



♥♥♥ Hawks Highlights ♥♥♥

February 2022



Principal's Note:

Welcome to a new month! February is looking to be fabulous. Although we have started our month with some crazy weather, we are excited for the many activities we have planned.

January began in a deep freeze and with extra time for students to enjoy a break. Staff were busy the first week back planning for a number of educational options, but fortunately, we were able to return to learning in person. High school students have been wrapping up their first semester courses. February 1 marks the first day of semester two.

February is filled with different activities. In Canada and the United States we celebrate Black History Month. We have a number of activities planned this month to recognize the impact and history of Black Canadians and Americans. Each day in our announcements we will be highlighting an important person. There are also displays on our bulletin boards. Teachers will be sharing information with

students and completing activities. On February 7 we have virtual presentations by Inspiration Republic for all students. We are excited to have guest speakers from Ontario virtually share their experiences.

Friendship February is also our focus this month. With February 14th being Valentine's Day, we decided to spread the love. We will encourage our students to be kind (random acts of kindness), build others up with thoughtful words and deeds and develop skills on how to be a friend. Students' Union has a week planned where students will have their name entered in a draw for being kind. As well, there is a calendar at the end of the newsletter that has a challenge for every day. Can you imagine how our world would be a better place if we all did just one act of kindness each day?

February 23rd is **Pink Shirt Day**. We encourage all students and staff to wear a pink shirt to take a stand against bullying. Our lessons will continue to discuss what a bully is, how to

prevent and stop bullying and how to stand up against bullies. We will review using our WITS

W = Walk Away

I = Ignore

T = Talk it Out

S = Seek help



Teacher convention happens mid month. Teachers will be attending the convention on February 17 and 18th. We wish our teachers happy learning! Students will have no school February 16-21. February 21 is Family Day and we hope you are able to enjoy the day doing something fun as a family.

We look forward to a fun filled February. Follow us on Facebook as we share all of our activities.

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.)

If you need some help navigating the requirements, please feel free to contact the school office. Thank you for helping us keep everyone healthy.

Friendship February

This month we are focusing on being friendly and building relationships. Daily challenges will be given to students to see how they can be a friend to their classmates.

Valentine's Day Fun

Students' Union



The Students Union has organized a bunch of fun activities for this month!

- Wednesday **February 9th**- Decades day - Choose your favorite decade and dress in style
- Monday **February 14th**- Heart necklaces (boys don't talk to girls - grades 7 to 12)
- Tuesday **February 22nd** to Friday **February 25th**-
 - Random acts of kindness (there are prizes!),
 - Friendship gram sales, and there are chips, pop, etc for sale!

Friendship grams will be a heart sucker - cost 50 cents.

Hope you have fun and participate!

Black History Month

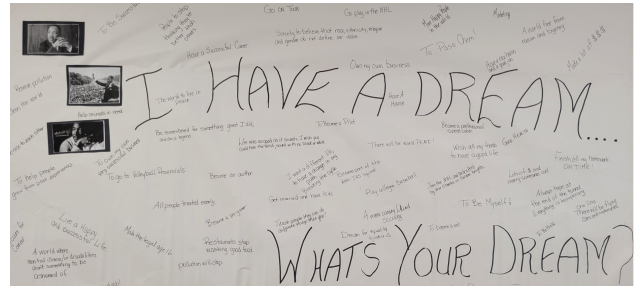


February is the month we participate in Black History Month which honors and acknowledges the legacy and

contributions Black Canadians have made. We look to the past, present and future. The theme for Black History Month 2022 is "February and

Forever: Celebrating Black History Today and Every Day."

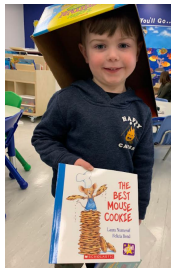
Each day in our announcements we will be learning about a scientist, activist, musician, athlete that helped shape the story of Canada and even the world. There are a number of bulletin boards with displays. Ask your child who did they learn about today?



