

EAST ELEMENTARY NEWSLETTER



PRINCIPAL'S MESSAGE

Time is going by very quickly as we're already completed two months of school! Parent teacher conferences are happening next week already! This is a great opportunity for you to meet with our teachers and get to know how the school year is progressing! November is a good time for communicating about academics. I encourage you to talk with your child no matter their grade on how they think they are doing in school. It is never too early to show that you care about your child's success. You can continue to check your child's PowerSchool grades before the end of the term.

This month our Student Council elected their executive members. Congratulations to **Noah Doepker-Thielen** as President, **Harper Sallis** as Vice President and **Halia Martinez-West** as Secretary. I am looking forward to working with the student council executive, classroom representatives and Mrs. Kiss this year. The group is excited to plan some school spirit days in the near future!

Each class was able to show off their costumes during our Halloween Parade in the gym. It was also exciting to see the smiling faces of residents of Salem Manor, as students paraded around. Halloween was definitely a highlight for many students and staff!

This year our Remembrance Day Ceremony will take place on November 7th, starting at 12:50 PM, to honor the sacrifices made by so many. November is a time for reflection and communication at East Elementary. On Thursday, we'll stop to remember the men and women who fought to keep our country free on Remembrance Day. Lieutenant-Colonel Philip Paradis will be visiting some classrooms and will be our guest speaker in the gym.

As the days get shorter and colder, let's keep our spirits warm with kindness and gratitude! Thank you for all you do to support our school community, and as always feel free to reach out with any questions, concerns or celebrations to share.

Warm regards,
C. Fisher
Principal

**NO
MATTER
THE DISTANCE**



 **Husky** This Event
Sponsored by...
**BLACK GOLD
HUSKY**
4409 BlackGold Dr., Leduc



yummy



**A GREAT BIG THANK
YOU TO
BLACK GOLD HUSKY
FOR SUPPORTING OUR
TERRY FOX RUN
HOT DOG LUNCH!**





ORANGE Shirt Day

By wearing an orange shirt we commit to the enduring truth that **EVERY CHILD MATTERS**, every day and every where.



Free LRC Pass!
Spend some fun time with your family!
We have a Family LRC Pass that can be
borrowed from the Library to use. You
can check it out just like a library book!
Contact our librarian, Mrs. Bendfeld, to
get your name on the list to borrow the
pass. Her email is:
jennifer.bendfeld@blackgold.ca



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 under 18 years of age, residing 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, Fieldhouses, Arenas, 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 office for other families to enjoy.



All students that earned a responsibility award during the month of October



Grade 3L and grade 6K performing at the October Responsibility Assembly

ASSEMBLY AWARDS



All standing students attended cross country meets

East Elementary Essentials

Attendance Reporting

Good attendance patterns are an important factor in a student's overall success at school. Report your child absent!!

Call the school. (780) 986-8421

Email the office - ees@blackgold.ca

and advise the reason for absence (ie: Sick, appointment, vacation, etc...)

Did you know?

If your child is 20 minutes late every day, he/she/they will have missed 12 days of instruction by the end of the school year.

