

WEEKLY NEWS

Crystal Jones | Principal | St. Paul Catholic Elementary School

Calendar

Monday 16

Healthy Hunger - Edo

Tuesday 17

Wednesday 18

Grade 4 @ Reuse Centre
(AM)

Thursday 19

Early Dismissal @ noon
Kindergarten - Zoo

Friday 20

Healthy Hunger - Chopped
Leaf & Booster Juice



Principal Message

This afternoon we walked to the church for our Thanksgiving Mass. As always, it is such a special time for us to gather together as a school community of faith.

Our cereal drive was a huge success. Special thanks to our Grades 4-6 Leadership Group for organizing, promoting and collecting our cereal. Approximately 185 boxes of cereal were collected to help serve those in need within our School Division! Thank you St. Paul!

With humility we love and serve - School Charism

The weather is beginning to change and our days are getting a bit chilly, we are encouraging students to dress for the weather so they are comfortable during recess and when outside.

We are kicking off four Read-a-Thon this week. Envelopes and information have been sent home to families. There are exciting prizes to be won! All proceeds raised will go directly back into the school to support our literacy programming.

Wishing you a wonderful weekend!

Mrs. Jones



Liturgy of the Word & Catholic Education Sunday

We are excited to extend a warm invitation to all families to join us in celebrating a momentous milestone – Edmonton Catholic Schools' 135th anniversary! Over the course of this school year, we will be taking time to commemorate the occasion.

*The celebration begins on **Thursday, November 2**, with a Division-wide 135th Anniversary Liturgy of the Word. All 95 schools will come together virtually for a Liturgy of the Word, with Bishop David Motiuk presiding. You are invited to join the livestream! A link will be posted to ecsd.net/135 closer to the date.*

On Catholic Education Sunday, November 5, our local parishes will celebrate the gift of publicly funded Catholic education in our province. It is a wonderful opportunity for us to connect home, school, and parish as partners in the creation of a vibrant, engaging, Christ-centred learning experience for our children and youth.



Focus Group Invitation from

Alberta Education:



On October 30, 2023, Alberta Education will host a focus group with the intention of seeking feedback from parents. The focus group will meet from 7:00 pm to 8:30 pm via Zoom.

Purpose: To collect insight from a parent perspective as we seek to update the old “[My Child’s Learning: A Parent Resource](#)” website into a brand new space that will be hosted on [new.LearnAlberta.ca](#).

ASCA has been asked to identify 10 – 12 parents from metro, urban and rural school divisions, representing children of varying grade ranges (K-12) to participate in this focus group.

I ask that you please share this “expression of interest” survey with your school administrators, asking them to distribute to their school communities as they deem appropriate (school council, engaged parents, etc.). It will remain open until Monday, October 23rd at 5:00 p.m. at which time we will select the broadest variety and diversity possible. <https://forms.office.com/r/YZE9pcU1JZ>

Depending on the volume of responses we receive, we may not be able to include all parents. We will do our best to respond to all who complete/submit the survey, again depending on the volume we receive.

Wendy Keiver, Executive Director - ASCA

Reminder School PD Days and Fall Break

No School Wednesday November 8 - Tuesday November 14, 2023. Students return to school on Wednesday November 15, 2023.



CALENDAR OF EVENTS

October

9 Thanksgiving- No School

Thanksgiving Mass I

10 Picture Day

13 Thanksgiving Mass 1:30 PM

16-23 Read A Thon!

19 Kinder Zoo Morning

31 Halloween Haunted House
& Class Parties

November

8 St. Paul PD Day - No School

9 Faith Development Day- no school for students

10 & 13-14 Fall Break –enjoy!

16 Kinder Zoo Morning

23 Parent Teacher Interviews

HALLOWEEN UPDATE

- Tuesday, October 31st
- Students come to school in costumes
- Outdoor Parade:
- 🎃 Kindergarten to Grade 3 – 10:45 - 11:05 AM
- 🎃 Grade 4 - 6 - 11:15 - 11:25 AM
- We want to celebrate a FUN and not scary Halloween- no replicated weapons or costumes that are excessively gory.

