

# EAST ELEMENTARY NEWSLETTER



# Hello October



## TABLE OF CONTENTS

PRINCIPAL'S MESSAGE

2025/26 STAFF LIST

EAST EXPERIENCE

SAFE ARRIVAL

BACK TO SCHOOL - GRADE 1D

PICTURE DAY

MEET THE FAMILY

OCTOBER CALENDAR

TERRY FOX WALK

CROSS COUNTRY

SC/PA NEWSLETTER



# EAST ELEMENTARY NEWSLETTER



## PRINCIPAL'S MESSAGE

The school year is well underway, and it has been wonderful to see students settling into routines, reconnecting with friends, and diving into their learning. I wasn't able to attend Meet the Family Night this year, but I heard it went very well. Thank you to all the families who joined us for this special evening of connection, and a big thank you to the Leduc Lions Club for grilling hotdogs and to our Parents' Association for funding the event. These opportunities to come together remind us of the strength of our school community.

Looking ahead, we invite you to attend our School Council and Parents' Association meeting on Tuesday, November 4 at 6:30 p.m. in the wellness room. Your participation provides valuable input and helps shape the school experience for all students. We would love to see many of you there!

On Monday, our students and staff wore orange shirts to honour the children who attended residential schools and to recognize the ongoing impact this history has on Indigenous communities. At school, we continue to have important conversations about truth, reconciliation, and respect. The symbolism of the orange shirt, rooted in Phyllis Webstad's story, is a powerful reminder of the importance of kindness, empathy, and listening.

We are excited to host our first monthly assembly on October 30th. This month, we will celebrate students who have shown our core value of respect. Families are welcome to attend at 8:40 a.m., and we hope you'll join us in cheering on our students as they are recognized. Our next assembly will be held on November 28.

A reminder to please continue following parking and traffic expectations at drop-off and pick-up times. Keeping bus zones and crosswalks clear helps ensure the safety of all students and families. Your cooperation makes a difference every single day.

As we approach Thanksgiving, I want to share my gratitude. We are fortunate to have a dedicated staff who go above and beyond to care for our students, supportive parents who work alongside us, and most importantly, incredible students who remind us daily of the joy of learning. I hope the long weekend brings you time to rest, reflect, and enjoy moments with family and friends.

Wishing you a safe and happy Thanksgiving!

Warm regards,  
Carla Fisher  
Principal



# MEET THE STAFF



**EAST**  
EAST  
EXPERIENCES



Principal: Fisher, Carla

Assistant Principal: Chapman, Nicole

Secretary: Bablitz, Jennifer

Accounting Secretary: Dashie, Kelly

Librarian: Bendfeld, Jenn

Teachers: 

Aasen, Brad (6A)

Alves, Amy (Kindergarten)

Derechey, Marsha (1D)

Desautels, Carlene (2D)

Giles, Shannon (4/5G)

Klimaszewski, Alexis (4K)

Lysgaard, Chantelle (2/3L)

McBride, Kristen (3M)

Metke, Julie (Kindergarten)

Myers, Kristan (Wellness)

Schilling, Roxanne (Music)

Smith, Jaclyn (6S)

Support Staff/ EA's:

Cameron, Christine

Christenson, Ann

Daly, Amanda

Dyck, Charlene

Ehrstien, Genalle

Graham, Tania

Hanson, Shelley

Kobe, Sharon

Lee, Jason

Matchen, Shannon

Romaniuk, Lisa

Zasada, Erin (FSLW)

Custodian:

Garceau, Carole

Maygard, Ryan





# EAST

EXPERIENCES

## Reminder



**For the safety and security of all students at East Elementary, please ensure that your child uses a lock for their bike or scooter if they ride it to school.**



East Elementary

## Essentials

### Popcorn Cards Are Here!

You can buy a popcorn card online now! Popcorn days happen once per month all school year long.

Each card costs just \$4.50. Get yours and enjoy yummy popcorn!



