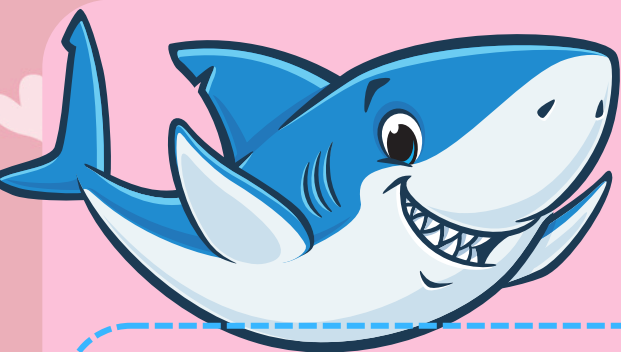


Shark Bites NEWSLETTER



SouthPointe School

Principal's Message

Happy February! I hope everyone is looking forward to an exciting month ahead.

A few important reminders: **this coming Wednesday is an early dismissal day**, and there will be no school on Thursday and Friday due to Teachers' Convention. I hope everyone gets some well-deserved rest or if you are travelling, enjoy your journey!

We're also excited to invite you to our **Family Valentine's Day Dance on February 14 from 6:00PM-8:00PM**. Come enjoy some sweet treats from the canteen (bring cash) and participate in our **silent auction** for a chance to win some great items while helping raise money for Chromebooks for our students. Our School Council and FASS are doing such a great job organizing a fun filled evening for all of our families. THANK YOU so much FASS & School Council! I look forward to seeing you there!

Additionally this month, our **Grade 7-9 students will be going on a ski trip on Feb. 4**, and **Grade 4-6 students will head out on their ski trip on Feb. 27**. See the newsletter for more details. It's going to be a fun-filled February!

Looking forward to seeing you all around school and at our upcoming events!

Laurie Caines, Principal

NEXT WEEK

READ-A-THON STARTS!



Gr 7-9 Ski
Trip!

Monday (3)	Recorder Club @ First Recess Jr Boys Basketball Game @ 4:00PM @ FTV Sr Girls Basketball Game @ 4:00PM @ VEG Sr Boys Basketball Game @ 5:15PM @ VEG Jr Girls Basketball Game @ 5:15PM @ FTV
Tuesday (4)	Choir @ Lunch Recess Jr Girls Basketball Practice @ Lunch Sr Girls Basketball Practice @ 3:00-4:15PM Jr High Band @ 3:00-4:00PM Sr Boys Basketball Practice @ 4:15-5:30PM
Wednesday (5)	Recorder Club @ First Recess Jr Boys Basketball Practice @ Lunch Early Dismissal @ 1:40PM
Thursday (6)	No School! (Teachers' Convention)
Friday (7)	No School! (Teachers' Convention)

FEBRUARY

Coming Up this Month

January 31	Deadline to Pay for Gr 7-9 Ski Trip
February 1	Kindergarten & New Student Registration for 2025/26 Opens
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 9-15	Random Acts of Kindness Week
February 10	Returning Student Registration Opens
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
February 24	Returning Student Registration Closes
February 26	Pink Shirt Day
February 26	Hot Lunch for Grades 1-3 and Mon/Wed Kindergarten



Next Week! 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)

EIPS Summer School

Registration opens March 17

Mark your calendars! Registration for EIPS Summer School opens March 17. For more information, see the Summer School page on Next Step's website.

Note:

Grades 4-6 & T/TH Kinder Hot Lunch has been cancelled due to the Gr 4-6 Ski Trip. All orders will be credited back to your account.

February Hot Lunch

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

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



SHARKS ATHLETICS

Monday (3)

Sr Girls Basketball Game @ 4:00PM @ VEG
Jr Boys Basketball Game @ 4:00PM @ FTV
Sr Boys Basketball Game @ 5:15PM @ VEG
Jr Girls Basketball Game @ 5:15PM @ FTV

Tuesday (4)

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

Wednesday (5)

