

the JAMES MOWAT Messenger

April 2023



Dear Parents/Guardians,

Welcome back! We hope everyone had a wonderful Spring Break. We're in the final stretch of the school year and are very excited about all the hard work our students are doing and the activities that are happening at our school!

Thank you to everyone who participated in Parent Teacher Interviews and had an opportunity to celebrate their students' learning.

At this time of year we begin to plan for the next school year. Student class configurations are changed each year for a variety of reasons including learning independence, building social skills and dealing with changing friendships, and experiencing various teaching styles and approaches. The student classroom lists are put together by our staff who carefully reflect on creating classes which are fair, balanced, and provide the best conditions for all students. We appreciate and thank our parents for supporting these school decisions.

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

April at a Glance:

Apr 3	Classes resume
Apr 5	Early Dismissal
Apr 7	No School - Good Friday
Apr 10	No School - Easter Monday
Apr 14	Hot Lunch Orders Due
Apr 15	Young Authors' Conference
Apr 17	Parent Council Meeting 6pm
Apr 18	Literacy and Numeracy Night at Fort Saskatchewan Elementary
Apr 17-21	Scholastic Book Fair
Apr 20	Gathering of First Nations, Métis and Inuit Families
Apr 21	Hot Lunch (Tim Hortons)
Apr 30	Parent/Guardian Information Verification Forms due

Looking ahead to May

May 3	Early Dismissal
May 3	Class Photos (M/W Kindergarten only)
May 4	Class Photos and Gr. 6 farewell individual photos
May 5	No School - PL Day
May 15	Parent Council Meeting 6pm
May 17	Gr. 6 PAT English Part A - 9am
May 19	No School - School Closure Day
May 22	No School - Victoria Day



JAMES MOWAT
ELEMENTARY SCHOOL

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Picture Day



ICON Photography will return to our school on **Thursday, May 4th** to take class photos, as well as the Grade 6 individual farewell photos. The M/W Kindergarten class will have their class photo taken on Wednesday, May 3rd.

Fort Saskatchewan Food Bank

Thank you to everyone for supporting our Student Council initiative to raise funds for the Fort Saskatchewan Food Bank with our "Pot of Gold" fundraiser. We raised \$497.40 for the food bank. Our students also donated food bank items with our Easter Bonnet Competition.

Scholastic Book Fair

Scholastic Virtual Book Fair link: <https://virtualbookfairs.scholastic.ca/pages/5199617>

Fair **START** Date: **April 17, 2023**

Fair **END** Date: **April 21, 2023**

Students and Family!

Our Book Fair will be in-person for students and virtual for friends and family! As always, the Book Fair is a fundraiser for the library and all purchases made will give a percentage of the total sales in credits/money for the library to spend on some new books for all grades to enjoy! The recess purchasing schedule will be posted on the library door and announced each morning. Friends and family will have access for the full week to the on-line book fair!

To save on shipping - All virtual orders will be shipped to our school and be distributed at the end of our Book Fair. Please enter the student's name after your last name on the order. If students are picking up the order, please send them with the order number you received.

If you have any questions or concerns, please email Ms. Statham and she will get back to you ASAP!





Bicycle Reminder

With the warmer weather and melting of the winter snow, we are beginning to see some students riding their bikes to school. For safety reasons, we request that students follow these guidelines:

- ◆ Students should ride their bicycles up to the school grounds area, dismount and walk their bikes to the rack.
- ◆ Bicycles should be locked to the rack immediately.
- ◆ Bicycle racks are out of bounds during school hours.
- ◆ At noon or after school, when you are going home, students should walk their bikes to the end of the school grounds area and then proceed home.
- ◆ No bicycles should be ridden through the parking lot or the student pickup area.
- ◆ Bicyclists must wear an approved helmet at all times.

We often have well over one hundred bicycles at the racks. It does get crowded. Please follow the above guidelines to stay safe.

Yearbook Orders

A reminder that the 2022-2023 yearbook is available to order through the [PowerSchool Parent Portal](#). The yearbook is \$20 and will arrive in September 2023. The yearbook captures all the events for the entire school year. A big THANK YOU to Mrs. Fleming who is currently busy working on the yearbook and to all staff for taking photos throughout the year for the yearbook.

Volunteer Appreciation

We would like to send a big **THANK YOU** to all the volunteers who help with field trips, hot lunches, parent council and parent advisory association, classroom support, coaching, or fundraising. It is much appreciated and makes James Mowat a great place to be!



FNMI Corner...

Blanket Exercise

The Blanket Exercise is a teaching tool used to broaden understanding of the relationship between Indigenous and non-Indigenous peoples in Canada. The experiential exercise uses blankets to represent the landmass of Canada and uses dialogue and scripts to actively engage participants in understanding key events that affect Indigenous people in Canada and Alberta. Next month, teachers and students in grade 5 and 6 at James Mowat will explore Canada's history by participating in a Blanket Exercise alongside our First Nations, Metis and Inuit consultants and advisors.