Buy your card on student quick link:

<https://www.studentquickpay.com/bgrs/MyAccount/Main.aspx>



### Gently Used Clothing Donations Needed

East Elementary is collecting gently used clothing to keep on hand for students who may need extra items during the school day. If you have any gently used clothing that could benefit our students, please bring your donations to the school office.

Thank you for your kindness and support!





# Absence Reporting/ Student Sign Out

## SafeArrival -Reporting Student Absences

Dear Parents / Guardians,

To enhance our existing absence-checking procedure, we are introducing *a new, more efficient* student absence reporting system called SafeArrival. This new system will reduce the time it takes to verify student attendance, make it easy for you to respond your child's absence and easy for staff to respond to unexplained student absences.

With *SafeArrival*, you are asked to report your child's absence in advance using any of these 3 convenient methods:

**On your mobile device:**

- Using your mobile device, download and install the SchoolMessenger Home app from the *Apple App Store* or the *Google Play Store*.



- The first time you use the app, select *Sign up* to create your account.
- Select *Attendance* then *Report an Absence*.

**Use the SchoolMessenger Website:**

- Go to the *SchoolMessenger Website*. <https://go.schoolmessenger.com/#/home>
- The first time you use the website, select *Sign Up* to create your account.
- Select *Attendance* then *Report an Absence*.

**By Telephone:**

- Call the toll-free number **780-955-4526** to report an absence using the automated phone system.

These options are available 24 hours/day, 7 days a week. Future absences can be reported at anytime.

The automated notification system will attempt to contact the parents at multiple contact points (email, text, push notification & phone call) until a reason is submitted for the absence. If our system is unable to reach the designated contact's, office staff will follow up. If you report your child's absence in advance using the *SafeArrival* toll-free number, website or mobile app, you will NOT receive these notifications.

Starting Wednesday, August 27, 2025, please report absences in advance using *SafeArrival* instead of sending notes or calling/emailing the school.

Starting Wednesday, August 27, 2025 staff will begin using the *SafeArrival* notifications to let you know if your student is absent and the absence is unexplained.

Please download the *SchoolMessenger Home* app or sign into the website. If you are having trouble logging in, please contact your school.

If you do not already receive text messages from your school and would like to start, please ensure your school has your mobile phone number and then text "Y" to 987338. (Standard message and data rates may apply.)

Thank you for your patience and cooperation as we implement this new system.





