

September 2022

Principal's Note: Welcome to the first month of the 2022-2023 school year at École Plamondon School! We are excited to have our students return for the year and we welcome our new students to our school. We are going to have an excellent year learning and having fun! It's a great year to be a HAWK!

We hope that you had a fantastic summer! What amazing weather ... right up until Labor Day Monday; we're so blessed!. We hope that you have had lots of fun, rest, and adventures this summer and you are ready to hit the new year with energy and enthusiasm!

The first days of school are exciting: catching up with friends, getting to know new teacher(s), and getting back into a routine. It is important that school and home work as a team to support student learning and success. We would appreciate it if you would take some time this week to review the school's expectations with your child(ren). These expectations can be found in the [Student and Parent Handbook](#). If you would prefer a hard copy, the admin team would be happy to print one for you - one per family.

Throughout the school year, EPS wants to keep you connected with your child's learning and activities. At the beginning of each month you will receive notice that the newsletter has been posted to our website and Facebook page. If you would like a printed copy, please let the office know and we will be sure to have it ready for you. Each newsletter includes a monthly calendar with the planned activities. We may also contact you through School Messenger to remind you of an important event or provide you with information. Please make sure you sign up to receive messages. If you need help, please call the school office or stop by and we will help you out. As well, we



ask that you let us know when your child is absent so we can ensure your child is safe. We have an automatic call out system if your child is marked absent that day. Thank you for keeping in contact with us this year!

We believe in working together and so the admin team is available to meet with you if you have any questions, concerns, or would like to visit. We ask that you make an appointment at the office with either the principal, Mrs. Karen Grygus or assistant principal, Mrs. Jodi Rebkowich, as both administrators also teach. Making an appointment is the best way to ensure we are available.

We're looking forward to working with you again this year. Have a fabulous September!

Parents and Guests in the School:

There are a few guidelines that we ask our parents and guests to follow to ensure the safety of all students and staff.

- Please use the front doors to enter the school. All doors are locked throughout the day for the safety of our students. However, we will gladly answer the door - all you need to do is ring the doorbell on the far right.
- Please come to the office and sign in. We need to know who is in our building and where you will be.
- Please take a "Guest" badge that identifies staff that you have signed into the office.
- Please sign out when you are leaving the building and return the guest badge. This ensures we know you have safely left the building in case there is an emergency.

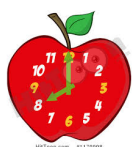
Picking Up Children at the End of the Day

As you can imagine, dismissal time is busy. We ask that all parents enter the building through the front door. Children will be called down to the office to be picked up. Parents, guardians, grandparents are asked to wait in the office/foyer area to pick up their child(ren).

Parents or designated persons are required to come into the school, meet the students and escort them to their vehicle safely. If parents are asking other adults to pick up their child(ren), please contact the school or send a note with your child(ren).

If you need to pick your child(ren) up early, please do so before **3:10**.

Parents/Guardians are asked to notify the school by written note or telephone call if their child(ren) will not be going home in their usual way.



School doors open at 8:30. Please remember that buses arrive at school at 8:30am. This is the time we ask all students to arrive. Students that arrive earlier will be asked to wait in the front foyer.

Make September 29th Count

Alberta Education funds schools based on the September 30th count. This means that schools receive money for every student in attendance on the last school day of September. This year we will not be in school September 30th as this day has been set as the Truth and Reconciliation day and we will not have school that day. Therefore, our count day this year is September 29th. Alberta Education

uses this time of year to ensure only one school receives funding for each child. Please assist École Plamondon School receive funding for your child by having your child attend school on September 29th.

HANDLE WITH CARE



Not every day is a good day. Sometimes families are dealing with something difficult, sometimes it is a difficult morning. Whatever the situation, EPS would like to provide additional support at school. We understand that you are not always able to share your details and that's okay. If your child is coming to school after a difficult night, morning, or weekend, notify your child's teacher to "handle with care". Nothing else will be said or asked. This will let eps staff know that your child may need extra time, patience or support during the school day.

Breakfast Baba and Concession Cart are Back!

Every morning the Breakfast carts visit each classroom to give the students the option for a breakfast item at no cost to help them start their mornings! There is always cereal and fruit. Other mornings there are baked muffins (baked by Baba Alagoz), Russian bread (baked by a local

baker) , eggs, or cheese. There is lots of variety.

Also at lunch time we have a concession cart with a variety of items for students to purchase.

For our Hot Lunch program, we will continue to team with our local businesses. Love Eats and Chic Cafe. All purchases are through each restaurant. Stay tuned for the new menus coming soon!

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.

