



École St. Paul Elementary School

LIVE, LEARN, & LEAD LIKE JESUS

VIVEZ, APPRENEZ, et MENEZ COMME JÉSUS

June
2021

Phone #: 780-645-3537

Website: www.stpaulelementaryschool.ca

Absentee Line: 780-645-2935

School Cell# 780-614-4612 (text only)

Facebook: École Élémentaire St. Paul Elementary SPERD

Our Mission:

*Working together to live,
learn and lead like Jesus
so that we grow
as servant leaders and
lifelong learners.*



School Fees for the



2020-2021

school year are due.

Please make your payment at the office

or access SchoolCashOnline

<https://sperd.schoolcashonline.com/>

before the end of June.

PRE-REGISTRATION OF CURRENT

STUDENTS FOR THE 2021-2022 SCHOOL YEAR

Pre-registration forms were sent home with your child in May. **Read the cover letter, fill out necessary information, sign and return ALL forms** completed by June 11, 2021. If you have not provided the school with a copy of each child's Birth Certificate please do so.



School Cohort Picnic

June 3rd



The Theme Of The Month Is Joy!

Coach's Corner

Thank you to our students and staff for participating in the following activities:

- Learning about good physical/mental health
- Preparing artwork to share with our friends at Sunnyside, Extensicare & Auxiliary! We delivered another 3 packages to them.
- We had a Ways To Good Health contest, wore our favorite hats, had a chance to watch the Opera virtually with snacks - celery, cheese and our healthy snack of popcorn.
- We also were very busy with Catholic education week and education week.

All students will be participating in outdoor lessons about using a skipping rope and the benefits on our health and heart!



Students will also be receiving an outdoor lesson on What is Joy!

KINDERGARTEN PRE-REGISTRATIONS

If you have a child kindergarten age for the 2021-2022 school year, you are invited to drop by the office and fill out a registration form. If you know of parents who would be interested in sending their child to SPECS, please inform them of our programs and ask them to drop by the office for more information and a registration form.

Your child must be five years of age by December 31, 2021. Call to book@ 780-645-3537

Kindergarten
Registration

WHAT IS SO IMPORTANT ABOUT FEELINGS? If you're like most parents, you sometimes worry about how your child will handle the whole process of growing up. You may wonder if there is anything you can do now that will help your child make safe choices as a teenager. The answer is—yes. Listen to your child, and encourage them to talk about feelings.

Young children are trusting and open. They let you know exactly how they feel without even thinking about it. But even before they reach school age, many children have learned to hide their true feelings. They pick up signals from their parents and other adults, and sense that there are certain things they shouldn't talk about, and certain feelings they should keep to themselves. As adults we aren't always comfortable talking to our young children about feelings,

especially feelings of fear, insecurity, anger, jealousy and loneliness. We may respond with words that aren't very helpful like, "You shouldn't feel that way" or, "There's no reason to be afraid." By the time children reach the preteen or teenage years, they may have learned that we don't really want to hear about their feelings. They may become guarded and withdrawn, willing to confide in their friends, but not in their parents or caregivers. They may make poor choices as they try to copy the way other teenagers look and behave. Teenagers often feel isolated, and believe that their peers are the only ones who really understand them. When you take time to listen, and encourage your child to express their feelings, you're building a trusting relationship that will help in years to come.

The happy face myth Many people in our society are not able to talk honestly about feelings. Deep down, most of us have bought into the "Happy Face" myth. We believe that being positive and cheerful is good, and that feelings like sadness or anger, which make us uncomfortable, are bad. How should you respond when your child talks about feelings? The first thing you can do is really listen. Instead of telling the child they shouldn't feel that way, try asking more about why they feel that way. Allow them to "vent" their feelings, and let them do most of the talking. They'll feel better just knowing that you care enough to listen to their problems.

Learning to listen If your child says, "I hate school," your first reaction may be to deny it. Most parents don't like to hear that their child hates school. After all, school is important to your child's future. But no matter what your child says, you can respond in a way that will open the gates to communication, instead of slamming them shut. You can say, "What is it you hate about school?" Listen to your child and acknowledge their feelings. You might tell your child about some similar problem you had when you were that age. Let them know that you understand school isn't always a happy experience, but you believe in them and know they will do their best.

