

Summer 2023

### Principal's Note:

What a wonderful school year 2022-23 has been. As I drive down Plamondon streets, I am greeted by our graduates' pictures and see the end of our time together coming to a close. I am filled with great pride and honor to have had an opportunity to work with these young adults and cheer them on on their next journey. Our graduation ceremony was a beautiful culmination of their school careers. Thank you to all the helping hands that made it a success. Congratulations graduates and proud family members!

We have had many celebrations this month! Kinder graduation is always a fun day filled with big smiles and lots of fun and laughter. We are proud of the growth our Kindergarten students made and we will enjoy their journey over the next 12 years until their next graduation. Our high school and Kindergarten graduates walked the halls together in their gowns on June 20 and our grade 1-11 students lined the hallways to cheer them on. This is one of my favorite events and I always get a bit teary eyed as we see our students grow up.

In June we also celebrated our student athletic and academic successes at our Sports Awards on June 9th and our Awards Gala on June 27th. Thank you to everyone who was able to come and cheer our kids on.

On June 21st we acknowledged National Indigenous Peoples' Day both in our school and at MacArthur Place. Thank you to our guests, Braxton, Bryce and Shaun for taking the time to be with us that day, even though they already had many engagements booked. The grade 1-8 students enjoyed our day at McArthur to experience and see many dancers,

try different crafts and learn about the Indigenous cultures from our area.

We have finished our year and now it is time to sit back and enjoy the summer holidays. It is important to take the time to relax, refresh and re-energize. As we enjoy the summer, it is also important to keep up with our learning in fun ways. Remember to read frequently with your kids and take time to ask questions about what they are reading: what do they think will happen next (prediction), have they ever experienced something that is described in the book (connecting), what would they do if they were the character ... and many more questions to build connection and further understanding. As well, play board games and card games for continued learning in numeracy. The more often we participate in these activities the stronger our basic skill set is. Thank you for taking the time to play and read with your kids and prevent the summer slide.

Thank you to the staff for all their hard work and care they gave our kiddos this year - enjoy a well deserved break!

Thank you students and families for a wonderful school year! We wish you a terrific holiday season filled with love, laughter and adventure! See you next school year! Until then, work hard, play hard and have fun!



## Grad 2023



Graduates of 2023 celebrated with family and friends on Friday, June 24th. Parents had a chance to take part in the ceremony and move the graduate's tassel, signifying the shift from student to graduate. Valedictorian Carleigh Reid shared words of wisdom and best wishes for her fellow graduates as they moved on to their future endeavors. Mrs White, the class's guest speaker, and our distinguished guest sent out kind words to all the graduates, wishing them well for the future and congratulating them for their successes thus far.

Many hands and hearts went into this year's festivities and we would like to take this time to thank all the parents and students who helped decorate the hall. Thank you to Ms. Stromquist who did an excellent job emceeding the evening's event. Special shout out to Matthew Batiuk and Reece Vaughan for the graduation slideshow. Thank you to Mrs. Elena Snegriev (Love Eats) and her crew for the amazing meal. Last, but not least, thank you to the staff who supported students throughout their education, to this final step, as well as the parents who brought each graduate through the years to this moment and who will continue to support them throughout their lives. Congratulations!



## Farewell, Adieu, прощание from Mrs. Rebkowich

It's hard to believe that my time at Ecole Plamondon School has come to an end. I have been privileged to be a part of this school family for over 10 years, and what an incredible journey it has been! As the assistant principal, I had the opportunity to learn and grow with the students on a daily basis and it has been an absolute honor for me. I am thankful for the teachers, staff, and students who have inspired and dedicated themselves to ensure the success of our school. Nothing was more rewarding than seeing the students excel in their classes and celebrate their successes. My time at this wonderful school has been one of the most fulfilling experiences of my career. I will truly miss you all and wish for the continued success of Ecole Plamondon School. But this is not goodbye forever, as the Terminator once said, "I'll be back".