Welcome “New” Staff: EPS is proud to introduce our new and returning staff!

Jehan Abougoush



Ms. Abougoush lives in Lac La Biche. This is her first year teaching Kindergarten and she is so excited to get started! In her spare time she enjoys going for walks and

spending time with her nephew who is about to be one year old. Her favorite subjects to teach are science and art. Her goal for her classroom is "make sure her students have fun while learning".

Taylor Watson



Ms. Watson joins our team as a new educational assistant working with grades 4 and 5.

She brings a high level of energy and enthusiasm to our building along with her talent of baking. If we all look a little heavier by June, you will know why!

Sioban Stromquist



Ms. Stromquist is continuing with us this year as our high school Math and Science teacher. She loves to make students feel confident in any subject they are learning and is looking forward to getting to know more of the students. Next time you see

her in the halls, ask her to show you her amazing tap dancing skills!

Student Support Team: Adrienne Sprecker & Janessa Nevill/ Patti Iloimin

Mrs. Adrienne Sprecker and Mrs. Nevill are responsible for working with the teachers and administration to support our students. Mrs. Sprecker’s focus is PK-3 and Mrs. Nevill’s focus is grades 4-12. They will be working with outside agencies when needed and overseeing our student IPPs.

Miss Patti is our Student Advisory Counselor. Miss Patti supports students both in small groups and individually. She is the lead for Community Helpers and oversees the Big Brothers Big Sisters program at EPS.

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. Grade 12 students will be the focus for the months of September and October as they begin applying at post secondary schools.

Mrs. Grygus organizes work experience positions for students. There are a number of responsibilities and course expectations 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 you have signed the legal documents approving their position and understand their responsibilities.

September Dates to Remember

Welcome Back Pancake Breakfast



On Thursday, **September 15th**, Mrs. Alagoz will lead the many staff volunteers in flipping pancakes for our students. All students are welcome to share in the free pancake breakfast to celebrate our return to

school!

Terry Fox Run

Friday, September 16th

As part of National School Run Day, EPS is proud to be hosting our 15th annual Terry Fox Event. Parents and/or Community members are welcome to attend and walk with their child's class. If you would like to Volunteer to be a safety monitor on-course, please contact the Jodi Rebekowich at EPS (780-798-3840) or by email at jodi.rebekowich@nlsd.ab.ca Pledge forms and run information will go home the 2nd week of September. You can also support the cause by pledging at

<https://schools.terryfox.ca/Plamondon>

Thank you for your support.

A DREAM
AS BIG AS OUR COUNTRY



"I want to set an example that will never be forgotten"
- Terry Fox

Blue and White Day: September 16

In honor of our Terry Fox School Run and to show our school spirit, we will wear our school colors on September 16: Blue and White. Go Hawks!

Grad 2022 First Meeting

We're beginning the year with planning for the graduation celebration. All students and parents are encouraged to attend the first Graduation Meeting on **Monday, September 19th at 6:30 pm** in room 150. There will be the option of joining the meeting virtually as well. We will be making committees and some decisions that evening. If you are unable to be at this meeting please contact Mrs. Rebekowich at 780-798-3840 or by email at jodi.rebekowich@nlsd.ab.ca.



School Council

School Council - We Need You!

Join us in supporting the students and staff of EPS!

The first School Council meeting for the year will be held on **September 27rd** at 6:30 in the Learning Commons. Join us - we need your voice. School Council provides the parent's perspective on issues or concerns, helps guide decision making, and hears about upcoming events. There are many ways to help, by holding a position on the executive, being a division representative, or by just being a voice at the meeting to share your ideas and perspectives. We look forward to seeing you there. All positions are open and nominations and voting will take place at the annual meeting.

Thank you to the following individuals who supported our students last year Bailey Walsh, Connie Williams, Charlene Rutledge, Chasidy Bourassa, Collen Shapka, Christine Tredger, Lindy Forbes,



Orange Shirt Day

On September 29th we wear orange to honor and uphold Survivors and Intergenerational Survivors of the Residential School system and to commemorate those who didn't return home. Orange Shirt Day is observed on October 1. Our orange shirts symbolize communities coming together in a spirit of reconciliation and hope because every child matters.

**National Day of Truth and Reconciliation
September 30**

Hawks Athletics

Welcome back to another year of Hawks Athletics! Ecole Plamondon is proud to offer a variety of team and individual sports to both challenge our students in the pursuit of excellence and foster the development of important skills, such as: teamwork, dedication, perseverance, leadership and problem-solving that will last them a lifetime. Several activities will begin right away with team sign-ups and team information meetings happening within the first week or two of the school year. Please encourage your son or daughter to get involved and show their Hawks pride!