Building strong bridges Talking about feelings is one of the best ways to reach out to your child. You'll create patterns for communication that will last through the teenage years and beyond. When problems do come up, you and your child will have one big advantage—your communication bridges will already be firmly in place. As your child faces more grown-up challenges, they'll know that it's okay to talk honestly about feelings. It's okay to feel sad, confused, and vulnerable at times. Your child will learn that you're willing to listen and understand. When a child can talk about feelings and problems with an adult who cares, that can make

all the difference
more resources



Resources from Alberta Health Services See link below for

<https://www.albertahealthservices.ca/amb/page2434.aspx>

STUDENTS, PLEASE CHECK THE LOST AND

FOUND BOX BEFORE THE
END OF THE SCHOOL YEAR
FOR ANY LOST OR MIS-
PLACED ITEMS.

Lost & Found



On June 21, celebrate the heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis!

TRACK AND FIELD

Monday June 21, 2021

Grades 4 & 5

Alternate Track and Field Date:

June 22, 2021



MAKERspace

Is looking for Duplo Bricks!

**If you have any of these specific colors
with 8 studs, we would greatly appreciate
it for student activities!**

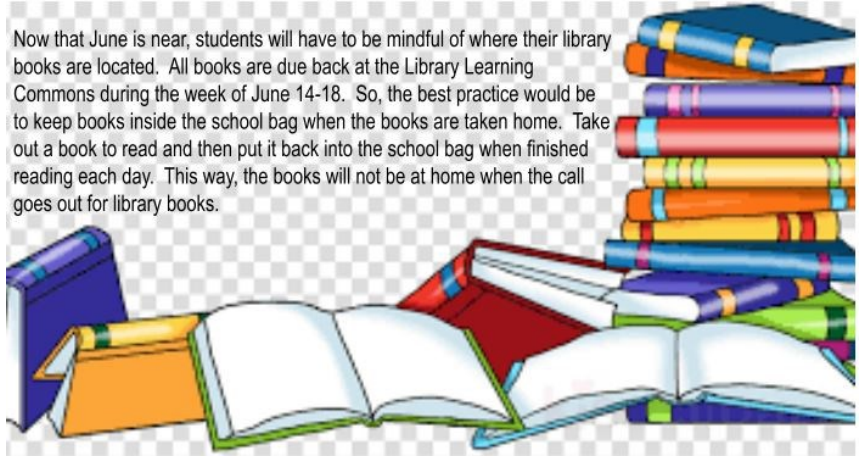
Red
Green
Yellow



Blue
Orange
Light Blue

FROM THE LIBRARY LEARNING COMMONS:

Now that June is near, students will have to be mindful of where their library books are located. All books are due back at the Library Learning Commons during the week of June 14-18. So, the best practice would be to keep books inside the school bag when the books are taken home. Take out a book to read and then put it back into the school bag when finished reading each day. This way, the books will not be at home when the call goes out for library books.



We are at the Home Stretch....

and it's important to keep going even when you feel anxious, nervous or worried. A good strategy is to say helpful statements to yourself. Get a card and write down a statement or two that will help you when you have thoughts of doubt, fear or worry. Repeat these statements as often as you can throughout the day – in the morning when you wake, throughout the day when you need to hear it, and then at night before you go to bed. Saying the statement or statements for at least two weeks will help to make the statement "stick" in your brain. So when you are struggling the "helpful statements will pop into your head on their own." (Anxiety Canada)

Here are a few examples of some helpful statements:

- ✓ The world is a pretty safe place.
- ✓ I can do this, I will be OK.
- ✓ I can handle this.
- ✓ I can feel anxious and still do it.
- ✓ I am brave.
- ✓ These are just my anxious thoughts. I don't have to believe them.
- ✓ I am strong.
- ✓ I am safe.

Be kind to yourself and let your anxiety and worry go. Enjoy the rest of the school year without fear and doubt. Life is looking brighter!



Taken From: www.anxistycanada.com



Mrs. Filipchuk
Family School Liaison Worker/School Counsellor

AWESOME JOB!

The students and staff would like to thank all **CROSSWALK PATROLLERS** for keeping us safe. We will be having a **lunch party** for all

CROSSWALK PATROLLERS to show our appreciation.

