

October 2022

### Principal's Note:

Welcome, October! Thank you September for being so beautifully warm and wonderful! We hope that the farmers have been having a successful harvest season.

EPS has had a wonderful start up to this year. It is great seeing everyone's smiling faces. We have had a busy month with lots of activities. Our classes are finding their rhythm and really getting a move on learning. Our students have been working hard!

Our school has grown a bit this year. EPS' final school count for September is 315. We are excited to see students returning from last year, new students to our school, and students returning to our school after being on hiatus for a year or two.

September has already been a busy month. We participated in the all school Terry Fox Run on September 16th. We finally were able to pair our older students with the younger ones. We also showed our school colors by wearing blue and white for our run/walk. Thank you to all parents, family and friends who donated to the Terry Fox Foundation on behalf of our school's run.

September 30th is Truth and Reconciliation Day. Throughout the last week of September each class took time to learn about Residential Schools, the importance of learning the truth, remembering the survivors and those we lost, and beginning our journey to reconciliation. On September 29, we had a full school assembly. A big thank you to Cassidy Davey, Peyton Faithful-Davey, Dominyk Gadwa, our guest dancers, and Bryce for performing traditional Metis music.

Our sports season has begun with a bang and a few medals for our senior volleyball teams. We have many students participating in our volleyball teams - 67 in fact! That's amazing. Thank you to our teachers, parent and student volunteers for the time you dedicate to coaching our kids. Thank you to our athletes for all your hard work and effort. We also have

had a strong Cross Country team. Many students from grades 5-12 participate in our noon hour practices. We are looking forward to competing in early October.

October promises to be just as busy and fun as September. We have a number of events taking place. Cross country meets, volleyball tournaments, picture day, Thanksgiving weekend, Bring Anything But a Backpack, Dig Pink Day, and of course Halloween. These are just a few of the many activities for the month and of course we will continue to be learning and having fun. Take a look at the upcoming events on our calendar at the end of the newsletter.

We have lots of fun facts to share with you throughout the newsletter - take a look and see what we've been up to.

As we begin October, we also celebrate Thanksgiving. We are so thankful for each of our kiddos and families. We thank you for being a great part of our team. We hope that your Thanksgiving day is filled with family, friends and laughter.



### Picture Day, October 4



Picture Day!

Life Touch Photographers will be at our school beginning at 9:00 am. Classes will be called down for individual school photos. So bring your best smile on Tuesday!

## Terry Fox Run



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

On Friday, September 16th students and staff took part in the annual Terry Fox Run Event. It was wonderful to see all the

students together again in the gym and able to take part in "Buddy Walking". Stories of bigs trying to keep up with their littles ran rampant throughout the gym as the students returned from their walk. It was also an opportunity for our Cross Country Run Team to strut their stuff out on the 5 km run. Rumor has it that one runner made the course three times in an hour.

Parents, staff and community members can still donate to the Terry Fox Foundation at the following link:

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

## Orange Shirt Day National Day of Truth and Reconciliation September 30

During the last week of September, teachers and students continued our learning and

understanding of Residential Schools. Each day we learned a little more about our history. On Thursday, the school participated in Orange Shirt Day. Students were encouraged to wear orange on this day to stand up for Every Child Matters.

Thank you to our many organisers and presenters for sharing your knowledge with us. Thank you Cassidy Davey, Peyton, Dominyk, the Metis jiggers and First Nation dancers from Beaver lake.



Fun fact did you know the Regalia for the jingle dress is 60 pounds and the breastplate is 80 lobs. The dancing was amazing!

## Taste Test Tuesdays!

Two Tuesdays a month, EPS will be providing a taste of a delicious fruit, vegetable or snack item for all students. Taste tests are fun yet important for kids to explore and experience different foods. The first week we had mandarin oranges! Yum!

Thank you Domnina, Fileippa, Anufrii and Savatei (Mrs.Parent too) for purchasing, prepping, and delivering the treats!



## Preschool

We started on the 12th of September and have been busy ever since. We have 12 wonderful students this year.

In Preschool class we have been meeting new friends, learning about routines and kindness :) Every morning Mrs Alagoz serves us a tasty breakfast and this week we made a fall craft with our hand prints. We love to go out on the playground, painting, playing with trains and most of all, feeding our pet fish Molly!



