

# ELK POINT ELEMENTARY SCHOOL



## FEBRUARY 2025

Box 600, 5410—50 Street, Elk Point, Alberta, T0A 1A0  
Principal: Mr. Garth Finlay    Asst. Principal: Mrs. Reanne Mudryk

Phone: 780-724-3880    Text: 780-646-2160    Email: [epe@sperd.net](mailto:epe@sperd.net)  
Website: [www.elkpointelementaryschool.ca](http://www.elkpointelementaryschool.ca)    Facebook: [Elk Point Elementary SPERD](https://www.facebook.com/ElkPointElementarySPERD)



- Jan. 29—Feb. 7 Candygram Sales
- 3-21 EPSES Sysco Fundraiser
- 4 Lakeland Lacrosse Assoc. visit
- 5 Winter Walk
- 12 Red/Pink Day
- 12 Early Dismissal @ 2:00 pm
- 13/14 Teachers' Convention, no school
- 17 Family Day Holiday, no school
- 18 PLC Day, no school
- 19 March Milk & Hot Food Order Deadline
- 21 Family Activity
- 24-28 Random Acts of Kindness Week
- 26 Pink Shirt Day
- 26 Student Assembly
- 26 Parent Council Meeting 6:30 pm

### TIGER TUESDAYS



Every Tuesday we show Tiger's Pride by wearing orange/black or EPE school clothing. Find the link on our website.

### Thank You

FOR YOUR SUPPORT

BOTTLE DRIVE

# \$481.50

PROFIT



## SIX DAY WEEKEND

- WEDNESDAY, FEB. 12—EARLY DISMISSAL @ 2 PM
- THURSDAY, FEB. 13 & FRIDAY, FEB. 14  
TEACHERS' CONVENTION
- MONDAY, FEB. 17—FAMILY DAY
- TUESDAY, FEB. 18—PLC DAY

## I choose KINDNESS

# feb 26 2025

WIT'S PINK SHIRT DAY CANADA



Early Dismissal @ 2:00 pm  
February 12



# February Hot Food Menu

Feb. 6—Perogies & Sausage

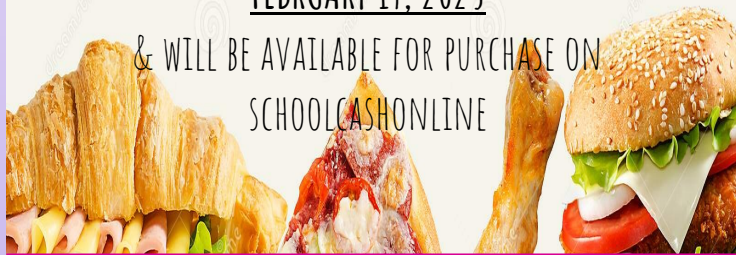
Feb. 20—Subway

Feb. 27—Hot Dogs

MARCH HOT FOOD & MILK ORDERS ARE DUE

FEBRUARY 19, 2025

& WILL BE AVAILABLE FOR PURCHASE ON  
SCHOOLCASHONLINE



Our Hot Food Program can only continue if we have volunteer help.

Please let the office know which Thursday works for you!

2 Parents are required for Hot Dog Day on Thursday, February 27th

# Random Acts of Kindness Week

Feb.  
24-28

MANNERS MONDAY	THANK YOU TUESDAY	WHAT CAN I DO TO HELP? WEDNESDAY	THOUGHTFUL THURSDAY	FRIEND- SHIP FRIDAY
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## Have you heard of EPSES?

The Elk Point School Enhancement Society (EPSES) was incorporated in 2023 as a complement to our School Councils with the objective of supporting schools and education in Elk Point.



# Wednesday, February 5, 2025

**Open the Door and Go For It!**



ON WEDNESDAY, FEBRUARY 5TH THE ENTIRE SCHOOL WILL BE MEETING OUT IN THE PARKING LOT AFTER NOON RECESS & TAKING PART IN OUR ANNUAL WINTER WALK DAY.

EVERY WINTER, THOUSANDS OF ALBERTANS CELEBRATE WINTER AND WALKING BY PARTICIPATING IN THE WINTER WALK DAY IN FEBRUARY & WE WILL BE JOINING THEM BY WALKING FOR A MINIMUM OF 15 MINUTES IN OUR EPE FAMILIES. WALKING IS GREAT FOR OUR HEALTH, THE ENVIRONMENT, REDUCING TRAFFIC AND BUILDING COMMUNITY.