June 9—patrollers from Mrs. Waselick's class

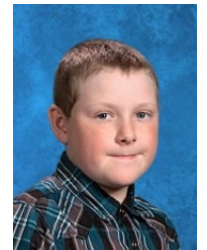
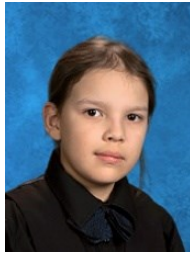
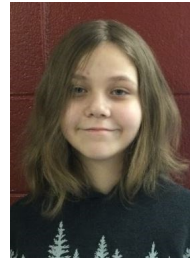
June 10—Patrollers from Mme Quickstad's class

June 11—Patrollers from Mrs. Griffith's class





Farewell Grade 5 Students





*Wishing you much joy & happiness
As you begin a new chapter in your life.*



Dear Parents/Guardians:

As you may or may not have heard, I have accepted the position of Assistant Superintendent for St. Paul Education so it is with very mixed emotions that I say goodbye to the 2020-2021 school year. I feel very fortunate to have been part of the SPECS school community over the past nine years. As students, staff, parents and community partners, we have built solid relationships, developed a growth mindset and continued to learn and support one another through ups and downs. Together, we have created a welcoming, caring, respectful, inclusive and kind learning environment. I am extremely proud of how our school community has drawn together, particularly in the last year and a half.

The students have proven to us time and again that they are capable, resilient and hard working. Some of my fondest memories in my tenure here include greeting students in the morning and visiting classrooms to see engaged classrooms. Also notable for filling my bucket are the assemblies where we honored students for how they *live, learn and lead like Jesus*, celebrated reading achievement and recognized leadership. Truthfully, students have been among some of my greatest teachers.

Parents, most recently, you have walked alongside us and taken on the role of at-home teachers with determination and grit. Over the years, it has been evident that our parents are friendly, caring and supportive. I have been grateful to our parent volunteers and councils for their work to provide new playground equipment, technology, hot lunches, sound systems, reading resources, basketball nets and student incentive money. Conversations with parents about their perspective and experiences have been invaluable, often serving as tipping points for change. Your feedback has helped shape the growth of our school.

I have been truly blessed to have worked alongside so many amazing educators and support staff since 2012. We have persevered through a pandemic but also implemented numerous initiatives from literacy, numeracy, restorative justice practices, inquiry based learning to faith formation, 21st Century learning and our incredible Makerspace. Through open communication, shared experiences and a commitment to collaboration, our staff has become highly sensitized to student needs and consequently, has incorporated inclusive and trauma-informed practices that make our students feel welcomed, safe, respected and cared for every day. Empathy abounds here so I am certain that you will all continue to live out our mission to *work together to live, learn and lead like Jesus so that we grow as servant leaders and lifelong learners*. I will fondly remember our sharing circles, your willingness to be vulnerable in the face of change and especially, the laughter. I have been humbled to serve as your leader and will miss you deeply.

The next school year will mark a new beginning for many. As I move to our division Central Office and look forward to working with our community partners in my new role, I leave this school family in the very capable and caring hands of our new Principal, Mme Adrienne Dallaire. Many of you know her as our current Assistant Principal, music teacher and former classroom teacher in our school. Interviews for the Assistant Principal position will be held in the coming days. Please watch social media for announcements. I know that you will make the new admin team feel welcome at this incredible school!!!

Again, thank you for being part of my learning journey and allowing me the honour to be part of yours. God bless you all.

Yours in learning,

Karol Cabaj-Martín (a.k.a. Mme. C. – M.)

FAREWELL MME C.-M.



Au Revoir



2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please watch Seesaw for possible Fun Swim dates with Stage 2 re-opening plans.		1 Day 6	2 Day 1	3 Day 2 Mental Health Day School Cohort Picnic	4 Teacher PD No School	5
6	7 Day 3	8 Day 4	9 Day 5	10 Day 6	11 Day 1	12
13	14 Day 2	15 Day 3	16 Day 4 Dernier jour de maternelle 	17 Day 5	18 Day 6	19
20 	21 Day 1 National Indigenous Peoples Day Track N' Field 	22 Day 2 Alternate Track N' Field Day	23 Day 3	24 Day 4 Last Day of School 	25 Teacher PD	26
27	28 Teacher PD	29	30	2021/2022—Registration Please watch Facebook & our Website for dates in August 		

SPECS is an ALLERGY AWARE Zone