EAST ELEMENTARY NEWSLETTER

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EAST ELEMENTARY NEWSLETTER

PRINCIPAL'S MESSAGE

April brings a fresh start, and we are especially grateful to welcome back our incredible support staff after the recent strike. Their presence has been deeply missed and we are so happy to have them back supporting our students and school community! Their dedication plays such a vital role in ensuring our school runs smoothly, and we truly appreciate all that they do.

Our floor hockey season is wrapping up, and it has been incredible to see the growth, skill development, and sportsmanship displayed by all of our players. A huge congratulations to our Grade 6 Girls' Floor Hockey team for their outstanding performance and for winning their tournament! Their hard work, determination, and teamwork truly paid off—way to go! We also want to extend a big thank you to all of our dedicated coaches who made this season possible. Your time, effort, and encouragement have made a lasting impact on our students.

Looking ahead, we are excited to host a special cultural performance featuring Powwow dancers and drumming on April 11th. Feel free to join us! This will be a wonderful opportunity for our students to experience and celebrate Indigenous traditions, music, and dance. Events like these allow us to learn from and honor different cultures, fostering a sense of respect, understanding, and appreciation in our school community.

To ensure everyone's preparedness and safety, we often practice a variety of emergency drills at the school, which include fire drills, earthquake drills, and lockdown drills. In the event of a drill, we will put a sign on the front door of the school notifying parents as to why the school is locked. Some of the Emergency Drills, following the Hour Zero Protocol, require that we lock all of our doors. If you arrive at the school and see this sign, please be patient and know that we will unlock the doors as soon as possible. Please see this link for a description of Black Gold's key emergency protocols.

As we move into the final months of the school year, we look forward to many exciting learning opportunities, activities, and events. Thank you for your continued support, involvement, and partnership in making East Elementary such a wonderful place to learn and grow!

Best Regards,

Carla Fisher Principal









The 3/4 Boys Floor Hockey Team put in tremendous effort at their tournament at Caledonia Park School on March 14–15, 2025, coming just one goal short of reaching the finals.



The 5/6 Girls Floor Hockey Team took home the gold medal at their tournament held at Riverview School on March 21-22, 2025.

Wednesday, April 23 - Friday, May 16, 2025 East Elementary School

ELECTRONICS

HELP DIVERT E-WASTE FROM LANDFILLS AND RAISE \$\$ FOR our School









PLUS GENERATE FUNDS PER TON ON ELIGIBLE E-PILOT MATERIAL







East Elementary

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 Click the Absence Reporting link on our website East Elementary School



ELECTRONICS EXPANDED Albertoling











Hair drye Heater

Microwa Toaster Shaver

CD Player

Clock Radio Digital Camera **DVD Player**

Headphones

Speakers Video Camera

Cell Phone Landline Phone

Pager

Satellite Dish Satellite Radio

Speakerphone

Drill Grinder Miter Saw Nail Gun

Residential Air Compressor Sharpener Shop Vacuu

Skillsaw Table Saw

Action Figure Amplifier Guitar Keyboard

Microphone Ride-on Toy Toy Robot

Toy Vehicle Video Gaming Equipment

Ask us about other electronics not listed above or visit ARMAepilot.com

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!







LEDUC RECREATION CENTRE FREE FAMILY PASS

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







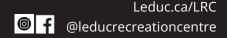




How does the pass work?

- •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.