WE WOULD LIKE TO EXTEND AN INVITE TO ALL OF OUR EPE FAMILY MEMBERS TO COME OUT AND JOIN US ON OUR WINTER WALK DAY ON FEBRUARY 7TH AT 12:35 PM.

HOPE TO SEE YOU THERE!



## SKI/SNOWBOARD TRIP

This year the Grade 4, 5 & 6 students will be going to Kinosoo Ridge in Cold Lake for a day of skiing & snowboarding on Wednesday, March 19.

Information and consent forms will be sent home prior to this date.



# Learning Commons News



Unbelievable!!! February is upon us!!! It's hard to believe that we have only 5 months of school left!!

**Library Jeopardy is going great!!  
Stay tuned to hear who the winners of a lunch are!**

Also, coming up in March is our library's annual **SCHOLASTIC BOOK FAIR**. *This year our Book Fair will be Tuesday, March 4th from 4 p.m.- 7 p.m. Keep an eye out for the date!!! More information will be distributed to the students closer to this great event! All proceeds go towards purchasing new books for the library! If you can't make it that evening, there will be designated class times for the students to come!! Also in conjunction with our Book fair is our Science Fair and Student Led PTI's!!*

We have just finished our 2nd Star Reading!!  
**MARCH 7<sup>th</sup>** is the deadline for Reporting Period 2 for AR!! **READ READ READ!!!**

*Have a super reading month everyone!!!*

**Mrs. Dewah**



Our parking lot is.....



**Enter at south end**  
**Exit at the north**

At the end of the day please  
**DO NOT** leave your vehicle parked  
unattended in the  
driving lane of the parking lot



On Tuesday, February 4th ,  
Lakeland Lacrosse  
Association will be visiting  
EPE to teach our students  
about the game of Lacrosse.



# EPSES FUNDRAISER

## Feb. 3rd—21st

Supporting students in our community





# Valentine's Day Candygrams

Feb. 11  
KB Delivery

\$2

Feb. 12  
KA, Gr 1-6 Delivery



THE GRADE 6 STUDENTS WILL BE SELLING  
CANDYGRAMS DURING SUCCESS TIME FROM  
JANUARY 29 – FEBRUARY 7

STUDENTS CAN PURCHASE CANDYGRAMS FOR  
THEIR FRIENDS, CLASSMATES, TEACHERS, OR  
FAMILY MEMBERS.



**AFTER SCHOOL  
ATHLETICS**

**FEB. 5, 19, 26**

**HANDBALL**





# Random Acts of Kindness Week

Dear Parents or Guardians,

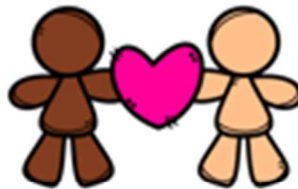
As part of our continued emphasis on fostering a positive school environment and Bucket Filling, we will be celebrating **Random Acts of Kindness Week** at Elk Point Elementary from February 24 through February 28. This week will also include **Pink Shirt Day** on February 26.

A random act of kindness is a simple act which brightens someone's day. It can be something significant, like making a donation to a charity, or something smaller, like holding a door open for someone. It can be planned in advance or happen on the spur of the moment. As for **Pink Shirt Day**, it is an annual event where participants wear pink to raise awareness about bullying.

Our daily focus for the week will be the following: *Manners Monday, Thank You Tuesday, What Can I Do to Help? Wednesday, Thoughtful Thursday, and Friendship Friday*. Each day during morning announcements, a student guest will join Mr. Finlay or Mrs. Mudryk and read the kindness plan for the day. Be sure to ask your child about how they showed kindness each day!

Students will be able to participate in a Random Acts of Kindness Challenge. Challenge Sheets will be distributed by homeroom teachers.

Help us spread KINDNESS this week and every week.



Ms. E. Ziomek  
Family School Liaison Worker

**Kindness is contagious—pass it on!**



BOARD MEETING

# HIGHLIGHTS



## **Personal Mobile Devices and Social Media in Schools**

Parent feedback strongly supports a policy to restrict mobile devices use during school hours to reduce distractions, protect student well-being, and enhance learning. Key considerations, including enforceable rules, differentiation by grade levels and educational purposes, consistent consequences, and addressing communication needs, have been incorporated into the new [administrative procedure](#), which is now in effect.

