

# the JAMES MOWAT Messenger

December 2022



Dear Parents/Guardians,

It's December and the winter weather has arrived! Please ensure your child dresses appropriately for the weather (hats, gloves, snow pants, and boots) as students are outside several times a day.

The sounds of music fills the hallway this time of the year as our students are busy preparing for our Christmas concert. We hope that you'll be able to join us on Dec. 14 (Kindergarten) or Dec. 15 (Gr.1-6).

Thank you to all our parents who came out to celebrate their child's learning during parent teacher interviews on November 29 and 30.

The school will be closed to staff and students December 21 to January 3 for Winter Break. Classes resume on Wednesday, January 4th.

Wishing you a wonderful holiday season!

Mr. Stacey Boyko, Principal  
Mrs. Amaya Ortigosa, Assistant Principal

## December at a Glance:

Dec 2	Hot Lunch Orders Due (Panago)
Dec 7	Early Dismissal
Dec 9	Hot Lunch (Panago)
Dec 9	Hot Lunch Orders Due (Cobbs)
Dec 9	Gr 4 Virtual Field Trip - Royal Tyrrell Museum
Dec 14	Kindergarten Christmas Concert 6:30pm (tickets required)
Dec 15	Christmas Concert (Gr 1-6) 1pm and 6:30pm (tickets required)
Dec 16	Ugly Christmas Attire Day
Dec 16	Hot Lunch (Cobbs)
Dec 21-Jan 3	Christmas Break - No School

## Looking ahead to January/February:

Jan 1-3	Christmas Break - No School
Jan 4	Classes Resume
Jan 4	Early Dismissal
Jan 9	Gr 5/6 Ski Field Trip at Sunridge
Jan 16	Parent Council Meeting 6:30pm
Jan 30	No School - PL Day
Feb 1	Early Dismissal
Feb 9-10	No School - Teachers' Convention
Feb 20	Family Day - No School



JAMES MOWAT  
ELEMENTARY SCHOOL

9625 - 82 Street, Fort Saskatchewan, AB T8L3T6  
Phone: 780 992 1272 Fax: 780 992 1267  
principal.jmw@ei.educ.ab.ca www.jamesmowat.ca



## Music Times!

December is finally here! Our Christmas concert this year is called “**Christmas with the Classics**”. Students from every grade have been practicing really hard these past few weeks for their show. This concert is for grades 1-6 on Thursday, December 15th at 1:00pm and 6:30pm. There will also be a dress rehearsal at 9:00am, tickets are not required! There is no specific dress code for this concert, please have your child dress appropriately.

### Christmas Concert (Gr. 1-6) on December 15th:

Dress Rehearsal:	Thursday 9:00 a.m.	(no tickets required)
Afternoon Performance:	Thursday 1:00 p.m.	Tickets Required
Evening Performance:	Thursday 6:30 p.m.	Tickets Required - <b>SOLD OUT</b>

We do have some tickets available for the 1:00 p.m. performance only. Please contact the office, if you would like tickets for this performance.

Everyone who will be watching in the gym, including younger siblings, needs a ticket to attend. We will once again be collecting for the food bank. If you bring in a donation you will be entered into a draw for front row seating.

Doors open 30 minutes prior to performance. Parents are to drop students off with their teacher in their classrooms. *All performers will stay in their classrooms, and you can pick them up once the full concert is complete.*



Please do not park in the staff parking lot. Also, there is no parking in the bus loop for the afternoon performance.

### Christmas Concert (Kindergarten) on December 14th:

Evening Performance:	Wednesday 6:30 p.m.	Tickets Required
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The Kindergarten Christmas Concert is Wednesday, December 14th at 6:30pm (tickets required). There is no specific dress code for the concert, please wear something nice!

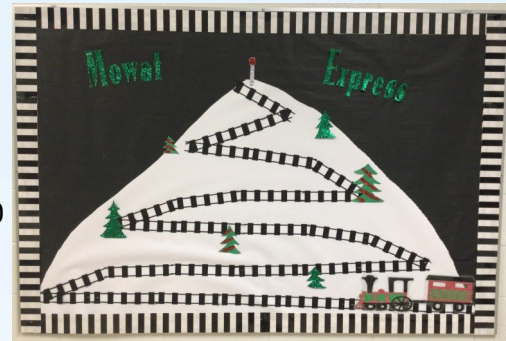
## Recorders

I would like to remind parents and students in grade 5 and 6 that recorders must be brought back to school. If your child needs to order a new recorder, the order forms are in the music room and the cost will be \$8.00. Please do not buy your child a recorder from the dollar store, we have ordered them through the school. Students in grade 4 get their first recorder bought by the school, which will be given to them after the Christmas break.