Preschool

This month Preschool looked like it was Under the Sea. We created many creatures. Our favourite book was "The Pout Pout Fish" A few of our classmates have already read an amazing 100 books and received their prizes!! Loose parts play was fun with glass and rocks and we found all the colors in our classroom. The Gr 4 class invited us to a wonderful shadow play but Marv was the star of the day. We had some new arrivals to our preschool

family with 2 baby girls Lukia and Twinkle Toes, so we did some diaper training. The weather has been so beautiful we slid on any hill we could find and made a family of snowmen.



Kindergarten

With February fast approaching we have new centres in our classroom! A flower store to create bouquets, and a cashier to collect money (We are talking about the different coins and what \$5 and \$10 means on pretend Canada bills). We also have a Post Office where students can send cards to their friends through the mail and find numbered parcels. (This centre helps us practice writing our name and other classmates', alphabet, and writing skills, and recognizing student names as words we can read and writing and recognizing numbers). We are also working on the alphabet with our Handwriting without Tears printing book and

letter blocks - we have practiced uppercase D, B, E, R, T, P, F, H, K, L, B, N and M. See if your child can find some letters when you read.

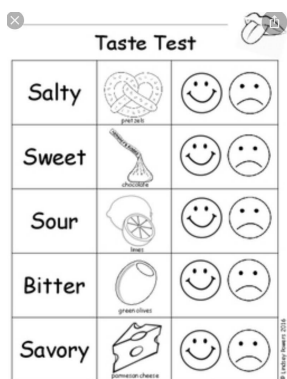


Grade 1

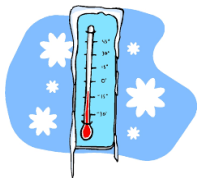
In Science we have been working on "Our Senses", and Animals through the "Seasons /Life Cycles" unit. We have experienced different tastes and have done some experiments with sounds. FUN FACT: Did you know that things taste sweeter when we listen to higher music and more bitter with lower music? We will be focusing on the senses of Smell, Touch, and Sight in February. We also have been discussing animal changes in winter - understanding words like migration and hibernation. We also have been learning how some animals adapt in the winter.

In Math we continue to work on Numbers to 100, with a focus beyond recognition of number and also understanding place value with ones and tens. We have also discussed the differences between 2-D and 3-D shapes. We are able to recognize - triangles & cones, squares & cubes, circles & spheres, rhombus, pentagon, hexagon, octagon, pyramids, and rectangular prisms. And continue to practice

addition and subtraction to 12. In February we will continue with reading a simple clock by the hour - digital and analog, and money - coin recognition and simple adding using coins (we will finish with a candy 🍭 shop where the kids will get 50 cents using pretend pennies, nickels and dimes - the kids will be able to purchase and see how far they can stretch their coins).



Grade 2



During the month of January, the Grade Two students have been enjoying winter activities and learning about the ways temperatures affect our daily lives. In Science, we have been

doing experiments that center around hot and cold temperatures. Because our temperatures have changed so drastically during the month of January, we have discussed how our lives revolve so much around our outside temperatures. We have been able to participate in outside winter activities when our temperatures have been warmer, and we have even enjoyed winter activities indoors at the

Plamondon arena. This focus on temperatures has been coupled with us learning about temperatures in other parts of Canada as we finish up our discovery of Meteghan, Nova Scotia and will continue as we move into our study of Iqaluit, Nunavut. Of course, lots of reading, writing, and math activities have been going on in our room as well, resulting in a very busy month in the Grade Two classroom!

Mrs. Landry's Gr. 3 News

The grade threes really enjoyed spending time outdoors during the few nice days that we had. The students have been building snowmen, snow forts, and even cakes (as pictured) during recess. It was a great opportunity to have the chance to go skating! We finished our novel study, The Mouse and The Motorcycle, and watched the movie, too. Our class used a venn diagram to compare and contrast the novel to the movie. We spent time on MLK day to celebrate the honourable Martin Luther King and all that he stood for. Throughout the month of February, we will study some of the great Black Canadians who have shaped our country. We look forward to celebrating Valentine's Day and Family Day this month!

