

the JAMES MOWAT Messenger

May 2024



Dear Parents/Guardians,

Spring is here! We're enjoying the warmer weather and also a few spring showers! Please ensure your child is dressed appropriately for the weather as the mornings are still quite chilly.

This is a busy time of year and there is lots happening between now and the end of the school year. To stay up to date on what's happening at our school please check the calendar on our [website](#) regularly.

Fun in the Sun is an exciting event in June organized by Parent Council. This event would not be possible without the many parent volunteers. If you are interested in volunteering please contact jamesmowatpaa@gmail.com. Thank you!

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



May at a Glance:

May 1	Early Dismissal
May 1	Hat Day
May 3	No School - PL Day
May 5	Red Dress Day
May 6	Bus Driver Appreciation Day
May 6-12	Mental Health Week
May 8	Hats on for Mental Health Day
May 9	Spring Flower Fundraiser Pick-up
May 10	Bear Witness Day
May 15	Dieleman Fundraiser Orders Due
May 16	Moose Hide Campaign Day
May 16-17	No School - School Closure
May 20	No School - Victoria Day
May 29	Red Shirt Day

Looking ahead to June:

June 5	Early Dismissal
June 14	Fun in the Sun
June 15	Yearbook Orders Due
June 19	Gr. 6 PAT - Social Studies -9am
June 19	M/W Kindergarten Farewell - 1:30
June 20	Gr. 6 PAT - Science-9am
June 20	T/Th Kindergarten Farewell - 1:30
June 21	National Indigenous Peoples Day
June 25	Talent Show - 1pm
June 26	Gr. 6 Farewell (1:00 - 2:00pm)
June 26	Report Cards
June 26	Last day of school



Earth Rangers Assembly



Thanks to a sponsorship by Pembina, James Mowat Elementary received a Earth Rangers Assembly on May 6. The Earth Rangers School Assembly was a dynamic and interactive presentation. Through the power of live animal demonstrations and positive, science-based information, our program educates students about the threats facing animals and the environment, highlights real conservation initiatives across Canada, and motivates them to want to get involved. During the 2023/2024 school year, our School Assembly will highlight amazing animals and their superpowers - thus explaining the importance of biodiversity and how animals unique adaptations allow them to thrive in their specific ecosystems. The presentation will provide students with tangible ways they can help protect these ecosystems and show the big collective impact small, everyday actions can have.

Snack Food Drive

Student Council is excited to be hosting a snack drive for the Fort Saskatchewan Food Bank May 6th - 17th . We will be collecting any non-perishable, individually wrapped snack item for kids' lunches. Just think of things that your child enjoys for snacks: juice boxes, fruit cups, cracker packages, bear paws, fruit snacks... any items like these will be greatly appreciated. Thank you in advance for your support!

THANK YOU! Bus Driver Appreciation Day is May 6

Join us on May 6 as we recognize and thank our school bus operators for keeping the safety of our students their first priority. We encourage you, and your children, to take a moment to say thanks to our bus operators—who go above and beyond to provide safe and timely transportation to our students.

On behalf of James Mowat Elementary **THANK YOU** to all of our school bus operators for a job well done.

Jump Rope For Heart

Thanks so much for supporting Jump Rope for Heart. We've raised \$2,725 to date for the Heart and Stroke Foundation and have seen students getting active and having fun jumping rope. The [fundraising link](#) will be open until May 17th.



Scholastic Spring Book Fair



Bikes & Scooters

With the warmer weather many students are riding their bikes and scooters to school. These modes of transportation should be locked up using the racks available outside the school. For the safety reasons, we request students to follow these guidelines:

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

Year End Talent Show

Tuesday June 25 at 1:00pm

Location: School gymnasium

Application forms will be sent home on Tuesday May 21 and are due back Tuesday May 28, 2024. Tryouts will take place on June 10, 11, & 12 at noon

** If students are performing a dance routine, please bring in your costume, lyrics and music either on an iPad, phone or email Mrs. Sikora (megan.sikora@eips.ca)

Note: USB stick's are **no longer permitted**. If your child is using a digital device it must come with the cable that connects to the USB port. If students are singing please have lyrics and music ready just like the dance routine requirements.

