



Hawks Highlights

May 2022

Principal's Note:

Welcome May! The weather is slowly beginning to feel like spring and Mother Nature is showing signs of good things to come. It is truly a time that builds hope.

We hope that everyone enjoyed their spring/Easter break and were able to rest, relax and prepare for the last two months of school.

Did you know that this is the first year in two years that we have had minimal interruptions to our school year and the first time we are able to end the school year on a positive note. For our students, we realize that this may be a bit of a struggle and we are working on ways to encourage our kids to work through the last two months. These last months are important in our kiddos' learning. For younger students, this is the time where we often see big growth in their learning, where the pieces are fitting together and the connections are happening. For our high school students, they are completing courses and preparing for finals. For the first time in a long time, our grade 12 students will be writing diploma exams and our grade 6 and 9 students will be writing Provincial Achievement Tests (PAT). We have to work together to help our kids find the energy and the commitment to learning to see the year to its end. We are in the last five miles of the marathon - the most difficult miles. Let's cheer each other on, celebrate the milestones along these months and build resiliency to make it to the end. If there is a way that we can assist you



and or your child, please let us know and we will be there to support you.

The first week of May is Mental Health Week. It is important to understand what mental health is, how to support each other, take time to care for ourselves, and take away the stigmas surrounding mental illnesses. This week we have a number of school wide and classroom focused activities to help us learn and practice skills and share good messages with others. Thank you to Miss Patti, Miss Jessica, and the community helpers for planning and organizing these activities. Please see our calendar for our special days planned.

We are truly blessed to have such dedicated staff. A big thank you to the coaches and volunteers who supported our badminton players. HAWKS should be proud of their sportsmanship, growth and positive outlook. For more information and results, please read our Hawks' Athletics article. As well, our students have been performing both on the big stage and in leadership roles in our building. Congratulations to Mr. White and his drama class for their amazing performance at one act - it was great to see the actors shine on the big stage. And thank you to our Students' Union (Miss B), Community Helper (Miss Patti), Big Brothers and Big Sisters (Miss Jessica/Patti), and individuals who lend a helping hand to support others. Your contributions to our school are appreciated and you make a difference.

May will be a busy month with some PATs being written, preparing for Track and Field, continued learning and still having fun. Please look at all the planned activities on our attached calendar! Feel free to come to the school for a visit or just to stay hello! We look forward to seeing you.

Mental Health Week

May 2-6 is Mental Health Week. This year our focus is on empathy. Empathy is the ability to step into another's shoes to understand what they are feeling and what they are thinking. Empathy means that we listen without judgment - something that is very difficult to do and try to understand the other person. This is a great tool to resolve conflict and reduce negative interactions.



Monday May 2: Chalk the Walk
Classes will be decorating sidewalks with positive images and messages.

Tuesday May 3: Heart of Strength

Students can write their strengths on a paper heart and

display it in the foyer.

Wednesday, May 4: Hats on for Mental Health

Staff and students are encouraged to wear a hat today for Mental Health

Thursday, May 5: PJ Day

PJ Day is to help encourage self care, taking breaks and acknowledging rest.

Friday, May 6: No School for Students

School Improvements

As you will read in some of the articles, there have been a few changes in the school and a few more on the way. Soon all chalk boards will have been replaced with white boards or bulletin boards, and bulletin board strips are ordered and will be installed in the elementary

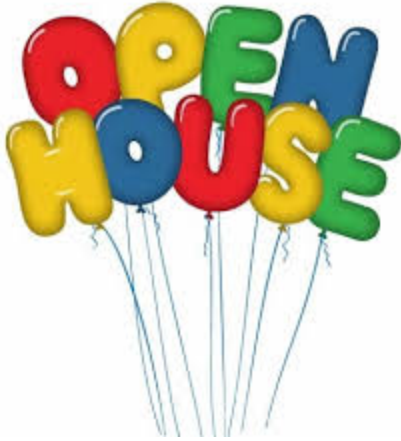
hallways to display student work. Another water filling station was installed in the elementary end. We have been working on student wellness and providing opportunities for spaces for students to enjoy or find solace. There are three spaces that have been worked on this year. We have a games room for our 7-12 students which has a foosball table, an air hockey table and a ping pong table (soon to be 2). This space was our former high school computer lab. With the use of chromebooks, we no longer have a need for a designated room. A Comfy Couch Room for 7-12 students that has been refreshed by maintenance and furniture has been ordered. This space is a small meeting space, group work and sensory room for our older students. And our newest addition is a Quiet Space Room for our 4-6 students. Thanks to Connor in grade 6 for having a vision on how this could work.

