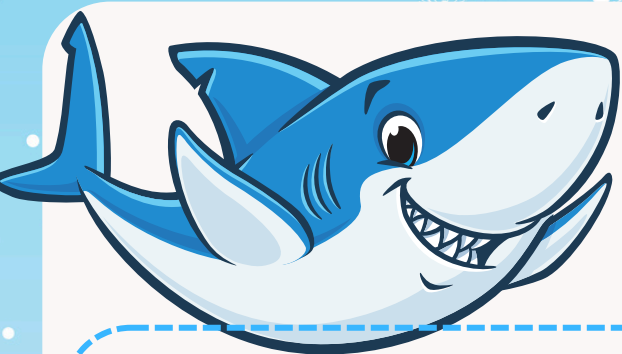


Shark Bites

NEWSLETTER



SouthPointe School

Principal's Message

What a fantastic week we've had at our school! On Wednesday, we hosted a productive School Council meeting where we discussed upcoming fees for next year and our upcoming Family Valentine's Dance. We appreciate the input and engagement from all who attended. It's always great to hear from our school community as we plan for the future! Our staff & students also enjoyed a fun-filled Twin Dress-Up Day, where they teamed up with a friend to showcase their creativity. The smiles were contagious, and it was wonderful to see everyone's outfits!

A big thank you to our dedicated volunteers who organized and served Hot Lunch over 3 days – your efforts are greatly appreciated, and the staff & students enjoyed it.

As a reminder, there will be **no school next week on January 29** for our Professional Learning Day. Teachers will be engaging in important development activities to continue improving the learning experience for our students.

We look forward to more exciting events in the coming weeks. Thank you for your continued support in making our school a vibrant place to learn and grow!

Laurie Caines, Principal

NEXT WEEK

Monday (27)	Recorder Club @ First Recess Jr Girls Basketball Practice @ 3:00-4:15PM Jr Boys Basketball Practice @ 4:15-5:30PM
Tuesday (28)	Choir @ Lunch Recess Sr Girls Basketball Practice @ 3:00-4:15PM Jr High Band @ 3:00-4:00PM Jr Boys Basketball Game @ 4:00PM @ NHZ Sr Boys Basketball Practice @ 4:15-5:30PM Jr Girls Basketball Game @ 4:30PM @ STL
Wednesday (29)	NO SCHOOL! (Professional Learning Day)
Thursday (30)	Semester 2 Begins (Only Jr High Options Change) Gr 6 Hand Chimes @ Lunch Recess Sr Boys Basketball Practice @ 3:00-4:15PM Sr Girls Basketball Practice @ 4:15-5:30PM
Friday (31)	Deadline to Pay for Gr 7-9 Ski Trip

Coming Up this Month

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
January 31	Deadline to Pay for Gr 7-9 Ski Trip
February 1	Kindergarten & New Student Registration for 2025/26
February 3	SPS' Read-A-Thon Begins
February 4	Gr 7-9 Ski Trip
February 5	Early Dismissal
February 6 & 7	NO SCHOOL! (Teachers Convention)
February 10	SPS Junior High Open House @ 5:00PM
February 14	Red & Pink Dress Up Day
February 14	Family Valentine's Day Dance @ 6:00PM
February 17	NO SCHOOL! (Family Day)
February 19	School Council/FASS Meeting @ 4:00PM



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)



ENDS THIS SUNDAY!

Junior High Honours Program: 2025-26 Applications

Are you a 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 February is Feb. 20th at noon

February Hot Lunch

Grades 1-3 and Mon/Wed K	26 Feb
Grades 4-6 and Tues/Thur K	27 Feb
Grades 7-9	28 Feb

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



JANUARY

SHARKS ATHLETICS



Monday (27)

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

Tuesday (28)

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

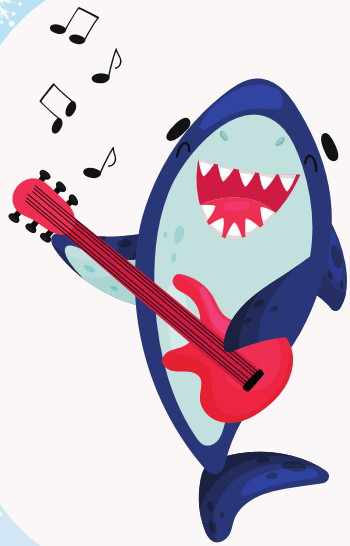
Wednesday (29)

Thursday (30)

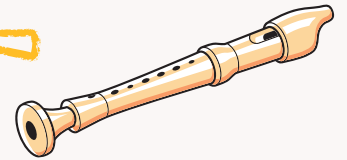
Sr Boys Basketball Practice @ 3:00-4:15PM
Sr Girls Basketball Practice @ 4:15-5:30PM

Friday (31)

Deadline to Pay for the Gr 7-9 Ski Trip



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



What can mindfulness look like?

