

WEEKLY NEWS

Crystal Jones | Principal | St. Paul Catholic Elementary School

Calendar

Monday 18

Healthy Hunger - Booster Juice

Milk Sales start - purchase card on PowerSchool

Tuesday 19

Wednesday 20

Thursday 21

Early Dismissal @ 12:00 PM

Kindergarten - Zoo

Friday 22

Healthy Hunger - Papa Johns

K-2 Skating Lessons



Principal's Message

We had a wonderful week! Our students and staff participated in our school opening celebration where we came together in prayer, song and community. We shared our theme book for the school year, "You Are Here for a Reason" by Nancy Tillman. It was a beautiful to

start off the school year in reflection and togetherness.

Our Meet the Teacher was a huge success! The bus in the hallways, the smiles, the feedback and of course the ice cream - all added to the success of the evening. Many hands came together to showcase our school, classrooms and learning environments. It was so lovely to see everyone, and officially welcome all our new families to our beautiful school!

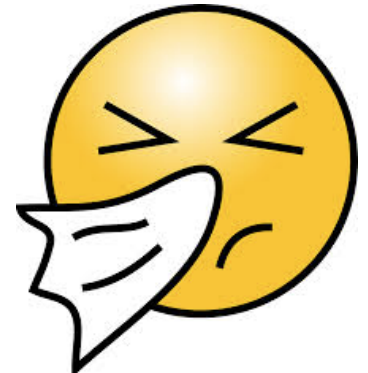
I hope everyone has a restful weekend, and enjoy the beautiful weather! Fall is in the air!

Mrs. Jones

Student Illness

With the return of school, we all have a role to play in keeping one another safe from illness.

The health, safety, and well-being of our students and staff remain our top priority. Please continue to monitor your child for symptoms daily before coming to school. This is one of the most effective ways to prevent the spread of illness. Anyone who is exhibiting symptoms of illness, including fever, nausea, vomiting, diarrhea, new or worsening cough, or shortness of breath, should remain at home until their symptoms have improved and they have been free of fever for 24 hours without the use of fever-reducing medication, and they feel well enough to resume normal activities. If your child becomes sick at school, parents/guardians will be called to pick them up. If your child is away from school for any reason, please call the office to let us know.



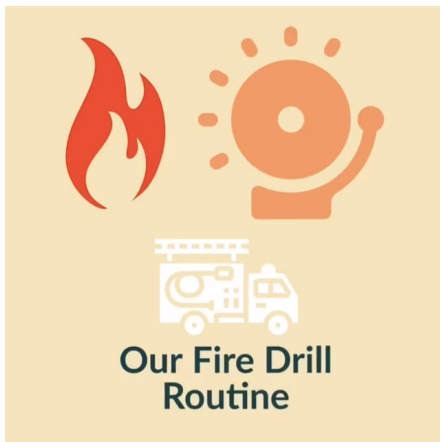
At St. Paul we are,

- Encouraging students to wash and/or sanitize their hands regularly. Hand sanitizer is available at our school.
- Prioritizing frequent cleaning and disinfection of high-touch surfaces.
- Respecting individual choice regarding masks. Our priority is supporting a welcoming, caring, respectful, and safe learning environment.
- Reporting illness to Alberta Health Services when school-wide student absentee rates are over 10% due to illness so they can investigate and advise. This has always been our practice.

Safety Drill Practices

We will be practicing our evacuation drills in the fall and spring. We will practice lockdown and other emergency procedures all year. These valuable

exercises are required so that the students and staff are aware of what the procedures are should one of these events occur. Both planned and surprise events will occur for all these practices. In all cases, administration will make an announcement following the practice in order to provide feedback. Our first evacuation drill will be held on **Monday, September 25, 2023** and our first lock down practice will be held on **Wednesday September 27, 2023**.



Healthy Hunger - Reminder

- All parents must register their children to take part in ordering hot lunch. To create an account and register your children, please click [here](#).
- Please note all lunch orders need to be placed **5 days prior** to the scheduled lunch date.

School Fees

All fees have been updated on PowerSchool. Please log into the Parent Portal to make payment. Thank you!

Cross Country Run - Reminder to bring your form if you registered!



We are excited for the 33rd Annual ECSD Cross Country run that will be taking place on Monday, September 25, 2023. Students had the opportunity to sign up this week. Mrs. Jones will be meeting with all interested students next week, at which time a Field Trip form will be coming home. All registered students will be bussed to the event, and Parents are responsible for pick up at Rundle park. Please be there by 4:30PM or join us to cheer on all of our participants! Races begin at 3PM!

Friday, September 22, 2023 @ 2 pm BRING A TOONIE FOR TERRY!

Terry Fox represented the best that Canadians have to offer. He was an example of courage, humility, determination, and perseverance. From a young age he exemplified these attributes that made him an inspiration for not only Canada, but the entire world. We will run to support as a school community next Friday!