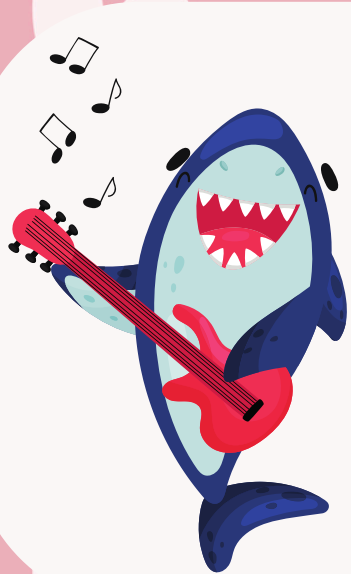
Jr Boys Basketball Practice @ Lunch

THURSDAY (6)

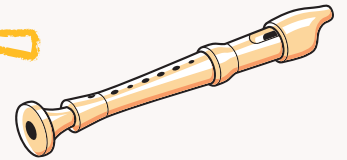
FRIDAY (7)



CONGRATS to our Sr Girls for winning Consolation at the Warriors Tournament! And to our Sr Boys who won the GOLD MEDAL!



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?

The next municipal election is on Oct. 20, 2025—an important component of this is the election of school trustees. Trustees are elected representatives who are knowledgeable about the communities they serve, and are accountable to students, families, staff and community members of a school division. Once sworn in, these individuals work diligently to promote and advocate for a strong public education system. [Learn more](#)

Counsellor's Corner...

Mindfulness



Why is mindfulness important in schools?

Teachers, parents, and students alike are busy in today's go-go-go world, full of technology, immediate reactions and responses. There are so many distractions, it can be hard to focus and concentrate on being in the moment. Mindfulness teaches us to come back to the present, to self-regulate emotions, especially ones that are difficult to deal with (e.g. anger, anxiety, fear), and to reflect and analyze in a more open way when engaging with others. We can use mindful practices such as breathwork, kindness, gratitude and more to help calm our brains and connect, grounding, thus preventing us from spinning and possibly reacting in a way that we regret later (e.g. aggression) through better decision making.

(courtesy of <https://phecanada.ca/professional-learning/journal/mindfulness-benefits-and-practices-for-classroom>)

5,4,3,2,1.....SENSE Meditation



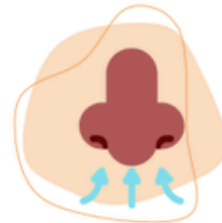
5 things that you SEE
focus on the shape, color, tone



4 things that you HEAR
focussing on the volume, tone, frequency



3 things that you FEEL
e.g. clothes on your skin, hands on the table, hair



2 things that you SMELL
Feel the air at the tips of nostrils, follow the airflow, notice a smell



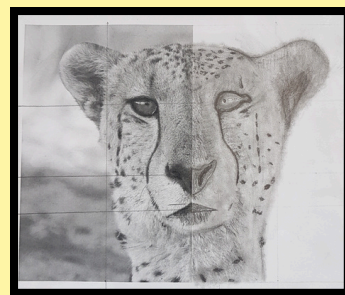
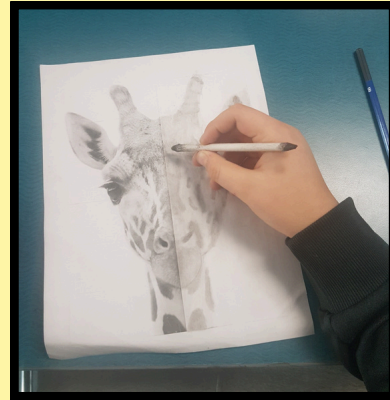
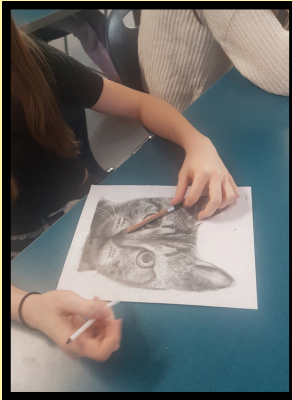
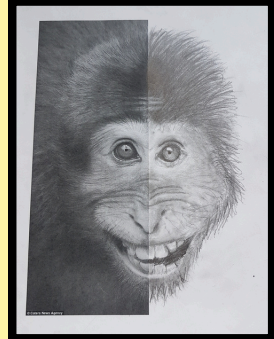
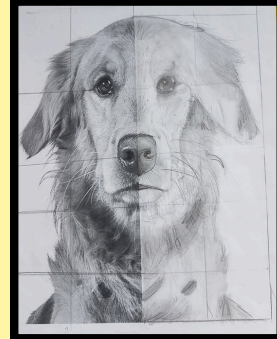
1 thing that you TASTE
Notice the tip of tongue, the sides, the back of the tongue.

