

Hawks Highlights



January 2022

Principal's Note:

Happy New Year! I hope that each of you have had a wonderful winter break and found joy in the cold winter days. It has been a very cold stretch and I am hoping for warmer weather to enjoy fun outside activities without freezing in under two minutes. EPS staff and students wish our Russian and Ukrainian families a **Merry Christmas** as they celebrate this Friday, January 7th..



Well, 2022 has thrown us another curveball. I think we are all getting accustomed to going with the flow of change and uncertainty. The students' winter break has been extended and we are all waiting to hear what next week brings for us. As students are at home, staff are working either from home or in the school to prepare for the different possible scenarios and using the time to complete professional development and professional planning. We are hopeful about seeing our students soon and being able to learn together. As soon as we hear more about the future plans Alberta Government has for us, we will let you

know. However, it has been clear that we all hear the information at the same time and then the staff work hard and quickly to make the plans into a functioning and positive reality. So stay tuned, and we hope to see the kids soon.

January is always a month of working hard for our high school students to wrap up semester 1. We are continuing to plan for final exams; although we are hoping for in person final exams, teachers are also preparing for online finals. Students should continue to prepare for finals in all of their classes. However, the Provincial Diploma Exams that were scheduled for January have been canceled. Students completing grade 12 courses will still write a final exam for each course. Although classes are not taking place this week, students are able to reach out to their teachers through email or Google classrooms to ask questions. There are no new assignments. Please see the slightly revised exam schedule at the end of this newsletter.

Wishing you all a wonderful new year filled with love, laughter, and adventures!

Feeling Unwell? Please stay home



As we continue to work through government mandates and stay safe, we ask that you follow the following guidelines when your child is feeling under the weather.

Core symptoms

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Loss of sense of smell or taste
- Sore throat (adults only)
- Runny nose (adults only)

Isolation requirements

The mandatory isolation period for people with core symptoms that are not related to a pre-existing illness or health condition is:

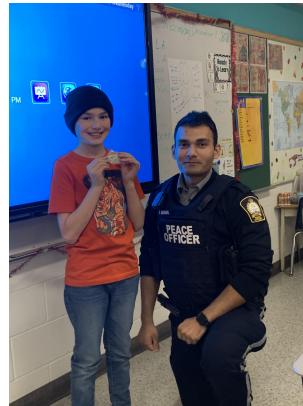
- Fully vaccinated: 5 days or until symptoms resolve, whichever is longer, plus 5 days of wearing a mask at all times when around others outside of home.
- Not fully vaccinated: 10 days or until symptoms resolve, whichever is longer.
- If a person tests negative, they should still stay home and away from others until symptoms resolve.

(Information provided by AHS website.)

Thank you for helping us keep everyone healthy.

Congratulations!

Congratulations to Julian Kuznetsov for winning an officer's badge from Officer Farouque. He was recognized for his participation, positive attitude and outstanding contributions during our 6 session Boys Council group in our Grade 3 class. Keep up the good work Julian!



Big Brother Big Sister Program

Interested in being a Big Brother or Big Sister? Talk to Ms. Patti about our program. Here is Draco Boucher making memories with his Big Sister!



Preschool

December went by in a flash and preschool was busy making crafts!! A few days we were able to go to the magical sensory room. Before it got cold we had fun playing in the snow making hills and then we got busy making a special Christmas gift for our parents. The last week of December we won many Kindness prizes and loved wearing something Christmasy each day and the Grinch chased us around the halls IT WAS GREAT!! Merry Christmas from Preschool



Kindergarten

In Kindergarten this month we have been reading many different versions of the gingerbread man. We have compared and shared our favourite versions. During centres we built a gingerbread house and built trees with our building cups. We made gingerbread men ornaments, gingerbread villages, and decorated gingerbread trees with icing to complete our unit. We also worked hard with Trickster theatre, we were busy elf's baking gingerbread for Santa! We had so much fun! In mathematics we have made some Christmas patterns, did some jingle jar counting (jingle bells to count), and decorated our Christmas tree with the number of the day



season. We have had a fun filled December in Grade Two!

Grade 1

The students in Grade 1 had a blast working with the Trickster Theatre group. Students took a moment from rehearsing to have fun with the Tunnel Monster!



