



Elk Point Elementary School

October 2024

Box 600, 5410—50 Street, Elk Point, Alberta, T0A 1A0

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- 3 Hot Food—Hamburgers
- 5 World Teachers' Day
- 7-18 EPE & Helping Hands Food Drive
- 10 Jersey Day
- 10 Hot Food—Chicken Burgers
- 11 PLC DAY, no school
- 14 Thanksgiving Day, no school
- 17 Hot Food—Magic Pizza
- 22 November Milk/Hot Food Orders Due
- 24 Hot Food—Hot Dogs
- 24 Picture Retakes
- 25 Student Assembly
- 31 Hot Food—Subway
- 31 Happy Halloween



HELPING HANDS

FOOD DRIVE

OCT. 7-18

IF WE ALL GIVE
A LITTLE
IT ENDS UP
BEING A LOT



LEARNING COMMONS

CORNER

OUR LIBRARY LEARNING COMMONS FACILITY IS OFF TO AN EXCITING START!!!

The 20th Annual Library Jeopardy will be starting towards the end of October! Grades 5 & 6 will have an opportunity to sign up to play! I am excited to start this game and watch students read their Jeopardy books and compete! winners of the grade 5&6's win a lunch of their choice!! come and enter your team for a chance to win!!

Our Accelerated Reader Program is off and running for the 20th year!!! Students from grades 2 - 6 are reading books at their level and answering questions on the book. DON'T forget students - if you take home your AR book to read, make sure it comes back the next day for AR reading in the classroom/library! keep an eye out for AR challenges, games and contests in the near future!!!! REMINDER: Grades 3-6 need to have their goal met by November 8th for their 1st reporting period! Information about Home Connect will be sent out with the students from grades 2-6. I encourage you to sign up! If you are having trouble logging in, give me a call!

It is very important for each student to remember to bring back his or her library book each week for check-in or renewal. Please encourage your child to keep up the good work of reading and returning their books on time!

I am so excited that the students are able to come to the Learning Commons for their library classes!!

Have a great Reading Month!!




TIGER TUESDAY

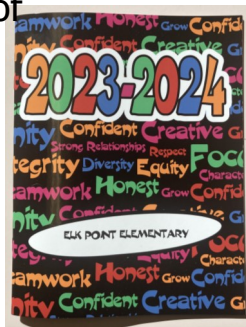

Every Tuesday we encourage students to wear orange/black. You can also order EPE Tiger apparel online at entripyshops.com



October 21-25
SCHOOL BUS SAFETY WEEK



Extra copies of the 2023-2024 yearbooks are still available on schoolcashonline for \$19

SOUND THE ALARM! **FPW 2024**
FIRE PREVENTION WEEK **IS HERE!**

PROTECT WHAT MATTERS MOST
WORKING SMOKE ALARMS
SAVE LIVES!

Oct. 6—12

school lunch menu

- October 3 HAMBURGER 
- October 10 CHICKEN BURGERS 
- October 17 MAGIC PIZZA 
- October 24 HOT DOGS 
- October 31 SUBWAY 

November Hot Food & Milk orders are due **TUESDAY, OCTOBER 22**

VOLUNTEERS ARE NEEDED
IN ORDER TO RUN THIS PROGRAM!
Please let the office know if you can assist!

No School PLC DAY

Friday, Oct. 11

HALLOWEEN PARADE



THURSDAY, OCTOBER 31ST

Picture Retake Day
Oct. 24

SCHOOLMESSENGER



Stay connected! Keep informed!

2024
WORLD TEACHERS' DAY
Sat. Oct. 5

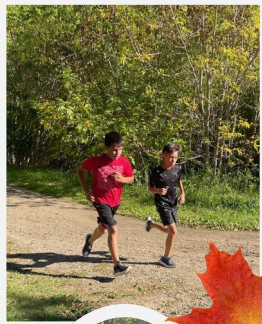


WE ARE A BUCKETFILLING SCHOOL



WE FILL BUCKETS...NO DIPPING!

JERSEY DAY
OCT. 10



September

FOOD DRIVE COMING SOON!

Elk Point Elementary School and Elk Point Helping Hands are teaming up to host a Food Drive!

When: Oct. 7 - Oct. 10, the week before Thanksgiving
Oct. 15 - Oct. 18, the week after Thanksgiving

Elk Point Helping Hands:

- is a local, independent, volunteer organization that relies totally on community donations
- gives food and toiletries to families in Elk Point and this area, who are in need

We would really appreciate receiving any of these basic non-perishable supplies:

Peanut Butter	Kraft Dinner	Pasta
Baked Beans	Soup	Pasta Sauce
Pancake Mix	Oatmeal	Cold cereal
Syrup	Mayo	Canned Meat (Chicken, Ham, Turkey)
Knorr Side Dishes	Jam	Canned Fish (Tuna)
Oil	Rice	Canned Vegetables
Toilet Paper	Dish soap	Hand soap
Shampoo/Conditioner	Toothpaste	Toothbrushes

If you would like to participate and can have your child bring any of the above items, like a can of soup, or a box of KD, that would significantly help people in need! There is no donation too big or too small!

