



# January Newsletter 2025-2026

## P

### Principal's Message

Happy New Year ÉLJHS Families and Staff,



I hope you all had a wonderful Christmas break and that you enjoyed your time off with family and friends. Since returning to school, I am focusing on one of the most important virtues that we try to instill in all of our students, which is self control.

Every Christmas break, I lose a good amount of self control mainly because I spend so much time at home near my fridge. This year my fridge was filled with delicious homemade garlic sausage and summer sausage, pickled eggs, and all of the yummy leftovers from our many family dinners. It seemed that any time I walked by my fridge, I would say to myself "Maybe I just need a little snack". Well, this lack of self control eventually became habitual and now on the first day back at school, it is very disappointing that I can't have a snack whenever I want to.

I would encourage all of our students to get back into their routines and exercise their own self control. This means getting to bed on time, eating healthy, and being prepared for classes. Exercising self control will ensure that all of our students can reinforce the habits that help them find success each day.

Have a wonderful January and stay away from the fridge!

Mr. Chomlak

#### JANUARY IMPORTANT DATES:

##### JANUARY 1:

NEW YEAR'S DAY

##### JANUARY 1-4:

CHRISTMAS BREAK

##### JANUARY 5:

ÉLJHS CLASSES RESUME

##### JANUARY 16:

POWERSCHOOL CLOSES FOR SEMESTER 1  
GRADES AND COMMENTS

##### JANUARY 16-17:

ÉLJHS SR. BASKETBALL TOURNAMENT

##### JANUARY 20:

PA / SCHOOL COUNCIL MEETING @ 6:30

##### JANUARY 22-23:

ÉLJHS BAND CAMP

##### JANUARY 28:

ÉLJHS BAND CONCERT

##### JANUARY 29:

SEMESTER 1 ENDS

##### JANUARY 30:

PD DAY- No SCHOOL

#### FEBRUARY 2:

SEMESTER 2 COMMENCES





# Leaha Severson

ÉLJHS Counsellor

📞 (780) 986-2184

🌐 www.eljhs.blackgold.ca

✉️ leaha.severson@blackgold.ca

📍 École Leduc Junior High School



## LINK:

### ÉLJHS Counselling Lounge

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

## Welcome Back, Mrs. Severson

WELCOME BACK!

We are happy to share that Mrs. Leaha Severson has returned to ÉLJHS following her medical leave. We know many students and families will be glad to see her familiar face back in the counselling office.

Thank you as well to Mrs. Raylene Jubinville for the exceptional support she provided during Mrs. Severson's absence. As Mrs. Severson transitions back, she and Mrs. Jubinville will be working together to ensure students continue to feel supported and cared for. Please join us in welcoming her back.

## Welcome to 2026!

I hope your holidays were filled with rest, laughter, and maybe just a little less screen time (no judgment if it wasn't). January is here, and with it comes a fresh start and plenty of opportunities to grow, connect, and thrive. Here's what's happening in the world of counselling this month:

- ★ **Stress Busters Drop-Ins:** Life can get busy, and stress happens! Simple strategies like staying active, taking short breathing breaks, sticking to routines, limiting screen time, and making time for things you enjoy can help students and families manage stress and feel more balanced. Remember—small steps can make a big difference.
- ★ **Leadership in Action:** Our grade 8/9 leadership students are gearing up to guide grade 6 students as they prepare to join us next year. They've been brainstorming ways to show our future Panthers that junior high isn't as scary as it sounds (spoiler alert: it's actually pretty great).
- ★ **Check-ins & Chats:** Whether it's friendship drama, motivation struggles, or just needing a safe space to talk, the Counselling Lounge door is always open. We are here to help students tackle **life's curveballs with confidence and maybe even a few laughs along the way.**
- ★ **Pro Tip for Parents:** Ask your kids about the best part of their school day (trust me, this can be a game-changer). You might hear about an awesome class project, a hilarious lunchroom moment, or how they totally nailed that pop quiz. Celebrating those little wins makes a big difference!