## Kindergarten

The Kindergarten students in Ms. Abougoush's class have been working on classroom and school expectations this first month of school. The students spend half their day with Ms. Abougoush in the classroom and the other half with Ms. Connie in the play room. They are learning what it means to be a part of a school and how they can make a positive impact on their peers. We encourage the students to be bucket fillers in the classroom and on the playground which teaches them how rewarding it is to express kindness to their friends on a daily basis. The students have been exploring numbers up to 10 as well as practicing patterns in math. They are also learning letters in the alphabet and the sounds that they make. We

have also been talking about the changing seasons during our calendar and weather time. The kinders are so excited to be a part of Ecole Plamondon School!

## Grade 1

The Grade Ones in Ms. Ross' class have been learning about making patterns and identifying the pattern core. They have also been exploring numbers up to 10. The children have started learning Grade One sight words. They have been making new sight words with letter tiles and have been practising reading them, as well. The children in our class are joined for part of the afternoon by the Grade Ones in Mrs. Sprecker's class. They are working together on learning about Creating Colours and about the Fall season in our Science classes. They are also working together on learning about friendship in our Social Studies classes.

## Grade 2

What a beautiful month we have had to come back to school! It has been fun getting to spend a lot of time outdoors while it is nice. We have really enjoyed getting to know each other better throughout the month and learning new things together. The grade twos have been learning about patterning and have been exploring making patterns with leaves which were later used in a fun art project. We have also been learning about sight words, practicing writing, and learning reading strategies.





### Grade 3



The students are excited and nervous all at the same time when they are presenting a book to the class called All About Me. It is about them and the things they like to do, where

they live, and what they want to be when they grow up.



Grade 3 students working together hauling pumpkins into the library.



### Grade 4

Waste and Our World



The students in Ms. Delorme's Grade 4 class are learning about Waste and our World. We are learning to recognize how human activity produces waste and identify rectification possibilities. An exciting part of our unit will be a

tour of the Plamondon Landfill during Waste Reduction Week (October 17-23, 2022), a national event that encourages all Canadians to cut down on waste volumes by learning how to reduce, reuse, recycle and repurpose. This will be a valuable learning opportunity as we learn how and why Lac La Biche County manages waste and recycling and promotes environmental stewardship.

### Grade 4/5

Grade 5 has had a successful start to their year. We welcomed some Grade 4s into our class part time and we have also enjoyed having some new and returning students with us this year as well. Some grade 5s have been participating in cross-country running and volleyball for the first time. We are looking



forward to hearing how their competitions go in these activities.

I sent out a newsletter explaining how I will be communicating with parents and caregivers. Please check if your contact information is correct with the office if you have not been receiving messages from me by email and/or by text.

## Grade 5

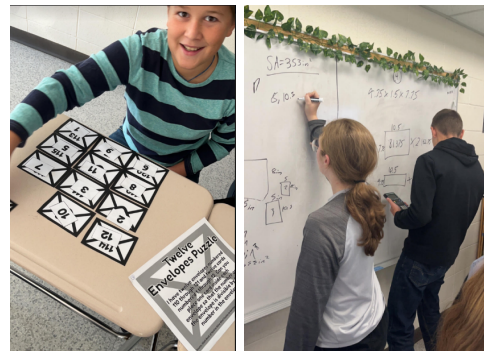
Grade 5 students have been learning about the regions of Canada and practicing their latitude and longitude skills, as represented on the globe. Students are learning to use latitude and longitude as coordinates toward plotting and identifying plotted points (eg. cities).

## Grade 6

Grade 6 students participated in Every Child Matters activities for Truth and Reconciliation Day, by representing their understanding on orange hearts. Grade 6 are learning about the differences between Excurrent, Decurrent and Columnar trees they are building models of. Stay tuned for more updates in the next newsletter.

## JR & SR High Math Classes

Students in Math 7, Math 9 and Math 10C have been working hard at building a thinking classroom. Taking notes from research done by educator, Peter Liljedahl, we are using random grouping and working collaboratively to build community in the classroom and solve high level thinking tasks.