Halloween Snacks & Treats:

Students can bring individual treats/snacks from home (not to be shared with classmates) for classroom parties or movie afternoon. If students want to bring snacks for the class, they must be individually packaged.

These snacks can be handed out at the end of the day and taken home- they should not be given out during the afternoon. Families can decide their comfortability with these snacks at home.

Afternoon Activities

The Grade 6's will be running a Haunted House in the afternoon of October 31st. Homerooms will receive a scheduled time. Classes will organize parties/crafts/movies in classrooms for the PM.

Read A Thon 2023

First Prize: HERITAGE CLASSIC MCDAVID JERSEY

Second Prize: KINDLE E-READER

Third Prize: \$50 CHAPTERS GIFT CARD





10 ways to build your child's social emotional skills

If you have a school-age child at home, you've likely heard the buzz around social emotional learning (SEL). It's a concept that has caught the attention of teachers and parents alike—in part because it makes good sense. SEL is about helping kids learn the types of skills they use in everyday life, like how to handle emotions, cope with stress, get along with others, make decisions, and solve problems. Social emotional skills are essential. They help kids thrive at school, work, and in life.

Kids develop social emotional skills from a very young age. They learn through formal instruction (like lessons at school or in childcare) and through informal, day-to-day life experiences at home and in the community.

Here are 10 practical ways to boost your child's social emotional skills.

1. Build their emotional vocabulary

Teach your kids to name their emotions. Use [The Feelings Wheel](#) to help them build an emotion vocabulary—beyond basic terms like happy, sad, or mad—so they can find the words to express how they feel. Naming emotions and moods is the first step to managing them in healthy ways.

2. Focus on their strengths

Talk to your child about their strengths—what they can do, what they're good at, and what they enjoy. Notice the positive things about your child. Try not to compare them to their siblings or friends.

3. Give them responsibilities

Talk to your child about ways they can contribute at home. Together, figure out tasks that suit their age, interests and talents—they could help with pet care, chop vegetables for dinner, or weed the garden. Having responsibilities helps them feel valued, confident, and secure.

4. Play!

Create time, space, and opportunity for your child to play in ways that make sense to them. Whether they play alone or with others, freely or in structured ways, they'll be learning and trying out social emotional skills. Join your child in pretending, building, cooperative games, and the like—just be sure to let them guide the activity.

5. Help them work toward goals

Help your child set ambitious goals and work toward them with small, realistic steps. Whether they want to improve their reading, try a new sport, or cook dinner on their own, they'll likely need your support to get there. Show them how to break big goals into smaller, doable parts. Celebrate small wins along the way—it helps them stay positive and motivated.

6. Put them in the driver's seat

Give your child a chance to weigh in on decisions. Get them to plan what they'll have for school lunch, choose their own after-school activities, or decide how to style their hair. Involve them in family choices, like where to go camping or how to celebrate a special occasion. When kids have an active voice in decision-making, they learn to think through choices and consequences.

7. Teach them how to cope with stress

Help your child explore different ways to cope with stress. Try physical activities (like running or dancing), calming activities (like art or yoga), or spending time outside. Some kids also benefit from techniques like starfish breathing or box breathing. Learn these strategies in just 5 minutes with this handy video: [Stress explained \(Elementary edition\)](#).

8. Guide problem solving

Listen to your child when they share problems with you, when they talk about challenges with friends or siblings. Try not to jump in with opinions or ideas to improve a situation. Instead, help them brainstorm solutions and weigh pros and cons.

9. Reframe mistakes

Teach your child that it's normal to make mistakes or have set-backs with goals. Talk about mistakes or set-backs you've had and how you've handled them. Keep the focus on what you learned or what you could do differently next time. This approach will help your child feel capable, optimistic, and in control.

10. Ask about SEL at school

Talk to your child's teacher or principal about what's going on at school when it comes to SEL. [The Government of Alberta supports this approach in schools](#) and many schools have SEL goals or plans in place. Teachers have unique insights on SEL, and often have great advice about how to reinforce your child's skill development at home.