

the JAMES MOWAT Messenger

January 2024



Dear Parents/Guardians,

Happy New Year and welcome to 2024! We hope you had an amazing holiday with family and friends.

Thank you to our staff for all their hard work in organizing and running the stations for the Family Fun night in December. It was great to see so many families enjoying the activities!

The cold weather has arrived! Please ensure your child is dressed for the weather as students go outside for recess several times a day.

We wish all our families a year filled with happiness!

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



January at a Glance:

Jan 1-5	No School - Christmas Break
Jan 8	Classes resume
Jan 8	Parent Council/Parent Advisory Association Meeting - 6pm
Jan 10	Early Dismissal
Jan 10	Gathering of First Nations, Métis and Inuit Families and Allies
Jan 24	Rudolph Hennig Junior High visit
Jan 30-31	Ribbon Skirt and Shirt Workshop at Fort Saskatchewan High
Jan 31	No School - PL Day

Looking ahead to February:

Feb 1	2024-25 kindergarten and new student registration opens
Feb 2	Career Day (Div 2)
Feb 7	Early Dismissal
Feb 8	Returning student registration opens
Feb 8-9	No School - Teachers' convention
Feb 12	Parent Council/Parent Advisory Association Meeting - 6pm
Feb 19	No School - Family Day
Feb 21	Returning student registration closes
Feb 23	Winter Formal Dance
Feb 28	Pink Shirt Day
Mar 8	New student registration deadline



Returning Student Registration for 2024-25

Elk Island Public Schools (EIPS) will once again conduct an online returning student registration process to confirm student registrations for the 2024-25 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 2024-25 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 2024-25 returning student registration takes place Feb. 8-21, 2024.**

One contact for each current PALS to Grade 11 student will receive the Returning Student Registration Form link through Permission Click on February 8. The recipient is based on which contact has been identified as the one to receive forms as listed on the most recent registration form, Correction and Verification Form or Student Information Update submitted to the Division. To review the contacts listed for each student, refer to the Student Information Update available through the [PowerSchool Parent Portal](#). Only one contact can be selected to receive forms.

For more information, contact the school office at 780-992-1272.

School Fees - Reminder

If you have outstanding school fees, please submit payment at your earliest convenience. All fees are due within 30 days of being posted. 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. Note: School Fees are not available in the Mobile App. If you need to make arrangements to pay your fees by cheque or cash (exact change) please contact Sherri in the office.

Don't forget to log into 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, extracurricular activities and more.



James Mowat Is a Nut Aware School

James Mowat is a Nut Aware School. Several students and staff at the school suffer from allergies. The most prominent allergy is one to nuts and nut products. Elk Island Public Schools has a "Nut Aware" strategy. **Please do not send any nuts or nut products to school.** Thank You for your cooperation.



Student Attendance

EIPS reminds families of the importance of regular attendance and of being on-time and how every absence affects your child's learning. If your child(ren) will be absent, please notify the school office by visiting www.jamesmowat.ca and clicking the "[Student Attendance](#)" box on the left side of the homepage. It is important to provide a reason for the absence.

Student Messages

To reduce disruptions to classrooms, please communicate afterschool arrangements with your child before school. Your child's agenda is a good way to communicate this information with your child's teacher. For unexpected changes, please contact the office as early as possible. Thank you for your cooperation.

2024-2025 School Fee Feedback

We are currently collecting feedback regarding school fees. Please take a few minutes to complete this [Fee Survey](#). School administration will use feedback provided to help determine fees for 2024-2025, which will then be shared at a School Council Meeting.

Parent Council & Parent Advisory Association Corner...

Next Parent Council/Parent Advisory Association Meetings:

Feb 12, 2024 at 6:00pm (library). All parents/guardians are welcome to attend.

Parent Advisory Association Fundraising:

The Winter Formal Dance has been rescheduled to Friday, February 23, 2024 from 6:00 to 8:30pm. Cost is \$5/person for entry, up to \$20/family (children 3 and under are free). Volunteers are needed. Please email parent council at jamesmowatpaa@gmail.com if you are able to help!



Cybersecurity Update: Important information for families

As part of EIPS' ongoing commitment to maintaining a secure and effective digital learning environment for students, the Division is implementing an important update to its cybersecurity protocols **Jan. 19, 2024**.