## Reading Challenge

We have started our annual “Mowat Express” reading challenge to take our train to the North Pole! Golden tickets were sent home with your child for you to sign after they have completed at least 15 minutes of reading. Each golden ticket returned to the school will count as 1 kilometer towards our goal of travelling 4,000 km to the North Pole. If we reach the North Pole before the Christmas Break we will have a school wide celebration with hot chocolate and candy canes! Happy Reading!



## Christmas Break

James Mowat Elementary will close for the Christmas break at the end of the day on Tuesday, Dec. 20, 2022. The school will reopen on Wednesday, Jan. 4, 2023. During this time, if you have any school-related questions or concerns, contact Elk Island Public Schools (EIPS) Central Services at 780-464-3477.

### EIPS Central Services Christmas Break Hours

Open December 22 and 23; 8 a.m. to 4 p.m.

Closed Dec. 26, 2022 to Jan. 2, 2023

Open January 3; 8 a.m. to 4 p.m. \*for location and contact information visit [www.eips.ca](http://www.eips.ca).

From everyone at Elk Island Public Schools, we wish all of you a happy holiday season and a wonderful New Year.

## Dressing for the Weather

We would like to remind all students to dress for the weather. Please remind your children to wear their mittens/gloves, snow pants, boots, and hats at recess. We also ask that parents please label their child’s belongings. Clearly labeled items assist us in returning items to the rightful owners should they be misplaced.





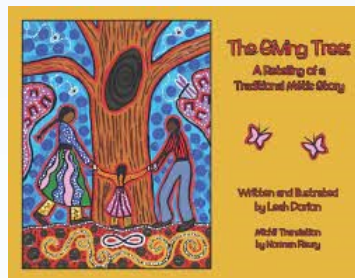
## Returning Student Registration for 2023-24

Elk Island Public Schools (EIPS) will once again conduct an online returning student registration process to confirm student registrations for the 2023-24 school year. Families of all current students—with the exception of graduating Grade 12 students—must complete the process to confirm the school their child plans to attend in the 2023-24 school year or advise the Division of their plans not to return to EIPS. Additionally, students who want to attend a non-designated school need to make that request through the returning student registration process—acceptance is based on available space. The 2023-24 returning student registration takes place Feb. 1-28, 2023.

Access to the Returning Student Registration Form is provided through the [PowerSchool Parent Portal](#). If you don't have a PowerSchool Parent Portal account, you need to set one up before Feb. 1, 2023. [Create a PowerSchool Parent Portal account](#). For more information, contact the school office at 780-992-1272.

## FNMI Corner...

One way to learn about First Nations, Métis, and Inuit perspectives is through the sharing of stories. Storytelling was, and is, a rich aspect of Métis life. Stories are shared in the oral tradition and in literature. They recount past events as well as provide entertainment, teach important lessons, share beliefs, and relay Métis history.



This month, students listened to the story, *The Giving Tree* by Leah Dorion. They discussed the concept of reciprocity and explored what it means to be in good relation as part of the James Mowat community. They considered the questions: “What gifts do I bring to share with our James Mowat community?” and “What gifts do I receive from our James Mowat community?” In this time of giving, how would you answer these questions? Happy Holidays!



## Numeracy at Home:

Acing Math (One Deck At A Time!): A Collection of Math Games

### Addition Number Battle (Grades 1 - 3)

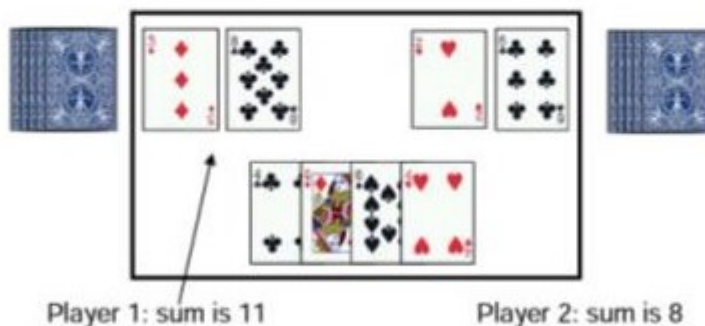
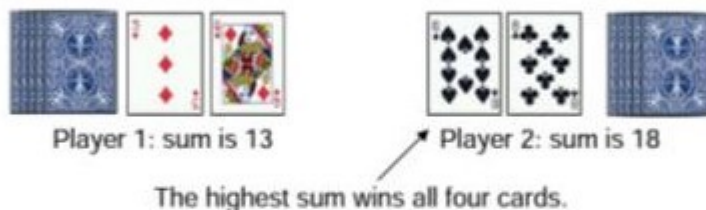
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**Players:** Groups of two

**Materials:** Deck of cards, face cards worth ten, Ace worth 1 or 11 (teacher decides)

**Skill:** Number recognition and addition

**How to Play:** Players split a deck of cards and simultaneously flip over their top two cards.



If the cards sums have the same value, the cards are placed in a center pile. The next hand is played normally and the winner of the next addition number battle takes the center pile as well.