As well, many students in grades 5-6 and some older students have been working on a plan on what furniture to purchase for our students. We hope to have the decisions made by the end of May so that the order can be placed and shipped for the beginning of the 2022-23 school year.

We are calling for student assistance on branding our school and making it as warm and welcoming as possible. If you know of any artists or have ideas you would like to suggest, please contact Karen Grygus at the school.



Preschool & Kindergarten Registration - Open House



**We are hosting a drop in Open house
Friday May 13th, 9am - 3pm Please come
on down and check out our classrooms.
We will provide snacks and prizes 🍪**

Registration opens April 1 for the 2022-2023 school year for all programs: preschool, Kindergarten and grades 1-12.

Please register early to help us prepare for the next school year

Northern Lights Public Schools
Care to Learn Preschool
learning through play... together

Registration is now open for the 2022-23 school year!

Our online registration process will walk you through all the steps you need to follow to register your child in our preschool program. For new students, the link can be found on the Registration page of our website.

Existing students can be re-enrolled by logging into the PowerSchool Parent Portal, clicking on School Engage, and then selecting the 2022-2023 Preschool and Kindergarten Re-Enrollment Form.

Once your registration has been approved you will receive instructions on how to pay your deposit.

For detailed instructions and links go to:

nlpsab.ca

A cartoon illustration of an owl with large, expressive eyes, wearing a blue and yellow striped scarf. The owl is positioned on the right side of the flyer.

School Council & Parent Advisory Council

President : Connie Williams

Vice President: Charlene Rutledge

Secretary: Lindy Forbes

Treasurer : Colleen Shapka

We are Looking for Parent Division Reps

Div1: Gr Prek - 3

Div2 :Gr 4-6

Div 3 : Gr 7-9

Div 4: Gr 10-12

Or maybe volunteer for a fully expensed trip to Fort Mac, our Casino is Sept 4/5 22.

Or how about Bingo in Llb? Supper included.

Friday June 3

Thursday July 7

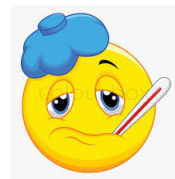
Thursday Aug 11

Thursday Sept 22

We need your ideas and input to build a better school - new parents are always welcome.

Next Meeting: June 1at 7:00pm. Our meetings [are on Zoom](#). Please join and share in what is new and exciting at EPS!

Feeling Unwell? Please Stay Home



As we continue to have students who are ill, we ask that you keep your child at home when your child is feeling under the weather. AHS continues to have the same requirements regarding illness, testing positive for COVID (both vaccinated and unvaccinated people) and being a close contact. Please visit the updated information at AHS for further details <https://www.albertahealthservices.ca/topics/Page17239.aspx#guidance>

Staying home when you are feeling ill is the best for everyone! Thank you for your support with picking up kids who are under the weather and keeping them home when they are sick or showing symptoms.

Parenting Tips by Triple P

Being a Parent:

Being a parent involves caring for, protecting, teaching and guiding our children and youth. Parenting can be challenging and takes time to develop, learn and grow skills for yourself to be a good parent. The following skills can be helpful to managing the challenges of parenthood:

- Have realistic expectations of your child and yourself
- Enjoy your child and spend fun time together
- Look after your own needs and take care of your other relationships
- Avoid conflict in front of your child – show them how to solve problems calmly. Children learn by observing our actions!
- Get support from family, friends and your community

- If you have a partner, work together as a parenting team
- Ask for help when you need it
- If you are concerned about your child's behaviour or the way you are handling certain situations with your family, look for help and set yourself some goals for change.