**Let's kick off 2026 with a positive vibe and make it the best year yet!**

*"Taking care of your mental health is  
an act of self-love"*



# ÉCOLE LEDUC JUNIOR HIGH BASKETBALL TOURNAMENT

January 16-17, 2026



## Boys Senior Teams:

- @ Caledonia Park School

## Girls Senior Teams:

- @ École Leduc Junior High

### ATTENTION PARENTS/GUARDIANS



If you do not have access to PowerSchool Parent Portal, please contact the office at 780-986-2184. The Parent Portal allows you to view your students' attendance, marks, pay fees online, among other features. If you have an existing account, you can add additional students to the same account. If you have moved, changed phone number(s), or have any changes to personal information, please contact the office at 780-986-2184. It is important that we have your most current information on file.

If your student will be absent from school, please notify the office so that we can enter the attendance accordingly. If it is after hours, please leave the message on the school's answering machine.

# WINTER SAFETY TIPS



- \* **DON'T RUSH TO CATCH THE BUS:** When roads and walkways are slippery, plan to arrive a little earlier so you do not have to rush.
- \* **BUNDLE UP:** Students need to keep warm. Coats, mitts, and hats are necessary on the cold days ahead. Dressing in layers prepares you for any situation, as winter weather can be unpredictable.
- \* **PUT DOWN THE PHONE:** Not looking where you are walking, driving, or biking can have disastrous results. Watch for traffic and keep your phone in your pocket.
- \* **GET A GRIP:** Wear footwear appropriate for conditions; boots, extra socks, etc.
- \* **PAY ATTENTION TO WEATHER ALERTS AND SCHOOL MESSAGES:** Make sure our school has your contact information so you can receive the latest alerts, and be sure to check our school website or local media when inclement weather is expected.



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

- January 9
- February 27
- January 20
- March 11
- February 20

**Limited Spots Available!**





## ELJHS PARKING

We are pleased to share that construction on the **ÉLJHS south parking lot is now complete** and the area is once again open for use.

### CONSTRUCTION IS COMPLETE

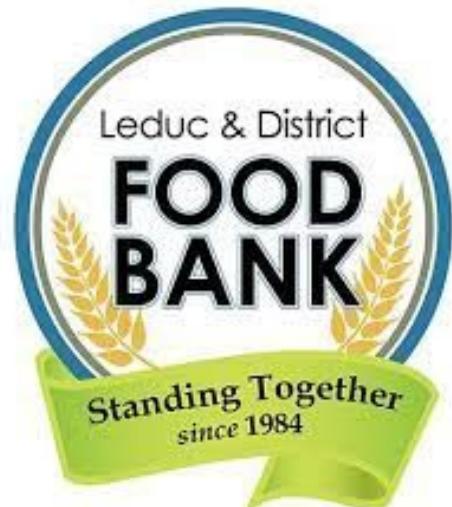
The parking lot is allocated to staff parking first, with additional space available for visitor parking. If you are dropping off or picking up, please use the available stalls. If the lot is full, we ask that you utilize street parking along the surrounding areas.

Please remember that the bus loop remains reserved for buses only and is not available for parent parking or drop-off at any time.

Thank you for your patience and cooperation throughout this project. We are excited to have this area safely back in service for our school community!

### ÉLJHS Leadership Food Bank Drive

Thank you so much to all those that sent in food or cash donations for our Leadership Food Drive. The Leduc Food Bank supplies École Leduc Junior High School with food for our students in need, all year long. It was a great way to give back to them.



**ÉLJHS Leadership 8/9 Helpers**

**Thank You!**

## LOOK WHAT'S HAPPENING IN THE LLC:

### ÉLJHS LIBRARY UPDATE:

Over the holiday break, ÉLJHS Library Learning Commons experienced water damage and is currently undergoing repairs. The library will be temporarily closed for student use until further notice.

We're happy to share that students can still access library books during this time. Students are able to place holds on books of their choice through our online library system, and our librarian will deliver the selected books directly to students each day.

We appreciate your patience and understanding as we work to restore this important space and look forward to welcoming students back into the library as soon as it is safe to do so.