Enhanced Location-based Security for Student Accounts

Starting Jan. 19, 2024, access to student user accounts—used for platforms like PowerSchool, Brightspace and Google—will be limited to within Canada's geographical boundaries. This change is an essential step in strengthening our cyber defenses and ensuring the digital safety of students.

What Does This Mean for You and Your Child?

Location-limited Access: Your child's account will be accessible only when they're physically located in Canada. This includes all activities related to their schoolwork, such as submitting assignments, accessing study materials or sending EIPS account emails.

Seamless In-country Use: While in Canada, students will experience no change in how they access and use their accounts. The process remains as straightforward and user-friendly as always.

PowerSchool Access for Parents and Caregivers: This change will NOT impact parent and caregiver access to PowerSchool during periods of travel.

Why This Change?

The safety and privacy of students are paramount. This location-based access control is a proactive measure to prevent unauthorized access to students' accounts and protect sensitive information from potential cyber threats.

Questions?

For more information, contact the school office at 780-992-1272.

Thank you for your understanding and cooperation in this matter. Together, we can ensure a secure and thriving digital learning environment for all students.



Kindergarten Registration Starts February 1! Register by March 8

Is your child turning five on or before Dec. 31, 2024? If so, it's almost time to register for kindergarten. Kindergarten registration opens for the 2024-25 school year at 9 a.m. on Feb. 1, 2024.

James Mowat Elementary encourages all families to register their kindergarten child by March 8. To help manage overall enrolment pressure in the school, kindergarten capacity is limited to two classes. Should kindergarten enrolment exceed available space, a random selection process will be used. Those selected through the random selection process attend the school. Those not selected are redirected to their alternate-designated school, Fort Saskatchewan Elementary.

Kindergarten children, who have a sibling currently attending James Mowat and returning next year, are guaranteed a spot at the school—through the sibling clause. However, that spot is only guaranteed until March 8. After March 8, the school will redirect any new student registrations, including siblings, to the alternate-designated school—unless space remains available in kindergarten at James Mowat Elementary.

To help families prepare for kindergarten, 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.

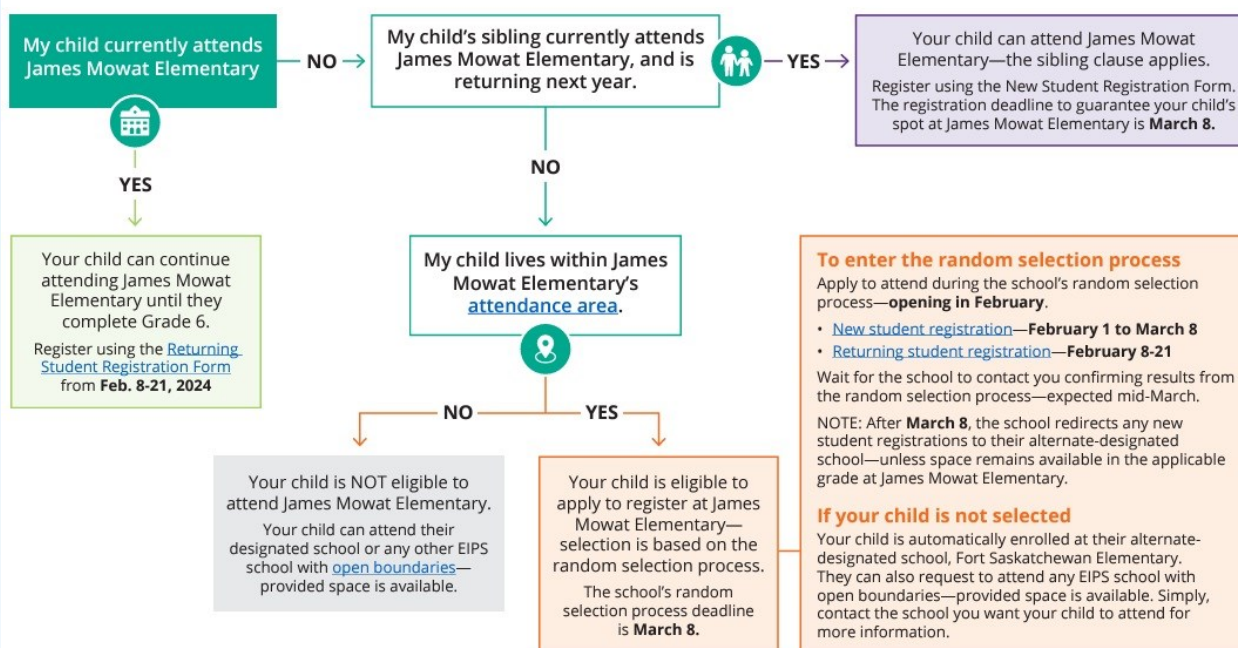
Additional information regarding James Mowat's kindergarten program is available at jamesmowat.ca.