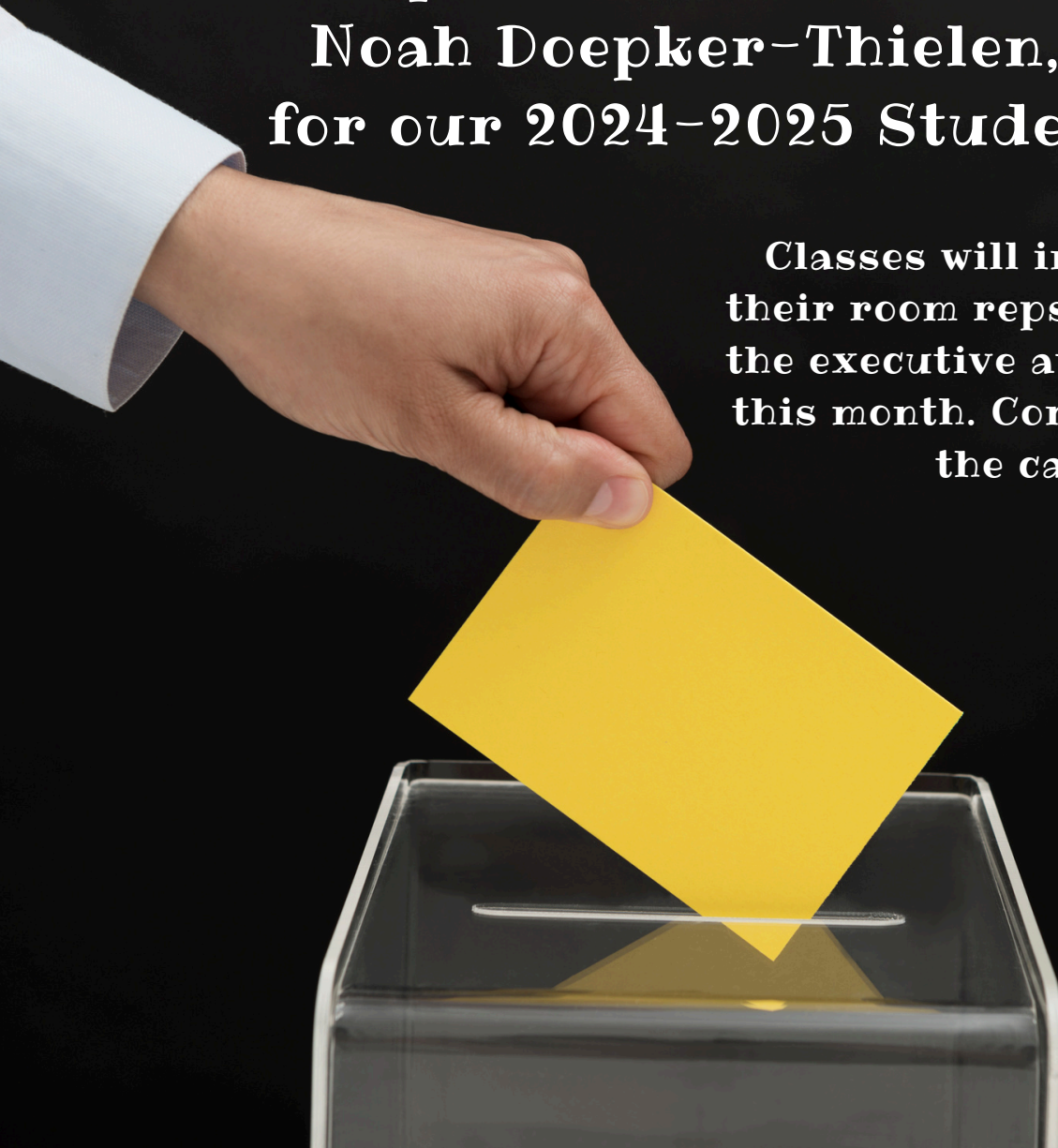


Kai Gitzel placed 8th and Finn Chambers won 1st place at the LDAA Cross Country meet in Wetaskiwin

Student Council elections were held Thursday, October 10. There were a total of 16 students vying for the positions of Secretary, Vice President, and President. After a two week period of campaigning—with posters, and conversations on the school yard, candidates had one final chance to convince the electorate to vote for them by giving a campaign speech in the gym.

**Congratulations go to
Halia Martinez-West- Secretary,
Harper Sallis- Vice President, and
Noah Doepker-Thielen, President
for our 2024-2025 Student Council!**

Classes will individually select their room reps, who will then join the executive at meetings starting this month. Congratulations to all the candidates!





HAPPY HALLOWEEN



Improving Sibling Relationships

Sibling rivalry and problems between brothers and sisters are very common in many families. You can encourage more effective interactions among siblings by addressing how and why siblings treat each other as they do. Help your children recognize, value, and respect other family members by spending time discussing how and why siblings act the way they do. Recognizing the aspirations, motivations, and achievements of their brothers and sisters is an important first step in improving relations within a family. Here are some other ways to improve interactions among siblings.

