



# École St. Paul Elementary

**FEBRUARY  
2025**

*Live, Learn, & Lead Like Jesus*

*Vivez, Apprenez, et Menez comme Jésus*

Phone #: 780-645-3537

Absentee Line: 780-645-2935

School Cell# 780-614-4612 (text only)

## *Our Mission:*

*Working together to live, learn and lead like Jesus so that we grow as servant leaders and lifelong learners.*



## IMPORTANT INFORMATION

February 12—Early Dismissal at 2:00 p.m.

February 13 & 14—Teacher’s Convention

February 17—Family Day

February 18—PLC Day

February 26—Grade 5 Ski Trip

## ÉCOLE ST. PAUL ELEMENTARY SCHOOL

### BELL SCHEDULE



8:35	First Bell
8:40 - 8:44	Morning Announcements
8:44 - 9:17	Block 1
9:17 - 9:49	Block 2
9:49 - 10:21	Block 3
10:21 - 10:33	Recess
10:35 - 11:08	Block 4
11:08 - 11:40	Block 5
11:40 - 12:12	Block 6
12:12 - 12:29	Lunch
12:29 - 12:46	Recess
12:48 - 1:21	Block 7
1:21 - 1:53	Block 8
1:53 - 2:05	Recess
2:07 - 2:40	Block 9
2:40 - 3:12	Block 10
3:17	Dismissal Bell

## February 6th

Please book your meeting with your child’s teacher(s) using the link provided in the email your were sent.

## ATTENTION PARENTS, GUARDIANS AND VISITORS

For the safety and security of our school community, we kindly ask that all visitors and volunteers stop by the office to sign in upon arrival. This process ensures that we can assist you appropriately and maintain a safe and welcoming environment for everyone.

Thank you for your cooperation and support in keeping our school safe!

## JOIN US AT THE SPECS BOOK FAIR

**SPECS will be holding a book fair on  
February 25, 26 and 27. With evening shopping on  
Thursday, February 27th from  
3:15 until 8:00.**

**On display will be books from Scholastic Book Fairs  
as well as from our local Heaven Sent Christian  
Bookstore. The book fair will take place in the  
Gathering Area. Parents are welcome to come and  
shop for books with your child during their  
scheduled book fair visit with their classmates.  
WE HOPE TO SEE YOU SOON!**








## If you *don't* snooze, you lose!


### DO

- Go to bed around the same time every night.
- Follow a calm bedtime routine, like taking a bath or reading a book.
- Get comfy – not too hot or too cold.

### DON'T

- Talk with a parent or guardian if something is bothering you.
- Sleep in a quiet room.
- Sleep in a dark room.
- Watch TV, play video games, or use a phone, tablet, or computer right before bedtime.
- Play loud music or watch a scary movie.
- Sleep with your dog, cat, or goldfish.
- Drink soda, iced tea, or other drinks with caffeine.
- Sprinkle sugar on your head to have sweet dreams!



**Most kids need 10 to 11 hours of sleep each night to help them do their best at school.**

## Grade 5 Ski Trip Itinerary

8:30 a.m.—Depart from School (Please have your child at the school by 8:10 a.m.)

10:00 a.m.—Arrive at Kinossou Ski Resort

4:30 p.m.—Depart from Kinossou Ski Resort

6:00 p.m.—Arrive back at school (Please have someone pick them up at school between 5:30 p.m. and 6:00 p.m.)



## SPECS Playground

### Cash Raffle Fundraiser

Thanks to the incredible generosity of parents and community members, the SPECS cash raffle was a huge success! All of the prizes were claimed and we would like to extend a big congratulations to all the winners. Winning tickets are listed on <https://www.rafflebox.ca/raffle/eespecsfrc>. The SPECS Parent Fundraising Council appreciates all ongoing support through various initiatives to reach our playground goal.