Taken from: Acing Math (One Deck At A Time!) A Collection of Math Games





## Parent Council Corner...

### Next Parent Council Meeting:

No meeting in December. Next meeting is on January 16, 2023 at 6:30pm in the library. All parents/guardians are welcome to attend.

Minutes from the last meeting: [Parent Council & PAA Meeting Minutes - November 2022](#)

### Parent Council Fundraising:

Share & Care Thrift is a new local business that specializes in used clothing and housewares at bargain prices. The owner, a James Mowat parent, has pledged to donate a portion of store sales this quarter to the parent council. The store gratefully accepts donations of small household goods (electronics, dishes, home décor), and gently used clothing. Visit their Facebook page for more information. <https://www.facebook.com/shareandcarethrift>



## December Hot Lunch



We have had much success with Hot Lunch so far this year and we thank you for participating in this fundraising initiative. In December we are offering TWO hot lunches:

**Fri Dec 9 -Panago** \*orders & payment must be submitted **before Fri Dec 2** at midnight

**Fri Dec 16 - Cobbs** \*orders & payment must be submitted **before Dec 9** at midnight.

Orders can be made at :

<https://munchalunch.com/schools/jamesmowat>

Through much discussion and input from volunteers and the office staff, **we can no longer accommodate picking up orders for an absent child.** If your child is absent we will consider it a donation.

Direct your questions or feedback to [jamesmowatpaa@gmail.com](mailto:jamesmowatpaa@gmail.com)



## **CEREAL BOXES WANTED**



Now that I have your attention;) James Mowat PAA and James Mowat student council are pairing up together for the Food Bank!

This time of year is especially hard on many families in our community, and after the generosity of our Mowat Families with their food bank donations at the dance. We have decided to go above and beyond.

We are asking Mowat families to consider donating Cereal boxes to their child's classrooms. With that being said, the student council will go around each class on **Monday December 19th at lunch hour** to total each classroom's cereal boxes. The top class in Division 1 (K-3) and top class in Division 2 (4-6) will receive a candy bag for each child in the class on the **last day of school December 20th** :)

**Thank you so much in advance Mowat Families**  
**It truly takes a Village, and we should all be proud to be part of our**  
**Mowat Family**

## Fee Waiver Application Deadline

If circumstances exist where you're unable to pay school or transportation fees, you can apply to have fees waived by submitting an [Application for a Waiver of Fees](#). The application deadline is Dec. 15, 2022. If you're new to the Division, the deadline is the latter of Dec. 15, 2022, or 45 days after registration. 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 using Visa or MasterCard. All fees are due within 30 days of being posted.

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, class projects, extracurricular activities and more. For more information about school fees, waivers and payment deadlines, visit [www.eips.ca/schools/fees](http://www.eips.ca/schools/fees) and [www.jamesmowat.ca/about/fees](http://www.jamesmowat.ca/about/fees). Alternatively, contact Sherri Jensen, Finance Secretary at James Mowat Elementary at 780-992-1272.

## Have your say, EIPS wants to hear from you!

The [Annual Education Results Report 2021-22](#) is now available. The report is a summary of how Elk Island Public Schools (EIPS) is doing relative to Alberta Education's performance measures; how it's supporting students to achieve the best possible outcomes; and its successes, challenges and priority strategies moving forward. Both the full report and an overview are available for readers.

Reflecting on this report and the past school year, EIPS wants to hear from you to gain a deeper understanding of your confidence in the Division and its strategic direction. As such, the annual EIPS Year-in-Review: Stakeholder Confidence Survey is now open. Thank you for your patience while we temporarily postponed the survey—it's now reopened. Complete the Year-in-Review Survey by December 18.

