

WEEKLY NEWS

Crystal Jones | Principal | St. Paul Catholic Elementary School

Calendar

Monday 25

Healthy Hunger - Wok Box

Fire Drill Practice

Cross Country Run @
Rundle Park @ 3 pm

Gr. 3 - Riverhawks Inquiry
School

Tuesday 26

Gr. 3 - Riverhawks Inquiry
School

Wednesday 27

School Opening Mass

@ 9:30 am - All are welcome!

Thursday 28

Early Dismissal @ 12

Friday 29

Healthy Hunger - Subway

Orange Shirt Day



Principal's Message

We ended our week with the Terry Fox Run, it was a great success. We look forward to sharing our totals in money raised once we gather all our donations! Thank you to all the families that joined us for the run, it was a beautiful afternoon and a great way to welcome the weekend!

Next week, we will direct our focus to the Journey of Truth and Reconciliation.

The annual Orange Shirt Day on September 30th opens the door to global conversation on all aspects of Residential Schools. It is an opportunity to create meaningful discussion about the effects of Residential Schools and the legacy they have left behind. A discussion all Canadians can tune into and create bridges with each other for reconciliation. A day for survivors to be reaffirmed that they matter, and so do those that have been affected. Every Child Matters, even if they are an adult, from now on.



We are blessed with another weekend of sunshine - ENJOY!

Mrs. Jones

Cross Country Run

We are excited for the Cross Country run that will be taking place on Monday. All registered students will be bussed to the event, and Parents are

responsible for pick up at Rundle park. Please be there by 4:30 pm or join us to cheer on all of our participants for 3 pm! Reminder to wear your St. Paul T-shirt, we will have jerseys and both options available if need!



UPDATE: All fees have now been uploaded to powerschool for payment for those who have registered! Thank you!



School Fees - please submit payment through PowerSchool

Annual Registration Verification Form - please complete!

Families who have not completed the annual verification form for this school year, will receive communication from the Division to do so. The completion of the verification of your child's enrolment is critical in the accuracy of our records and also gives the Division the ability to garner resources that foster a vibrant and robust learning experience for our children. If you have already completed this verification, thank you!

Milk Sales!

Milk Sales are underway! Milk will be available to students on Mondays, Tuesdays, Wednesdays and Fridays at lunch. In order to participate, students are required to purchase a milk card for \$10.00, which will allow them to receive 8 - 250ml cartons of chocolate or white milk. Milk cards can be purchased through PowerSchool.

You ran for us. Now we run with you.

#dearterry



Parent Council AGM

Time and Place

Wednesday
October 4, 2023
6 PM

St. Paul School -
Gymnasium

We need your support! CLICK HERE to put your name forward to be part of our Parent Council and Volunteer Opportunities!

School councils are an important forum through which members of school communities play an advisory role in school improvement planning. Key factors in collaborative relationships are building meaningful, two-way communication and supporting respectful interactions among education partners. School council is a structured group of parents, principals, teachers, and community representatives whose purpose is to advise the principal and the school board respecting matters relating to the school. It is a means for parents and community members to work together with the school to support and enhance student learning.

- Meet current council members
- Learn about the school plans for the year
- Elections of New Board Members
- Review of Proposed Budget
- Sign up for Volunteer Opportunities

HELP NEEDED

**ST. PAUL SCHOOL WILL ONCE AGAIN BE
HOLDING A READ A THON IN OCTOBER TO
RAISE FUNDS FOR LITERACY
RESOURCES FOR STUDENTS**

**WE ARE LOOKING FOR ITEMS THAT CAN BE
GIVEN AS PRIZES TO STUDENTS**

**IF YOU ARE ABLE TO DONATE AN ITEM
PLEASE CONTACT MRS. JONES
CRYSTAL.JONES^[AT]ECSD.NET**





Sings Many Songs Women (Pearl White Quills, Deb Green et Noreen Demeria) sang for the opening of the healing garden at the Alberta Children's Hospital, a place of refuge for patients, staff, and physicians.

Acts of reconciliation you can do with your child

September 30 marks the [National Day for Truth and Reconciliation](#) in Canada.

Reconciliation is about creating and maintaining respectful relationships between Indigenous and settler (non-Indigenous) people in Canada. It involves acknowledging the harms and mistakes of colonization, including the devastating effects of Canada's residential school system. It also means sharing and learning together about positive ways to move forward.

Reconciliation is a process that involves both education and action. On September 30, commit to learning more about Canada's history of oppression of Indigenous people, and talk with your child about meaningful acts of

reconciliation you can do together.

Here are some ideas to help you and your family take part in reconciliation. Use them as a starting point and reflect on your intentions. Consider how your actions will respectfully deepen relationships with Indigenous history, culture, and people.

Learn the truth about the residential school system and its impacts on Indigenous people. If you can, connect with Indigenous Elders, Knowledge Keepers, and community leaders to make sure you're getting information from trusted sources. You can also look to materials for teachers and schools—these can be useful for families too. For example:

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October 2022 Family Newsletter

- This summary of [residential school history](#) from the National Centre for Truth and Reconciliation includes photos, documents, and links to an interactive timeline.
- [Plain talk 6: Residential schools](#) from the Assembly of First Nations is a virtual toolkit with stories, videos, and other digital resources.