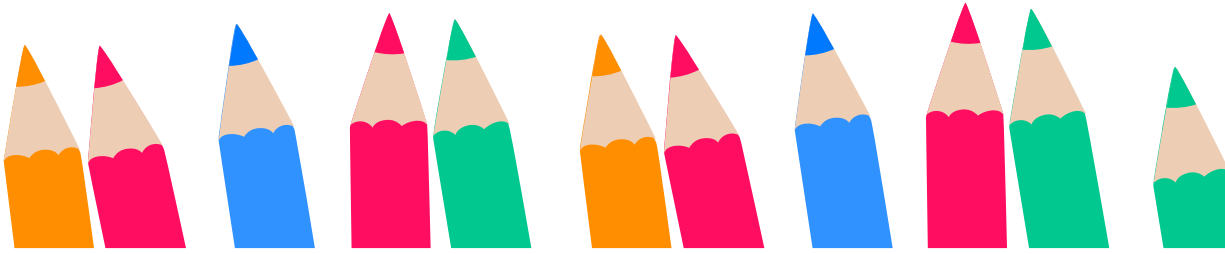
# BACK TO SCHOOL



**GRADE 1D IS EXCITED TO BE BACK!**



## FIRST DAY OF 1ST GRADE!





SMART  
PHOTOGRAPHY

*Smile!*

# PICTURE DAY

East Elementary School

October 1

Your child will bring home  
their login info on picture day

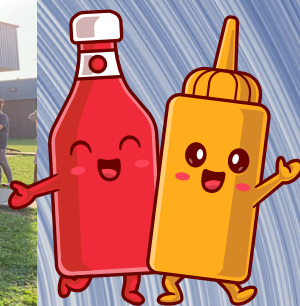
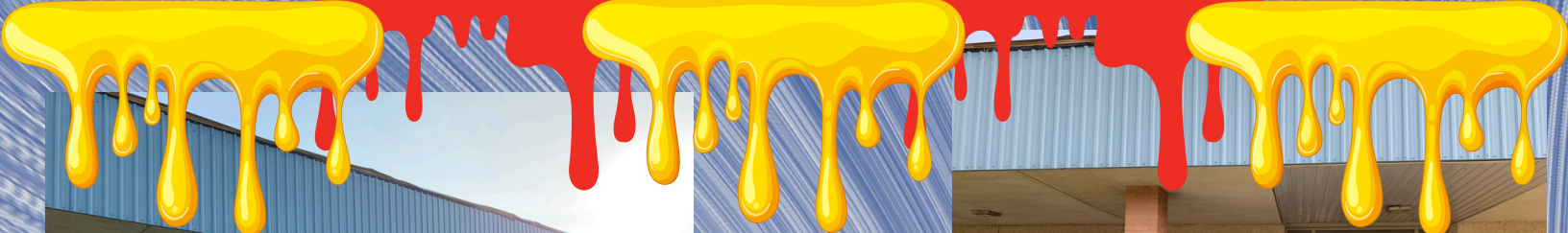
Order in 3-6 business days at  
**[smartphotography.ca](http://smartphotography.ca)**

[info@smartphotography.ca](mailto:info@smartphotography.ca)  
780-944-0800

#5, 10121-82 Ave  
Edmonton, AB T6E 1Z5







THANK YOU TO THE  
LEDUC LIONS FOR  
COOKING US HOT DOGS!

teachers



MEET  
THE  
FAMILY  
NIGHT







# October



SUN	MON	TUE	WED	THU	FRI	SAT
			 1 Picture Day	2 Custodian Appreciation Day Cross Country Meet	3 Hot Lunch: 	4
5 World Teacher Day	6	7	8	9	10 Hot Lunch: 	11
12 	13 Thanksgiving No School	14  PD DAY No Students	15	16	17 Mixed Catch Volleyball Hot Lunch: 	18
19	20	21 Staff Appreciation	22	23	24 Picture Retakes Hot Lunch: 	25
26 	27	28	29	30 Assembly 8:40am	31 Halloween Hot Lunch: 	



# 2025 TERRY FOX WALK



**TOTAL RAISED \$756.05**





# AWESOME JOB CROSS COUNTRY TEAM!







## SCHOOL COUNCIL & PARENTS' ASSOCIATION

### SC & PA GENERAL MEETING DATES

Tuesdays, 6:30pm Art/Science Room #110

Oct 21 - SC 6:30pm

Jan 6 - PA 6:30pm, SC 7:30pm

Mar 3 - SC SC 6:30pm

May 5 - PA 6:30pm, SC 7:30pm

Jun 2 - SC 6:30pm

In person or at home; hybrid link sent prior to meetings.  
Child Friendly; bring your own quiet games or books.

### MARK YOUR CALENDARS

#### October

6 Mon - CoSC AGM

15 Wed - Bingo, 5:30pm - 9:30pm (PA)

21 Tues - Staff Appreciation, Coffee & Pastries (SC)

22 or 23 - Lice Busters TBD (SC)

#### November

4 Tues - General Meeting (SC)

12 Wed - Bingo, 5:30pm - 9:30pm (PA)



### SC & PA EXECUTIVES

#### School Council

Chair: Erin Dola

Vice Chair: Hailey Bedard

Secretary: Mandy Cook

#### Parents' Association

President: Alex Proctor

Vice President: Jennifer Lyimo

Secretary: Mandy Cook

Treasurer: Natasha Hisset

#### Contact Us

SC: [ees.council@gshare.blackgold.ca](mailto:ees.council@gshare.blackgold.ca)

PA Treasurer: [mailto:eepta.treasurer@gmail.com](mailto:mailto:eepta.treasurer@gmail.com)

PA Bingo: [eastbingos@gmail.com](mailto:eastbingos@gmail.com)

PA Hot Lunch: [eastelementaryhotlunch@gmail.com](mailto:eastelementaryhotlunch@gmail.com)