## **Alberta Education Satisfaction Surveys**

The Ministry of Education will conduct its annual satisfaction telephone and online surveys to collect public and participant perceptions of Alberta's education system. These surveys gather responses from a random sample of parents, the public, high school students, teachers, principals, and school board trustees, as well as employers of recent high school graduates. Advanis Inc. will begin survey administration of the telephone/online surveys on January 20, 2025, with an expected conclusion in May 2025.

## **Early Learning Report**

Director of Inclusive Education and Early Learning, Sha Tichkowsky, shared an overview of the Division's Early Learning Program, which serves children in Kindergarten and Pre-Kindergarten. Nine schools offer Kindergarten, with full-day programs at four locations, and preschools also operate in two schools. Early intervention supports include speech and language services, occupational therapy, and literacy programs.

## **2025-2026 Calendar**

Two draft calendars for the upcoming school year have been presented to the Board for consideration. Shaped by input from staff, parents, and students gathered through recent surveys, the drafts will now be shared with principals and school councils for additional feedback.

## **Science Fair**

The St. Paul and District Steam Society is hosting its third annual Science Fair on Saturday, April 12, 2025. More information is available [here](#).

## Legion Remembrance Day Contest

Schools participated in the Legion's annual Remembrance Day contest, with 27 students recognized for their outstanding work in visual art and writing. Presentations are happening this month to celebrate their achievements, with some winners advancing to the national level. Thank you to the St. Paul Legion for organizing this meaningful contest and fostering the tradition of remembrance in our community.



## New Myrnam School Delegation

A delegation of students and staff from New Myrnam School delivered an engaging and informative presentation about the school's recent Skills Canada Exploration Day. The event featured a design challenge centered on creating a sustainable dwelling, with the planning process incorporating various skills to provide a valuable learning experience.

## École Mallaig Construction Update

Alberta Infrastructure is managing this project, with tenders closing on January 28 and an award is expected in early February. Construction is anticipated to begin within three weeks of receiving a letter of intent from the province which is projected to take just over two years to complete. The Division and County will be reaching out to community stakeholders to continue evaluating daycare options. The Province has confirmed the project will be receiving the standard \$250,000 for playground development.

## PowerSchool Data Breach

The Division's Student Information System provider recently experienced a data breach. Investigations by PowerSchool and St. Paul Education confirm that **no** data belonging to our students, staff, or parents was affected.

## February Board Meeting Date

The next Board meeting is scheduled for February 12, 2025, at 12:30 p.m. at the Division Office. A livestream will be available on the Division's [YouTube](#) channel.

**For more information,  
contact:**

**Dr. Peter Barron**  
**Superintendent of Schools**  
[barrpete@sperd.ca](mailto:barrpete@sperd.ca)



**St. Paul Education**

*Learning Together, Growing Together*

**4313-48 Ave. St. Paul, AB T0A 3A3**  
**P: 780-645-3323**  
**E: [st\\_paul@sperd.ca](mailto:st_paul@sperd.ca)**  
**[www.stpauleducation.ab.ca](http://www.stpauleducation.ab.ca)**

**Introduction to Teaching Empathy**

Empathy is the ability to understand and share feelings of another person.

- Empathy involves recognizing emotions in others, imagining their experience, and responding with care and understanding
- Empathy is a foundational skill for building meaningful relationships and fostering emotional wellbeing.
- Children learn by observing adults model and demonstrate empathy in everyday interactions.

**Top Tips to Teach Empathy  
Model Active Listening and Reflect Back**

Set aside 5-10 minutes each day where you give your child undivided attention. Ask them about their day and actively listen without interrupting. After they share, reflect what you heard

**Benefit:**  
When children feel heard, they learn that their emotions are valid. This practice teaches children how to listen to others' experiences and feelings

**Top Tips to Teach Empathy  
Acknowledge and Name Emotions Together**

When emotions run high—whether it's anger, sadness, or excitement—practice naming the emotions together i.e..) "It seems like you're feeling really disappointed right now."

**Benefit:**

- By helping children recognize and name their emotions, they become better at understanding feelings. This helps them relate to others and show more empathy.

**Top Tips to Teach Empathy  
Encourage "Perspective Taking"**

While reading a story or watching a show together, pause and ask questions like, "How do you think this character is feeling?" or "What would you do in this situation?"

**Benefit:**

- This helps children understand how others feel and see things from their point of view, which is an important skill.

**MORE RESOURCES, visit:**

[Positivepsychology.com](https://www.positivepsychology.com) and search empathy



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



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642



Join us and create with clay. Make a funny animal, a cute rainbow or use your imagination to create your own unique project.

