

Hawks Highlights



October 2021

Principal's Note:

Welcome October! We are excited to see all the wonderful things October has to offer.

September was filled with many blessings: seeing our kids once again always fills our hearts with joy, the beautiful weather that has allowed us to get outside, the amazing colors that have stayed throughout the month, and the return of sports to our school. We have been busy with many activities and having fun. This month we have been working hard learning many new things - please see the articles below for what your child has been doing. Besides the work we have completed in class time, we have also had a number of school wide activities: crazy sock day, participated in the Terry Fox Run, and Orange Shirt and Truth and Reconciliation Day.

We would like to thank parents for continuing to work with us to make the most of these trying times. We appreciate your assistance with encouraging your child to wear their mask and stay at home when they are unwell. Although we had hoped for a return to normal, we continue to face the challenges Covid brings us. We will continue to make school a positive experience for our children and follow the mandates set by the government. Our goal is to keep everyone safe while we learn and have



fun together. As soon as we hear anything new, the division will send information to parents. If at any time you have questions or concerns, please call the admin team and we will be happy to work with you.

We are looking forward to a wonderful month. We have planned a number of activities: Picture Day, Twin Day, Bubble Gum Chewing Day, Black and Orange Day, and a few more activities hosted by our Students' Union.

At EPS we practice Gratitude. Gratitude, according to the Oxford dictionary is "the quality of being thankful; readiness to show appreciation for and to return kindness." Each Thursday is Thankful Thursday where announcements are focused on the positives in our lives. Practicing gratitude is important for everyone to maintain a positive attitude and outlook. When we can see the many blessings we have, we can be ready to experience the many good things that happen to us daily. It is one way to assist in building resiliency. Help your child to see the many amazing things that they are able to do each day. This weekend we celebrate Thanksgiving - what are you thankful for?

I know the staff at EPS are thankful for each child in our school. We are grateful to work with them and help them learn and grow. Thank you



to the parents for working with us as we focus on children's successes and growth.

Picture Day

It's time to dress up and look your best. Lifetouch will be at EPS on **Tuesday October 5th.**



Staffing

Please check out our directory in the Student and Parent Handbook found on our webpage for the full list of staff and the roles they play in our school.

Student Support Team: Janessa Nevill

Mrs. Nevill is responsible for working with the teachers and administration to support our students. She will be working with outside agencies when needed and overseeing our IPPs.

Academic Career Counselor/Work Experience/RAP Coordinator: Karen Grygus

Students in high school and grade 9 can see Mrs. Grygus for all their academic questions, planning for post secondary and researching possible careers. She will be meeting with all high school students and reviewing their progress and planning for the year and years to follow. She will be organizing work experience positions for students. There are a number of assignments and tasks the students need to complete and hand in. If your child is taking Work Experience this year or interested in taking a Registered Apprenticeship, please make sure to meet with Mrs. Grygus.

Student Illness Guidelines



According to Alberta Health Services, these are the guidelines for attending school. Please read through the full statement and visit the AHS site if you have any questions. As always, feel free to contact the school for any questions.

Children can keep going to school, if they're well and don't show signs or symptoms of being sick. If your child is sick, they should stay home until they feel better. If your child tests positive for COVID-19, they are legally required to isolate. If your child is a household contact of a confirmed case, it is strongly recommended that they stay home for 14 days, if they are not fully immunized.

There are checklists on the AHS site for when your child has COVID-19 Symptoms, when your child is feeling ill but does not have Covid symptoms and when your child has been in close contact with someone who has COVID-19. Please refer to the website <https://www.albertahealthservices.ca/topics/Page16998.aspx> when you are uncertain.

Let's work together to keep our children safe and healthy.

School Council

The School Council and Parent Advisory Committee had their first meeting on September 23, 2021. Thank you to everyone who attended.

We encourage you to join us at our next meeting. We need your ideas and your voice to help guide our school.