## Celebrating Indigenous People's Day - June 21st



Indigenous Peoples Day was a day EPS took to honor and celebrate Indigenous culture. On Wednesday, June 21, we had guests join us to showcase the diversity of two distinct and diverse culture groups. First, Braxton

Patenaude, a Chicken Dancer from the Buffalo Lake Metis Settlement, shared some of the history of the dance and regaled us with two traditional dances. Shawn McDonald of the Kikino Metis Settlement, shared some experiences with the school of what it was like growing up Metis. He taught the crowd a bit of Cree too! Last up, Bryce Delorme of the Buffalo Lake Metis Settlement, fiddled for us, one of the songs being the anthem of the Metis people, The Red River Jig.

To wrap up the Indigenous Peoples Day assembly, we had our very own Julie Kuznetsov, Aubree Rizzoli, Gabby Pippard, Priya Forbes, and Maddy Pitcher share their Red River Jig dance moves with the school. They were fantastic!

Following the assembly, grades 1-8 took a field trip to McArthur Place in Lac La Biche, where we continued to celebrate Indigenous cultures. Students had the opportunity to build makeshift shelters, view Indigenous artisans work, dance, play games and more. A huge thank you to the MNA for inviting us to this fabulous event.



## Awards Night





Our students were honored for all of their academic achievements this week. Awards were given for honors, honorable mentions, sportsmanship, volunteerism, and various other successes. Above you see our Outstanding Junior High Students - Elena Kuznetsov and Gage Sehn. Congratulations to everyone for their outstanding work this year.

EPS hosted a family BBQ before the Awards Ceremony. Here are some of the staff doing the prep work to welcome all of you who were able to attend.



## High School Drama: Maybe Baby, It's You!



Thank you to the cast and crew of Maybe Baby, It's You! for a wonderful performance and lots of laughs. HAWKS shine once again! Thank you, Mr. White, for your continued dedication to the arts and our Drama students. We will miss you, next year!

## EPS Hawks Have Talent!

### What a show!

On June 23rd, spectators and students were thrilled to watch some of our elementary students share their talents at the K-6 Talent Show. There were individual and group performances of songs, dances, gymnastics, instrument playing, stand-up comedy, and even

a rubik's cube demonstration! It takes great courage to get up on stage and show the world what you can do. It was a very entertaining event! Thank you to the students who stepped forward to share their talents and to Mr. Deheer and Mme Doucet who helped students give their best performances! Thank you to the four stagehands who worked through the rehearsals and performances, making the show run so smoothly. Bravo everyone for this first (hopefully) annual Hawks Have Talent!!



## Preschool

June was a fabulous month for Preschool! Police officer Josh came to visit us. He showed us the ins and outs of his police car. Ms Colleen brought in chicks in for us to hold. We went for a walk to have an ice cream treat at Love Eats. On the very hot days we had water fights with Ms Colleen and we soaked her real good. Mr. James took us for a bus trip on our last day of school. Even though it rained we had so much fun. He burnt a few donuts, then we visited the Post Office and the Co-op. We came back to school and said goodbye to all our friends. We handed everybody in elementary a treat and a huge thank you for all the love and support.





## Kindergarten

Our Kinders had such fun this last month of school! We had our final field trip to Churchill and the splash park, which the kids loved. The kids got to explore the island through scavenger hunts and fun games! We were able to enjoy some fun at the splash park too, leaving right before it started to rain! Thank you so much to all of our parent volunteers, your time was greatly appreciated.

We also celebrated Father's Day with our birdhouse building night after school. The kids loved helping with the hammer and put together their very own birdhouse.

Our final celebration for the year was our kindergarten graduation. The kids worked so hard learning the song they performed for their parents. They are ready for grade 1!



## Grade 1

The Grade One class ended our year with a fun-filled sports afternoon and a fantastic trip to the Telus World of Science! The sports afternoon was enjoyed by all, with the water station an especially popular activity! Our trip to the Telus World of Science was filled with

exploration and learning. The children enjoyed the hands-on interactive centers and the huge Lego display. The 3-D movie of the Serengeti ecosystem was spectacular! Thank you to all of the Grade One parents who helped make our field trip a success! Have a great summer break!