Tantrums:

Tantrums can be embarrassing especially when in public. It's best to deal with tantrums as soon as they begin. The following tips can be helpful when dealing with tantrums and teaching your child to calm down quickly:

- Plan ahead to prevent tantrums.
 - Keep items you don't want your children to touch, away and out of reach. This will help to avoid saying no and don't touch too often.
 - Have realistic and necessary rules
 - Keep meal and bedtimes as routine as possible
 - Let your child know what you're doing and what might happen so that they know what to expect
- Keep them busy with activities Give your child attention and praise them for behaving well
- If a tantrum occurs, use planned ignoring for your younger toddlers
- Praise your child as soon as they are quiet or behaving well
- For older toddlers, tell your child what to do, and use time-out if the tantrum continues



- Return your child to an activity and praise them for behaving well



Drama Production



EPS Drama Takes Home Hardware from the Zone One Act Festival

The EPS high school drama program put forth a memorable performance at the Zone One Act Festival. The show took home the award for **Best Costumes**. Val Samoilov was nominated for Best Supporting Actress and Rylynn Campbell was nominated for Best Lead Actress. Additionally, Owen Pitcher received mention from the adjudicator regarding his stage presence.

Come See the EPS Drama Program on Friday the 13th

The EPS Drama program will be presenting their One Act Performance, *Bad Auditions* by

Bad Actors as well as some other variety pieces, on Friday, May 13th at 6:30 PM. Tickets are \$5 and will be available for purchase at the office. There will only be 75 tickets available, so act fast.

Students' Union:

After a very successful Easter, the Students Union has planned lots of exciting things for the month of May! But first, the winners of the coloring contest are Christina K in grade 3, Julia in grade 5, Grace in grade 7 and C-Jay in grade 11. And the winners for the egg decorating are Angie in grade 2, Julia in grade 5, Erin in grade 9 and Abby in grade 10. Congratulations to all the winners!

Now here are our plans for May:

May 4th and 5th- Mothers day carnation sale

May 13th- Formal day: wear your best formal/fancy clothes!

May 19th- Mayflower: more details will be released closer to the date.

May 26th- Color day! Each grade will be assigned a different color to wear.

We hope to see you rocking your fancy clothes and colors!

Preschool



We started off April with a fun filled Minecraft themed literacy week!! Check out our door! The puddles on the playground were lots of fun to jump in :) We had fun searching for eggs on our daily hunts for Easter week and everyone brought cornstarch and

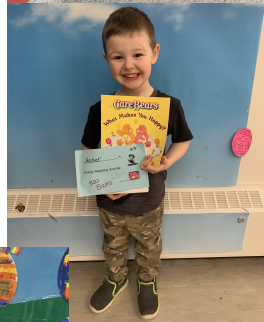
conditioner and we made kinetic sand.

We started on our ABC's and worked with Mat Man.

A few times Ms Delorme brought her grade 4 and 6s down to our room to read with us and do activities like puzzles and a colouring contest. For Earth Day we picked garbage all around the school and filled 2 big bags!

Also this month we celebrated Alla and Anastasia's 5th birthday and congratulations to Archer for reading 500 books so far this year !!

AND a huge THANK YOU to EPS for purchasing and maintenance for installing a water bottle station just our size !!

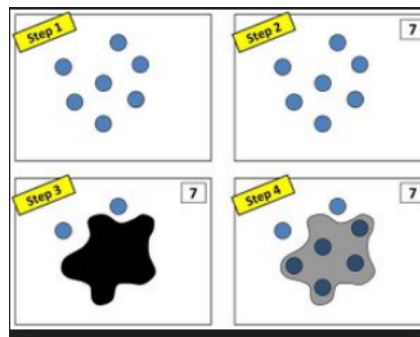


Kindergarten

We were so lucky in March/April to have a practicum student teacher who came in to observe, support students and learn. The students really loved the energy she brought in and new centre ideas!

In Kindergarten we are learning more and more of our letters and sounds. We have been working on printing Uppercase letters and will be moving on to Lowercase letter printing shortly. Beginning in May we will be starting a unit on The Three Little Bears, and animals on the farm.

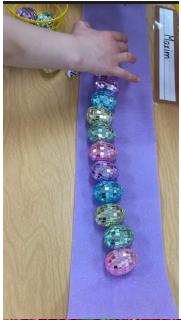
In Mathematics we have been practicing subitizing numbers to 10! We love using the game splat to figure out how many dots are missing - see image to understand. Step 1 -



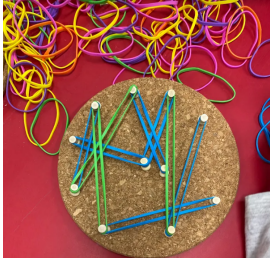
Visualize the dots and make an estimation (not counting but looking at groups of dots and adding to figure out).