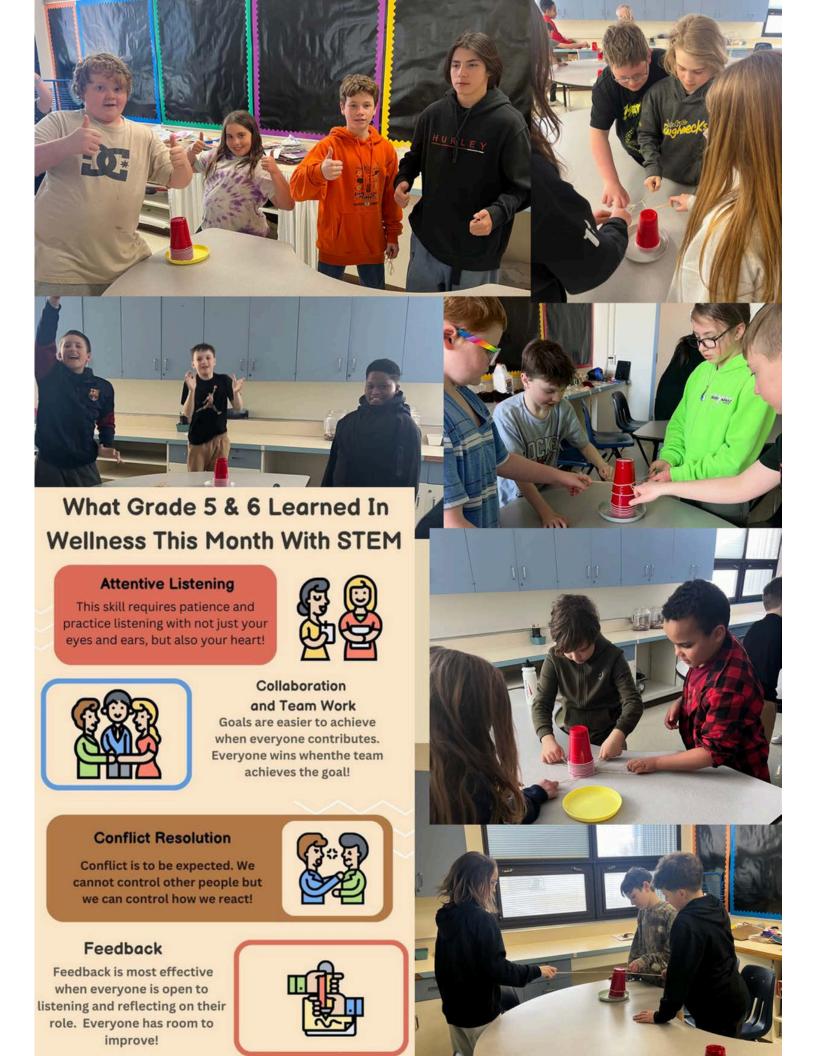




How will you remember all the fun times from 2024-25?

Buy a yearbook, of course!!

For \$27 you will have all the fabulous memories in pictures!
Orders can be placed online through Powerschool.
Orders accepted until June 13th.



WELCOME

Welcome back to our outstanding support staff! We're thrilled to have you with us again and appreciate your dedication and hard work.











Staying Involved In School

Children greatly benefit when parents take an active role in what goes on in school. However, many parents find it difficult to get involved in their child's education. Some believe they will be bothering teachers; yet, most teachers welcome the added information and insight that parents provide. Some believe that teachers are the experts and that parent opinions are not useful; yet, usually parents have information that makes teaching easier. Some parents are uncomfortable meeting with teachers; yet, most teachers welcome the opportunity to work with parents and go out of their way to make the experience rewarding. Here are some ways to become involved in your child's education and help them succeed in school.

Know your child's teacher.

The simplest way to become involved is to attend school functions designed to introduce you to teachers and demonstrate what your child is learning. Scheduling convenient conferences between you and your child's teacher also helps in learning about daily activities and expectations. Write down questions and topics before meeting with your child's teacher and be sure to ask your child if there is anything he/she wants you to discuss with his/her teacher. Over the course of the school year, try to stay in touch with your child's teacher(s). Brief notes or phone calls on special occasions can help to make the school year more positive.

Take part in school activities.

Ask your child's teacher how you can be involved in school activities. Many parents enjoy doing volunteer work in their child's school and most schools enthusiastically welcome assistance from parents. Help is needed in the school library, cafeteria, on field trips, or in after-school programs. Others take part in fundraising events. Let your child's teacher know you are interested in helping at school. Make a list for the school of your special talents or specific areas in which you believe you can be the most helpful.

Make you home a learning place.

Help your child make the most of afterschool time. Set aside a work time for the whole family to use to accomplish quiet activities (eg., independent reading, studying, completing homework). Set aside some space in your home for a study center where everything needed for successful completion of homework can be found. Review your child's homework assignments before they are returned to school. Try to view the work as a princess, not just as a finished product. Have a variety of reading material around your house. Also, ask teachers for books appropriate reading levels and read them together. Also, ask for some books on improving study habits.

By getting to know your child's teachers, participating in school activities, and making your home a learning place, you can be a partner in your child's education and help him/her approach school with a more positive attitude.