## Grade 2

The students in Grade 2 have had a whirlwind last month of school! We had a sports day/water day with K-3 on a HOT day, and you'd be right in guessing the water station was the BEST. Everyone got well soaked, so were cooled down. We went on several field trips: the Plamondon Fire Hall, swimming at the pool in Athabasca with Gr.3, Telus World of Science in Edmonton with Gr.1 and Churchill Park and the splash park in Lac La Biche with Gr.3! What a wonderful way to finish up Grade 2 together. Thank you to all of our parents who were able to be supervisors on these trips. Have a wonderful summer and keep reading!

grade 2 and 3 classes had fun swimming at the Athabasca pool. In Science we learned about the homes that bees, wasps, and birds live in. During the last week of school the students enjoyed our sports day and had fun cooling off at station # 8. Two days later the students went to Sir Winston Churchill Park with the grade 2 class. They learned about different animals, their homes, and the various life cycles each one experiences. All the students participated in an art activity and later on they played at the park. We stopped in Lac La Biche to experience the splash park.



## Grade 3

In early June the grade 3 class shared cultural recipes and we had a taste test of the recipe each student chose. Later in the month, the



## Grade 4

It's already the end of the school year! Time has flown by in grade 4. As sad as it is to see my fours leave, I am happy that we get the two months for summer break which means naps, beach, naps, family time, naps, snacks and more NAPS!

During this final month, we have wrapped up our units in all core content areas, except for plant growth in science. The garden that we have planted, which consists of potatoes, carrots and onions, will be harvested in September when the fives (former grade fours) return.

Remember to take time to read over the summer. Have a great break! See you in September.



## Grade 5

At the beginning of the month of June, the Grade 5's did "The Whipping Boy" Novel study and had a test on it. On June 15th it was Goth Day and Julie's birthday! Happy Belated Birthday, Julie! Then the "Hawks Athletic Awards" took place! Many students got awards and it was exciting to see students achieve great things! The "2023 Hawks got Talent" happened on June 23rd there was gymnastics, dancing, handshakes singing, and more. The handshakes were performed by Isabel, Priya,

Julie from Grade 5 and Anna from Grade 3. There was also singing! Julie, Gabby and Aubree from Grade 5 and Maddy, Ayla and Alexis from Grade 4 sang Flowers by Miley Cyrus and Gabby and Aubree sang Dandelions by Ruth B. Great job! Everyone was looking forward to sports day too! The last day of school is Thursday, June 29th! Everyone is so excited for that day!

By Gabby, Carter and Tatiana

## Grade 6

Grade 6 students participated in the Awards Ceremony, and were recognized for their dedication to learning and leading as HAWKS students throughout the school year. June was an exciting time for students to prepare for P.A.T. tests, and group work preparation proved to be a successful path for students to continue learning from one another. Grade 6 students also participated in Buddy-Reading with Grade 2 students. Our Grade 6 class has shown great leadership and engagement as role models to younger grades, and it is a pleasure to recognize their achievements and wish them the greatest success in Grade 7.

## School Council

**Thank you to our amazing School Council who helped us in supporting the students and staff of EPS throughout the 2022-2023 school year!**

### Executive

President - Connie Williams

Vice President - Anntonina Martushev

Secretary - Lindy Forbes

Treasurer - Colleen Shapka

### Division Representatives

Div 1 - Heather Gauthier

Div 2 - Debbie Nipshank-Johnson

Div 3 - Destiny Alisby

Div 4 - Charlene Rutledge

The last meeting of the year was held May 31st.

Thank you to the parent volunteers listed above who took on positions for this school year. We invite and encourage all parents to be a part of EPS School Council and PAC so you can be kept up to date on what is happening at our school and help guide our decision making. Look ahead to the next school year, maybe you are willing and able to take on one of these positions.

EPS PAC has several **Bingos** to work throughout the year. If you are able to work one of the Bingos listed below, please contact Connie Williams at [connie.williams@nlsd.ab.ca](mailto:connie.williams@nlsd.ab.ca) or at the school office 780-798-3840. Start time is 5:00pm at the Lac La Biche Bingo Hall.