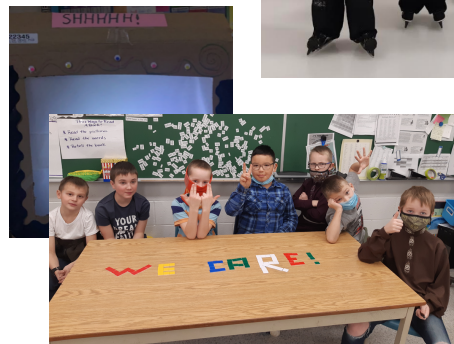




Mrs. Evdokimov and Lien's Grade 3 Class

Our class has been very busy this month with many activities. For science the students' created animals and then used these animals in language arts to write a story about the animals they made. The second classroom picture shows the students working on a building project of their choice using recycled materials. As a part of our phys ed class the students were excited to go skating twice this month.

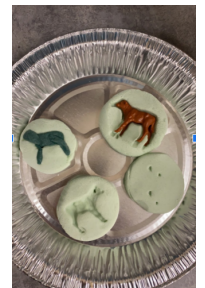
Also this month, the boys group in the grade 3 class have been learning how to prevent and stop bullying in its tracks. We have discussed how each of us can be an upstander and a loyal friend when bullying happens.



Grade 4 News

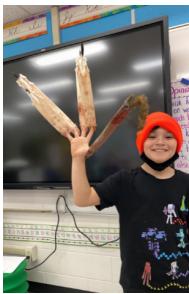
In the month of January, the Fours

have designed and completed multiple hands-on projects for Math, Social, Science and Language Arts. In LA, students created read aloud shadow puppet plays that also aligned with our Lights and Shadows science unit. The plays were wildly entertaining and very well done. In Math, we have been studying measurement and in doing so, we made playdough as a culminating

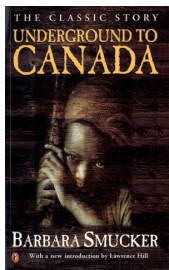


activity. It was a lot of fun mixing ingredients and creating colour. There was so much play dough left over, students were able to transfer their understanding of fossils by recreating the four different types in Social Studies.

January was an enjoyable month with hunting and trapping presentations by our very own Corbyn Bourassa to skating, snow hill play and meeting our newest classmate, Marv the Bearded Dragon! We're looking forward to a fun filled February.



Grade 5 News

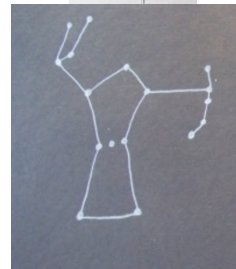
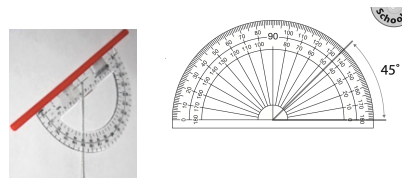


The grade 5 class has been reading a novel about the Underground Railroad for social studies. After finishing the novel Hatchet, they started a project called a Book Jacket Book Report. We went skating for PE. We are looking forward to everyone feeling better and having everyone back at school.

Grade 6 News

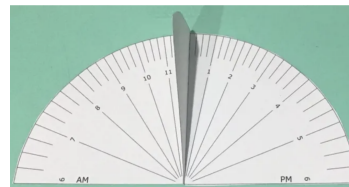
In Mathematics, grade 6 students have been learning about angles - how to measure them, how to name them, and most importantly how to use them!

We are using our protractors to build devices to measure the angle of earth to the stars



Speaking of stars, our class is building constellations to identify star formations in the night sky.