Grade 2

During the month of December, the children in Grade Two have concluded their exploration of Magnets. They participated in many fun hands-on experiments. During our Music classes, the children started learning about the treble and bass clefs and where notes fit on a staff. They enjoyed participating in a Trickster Theatre play and are anxious to show their parents their part of the school's production. Christmas books, activities, and crafts have helped the children get ready for the Christmas

Mrs. Landry's Gr. 3 News

During the month of December, the grade three students enjoyed a variety of fun activities!! We made Christmas cards for the seniors at the Lac La Biche Lodge, participated in Christmas coloring contests, listened to many Christmas stories and songs, and made some fun crafts! One of the fun activities we did as a class was decorate the classroom to help add Christmas Cheer!

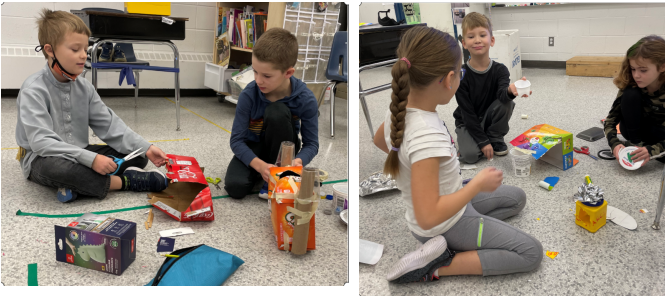
The best part of December was participating in our play hosted by Trickster Theatre! The students had a chance to use their imaginations and create a play which they have recorded for our virtual Christmas Concert this year. The students are very proud of their work and all of the preparation of their play, so I hope you will check it out!

Great job, grade threes, in all of your studies this month! We hope everyone enjoys a wonderful Christmas Break with their family and friends!



Mrs. Evdokimov and Lien's Grade 3 Class

In science the students made a house from recycled materials. When they finished building their houses they had the opportunity to paint them. We had a discussion and compared the house they made and the homes that people live in around the world, as this is what they study in grade 3 social studies. We also compared the various homes we made and those that we have studied in social studies to what the indigenous people have lived in throughout the past centuries.



Grade 3 Boys Group

Great job to our Grade 3 boys. They successfully completed our 6 session Boys Council group facilitated by Ms. Patti, Ms. Jessica and Officer Farouque. Keep up the good work!



Grade 4 News



It has been a busy and festive December here in grade 4! This month we had the privilege of having Trickster Theatre come to our school and into our class to create a skit with our class. Trickster Theatre is based out of Calgary and is a non-profit organization that creates fun, engaging, and effective learning through action. We have also gone skating which is a fun way to stay active in the cold winter weather.

In science we worked with lights and shadows by identifying different sources of light. In math we continued our work on our word problems and figuring out how to determine what operation we need to do based on what is written. In language arts we worked on our opinion writing. Finally in social studies we learned more about the Rocky Mountain region. It was a fun month filled with lots of learning and experiences.

Have a wonderful Winter Break and remember to read for 20 minutes every night!

Grade 5 News

Grade 5 spent the month of December working hard on their schoolwork to finish units before the holidays. We completed a lot of nice artwork and some participated in the Christmas dress up days. Trickster Theater was an amazing experience and we all enjoyed participating in it. On Thursday, December 16, we went to the skating rink for our Christmas Celebration. We are looking forward to a nice holiday and starting school again in January. Merry Christmas and a Happy New Year everyone!



Grade 6 News

Grade 6 students were treated to an early skating time at the arena, and they were challenged with mastering a new mathematics concept that left the students asking for more opportunities to show their learning. We are excited about the New Year and building new projects as we continue our journey together.



Grade 7 to 9

The junior high classes enjoyed working with Trickster Theatre just before Christmas break, using their imagination and enthusiasm to create a work of art. The grade 9 class created "Christmas From the Shadows" bringing to life a robot to steal Christmas. The grade 8 class frolicked in the woods around the area looking for food and trying to avoid



becoming food in "Hungry Hungry Bunny Bunny". The grade 7 class started off the show with some blacklight magic in "Saving Christmas". Thanks to everyone who made this experience possible!

Grad News

Grad Hoodies have been ordered. Next Grad meeting is February 8th.

Reminder items:

1. \$12.00 Hoodie fee is due January 17th
2. Grad pictures need to be handed in to Kim or Lisa at the office by January 31st

Students' Union

The Students' Union had fun with their Five Days Before Christmas celebration. Between two PJ days, Favorite Christmas Character Day and Christmas hat and sock days, fun was had by all. They also sold hot chocolate and candy cane grams every lunch hour. Students' Union provided prizes and activities for the week prior to Christmas break. Hope to see everyone participate in this month's fun days. Watch for information in the announcements.

