



Elk Point Elementary School

March 2024

Box 600, 5410—50 Street, Elk Point, Alberta, T0A 1A0

Principal: Ms. Leanne Vinge

Asst. Principal: Mrs. Reanne Mudryk

Phone: 780-724-3880

Website: www.elkpointelementaryschool.ca



Text: 780-646-2160

Email: epe@sperd.ca

Facebook: Elk Point Elementary SPERD

MARCH



- 1 PLC DAY, no school
- 5 Science Fair/ Book Fair/
Student-Led Conferences—4-7pm
- 10 Daylight Savings Time Begins
- 11-15 Substitute Appreciation Week
- 13 School Council Meeting—6:30 pm
- 15 Leprechaun Day—Wear Green
- 18 April Hot Food & Milk Deadline
- 20 Ski/Snowboard Trip—Grade 4-6
- 21 Report Cards Go Home
- 22 Easter Day
- 22 Winter Carnival
- 22 Student Assembly
- 25-29 Spring Break
- 29 Good Friday
- April 1 Easter Monday



STUDENTS RETURN

TUESDAY, APRIL 2

DAY 4



Tuesday, March 5th

4-7pm

Elk Point

Elementary School

What are Student-Led Conferences?

It has come time once again for parent-teacher interviews. The students will be showcasing their learning through student-led conferences rather than traditional parent-teacher interviews this term. When you come in, your child will demonstrate to you what they are working on and what they have learned. The benefit of student-led conferences is that students are accountable for what they have learned and are given an opportunity to be more involved. It also gives you an opportunity to witness your child's learning in action. When you come in for student-led conferences, your child will be able to show you what they have learned in a variety of ways, which will include projects, games and experiments.

We look forward to seeing you and your child on **March 5th**.

Thank you for being involved in your child's learning!

March Menu

EMPRESS HAMBURGER

March 7



OUTRIDERS PEROGIES &

SALISAGE PLATE

March 14



TAQUITOS

(Chicken & Cheese)

March 21



**APRIL HOT LUNCH
& MILK ORDERS
ARE DUE MONDAY,
MARCH 18TH**

**VOLUNTEERS
NEEDED!**

Our Hot Lunch Program can only run with the assistance of volunteers. If we do not have parents assist with hot lunch days we will have to end this valuable program. Please contact the office to sign up. 780-724-3880.

HAPPY SPRING!

Our school library will be hosting our Annual Scholastic Book Fair!!
Come out and celebrate the love of reading!!!!

Scholastic Books will provide new books for students, parents and interested public to buy. The books cover a wide variety of topics and interests. The main focus is on elementary-age students in both fiction and non-fiction subjects. We will also have posters, awesome pens and erasers, and other items for sale!!

Please enter our draw for a chance to win \$25 worth of Book fair product for your child and \$25 for their Teacher!!! We will also have extra draws for posters that we have from past Book Fairs!

The Book Fair will be held in conjunction with our School Science Fair, as well as Student Led Interviews! The first chance to purchase books will be **on the OPEN HOUSE Tuesday, March 5th, from 4 p.m. – 7 p.m.** The Book Fair will continue on Thursday, March 6th and Friday, March 7th during school hours. Profits raised by the Book Fair are used to purchase books for our library and Author visits! Come on out and support our school library!!! Classes will have a designated time to be able to come. A schedule has been sent out!!

A DEBIT MACHINE will be AVAILABLE!!!



*HOPE TO SEE YOU
THERE!!*

Mrs. Dewan



Substitute Teacher Appreciation Week



MARCH 11-15
We ♥ our Subs!!



Spring Forward!



Daylight
Savings
Begins

Sunday, March 10

Turn your clocks ahead
one hour!

You can
LEARN,
something new
EVERYDAY
If you
LISTEN

Friday, March 1

PLC DAY, no classes



2023-2024

SCHOOL YEARBOOK

\$19.00

Order Deadline: May 31/24

Order & Pay through

School Cash Online



Spring Break



March 25-29



**Friday,
March 15th
Wear Green**

Winter
Carnival

Friday, March 22nd

Come dressed for an afternoon of
outdoor winter fun!

Report Cards

Go Home

Thursday, March 21



Curling in PE This Month



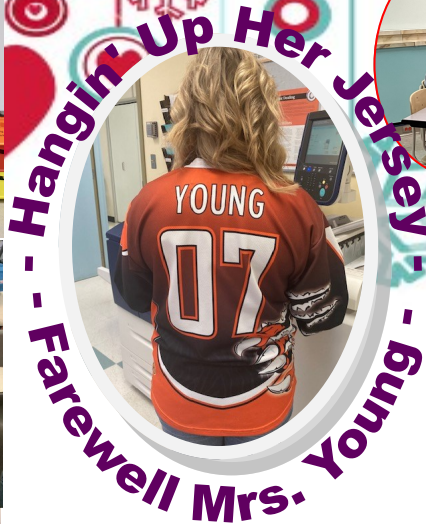
Ski/Snowboard Trip

Grades 4,5,6

Wednesday, March 20



February @ EPE



Hangin' Up Her Jersey - Farewell Mrs. Young

A Great Big Tiger Roar to Welcome Mrs. Chenard to EPE!!