### SC, SUPPORT LEARNING - DONATE/VOLUNTEER



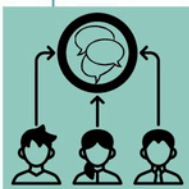
STAFF APPRECIATION

**Staff Appreciation Days:** After great success last year, we are continuing with five ways and days to sprinkle our appreciation over the school year. Everyone is invited to help make these days wonderful. There are opportunities to donate items, food or time. **Scan the QR for Info.**

#### Staff Appreciation

- September 11 - 26 (2wks) school supply donations
- October 21 - Coffee & Pastries
- January 13 - Lunch, smoothies, wings, veggie lunch
- March 17 - Pastries, Coffee & Tea
- May 26th - sit down lunch

**Lice Busters** Our head lice education and screening runs three times a year (Oct., Jan, Apr) Available to volunteer Oct 22 or 23 email [ees.council@gshare.blackgold.ca](mailto:ees.council@gshare.blackgold.ca)



### PA, SUPPORT FUNDRAISING - ENTER/SIGN-UP

**Hot Lunch:** Sarah Davies has vendors booked every school day Friday now through the end of June. Can you volunteer Fridays 11:30 - 12:30pm? Check 'yes' at the top of your Healthy Hunger order or email [eastelementaryhotlunch@gmail.com](mailto:eastelementaryhotlunch@gmail.com)

**Bingo:** Our Bingo Pizza Party Race is back! We have two races - the Fall Frenzy and the Spring Spring. Work Bingos to help your child's class team earn the flour, yeast, salt and a bag of toppings as Chef Bigo can get cooking. After that pizza slices start stacking and the two tallest pizza towers win!!! **Scan the QR to sign-up**



BINGO SIGN-UP







# LEDUC RECREATION CENTRE FREE FAMILY PASS

Sign out a Family Pass to the  
Leduc Recreation Centre at the Library!



## How does the pass work?

- The LRC Family Pass is valid for 2 adults and all children living in the same household.
- Sign out your LRC Family Pass for FREE from the Library.
- This pass will provide you and your family with access to all of the amenities at the LRC. Enjoy the Aquatic Centre, Arenas, Courts, Fieldhouse, Fitness Centre and Indoor Track.
- Passes are valid for a one week time period.
- After your one week rental, return the LRC Family Pass back to the Library for other families to enjoy.

Visit [Live.Leduc.ca](https://Live.Leduc.ca) for the latest drop-in activity schedule.

Get moving. Start having fun. Be connected - today!



## What Is Wellness?

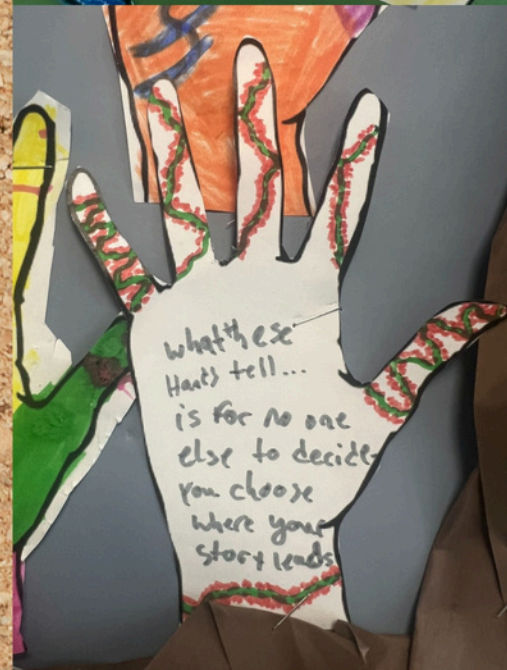
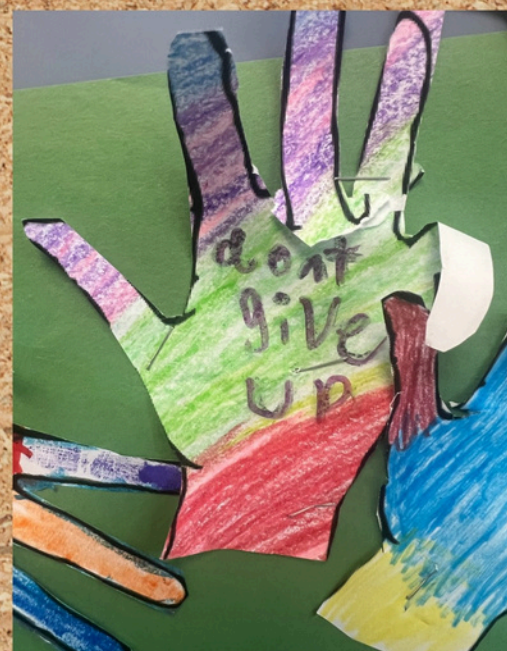
The new Physical education and Wellness curriculum was implemented in Alberta in 2022 and replaced the old health curriculum. This subject combines physical education and health/wellness to promote the holistic development of students in eight dimensions: physical, social, emotional, spiritual, environmental, financial, intellectual, and occupational.