## Biology 20

In Biology 20 we went on a field trip to Sir Winston Churchill Provincial Park where we met professional Biologist & instructor for the Natural Resources Program at Portage College, Michael Schulz. Mike showed us around the park and taught us some interesting facts about plants, animals, fungi, and lake health. Did you know that blue-green algae isn't really algae, nocturnal flying squirrels live in our area, and that the most poisonous plant in Alberta is Water Hemlock? Thank you Mike Schulz for the awesome hike!



## Grad 2022



Our first hybrid Graduation Meeting was held on September 19th at 6:30; parents and students were invited to participate either in person or via a Zoom meeting link. If you have a student graduating and would like to

keep in the loop of what is happening please share your email address with Mrs. Rebkovich and she will send you a link to the Google Classroom.

A Powerpoint/Google Slides presentation about scholarships was shared by Mrs. Grygus and has been posted in the Google Classroom. The date of Graduation is June 24th with the time to be determined based on the meal survey that went out for families to fill out. More information about this will follow. John Grieve from Jostens Canada will be here Wednesday October 26th from

11:00am-1:00pm. There is a graduation fee of \$100/graduate to cover the cost of decorations, the hall, etc. This can be paid through [School Cash Online](#) either in one payment or three instalments. Fees are due by May 1st, 2023. If you need help with using School Cash Online please reach out to Kim Gauthier in the office.

### Up coming deadlines:

- Meal survey due Thursday, September 29th
- Jostens Rings/Keepsakes visit October 26th - 11:00 am - 1:00 pm
- Life Touch Grad Photos - March 10th (a \$30 sitting fee is required at the time of the pictures)

## October Events

### ELAA Event at JAWS

Students in grades 11-12 will be attending the ELAA (Educational Liaison Association of Alberta) on October 25 from 10:15-11:00 at JAWS. This is an opportunity for students to meet with Alberta post secondary colleges, universities and technical schools for creating a plan for post graduation.

### U of A Open House

U of A is hosting their Open House on Saturday, October 15. EPS is welcoming students in grades 10-12 to join us for this opportunity to see U of A. The Open House begins at 9 and ends at 3, so the bus will be leaving around 8. Permission forms will be available closer to the date. Students who are interested in attending should contact Mrs. Grygus.

## October Spirit Days

### Overview of Spirit Days

October 5th – Anything-But-A-Backpack Day!  
October 26-27– Haunted House

October 28th – Dig Pink Pep Rally  
October 31st – Halloween & Scare Skulls!

Wednesday, October 5th is *Anything-But-A-Backpack* day! Bring your stuff to school in a creative way, as long as it isn't a backpack! You can use anything from a suitcase, a baby stroller, a picnic basket, the possibilities are endless!

Halloween is at the end of the month, and Students' Union has lots of fun things in store for the school! We will be reviving a spooooooky competition from last year. On Halloween each student will receive a ghost necklace in the morning, if they get scared they have to hand the necklace over to the person that spooked them! The person at the end of the day with the most necklaces wins! There will also be a terrifying haunted house for students to tour in the days leading up to Halloween on October 26 and 27th.

On October 28th we will be holding a Pep Rally to get everyone hype for the volleyball tournament that will be held at the school on October 29th. The theme of the Pep Rally will be "Dig Pink" for Cancer Awareness!

And finally, on Halloween we will be having a costume contest! There will be two winners for each category, one from grades K-6, and one from grades 7-12. The categories are: Scariest, Most Creative, Funniest, and Best Duo/Group.



## **School Council - We Need You!** **Join us in supporting the students and staff of EPS!**

Join us at our next meeting on **October 25, 2022 at 6:30pm** to share your thoughts and ideas on how we can best support the students in our school. It will be a hybrid meeting so you can join us at the school or through a google meet link.

School Council and PAC allows the parents an opportunity to provide their perspective on issues or concerns, helps guide decision making, and hear about upcoming events. There are many ways to help, by holding a position on the executive, being a division representative for your child's grade or by just sharing your ideas and having a voice. The councils are looking forward to a great school year and supporting our students in any way possible. The Vice President role is vacant as well as a division representative position. Come on out to our next meeting on **Oct 25 at 6:30pm** and hear about all the exciting things happening in our school!

