



FORT SASKATCHEWAN

• ELEMENTARY •

Dear FSE Families,

As we move into May, please join our school community in thanking our dedicated bus drivers who get our students to and from schools safely each day! May 1 is Bus Driver Appreciation Day and our students have created many notes and cards to let our drivers know how much we appreciate them! On behalf of **Fort Saskatchewan Elementary** *THANK YOU* to all of our school bus operators for a job well done!

The calming strategies we learned about and practiced this week included, **'Rooftop Breathing'** and **'Breathing in Colour'**.

'Rooftop Breathing' Inhale through your nose while counting to four. Hold for a count of six with your tongue on the roof of your mouth. Exhale through your mouth for eight seconds. Repeat this four times.

'Breathing in Colour' Choose your favourite colour. Closing your eyes, breathe in and visualize a swirling ribbon moving around you from the soles of your feet to the top of your head. As you exhale, visualize the swirling ribbon moving away from you, taking a worry with it. Do this three times.

School Fees:

Reminder to check your students' school fees regularly. Field trips are posted as they are scheduled during the school year and are due within 30 days of being posted.

To access your fee information, simply log in to the [PowerSchool Parent Portal](#) and go to “Student Fees.” There you can view your fees and pay them online using Visa, MasterCard or debit card—when available from your financial institution.

For more information about school fees, waivers and payment deadlines, visit www.eips.ca/schools/fees and www.fortelem.ca/about/fees. Alternatively, contact Manon Marcoux-Jones at Fort Saskatchewan Elementary School at 780-998-7771.

EIPS Annual Education Results Report

Every year, Elk Island Public Schools (EIPS) publishes an Annual Education Results Report, which outlines the Division’s Four-Year Education Plan, opportunities for growth and how it’s supporting students to achieve the best possible outcomes. Read through this year’s [EIPS Annual Education Results Report 2021-22](#) and discover how EIPS fosters learning environments for all students to learn, grow and thrive—and why it matters.

May Spotlight: cultivating high-quality learning environments and experiences

- [Power of Kindness](#): Creates welcoming, inclusive, respectful, and safe learning environments in schools
- [Building Blocks](#): How effective planning, management and infrastructure is supporting learning
- [Raising the bar](#): Evidence-based practices that are enhancing teaching and learning in EIPS

RELATED INFORMATION

[EIPS Four-Year Education Plan: 2022-26](#)

[EIPS Three-Year Capital Plan: 2024-27](#)

Education Week 2023: May 1-5

Education Week takes place May 1-5. Throughout the week, students and staff from **Fort Saskatchewan Elementary** are showcasing and celebrating the role education plays in shaping the future of our province. Led by the Alberta Teachers’ Association and Alberta School Councils’ Association, the annual event is celebrated by school communities provincewide with activities focused on the importance of education.

The theme of Education Week this year is **Learning Uplifts All**, which celebrates working toward an inspired future for public education. This includes optimal learning conditions for every child, students who enjoy learning and achieve their

goals, opportunities for teachers to continue developing their professional skills, and parents and communities involved and supportive of learning.

Fort Saskatchewan Elementary is excited to celebrate Education Week and has a number of activities planned, including:

- Mon-Thurs: Daily motivating and educational quotes over the daily announcements
- Mon: Provide a hot breakfast snack to staff to start their day off right!
- Tues: Photo Day: We are having the entire school community go outside to create the message "We Love To Learn" with their bodies.
- Wed: School Spirit Day - Wear the color that you most connect with from our *Elements* and school colors (Blue - Water, Green - Earth, Yellow - Air, Red - Fire)
- Thurs: Share with staff a Top-Secret Video that the students and Admin have made, celebrating what they love most about their class community.

School Council & Parent Society

DATE CHANGE: Monday, May 15 at 5:30 p.m. is our next School Council and Parent Society meeting at our school! We will also be offering a virtual hybrid of this meeting for those who are unable to attend in person. Please join us virtually using the following Google Meet link: <https://meet.google.com/fzh-qioi-spk>. All participants will be required to identify themselves.

Hot Lunch!

The [Winter/Spring 2023 Hot Lunch program](#) is now open for the following dates:

- Friday May 26 – Prime Time Donair (cut off to order is Thursday May 18)
- Friday June 9 – Perry's 2 For 1 Pizza (cut off to order is Thursday June 1)

School Spirit Wear Is Now Available

Order your Fort Saskatchewan Elementary school spirit wear and 10% of your purchase will be donated to our Parent Society to support our school community!

Order here: <https://fse.entripyshops.com/>

Yearbook Pre-orders Ready!

We are happy to announce the FSE 2022/2023 Yearbook is currently under construction, and we are now able to accept pre-orders.