President: Vacant

Vice President: Connie Williams

Treasurer: Chasidy Bourassa

Secretary: Christine Tredger

Division 1 Rep: Lindy Forbes

Division 2 Rep: Bailey Walsh

Division 3 Rep: Rebecca Hilligas

Division 4 Rep: Charlene Rutledge

The next meeting is scheduled for October 19 at 6:30. We meet through Zoom so you can stay in the comfort of your home. Meeting Link:

<https://us02web.zoom.us/j/81505088572?pwd=dE5GbnFiS1FHVWZQM2JnaFpjK1pXUT09>

Super Snack Cart



Hello all, our mobile concession cart is back in operation thanks to our Super Snack Lady - Mrs. Parent.

We have a variety of snacks available for purchase during the lunch hour for gr4-12. The kindergarten to Gr.3 get a visit from the super snack cart on Thursdays, that is our special treat day, where we have all our usual snacks plus extra like pop chips and chocolate bars.

Price List

Ice drink \$2

Milk to go \$2

Juice box / water \$1

Veggie chips \$1

Cookies .50

Microwave popcorn \$2

Sesame snaps .50

Trail mix \$1.50

Nutella snack \$2

Pop mini cans \$1

Large cans \$1.50

Chips \$1

Chocolate bars \$1.50

Hot Lunch Program

Thank you, parents, for your patience as we work on options for a hot lunch program. For the month of October, Top Shelf Grill is offering this service to us. Here is a link if you would like to order hot lunch through Top Shelf for the month of October. Please note, there are specific requirements.

<https://nlsd.schoolcashionline.com/Fee/Details/23368/78/False/True>

Terry Fox Run

Way to go, Plamondon School! On September 24, our school participated in our annual Terry Fox Run. Although we were unable to participate as a whole school together, we did learn about Terry's life and achievements. All classes went on a run/walk. Our division one students stayed close to home while our grades 4-12 students made use of the walking trail on the old highway. The weather was amazing and we had fun making a difference. We've raised \$285.00 for our Terry Fox School Run and we couldn't be more proud. Why not go the distance and make an even bigger impact on cancer research and build incredible school spirit!. Donate today at:

<http://www.terryfox.ca/Plamondon>
#terryfoxschoolruns @terryfoxfoundation

Crazy Sock Day

So many teachers and students participated in Crazy Sock Day!



Truth and Reconciliation Day

What is the truth? The truth referred to on this day and beyond, is how years of colonization strategies such as residential schools, have affected Indigenous peoples and communities. What is reconciliation? Reconciliation is a restoration of 'friendly relations.'

On Wednesday, September 29, Ecole Plamondon School observed Orange Shirt Day/Truth and Reconciliation Day; a day to reflect on the ongoing nation-to-nation relationships with Indigenous peoples based on education, respect and understanding.

Reconciliation allows Indigenous people groups to practice their culture without fear of persecution and the freedom to share it with others.

This year we were fortunate to have Lyric Lewis of the Beaver Lake Cree Nation, Stan Delorme of the Buffalo Lake Metis Settlement and some of our very own students join us to speak and dance in recognition of their cultures. Stan spoke on behalf of the reconciliation framework in partnership with the Metis Settlements and other Indigenous communities. Lyric skillfully shared her culture through dancing a fancy dance and by displaying her beautifully, hand crafted regalia. Ms. Delorme's grade fours confidently shared words/phrases in English, Russian, French and Cree with the school. Lastly, Paulina Kuznetsov, Julie Kuznetsov and Bretleigh Delorme performed the Red River Jig in traditional Metis jiggling clothing. Thank you to all who made this presentation possible. Hiy hiy.



Hawks' SR Team Highlights

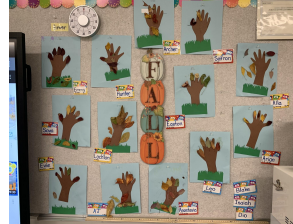
Congratulations to both our Sr. Volleyball Teams on hosting a very successful home tournament this weekend in Plamondon. The Sr. Girls went 6 and 0 in round-robin to earn a spot in the Final against JAWS where they were narrowly defeated in a very exciting final 26-24, 25-23. The Sr. Boys went undefeated for the entire weekend without dropping a set, defeating their rivals from JAWS to claim Gold: 26-24, 25-23.



