school year on Feb. 1, 2025.

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 SouthPointes kindergarten program is available at

<https://www.southpointeschool.ca/>

Returning Student Registration for 2025-26

The Elk Island Public Schools (EIPS) returning student registration process for 2025-26 takes place Feb. 10-24, 2025. Through the online form, all families will confirm the school and program their child will attend next year or advise the

Division if they aren't returning. For students who want to attend a non-designated school next year, these requests must be submitted through the returning student registration process—acceptance is based on available space.

On February 10, the parent/guardian on file in PowerSchool identified as the Permission Click contact for each pre-kindergarten to Grade 11 student will receive an email through Permission Click with a link to the form. If your family hasn't received any Permission Click forms this school year, contact the school office so we can investigate any technical issues before registration season.

Community Resources

JANUARY NEWSLETTER

kickstand
Fort Saskatchewan
operated by:
THE BRIDGE
WELLNESS HUB FOR YOUTH

Upcoming

- **Vision Boards with Mitch**
January 8 - 5pm-7:30pm
- **Dungeons & Dragons**
January 9, 23 - 5pm-7:45pm
- **Just Dance, January Birthdays Night**
January 15 5:30pm-7:45pm
- **Clay crafts night**
January 16 5:30pm-7:30pm
- **Make Bannock with Kiara**
January 22 5:30pm-7:30pm
- **Bingo night**
January 29 5:30pm-7:30pm
- **Paint night with Madilyn**
January 29 - 5:30pm-7:30pm

December Recap

Holiday Celebrations

We were so thankful to have gotten to celebrate the close of a great year at our holiday dinner! Thank you to everyone who joined!

A huge shoutout to the Fort Sask Nourishment Centre for contributing to the dinner!



Resource Spotlight

January can be a hard month on individuals mental health. This months resource spotlight aims to highlight mental health and wellness. Kickstand aims to help provide mental health supports for all young people in Alberta. Scan the QR code to learn more about Mental wellness & balance as well as mental health concerns

Scan to take a look at the Kickstand resource library regarding mental health



Hours of Operation

- Monday:** Appointments 11am - 7pm
- Tuesday:** Appointments and workshops 3pm-7pm
- Wednesday:** drop-in 2pm-7:45pm
Nurse Clinic Wed 2pm-6pm
- Thursday:** drop-in 2pm-7:45pm
Youth Outreach Worker 2-7:45pm

JAYME-LEE K-12 Individual Tutoring

Free tutoring available

It's never too late to ask for help!

In-person at the Bridge - Kickstand Fort Sask. Book your first session today!



Personalized Learning

- Available for All Youth Ages 11-25
- Experienced & Qualified Tutor
- Tutors All Subjects and Grades
- Experience working with students with learning disabilities

Location: 10307 100 Ave
Suite #2, Fort Saskatchewan, AB T8L 1Y9

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

For More Information
780-589-0224

programcoordinator@thebridgewhy.com

January 2025

kickstand Operated by:
Fort Saskatchewan

The Bridge Wellness Hub for Youth

THE BRIDGE
WELLNESS HUB FOR YOUTH

Monday	Tuesday	Wednesday	Thursday	Friday
		We are Closed! Happy New Year! 	Board games night Youth Outreach Worker 2pm-7:45pm 	
6 Hours 11am-7 pm Appointment Based	7 Youth Employment Workshop 4:30pm-6pm Appointments 3pm-7pm	Vision boards with Mitch 5pm-7:30pm Nurse Clinic 2om-6 pm Psychologists by appointment 	9 Dungeons & Dragons 5pm-7:45pm Youth Outreach Worker 2pm-7:45pm	10
13 Hours 11am-7 pm Appointment Based	14 Youth Employment Workshop 4:30pm-6pm ADHD Support Group 6-7:30pm Appointments 3pm-7pm	15 Just Dance January Birthdays Night Nurse Clinic 2pm-6 pm Psychologists by appointment 	16 Clay crafts night Youth Outreach Worker 2pm-7:45pm 	17
20 Hours 11am-7 pm Appointment Based	21 ADHD Support Group 6pm-7:30 pm Appointments 3pm-7pm	22 Making Bannock with Kiara 5:30pm-7:30pm Nurse Clinic 2pm-6 pm Psychologists by appointment 	23 Dungeons & Dragons 5pm-7:45pm Youth Outreach Worker 2pm-7:45pm 	24
27 Hours 11am-7 pm Appointment Based	28 Hours 3pm-7 pm Appointment Based	29 Bingo night 5:30pm-7:30pm Nurse Clinic 2pm-6 pm Psychologists by appointment 	30 Paint night with Madilyn 5:30pm-7:30pm Youth Outreach Worker 2pm-7:45pm Youth Advisory Meeting 7pm 	31 Rainbow Alliance 6pm-8 pm

Contact Information

780-589-0224

info@thebridgewhy.com

Linktree: [@thebridgewellnesshubforyouth](https://www.linktree.com/@thebridgewellnesshubforyouth)

Scan for website



Ages 11+ All Welcome Hours of Operation

Youth nights are free to all youth ages 11-25.

We are open 2-7:45pm on Wednesday and Thursday. We provide supper and snacks.