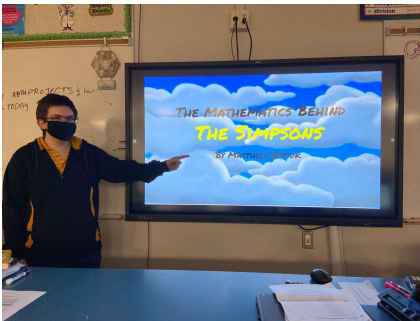
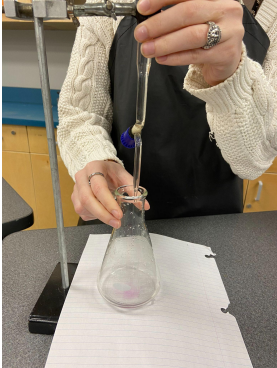
And, the night sky isn't all of our learning. Looking at our closest star, the Sun, we made sundials to measure time based on the orbit of Earth around the Sun:



Math 20-2 and Chemistry 20

In Math 20-2 students completed research projects on a math related topic of their choice. Here is Matthew giving his presentation explaining all of the math jokes in the Simpsons about topics ranging from Pythagoras Theorem

to Pierre de Fermat. Other presentations taught us about the importance of statistics in wildlife conservation, dice probability in the game Dungeons and Dragons, how Sir Isaac Newton invented calculus, forced perspective in Lord of the Rings and many more interesting topics.



Industrial Arts News

We have big news for the CTS program at Ecole Plamondon School!! Our Automotive Program has been given a huge lift with a grant from SkillsAlberta Canada and Snap-on Tools/Hoffman Equipment. What does this grant entail, you may be asking? Well, the grant is worth \$25,000 wholesale of tire changing equipment. Snap-on Tools Canada/Hoffman

Equipment awarded Ecole Plamondon School a state-of-the-art tire changing station and a tire balancing station. Not only are these tire changers but game changers for our students who are looking to become automotive technicians. Keep watch in the Hawks' Newsletter for updates on our installation!!



Grad News

Grad Hoodies have arrived! Graduates must pay a \$12.00 fee for their grad hoodie. Next Grad meeting is February 8th.

Reminder items:

Grad pictures need to be handed in to Kim or Lisa at the office by January 31st

Scholarship Information:

A reminder to our grade 12 students and parents to begin applying for scholarships. New information is shared regularly through email with graduates - check your mail!

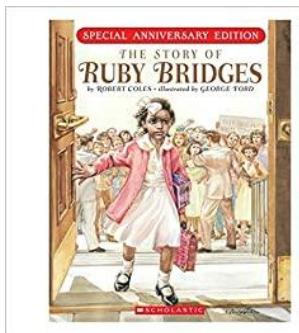
Learning Commons

This month in the Learning Commons we have a special Valentine's Day activity just for our Junior and Senior High students: Blind Date with a Book!

Students can check out a new book from our Blind Date display, using only the profile given on the wrapped book! After they read their book, they can rate their "book date" to win a sweet Valentine treat.

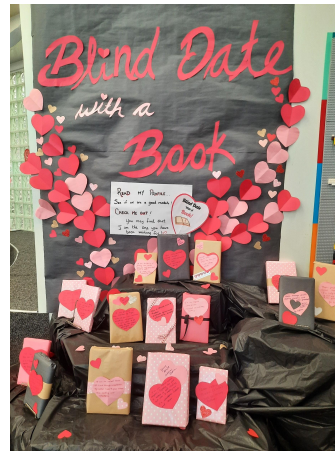
Draws will be made every Friday until the end of February. The more you read, the more chances you will have to win!

February is Black History month, visit your library to celebrate the achievements of Black Canadians. Here are a few of our recommended reads:



Don't forget about the Winter Reading challenge happening through the public library...check out [Lac La Biche County Libraries: Home](#) for more details.

Happy Reading!



Hawks Athletics

Jr Boys basketball has begun with a rough start to the season, only having 2 practices. We are extremely excited to start back up this week!