Mindfulness can be practiced in many different ways, from formal groups or classes to a short check-in with yourself on the way home from work. There is no right or wrong, and what you experience is what you experience. Here are some quick mindfulness techniques you can practice anywhere:

- Eat a meal without distractions like TV or any other devices. Pay attention to what you're eating and the different sensations that come up, and notice how it makes you feel.
- Go for a walk and set out to really pay attention to the environment around you using all your senses. What do you experience?
- Talk with a friend face-to-face without any distractions like phones. Focus on the conversation and really listen without judgments or expectations. Notice how you feel.
- Check in with yourself at any time. What thoughts do you notice? How do they make you feel?
- Take a minute to sit quietly and focus on the sensation of your breath. When you find yourself distracted by a thought, acknowledge the thought and redirect your attention back to your breath.
- There is always a different way to try mindfulness. If sitting mindfulness meditations make you feel restless, try a walking practice.

(Courtesy of <https://cmha.ca/brochure/mindfulness/>)

Mindfulness Practice for Families

By [Christopher Willard](#)

One easy way to introduce mindfulness to your children is through informal practices that you can do along with them. Start with a simple kindness meditation—offering good wishes and compassion to others.

1. To begin, find a comfortable sitting position. You can even place a hand on the heart. Allow your eyes to close or lower your gaze toward the floor.
2. Bring to mind someone who you really respect and look up to, and who really loves you in return.
3. Notice how you feel as you bring this person to mind.
4. Make a kind wish and send it their way. What would make them happy?
5. Next, bring to mind someone else you love and care about: A family member, a friend, a beloved colleague. Just bring this person to mind, sending this person a kind wish.

We'll move from here to a more neutral person. Perhaps someone you don't know very well: A parent you see occasionally in the pick-up line, a person who delivers your mail, or makes your coffee in the morning. Just bring this person to mind and imagine yourself sending them some kind of kind wish.

6. Lastly, bring to mind someone who has frustrated you lately, someone who is a little difficult. Send this last person a kind wish—something nice for them in their life.
7. Check in with your mind and body as you conclude this practice. Allow your eyes to open if they've been closed. Notice if there's any shift

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



For more info click [HERE](#)

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

What's Happening

AROUND SOUTHPOINTE...

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!



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.

What's Happening

AROUND SOUTHPOINTE...

Grades 7-9 Ski Trip!

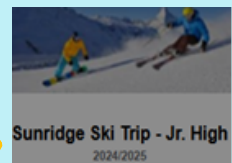


February 4th
@ Sunridge

Sunridge Ski Trip Grades 7-9	Total cost
Lift ticket, lesson, rentals and bus	\$52.00
Lift Ticket, lesson, bus (own equipment and helmet)	\$39.00
Season Passholder - discounted lift ticket, lesson, rentals and bus	\$42.00
Season Passholder - discounted lift ticket, lesson and bus (own equipment and helmet)	\$29.00

If your Grade 7-9 student would like to participate on the Ski Trip, please do the following:

- Fill out the Grade 7-9 Sunridge Ski Trip Permission Form
- Log on to the PowerSchool Parent Portal and click on this icon:
- Add it to your cart and enter your payment method
- Don't forget to press SUBMIT



Deadline to Submit Payment & Permission Form is
January 31

The Grade 4-6 Ski Trip will take place on February 27. More information to come.

What's Happening AROUND SOUTHPOINTE...



Introducing the Personal Mobile Device Plan at SouthPointe School!

At SouthPointe, we're committed to creating a positive and focused learning environment for all our students. As part of this effort, we want to share some important updates about the Personal Mobile Device (PMD) Plan that will be in place for the 2024-25 school year.

In June, the Government of Alberta introduced the Ministerial Order 014/2024 regarding the use of personal mobile devices and social media in schools. This new guideline outlines standards for the use of personal mobile devices and social media in schools.