How to help your child with healthy friendships

Healthy friendships are important to your child's growth and development. Kids learn how to socialize with others by spending time with their peers. Friendships build their confidence, resilience, and sense of belonging. But even healthy friendships can have troubles, and your child might need your support to figure out the way forward. Here's what you can do to help your child navigate friendship challenges.

Lead by example

Your child learns about healthy relationships by watching you and other adults they care about. When it comes to relationships, think about the values that matter most to you and your family. Try to demonstrate these values in your day-to-day interactions with others.

For example, your actions show your child how to:

- Treat people with respect
- Communicate assertively
- Solve problems
- Negotiate and compromise
- Manage emotions in a healthy way

Talk about healthy relationships

Talk with your child about what it means to be a good friend. Encourage them to look for friends that share similar values, like respect, trust, honesty, loyalty, and kindness. Teach them that it's just as important to **be** a good friend as it is to **have** a good friend.

Healthy Children

February 2023 Family Newsletter

Try chatting about how they might feel if someone was unkind to them. Remind them to think about this feeling if they see their friends being unkind to others. This can help your child stick to their values in challenging situations.

Talk with your child about the differences between healthy, [unhealthy, and abusive relationships](#). For example, these relationships vary in the ways that people talk to each other, spend time together, and trust each other. Learning more about these types of differences will help your child recognize challenging friendships at school, in the community, and online.

Practice skills for handling peer influence

As your child gets older, it's likely that their friends will have more influence. Most peer relationships are healthy and positive, but sometimes friends might pressure your child to do things that make them uncomfortable. Teach your child how to say no and still be a good friend. The phrase "no thanks, I don't want to" is often all they need to say. If that doesn't work, these strategies may help:

1. Repeat "No thanks, I don't want to" as often as needed.
2. Flip the conversation by asking "Why is it so important to you that I do that?"
3. Put a stop to the convincing by saying "That sounds like a good time, but no thanks."
4. Leave the situation by saying "Sorry, I have to leave" and then walk away.

Help your child practice these skills at home so they feel more confident using them at school, on the playground, and in other situations.

Support positive peer connections

It's common for kids and young teens to change friend groups over time. Younger children may say that they're friends with someone one week, then 'enemies' the next. These rapid changes may go back-and-forth several times. Older children may notice a more gradual change in friend groups. They might feel like their friends no longer like things they do or share the same interests.

Reassure your child that it's okay to leave a friend group that makes them feel uneasy, then help them plan for more positive peer connections. For example, they can:

- Join a group, club, sports team, or faith community
- Look for volunteer opportunities
- Connect with new friends who share the same hobbies and interests

For more information, go to:

- [Talking with your child about relationships](#)
- [Learning about helping your young teen deal with conflict](#)



ST. JOHN THE EVANGELIST ROMAN CATHOLIC CHURCH

OUR SCHOOLS

We'll be celebrating School Opening Masses with our six schools this month. Classroom visits, Read-In Week, Faith Day, Grade 4 Bible Presentations, and Advent Masses are some of the ways the Parish will be contributing to the foundation of Home-School-Parish for the faith of your child this fall and early winter. We truly look forward to affirming your work and our shared responsibility to them as children of God.

SACRAMENT PREPARATION REGISTRATION 2023-2024

First Reconciliation and First Eucharist, and Confirmation

Is your child in grade 2 or higher? If so, they are ready to prepare for **First Reconciliation** and **First Eucharist (Communion)**. Please contact the Parish office by phone or email as soon as possible, by **Oct. 6** at the latest. We will meet you and your child in a Registration/Orientation Meeting. Attendance at a Parent Meeting, and preparation sessions on Saturdays or Thursday afternoons for the children are also some required components.

Confirmation is celebrated when your child is in grade 6, Junior High, High School, or as an adult. Confirmation candidates can prepare for 1st Reconciliation and 1st Eucharist at the same time as Confirmation. It is never too late to receive these any of these sacraments! Please contact the Parish office by phone or email by **Nov. 3** to let us know you are interested.

Baptism Preparation

Are you expecting a new baby? Our next Baptism preparation class is on **Nov. 15** at 7 -9 pm, in the upper hall. Please call the Parish Office to let us know you are planning to come. Parents are required to take a short course to help understand what it means to be baptized, and what they are committing themselves and their child to in this sacrament. We also walk through the ritual of Baptism in the Church so you will know what to expect. Godparents are welcome and encouraged to come to the class too. Please call or email us if you have any questions, especially about baptizing older children.

9830 – 148 Street Edmonton, AB. T5N 3E8 780.452.3988

sje@caedm.ca www.stjohnevangelist.edm.caedm.ca

www.facebook.com/stjohnevangelistedm

Sophie Ogle, Pastoral Assistant sophie.ogle@caedm.ca