## When Is Wellness?

Wellness learning occurs in a lot of places in our school but includes homeroom instruction, whole school assemblies with Miss Erin and Mrs. Myers and a once a week class with Mrs. Myers (fondly referred to as "Wellness Wednesday" by students and staff).

## Why Wellness?

The lessons delivered aim to help students build a healthy mind, body, and spirit, which leads them to be empowered to experience success at school, with their families, and in their communities. We will continue to share what we are working on throughout the year so you can share the learning at home. Feel free to reach out to Mrs. Myers or Miss Erin at any time if you have questions about wellness or are looking for supports/resources.



**What story will your beautiful hands tell when they have the chance?**





## Kindness Rocks



## The Foundations of Wellness

### Active Living

Developing physical literacy through movement and active living supports well-being across a lifespan!



### Character Development

Exploration of life opportunities and virtues develops resilience and personal talents and promotes lifelong learning.

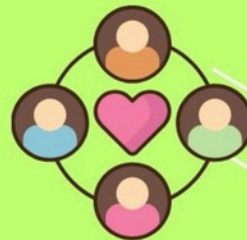
### Safety

A lifetime of optimal well-being is supported by prioritizing health and safety.



### Healthy Eating

A lifetime of optimal well-being and physical wellness is supported by nutrition and healthy eating.



### Healthy Relationships

Personal well-being is supported through positive relationships built on communication, collaboration, empathy, and respect.

### Growth and Development

Decision making that optimizes personal health and well-being is informed by understanding growth and development.



### Financial Literacy

Informed financial decision making contributes to the well-being of individuals, groups, and communities.





# Community Wellness in Leduc



A well community fosters connection, belonging, and mutual care, ensuring that every member feels supported to thrive.

Share your thoughts and enter to



**Your feedback will help inform future initiatives and programs related to community wellness.**



Tell us about your experiences, concerns and ideas about community well-being, connection and belonging in Leduc.



Complete the survey before August 31, 2025 and be entered for a chance to win a \$50 Walmart gift card.







**Families have the option to purchase Voluntary Student Accident Insurance through our Division's insurance partner, StudyInsured.**

**This extra insurance can help cover costs if your child is injured in an accident.**

**To learn more about the plans available and what they cover, please visit:**

**👉 [www.studyinsuredstudentaccident.com/compare-plans](http://www.studyinsuredstudentaccident.com/compare-plans)**

## **A plan for every need**

Whether your child is a star athlete, naturally rambunctious, or just accident-prone, we've got you covered. Choose the plan that works best for you, your family, and your wallet.

Family pricing available when insuring 3 or more siblings at the same school board.

Follow StudyInsured™ on Social Media:

[LinkedIn](#) | [Facebook](#) | [Instagram](#) | [Twitter](#)

**Please note:**

**This insurance is completely optional and is separate from the coverage already provided by the Division. It is for families who would like extra protection for their child.**







# CYBERWORLD



## HOW DO I KEEP KIDS SAFE ONLINE?



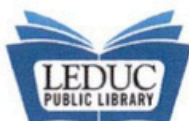
This training is designed for caregivers to learn about the fast-changing world of online safety and its potential dangers. We cover safety tips for current social media platforms and gaming sites, including TikTok, Snapchat and Discord. We also deep dive with caregivers into the world of online sexual exploitation, providing communication and prevention strategies to encourage safety wherever possible.