Tactics for Improving Parenting Skills
Published and Distributed by: Sopris West

PLAY ON!

WE'LL HELP WITH THE SPORT REGISTRATION FEES.





Your child could be eligible for a grant up to \$250 to help cover sport registration fees! Find out more at kidsportcanada.ca/alberta/leduc-and-county



SCHOOL COUNCIL & PARENTS' ASSOCIATION

NEXT MEETINGS

Thursday April.24, Art/Science Room #110

Parents' Association (7:15pm-8:15pm)

Fundraising report & review, next year planning, recruitment strategies, 2025/26 position nominations

School Council (6-7pm)

Year in review, ideas for next year, recruitment strategies, 2025/26 position nominations

HOT LUNCH HELP...PLEASE CHECK YES!



Would you like to volunteer at the school for this

✓ Yes!

Help deliver hot lunch orders to classrooms. Its easy, peasy! Visit your kiddos, spread smiles, enjoy the thank you's and make new friends.

Fridays, 11:30 - 12:30 pm check the Yes! box at the top of your healthy hunger order.

FUNDRAISERS

Wilhauk - Beef Jerky, Pepperoni, Sausage & Pulled pork - stock up for camping and BBQ season! Order detail to come last week of April.



Leduc Florists, Mums 4 Mom's -Celebrate your MUM! Order Mums for mothers day! Watch for order details after spring break.



Арли 17 6:30 — 8:00рт \$5 per family

Held in our gymnasium. Please enter through the grade 4 doors.

Consessions available with all proceeds going to help the grade 6 year end events!

All family members welcome!

All students must be accompanied by an adult.



We can't wait to see you there!



Last Bingo of 24/25 - Thurs. May 1, 5:30-9:30pm; Earn a preferred seat for the 2025 Christmas concert & valuable funds for our school. eastbingos@gmail.com

Congratulations to our 3 Pizza Party Winners!!! Kindy & 6D, 2A & 5PB, 1/2F & 3/4K

SUN	MON	TUE	WED	THU	FRI	SAT
	4	1	Sp /:	ring	4	5
6	7	8	9	10	Spirit Day Twin Day 5/6 Boys Floor	
	Swimming _{1D}		Swimming 3L, 2A, 3K, 1/2F		Tournamer Caledonia Park	
13	14 Division 1 Popcorn Day Swimming 1D	15	Spirit Day Easter Dress-Up Day Swimming 3L, 2A, 3K, 1/2F	17 Dance	18 Good Friday No School	19
20 Easter Sunday HAPPY Easter	21 Easter Monday No School	Youth Leadership Summit at Ohpaho PD Day No School	23 Swimming 3L, 2A, 3K, 1/2F	24 Badminton	Class Pictures and	26
27	Division 2 Popcorn Day Swimming 1D	29 Anything but a Water Bottle Day	School 30 Assembly 8:40am Swimming 3L, 2A, 3K, 1/2F			

SUN	MON	TUE	WED	THU	FRI	SAT
				Grade 6 Orientation - Leduc Junior High	2	3
4	Division 1 Popcorn Day Swimming	Internet Safety 7-9pm at Ecole Leduc Estates School	Swimming 3L, 2A, 3K, 1/2F	8 Science Fair	9 Indoor	10 Soccer
11	Division 2 Popcorn Day Swimming 1D	13	Grade 6 Miquelon Lake Field Trip Swimming 3L, 2A, 3K, 1/2F	15	PD Day No School	17
18	Victoria Day	20 Grade 1 Miquelon Lake Field Trip	21	22	23	24
25	26 Swimming	27	Grade 6 PAT ELAL Part A Swimming 3L, 2A, 3K, 1/2F	29	School 30 Assembly 8:40am Grade 2 Miquelon Lake Field Trip	31



Social Skills

SCAN THE QR CODE TO REGISTER OR CONTACT US:

780.612.8577 Ext 11 intakes@familycounsellingcentres.com



DATES: May 1, 8, 15, 22, 29 (caregiver session),

and June 5

TIME: 5:30PM - 6:15PM (Ages 7-9)

6:30PM - 7:15PM (Ages 10-12)

\$420 - Direct billing available to participating

PRICE: insurance providers

LOCATION: Leduc Public Library

2 Alexandra Park, Leduc, AB T9E 4C4

Join Registered Provisional Psychologist Gillian Turner, and Intern Therapists Laura Ellis and Jessica Piastka for a 6-week interactive social skills group. This group is designed to help children develop social and emotional skills through engaging activities. Participants will enhance their social communication and problem-solving skills while building confidence as they explore different communication styles, build social awareness, and navigate peer influence. This group offers children the opportunity to strengthen their social skills, learn tools, and connect with others in a supportive environment!