Preschool News

Preschool started on the 13th of September and has been busy ever since. We have 17 wonderful students this year. In our school we have been meeting new friends, learning about routines and kindness. We visit Mrs Plamondon in the library Monday and Tuesday, we have breakfast everyday with

Mrs. Alagoz and visit with Ms Connie at 11 on the playground. Peace Officer Farooque came to visit us so now we know who to call if we need help. This week we picked a lot of leaves and made fall collages for the bulletin board.



Kindergarten

We have been having so much in Kindergarten, our days seem to fly. We have been building a lot during center time and have begun working on scissor and pencil skills. In art we used paint to finger paint leaves. We are meeting new friends, and enjoying our new friendships. We also have been enjoying storytime in the Library followed by Makerspaces.



Grade 1

It's been a great month with the students as we learn about COLOURS. We have done many color experiments and will continue to do so. This week we will be inventing colours through mixing food colouring and Playdough. In Mathematics this week we have begun some simple coding using the Bee Bots that were borrowed from the ATA Makerspace Library. The kids have to code a direction for the Bee Bot to go and we have been trying to move them around the classroom without bumping into any desks. We continue to work on pre-addition skills using dice, and saying out numbers to 30. In Art last week we did some



Leaf printing using markers and stamping the leaves we collected.



Grade 2

In September, the children in Grade Two are busy reading and writing every day! They are

learning about patterns and geometry in our Math classes. As part of their liquids Science unit, they are experimenting with various liquids. In one of our Science classes, the children learned how to make Jello, and then they got to eat it!! In Social classes, the children in Grade Two are learning how to read a map, and they are learning how to locate Plamondon on an Alberta map.



Mrs. Landry's Gr. 3 News



Welcome back to a fun new year of learning! I am very excited to be back teaching at EPS this year!

This month the grade 3s have worked really hard and are getting back to their routines at school. The students are really enjoying learning about Rocks and Minerals in Science and are excited for all of the fun experiments to come. In Social Studies we are learning about the 5 oceans and 7 continents of the world! How many places have you visited so far??

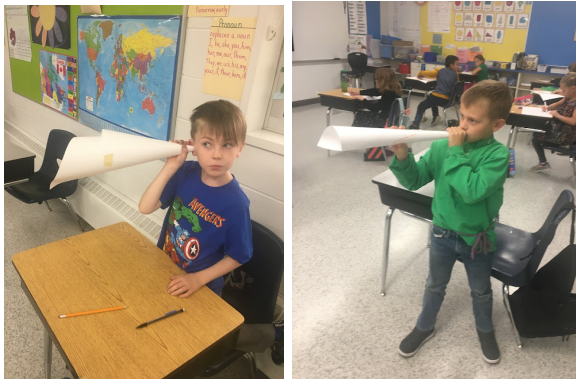
In Math the grade three students are learning about patterns and how they increase and decrease in numerous ways. In Language Arts

we have been reviewing long vowels and have had spelling tests to practice our skills. The students have been doing a lot of reading in pairs and individually and love being able to enter the library again this year! The grade 3s are practicing writing sentences using spelling words and sight words.

Grade 3 Science

During science in the grade 3P class we have been learning about sound and noise and how different sounds affect our ears. We know sound is caused by vibrations which travel through solids, liquids, and gases.

We also learned that sound waves are invisible and that as the sound waves spread out and the sound becomes less and less. We will be continuing to learn about sound for a few more weeks.



Grade 4 News

Welcome back! It's been wonderful getting to know the newest class of grade fours. This month we have been working on practising number patterns in math by using strategies such as skip counting or a number line. Within the last month, these strategies and practice have helped the grade fours complete multiplication charts with success! Language

Arts has been fun as the students have been sharing about themselves in their writing. This month we observed Orange Shirt and Truth and Reconciliation Day on September 30. The grade fours contributed to the presentation by sharing different words/phrases in the English, Cree, French and Russian languages. I'm so proud of them! They did an amazing job sharing in front of the entirety of Ecole Plamondon School.