## Our Library is UNDER CONSTRUCTION

*The library is on a brief pause as  
we prepare for its  
next chapter...*

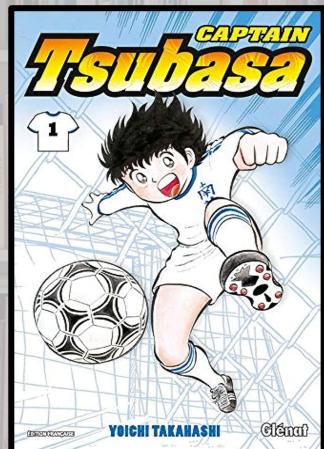
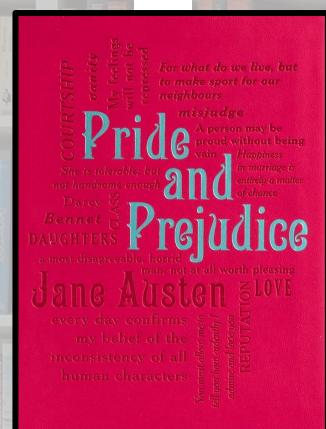
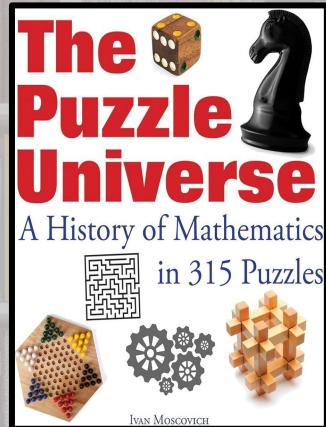


### **GUESS WHICH BOOK FELL IN THE SHREDDER WINNERS:**



*Congratulations...*

### **Mrs. Kern's Book Recommendations:**



'Tis the Season for

# HOLIDAY DOOR DECORATING

Best Door - 7D



Best Door - 8E



Best Door - 9A



Special Mention- The Office



Congratulations  
to our  
Holiday Door  
WINNERS!!

# **STUDENT VERIFICATION FORMS 2025/2026**

**2025-2026 Student Enrollment Verification Form** for Black Gold School Division is available on the PowerSchool Parent Portal.

This process should have been completed before **November 30th, 2025**. Completion of this form ensures that we have accurate information for emergency communication. If you fail to complete this form, your child's ability to leave school grounds for walking field trips, as well as participating in class/team photos or being recognized in other school materials may be compromised.

In order to confirm your child's registration with Black Gold School Division, you must have:

- An active PowerSchool Parent Portal Account.
- An Internet connected computer, tablet, or phone.

**Important:** If you do not already have a PowerSchool Parent Portal account please contact your school, during school hours, for assistance.

Thank you for your cooperation!



## **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: (780) 986-2184  
Finance Admin Assistant  
780-986-2184





**ÉLJHS**

KEEP THE ELJH MEMORIES!

**202  
6  
YEARBOOK**



**PLEASE SEE POWERSCHOOL FOR  
THE ORDER FORM!**

# Influenza is here and it's serious.



Dear Parents/Guardians,

The number of illnesses within the community and our school is rising. If your child wakes up and tells you they feel unwell, please take it seriously and keep them home. We are sending a large amount of students home each day because of illnesses. Here is some information on when to keep children home from school when sick:

When your child is sick, knowing when they should stay home from school is important. If they have a contagious disease, keep them home. This will help them get better faster and keep their teachers and classmates from getting sick.

## **When Your Child Is Too Sick:**

Talk to your child's doctor or healthcare provider if you are unsure if they should stay home from school. As a general rule, your child should not go to school if they have:

- A fever over 100.4° Fahrenheit (F) or 38° Celsius (C) – Your child can return to school after they've been fever-free for 24 hours without antipyretics. Antipyretics are medicines that treat or prevent fever.
- Signs they are weak and tired. This is common with the flu.
- Diarrhea – Having loose poop (stool) more often than isn't caused by a change in diet
- Throwing up (vomiting) – More than 2 times in a 24-hour period.
- Coughing disrupts normal activity.
- Wheezing or getting short of breath.
- Pain from earache, headache, sore throat, or recent injury.
- Yellow or green drainage from the eye(s).
- A new rash – Not all rashes mean your child must stay home from school. Check with their doctor or health care provider.