Two options for the same presentation:

- October 21<sup>st</sup> in Person at the Leduc Library
- October 28<sup>th</sup> Virtual

Both 5:30pm-7:30pm

**Register through the Library**



Provincial Family  
Resource Networks



# LEARNING TO KEEP YOUR COOL!

## EMOTIONAL REGULATION GROUP

EVERY WEDNESDAY FROM OCT. 1ST – NOV. 5TH  
4:30 P.M. – 6 P.M.

**\*MUST ATTEND ALL 6 SESSIONS TO REGISTER**

This coed psychoeducation group for ages 7-12 years old will be run by provisional psychologists Anh Ambler & Masters of Psychology intern Steph Driver out of Hooves of Hope Ranch 1.5 km east of Millet, AB. In this group we focus on self-awareness, expressing emotions, coping strategies for our emotions, problem solving, and building confidence.

\*Groups should qualify for reimbursement under "psychological services" with extended health care plans if you are covered by counselling services by a Provisional Psychology

\*If you live in Wetaskiwin or Leduc County subsidies may be available (up to 80%)

✓ confidence    ✓ problem solving    ✓ Self-Awareness  
✓ Coping Skills    ✓ Emotional Expression



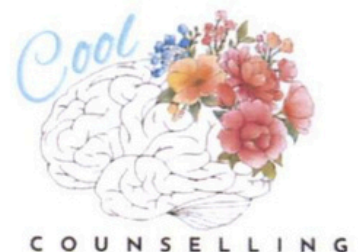
**\$120 per session  
(\$720 total)**

✉ [admin@coolcounselling.ca](mailto:admin@coolcounselling.ca)

🌐 [www.hoovesofhoperanch.com/groups](http://www.hoovesofhoperanch.com/groups)

📍 243036 TWP 475A Millet, AB

**REGISTER BY  
SEPTEMBER  
29TH**

Cool  
  
COUNSELLING



# CHILDHOOD ANXIETY

*helping children heal*

LIVE IN PERSON



EDMONTON, AB

**SATURDAY**  
**NOVEMBER 22ND**

## FULL DAY WORKSHOP

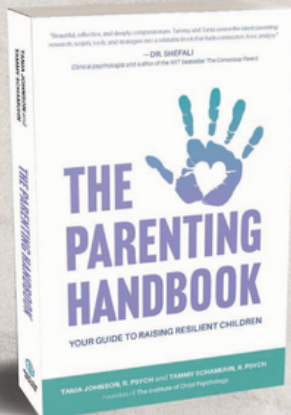
Join us for an inspiring event led by award-winning author, Registered Child Psychologist & ICP Co-Founder.

Discover practical, evidence-based tools to better understand and support children facing anxiety—whether you're a parent, caregiver, educator, or professional.

Walk away with strategies you can use right away to make a real difference in a child's life.



**PLUS: FREE GIFT WITH  
PURCHASE- LIMITED TIME ONLY**



**TAMMY SCHAMUHN**  
R. PSYCH, RPT-S

## REGISTER:





# DISCOVERY NATURE PLAY

A Year-Round Outdoor Learning Adventure!




 Learn more: [www.discoverynatureplay.com](http://www.discoverynatureplay.com)

 Launching in September at Telford Lake!

 Class Times: Tuesdays & Thursdays

 9:00am–12:00pm or 12:30pm–3:30pm

 Ages 3–7 years

## WHO ARE WE:

We're Erica Frick and Amry Gavin, Directors of Discovery Nature Play — a play-based outdoor exploration program for children ages 3–7.

## WHAT WE OFFER:

Hands-on outdoor learning  
Nature-based play and discovery  
Builds confidence, independence, self-regulation, motor skills, communication & leadership



FUN  
THIS  
WAY