Chateau Lacombe: Downtown Edmonton 5:00p.m. to 11:59p.m. https://www.zeffy.com/en-CA/ticketing/demin-anddiamond-fundraiser

Dressy blue jean attire & diamonds

Caregiver Educatio n Team Newsletter April 2025



Recovery Alberta is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

Parenting Strategies for Positive Mental Health

For parents and caregivers of children in grades K-6

Part 1:

Wednesday, April 9 12:00 – 1:00 pm

Part 2:

Wednesday, April 16 12:00 – 1:00 pm

Understanding Self-Injury

For parents and caregivers supporting teens in grades 7-12

Wednesday, April 30 12:00 – 1:00 pm

Adult Education Sessions

Resilience through Connecting, Caring, and Coping

For adults supporting their own wellness or the wellness of a loved one.

Tuesday, April 8 12:00 – 1:00 pm

Substance Use A Harm Reduction Approach

For adults, and for caregivers supporting youth in grades 7-12 Wednesday, April 16 6:00 – 7:30 pm

Participant Feedback

"Great session, thank you! I appreciated the specific tips, ideas, and guidance."

"Great resources and information!"

"You are doing an awesome job..."

"Like the interactive activities. Great information, thank you!"



Caregiver Educa tion Sessions

April 2025



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Increasing Wellness Deposits

In this one-hour Lunch & Learn webinar, we will look at what mental health and wellness is and discuss strategies for increasing your child's mental health 'deposits' – the protective factors that provide a buffer to life's challenges and promote wellness.

Date: Wednesday, April 9, 2025

Time: 12:00 - 1:00 pm

For caregivers of children grades K-6, for adults only.

Part 2: Reducing Wellness Withdrawals

In this one-hour Lunch & Learn webinar, we will discuss strategies for reducing mental health 'withdrawals' – the risk factors that increase stress and drain your child's inner resources. We will also look at the key perspectives that help children feel more resilient and able to take on their world.

Date: Wednesday, Ap ril 16, 2025

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6, for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"I felt it was presented very well. Perfect amount of time and covered each topic just enough. Love the information we received after; it was very helpful."

"Wonderful, professional, informative, thank you!"



Caregiver Educa tion Sessions

April 2025



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind non-suicidal self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Wednesday, April 30, 2025

Time: 12:00 - 1:00 pm

For caregivers of youth in grades 7-12; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"I thought the delivery, time, and length were all great."

"Thank you for sharing your knowledge and time. I learned so much."

"I find these [sessions] are great reminders to be positive when it is so easy to be negative."



Adult Education Sessions

April 2025



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Resilience through Connecting, Caring, and Coping

Resiliency is something we want, but how do we foster it? Join us for this Lunch & Learn webinar where we look at stress and burnout, the power of resilience in getting through the 'tough stuff', and how self-compassion and self-care are essential to our well-being. We will discuss strategies for building our own personal supportive networks and inner coping skills to strengthen our ability to 'bounce back'.

Date: Tuesday, April 8, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the

wellness of a loved one.

Substance Use

A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances, the science behind addiction, and the many benefits of harm reduction. We will discuss strategies to support loved ones who may be using substances, through understanding and courageous conversations along the recovery journey

conversations along the recovery journey. **Date: Wednesday, April 16, 2025** Time: 6:00 – 7:30 pm For adults supporting their own wellness or the wellness of a youth (grades 7-12) or loved one, for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"I ended up liking the virtual delivery more than I thought. I liked typing in my responses to questions."

"The method of engagement was very effective. This made me feel heard. Very gentle, open, inclusive."









U9/U11 SPRING PROGRAM

Dear Parents/Guardians,

ESC Basketball is a group of educators and coaches looking to develop fundamentals and character through the game of basketball.

Our program seeks to:

- Provide opportunities for fundamental skill development
- Present positive alternatives for youth and teens
- Develop mature young people who are equipped to deal with the challenges

ESC will be running SpringPrograms for the following age groups.