Force cooperation

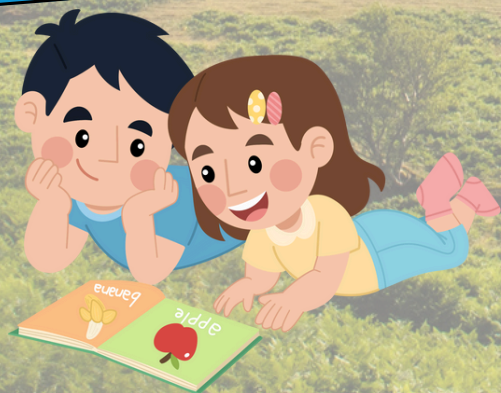
Invite children to collaborate and cooperate with siblings. Encourage your children to use cooperative learning ideas at home. For example, have your children play nightly card or board games with each other to encourage sharing and taking turns. Give them Popsickle sticks, old newspapers, magazines, pasta stands, paper clips, or scraps of yarn. Ask them to take turns devising the weekly family crafts project. Ask for volunteers to assist one another in cleaning the garage or bedroom, assisting in nightly dish chores, or team laundry duties. Provide rewards or special treats when siblings work together to accomplish a goal.

Support collaboration in school

Suggest that siblings help each other study. Encourage brothers and sisters to help each other with homework. Hold friendly competitive homework challenges. Encourage them to read to each other sections of the newspaper, weekly magazines, or nightly stories. Help them to devise comprehension contests on what they read or studied.

Minimize defiance

Reduce and/or eliminate sibling's resistance, withdrawal, defensiveness, and rebellion. Set up family conferences on at least a monthly basis to help siblings deal with inevitable criticisms of each other or parents. During the structured conferences, ask brothers and sisters what they can say to openly acknowledge behaviors they would like to change in their siblings, parents, or themselves. Discuss what they believe causes family rifts. Talk to your children about the necessity of each family member having separate friends, independent time, and personal space as a means to avoiding arguments. End every family conference positively by asking siblings to state a strength they note in their brothers, sisters, parents, and self.



By fostering cooperation, supporting collaboration, and minimizing defiance, you can help your children improve their relationships with each other.



SCHOOL COUNCIL & PARENTS' ASSOCIATION

NEXT MEETING

School Council - General Meeting

Thurs., Nov. 7, 6:30 - 7:30pm

Discussions: New visual learning framework for BGSD; Parent/family engagement night & ASCE grant use ideas

Upcoming Meeting: Thurs. Jan. 9th

Parents' Association 6:30pm, School Council 7:30 pm



BINGO'S PIZZA PARTY RACE IS BACK!

YOU CAN HELP the Parents' Association raise money and earn your child's class team a pizza party!

Work or fill a bingo position and earn one pizza slice for your child's pizza pie. The first 3 class teams to fill their pizza pie with 11 slices wins a pizza party!. Last school year EEPA earned over \$5000 working bingos in Leduc. **Scan the QR to sign-up.**

Sun. Nov. 17, 5:30-9:30 (2 of 9 filled)
Wed. Dec. 11, 5:30-9:30 (2 of 9 filled)
Sun. Jan 26, 5:30-9:30 (0 of 9 filled)

BINGO SIGN-UP



MOVIE NIGHT INSIDE OUT 2

Thurs., Nov. 21 - School Gym
5:40 pm doors, 6pm Movie

Bring your Cash
\$5 per Family*
Concession**

Students must have an adult.
Further details in flyer (e-mail, facebook)

(proceeds to *Parents Association or
**Gr. 6 year end trip)

CASINO FUNDRAISER - BIG OPPORTUNITY

3

Camrose Casino

Sat. Nov. 16, 4pm to 3am

Sun. Nov. 17th, 5pm - 1am

Join us for a fun night volunteering at the Camrose Casino. We are very fortunate to get a casino every few years as this helps nearly double our annual fundraising efforts and pay for large expensive items we would not be able to afford otherwise. **Scan the QR to sign-up.**