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



What's Happening AROUND SOUTHPOINTE...

Ms. Louma's Art 7 Class completed their Symmetry Art



These are unbelievable! Way to go Art 7!



Introducing the Personal Mobile Device Plan at SouthPointe School!

At SouthPointe, we're dedicated to fostering a positive learning environment. As part of this, we want to update you on the 2024-25 Personal Mobile Device (PMD) Plan. In June, the Government of Alberta introduced Ministerial Order 014/2024, setting standards for mobile device and social media use in schools.

We recognize technology's importance and aim to help students use their devices responsibly. Please review the SouthPointe Personal Mobile Device Plan for guidance on appropriate device use. This will ensure a smooth transition as we balance technology with focused learning.

Thank you for your support in enhancing the SouthPointe learning experience!

[SouthPointe School Personal Mobile Device Plan](#)

What's Happening AROUND SOUTHPOINTE...

Grades 7-9 Ski Trip!

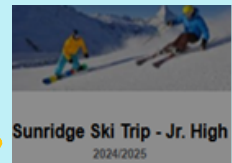


February 4th
@ Sunridge

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...

We're excited to share that United Way is offering the opportunity to participate in the 'Blessing Bags' initiative at SouthPointe School once again this year! Let's join forces to make this initiative a success and showcase the generosity and caring spirit of our school and community.

The Grade 6 Community Building Club and class 5B are collecting the following items:

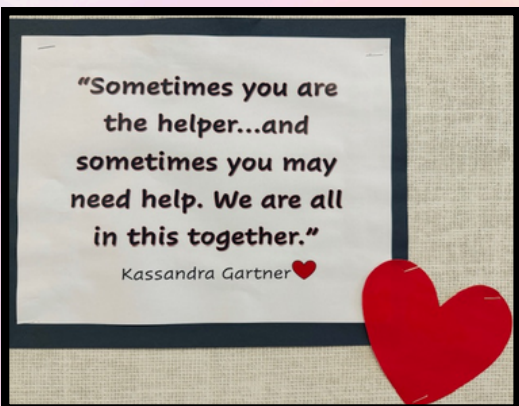
**Granola Bars - Lip Balm - Shampoo - Conditioner - Toothpaste - Toothbrushes
Candy - Gum - Socks - Small First Aid Kits**

Your contributions will make a real difference, and together, we can spread kindness and support those in need. Thank you for your support!

Grade 6 Community Building Club & Class 5B



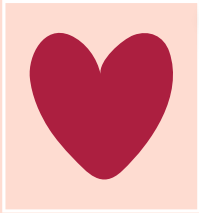
**In Need Of:
Granola Bars
Lip Balm
Shampoo
Conditioner
Toothpaste
Toothbrushes
Candy
Gum
Socks
Small First Aid Kits**



What's Happening

AROUND SOUTHPOINTE...

FASS/School Council Info



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.



UPCOMING FUNDRAISERS

MARCH

Stay tuned for our upcoming Purdys Fundraiser coming in March! Orders will be due by March 30, with the order being submitted on March 31 for pickup locally on April 16.

A flyer will be sent home during the week of March 3 to provide further details.

The FASS is planning a **BOTTLE DRIVE** for later in April. Start saving your bottles, and we'll provide more details as the date approaches.

These fundraisers will help support the purchase of **40 Chromebooks** and a charging cart for our students, which will greatly enhance their learning experience.

APRIL

FASS/School Council Info



Read-A-Thon
runs from
Feb. 3-28

Prizes to be
won!

Our Read-A-Thon starts next week and runs for the whole month of February! This fun event will help raise money for 40 new Chromebooks & a charging cart for our school!

Students will have the opportunity to win great prizes too!

Please make sure to register each child so that all their reading minutes, even those completed at school, are recorded.

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.

**No Hot Lunch
on Feb. 27!
(due to ski trip)**
*All orders will be credited back to your
account*

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

Community Resources

JAYME-LEE K-12 Individual Tutoring

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



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



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For More Information
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programcoordinator@thebridgewhy.com