We understand that technology is an essential part of daily life, and we want to support students in using their devices responsibly. To help guide this process, please refer to our [SouthPointe School Personal Mobile Device Plan](#), which provides expectations on the appropriate use of personal devices at school.

We encourage you to review the SPS Personal Mobile Device Plan to stay informed and ensure a smooth transition as we implement this plan. Our goal is to create a balanced approach that helps students engage fully in their learning while still using technology safely and responsibly.

Thank you for your support as we continue to enhance the learning experience at SouthPointe!

**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.

What's Happening AROUND SOUTHPOINTE...



SYNC Students had fun celebrating LOVE with their seniors.



Family Valentine's Day Dance!

Mark your calendars for **Friday, February 14th!** SouthPointe's School Council is excited to host a Family Valentine's Dance from **6:00PM - 8:00PM** in the gym, and everyone is invited!

This fun-filled evening is **FREE to attend**, so bring the whole family for an unforgettable night of music, dancing, & community spirit! A special request: We're encouraging families to bring non-perishable donation items for the Food Bank. As a thank-you, every family who donates will be entered into a prize draw!

Plus, **don't forget to bring cash** for the Canteen (hotdogs, ring pops, etc and glo-sticks!) and the **Silent Auction**—great items up for grabs!

We can't wait to see you there for a night of love, laughter, and giving back!

We will need volunteers to help with set-up, take down, Canteen and at the door. Please email: southpointeschool.schoolcouncil@gmail.com if you are able to help.



FASS/School Council Info



Stay tuned for more details, as information will be sent home with your child early next week.

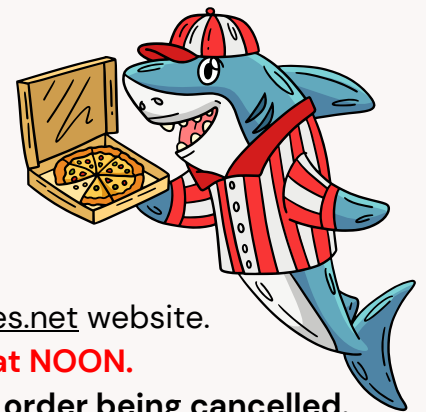
Let's come together to help our students grow, learn, and achieve – all while fostering a love of reading!

We're excited to announce that the FASS is hosting a Read-A-Thon for the entire month of February! This fun event will help raise money for new Chromebooks for our school, and it's a wonderful way for our students to get excited about reading while also earning great prizes. The Read-A-Thon will run from February 3-28, and our goal is to raise \$15,000 to support the purchase of new Chromebooks for our school community.

Next School Council Meeting is on FEBRUARY 19 at 4:00PM in the Large Flex Space. ALL Parents & Caregivers are invited to come out!

HOT LUNCH

Hot Lunch is OPEN for
February & March!



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

Deadline to order for FEBRUARY is Feb. 20th at NOON.

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

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



Fort Saskatchewan

operated by:



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

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



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!



JAYME-LEE K-12 Individual Tutoring

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



Free tutoring available

It's never too late to ask for help!




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


Fort Saskatchewan
 Operated by: 
WELLNESS HUB FOR YOUTH


For More Information
780-589-0224
programcoordinator@thebridgewhy.com

January 2025



Fort Saskatchewan

Operated by:



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	
 13 Hours 11am-7 pm Appointment Based	Youth Employment Workshop 4:30pm-6pm ADHD Support Group 6-7:30pm Appointments 3pm-7pm	Just Dance January Birthdays Night Nurse Clinic 2pm-6 pm Psychologists by appointment 	Clay crafts night Youth Outreach Worker 2pm-7:45pm 	
 20 Hours 11am-7 pm Appointment Based	ADHD Support Group 6pm-7:30 pm Appointments 3pm-7pm	Making Bannock with Kiara 5:30pm-7:30pm Nurse Clinic 2pm-6 pm Psychologists by appointment 	Dungeons & Dragons 5pm-7:45pm Youth Outreach Worker 2pm-7:45pm 	
 27 Hours 11am-7 pm Appointment Based	 28 Hours 3pm-7 pm Appointment Based	Bingo night 5:30pm-7:30pm Nurse Clinic 2pm-6 pm Psychologists by appointment 	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

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.