**YOUTH 7+**  
LFRN Elk Point 4906-48 St

## Clay Creations

Monday **03**  
February

**3:30pm-5:30pm**

CALL TO REGISTER  
780-724-3800

**FREE**



*Lakeland*

FAMILY RESOURCE NETWORK

Connect with us for more information.  
Call **780-724-3800** or visit our website at [sipaulfcs.ca](http://sipaulfcs.ca)  
Providing services and support for ages 0-18yrs, parents and caregivers.



**AGES 0-6**  
LFRN Elk Point 4906-48 St

## Loose Parts Play

Pipe cleaner anima

Friday **07**  
February

**10am-12pm**

DROP IN  
780-724-3800



*Lakeland*

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**AGES 0-6**  
Elk Point Elementary Gym

## Run, Jump, Skip

Saturday **22**  
February

**10am-11:30am**

DROP IN  
780-724-3800



*Lakeland*

FAMILY RESOURCE NETWORK

Encouraging gross motor development, sharing and learning turns while being active and having fun!



**AGES 0-6**  
LFRN Elk Point 4906-48 St

## Valentine Craft

Friday **14**  
February

**10am-12pm**

DROP IN  
780-724-3800



Join us and celebrate Valentine's day.



*Lakeland*

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**KINDERGARTEN-GRADE 6**  
LFRN Elk Point 4906 48 St

8 spaces available.  
\$25 CASH refundable deposit per child.  
Registration is not secured until deposit & registration form is received.  
Registration and payment to be made at the FCSS office during our office hours Tuesday and Wednesday (8:30am-12:30pm, 1:30pm-4:30pm).  
First come first served.

## PD Day Youth Program

Thursday **13**  
February

**9am - 3:30pm**

FOR MORE INFORMATION  
CALL 780-724-3800

Must bring their own nut free snacks & lunch.

Please bring appropriate outdoor clothing as we will be going outside

*Lakeland*

FAMILY RESOURCE NETWORK

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Providing services and support for ages 0-18yrs, parents and caregivers.



Fine motor skills are activities in which you use the **SMALL** muscles in your hands and wrists to make **PERCISE** movements.

**AGES 0-6**  
LFRN Elk Point 4906-48 St  
Developing fine motor skills through play.

## Fine Motor Fun

Friday **21**  
February

**10am-12pm**

DROP IN  
780-724-3800



*Lakeland*

FAMILY RESOURCE NETWORK

Connect with us for more information.  
Call **780-724-3800** or visit our website at [stpaulfcss.ca](http://stpaulfcss.ca)  
Providing services and support for ages 0-18yrs, parents and caregivers.



**AGES 0-6**  
LFRN Elk Point 4906-48 St

## Storytime & Craft

Friday **28**  
February

**10am - 12pm**

DROP IN  
780-724-3800



*Lakeland*

FAMILY RESOURCE NETWORK

Encouraging speech and language development, listening skills, and bonding.

Connect with us for more information.  
Call **780-724-3800** or visit our website at [stpaulfcss.ca](http://stpaulfcss.ca)  
Providing services and support for ages 0-18yrs, parents and caregivers.



**Various topics include:**  
-the responsibility of staying alone  
-basic safety tips  
-fires  
-simple first aid  
-what to do in case of an emerge  
**\*Participants must be at least 10 year old**

**YOUTH 10+**  
LFRN Elk Point 4906-48 St  
This course is for young people who are beginning to stay home alone.

## Home Alone Course

Monday **24**  
February

**3:30pm-5:30pm**

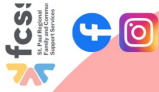
CALL TO REGISTER  
780-724-3800

\$10 REGISTRATION FEE

*Lakeland*

FAMILY RESOURCE NETWORK

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Providing services and support for ages 0-18yrs, parents and caregivers.