KA—Cas Williams, Grade 1A—Macey Waskahat,
 Grade 1B—Kobe Apigo, Grade 2—Aynslee Blacklock,
 Grade 3—Jasper Clough & Cohen Brousseau,
 Grade 3/4—Evelyn Prymak, Grade 4—Jason Friesen,
 Grade 5—Chloe Coumont, Grade 6—Savannah Erickson



*Thank-you for supporting our
 Annual Candygram Fundraiser!
 We raised \$897*

School Council

MEETING!!



Wednesday,

March 13th

6:30 pm

EPE Staffroom



AFTER SCHOOL ATHLETICS

MARCH

WEDNESDAY MARCH 6 - ATHLETICS

WEDNESDAY MARCH 13 - ATHLETICS

WEDNESDAY MARCH 20 - 4-6 SKI TRIP

WEDNESDAY MARCH 27 - SPRING BREAK



February 14, 2024

BOARD MEETING HIGHLIGHTS



2024-25 School Calendar

Trustees reviewed feedback received from school councils, parents and staff on the two draft versions of the 2024-2025 school calendar. Trustees approved Calendar B as presented with the following amendments:

- The first day of school will be moved to after the September long weekend
- Professional Learning Days scheduled for November 8 and December 2 will be changed to instructional days

The 2024-25 school calendar can be viewed [here](#).

Alberta School Council Association Annual Conference

The ASCA Annual Conference will be hosted in Edmonton on April 26-28, 2024. Trustees approved a motion to sponsor the cost of registration and accommodations for two members of school councils who would like to attend. Those who are interested are asked to contact their school trustee by March 10, 2024.

FNMI Trustee

The Board approved a motion to extend the current FNMI trustee term from the end of May 2024 to the end of June 2024. A letter regarding the extension will be shared with all relevant stakeholders.

Mallaig School Daycare

Division representatives met with the County of St. Paul to discuss the potential of including a daycare in the design of the new school planned for Mallaig. We extend our gratitude to the County of St. Paul for their commitment to sponsor up to \$300,000 to support a portion of the costs associated with adding this space. The Division is also working with other stakeholders to explore options for covering the remaining costs.

Two Hills School Grant

Congratulations to Two Hills School for receiving the N:OW for Net-Zero Foundation for Environmental Stewardship Grant. The school will use the \$14,400 grant to upgrade their lights to LED lights. We look forward to hearing more about this project as it develops.

Financial Report

The Province is expected to release its budget at the end of February. Trustees and stakeholders will be engaged in budget development in the coming months including the setting of priorities. Trustees reviewed the Division's five year financial profile. As requested by the Province, the Division has reduced their reserves and is not in a position to draw them down any further.

For more information, contact:

Mr. Peter Barron

Superintendent of Schools

barrpete@sperd.ca

Learning Together, Growing Together

St. Paul Education Learning Calendar 2024-2025

August 2024

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

September 2024

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

October 2024

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

November 2024

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

December 2024

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

January 2025

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

February 2025

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

March 2025

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

April 2025

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

May 2025

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

June 2025

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

LEGEND

Instructional Day	
PLC Day	
Schools Closed	
Early Dismissal (2 pm)	
Catholic Formation (Mallaig, SPECS, Racette)	



Approved School Holidays

Labour Day	Sept 2	Family Day	Feb 17
Thanksgiving Day	Oct 14	Spring Break	March 24-28
Remembrance Day	Nov 11	Good Friday	April 18
Fall Break	Nov 12-15	Easter Monday	April 21
Christmas Break	Dec 23-Jan 3	Victoria Day	May 19

St. Paul Education

Important Dates	
August 28-30	PLC Days
September 2	Labour Day
September 3	First day of school
September 30	Truth & Reconciliation Day
October 10	Catholic Education Formation (SPECS, Racette, Mallaig only)
October 11	PLC Day
October 14	Thanksgiving
November 11	Remembrance Day
November 12-15	Fall Break
December 20	Early Dismissal
Dec 23 - Jan 3	Christmas Break
January 28	First day of second semester
January 31	PLC Day
February 12	Early Dismissal
February 13-14	Teachers' Convention
February 17	Family Day
February 18	PLC Day
March 10	PLC Day
March 24 - 28	Spring Break
April 17	PLC Day
April 18	Good Friday
April 21	Easter Monday
May 15	PLC Day
May 16	Schools Closed
May 19	Victoria Day
June 9	PLC Day
June 21	National Indigenous People's Day
June 25	Last day of classes
June 26	PLC Day