If we all give a little, it ends up being a lot! Thanks for caring! Thanks for sharing!



BOARD MEETING

HIGHLIGHTS



Enrolment Update

Overall enrolment is slightly higher than projected. The official student count will occur at the end of September.

Mallaig Planning Update

The Board approved the design plan for the Mallaig replacement school, which includes provisions for a future daycare addition.

Education Plan Review

The Board approved amendments to the 2024-2025 Education Plan, including hiring a division literacy consultant, collaborating with Dr. Emily Milne to apply for a grant addressing systemic inequities for Indigenous and equity-deserving students, and developing a framework and policy for using Generative AI to enhance teaching and operational efficiencies.

Historical School Sites

Earlier this year, the Province requested a complete list of Division-owned properties, revealing the ownership of three small historical school sites in the County of St. Paul. The Board will assess their potential for future use or disposal.

Cell Phones & Other Personal Devices in Schools

The Alberta government has introduced restrictions on the use of personal mobile devices and social media in schools, which have been in effect since September 1, 2024. The Division will establish a committee to develop procedures and policies that align with the new Ministerial Order, with the final policy due by January 2025.

Educational Assistant Project

The Division is pleased to offer training for Educational Assistants, facilitated by an EA Coach who will lead participants through seven modules. The program is designed to strengthen their skills and support their roles. Training includes video modules with reflection, a community of practice led by the EA Coach, and on-the-job coaching from the EA coach.



New Attendance Reporting System

The Division launched SafeArrival, a new attendance reporting system, on September 3. This system simplifies reporting and managing student absences. Key benefits include automated notifications for unexplained absences and multiple options for parents to report absences in advance via a mobile app, website, or toll-free phone line. If no reason for an absence is received promptly, the system will contact parents through text, email, or phone. More details are available on our Division and school websites.

Staff Wellness Day

On August 28, staff participated in a division-wide professional development day focused on wellness. Keynote speaker Ariel Haubrich provided valuable insights on self-care and the afternoon featured wellness-focused sessions for staff, followed by an opening mass for Catholic schools.

**For more information,
contact:**

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Fighting off fall fatigue

As we adjust back into the school routine, we may be tempted to reach for an energy drink to ward off an afternoon slump or early morning fatigue. While they are marketed with claims of increased energy and improved concentration, what do we really know about energy drinks?

- Energy drinks can contain caffeine, added sugars and other stimulants.
- A single energy drink can contain 160-180mg of caffeine which is almost half of Health Canada's recommended daily intake for adults (400mg daily) and over the maximum amount recommended for children and youth (100mg daily).

Effects of caffeine and sugar from energy drinks

- Caffeine stimulates the central nervous system for up to 6 hours.
- Caffeine can increase blood pressure, irritability, restlessness, nervousness and contribute to difficulty sleeping, irregular heartbeat, headaches and tremors.
- Caffeine can affect how some medications work.
- One energy drink can contain up to 54 grams of sugar which is the same as 13.5 sugar cubes.
- The quick-digesting sugars in these drinks can lead to significant energy spikes and crashes.

Risks of energy drinks

- High amounts of sugar, which adds calories, and can increase blood sugar in those who have diabetes.
- High amounts of caffeine, which can make high blood pressure and abnormal heartbeats more likely in those who have heart problems.
- The caffeine in energy drinks may make it harder to sleep. Over time this can lead to sleep deprivation.
- Mixing energy drinks and alcohol together can make the effects of alcohol harder to notice. People may feel they are not as intoxicated as they really are and drink more.

Talk to your children and youth about energy drinks and caffeine:

- Have informed conversations about these drinks.
- Explain that energy drinks are not meal replacements and drinking them on an empty stomach can worsen side effects.
- Mixing energy drinks with alcohol can be dangerous.
- Encourage other ways to increase energy such as a consistent sleep schedule, regular physical activity and balanced eating.
- Make gradual steps to reduce intake instead of stopping abruptly as withdrawal symptoms can happen.

MORE RESOURCES

Visit myhealth.alberta.ca and search "Energy Drinks"



For information on mental health, community supports, programs and services in your area:



OCTOBER



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		1 Day 3 KA 	2 Day 4 KB	3 Day 5 KA  Hamburgers	4 Day 6 KB	5 
6	7 Day 1 KA HELPING HANDS FOOD DRIVE	8 Day 2 KB 	9 Day 3 KA	10  Day 4 Jersey Day KB Family Activity Chicken Burgers 	11 	12
13	14 	15 Day 5 KA 	16 Day 6 KB HELPING HANDS FOOD DRIVE	17 Day 1 KA  Magic Pizza	18 Day 2 KB	19
20	21 Day 3 KA	22 Day 4 KB November Milk & Hot Food Order Deadline 	23 Day 5 KA	24 Day 6 KB  Hot Dogs 	25 Day 1 KA Assembly	26
27	28 Day 2 KB	29 Day 3 KA 	30 Day 4 KB	31 Day 5 KA  Subway 		