### **Executive**

President - Connie Williams  
Vice President - Vacant  
Secretary - Lindy Forbes  
Treasure - Colleen Shapka

### **Division Representatives**

Div 1 - Vacant



Div 2 - Debbie Nipshank-Johnson

Div 3 - Destiny Alisby

Div 4 - Charlene Rutledge

## Hawks Athletics

### Senior Volleyball

Our Hawks Sr. Volleyball Teams have had a very busy and very successful start to their competitive seasons. The Sr. Girls team kicked off the year on September 9/10 with one of the largest Girls tournaments in Alberta at the 32-Team MegaVolley event in Vermilion. The team played excellent all weekend long and claimed the Silver Medal in a well-played final vs. Notre Dame (Bonnyville).



The following weekend, September 16/17, both our Sr. Teams were at the Ecole McTavish Marauder Classic in Ft. McMurray. The Boys lost an exceptionally close opening match but then strung together 7 consecutive wins to claim Gold! The Girls played flawlessly from the opening serve and won all 8 matches (without dropping a set the entire weekend) defeating the host school from Ecole McTavish in the Gold medal match 25-11, 25-10.



The September 23/24 weekend saw our Sr. Teams play another large 3A School Tournament at the Tasmania event in St. Paul. 16 Girls Teams and 16 Boys teams comprised the field and Plamondon was represented extremely well vs. some large schools and tough teams. The Sr. Girls Team had some big wins over JAWS, Cold Lake High, St. Paul Regional and earned a spot in another Gold Medal match, where again they were defeated by their rivals from Notre Dame (Bonnyville). The Hawks Sr. Boys continued to build on their 7-Game win streak, winning all 6 matches, including notable wins versus some big schools like Cold Lake High, St. Paul Regional and Lloydminster Comp to claim their second title of the season.



### Junior Volleyball

The JV boys volleyball team is off to a great start. With many returning players, the boys are

feeling confident going into their first tournament this weekend, October 1st, at EPS. Come out to cheer on our team!

Tournament schedule for the year:  
Home tournament @ EPS - Saturday, Oct 1st  
Mini Wow Pow @ BOLD Center - Saturday Oct 15  
Cold Lake Tourney - Saturday, Oct 29  
JV Districts @ JAWS - Tuesday, Nov 8

The JV girls volleyball team is excited to take on this season with a full team of 12 players and a new head coach, thank you for your dedication, Bailey W! We have had a few practices so far and are looking forward to our upcoming tournament on Saturday, October 1st. Come and cheer your Hawks on at Beausejour, our first game is at 10am!

## Cross Country Running

We have a dedicated group of both senior and junior runners this year. On Tuesdays and Thursdays at lunchtime our runners practice by running either to the CoOp Hardware and Agro store or to the end of the walking path and back. We have 15 junior runners and 6 senior runners. Our one meet for each group will take place next week. Good luck, runners! Go Hawks!

### Upcoming Athletic Tournaments & Events

- ★ Oct. 1: *Plamondon Invitational - JV Boys & Girls Volleyball (Host)*
- ★ Oct. 5: *Jr. Cross-Country Districts (Cold Lake)*
- ★ Oct. 6: *Sr. Cross-Country Zones (Vermilion)*

★ Oct. 15: *Mini Wow Pow - J.A. Williams for Tripleball, Jr. and JV Volleyball*

★ Oct. 21/22 *Wow Pow - Sr. Boys & Girls Volleyball (Lac La Biche)*

Oct. 28/29 *Plamondon Dig Pink - Sr. Boys & Girls Volleyball (Host)*

## Learning Commons News

from Mrs. Plamondon



Wow, one month has gone by already! We hope you are enjoying the school year so far! It sure is great to see all our new faces in the library at lunchtime, enjoying the makerspace corner and creating all sorts of things. Thank you to Mylz in Grade 7 for all his amazing creations!

More great things are coming your way here in the Learning Commons.

This next month we will be having a Book-Inspired Painted Pumpkin Decorating Contest! If you have extra pumpkins and would like to donate some to the Learning Commons, we would be most appreciative. You may also paint a plastic or foam pumpkin, if you prefer.



Here are a few examples to get your creativity going!

Prizes will be given at the end of the month for the winning entries. This may be an individual, class or group/family entry, and the pumpkins will be voted on by the students and staff with the winners receiving some great prizes. We challenge all ages to show off your creative stuff!

And coming soon to a Library near you....



Dinosaurs AND A BOOK FAIR?!? It can't be !! Stay tuned for more excitement.....