CASINO SIGN-UP



VOLUNTEER

5

FUNDRAISERS

Kids Art Christmas Cards
A special holiday greeting, order your child(s) custom art on Christmas Cards to send to loved ones. **Order forms will be out Nov. 4 and due back Nov. 18.**



50/50 ENTRY



4

Hot Lunch

Fridays, 11:30 - 12:30 pm; Check 'yes' at the top of your Healthy Hunger order or email

eastelementaryhotlunch@gmail.com

50/50 Win big bucks this year! Our 50/50 is online via rafflebox and is running all year through Fri Jun 20. The jackpot is already~ 940, winner takes \$470. **Scan the QR to enter.**



**Easton, Noah and Max
Doepker-Theilen and Noah
Vivier enjoying the Oil
Kings Game!**



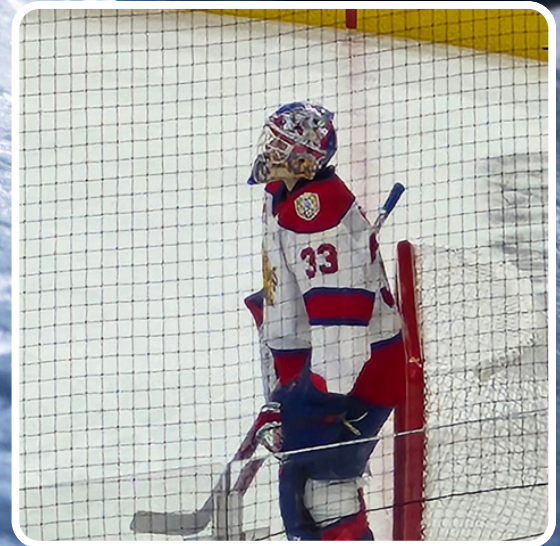
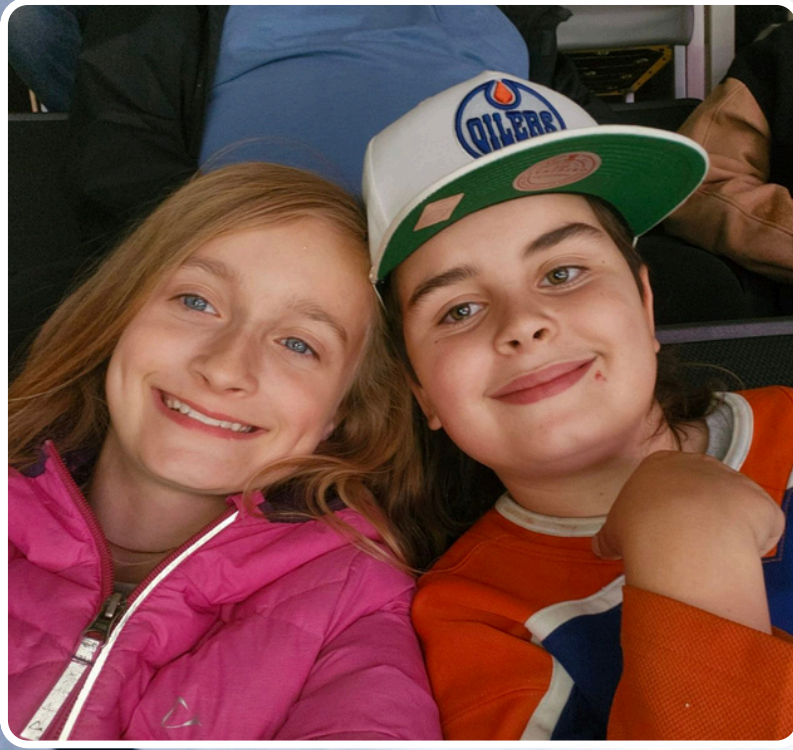
**MARCEM
RENTALS**

**We would like to send out a
HUGE thank you to Marcem
Rentals for choosing East
Elementary School for the
Edmonton Oil Kings
Adopt-A-School Program**