Practices are Mondays, Wednesdays, and Fridays from 3:30-5 pm. We have a whopping 18 boys on the team this year. We have our fingers crossed that we will be able to participate in a few games and a tournament soon!

Junior Girls

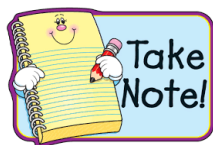
Practices will begin on Wednesday, February 2nd from 3:30 to 5:00 pm. The girls will practice Wednesday and Thursday each week. Hopefully, we will be able to see some game action before the season comes to an end but if not we will have lots of fun practicing our skills and getting back into the swing of things.

If you would like to still join the junior girls team we have room for you - see Mrs. Rebkowich if you are interested.

Grade 5 & 6 Basketball

The grade 5 & 6 team will start practices on Thursday, February 3rd from 3:30 to 5:00 pm. Mrs. Rebkowich will be helping out coach until Ms. Delorme returns. These players will practice at the same time as our Junior Girls team on Thursday so they will have the opportunity to learn from the older players as well.

Dates to Remember



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



March Dates:

- March 1 -100th Day
- March 2 - Dr. Seuss Day
- March 9 - Cultural Clothing Day
- March 9 - Kindergarten - Grade 9 Parent Teacher Interviews.
- March 10 - No School for Students/Staff PD
- March 11 - Family Friday
- March 21-25 - Russian Week
- March 25 - Family Friday

You Go Girl!

A Free ½ Day Event For Girls! (6-15 yrs.)

| | |
|-------------------|--|
| Basketball | Pickleball |
| Workshops | AGES 6 TO 10 YEARS: 8:30 AM - 12:30 PM AGES 11 TO 15 YEARS: 1 PM - 5 PM |

February 18, 2022 • Bold Center • Free!
To register call the Bold Center at 780 623 3829 or online at www.boldcenter.ca/activellbc/
Participants must pre-register.



Be Bold Boy!

A Free ½ Day Event For Boys!

| | |
|--------------|--|
| Basketball | Pickleball |
| Floor Hockey | AGES 6 TO 10 YEARS: 9:30 AM - 12:30 PM AGES 11 TO 15 YEARS: 1 PM - 5 PM |

February 17, 2022 • Bold Center • Free!

To register call the Bold Center at 780 623 3829 or online at www.boldcenter.ca/activellbc/
Participants must pre-register.



Upcoming Virtual Events

YOUNG WOMEN IN TRADES & TECHNOLOGIES VIRTUAL MENTORSHIP SERIES



CAREERS is breaking down barriers and paving a path for women in skilled trades and technologies. Learn about opportunities available in a variety of industries and hear from some amazing companies dedicated to inclusion.

CAREERS IN ICT & FORESTRY
FEBRUARY 24 • 5PM

AUTOMOTIVE & MECHANICAL TRADES
MARCH 17 • 5PM



GRADE 9 - 10
REGISTER HERE

for more information email or call
events@nextgen.org | 1.888.757.7172



VIRTUAL SHOWCASE



CAREERS is exploring skilled trades, ICT and agriculture around the province. Students are encouraged to come learn about job opportunities available in a variety of industries and what it takes to succeed in a workplace.

FORESTRY
FEBRUARY 16
• 6PM

AGRICULTURE - PLANT SYSTEMS
MARCH 1
• 6PM



for more information email or call
events@nextgen.org | 1.888.757.7172
careersnextgen.ca



Friendly February 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



7 Show an active interest by asking questions when talking to others

1 Send a message to let someone know you're thinking of them

2 Ask a friend how they have been feeling recently

3 Do an act of kindness to make life easier for someone

4 Organise a virtual 'tea break' with a colleague or friend

5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while



8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

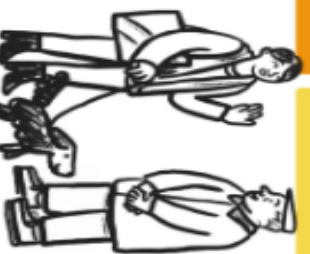
24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together