## November Dates to Remember:

November 4 & 5 SR. Volleyball in Cold Lake

November 11: Remembrance Day No School

Sr. Volleyball in Boyle

November 18 & 19: Sr Volleyball Zone Playoffs

November 22: Parent Teacher Interviews

November 25: Family Friday in Lieu of Parent Teacher interviews

**THANKFUL**  
*grateful*  
**BLESSED**

**TEEN PLUS ONE** **THANKSGIVING SIGN MAKING**

Connect through creativity and communication in this three-hour workshop. This program is designed for a teen and a significant adult in their life (parent/guardian/grandparent) to enjoy the afternoon together creating a Thanksgiving-themed sign.

Snacks and supplies included.

One teen and one adult per team.  
Limited spots available - register early!

**TO REGISTER:** Contact Christine Martin at 780-520-7183 or [christine.martin@laclabichecounty.com](mailto:christine.martin@laclabichecounty.com) by Thursday, September 29.

**Free!**

**SATURDAY, OCT. 1 • 1 - 4 PM • MCARTHUR PLACE**

*Give Thanks*



part of **teen chill zone**  
FRIDAY NIGHTS JUST GOT COOLER

FCSS Family & Community Support Services  
Lac La Biche County

# TEEN CHOPPED

DO YOU HAVE WHAT IT TAKES TO WIN THE COOKING CHALLENGE?



Only 24 spots!

**FRIDAY, OCT 14 • 4 - 7:30 PM • MCARTHUR PLACE**

Create a main course and a dessert with the ingredients you find in your provided basket! You will be judged... by some pretty nice judges.

Meet us there, or catch the bus from the Bold Center at 3:45 pm. Come as a team or as an individual and we'll place you on a team. First 24 teens to sign up will participate in the challenge. Additional participants are welcome to cheer the teams on! Dinner will be provided.

**Text Christine at 780-520-7183 to save your spot!**  
(or email christine.martin@laclabichecounty.com)

**AGES 13-18 • FREE • PRIZES!**

Lac La Biche County  
powered by vision

**teen chill zone**

A SPECIAL NIGHT OUT FOR TEENS!



## MURDER MYSTERY IN HOLLYWOOD

Lights! Camera! Murder! A tantalizing night in Tinseltown filled with twists and terror!

**FRIDAY, OCTOBER 28 • McArthur Place • 4-8 PM • FREE**  
Register by October 27.

**AGES 13-18**

Call or text Christine at 780-520-7183 to register or for more information.

Email | Christine.Martin@laclabichecounty.com  
Facebook.com/VibcountyFCSS/

FCSS Family & Community Support Services  
Lac La Biche County

Lac La Biche  
Crestview Neighbourhood Centre

FCSS Family & Community Support Services  
Lac La Biche County

**"It Starts With Hope"** Meets Monthly!  
Parent Group

**Supporting Two-Spirit and LGBTQ+ Youth: A Workshop for Family, Friends and Parents**

**OCTOBER 20 • 6:30-8:30 PM**

This workshop will increase participants' knowledge and awareness of gender and sexual diversity including the differences between sex, gender identity, gender expression, and sexual orientation.


Participants will be given practical tools and resources to build comfort and skill in supporting and affirming Two Spirit and LGBTQ+ children and youth.

Attend virtually via Zoom or come to the Bold Center to participate with FCSS.

**To register:** Call the Bold Center at 780-623-3829 or stop in at the front desk.

**For more information:** Call Christine at 780-520-7183, or email Christine.martin@laclabichecounty.com

Partnership with:  
Successful Families - Successful Kids



Centre for Sexuality

Lac La Biche County  
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Northern Lakes  
Family Resource Network

It Takes A Village  
Lac La Biche County

# October

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 JV VBall in Plamondon
2		3 Picture Day	4 Anything But a Backpack	5	6 No School Teacher Work Day	7
9	10 THANKS to our TEACHERS	11	12	13	14	15 U of A Open House Trip (Grades 10-12)
16	17 No School	18	19	20 Sr. Vball in LLB	21	22
23	24 No School Teacher Work Day	25 ELAA – Gr 11 & 12 visit JAWS	26	27	28 Dig Pink Cancer Awareness and Pep Rally Sr. Vball Home Tourney	29 Sr. Vball Home Tourney
30 Happy Halloween Orange and Black Day	31					