If you have any feedback or fundraising ideas, please email [specsfundraising@gmail.com](mailto:specsfundraising@gmail.com)

## School Council Meeting

### Tuesday, February 25th

### at 6:30 p.m.

**All are Welcome!**

Believe  
in yourself  
— & —  
you will be  
Unstoppable

Choose  
**KINDNESS**  
PINK SHIRT DAY  
**feb 26** 2025



February 20th  
100th day of school  
Dress like you are 100 years old

# MAKERSPACE MATERIALS NEEDED

## Suggested Materials

PUDDING CUPS	KLEENEX BOXES	STYROFOAM BALLS
FABRIC/FELT SCRAPS	BUBBLE WRAP	GIFT BAGS
PAPER/PLASTIC CUPS	POPSICLE STICKS	BROWN PAPER BAGS
TOOTHPICKS	YARN/STRING	RIBBON SCRAPS
PIPE CLEANERS	STRAWS	Q-TIPS
COTTON BALLS	POM POM BALLS	CONSTRUCTION PAPER
CARDBOARD	BEADS	TIN FOIL
TWIST TIES	DUCT TAPE	INDEX CARDS
DISPOSABLE PLATES	PLASTIC SPOONS	RUBBER BANDS
	ANY CRAFT SUPPLIES	



**Mini tente de lecture**  
**Reading Tent**  
**11 février 2025**  
**10 - 12pm**

**Spectacle**  
**GEMU**

**Le 6 février,**  
**2025**  
**10h et 13h**

**13 fév 2025**  
**agora**

**5 à 7**  
**Fondue**  
**St Valentin**

APJ (Apprendre par le jeu)  
GYM  
20 février 2025  
9h30 - 11h30



**5 à 7**  
**28 fév 2025**  
**Caréibes**

# LAKELAND REGIONAL SCIENCE FAIR

## INFORMATION SESSION AT THE ST. PAUL MUNICIPAL LIBRARY

### WEDNESDAY FEBRUARY 5TH 5:30 TO 7:30

Drop in to find out more about the Lakeland Regional Science Fair.

- How to register
- Project Ideas
- How to help
- More

Presentation starts at 5:40pm  
Q&A and Idea sharing after presentation

FOR MORE INFORMATION ON THE LAKE LAND REGIONAL SCIENCE FAIR CHECK OUT OUR WEBSITE:  
<https://spdss.ca/lrsf-2025/>

## LAKELAND REGIONAL SCIENCE FAIR

**April 12<sup>th</sup>, 2025**  
**Portage College**  
**St. Paul AB**

Dive into the world of science and innovation, explore your curiosity, and showcase your creativity. **Open to students in grades 4-12 from Northeast Alberta**, the fair is a platform for young scientists to present their projects, learn, and grow. Following a successful 2024 event, this year's fair promises to be even more dynamic, with the opportunity for **four outstanding projects to advance to the national stage at the Canada-Wide Science Fair in Fredericton, NB.**

**WHAT AND WHERE**

- The Lakeland Regional Science Fair is **April 12<sup>th</sup>, 2025 at Portage College in St. Paul.**
- Students from **grades 4-6** can participate in the regional science fair, with awards and prizes available.
  - Up to four participants can work together.
- Students from **grades 7-12** can participate in the regional science fair and compete to go to the Canada-Wide Science Fair in Fredericton, NB May 31<sup>st</sup> to June 7<sup>th</sup>.
  - Four winners from the Lakeland Regional Science Fair will be sent, all expenses paid.
  - Up to two participants can work together when competing for the Canada-Wide Science Fair.

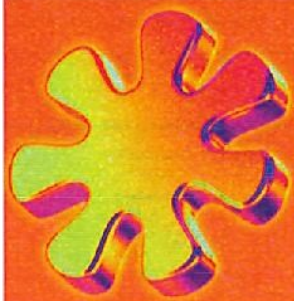
**WHY?**

- We know you have passions and interests – dig in and show off what you know!
- Science isn't all test tubes and lab coats – almost anything you can think of has a science angle to it.
- Unlike school, you pick the topic you're interested in.
- You don't have to do it alone – you can do it with your friends and lots of help is available.
- Prizes!