July 7 (Thursday)

August 11 (Friday)

September 22 (Friday)

November 30 (Thursday)

EPS PAC is amazing! Without PAC's support, we would not have a lot of the items that keep our school and our student activities working so well. A big thank you to PAC for sharing with us to obtain the C-Can set up in the elementary playground for storing our outside toys.

## Hawks Athletics

### Athletic Awards

The 2023 Hawks Athletics Awards were presented on Tuesday June, 13 to a packed and enthusiastic gymnasium at EPS. It was a wonderful opportunity for our coaches to celebrate the many athletic accomplishments, large and small, of our many talented young athletes. In total, 43 awards were distributed to 16 athletic teams in the sports of: Cross-Country Running, Volleyball, Curling, Basketball, Badminton and Track & Field. Congratulations to all of our many participants from grades 5 through 12 that took part in interscholastic athletics this year. Your time, dedication, discipline and perseverance are appreciated and these skills will serve you well through the remainder of your school years and beyond.

We would like to extend a great big Hawks thank you to the many athletes, parents, community volunteers, coaches and staff that made 2023 one of our most successful athletic seasons to date and hope to see you back on the field, court, ice or track for an even better 2023-24!



### Community Coach Opportunities 2023-24

As the school year ends we are already looking ahead to our 2023/24 Athletics Program. As we aim to offer teams in multiple age categories (5-6, 7-8-9, 10-11-12) we are always in search of dedicated community members who would be interested in volunteering their time and knowledge as coaches for these teams. Here are some of the programs we currently offer/could expand to with help:

- Cross-Country Running
- Volleyball
- Curling
- Basketball
- Badminton
- Track and Field

Having dedicated volunteers, such as yourself, join our program helps to build even stronger connections between our school and the Plamondon area and create valuable mentorship opportunities for our students.

If you are interested in volunteering or have any questions, please reach out to EPS by calling us at: 780-798-3840, or by emailing our Principal at: [karen.grygus@nlsdab.ca](mailto:karen.grygus@nlsdab.ca) or our Athletic Director at: [steven.reid@nlsd.ab.ca](mailto:steven.reid@nlsd.ab.ca)

### Summer Basketball Camp Opportunity

July 17 to 21 from 12:30 - 4:30

At Bold Center.

Ages 12-14

Cost: \$100

**Please see the opportunities for summer time fun and learning advertised below**

**JOIN THE CIRCUS**

Join world-class instructor Flyin' Bob, for circus camp. You will learn how to juggle, walk on stilts, ride a unicycle, use a rola bola and even how to walk a tight rope.

To wrap up, a show will be held for family and friends!

**AGES 8-13 • July 31 - Aug 3  
9:30am - 3pm  
BOLD CENTRE • \$75**

To register: Call the Bold Center at 780-623-3829 or stop in at the front desk. For information: call 780-520-7193 or email [christine.martin@laclabichecounty.com](mailto:christine.martin@laclabichecounty.com)



**Summer Literacy Program**

LLBCL provides free tutoring for K-5 students July & August

Registration opens May 1st

**TEEN SOCIAL CLUB**

July 6, 13, 20, 27 • August 3, 10, 17  
Ages 13-18 • Times will vary

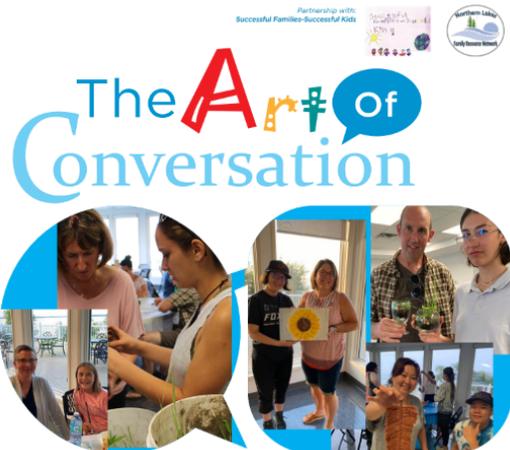
Join other teens in a variety of fun activities while

Leo La Riche County  
welcoming by nature

**fcss**

**TEEN LEADERSHIP CAMP!**





A program for youth aged 10+ and their parent/guardian/grandparent to create, connect and communicate in a welcoming and supportive setting.