James Mowat Elementary: step-by-step enrolment guide 2024-25

Use this step-by-step guide to determine if your child is eligible to enrol at James Mowat Elementary. If busing is required, request Student Transportation services when completing the online student registration form or contact st@eips.ca—fees apply.





Your Future in MIND

EIPS Annual Education Results Report 2022-23: Now available!

EIPS' *Annual Education Results Report 2022-23* is now available online. The report details how 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. What shines through in this year's *Annual Education Results Report* are the myriad programs and initiatives taking shape throughout the Division to ensure high-quality education, support student growth and achievement, and develop learners with the skills and knowledge needed to help them succeed.

EIPS invites you to read through this year's *Annual Education Results Report 2022-23*. Celebrate our collective achievements and discover how EIPS fosters environments for all students to learn, grow and thrive—and why it matters.

[Annual Education Results Report 2022-23](#)

Also available is a condensed version of the report: [AERR 2022-23: Overview](#)

RELATED INFORMATION

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

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

Did you know?

The *Education Act* requires every public school division in the province to have a Board of Trustees. The Board is made up of elected representatives who are accountable to you, the families, and to the community members of a school division who have elected each trustee. For EIPS, the Board provides overall direction and leadership, accepting responsibility for the Division's policies and procedures. You can view all current policies and procedures on the [EIPS website](#).



Your Future in MIND

Inclement Weather

With the winter season well underway, we want to remind families to dress children appropriately for the weather when getting ready for school or the bus. The weather often changes unexpectedly throughout the day, so please select suitable outerwear and ensure your child is prepared for changing conditions.

If inclement weather conditions occur, Elk Island Public Schools (EIPS) will advise families of any bus cancellations or changes to school operations using various communications tools—automated-telephone messages, email, SMS, alerts posted on www.eips.ca and school websites, Twitter, Facebook, local radio stations and notification through both the Bus Status and the Ride 360 apps. Morning bus cancellations are posted on www.eips.ca by 6:30 a.m.

Decisions regarding bus cancellations or changes to school operations are guided by EIPS' [Administrative Procedure 131: Inclement Weather](#), which states: “school bus service may be suspended ... when there is a forecast or current temperature of -40 C including wind chill, in one or more regions.” Other reasons for suspending or delaying school bus services or school-related activities include adverse weather and poor road conditions.

When school bus services are suspended, schools remain open to students. EIPS believes families have the right and responsibility to make choices for their children based on what they feel is safest during times of inclement weather.

For more information, contact EIPS Student Transportation at 780-417-8151.



The new year brings new opportunities to speak to your kids about the harmful effects of smoking and vaping.

Tobacco products put people at risk for many diseases. All tobacco products have many chemicals that are harmful to your lungs and nearly every organ in the body. Nicotine comes from tobacco and presents many harmful effects to physical and emotional health.

Quitting all forms of tobacco and nicotine is the best choice you can make for your health.

Nicotine Products

With the rise in electronic cigarettes, vape pens, hookahs and smokeless tobacco, there are more ways than ever for youth to get hooked on nicotine. And kids are more likely to see these smoke-free alternatives as a cooler and safer way to smoke. Parents should pay attention to an unusual attachment to a USB stick, sharpie, pen, lipstick, key fob, etc. These items may be a type of e-cigarette disguised as everyday items.

Talk to Youth About Smoking & Vaping

Talk to your kids about smoking and vaping early, even as young as age 10.

Know the facts so you can discuss the health risks and nicotine addiction.

Focus on the short-term effects of nicotine use: it can change the way your brain works, may make it harder to breathe and it costs a lot of money. Youth are the target of big companies looking for lifelong customers.