Learning Commons



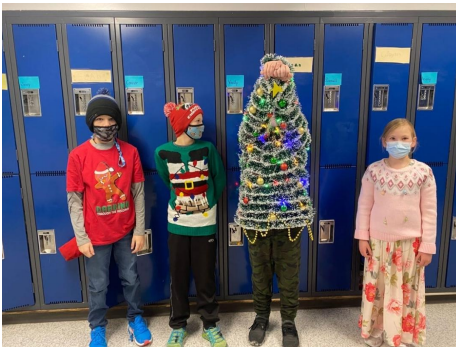
Hawks Athletics



Boys JR Basketball has started and we are still hoping to find a coach for the grade 5/6 team in the new year. Looking forward to the exciting season ahead.

Jr boys basketball practices are Mondays, Wednesdays and Fridays from 3:30-5pm! Parents can contact Coach B for further information (hailey.babcock@nlsd.ab.ca).

Christmas Fun



FIRST AID Certification Course (Grade 10 & 11)

Ecole Plamondon School is pleased to offer a First Aid Certification Course available through *Staying Alive First Aid 2019*.

- Certified Instructor is Mr. Benny Germain.
- Students will receive 1 credit toward graduation for completing the two day - 14 hour course.
- Course is offered at an extremely reduced rate to our students and is a great opportunity - looks great on a resume!
- We have two remaining sessions planned for the year:

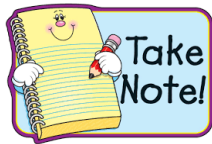
Group A: January 28 & 31st - Open to all Grade 10 students.

Group B: TBD during week of April 25 - 29 - Open to our Grade 11 students who had their session cancelled last year.

Registration will be through Google Forms (a link will be sent to parents and students through School Messenger and posted in the PE Google Classrooms). Please note that after successful registration, payment will be required in advance of the course to hold your spot.

If you have any questions or would like more information about the First Aid Course Certification Courses offered through EPS, please contact Mr. Reid at: steven.reid@nlsd.ab.ca or 780-798-3840.

Dates to Remember



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

February Dates:

February 1 - First Day of Semester 2

February 1 - Black History Month begins

February 8 - Grad Meeting

February 17 - 21 - No School for Students -
Teacher Convention & Family Day

Rupertsland Institute is proud to re-open the Chromebook Initiative for a third time! Families of Métis children who have not yet received a Chromebook can register for one to keep through the RECC Room link here: <https://rli.connectedcommunity.org/home>

Please note: RLI is only able to support families of children who are citizens of the Métis Nation of Alberta and/or those who have self-identified their children as Métis at the time of registration with their current school. Questions? education@rupertsland.org.

The poster features the Rupertsland Institute logo (Métis Centre of Excellence) and the Métis Nation of Alberta logo. It includes an illustration of a person with long blue hair sitting cross-legged and using a laptop. The text is as follows:

PHASE 3 CHROMEBOOK APPLICATION

In response to community needs caused by the COVID-19 pandemic, RLI has launched an additional initiative with support from the Métis Nation of Alberta.

FOR MORE INFORMATION REACH OUT OR VISIT:

- education@rupertsland.org
- 1-855-616-9977
- www.rupertsland.org










PHASE 3 CHROMEBOOK INITIATIVE

Chromebooks for Métis Students

Rupertsland Institute (RI) and the Métis Nation of Alberta (MNA) are providing a limited number of Chromebooks to Métis families who have not yet received one. Chromebooks will be given to card-carrying citizens of the Métis Nation of Alberta, and/or to families who have chosen to self-identify their children at the time of registration with their current school. These Chromebooks are for families to keep & to support their child's lifelong learning.

January

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day
2	3	4	5	6	7	8
9 Classes Resume 	10	11	12 Toque Day 	13	14 Family Friday 	15
16	17	18	19	20	21 Bring Anything But a Backpack Day 	22
23 Regular School Day	24 Regular School Day	25 Regular School Day 8:45-12:00 Social 30 Final Exam ELA 20 Final Exam Social 10 MC Final in class Regular afternoon classes for Grade 10 to 12 pm	26 Exam Week 9:00-12:00 Chemistry 20 Social 10 English 30 	27 Exam Week Math 20-2/20-3 Math 10/C10-3 	28 Exam Week Science 20  Grade 10 First Aid 	29
30 End of Semester 1 Grade 10 First Aid 	31 February 1 First Day of Semester 2					

A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

 @BELIEVEPHQ



LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock



LIMIT NEWS

Limit the amount of time you spend on social media and checking news



TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care



STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis



COPING STRATEGIES

Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety



PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement



POSITIVE HABITS

Write down a list of 5 - 10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness



HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions



CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis



STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood



ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help