Participants will complete a different art piece each week, as a Wellness Coach from Successful Families-Successful Kids leads a conversation on a variety of topics that will help you connect and strengthen your relationship.

Cost: Free

Dates: Wednesday, July 12, 19, and 26 (Deadline to register is two days before each class)

Times: 7:00-8:30 pm at McArthur Place. Snacks, refreshments and all supplies included.

to register call 780-520-7183, or email [christine.martin@laclubichecounty.com](mailto:christine.martin@laclubichecounty.com)



Fun & Creative Indoor/Outdoor Activities for Kids Age 4 and Above

**PWRCRS KIDS SUMMER DAY CAMP**

Cost \$25/day per child, first 2 siblings, additional siblings \$12.50

**JUNE 30TH - SEPTEMBER 1ST**

\*excluding July 3rd and August 7th  
From 8:00 am-5:30 pm

**Activities**

- Outside Fun
- Movie Events
- Sidewalk Chalk
- Crafts
- Fort Building
- Scavenger Hunts
- Fun Games
- Music & Dance
- And so much More!

**REGISTER 780-307-5459**

LIMITED SPOTS AVAILABLE

**LOCATION: PLAMONDON ARENA, UPSTAIRS**

Remember your bagged lunch, snacks and a water bottle



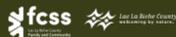
### An Interactive Awareness Presentation

Hosted by the Dragonfly Centre

For youth ages 7-12 years and covering the following topics  
Identify emotions • Healthy friendships (what it is and isn't) • Respect yourself • Boundary setting • Peer pressure • Internet safety • Bullying

Friday, June 30 • 1-3 pm • McArthur Place, Tea Room

Register, online at [ACTIVELLBC](http://ACTIVELLBC) or call the front desk at 780-623-3829



## Who Do You Tell?

### An Interactive Awareness Presentation

Hosted by the Dragonfly Centre

For children ages 7-12 years. Topics will include:  
Emotions • Body awareness/private parts • Okay vs not okay touches • Identify 5 safe adults • Keep secrets vs speak secrets

- What to do if they are in an unsafe situation
- How to tell an adult they need help

The workshops will include an take home activity, such as a craft.  
Registration is required

Friday, June 30 • 10 am - 12 pm • McArthur Place, Tea Room

Register, online at [ACTIVELLBC](http://ACTIVELLBC) or call the front desk at 780-623-3829

## FILLING YOUR TOOLBOX

Strategies to promote emotional development and connection in children.

**TOPICS**  
This workshop will provide participants with an opportunity to learn about child development and to gain practical strategies that promote emotional connection.

**REGISTRATION:**  
Pre-registration is required 780-623-3829  
Visit us online at [ACTIVELLBC](http://ACTIVELLBC) or call 780-623-3829  
Paid childcare available by pre-registration, limited spots.  
Supper will be provided.

**JUNE 16 • 5:30 - 7:30PM • BOLD CENTER • FREE**

# Jr. Family SUMMER FUN

Spend quality time and connect with your 7-12 year old!



July 11th, 11-8 pm  
Paddle The Lake (Beaver Lake Campground)

July 25th, 4-8 pm  
Fire, Wiener roast, Outdoor activities - with Alberta Parks and Brian Deheer (Beaver Lake Group Campground - Site 6)

August 8th, 4-8 pm  
Painting wood tables (McArthur Park)

August 22nd  
Horse riding, watch our Facebook page for details

For more information call 780-623-3829



For Kids 7-12 yrs

## Summer Fun

July 12, 19, 26, August 2, 9, 16 and 23rd

Join us for some fun Summer activities, including, slip and slide, golfing, painting, wood working and so much more. Watch our Facebook page for more information. Wednesdays • 10 am - 12 pm • FREE

Registration is required.