## **Contagious Disease:**

A contagious disease can be spread by close contact with a person or object. Your child must stay home from school if they have a contagious disease. They may be contagious **before** showing any signs of illness. Some contagious diseases include:

- COVID-19
- Chickenpox
- The Flu
- Pinkeye (conjunctivitis)
- Strep Throat
- A Cold
- Measles
- Whooping Cough (pertussis)

# Influenza is here and it's serious.



## **WHEN TO KNOW IT'S SAFE TO RETURN TO SCHOOL:**

It may be easy to know when your child is too sick to go to school, but determining when they are ready to go back is often difficult. Sending your child back too soon can delay their recovery and make other children in the school more susceptible to the virus as well. Below are some guidelines that help you decide whether or not your child is ready to return to school.

### **No Fever:**

Once the fever has been controlled for over 24 hours without medication, the child is usually safe to return to school. However, your child may still need to stay home if they are continuing to experience other symptoms, such as diarrhea, vomiting, or a persistent cough.

### **Medication:**

Your child may return to school after taking medication the doctor prescribed for at least 24 hours, as long as they don't have a fever or other serious symptoms. Ensure that the school nurse and your child's teacher know these medications and their proper doses.

### **Only Mild Symptoms Present:**

Your child can also go back to school if they're only experiencing a runny nose and other mild symptoms. Make sure to provide tissues for them and to give them an over-the-counter medicine that can help control the remaining symptoms.

### **Attitude and Appearance Improve:**

If your child looks and acts like they are feeling much better, then it is typically safe for them to return to school.

Being sure that a child is well enough to go to school can be tough for any parent. It often comes down to whether the child can still participate at school. Having a sore throat, cough, or mild congestion doesn't always mean kids can't handle class and other activities. In the end, you may have to rely on your parental intuition to make the final call. You know your child better than anyone, so you can tell when they're feeling better. Do they look too miserable to go to school? Are they playing and acting normally, or are they happy to curl up in a chair with a blanket? Trust your intuition to make the best decision. If you have any doubts, always remember you can ask others, such as your child's doctor or call 811.

If you are worried about your student getting behind, the concern is only if they miss more than a few days. Students can catch up on Google Classroom or email their teachers. The student should usually stay home, rest, and recover, then catch up once they return to school. Teachers are very good at making sure they complete everything needed.

Please call the school to excuse your child if they are sick. The office will be happy to answer any questions you may have.

# What's Up With Teenagers?? 2.0

**Surviving & Thriving Through the Teen Years**  
Join us for a one-day, in-person workshop to  
help you navigate the wild, wonderful world of  
raising teens.

Based on Straight Talk About Teens from  
Psychology Canada, this session offers real  
talk, practical tools, and fresh perspective.

We'll cover:

- How the teen brain works
- What really matters to teens
- Staying connected/working on relationship
  - Communication
- Managing risk and setting boundaries

Whether you're in the thick of it or just getting  
started, you're not alone—and you've got this.



Email [FRN@Leduc.ca](mailto:FRN@Leduc.ca)  
for more information

**January 31st**

**10-3**

**Family Resource Network  
5102 50ave**

CITY OF  
**Leduc**

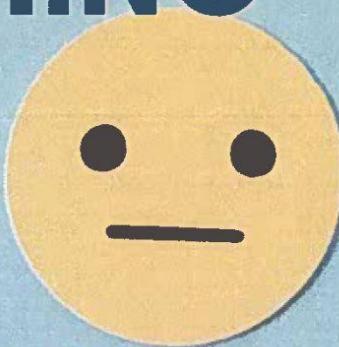
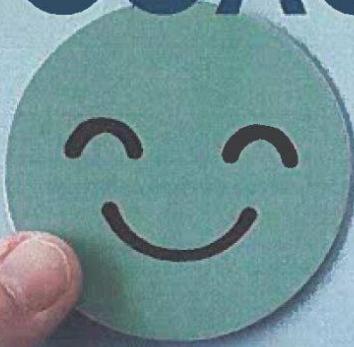
**Alberta**

Provincial Family  
Resource Networks



**Use the QR Code  
to express interest**

# EMOTION COACHING



## The Heart of Parenting

Did you know that helping a child understand, express and manage their emotions is one of the most impactful things you can do for their future success in all areas of life?