Step 2 -

Discuss how we know and figured out there were 7. eg. some students say they saw 3 and 4 dots and together they equal 7.. Step 3 - Ink splat - figure out how many dots are under the splat (thinking subtraction and adding). Step 4- figure if our prediction was right and discuss why we were right or why we were wrong.



In Math we also have been playing and learning with different Easter math centres - practicing patterns, adding and subtraction as well as some logical thinking puzzles. Check out some of the Easter centers we have done...



Grade 1

The Grade 1 students had so much fun during Minecraft Literacy week. One of the favourite activities was the obstacle course in the Learning Commons.



Grade 2

In the month of April, the Grade Two class enjoyed the many amazing activities that were going on at Ecole Plamondon School. The children enjoyed a week of Literacy activities in

the Library that centered around a Minecraft theme. They also enjoyed Easter crafts before leaving for Spring Break. In our Math classes, the children learned strategies for adding and subtracting numbers to 100. In our Social Studies classes, we began our exploration of the city of Saskatoon. The children also started writing and illustrating their own short stories in our Language Arts classes. Next month, the children will be researching bugs and then presenting their findings to their peers. We are all looking forward to the month of May when we can hopefully enjoy warmer weather, and we can spend more time outdoors!

Mrs. Landry's Gr. 3 News

It is hard to believe that we have already reached May! The grade threes had a lot of fun during the month of April as there were many fun events that happened in our short three weeks together. During May, we are looking forward to having two presentations from authors David Poulsen and Gayle Vos on May 4th and May 18th. We also are looking forward to the fun days/events that our Students' Union plans for us, too!

We are all excited about the weather warming up so that we can enjoy more time outside. In our last unit of science, Animal Life Cycles, we will have an opportunity to bring some of our learning outdoors which the children always enjoy. Once again, we can also resume outdoor physical education class on a more regular basis.

In math, we are finishing our last few units and the students have really shown growth in their abilities to estimate and use mental math to add and subtract numbers. The grade threes are learning how to write interesting stories that will engage their readers and are continuing to improve their reading skills each day. I look forward to seeing how much growth will be made by the end of the year!



Grade three zoo animals

Mrs. Evdokimov and Lien's Grade 3 Class

April was a busy month in the grade 3 class. Each student built their own bridge at home, made a poster about their bridge, and presented both of them to class. Before Easter break we decorated our classroom door with 3 - D Minecraft characters. The students also coloured eggs with food



colouring and when the food colouring dried they were able to decorate their eggs using markers.



Grade 4 News

In grade four this month we've been continuing to learn about decimals in relation to money through classroom games and making connections to real life situations such as grocery shopping. Next, we culminated our story writing unit in Language Arts by producing stop motion films using hay clay to mold our characters. The stop motion shorts turned out great!

Reading buddies are back! After a long two years, we are able to get back to reading with our friends from different classes. The grade fours had a great time reading with the preschool kids. We will continue to keep this a weekly occurrence.

Also, a huge shout out to Mrs. Plamondon and Mr. D for putting an extraordinary amount of effort into this year's Minecraft themed reading week. Students were inspired and excited to read more than they have before. It was wonderful to see.

Also, we have started incubating 32 grade four classroom alarm clocks that will be due to hatch

in 21 days. Thank you Ms. Colleen for donating the eggs. Everyone is pretty excited to see the babies once they hatch. Stay tuned for the May chick update.
Have a great May!

Ukrainian Easter Eggs Grades 4-6

Grade 4, 5 and 6 each spent an afternoon at the beginning of April doing Ukrainian Easter eggs. They got to use traditional kitskas and beeswax and learned how to use the flames effectively to fill their decorating tool. The students participated well in this project and their teacher was impressed with their patience and skill.



Russian Classes Grades 3-5

The students in Russian 3, 4 and 5 classes painted pictures in a traditional Russian style called Gzhel. This painting style involves the use of only blue, purple and white colors. The children enjoyed experimenting with different hues and shades of these colors!