**HOW?**

**Visit:**  
<https://spdss.ca/lrsf-2025/>

Affiliated with: **CWSF** **ESPC**



# WWFL LEARNING

## YOUTH EDUCATION

Passing on teachings to our future generations  
**AFTER SCHOOL PROGRAMMING**

K-8 yrs old  
Fridays  
3:30 - 5:00

✓ Homework Help

✓ Health and Wellness

✓ Healthy Eating

✓ Physical Activities

✓ Traditional Teachings

✓ Art and Game Nights!

**REGISTER NOW**

Phone: 780-645-4630

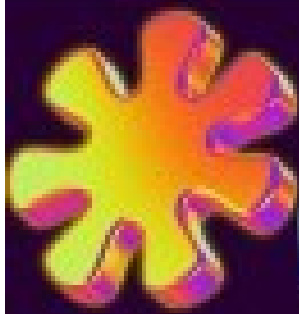
[mannawanis02@mannawanis.ca](mailto:mannawanis02@mannawanis.ca)

Mannawanis Native

Friendship Centre

4901 50st St. Paul





# WWFL LEARNING YOUTH EDUCATION

Passing on teachings to our future generations  
**AFTER SCHOOL PROGRAMMING**

✓ Homework Help

✓ Mental Health and  
Wellness

✓ Healthy Eating

✓ Healthy Relationships

✓ Landbase teachings

✓ Physical Activities

✓ Traditional Teachings

✓ VR, Art and Game  
Nights!

9-12 yrs old  
Wednesdays  
4:30 - 7:30

**REGISTER NOW**

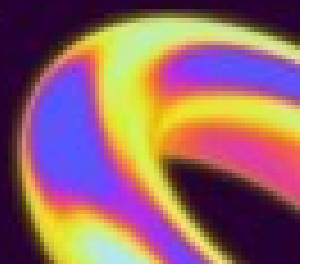
Phone: 780-645-4630

[mannawanis02@mannawanis.ca](mailto:mannawanis02@mannawanis.ca)

Mannawanis Native

Friendship Centre

4901 50st St. Paul



# Is it Rude, Mean or Bullying?

## What is the Difference?

It is important to understand the difference between *rude*, *mean* and *bullying*. They each have their own definition and they are **not** interchangeable.

So, what is being **rude**? It is saying or doing something by accident that makes someone feel sad or hurt. It can happen once or twice. The person may not intend to hurt your feelings, but they might not be acting politely or kindly. Examples of this are forgetting to say "please" or "thank you", interrupting when someone is speaking, not waiting your turn, cutting in line, taking something that does not belong to you.

**Being mean** is not being nice on purpose. It usually does not happen all the time. The person is deliberately wanting to hurt someone's feelings. Examples of being mean are saying unkind words like "you're not my friend", not sharing toys, making fun of someone on how they look, not inviting one person to a party but inviting everyone else, deliberately pulling someone's hair.

**Bullying** is when someone keeps being mean on purpose **over and over again**. The person will generally target individuals repeatedly. The person being bullied feels scared and sad. Bullying can be with words, actions or online. Examples of bullying are calling someone mean names every day, always leaving someone out of games, pushing or hitting the same person daily, taking someone's things over and over, whispering about someone often with friends so that the person can hear, and sending mean messages online.

When your child comes home from school, they may want to share both the positive and negative events from their day. Take the time to listen to their concerns fully. Reflect on whether the negative situations involved rudeness or meanness. Ask thoughtful questions like, 'Did this happen today, or is this something that happens regularly?' If another child was being rude, offer your child strategies for handling these situations calmly and effectively. Examples could include letting your child express how the behavior makes him or her feel or politely asking the other child to 'please stop.' If a child is mean, teach your child to be assertive. Assertive behavior is all about expressing your feelings, needs, and thoughts in an open, honest, and respectful way, without being passive or aggressive. Here are some examples:

- **Saying "No" to something that is hurtful.**
- **Expressing Feelings Clearly:** Sharing how you feel about something in a direct, Respectful manner.
- **Using "I" Statements:** "I don't like it when you..."

If your child is repeatedly targeted by another student, it's important to reach out to their teacher so the school is aware of the situation. Again, teaching your child to be assertive can be a valuable tool in handling rudeness, meanness, or bullying.