Listen to the stories of residential school survivors and their family members, Elders, and Knowledge Keepers. These stories can be disturbing to listen to, but these personal narratives capture what life was like in the residential school system. You know your child best. Consider these options based on their age and readiness:

- CBC's 20-minute documentary, [Stolen children: Residential school survivors speak out](#)
- Legacy of Hope's collection of residential school survivor stories, [Our stories...our strength](#)

Get to know the Truth and Reconciliation Commissions' 94 Calls to Action (TRC).

As a family, explore progress on each Call to Action using [Beyond94](#), an interactive digital platform from CBC. It breaks down progress by key themes: child welfare, education, language and culture, health, justice, and reconciliation. Talk about what reconciliation means and what you and your family can do to follow the recommendations outlined by the TRC.

Wear orange shirts to symbolize harm done to residential school survivors and their families and to show your family's commitment to the principle that every child matters. Talk with your children about the



[story that inspired the Orange Shirt Day movement](#), and plan to wear orange on other dates and [events that honour First Nations, Métis, and Inuit](#) people, legacies, and cultures.

Learn what treaty territory you are on and how to recognize it. Not sure where to begin? Try [resources from the Alberta School Councils Association](#), including a Treaty map and sample wording in different parts of the province. Talk with your kids about why acknowledging the traditional land and its people is an important way to begin school assemblies, events, and other gatherings.

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October 2022 Family Newsletter

Find out if there was a residential school in your local area. CBC's [interactive map](#) of residential school sites can help you get started. Learn the name of the school and research its history. Consider making a visit to the site to show respect for the children that survived, and to honour the lives that were lost.

Watch films by Indigenous filmmakers from across Canada. These playlists from the National Film Board of Canada (NFB) can help you stream short films appropriate for kids of different ages:

- [Indigenous cinema for ages 6-11](#)
- [Indigenous cinema for ages 12-14](#)

Explore Indigenous books, online games, animation, and other media. Here are some kid-friendly suggestions from CBC:

- [10 books about residential schools to read with your kids](#)
- [15 beautiful Indigenous comic books and video games](#)

Help your child research Indigenous heroes, role models, and change-makers. Here are some helpful tools:

- [Indigenous sport heroes education experience](#) from Canada's Sports Hall of Fame
- [Indigenous trail-blazers](#) from the Government of Canada

Attend an Indigenous cultural event or gathering that's open to the public, like a [powwow](#), drumming circle, or traditional dance performance. These events provide opportunities to make connections and learn first-hand from Indigenous communities. Be sure to follow traditional protocol expected at these gatherings.

Listen to music and storytelling by Indigenous artists. Try these ideas:

- Playlists from CBC, like [Indigenous Canada](#) or [Reclaimed](#)
- Youth-led podcasts, like [Indigenous 150+](#) or [Young and Indigenous](#)

Go to an Indigenous museum or art gallery. If there isn't one in your community, try a virtual tour with [Mootookakio'ssin](#), a 3D digital collection of Blackfoot items from the 19th and 20th centuries.

Visit an Indigenous restaurant, café, or food truck, or try making a traditional meal at home. Get inspired with this [Indigenous recipe collection](#) from the Dietitians of Canada.

Learn some common greetings or words in an Indigenous language, or research the original names of places and landmarks in your local area. This [digital collection of Blackfoot-English phrases](#) can help.

Play traditional games as a family, like ring the stick or double ball. Learn how with the [Move & Play Through Traditional Games](#) toolkit from Be Fit for Life and Ever Active Schools.

Connect with the land. Spend time outside as a family, showing respect and appreciation for nature. Enjoy getting active in traditional ways (like walking, canoeing, or playing outside) or try planting and harvesting. This resource on [traditional plants and uses](#) from the Alberta Teachers' Association can help your family learn about traditional medicines such as sage, cedar, sweetgrass, and other plants.

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October 2022 Family Newsletter

Support an Indigenous-led business or company in your community. The [Indigenous Tourism Alberta](#) website can help you find gift shops, art and jewelry stores, food vendors, hotels, and more.

Help your child fundraise for a Friendship Centre or Indigenous-led non-profit group near you. Check out the Government of Alberta's [Guide to Indigenous Organizations and Services in Alberta](#) for a full list of Indigenous non-profit organizations and services (including national umbrella organizations).

As a family, commit to lifelong learning that supports reconciliation. Watch for local opportunities to learn from Elders and Knowledge Keepers, or try webinars and virtual options like [Indigenous Canada](#), a free massive open online course from the University of Alberta. Share your learning journey with your friends and community—reflect, ask questions, and spark conversations.

Reconciliation is a difficult journey. Reach out for help if you need it. You are not alone.

- [AHS Mental Health Help Line](#): 1-877-303-2642 (*Available 24/7 to all people in Alberta*)
- [Hope for Wellness Help Line](#): 1-855-242-3310 (*Available to all Indigenous people across Canada*)
- [National Indian Residential School Crisis Line](#): 1-866-925-4419 (*Available 24/7 to residential school survivors and their families*)