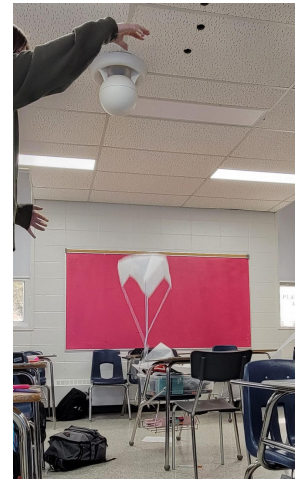


Grade 6 News

Grade six students applied their knowledge of flight, air and aerodynamics to building helicopters, rotor blades and parachutes, with great success. Students followed the scientific method in proposing designs, methods for measuring flight, data collection, and changing variables to improve their subsequent designs. Great flights, students!

The six steps of the scientific method include:
1) asking a question about something you observe, 2) doing background research to learn what is already known about the topic, 3) constructing a hypothesis, 4) experimenting to

test the hypothesis, 5) analyzing the data from the experiment and drawing conclusions, and 6) communicating the results to others.



Source: <https://www.sciencebuddies.org/>

Grade 10

Students in grade 10 science are learning about the human body and organ systems. Together they built a life size poster of the human body, showing the placement and function of the nervous system, the respiratory and circulatory systems, the digestive system and the excretory system.



Big Brothers Big Sisters



Go Girls

Our Go Girls Group working on a mindfulness craft



Community Helpers

Our Community Helpers working on a healthy/unhealthy relationship chart.



Community helpers are a group of students who volunteer to make a difference in our school community. They greet new students, assist in organizing events, like the Mental Health Week the first week of May, and find ways to build our school. Great job, HAWKS Community Helpers!

Grad News

Next Meeting: Tuesday, May 3, 2022 @ 7:00pm [via ZOOM](#). Remember to invite your parents.

Checklist: Have you completed the following:

- Paid Grad Fees - \$100
- Guest Speaker - Fill In Google Form
- Pictures for Slideshow Handed In
- Keeping on TRACK with grades

Meal: There will not be a meal for graduation this year.

Speeches: Start thinking about who you think would be great to ask to speak on behalf of students, parents, etc.

Scholarship Information:

There are many scholarship opportunities for students - please look at the NLPS website for more information, check out post secondary institutes or come and see Mrs. Grygus. Deadlines are fast approaching.

Learning Commons

Hello, Everyone!

April was a very busy, fun month in the Learning Commons!

We had a great time with our Minecraft Literacy Week. The Kinders, Grade 1 and 2 enjoyed an obstacle course in the world of minecraft. There were some awesome villagers and miners! Grades 3 to 6 had the run of the school in a minecraft scavenger hunt where they collected items and deciphered tricky clues to create some awesome minecraft recipes. Other highlights included an interactive story "The Day The School Turned Minecraft" in the Learning Commons, as well as a pajama party with books and cookies.

Winners of the Minecraft Lego challenge, with some amazing creations, were:
1st place, Carter and Luke Romanyshyn and
2nd place, Evlalia Zarzeki. Good job, master builders!



Our Minecraft team reading challenge continues this week and next, those playing, please remember to bring in your reading logs, so that your team can keep climbing the mountain! Every minute counts! There are cool prizes to be won!



Thank you to our amazing volunteer, Mr. Wyatt Dyck, for all your help with our Literacy Week celebration. Mr. D spent many hours setting up the school Minecraft server that we have been enjoying very much! Remember kids, more reading minutes means more rewards on the server, it is not too late to get in on the fun!

The Book Fair is coming!! May 19th will be our Camp Out With A Good Book! Spring Book Fair.

We are so happy that our families will be able to come into the Learning Commons and enjoy it with us. This will be a perfect time to stock up on your Summer Reading.



Hawks Athletics

It has been a very busy month of badminton and we are so happy to see our Hawks Badminton players back in action again on the court at

tournaments! Our players have been practicing hard since early March and their dedication has really paid off. Coach Reid is extremely impressed with the work ethic and improvements demonstrated by each and every member of the team! We hope to see you out again next year and convince more of your friends to come play as well.