Calmly correct misconceptions and take time to listen.

Talking to Youth Matters

Research shows that youth who learn about drug risks from their parents are less likely to start using them. If you don't talk about it, your child may think it's okay to smoke or vape.

Youth who choose not to use substances are **less** likely to:

- Have serious trouble in school
- Get hurt in a car accident
- Be a victim of crime
- Have substance use problems as an adult

MORE RESOURCES

[Kids and Smoking \(for Parents\) - Nemours KidsHealth](#)

[Talk to Your Kids about Tobacco, Alcohol, and Drugs - MyHealthfinder | health.gov](#)

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



Caregiver Education Team Newsletter

January/February 2024



Alberta Health Services is proud to offer **FREE** online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

Sleep and Your Family's Mental Health

For adults, and parents and caregivers of children and youth in grades K-12

Part 1:
The Importance of Good Sleep Hygiene
Wednesday, January 17
12:00 – 1:00 pm

Part 2:
Setting the Stage for Good Sleep
Wednesday, January 31
12:00 – 1:00 pm

Body Image and Eating Disorders

For parents and caregivers supporting adults or teens (Grades 7-12)

Wednesday, January 31
6:00 – 7:30 pm

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and youth.

Part 1:
An Introduction
Thursday, February 1
12:00 – 1:00 pm

Part 2:
Calming Our Bodies
Thursday, February 8
12:00 – 1:00 pm

Part 3:
Settling Our Minds
Thursday, February 15
12:00 – 1:00 pm

Part 4:
Overcoming Avoidance
Thursday, February 22
12:00 – 1:00 pm

Substance Use

A Harm Reduction Approach

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, February 28
6:00 – 7:30 pm

Participant Feedback:

"Great session! Thanks for providing them free to the community."

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca



CIRCLE FOR CAREGIVERS OF YOUTH

This is a support circle for caregivers of youth aged 8 to 13 years who are struggling with intense behaviours and feelings of overwhelm. It is a safe space to connect with other caregivers who are parenting through these important years. You will have the opportunity to share your strategies, successes and difficulties in raising youth.



Monday Night Fort Saskatchewan

Families First Building
9901 90 Street

**5:30 to 6:00pm Supper
6:00 to 7:30pm Circle**

WINTER 2024 DATES

- January 15 + 29
- February 12 + 26
- March 4 + 25

Children's programming is available

Please register for any of the sessions you can attend by calling 780-998-5595 ext. 221

In a circle we are all equal.
There is no one behind you, no one above you, and no one below you.

Are you a caregiver navigating the unique challenges and joys of raising a neurodiverse child? We warmly invite you to join our monthly support group.

This is a safe space to share your journey, learn from others, and gain valuable insights into navigating the world of neurodiversity.

Join our Village

Register and reserve your child spot in advance by calling (780) 998-5595 ext 221 no later than the previous Monday.

****Children's Programming is Available!****

Families First Society, 9901 90 St, Fort Saskatchewan, AB T8L 3T1



Winter 2024 Dates

DATE	TOPIC	TIME
January 22	Speaker from Canada Revenue Agency	6:00 pm to 7:30 pm
February 05	Group Discussion	6:00 pm to 7:00 pm
March 18	Group Discussion	6:00 pm to 7:00 pm



Celebrating Differences

Our differences make us stronger, more vibrant, and richer as a community. Whether it's our diverse backgrounds, unique talents or varied perspectives and abilities, embracing differences helps us to learn, grow, and connect - creating a more inclusive environment for everyone.

Talking to children about diversity can sometimes be difficult, especially as difference is often viewed negatively. They may ask us uncomfortable questions, and we may not have all the answers. However, when these questions are rooted in curiosity, it provides us an opportunity engage in meaningful conversation rather than shut it down. Diversity is what makes each one of us unique, with different perspectives. By re-framing these differences positively, we provide the space to learn from one another. Staying curious and asking questions is what leads to a better understanding and sense of belonging for all.

Amber Grant

Diversity, Inclusion and Community Development Coordinator
FCSS



CYBERWORLD

JANUARY 25TH

6:30 - 8:30 PM

@ SOUTHPOINTE SCHOOL (11 SOUTHPOINTE BLVD)

A presentation for parents and caregivers on practicing internet safety with youth. The presentation also discusses online child sexual exploitation and how to respond to it.