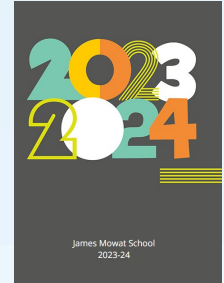
If you have any further questions, please contact Mrs. Sikora.

Thank you for your awesome support of our music program at James Mowat!



Yearbooks—order deadline June 15

The 2023-2024 James Mowat yearbook is available to order through the [PowerSchool Parent Portal](#). The yearbook is \$21 and will arrive in September 2024. The yearbook captures events from the entire school year. THANK YOU to staff for taking photos throughout the year and to Miss Humphrey for compiling the photos into our yearbook!



2024-2025 School Supplies

James Mowat Elementary is once again offering school supply packages through **Write-On Stationery**. Write-On will purchase, package and deliver all of your supplies for next year to your home address over the summer.

THIS IS A VOLUNTARY PROGRAM but one that we are sure will be of value to you as it ensures that students will be provided with quality school supplies that meet the student's exact needs.

Those not purchasing through **Write-On Stationery**, 2024-2025 school supply lists are posted on our [website](#).



Write-On Stationery ordering information:

- Go to www.write-on.ca
- Click on "PARENTS – Order Here"
- School Name: James Mowat Elementary School - FORT SASKATCHEWAN
- Choose your grade and select package and or items.
- Complete your order by clicking 'PLACE ORDER'
- You will receive an automatic email confirmation to confirm your order has been received
- We accept VISA, MC, AMEX, Visa Debit and Interac On-line.

To pre-order your school supplies from Write-on Stationery, please order by August 1, 2024.

Note: Late orders are accepted and orders can be placed throughout the school year.



Indigenous Corner...

On March 22, 2024 the entire section of the North Saskatchewan River flowing in Alberta was designated a Canadian Heritage River under the Canadian Heritage River System. Heritage places reflect Alberta's diverse history.



The North Saskatchewan River is a traditional gathering place, travel route, and home to Indigenous peoples including the nêhiyawak (Cree), Niitsitapi (Blackfoot), Ktunaxa, Métis, Nakota Sioux, Iroquois, Dene, Ojibwe, Saukteaux, Anishinaabe, Inuit, and Assiniboine.

The river is known as kisiskâciwani-sîpiy, meaning “*swift-flowing river*” in nêhiyawêwin (Cree), and Omaka-ty, meaning “*the big river*” in Niitsitapi (Blackfoot). This designation provides an opportunity to foster support for wider use of Indigenous languages and cultural connections to this important waterway.

For centuries, the river was a transportation and trade route, first for Indigenous peoples, then settlers and explorers coming from the east to the Rocky Mountains. kisiskâciwani-sîpiy played a pivotal role in the fur trade, early scientific expeditions, human settlement patterns and agriculture.



Parent Council & Parent Advisory Association Corner...

Parent Advisory Association Fundraising:

Spring Flower Fundraiser - Thiel's Greenhouse:

Spring Flower Fundraiser pick-up is on Thursday, May 9th between 3:00 to 5:30pm. The location is to be determined. Those who ordered will receive a phone call from Parent Council on May 9th with the location.



Dieleman Fundraiser:

Dieleman Fundraiser orders due May 15th.

Order online: www.shopdfscanada.com Organization ID:7123

Paper orders due to the school May 15th by 2:45pm (exact cash or cheque payable to JMSPAA).

Thank you for your support!

If you have any questions contact Parent Council at 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 2022-23*](#) and discover how EIPS fosters learning environments for all students to learn, grow and thrive—and why it matters.

May Spotlight: the [*EIPS Annual Education Results Report: Overview*](#). Learn about EIPS':

- mission and belief statements
- Alberta Education Assurance Measures results
- successes and challenges;
- four-year education plan;
- plus, more.

RELATED INFORMATION

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

[*EIPS Three-Year Capital Plan: 2025-28*](#)

The mental health impacts of compassion

It has been called the secret to well-being.¹ It's considered one of the most powerful agents for health.² It releases the "love hormone" into our blood, giving us a rush of pleasure.³

What is it? It might surprise you that the answer is compassion.