Complete your Parent/Guardian Information Verification Form

Elk Island Public Schools (EIPS) is currently reviewing and updating all parent and guardian contact information within the Division's student information system. This one-time, full-scale review is to ensure the Division has complete and accurate data on file as Alberta Education moves to a new way of capturing information in the provincial database.

As part of the data review, EIPS requires all families to carefully review the parent and guardian information on file for each student in your family—even if you've recently completed a Student Correction and Verification Form. Families can quickly and easily indicate no updates are needed, if that's the case, or provide updated contact information as needed. The form also includes a handful of new questions to help the Division understand each parent and guardian's relationship to the student and their preferences for receiving communication from the school and Division.

To review your information, simply log in to your [PowerSchool Parent Portal](#) and open the "Parent/Guardian Information Verification Form" from the left-hand menu or notification at the top of the page. Review all information carefully, provide updates where needed and submit your form by April 30. One form is required for each student currently registered at an EIPS school. Only one parent/guardian will complete the form for each student—all associated parent/guardian information for each student is available to review on the same form.

If you have any questions about your Parent/Guardian Information Verification Form, reach out to the school at 780-992-1272.

Math Homework Support for Parents and Caregivers

Looking to support your child in their math learning? The [Community Adult Learning and Literacy Society \(CALLS\)](#) is here to help! A CALLS instructor can walk you through kindergarten to Grade 6 math homework online so that you can feel confident in fostering your child's math skills. Support sessions take place virtually every Wednesday from 7:30 p.m. to 8:30 p.m. Simply call or text 780-667-8441 for a Zoom meeting link.

Snacks and Cutlery

Please ensure your child remembers to pack all of their needed supplies for the day. Students are reminded to bring their lunch, snacks, and water bottle each day, as well as any needed utensils for their snack/lunch.





Lunch Supervisors needed!

Are you interested in Earning \$20.26/day? Are you a stay at home parent/guardian or retired?

WE ARE CURRENTLY LOOKING FOR SUBSTITUTE NOON HOUR SUPERVISORS TO WORK ON A CASUAL - AS NEEDED BASIS

Time of shift would be 11:15 am—12:15 pm (approx.) If you are interested, please apply online at EIPS.ca/careers and look for [Noon Supervisor \(JMW\)](#)

Parent Council Corner...

Next Parent Council Meeting:

Monday, April 17th at 6:00pm (library). All parents/guardians are welcome to attend.

[Parent Council & JMSPAA March Minutes](#)

Did you know PAA offers babysitting services at the school so parents can attend these meetings? If you require babysitting, please send an email to jamesmowatpaa@gmail.com, to ensure we have enough babysitters.

Parent Council Fundraising:

April 2023 - Hot Lunch Orders

We have had much success with Hot Lunch so far this year and we thank you for participating in this fundraising initiative. This date is open to staff, students in Grades 1-6, and Tues/Thurs Kindergarten.

Tim Hortons

Friday April 21

*orders & payment due on Friday April 14th at midnight



Orders can be made at :

<https://munchalunch.com/schools/jamesmowat> Please pay close when inputting your orders and ensure that payment is processed. Direct your questions or feedback to jamesmowatpaa@gmail.com



Your Future in MIND

EIPS Annual Education Results Report

Every year, Elk Island Public Schools (EIPS) publishes an Annual Education Results Report, which outlines the Division's Four-Year Education Plan, opportunities for growth and how it's supporting students to achieve the best possible outcomes. Read through this year's [EIPS Annual Education Results Report 2021-22](#) and discover how EIPS fosters learning environments for all students to learn, grow and thrive—and why it matters.

April Spotlight: Student Growth and Success

- [Early Learning](#): Ensuring early learners reach developmental milestones
- [Culture of Literacy](#): Dive deep into the data and learn how students are developing strong literacy skills
- [Math Matters](#): Enhancing reasoning, understanding and achievement through numeracy-rich classrooms
- [Boosting Educational Outcomes](#): Discover how EIPS supports the growth and achievement of students who self-identified First Nations, Metis and Inuit
- [Beyond high school](#): Supports and strategies that are creating real-life career pathways for learners

RELATED INFORMATION

[EIPS Four-Year Education Plan: 2022-26](#)

[EIPS Three-Year Capital Plan: 2024-27](#)

Junior High Information Nights: Running April and May

Junior high schools across EIPS are hosting information nights for all Grade 6 students and their families—taking place in April and May. Make sure to attend to learn everything you need to know about the junior high programs at your child's school. Those who attend will also have a chance to:

- meet the teachers;
- tour the school and classrooms;
- learn about the upcoming curriculum; and
- ask questions.