To pre-order your copy, please log into your [Parent PowerSchool Portal](#) and add the “Optional Yearbook Fee”. The cost is \$20 and once payment is received, your student’s copy will be reserved and sent home once they arrive on site (May 2023).

Caregiver Education Team Newsletter April 2023

Alberta Health Services offers free online programming for parents and caregivers of children and youth. These free sessions are using the Zoom platform. Upcoming sessions include – Understanding Anxiety, Building Executive Functioning Skills, and a Harm Reduction Approach to substance use.

For more information, visit cyfcaregivereducation.ca/home and click on the latest newsletter link at the bottom of the page.

Alberta Health Services Addiction and Mental Health Newsletter

The May edition of the Alberta Health Services Addiction and Mental Health Newsletter is a special edition in recognition of Mental Health Week! [Newsletter](#)

Themes include:

- [Move your body](#)
- [Practice mindfulness](#)
- [Expand your mind](#)
- [Fuel your body](#)
- [Build assets](#)
- [Move your mood](#)

During **May 1-7**, Mental Health Week is a time for Canadians to learn, talk, reflect and engage with others on all issues relating to mental health.

Parent/guardian verification information forms due April 30, 2023.

This form is required for each student currently registered within Elk Island Public Schools. As this new form includes a handful of new questions, a completed form is required for each student in the Division even if your family's contact information has not changed recently.

To review your information, simply log in to your [PowerSchool Parent Portal](#) and open the "Parent/Guardian Information Verification Form" from the left-hand menu or the notification at the top of the page. Review all information carefully, provide updates where needed for all parents and guardians listed, answer the new questions and **submit your form by April 30**. Repeat as needed for any other students in your family.

Contact the school office at 780-998-7771 if you need assistance troubleshooting any of the following:

- issues logging in to your PowerSchool Parent Portal account
- linking students to your Parent Portal account
- accessing or submitting the Parent/Guardian Information Verification Form
- trouble accessing a form you've started but have not yet submitted

Thank you for your assistance in helping ensure Fort Saskatchewan Elementary and the Division have the most up-to-date contact information on file for your family!

Looking forward to May...

May 1 – 5 ~ Education Week!

May 1 ~ Bus Driver Appreciation Day!

May 2 ~ Gr. 6 Immunizations 12:50 p.m.

May 3 ~ Early Dismissal! Hats on for mental health! School Spirit Day: Wear the element colour you connect with most! (Blue - Water, Green - Earth, Yellow - Air, Red - Fire)

May 4 ~ EIPS Invitational Relay Races at SAP (behind Bev Facey in Sherwood Park)

May 5 ~ Professional Learning Day – no school for students

May 8 ~ Class pictures for ECS A and grades one through six students; Mental Health Monday - Wear a hat to raise awareness of mental health.

May 9 ~ Class pictures for ECS B

May 10 ~ Bear Witness Day! Our Spirit Bear, Stanley, will be going to classes to introduce himself!

May 15 ~ School Council and Parent Society Meeting at 5:30 p.m.; Mental Health Monday - Wear a hat to raise awareness of mental health.

May 16 ~ Volunteer Tea 11:30 – 12 p.m.

May 17 ~ Gr. 6 PATs – ELA Part A

May 19 ~ School closure day – no school for students

May 20 ~ Victoria Day – no school for students

May 24 ~ Kindergarten Information Night 4:30 – 5:30 p.m.

May 26 ~ Tacky Tourist Day! Dress in your tackiest tourist outfit!

May 28 ~ Mental Health Monday - Wear a hat to raise awareness of mental health.

Looking at June...

June 1 ~ Last day to order hot lunch for June 9
June 2 ~ (Weather permitting) Track Day
June 7 ~ Early dismissal; Not a Backpack Day
June 9 ~ Rainout date for Track Day; Hot lunch
June 16 ~ Gr. 6 Year End Trip to Birch Bay
June 20 ~ Gr. 6 ELA PAT 9 – 10 a.m.
June 21 ~ National Indigenous Peoples Day
June 22 ~ Gr. 6 Math Part A PAT 9 – 9:20 a.m.
June 23 ~ Gr. 6 Math Part B PAT 9 – 10:10 a.m.
June 26 ~ Gr. 6 Social PAT 9 – 10 a.m.
June 27 ~ Gr. 6 Science PAT 9 – 10 a.m.
June 27 ~ Gr. 6 Farewell School Assembly 1 p.m. (Families invited to attend!)
June 27 ~ Last instructional day; Term 3 Report Card

Next week, much warmer temperatures are anticipated to come our way. Enjoy the summer-like conditions as we head into the last two months of school!

Kindly,
Shelby Labrecque, M. Ed.
Principal
Fort Saskatchewan Elementary School