Tournament Medallists

NEASSA (District 3) High School Qualifier

- Kayden Maheden (Silver) Intermediate Boys Singles
- Carleigh Reid & Braden Reid (Silver) Intermediate Mixed Doubles

Boyle Exhibition Tournament (Gr. 7 - 12) - April 23

- Andrew Haxby (Gold) 7/8 Boys Singles;
- Grace Spencer (Silver) 7/8 Girls Singles;
- Kalaria Kasachev (Bronze) 7/8 Girls Singles;
- Kayden Maheden (Bronze) 11/12 Boys Singles;
- Terrance Lindskog & Layne Paul (Bronze) 7/8 Boys Doubles

LSAA (West Ward) Jr. Qualifier - April 25

- Andrew Haxby (Gold) Intermediate Boys Singles
- Grace Spencer (Gold) Junior Girls Singles

- Iroya Reutov & Kalaria Kasachev (Gold) Junior Girls Doubles
- Cody Rutledge (Silver) Junior Boys Singles
- Terrance Lindskog & Layne Paul (Silver) Intermediate Boys Doubles
- Emryk Lindskog (Bronze) Junior Boys Singles
- Ashton Johnson & Dominyk Gadwa (Bronze) Tyro Boys Doubles

LSAA Championships - April 30 in Lac La Biche and all Ward Medallists will be competing

LSAA Championships Hawks Badminton Team

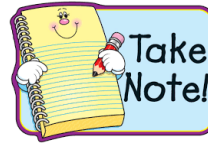
Juniors:

LSAA Championships - April 30 in Lac La Biche and all Ward Medallists will be competing

10 students from our school attended badminton districts at the Bold Center in Lac La Biche on Saturday, April 30. Congratulations to Dominyk and Ashton from Grade 5, Iroya, Kalaria, Cody, Emryk and Grace from Grade 7 and Terrance, Layne and Andrew from Grade 8. Thanks for being such good sports and representing our school so well. Grace placed bronze in Junior Girls singles, Iroya and Kalaria placed silver in Junior Girls Doubles and Andrew received the gold medal in Intermediate Boys Singles. Terrance and Layne placed 4th in their division and also were awarded a sportsmanship pin. Great work to all involved and we look forward to seeing what you all do next year.



Dates to Remember



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

June Dates:

- June 10 Family Friday
- June 13: Grade 6 Math PAT
- June 13: ELA 30 PDE Part A
- June 14: Social Studies PDE Part A
- June 15: Grade 6 Science PAT
- June 16: Grade 6 Social Studies PAT
- June 17: Math 30-1 & 30-2 PDE
- June 20: Grade 6 LA PAT
- June 20: ELA 30 PDE Part B
- June 21: National Indigenous Peoples Day
- June 22: Grade 6 LA PAT Part B
- June 22: Grade 9 Science PAT
- June 22: Social Studies 30 PDE Part B
- June 23: Final Exam Math 30-3
- June 24: Grade 9 ELA PAT Part B
- June 24: Chem 30 PDE
- June 25: Grad 2022
- June 28: Science 30 PDE
- June 28: Last Day for Students
- June 29: Last Day for Staff

Grade 9-12 Exam Week Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
13 PDE Eng 30-1/2 Part A	14 PDE SS 30-1/2 Part A	15	16	17 PDE Math 30-1/2 Regular classes for non math students
20 PDE Eng 30-1/2 Part B PAT Math 9 Part A & B Regular classes for non ELA students	21 Indigenous Peoples Day No Exams	22 PDE SS 30-1/2 Part B Science 10/14 Social 20 PAT Science 9 1 pm	23 Math 30-3	24 PDE Chem 30 PAT ELA 9 Part B English 10
27	28 PDE Science 30 Last Day for Students	29 Last Day for Staff		

- PAT ELA 9 Part A is May 16

Meaningful May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				






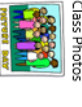


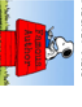






ACTION FOR HAPPINESS

Happier · Kinder · Together



May

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Chalk the Walk 	2 Hearts of Strength Author Visit 	3 Hats on for Mental Health Author Visit 	4 PJ Day 	5 No School for Students PARENTS FORGET! 	6 7
8	9 Kindergarten Photos Class Photos 	10 11	12 Preschool & Kinder Open House Formal Clothing Day 	13 14		
15 ELA 9 PAT Part A 	16 Author Visit 	17 Author Visit ELA 6 PAT Part A 	18 19 Mayflower Activities 	20 Family Friday MOM'S DAY 	21	
22 No School 	23 24	25 26 Color Day 	27 28			
29	30 VICTORIA DAY 	31				