For specific dates and times, see: [EIPS Junior High Information Sessions 2023](#)



Your Future in MIND

Kindergarten Information Night—Postponed

Due to unforeseen circumstances, James Mowat Elementary is postponing its kindergarten open house on Monday, April 17 to a new date in the month of May. Once the details are finalized, we'll make sure to send out an update to those families with kindergarten students registered for 2023-2024. We appreciate your patience and understanding in this matter.

A big THANK YOU to EIPS Volunteers

National Volunteer Week takes place April 16-22. On behalf of the Board of Trustees at Elk Island Public Schools (EIPS), I want to say a huge thank you to all EIPS volunteers and school families who help make the Division what it is today. Whether you volunteered for the first time this year or have committed many years to EIPS, your initiative, hard work and dedication are invaluable. You build a legacy for others to follow and a memory for students to cherish as they journey into their futures.

So, thank you again for your overflowing support. Your actions are a direct reflection of the kindness and compassion found in all the communities EIPS serves. This National Volunteer Week, I encourage everyone to celebrate the hundreds of volunteers and thousands of hours put into making schools across the Division places for students to learn, grow and succeed.

Trina Boymook
Chair, EIPS Board of Trustees

Watch for Thin Ice

Remember, be aware of thin ice this time of year. Depending on changing temperatures, ice can form and melt to varying degrees on outdoor bodies of water. Try to remind your child about the dangers of thin ice, obey all posted signs, take proper care and remain a safe distance from the ice.

For more information about ice safety, visit the [Canadian Red Cross](#).

Did you know?

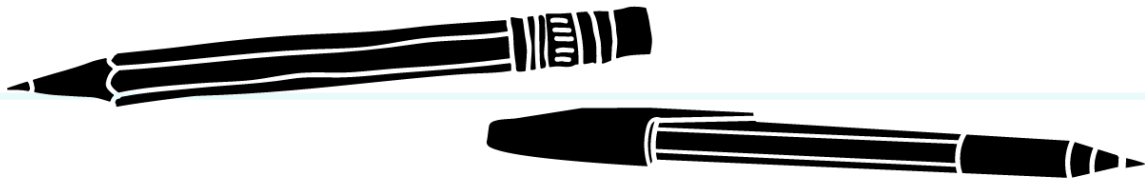
The colour of ice may be an indication of its strength. Clear blue ice is the strongest. White opaque is half as strong as blue ice. And, grey ice is unsafe—greyness indicates the presence of water.

LITERACY AND NUMERACY INFO SESSIONS



Tuesday, April 18

**FORT SASKATCHEWAN
ELEMENTARY, 9802 101 ST**



6-7 P.M.

Elementary session

7:15-8:15 P.M.

Secondary session

Doors open at 5:30 p.m.

**Register by
April 14**

Information presented by EIPS
literacy and numeracy consultants.
A light dinner and childcare will
be provided.



Language Impacts People

Help your family learn how to use language to build caring, connected relationships. When positive, helpful words, tone and body language are used it can enhance mental health.

Family Smart Practice Tool shares tips on how to build communication and language skills:

- **Be prepared** by thinking about what and how you are going to say something.
- **Suspend judgement** and do not assume you know what is going on or has happened.
- **Trust** is earned and it takes time to build it.
- **Empowerment** is given by providing an opportunity to share what is important.

More great tips from the Family Smart Practice Tool on how to build communication and language skills:

- **Alignment** happens when we work together to identify a common goal and create a plan to achieve it.
- **Check In** regularly to connect better and change directions if needed.
- **Assume good intentions** and that each person wants things to go well.
- **Empathy and listening** helps us to see each other's perspective and to increase understanding.
- **Be kind** to yourself and to others.

Learn how to tackle stigma and show sensitivity through the words you choose.

- Use positive and respectful language
- Don't use labels or judgement
- Use person-first language to focus on the individual rather than the illness, disability, condition or behaviour.
- Avoid stereotyping or oversimplifying similarities.

Words to combat stigma :

Stigmatizing

They were an addict.
Committed suicide.
They are crazy.

Respectful

They are in recovery.
Died by suicide.
They're living with a mental illness.

Together with your children, learn the importance of using the right words when talking about mental health. Mental Health Literacy offers a helpful resource for families to learn about mental health and to use the terms and components correctly.

Components:

- No distress, problem or disorder
- Mental distress
- Mental health problem
- Mental disorder/illness

Understanding the differences is crucial to getting the right kind of help if needed, to avoid seeking treatment when it is not needed and to be clear about the language we use to express how we feel.

MORE RESOURCES

[Resources - FamilySmart](#)
[Language Matters](#)
[Mental Health Literacy](#)

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



Red Dress Day Event

MMIWG2S

May 5th, 2023 at
Legacy Park, Fort Saskatchewan
4:30pm - 8:30pm

Free Hot Dog Roast & Entertainment

Walk starts at 5pm from Legacy Park

Wear your Ribbon Skirt/Shirt
Hosted by the Indigenous Society
& City of Fort Saskatchewan