**THE EDMONTON OIL KINGS ADOPT-A-SCHOOL PROGRAM BRINGS
LOCAL BUSINESS TOGETHER WITH SCHOOLS ACROSS OIL
COUNTRY!**

**ADOPT-A-SCHOOL SPONSORS PROVIDE SEASON TICKETS TO
EDMONTON AREA SCHOOLS TO ENCOURAGE STUDENTS TO WORK
HARD AND ACHIEVE THE BEST THEY CAN! SPONSORED SCHOOLS
REWARD STUDENTS WHO HAVE ACHIEVED GREAT
ACCOMPLISHMENTS OR WHO EXCEL IN ASPECTS SUCH AS
ACADEMICS, SPORTS OR COMMUNITY INITIATIVES**



**Brielle Hekkink enjoying
the Oil Kings Game!**



**MARCEM
RENTALS**

**We would like to send out a HUGE thank you to Marcem Rentals for choosing
East Elementary School for the Edmonton Oil Kings Adopt-A-School Program**

November

SUN	MON	TUE	WED	THU	FRI	SAT
					1 PD Day No Students	2
3 Daylight Savings Time (Fall Back) 	4 Division 1 Popcorn Day 	5	6 K-2 Dental Fluoride 	7  Remembrance Day Assembly 12:50pm K-2 Dental Fluoride 	8	9
10 ←	11 Remembrance Day 	FALL BREAK No School			15 →	16
17	18 Lice Check Division 2 Popcorn Day 	19	20	21	22	23
24 31	25	26	27	28	29 School Assembly 8:40am 	30

Dear East Elementary Parents' Association,

We would like to extend a heartfelt thank you for the amazing treats you provided on Oct 16, 2024. Your thoughtfulness and support mean so much to our staff and contributes to the positive atmosphere at East Elementary. We truly appreciate all that you do for our school community!



With gratitude,
The East Elementary Staff



NEED A VISIT FROM SANTA?

w w w.leducshelpers.ca

Helping families in Leduc for 40 years

We believe every child should have a smile on their face at Christmas!

Registration will be open:

November 1 - December 12

To register online visit:

w w w.leducshelpers.ca/hamper-application/

To register via telephone call:

825-995-1008

Program Criteria:

- **Must be a resident of the City of Leduc**
- **Must have children in the household under the age of 18**
- **Must meet the income guidelines:**

Family Size	Maximum Income
Two Persons	up to \$45,000
Three Persons	up to \$47,500
Four Persons	up to \$50,000
Five Persons	up to \$52,500
Six Persons	up to \$55,000
More than Six People	up to \$57,500

Leduc Santa's Helpers



We are looking for NEW/Unused items to include with our Christmas hampers. Toys, Pajamas, Socks, Games, Mitt/Toque sets, etc.

All donations are greatly appreciated! If it is popular with your children it is likely to be on the wishlist of others.

Items that are generally in short supply include:

- Pajamas
- Socks
- Books
- Games
- Lego Kits
- Drones
- Bluetooth Speakers
- Headphones
- Make-up Kits
- Curling Irons
- Blow Dryers
- Electric Shaver
- RC Vehicles
- Art Kits
- Craft Kits
- Watches
- Model Kits
- Gift Cards
- Sports Items (*Basketballs, Soccer Balls, etc*)
- Power Banks
- Phone Acces.
- Blankets
- Hoodies/Sweatshirts
- Coloring Books
- Personal Care Kits

Items for 0 - 2 year olds that are generally in short supply include:

- Pajamas/Onsies/Clothes/Blankets
- Learning Toys: Vtech, LeapFrog, Fisher-Price
- Teething Toys
- Play Mats
- Stacking Toys

Check with your school for donation deadlines

Thank you for supporting Leduc Santa's Helpers and helping those less fortunate this holiday season.

WE ARE HERE FOR YOU



For more information Email
FRN@Leduc.ca

PARENT
EDUCATION



CHILD
DEVELOPMENT



HOME
VISITATION



FAMILY SUPPORT



COMMUNITY
CONNECTION



RESOURCE
NAVIGATION





PROGRAMS

- Kimochis Circle of
- Security Play, Learn,
- Grow What's Up With
- Teens? Emotion
- Coaching



EMOTION COACHING



The Heart of Parenting

Did you know that helping your child understand, express and manage their emotions is one of the most impactful things you can do for your child's future success in all areas of life?