Childcare available*

For more info contact 780-992-6267 or FCSSInfo@fortsask.ca

TO REGISTER [FORTSASK.CA/FCSSWORSHOPS](https://fortsask.ca/FCSSWORSHOPS)

STAY SAFE AT HOME ALONE

FEBRUARY 8, 2024
9:00AM - 2:00PM
ORTONA RM.

The Red Cross Stay Safe Home Alone Course provides the participant with basic first aid skills safety and awareness. Participants learn how to respond to various challenges when they are not under the direct supervision of a guardian or parent. Your child will be engaged in many activities throughout the course to enhance their interest and keep them occupied while learning. This course is intended for children between the ages of 9 to 13 years old

Cost \$68.25
Course #15508
To register: [Fortsask.ca](https://fortsask.ca)



BABYSITTING COURSE



FEBRUARY 9, 2024
9:00AM - 4:00PM
ORTONA RM.
COST \$84
COURSE CODE #15507
REGISTER @ FORTSASK.CA

Children between the ages of 11 to 15 years old, OR who have completed Grade 5 may register into the Red Cross Babysitting course. The Babysitting Course provides the participant with basic first aid and care-giving skills. This course also focuses on how to prevent and respond to emergencies and explores how to be a responsible babysitter. This course also gives the participant skills to promote themselves as babysitters in their communities



SINCE 1996



FINANCIAL LITERACY

WITH THE CREDIT COUNSELLING SOCIETY

All sessions are virtual and at 7 - 8pm
Attend any or all of the sessions

Holiday Money Hangover
January 17th

Vacations on a Budget
February 20th

Home Ownership -Are You Ready?
March 13th

Raising Financially Fit Kids
April 10th

Register via fortsask.ca/FCSSWorkshops
If you have questions please call
780.992.6267 or FCSSinfo@fortsask.ca



Grandparents who Parent Support Group

Connect with other grandparents who are raising their grandchildren

Meetings are 4th Monday of the Month

6:30 - 8:00pm

@BGC Fort Saskatchewan



Meeting Dates:

January 22, 2024

February 26, 2024

March 25, 2024

April 22, 2024

May 27, 2024

June 17, 2024

**To register for Childcare or
for more info call 780-992-0103**

ext. 303

Family and Community Support Services

What's coming up?

January

Credit Counselling: Holiday Money Hangover

January 17th 7-8pm Virtual

Cyberbworld by SAFFRON

January 25th 6:30 - 8:30pm @ SouthPointe School

February

Eating Disorders Info Session for Caregivers

February 6th 6-7:30pm @ the Fort Sask Public Library

Credit Counselling: Vacations on a Budget

February 20th 7-8pm Virtual

Co-Parenting 101

February 22nd 6:30-7:30pm @ the Fort Sask Public Library

Eating Healthy on a Budget with Kids

February 27th 6:30-7:30pm @ the Fort Sask Public Library

March

Child Support - The Basics

March 7th 6:30 - 7:30pm @ the Fort Sask Public Library

Credit Counselling: Holiday Money Hangover

March 13th 7-8pm Virtual

Separation and Your Parenting Rights

March 21st 6:30-7:30pm @

Fort Sask Public Library



Family & Community
Support Services
CITY OF FORT SASKATCHEWAN

For more information: fortsask.ca/fcss or 780-992-6267

Family and Community Support Services

What's coming up?

Legal Information Series

Co-Parenting 101

February 22, 2024

6:30 - 7:30pm

@ the Fort Saskatchewan Public Library

Child Support - The Basics

March 7, 2024

6:30 - 7:30pm

@ the Fort Saskatchewan Public Library

Separation and Your Parenting Rights

March 21, 2024

6:30 - 7:30pm

@ Fort Saskatchewan
Public Library



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

For more information: fortsask.ca/fcss or 780-992-6267

WOULD



Fort Saskatchewan

YOU

**LIKE TO MAKE A
DIFFERENCE?**

POSITIVE ROLE-MODELS
willing to give 1-3 hrs/week

PLEASE APPLY NOW!!

For more info, contact:

"Tammy@fsbgc.ca"

or call 780.992.0103 ext 26