Register online at [ACTIVEVLLBC.com](http://ACTIVEVLLBC.com) or call 780-623-3829 or for more information email [cornelia.fechner@lacobichcounty.com](mailto:cornelia.fechner@lacobichcounty.com)



9:30 - 11:30AM • JULY 13, 20, 27, AND AUGUST 3 AND 10.

Created with 7 to 10 year-olds in mind, a five week program which helps children develop a growth mindset through inspiring stories, colourful illustrations, and engaging guided activities.

Only 6 spots available! Register early.

To register: Call 780-520-9868, or email [cornelia.fechner@lacobichcounty.com](mailto:cornelia.fechner@lacobichcounty.com)

WEEKLY THEMES

- ▶ **WEEK ONE**  
BELIEVE IN YOURSELF. MISTAKES HELP YOU GROW
- ▶ **WEEK TWO**  
BE PERSISTENT. BE GRATEFUL
- ▶ **WEEK THREE**  
BE UNIQUE. BE YOU. CHALLENGES MAKE YOU STRONGER
- ▶ **WEEK FOUR**  
EFFORT IS KEY. LOVE LEARNING
- ▶ **WEEK FIVE**  
BE KIND. MAKE A DIFFERENCE IN THE WORLD



Each child will receive a BIG life Journal!



## Lac La Biche County Libraries Programs

We are officially launching our reading log app - Beanstack! We are currently offering the "1,000 Books Reading Challenge", with the "Summer Reading Challenge" starting on July 1st. To participate in any of our challenges throughout the year, visit <https://llbcl.beanstack.org/>.

### Why participate?

- Track your reading with ease
- Earn online badges
- Chance to win prizes
- Complete with family members
- No lost log books (or forgetting to drop then off in time)
- No trouble finding or filling in online forms

1,000 Books Reading Challenge (for ages 0-6) helps build social and emotional skills, sparks creativity and imagination, promotes bonding, and helps kids do well in school.

Reading a 1000 books before Kindergarten sounds like a lot of reading doesn't it? By reading books together not only are you bonding with your child, you are helping them learn how to read and write. Reading is also a great way to reduce stress and improve one's concentration.

If you read one book each night before bed, you will read 365 in one year which means it can take you less than 3 years to reach your goal.

[Download the app](#) and start tracking your reading today.

## FCSS Teen Activities

Here is what we have coming up and we would love your teen to join us at any or all of them – even if they have not volunteered with us before! Please let me know if they want to sign up for anything! 😊 Please contact FCSS Phone: 780-623-6754 Mobile: 780-520-7183

Date & Time	Activity/Location	Duties	# of Volunteers Needed
Friday, July 7 2-4 pm	Games with Golden Sands residents @ Golden Sands Seniors Centre	Acting silly and visiting with residents, having fun, giving out prizes and snacks	10 or so
Tuesday, July 11 10-4 pm	LLB Ag Society Set up for Ag Fair @ LLB Ag Grounds	Setting up displays for Ag Fair on July 14/15  <b>**Delicious Lunch INCLUDED</b>	As many as we can get
Monday, July 24-Friday, July 28 Morning slot or afternoon slot	Summer Kids Club @ Beaver Lake Group Use Area	Doing activities with small children with FCSS Childmind Staff (age of children mostly 2-6 years old). Lots of fun for teens who like small kids.	A few each day, but you can volunteer for just one slot or all week long if you want!

# EDUCATIONAL FREE WEBSITES

LEARNINCOLOR.COM

## MATH

- Funbrain
- Prodigy
- Math Playground
- Splash Learn
- Math Game Time
- Khan Academy

## SCIENCE

- Discovery Mindblown
- NASA Kids Club
- Amazing Space
- Code Academy
- How Stuff Works

## SOCIAL STUDIES

- Crash Course (YouTube)
- Who Was? App/site
- Nat Geo Kids
- Google Earth
- Time for Kids
- Smithsonian for Kids

## OTHER

- Brain Pop
- Ted Talks
- PBS Kids
- Duolingo
- Hello Kids (drawing)