Fall Start-up Athletics:

- **Jr/Sr. Cross-Country Running:** Mrs. Grygus & Mr. R. Ennest
- **Sr. Golf:** Mr. White
- **Jr. Volleyball 5-6-7:** Mrs. McCullough & Ms. Delorme
- **JV Girls Volleyball:** Ms. Babcock & Bailey Walsh (CC)
- **Jr. Boys Volleyball:** Ms. Nevill & Helly Kim (CC)
- **Sr. Girls Volleyball:** Mr. Reid, Ms. Watson & Megan Lewis (CC)
- **Sr. Boys Volleyball:** Helly Kim (CC) and Brandy Kim (CC)

Winter/Spring Athletics:

- **November:** Jr. & Sr. Basketball, **March:** Jr. & Sr. Badminton, **May:** Jr. & Sr. Track

If you have any questions about Hawks Athletics, please contact EPS Athletic Director, Steven Reid at (780) 798-3840 or email: steven.reid@nlsd.ab.ca

Alberta Health Services

AHA has asked us to let parents know they have mailed vaccine info/consents to grade 6 and 9 students. Please return the forms to the school ASAP. If you do not wish for your child to be vaccinated please draw a line through the form and return it, so they know to not include you in the mail out list any longer.

Thank you

Learning Commons News

Welcome back ,everyone!

Hope you had an amazing summer, and can't wait to see you back in the Learning Commons! The books missed you!

Our Learning Commons offers a fabulous selection of books for all ages. We are constantly adding great new books for you. Remember, we have adult fiction and non fiction for all interests and are open to the public during school hours. We ask that all visitors enter through the **main front door and sign in at the front desk before coming to the library.** A handy return bin is also available for your convenience in the front entrance.

Students will have regular library classes to check out books, as well as access to makerspace times.

In Makerspace classes, we build, create and explore through many different mediums. This year we will have a sewing and beading station, as well as a puppet stage, some new Osmo games and of course, our robots!

We have a very popular huge bin of pirate lego blocks, and our great Lego wall.

Our Learning Commons is also open to our Junior High and High School students daily at lunch time for book check out, a little creative time, or a quick game of chess.

Welcome to the Public Library staff, who join us on Wednesday evenings . Please come in and see what they have to offer. Our Library is open until 8:00 pm on Wednesdays. Please use the back library door for after hour entrance.

You can sign up for a library card online, order e-books and more . For more information see the public library website <https://www.llbcl.ca/> Happy Reading!

**ECOLE PLAMONDON SCHOOL
CARE TO LEARN PRESCHOOL**

**REDUCED REGISTRATION FEES DUE TO
GOVERNMENT AFFORDABILITY FUNDING!!!**

3 CLASSES PER WEEK ONLY \$63.80 A MONTH

2 CLASSES PER WEEK ONLY \$24.83 A MONTH

2 FULL DAY CLASSES \$109.59 A MONTH

3 FULL DAY CLASSES \$187.99 A MONTH

5 FULL DAY CLASSES ONLY \$219.02 A MONTH

GOVERNMENT SUBSIDY ALSO AVAILABLE

VISIT: WWW.NLPSAB.CA

PLUS DEPOSIT

October Dates to Remember:

October 4: School Photos

October 7: IPP Planning Day: No School for Students

October 10: Thanksgiving Day: No School

October 21 & 22: Sr. Boys & Girls Volleyball in LLB

*October 24: Staff Professional Development
Day: No School for Students*

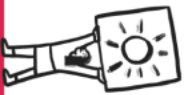
*October 25: High School Students Field Trip to
JAWS for Post Secondary Open House*

*October 28 & 29: Sr Girls and Boys Volleyball
in Plamondon*

Self-Care September 2022



MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

WEDNESDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

FRIDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

SUNDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing












ACTION FOR HAPPINESS

Happier · Kinder · Together



September

2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|---|---|
| | | | | | | |
| 4 | Labor Day | 5 | 6 | 7 | 8 | 9 |
| | | First Day of School Welcome Back!  | | First Full Day of Kindergarten  | Sr. Girls Volleyball: Vermillion  | 10 |
| 11 | | 12 | 13 | 14 | 15 | 16 |
| | | | | Free Pancake Breakfast  | Terry Fox School Run Blue and White Day  | Sr. Boys & Girls Vball in Fort Mac (Friday & Saturday)  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Grad Meeting @ 6:30  | | | | Sr. Girls & Boys Vball in St. Paul  | | |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | School Council & PAC Meeting  | | Orange Shirt Day  | Truth and Reconciliation Day – No School  | | |