U9/U11 COED Basketball Training

Saturday Mornings at West Haven School *(325 West Haven Drive, Leduc)

April 5, 12, 26

May 3, 10, 24, 31 June 7

Registration Fee:

\$175 for new participants \$150 for ESC Alumni

Click on the QR code to register. Space is limited.

If you have any further questions, please contact me at above email address or 780 990 5222.

ESC Basketball





U13/U15 Boys 3 ON 3

DEVELOPMENT SPRING PROGRAM

Our club will offer a U13 and U15 3 on 3 Basketball League for the 2025 Spring

Our 9 week program will run from April 5 to June 14, 2025.

Program includes the following:

- Saturday Sessions
- 50 minutes of skill development 2 15 minute 3 on 3 games (8 team double round robin) Officials to monitor games

Location: West Haven School (325 W Haven Dr, Leduc, AB T9E 1B6)

2 options to register

As an individual - \$250 (includes reversible iersev)

As a team (4 members) - \$200 each (includes reversible jersey)

* 32 spots for each age group*

Please register by February 28, 2025

To Secure spot etransfer fee along with the following information to escbasketball4@gmail.com

Team Name:

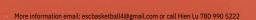
Player name:

D.O.B

Parent contact: email and phone number

Participants must have or purchase Alberta Basketball Insurance separately, link will be provided when

registration is complete.









U13/U15 GIRLS 3 ON 3

DEVELOPMENT SPRING PROGRAM

Our club will offer a U13 and U15 3 on 3 Basketball League for the 2025 Spring

Our 9 week program will run from April 5 to June 14, 2025.

Program includes the following:

- Saturday Sessions
- 50 minutes of skill development
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Team Name:

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D.O.B

Parent contact: email and phone number

Participants must have or purchase Alberta Basketball Insurance separately, link will be provided when

registration is complete.

More information email: escbasketball4@gmail.com or call Hien Lu 780 990 5222

KIMOCHIS



"On the surface, we're a family of cuddly critters and a big bowl of emotions. Underneath, we're a proven system for helping kids grow and transform by dealing skillfully with their feelings."

Emotional Literacy for 3-6 year olds and their Grown-up

April 23rd,30th May 7th,14th @ 2 pm to 3 Family Resource Network 5102 50ave

Use the QR Code to register



Email FRN@Leduc.ca for more information scan the QR to register





Circle of Security

The Path To "Good Enough" Parenting for parents/caregivers of children 2-8

- Understand your child's emotional world by learning to read emotional cues
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor the innate wisdom and desire for your child to be secure

Free to Attend!

Date: April 8th,15th, 29th. May 6th,13th, 20th, 27th

Time: 5:30 p.m. to 7 p.m. - light dinner included

Location: Family Resources Network - 5102, 50 Ave

For more information Email FRN@Leduc.ca

Family
Resource
On Network



Alberta Provincial Family
Resource Networks

Use the QR to Register



COMMUNITY VOLUNTEER INCOME TAX PROGRAM



Please Call the FCSS Income Tax Program, if you'd like us to complete your tax return 780-980-7109.

Eligibility:

- Simple Tax Return Lives
- within the City of Leduc Is not
- self-employed (this include freelance income/deductions)
- not have interest income over
- \$1,000 Is not in bankruptcy
- Meets the Financial Guidelines

Financial Guidelines:

Family Size	Total Fam	ily Income
1 person	\$35,000	\$45,000
2 persons	\$47,500	\$50,000
3 persons	\$52,500 \$5	52,500 plus
4 persons	\$2500 for	
5 persons	each addition	onai person
More than 5 persons		

WWW.LEDUC.CA/TAXPROGRAM





2025 SEASON RECHSTRATION

JOIN THE FUN ON THE DIAMOND

Softball is a fantastic way to make friends, experience teamwork, build new skills, gain confidence, have fun, and foster a lifelong love of sport.

AGE GROUPS FOR THE 2025 SEASON

- LEARN TO PLAY (2018-2019)
- U9 (2016-2017)
- U11 (2014-2015)
- U13 (2012-2013)
- U15 (2010-2011)
- U17 (2008-2009)
- U19 (2006-2007)

VISIT WWW.LEDUCSOFTBALL.CA TO REGISTER



















REGISTER NOW