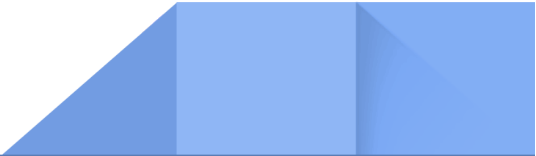
Grade 5 News

The Grade 5 class has been focusing on spelling, grammar and reading comprehension in Language Arts. We were happy to welcome Miss Mackenzie back from SFSK to work on Nurturing Gratitude with us. Our art project for Truth and Reconciliation day is painting rocks to represent hopeful thoughts about reconciliation, but we were not all able to complete them due to high attendance at the cross country race. Go Hawks!

Grade 6 News

The Grade 6 class has been focusing on spelling, grammar and reading comprehension in Language Arts. We were happy to welcome Miss Mackenzie back from SFSK to work on Crossing the Line, a program about bullying, with us. Our art project for Truth and Reconciliation day is painting rocks to represent hopeful thoughts about reconciliation, but we were not all able to complete them on Wednesday because we attended the assembly. This is something that we will do next week.

Science 20

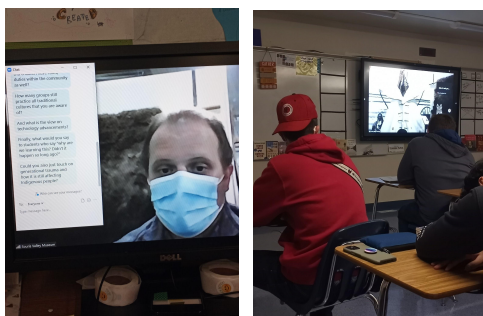


The science 20 class has done a Copper Coating lab for Chemistry. This includes dropping pennies and galvanized/non-galvanized nails into either lemon juice or vinegar.



Grade 11

The grade 11 English class was blessed to have a virtual museum tour with Souris Valley Museum in Saskatchewan! Our tour consisted of Indigenous culture and historical events. We learned about traditions, roles within the community and the importance of reconciliation. "It was really cool to learn how the women made jewelry or beads out of animal hooves, horns and bones, dyed with berries!" -Paulina Kuznetsov



Learning Commons Update

Hello everyone! Can you believe a month is gone already? Time flies when you are having fun!

We are so excited to have our students back in the Learning Commons for library periods and elementary makerspace classes this school year. It has been almost 18 months since classes have fully enjoyed our Learning Commons. The books missed you!

In Makerspace classes, we have been dusting off some of our dearly missed favourites, like our Osmo games and our robots! Thank you to Ms. Sue for donating the huge bin of pirate lego blocks, they are being well loved.

We have some new faces in the library this fall.

Welcome to Beth from the Public Library who joins us on Wednesdays. We also have C-Jay and Alicia as Work Experience students. Thank you to Anna and Cristina for all your help with Thursday Kinder library time.

We will also be running an Elementary-wide reading challenge for great prizes this school year, stay tuned for more details, reading logs will be coming home soon to get you started.

Reminder, the Public Library is open for you on Wednesday evenings until 8:00pm. Please come in and see what we have to offer. You can sign up for a library card online, order e-books and more. For more information see the public library website <https://www.lbcl.ca/>

Happy Reading!



Hawks' Athletics

We are so excited to have the opportunity to return to competing in school sports. Ecole Plamondon School has a proud tradition of spirited athletic competition based on dedication, sportsmanship and teamwork and we are very proud to see our Hawks back in action again!

Sr. Golf Team: *Mr. White & Mrs. Gauthier*

While EPS was not able to field a full rostered team this season,

we were able to send Justine Kononchuk (Gr. 12) to Cold Lake to compete in the Individual Female category in the 1A/2A Zone Qualifying event hosted by Assumption Jr./Sr.