The survey covers a range of topics, including student growth and achievement, learning supports, teaching and leading, governance and resource allocations. The information gathered will help EIPS:

- assess stakeholder confidence—families, staff, Grade 12 students and community members;
- gather input to guide future decision-making; · gather feedback to enhance its [Four-Year Education Plan](#); and
- provide a platform for families, students, staff and community members to have a voice in ensuring high-quality, student-centred learning environments in EIPS schools.

EIPS will share the results in the Annual Education Results Report 2022-23.

## [TAKE THE SURVEY NOW!](#)

Survey closes Dec. 18, 2022 If you've already completed the 2021-22 survey, there's no need to do so again. Your responses have been recorded and will be included in the Division data.

NOTE: EIPS encourages everyone to respond honestly. Your identity and answers are confidential and cannot be linked to you or your child's school. Grade 12 students will have an opportunity to complete the survey at school. Families who do not want their child to complete the survey simply need to advise their child's school.



EATING DISORDER SUPPORT NETWORK OF  
ALBERTA PRESENTS:

# EATING DISORDERS AND DISORDERED EATING

JANUARY 17, 2023

6:30PM - 8:30 PM VIRTUAL

Topics Include:

- Myths and Facts
- Causes
- Warning Signs
- Support options

**To Register**

[WWW.FORTSASK/FCSS/WORKSHOPS/](http://WWW.FORTSASK/FCSS/WORKSHOPS/)



Eating Disorder Support  
Network of Alberta

**For questions contact:**  
**780-992-6267**  
**FCSSInfo@fortsask.ca**

**A Monthly group for parents whose children face mental health challenges**

**A safe and supportive place for parents and caregivers to share their challenges and concerns**

**Next Meetings**

- December 19th 7:00 - 8:00 pm
- January 16th 7:00 - 8:00 pm
- February 20th 7:00 - 8:00 pm
- March 20th 7:00 - 8:00 pm
- April 17th 7:00 - 8:00 pm
- May 15th 7:00 - 8:00 pm
- June 19th 7:00 - 8:00 pm

**Location:**

**Families First Society  
9901 - 99street  
Fort Saskatchewan**

**For more information please contact 780-992-6267**



**Family & Community  
Support Services**  
CITY OF FORT SASKATCHEWAN



**\*Childcare is available to register call 780-998-5595 ext.221 by the Friday prior\***



**Families First Society**  
FORT SASKATCHEWAN

**Increase your joy during the holidays**

The holiday season is a time of joy for many, but there are also challenges that come with it.

This season set an intention to experience joy to benefit your mental and physical health.

Simple activities may help your whole family enjoy the holiday season. Start by doing one thing you enjoy.

**Increase your joy through mindfulness**

Take small mindfulness moments to reduce stress and increase happiness during the holiday season.

Practice mindfulness using the five senses:

- Take three deep breaths; notice things about each one of the senses of taste, smell, sound, sight, and touch.
- Take all the time you need; notice how much better you feel.

[Practicing Mindfulness | CMHA](#)

**Tips to help your children feel joy**

These practices can lead to greater joy during the holiday season and at any time:

**Gratitude:** pay attention to what you are grateful for.

**Mindfulness:** focus on the breath while noticing what is happening in the moment with a kind and caring heart.

**Compassion:** notice when others are going through challenging times and take positive steps to help them.

[Awaken Joy in Kids - Greater Good Berkeley](#)

**Increase joy through self-care practices**

Tips to increase your joy during the holidays and sustain you through tough times:

- **Sleep:** helps your body and brain work at their best.
- **Activity:** releases chemicals in your brain that make you feel good.
- **Do something you enjoy:** it improves your mood and uplifts you when you feel down.
- **Eat Well:** helps you feel healthy physically and mentally.

[Self-Care | CMHA](#)

**MORE RESOURCES**

[stress-and-your-health.pdf \(alberta.ca\)](#)

[Help in Tough Times | Alberta Health Services](#)

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



  
MyHealthAlberta.ca

Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

 **811 Health Link**  
Health Advice 24/7

 **Alberta Health Services**

# FCSS Presents Dr. Caroline Buzanko

# Anxiety Workshop

January 30, 2023

Shell Theatre, Dow Centennial Centre

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Professionals 9:00am-12:00pm

Parents/Guardians 1:30pm-4:30pm

***Free tickets are available at  
the Shell Theater or at  
[fortsask.ca](http://fortsask.ca)***

In this workshop, you will gain a better understanding of anxiety, how it shows up, and the key skills needed to manage it.



For more info contact

**780-992-6267** or

**[FCSSinfo@fortsask.ca](mailto:FCSSinfo@fortsask.ca)**



**Family & Community  
Support Services**  
CITY OF FORT SASKATCHEWAN