Days of School Operation				
	Public Schools		Catholic Schools	
	Instructional	Staff Only	Instructional	Staff Only
August	0	3	0	3
September	20	0	20	0
October	21	1	20	2
November	16	0	16	0
December	15	0	15	0
January	16	0	16	0
Semester 1	88	4	87	5
January	3	1	3	1
February	16	3	16	3
March	15	1	15	1
April	19	1	19	1
May	19	1	19	1
June	17	2	17	2
Semester 2	89	9	89	9
	Public Schools		Catholic Schools	
Total Instructional Days	177		176	
Total Staff Only Days	13		14	
Total Operational Days	190		190	
Instructional Hours - Public Schools				
	Days	Min./Day	Hr./Year	
Elem/Jr High	177	322	950	
High School	177	339	1000	
Instructional Hours - Catholic Schools				
	Days	Min./Day	Hr./Year	
Elem/Jr High	176	324	950	
High School	176	341	1000	

Calendar Approved: February 14, 2024

Professional Learning Community - PLC days provide opportunities for staff to work together on topics such as: school opening and closing, professional learning, sharing best practices, assessment, and supports for students.

Catholic Education Formation (CEF) - October 10, 2024

Diploma Exam Schedule 2024-25 - October 28 - 31 November 4-7 January 13-17, 20-24 & 27 April 1-4, 7-11 June 11-13, 16-20, 23-25

Provincial Achievement Test Schedule 2024-2025 - In draft format as per Alberta Education January 15-17, 20-24 May 26-29 June 3-6, 9-13, 17-19



WE NEED YOUR HELP FINDING BUS DRIVERS!



Dear Parents,

We're on the lookout for new bus drivers, and we need your help!

Finding regular and casual school bus drivers is proving to be quite challenging. So, we are turning to our parent community to help us navigate our recruitment journey.

Why become a bus driver? Well, besides being the captain of the coolest ride in town, here are a few perks:

- Work just a few hours a day
- No evenings and weekends
- Same holidays as students
- Preschoolers can ride with you
- Paid training and safety courses
- Health Benefit Spending Account
(dependent on eligibility)

If you know someone with a passion for safety and a knack for keeping the good vibes rolling, please encourage them to apply. It could be a neighbor, a friend, or even yourself – no prior bus-driving experience required, just a willingness to embrace the adventure!

To express interest or learn more, please contact our transportation department at 780-645-3323.

Managing stress through breathing

Deep breathing is an excellent way to help manage stress.

When we breathe deeply, into our stomachs, it sends a signal to our brains and bodies to calm down and relax.

When we pay attention to our breath it can help improve how we behave and how we feel.

Practice makes perfect

When we pay attention to our breath, it can help improve how we behave and how we feel.

With practice we can learn to purposefully slow down our breath until we feel less stressed and more confident.

Try a few different exercises and see which one you like best!

Breathing exercise to try with your child

Triangle Breathing - Start at the bottom left of the triangle.

Breathe in for three counts as you trace the first side of the triangle.

Hold your breath for three counts as you trace the second side of the triangle.

Breathe out for three counts as you trace the final side of the triangle. You have just completed one deep breath.

Breathing exercise to try with your child

Color Breathing - Breathe in and imagine a calm, happy, positive color. Breathe out and imagine a color that represents stress, anxiety, etc. leaving your body.

Darth Vader Breathing - Pretend you have a straw in your mouth, suck in through the straw and breathe in. Breathe out like Darth Vader.

MORE RESOURCES

[Stress Management: Breathing Exercises for Relaxation \(alberta.ca\)](https://www.alberta.ca/stress-management-breathing-exercises-for-relaxation.aspx)

[Breathing Exercises To Reduce Stress - Headspace](https://www.headspace.com/meditation/breathing-exercises)

[Deep Breathing Exercises for Kids — Coping Skills for Kids](https://www.coping-skills.com/deep-breathing-exercises-for-kids)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642



2024

Elk Point LOCATION

March

WHICH PROGRAM IS FOR ME?
child development & well being

ages 0-6 (blue)

ages 7-18 (red)

caregiver support, building, classes
all ages (Grey)
community events

all ages (White)

MON

TUE

WED

THU

FRI

HAPPY
Easter

01

CLOSED

04
"If it doesn't
CHALLENGE you,
it doesn't
CHANGE you!"

YOUTH GROUP
CRAFTS
3:30PM-5:30PM
DROP IN

11
CONNECT with
friends you haven't
seen in a while!

12
Office
OPEN
8:30am - 12:30pm
1:30pm - 4:30pm

13
Office
OPEN
8:30am - 12:30pm
1:30pm - 4:30pm

CLOSED
9AM-12PM

18
Do MORE
of what makes you
HAPPY!

YOUTH GROUP
GAMES
3:30PM-5:30PM
DROP IN

19
Office
OPEN
8:30am - 12:30pm
1:30pm - 4:30pm

CLOSED
9AM-12PM

20
Office
OPEN
8:30am - 12:30pm
1:30pm - 4:30pm

21
RAINBOWS
4pm-5pm
REGISTER

22
Loose Parts Play
10am-12pm
DROP IN

25
Make colorful
EASTER EGGS!

26
Office
OPEN
8:30am - 12:30pm
1:30pm - 4:30pm

27
Office
OPEN
8:30am - 12:30pm
1:30pm - 4:30pm

28
Easter Activities
2 PM - 4 PM
DROP IN

29
CLOSED
GOOD FRIDAY

Easter Activities
10am-12pm
DROP IN

07
RAINBOWS
4pm-5pm
REGISTER

06
Office
OPEN
8:30am - 12:30pm
1:30pm - 4:30pm

08
Story & Craft
10am - 12pm
DROP IN

14
RAINBOWS
4pm-5pm
REGISTER

15
St. Patricks Day
Activities
10am- 12pm
DROP IN



Lakeland

FAMILY RESOURCE NETWORK

4906 - 48 St

Elk Point AB T0A 1A0

Call: 780-724-3800

Text: 780-614-1941

Web: stpaulfcss.ca



st.paul_fcss



St. Paul Regional
FCSS & Family
Resource Network



YOUTH 7+

LFRN Elk Point 4906-48 St

Encouraging
listening skills,
attention span
and creativity.

Youth Group Crafts

Monday
March **04**

3:30pm-5:30pm

FREE TO REGISTER
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





AGES 0-6

Encouraging speech and language development, attention span, listening skills and bonding.

Storytime & Craft

Friday **08**
March

10am-12pm

DROP IN

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at stpaulfcss.ca

Providing services and support for ages 0-18yrs, parents and caregivers.





Come join us for fun
St. Patrick's Day activities!.

St. Patrick's Day Fun

Friday
March 15

10am-12pm

DROP IN

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.

AGES 0-6

LFRN Elk Point 4906-48 St

Connecting with
us and other
families in a fun
environment.





YOUTH 7+

LFRN Elk Point 4906-48 St

Motivates,
promotes &
encourages
learning in a
variety of ways.

Board Games Play

Monday
March **18**

3:30pm-5:30pm

FREE DROP IN
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.





Loose Parts Play

Friday
March 22

10am-12pm

DROP IN

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.

AGES 0-6

LFRN Elk Point 4906-48 St

Express creativity
and imagination
skills with
common
everyday items.





Come join us for
Easter activity fun!.

AGES 0-6

LFRN Elk Point 4906-48 St

Easter Activities

Monday
March **25**

10am-12pm

DROP IN

780-724-3800



Connecting with
us and other
families in a fun
environment.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





Come and partake in
a variety of activities..

YOUTH 7+

LFRN Elk Point 4906-48 St

Easter Activities

Thursday
March **28**

2pm-3:30pm

FREE TO DROP IN
780-724-3800

Social
engagement with
others.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.














IN LIKE A

LION

MARCH

OUT LIKE A

Lamb

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 PLC Day No School	2
3	4 DAY 1 KA	5  DAY 2  Student-Led Conferences	6 DAY 3 KA	7 DAY 4 HAMBURGERS	8 DAY 5 KA	9
10 	11 DAY 6	12  DAY 1 KA <i>Substitute Teacher Appreciation Week</i>	13 DAY 2 SCHOOL COUNCIL MEETING 6:30 PM	14 DAY 3 KA PEROGIES & SAUSAGE	15 DAY 4  LEPRECHAUN DAY!	16
17  St. Patrick's Day	18 DAY 5 KA APRIL HOT FOOD & MILK ORDER DEADLINE	19  DAY 6	20 DAY 1 KA Ski Trip Gr. 4-6 	21 DAY 2  SCHOOL REPORT CARD TAQUITOS	22 DAY 3 KA EASTER DAY  Winter carnival Student Assembly	23
24  Happy Easter	25 READY, SET... SPRING BREAK!	26	27	28	29	30
	April 1 Easter Monday No school	April 2 DAY 4 World Autism Awareness Day! April 2nd WEAR BLUE!				