Join us online for this two-session workshop, where parents and caregivers of children 0-12 years old, will explore the Gottman Institute's five step method for building children's emotional intelligence.

Date: November 26th, 2024 & November 28th, 2024

Time: 12:00 PM - 1:00 PM

Location: Online

For more information email FRN@Leduc.ca

**Use the QR code
to register**



WUWT?

WHAT'S UP WITH TEENS? EMOTION COACHING



The teen years are an amazing time of growth and change, but managing teenage emotions can sometimes be challenging for teens and parents alike.

If you are the parent or caregiver of a teen or soon-to-be-teen, join us online to explore the Gottman Institute's 5 step method of supporting young people in managing their feelings and behaviour.

Date: December 3, 2024

Time: 6:00 PM - 8:00 PM

Location: Online

For more information email FRN@Leduc.ca

Use the QR code
to register



CITY OF
Leduc

Alberta

Provincial Family
Resource Networks

LITERACY

STRATEGIES AT HOME

Reading is not limited to books. Literacy is all around us. You can use the environment as a rich and natural setting to teach children to recognize words. Here are some strategies to try today.

1. **Environmental Print** - Point out words and signs in the environment when you're out and about. Show your child store signs, road signs and labels on products in the grocery store. Ask them to identify the names of stores you frequent.
2. **Reading Aloud** - When reading books to your child, have them follow the words with their finger while you read. This helps them connect spoken words to written text.
3. **Environmental Scavenger Hunts** - Create word scavenger hunts at home or in your neighborhood. While out for a walk, ask your child to find an item that starts with a letter. For example, "Can you spy something that starts with 'B'?"
4. **Cooking Together** - While cooking or baking, point out ingredients and follow the recipe together. This exposes your child to food-related words and helps them understand the importance of reading for practical purposes.
5. **Rhyming and Word Play** - Engage in rhyming games and word play. These activities can help develop phonemic awareness which is essential for reading.
6. **Library Visits** - Did you know that as a resident of Leduc you can get a free library card? Regular visits to the library will allow your child to fall in love with books that interest them.
7. **Reading Technology and Apps** - There are plenty of ways to engage children in reading through apps and subscriptions. Need ideas? Email me at jaclyn.smith@blackgold.ca

Remember that every child is unique, and their readiness for reading will vary. Be patient and provide encouragement as they make learning to read an enjoyable experience.



NUMERACY

STRATEGIES AT HOME

Math is a magical thing. Numbers are everywhere. You can also use our daily surroundings to teach all parts of numeracy. Here are some strategies to try today.

1. **Counting Everyday Objects** - Encourage your child to count objects around the house or while you are out. For example, count the apples in the fruit bowl or the number of stairs while climbing. If you eat two apples, how many do you have now?
2. **Grocery Shopping** - Involve your child in grocery shopping by having them count items as you put them in the cart or compare prices to make choices
3. **Cooking Together** - This is not just a literacy experience, cooking involves lots of numeracy. Have your child help with measuring ingredients or setting times. Discuss fractions while cutting recipes in half or doubling them.
4. **Money Matters** - Teach your child about money by involving them in talks like counting coins, making change or budgeting for small purchases.
5. **Calendar and Time** - Use a calendar to teach days of the week, months and dates. Using digital clocks to show how long we have to get to an event.
6. **Board Games and Puzzles** - Play board games and puzzles that involve counting, sorting and strategic thinking. These games can be a fun way to reinforce numeracy skills.
7. **Online Math Resources** - There are plenty of fun math apps and online games to help reinforce math concepts. Need ideas? Reach out at jaclyn.smith@blackgold.ca
8. **Math Videos** - Have you heard of Number Blocks? This is a great show that teaches children to learn numbers and other numeracy skills.



Remember that numeracy should be hands-on and enjoyable. Be patient as your child explores and develops their numeracy skills at their own pace.