Compassion is the strong emotion that moves us to take action to reduce suffering. The Dalai Lama, an expert on compassion, defines it as "a sensitivity to suffering in self and others, with a commitment to try to alleviate and prevent it."⁴

Although the philosophy of compassion dates from ancient times, interest in investigating compassion has surged in the last fifteen years. This is in part thanks to the mental health benefits it offers. Compelling scientific evidence suggests that giving compassion, receiving compassion, and allowing ourselves to experience self-compassion are all very beneficial to our mental health.

Giving compassion

Showing compassion to others is particularly powerful for our mental health and well-being.



EASING DEPRESSION

When we show compassion through caring, and by expressing feelings of kindness, it can have a positive impact on our "mood." Mood here is what doctors call the emotional state that colours how we perceive the world. A positive effect our mood means, for instance, that compassion can help lift feelings of depression.⁵



A SPIKE IN HAPPINESS

According to researchers, it feels as good to give compassion as to receive it. The act of "giving compassion" is closely connected to the release of oxytocin, a feel-good hormone. Giving appears to be equally if not more pleasurable than receiving.⁶



A CASCADE OF KINDNESS

A domino effect can also happen when we help others, because witnessing acts of compassion can encourage others to show compassion too. This suggests that compassion is contagious.⁷



A CATALYST FOR OPTIMISM

Giving compassion to others can shift the way we think, making us more positive about things around us.⁸



SELFLESS SATISFACTION

One study showed that spending money on other people may have a more positive impact on happiness than spending money on ourselves. In fact, the greater the gift, the greater the emotional payback.⁹ This is true for gifts to charities and other causes, and as well as for other non-monetary giving, such as volunteering.

¹ <https://www.psychologytoday.com/us/blog/beyond-mental-health/202310/is-compassion-the-secret-to-well-being>

² <https://www.psychologytoday.com/ca/blog/from-striving-to-thriving/202304/what-are-the-benefits-of-compassion>

³ https://gretergood.berkeley.edu/article/item/compassionate_mind_healthy_body

⁴ The Dalai Lama (2001). *An Open Heart: Practicing Compassion in Everyday Life*. Little Brown & Company: Boston, MA.

⁵ Leaviss J, Uttley L. Psychotherapeutic benefits of compassion-focused therapy: an early systematic review. *Psychological Medicine*. 2015;45(5):927-945. doi:10.1017/S0033291714002141

⁶ https://gretergood.berkeley.edu/article/item/compassionate_mind_healthy_body

⁷ <https://www.newportacademy.com/resources/well-being/compassion-benefits/>

⁸ *Ibid.*

⁹ Elizabeth W. Dunn et al, Spending Money on Others Promotes Happiness. *Science* 319, 1687-1688 (2008). DOI: 10.1126/science.1150952

Caregiver Education Team Newsletter

May/June 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.

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or the wellness of a loved one.

Part 1:
An Introduction
Wednesday, May 1
12:00 – 1:00 pm

Part 2:
Calming Our Bodies
Wednesday, May 8
12:00 – 1:00 pm

Part 3:
Settling Our Minds
Wednesday, May 22
12:00 – 1:00 pm

Part 4:
Overcoming Avoidance
Wednesday, May 29
12:00 – 1:00 pm

Adult Education Sessions

NEW! Wellness Exchange Series

For adults supporting their own wellness or the wellness of a loved one.

Part 3: Managing Reactions
Wednesday, May 1
6:00 – 7:30 pm

Part 4: Helpful Thinking
Wednesday, May 15
6:00 – 7:30 pm

Part 5: Healthy Connections
Wednesday, May 29
6:00 – 7:30 pm

Caregiver Education Sessions

Test Anxiety Strategies for Success

For parents and teens (grades 7-12) to attend together
Monday, June 3
6:00 – 7:30 pm

Adult Education Sessions

Silver Linings

For adults supporting their own wellness or the wellness of a loved

Part 1:
Tuesday, June 4
12:00 – 1:00 pm

Part 1:
Tuesday, June 11
12:00 – 1:00 pm



Professional Practice & Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca