

# March Newsletter 2025-2026



## Principal's Message



Greetings Parents and Guardians,

On May 1st, our Parents' Association is hosting an exciting event for our students: a silent disco! If you've never experienced one, I highly encourage you to attend. It is an absolute blast to participate in—and arguably even more fun to watch. While on vacation in Mexico one summer, I had the pleasure of participating in a silent disco. I thought I looked really cool jumping around on the dance floor and having fun until I sat down and watched the video of me and the other participants. To put it kindly, not many people on the dance floor could dance well. There was off key singing, strange movements, and quite a bit of sweat, however, everyone was having fun.

When I reflect on that event and the actions of all the dancers, one thought always comes to my mind and it is self confidence. As our students progress through ÉLJHS, self confidence is an essential value that we try to instill in them. We ask questions like is it more important to look cool at lunch in a t-shirt or to be warm? Is it more important to have the latest phone or have social connections? Does it matter what you are wearing or is it more important to be happy? These are all great questions for our students to reflect on and the silent disco is the perfect place to put those reflections into practice. I hope to see all of our students there, dancing with confidence and embracing the spirit of William W. Purkey's famous quote: "Dance like there's nobody watching, love like you'll never be hurt, sing like there's nobody listening."

Mr. Chomlak

### MARCH IMPORTANT DATES:

- MARCH 5:**  
GR 9- TOUR OF OHPAHO (PM)
- MARCH 4:**  
GR 9- TOUR OF LCHS (PM)
- MARCH 8:**  
DAYLIGHT SAVINGS BEGINS
- MARCH 9:**  
PD DAY- NO SCHOOL
- MARCH 11:**  
GRADE 8 HOCKEY HOOKY TRIP
- MARCH 11:**  
SKI CLUB TO RABBIT HILL
- MARCH 17:**  
ST. PATRICK'S DAY
- MARCH 20:**  
FIRST DAY OF SPRING
- MARCH 23:**  
ÉLJHS SCIENCE FAIR PROJECTS DUE
- MARCH 26:**  
ÉLJHS SCIENCE FAIR
- MARCH 28 - APRIL 6:**  
SPRING BREAK
- APRIL 7:**  
CLASSES RESUME AFTER SPRING BREAK





*Leaha Severson*  
ÉLJHS Counsellor



- ☎ (780) 986-2184
- 🌐 [www.eljhs.blackgold.ca](http://www.eljhs.blackgold.ca)
- ✉ [leaha.severson@blackgold.ca](mailto:leaha.severson@blackgold.ca)
- 📍 École Leduc Junior High School

**LINK:**  
ÉLJHS Counselling Lounge

<https://sites.google.com/gshare.blackgold.ca/eljhs counsellingcorner/home>

## INSIDE THE TEENAGE BRAIN



The **prefrontal cortex** (located behind the forehead) is the last part of the brain to mature. It is responsible for planning, prioritizing and making good decisions.



## Social Experiences



are an important part of brain development. Though it seems like their world revolves around peers, adult support is vital to develop healthy decision making, healthy relationships, and positive problem solving strategies.

All these changes mean teens need lots of

## Sleep,

but most don't get enough. They need

**8-10** hours/night for optimal health.



The teen brain is **adaptable** and **resilient**.

Challenges (like physical activity, learning new skills, or making a new friend) strengthen brain circuitry.

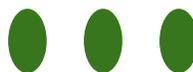


**Stress** looks different for teens.

Because their brain is still developing, emotions and reactions might feel intense at times. Practicing

## coping skills

especially with support from caregivers, helps teens manage worry and stress and build skills for the future.





# High School Registration

High school registration is just around the corner!

Continue to encourage your Grade 9 student to stay focused and work hard in their classes.

## IT DOES MATTER!

If you or your child has questions about high school courses or planning, please reach out to our Learning Support Teacher:

Venessa Carrobourg

[venessa.carrobourg@blackgold.ca](mailto:venessa.carrobourg@blackgold.ca)



myBlueprint

<https://www.blackgold.ca/plan-your-future-with-myblueprint/>



**LCHS**  
LEDOC COMPOSITE

### GRADE 9 HIGH SCHOOL REGISTRATION EVENTS:

- ★ **March 12:** Our teachers will provide our grade 9 students who are transitioning to Leduc Composite High next year with a presentation during their regular classes.
- ★ **March 12:** The LCHS Open House is an evening to allow parents to see onsite programming and their facilities at 6:00 pm, and they encourage both students and parents to attend.
- ★ **March 25:** Grade 9 students will be registering for their high school courses during their regular morning classes:



**OSS**

*Ohpaho Secondary School*

### GRADE 9 HIGH SCHOOL REGISTRATION EVENTS:

- ★ **March 12:** Our teachers will provide our grade 9 students who are transitioning to Ohpaho Secondary School next year with a presentation during their regular classes.
- ★ **March 24:** The Ohpaho Open House is an evening to allow parents to see onsite programming and their facilities at 7:00 pm. They encourage both students and parents to attend.
- ★ **April 17:** Grade 9 students will be registering for their OSS high school courses during their regular morning classes:

# ELJHS SPORT HIGHLIGHTS:



## BASKETBALL TEAMS



**Congratulations to our  
Jr Girls Basketball Team  
on their  
3rd Place finish at the  
2026 Centurion Classic  
on  
February 6 - 7**



**Congratulations to our  
Jr Boys Basketball Team  
on their  
3rd Place finish at the  
2026 Centurion Classic  
on  
February 6 - 7**



**GOOD LUCK to all of our  
basketball teams  
in league playoffs.  
GO PANTHERS GO!**



## WRESTLING TEAM



**Congratulations to our  
ELJHS Wrestling Team  
on their outstanding  
performance at the  
Vimy Ridge Tournament  
on January 22nd**



**Sophie Thompson**



**Alexis Ivan**



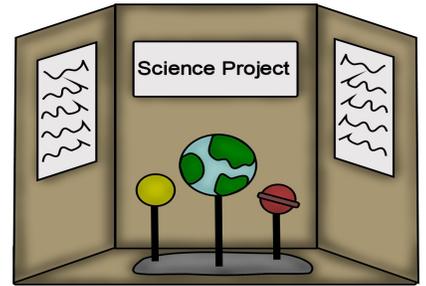
**Paisley Hill**



**Sarah Carlson**



# ÉLJHS SCIENCE FAIR



- ★ **When:** March 26, 2026
- ★ **Time:** 3:30- 5:00 PM
- ★ **Where:** ÉLJHS North (small) Gymnasium
- ★ **Projects Due:** March 23rd

**PARENTS/GUARDIANS WELCOME!** Make sure your child has their project ready to display for the public. We are excited to present a **select** group of science fair projects from students in Grades 7-9, that positively affect our world through scientific innovation! **Science · Technology · Engineering · Mathematics**

## JOIN OUR ÉLJHS SKI CLUB

On these nights, we will be traveling by bus and leaving the school at 4:00PM to return at 9:00PM. Please watch your email or PowerSchool to register your child to join us for one or more trips to the hill!

Organizer: Mrs. Hekkink

### Last Date:

- March 11

**Limited spots available!**



## FRENCH IMMERSION SPOTLIGHT:



# FRENCH IMMERSION CARNAVAL



### FRENCH CANADIAN CULTURE, CHARACTER, AND CANDY!

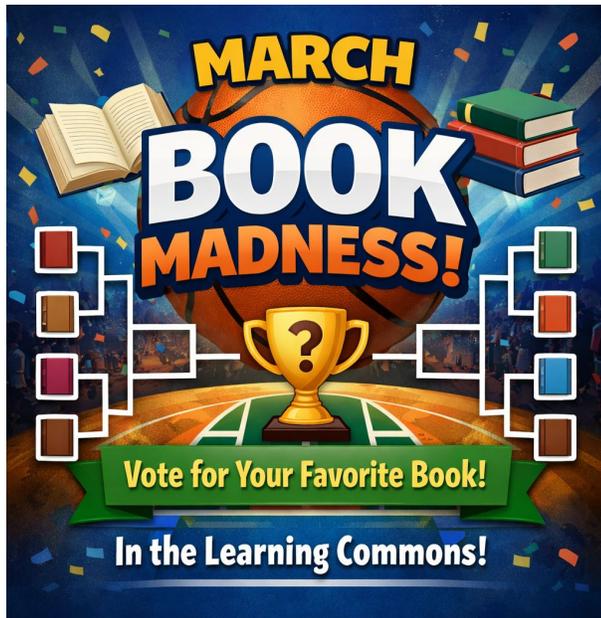
The French Immersion students at ÉLJHS hosted their own version of Quebec Winter Carnival on **February 4th** to learn more about French Canadian culture and this popular annual mid-winter tradition.

FI students circulated through featured activities and enjoy the Canadian classic maple syrup dipped in the snow on a stick! It was an excellent opportunity for all our students to have a French Canadian cultural experience and fun while speaking the language.

The first major Winter Carnival made its debut in 1894 in Quebec City, a celebration intended to relieve the tedium of winter, gather the community together, and provide some relief from harsh cold conditions. Lucky for our ÉLJHS students, the sun was shining, and the temperatures were great. There was still plenty of snow to make it feel like a winter celebration!



# LOOK WHAT'S HAPPENING IN THE LLC:



## MARCH BOOK MADNESS

Next month is March Book Madness in the Library Learning Commons! Students will have the chance to vote for their favorite book as titles go head-to-head in a fun bracket-style competition.

Each week, students will have the opportunity to vote for their preferred book as we narrow it down to one ultimate champion. Voting will begin the first week of March and continue weekly throughout the month.

Encourage your child to stop by the Learning Commons, check out the featured titles, and cast their vote. Let the book battles begin!

## Contest Winners

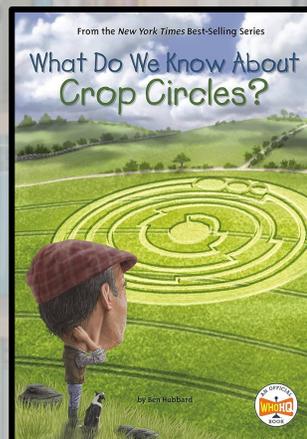
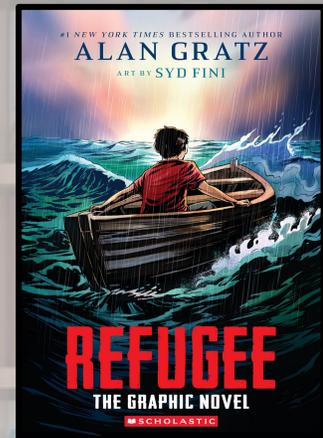
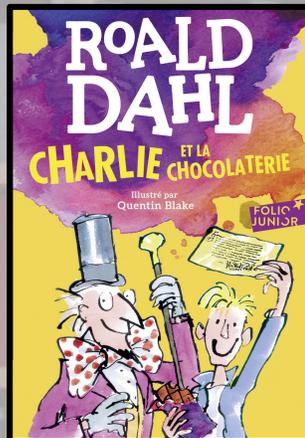
These are the students that won our I-Spy Contest in February!



- Amelia Davies- 8C
- Nevahna Halbauer- 9E
- Arrow Assiniboine- 7E
- Raya Deters-Frig- 8G
- McKenna Shewchuk- 9B
- Cecily Prins- 7C
- Shya Skjaerlund- 9E
- Alexis Langille- 9E

*Congratulations*

## Mrs. Kern's Book Recommendations:





## **ELJHS PARKING**

### **ATTENTION PARENTS**

Please DO NOT park or drive through the apartment complex or the Stein Business Centre parking lot across the street from the school. These areas are private property and are reserved for residents and business clients.

Parents and guardians are welcome to use the ÉLJHS school parking lot, which is now fully open, as well as any permitted street parking in the area. Please be mindful of posted signage and surrounding driveways.

Thank you for helping us be respectful neighbours and keeping our drop-off and pick-up times safe and organized.



## **SCHOOL FEES**

School Fees have been placed in student's accounts. Please ensure to check your child's PowerSchool Parent Portal for fees that may have been added and need to be paid. Fees should be paid ASAP. Outstanding fees may be sent to collections if not paid by end of April. If you require financial support please contact:

Patty Burak  
Finance Admin Assistant  
780-986-2184

# ÉLJHS PARENTS ASSOCIATION NEWS & EVENTS:

## ÉLJHS HOT LUNCH – MARCH

Organized by the ÉLJHS Parents Association

### 🔥 MARCH HOT LUNCH DATES 🔥

**SUBWAY**

**MARCH 6**

**MARCH 20**

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**NITZA'S PIZZA**

**MARCH 13**

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### ORDER ONLINE

Create an account and place your order at

<https://healthyhunger.ca/index.php>



Thank you to our ÉLJHS Parents Association  
for organizing hot lunch for our students.

**ÉLJHS PARENTS ASSOCIATION NEWS & EVENTS:**



# **SILENT DISCO PARTY!**

*Coming to École Leduc Junior High!*

Save the Date  
**May 1st, 2026**

Choose your music.   
Dance with *glowing headphones.*

Tickets coming soon on   
**PowerSchool – stay tuned!**

Open to ELJHS students only

*#SilentDisco*. #ELJHS #JuniorHighFun

# COME AND SEE

COVENANT BAY BIBLE CAMP



## SUMMER CAMP

AT  
COVENANT BAY

### OVERNIGHT CAMPS

**Middle Camp**  
July 5 - July 10  
Grades 6 - 8

**Junior Camp 1**  
July 12 - July 17  
Grades 4 - 6

**Junior High Camp**  
July 19 - July 24  
Grades 7 - 9

**Junior Camp 2**  
July 26 - July 31  
Grades 2 - 6

**Squirt Camp**  
Aug 5 - Aug 7  
Grades 2 - 3

**Senior High Camp**  
Aug 9 - Aug 15  
Grades 10 - 12

### FAMILY CAMP

August 9 - August 15  
All Ages

### DAY CAMP

Each day that  
overnight camp runs  
Ages 4 - 10

### ELEVATE SERVE

Throughout the Summer  
Grades 8 - 10



### RENTAL OPPORTUNITIES

- School Groups
- Churches
- Family Reunions
- Retreats
- Conferences
- Corporate Events



@covenantbay

**COVENANTBAY.CA**

15022 Poplar Bay,  
Westerose, AB T0C 2V0



dreamcatcher™  
nature assisted therapy

# PD DAY KIDS CAMP!

School's out, adventure's in! Join us for an unforgettable PD Day at our 40-acre ranch! Kids aged 7-12 will get hands-on with horses, donkeys, goats, sheep, and chickens while playing animal games, exploring nature, and making new friends. From donkey pool parties to goat soccer matches, this action-packed day is led by our qualified Recreational Therapist and animal handlers.

**When:**

- Fri, Mar 6th
- Mar 20th

**Time:** 9am-4pm

- **Drop-off:** 8:45-9am
- **Pick-up:** 4-4:15pm

**Where:**

- 53044 RR #213,  
Ardrossan, AB



**REGISTER HERE!**



## BLACK GOLD SCHOOL DIVISION 2025-2026 SCHOOL YEAR CALENDAR

Monthly Calendar							Teacher Days	Student Days	Dates & Details		
<b>AUGUST 2025</b>	SUN	MON	TUES	WED	THUR	FRI	SAT	5	3	August 25 & 26 - Teacher Workdays (No Students) August 27 - School Commences for ALL Grades 1 - 12 Students	
							1				2
	3	4	5	6	7	8	9				
	10	11	12	13	14	15	16				
	17	18	19	20	21	22	23				
	24	25	26	27	28	29	30				
31											
<b>SEPTEMBER 2025</b>	SUN	MON	TUES	WED	THUR	FRI	SAT	20	19	September 1 - Labour Day (Schools Closed) September 19 - PD Day: (No Students): (AM) Welcome Back & LSA Ceremony (To follow) PD Day September 30 - National Day for Truth & Reconciliation (Schools Closed)	
			1	2	3	4	5				6
	7	8	9	10	11	12	13				
	14	15	16	17	18	19	20				
	21	22	23	24	25	26	27				
	28	29	30								
<b>OCTOBER 2025</b>	SUN	MON	TUES	WED	THUR	FRI	SAT	22	21	October 13 - Thanksgiving Day (Schools Closed) October 14 - PD Day (No Students) Diploma Exam	
				1	2	3	4				
	5	6	7	8	9	10	11				
	12	13	14	15	16	17	18				
	19	20	21	22	23	24	25				
	26	27	28	29	30	31					
<b>NOVEMBER 2025</b>	SUN	MON	TUES	WED	THUR	FRI	SAT	15	14	November 2 - Daylight Savings Time (clocks backward) November 3 - PD Day (No Students) November 10 - 14 - Midterm Break (Schools Closed) November 11 - Remembrance Day (Schools Closed) Diploma Exam	
							1				
	2	3	4	5	6	7	8				
	9	10	11	12	13	14	15				
	16	17	18	19	20	21	22				
	23	24	25	26	27	28	29				
30											
<b>DECEMBER 2025</b>	SUN	MON	TUES	WED	THUR	FRI	SAT	15	14	December 1 - PD Day (No Students) December 22 - 31 - Christmas Vacation (Schools Closed)	
			1	2	3	4	5				6
	7	8	9	10	11	12	13				
	14	15	16	17	18	19	20				
	21	22	23	24	25	26	27				
	28	29	30	31							
<b>JANUARY 2026</b>	SUN	MON	TUES	WED	THUR	FRI	SAT	20	19	January 1 - 2 - Christmas Vacation (Schools Closed) January 5 - School Resumes January 30 - PD Day (No Students) Provincial Achievement Tests (PAT) Diploma Exam & Provincial Achievement Tests (PAT) Diploma Exam	
							1				2
	3	4	5	6	7	8	9				10
	11	12	13	14	15	16	17				
	18	19	20	21	22	23	24				
	25	26	27	28	29	30	31				
<b>Semester 1: Aug. 28, 2025 - Jan. 30, 2026</b>							97	90	<b>Semester 2 - Commences February 2, 2026</b>		
<b>FEBRUARY 2026</b>	SUN	MON	TUES	WED	THUR	FRI	SAT	19	17	February 2 - Semester 2 Commences February 5 & 6 - ATA Teachers' Convention (No Students) February 16 - Family Day (Schools Closed)	
			1	2	3	4	5				6
	7	8	9	10	11	12	13				14
	15	16	17	18	19	20	21				
	22	23	24	25	26	27	28				
<b>MARCH 2026</b>	SUN	MON	TUES	WED	THUR	FRI	SAT	20	19	March 8 - Daylight Savings Time (clocks forward) March 9 - PD Day (No Students) March 30 - 31 - Spring Break (Schools Closed)	
							1				2
	3	4	5	6	7	8	9				
	10	11	12	13	14	15	16				
	17	18	19	20	21	22	23				
	24	25	26	27	28	29	30				
31											
<b>APRIL 2026</b>	SUN	MON	TUES	WED	THUR	FRI	SAT	18	17	April 1 - 3 Spring Break (Schools Closed) April 3 - Good Friday (No Students) April 6 - Easter Monday (Schools Closed) April 7 - School Resumes April 24 - PD Day (No Students) Diploma Exam	
							1				2
	3	4	5	6	7	8	9				
	10	11	12	13	14	15	16				
	17	18	19	20	21	22	23				
	24	25	26	27	28	29	30				
<b>MAY 2026</b>	SUN	MON	TUES	WED	THUR	FRI	SAT	20	19	May 15 - PD Day (No Students) May 18 - Victoria Day (Schools Closed) Provincial Achievement Tests (PAT)	
							1				2
	3	4	5	6	7	8	9				
	10	11	12	13	14	15	16				
	17	18	19	20	21	22	23				
	24	25	26	27	28	29	30				
31											
<b>JUNE 2026</b>	SUN	MON	TUES	WED	THUR	FRI	SAT	20	18	June 21 - National Indigenous Peoples Day June 24 - Last School Day with Diploma Exam June 25 & 26 - Teacher Workday (No Students) Diploma Exam & PAT Administrative Window Diploma Exam	
			1	2	3	4	5				6
	7	8	9	10	11	12	13				
	14	15	16	17	18	19	20				
	21	22	23	24	25	26	27				
	28	29	30								
<b>Semester 2: February 2 - June 26, 2026</b>							97	90			
<b>TOTAL = Operational Days-Teachers / Instructional Days-Students</b>							194	180	Aug-Dec/25: 77 -T & 71 -S; Jan-June/26: 117 -T & 109 -S		

Approved - February 22, 2023