Mrs. Filipchuk  
Family School Liaison Worker/School Counsellor



## COME JOIN OUR FILL YOUR FREEZER FUNDRAISER!

























Visit: <https://stpaulementaryschool.myteamfund.ca>

We are continuing to raise funds to purchase more playground equipment. With increasing enrollment more equipment is necessary. Help us reach our goal by participating in this fundraiser! Be sure to stock up as this fundraiser will not be back until the fall of 2025.

Share your personal link with others!

Our fundraiser is open until: February 24<sup>th</sup>, 11pm with pickup on March 5, 2025.

\*See new pickup location on ordering website\*

 Spotumbos Chicken Apple 5.5 kg <del>\$155.00</del> \$155.00	 Snack Size Potato & Cheddar Perogies* \$37.50	 Potato, Romano, Bacon Perogies \$37.50	 Gordon's Fresh Medium Bacon 14/16* \$100.00	 Black Garlic Chicken Skewers <del>\$105.00</del> \$100.00	 Bacon Wrapped Scallop Medallions <del>\$145.00</del> \$135.00	 Brickman's Cheese Box \$65.00	 24 Real Deal Steak & Gravy Aussie Pies \$150.00
 Gordon's Fresh *Thick* Bacon 10/12* \$100.00	 Olymel Fresh Extra Thick Bacon 6/8 \$100.00	 36 Fresh GF All Beef Burgers <del>\$145.00</del> \$130.00	 32 Lean Bison Burgers <del>\$165.00</del> \$140.00	 Certified Angus Beef Meatballs <del>\$110.00</del> \$105.00	 36 Mild Italian Sausages <del>\$95.00</del> \$90.00	 36 Hot Italian Sausages <del>\$95.00</del> \$90.00	 16 AAA Top Sirloin CC Beef Steaks <del>\$165.00</del> \$150.00
 Tasty Boneless Pork Ribs* <del>\$85.00</del> \$80.00	 Boneless Breaded Chicken Wings* <del>\$95.00</del> \$90.00	 Pub Style Chicken Tenders \$105.00	 Chicken Cordon Bleu \$65.00	 10 AAA Flat Iron Steaks (8oz) <del>\$145.00</del> \$140.00	 10 AAA New York Striploins (8oz) \$150.00	 Grandmother Lemon Tart <del>\$60.00</del> \$55.00	 Portuguese Custard Tarts <del>\$130.00</del> \$110.00

 20 Bacon Wrapped Sirloin Steaks <del>\$135.00</del> \$145.00	 Rosdown All Natural Chicken Breasts <del>\$100.00</del> \$105.00	 Classic Handmade Carrot Cake \$110.00	 Seasoned Cooked Chicken Wings \$105.00
--	--	---	--

If you have any questions or are having difficulty ordering, please call or text Stephanie at 780-614-7202. Thank you for your support!

Scan Here to Join





# February

# 2025

shutterstock.com · 1867337080

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Upcoming events:</b> March 4th— Shrove Tuesday March 5th—Ash Wednesday March 12th—Grade 3 swimming lessons begin March 20th—Report cards sent home March 24th—28th—Spring break						1 
2 	3 Day 2	4 Day 3	5 Day 4	6 Day 5 Parent/Teacher Conferences & Goal Setting Evening	7 Day 6	8
9	10 Day 1	11 Day 2	12 Day 3 Early Dismissal - 2:00 p.m.	13 Teachers' Convention No School	14 Teachers' Convention No School	15
16 Hot Lunch Ordering Opens Feb 17-23	17 Family Day No School 	18 PLC Day No School	19 Day 4	20 Day 5 100th Day of School Dress like you are 100 years old	21 Day 6	22
23	24 Day 1	25 Day 2 Parent Council Meeting— 6:30 pm	26 Day 3 Gr. 5 Ski Trip Pink Shirt Day	27 Day 4	28 Day 5	
<b>Scholastic Bookfair</b>						

SPECS is an ALLERGY AWARE Zone