2025

Elk Point LOCATION

WHICH PROGRAM IS FOR ME?  
child development & well being  
ages 0-6 (blue)  
ages 7-18 (red)  
caregiver support, building, classes  
all ages (Grey)  
community events  
all ages (White)

# February

MON


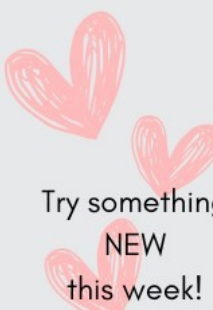

TUE

WED

THU

FRI



<p><b>03</b> Youth Group Clay Creations 3:30pm - 5:30pm <b>REGISTER</b></p>	<p><b>04</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p><b>05</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm Emotion Coaching <b>ONLINE</b> <small>*SEE POSTER FOR DETAILS</small> 6:45pm-7:45pm <b>REGISTER</b></p>	<p><b>06</b></p> 	<p><b>07</b> Loose Parts Play 10am- 12pm <b>DROP IN</b></p>
<p><b>10</b> NO PROGRAM</p>	<p><b>11</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p><b>12</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm Emotion Coaching <b>ONLINE</b> <small>*SEE POSTER FOR DETAILS</small> 6:45pm-7:45pm <b>REGISTER</b></p>	<p><b>13</b> PD Day Youth Program 9am -3:30pm <b>REGISTER</b></p>	<p><b>14</b> Valentines Activities 10am - 12pm <b>DROP IN</b></p>
<p><b>17</b> <b>Closed</b> Family Day see poster for events happening in our community.</p>	<p><b>18</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p><b>19</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm Emotion Coaching <b>ONLINE</b> <small>*SEE POSTER FOR DETAILS</small> 6:45pm-7:45pm <b>REGISTER</b></p>	<p><b>20</b></p>  <p>Try something <b>NEW</b> this week!</p>	<p><b>21</b> Fine Motor Fun 10am-12pm <b>DROP IN</b> <b>Run, Skip, Jump</b> <b>Saturday, Feb 22</b> <b>10am-11:30am</b> See Poster for more details. <b>DROP IN</b></p>
<p><b>24</b> HOME ALONE Ages 10+ 3:30pm - 5:30pm <b>REGISTER</b></p>	<p><b>25</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p><b>26</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm Emotion Coaching <b>ONLINE</b> <small>*SEE POSTER FOR DETAILS</small> 6:45pm-7:45pm <b>REGISTER</b></p>	<p><b>27</b></p> 	<p><b>28</b> Story &amp; Craft 10am-12pm <b>DROP IN</b></p>



**4906 - 48 St**  
Elk Point AB T0A 1A0  
Call: 780-724-3800  
Text: 780-614-1941  
Web: stpaulfcss.ca



st.paul\_fcss



St. Paul Regional  
FCSS & Family  
Resource Network

# MOVE YOUR MOOD FEBRUARY 2025 FAMILY CHALLENGE



This FREE Family Challenge is open to all families of all ages across Alberta to join.

During the challenge you will learn ways to connect as a family by; practicing mindfulness, moving your bodies, fueling your bodies, expanding your mind and building healthy relationships.

Register between January 6 - January 31, 2025.  
Your family will receive 4 weeks of challenge ideas. The first week will begin February 3rd, 2025.

Complete family challenges and submit a final evaluation for a chance to win fun family prizes!

To register click [here](#) or scan the QR code





**LAKELAND  
REGIONAL  
SCIENCE FAIR**

**INFORMATION SESSION AT THE ST. PAUL  
MUNICIPAL LIBRARY  
WEDNESDAY FEBRUARY 5TH 5:30 TO 7:30**

Drop in to find out more about the  
Lakeland Regional Science Fair.

- How to register
- Project Ideas
- How to help
- More



Presentation starts at 5:40pm  
Q&A and Idea sharing  
after presentation



FOR MORE INFORMATION ON THE LAKE LAND REGIONAL  
SCIENCE FAIR CHECK OUT OUR WEBSITE:

<https://spdss.ca/lrsf-2025/>





# February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Day 2 KB	4 Day 3 KA	5 Day 4 AFTER SCHOOL ATHLETICS KB Winter Walk	6 Day 5 KA Perogies & Sausage	7 Day 6 KB	8
9	10 Day 1 KA	11 Day 2 KB	12 Day 3 KA Pink/Red Day 2:00 DISMISSAL	13 14 Teachers' Convention		15
16	17 HAPPY FAMILY DAY	18 PLC Day	19 Day 4 AFTER SCHOOL ATHLETICS KB March Milk & Hot Food Orders Due	20 Day 5 KA Subway	21 Day 6 KB FAMILY ACTIVITY	22
23	24 Day 1 KA	25 Day 2 KB	26 Day 3 AFTER SCHOOL ATHLETICS Parent Council Meeting @ 6:30 pm ASSEMBLY Pink Shirt Day	27 Day 4 KB Hot Dogs	28 Day 5 KA	
<b>Random Acts of Kindness Week</b>						