High. Needing to place in the top 2 to earn a berth in Provincial's, Justine found herself tied with another golfer from Bonnyville Centralized at 106 after 18 holes, requiring a playoff hole where we are excited to report that Justine came out victorious! Justine was slated to compete in Provincials in Whitecourt on Sept. 27/28, however, the tournament has been postponed until May due to COVID restrictions.

Jr. Cross-Country: *Mrs. Grygus*

Our young cross-country runners have been practicing hard for the past few weeks in preparation for the LSAA District Meet on Friday, October 1st at Muriel Lake in Bonnyville. We are so proud of all our athletes who participated! They demonstrated determination, dedication and perseverance. Congratulations

to Cody Rutledge for placing 6th, and Ashton Johnson and Terrence Lindskog for each placing 8th in their runs.



Sr. Cross-Country: *Mrs. Grygus*

Our senior athletes have also been practicing hard for the past couple of weeks to prepare for the run on Wednesday, October 6 at Ross Lake Provincial Park. Good luck, Hawks!

Jr. Girls Volleyball: *Ms. Babcock & Mrs. Landry*
& Jr. Boys Volleyball: *Ms. Nevill & Coach Kim*

Our Jr. Volleyball Teams practice on Mondays and Thursdays from 3:30-5:00pm and are

excited to have some upcoming Tournaments in October!

- Saturday October 16th: Plamondon Invitational (Host)
- Saturday October 30th: Aurora Middle School (Lac La Biche)

Sr. Girls Volleyball: *Mr. Reid* & Sr. Boys Volleyball: *Coach H. Kim, Coach B. Kim, Coach L. Kim*

Both our Varsity teams are excited to return to tournament action this season and have had a busy start to their 2021 seasons. On Oct 17/18 they competed in Ft. McMurray played at the Ecole McTavish Marauder Invitational and played exceptionally with both teams claiming silver. The following weekend, October 24/25 they travelled to Cold Lake to play in the Kartz Classic at CLHS and again posted some strong results with the Boys placing 3rd and the Girls claiming another silver. Up next in October are two local tournaments:

- October 1/2: Plamondon Dig Pink (Host)
- October 22/23: J.A. Williams Wow Pow (Lac La Biche)



EPS Technology

Over the last few years NLPS has set a ratio of Chromebooks to students to help ensure that all students have adequate access to technology at school. At

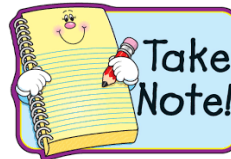
EPS we have used this ratio to assign Chromebooks to students, where each student in grades 7 to 12 receives a device at the beginning of the year to be returned to at the

end of the year. This allows for students in grades 5 and 6 to have access to Chromebooks daily and Kinders to grade 4 have access every other day.

There is also a “Bring Your Own Device” program at school now, where students are able to purchase their own Chromebooks or laptops to use at school. They are able to get on to the school network using their regular login and password. If your child has a device of their own, have them bring it to the office for help setting it up on the network.

If you are interested in purchasing a device for your child please watch for information from NLPS Communications through either a school messenger or through your Cash Online account. The purchase of a Chromebook for students in grades 4 and up is a good investment for their time in school.









Dates to Remember



Please check out our October Calendar at the end of the newsletter for important dates and fun activities.

November Dates:

November 1- No school - Staff PD
November 5 - SR Girls and Boys VB at Assumption
November 8 - Picture retake Day
November 11 - Remembrance Day - No School
November 12 - Family Friday - No School
November 19 - Sr Vball Zones Playoffs
November 25-27 - Sr. Volleyball Provincials
November 26 - No School - Staff PD
December 3 - Family Friday - No School

	3		4		5		6		7		8		9
	10	No School	11	 Picture Day	12	 Sr. Cross Country Run	13	Twin Day	14	 Ipp Day No School	15	 Jr. Girls & Boys VB (Rammondon)	16
	17	 Happy Thanksgiving	18		19		20		21		22	 Sr. Girls & Boys VB (Lac La Biche)	23
	24		25	 Bubble Gum Chewing Day	26		27		28		29	 Jr. Girls, Jr. Boys, 5/6 VB (Lac La Biche)	30
Halloween	31	No School											