Join us online for this two-session workshop, where parents and caregivers of children 0-12 years old, will explore the Gottman Institute's five step method for building children's emotional intelligence.

**Date: March 18th & 25th, 2026**

**Time: 12:00 PM – 1:00 PM**

**Location: Online**

**To register visit [Leduc.ca/FRN](http://Leduc.ca/FRN) or use the QR code**

**For more information email [FRN@Leduc.ca](mailto:FRN@Leduc.ca)**



**Alberta**  Provincial Family  
Resource Networks

CITY OF  
**Leduc**



# Board Highlights

December 17, 2025

## Annual Education Result Report (AERR)

Associate Superintendent Dargis presented the Annual Education Results Report (AERR). The Board of Trustees approved the Black Gold School Division 2024-25 Annual Education Results Report as presented, for submission to Alberta Education by December 19, 2025.

The full reports can be found on our website [www.blackgold.ca](http://www.blackgold.ca) under 'About' - [Reports Plans & Results](#).

## Trustee Remuneration

The Board of Trustees approved that the current Black Gold Trustee remuneration rate shall be increased by three percent (3%), effective December 1, 2025.

The Board of Trustees referred Policy 7 - Appendix B to the Policy Committee for review and amendment so that future Trustee remuneration adjustments automatically align with any percentage increase schedule established in Alberta Teachers' Association (ATA) collective agreements.

## Ohpaho Secondary School Excursion

The Board of Trustees gave final approval for students and staff from Ohpaho Secondary School to travel to Ireland, Wales, Scotland and England from March 27, 2026 to April 6, 2026 (inclusive).

## John Maland High School Excursion

The Board of Trustees gave final approval for students, staff, and parent volunteers from John Maland High School to travel to England, Ireland and Scotland from March 27, 2026 to April 6, 2026 (inclusive).

## École Secondaire Beaumont Composite High School Excursion

The Board of Trustees gave final approval for students and staff from École Secondaire Beaumont Composite High School to travel to London, England from March 28, 2026 to April 3, 2026 (inclusive).

## Leduc Composite High School Excursion

The Board of Trustees gave final approval for students and staff from Leduc Composite High School to travel to Switzerland, Germany and Austria from March 28, 2026 to April 5, 2026 (inclusive).



\*Don't forget to check out the Black Gold School Division Board of Trustees' [Advocacy webpage](#)!

## 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 |              |              |   |  |
| 1   | 2   | 3    | 4   | 5    | 6   | 7   | 8            | 9            |   |  |
| 10  | 11  | 12   | 13  | 14   | 15  | 16  | 17           | 18           |   |  |
| 17  | 18  | 19   | 20  | 21   | 22  | 23  | 24           | 25           |   |  |
| 24  | 25  | 26   | 27  | 28   | 29  | 30  | 31           |              |   |  |
| SUN   | MON | TUES | WED | THUR | FRI | SAT |              |              |   |  |
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| <b>Semester 1: Aug. 28, 2025 - Jan. 30, 2026</b>                |     |      |     |      |     |     | 97           | 90           | <b>Semester 2 - Commences February 2, 2026</b>          |  |
| SUN   | MON | TUES | WED | THUR | FRI | SAT |              |              |   |  |
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| 28  | 29  | 30   |     |      |     |     |              |              |   |  |
| <b>Semester 2: February 2 - June 26, 2026</b>                   |     |      |     |      |     |     | 97           | 90           |   |  |
| TOTAL = Operational Days-Teachers / Instructional Days-Students |     |      |     |      |     |     | 194          | 180          | Aug-Dec/25: 77 -T & 71 -S; Jan-June/26: 117 -T & 109 -S |  |

Approved - February 22, 2023