February Newsletter 2024-2025



Greetings Parents and Caregivers,



It is great to finally make it through January and feel the sun getting warmer and see the days getting longer. This month we are starting our new semester and the students will be receiving their report cards on February 3rd. As a reminder, parents can access their child's grades and progress at any time throughout the year by logging into Powerschool. I encourage you to monitor your child's grades so that both the school and home can offer supports when they are needed.

February also has one of my favorite days of the year, Family Day! At our home, this will involve a big meal, maybe some ice fishing or sledding, and of course some arguing and banter once all four kids are home. There is no shortage of sarcasm or jibes when our family gets together, yet, we all know that we care for each other and that our family is always there for each other. I believe that ÉLJHS is much the same. Many interesting things happen in a day at our school but ultimately, our staff always puts the welfare of our students first and we are always there to support them.

Have an amazing February!

Mr. Chomlak





To All Our Wonderful ÉLJHS Families On February 17th, 2025





FEBRUARY IMPORTANT DATES:

FEBRUARY 2:
GROUNDHOG DAY

FEBRUARY 3:

PROGRESS REPORTS AVAILABLE ON POWERSCHOOL

FEBRUARY 4:

PARENT/TEACHER CONFERENCES

FEBRUARY 5:

SKI CLUB TO RABBIT HILL

FEBRUARY 6-7:

TEACHER'S CONVENTION-No School

FEBRUARY 14:

VALENTINE'S DAY

FEBRUARY 17:

FAMILY DAY- NO SCHOOL

FEBRUARY 20:

SKI CLUB TO RABBIT HILL

FEBRUARY 25:

PARENT'S ASSOC. /
SCHOOL COUNCIL MEETING

FEBRUARY 26:

PINK SHIRT DAY



Leafa Severson ÉLJHS Counsellor

- **(**780) 986-2184
- www.eljhs.blackgold.ca
- leaha.severson@blackgold.ca
- **②** École Leduc Junior High School



LINK: ÉLJHS Counselling Lounge

https://sites.google.com/gshare.blackgold.ca/eljhscounsellingcorner/home



ÉLJHS FUNDRAISING:





ÉLJHS PINK Shirt Day

February 26th



Bullying is a significant problem in our schools, workplaces, homes, and online. Over the month of February, and throughout the year, Pink Shirt Day aims to raise awareness of these issues, to support programs that foster children's healthy self-esteem.

Pink Shirt Day falls on the last Wednesday of February every year. Join us next Pink Shirt Day on February 26, in our mission to create a more kind, inclusive world by raising awareness and funds for anti-bullying initiatives.



ÉLJHS PINK SHIRT DAY

Be Kind T-Shirts

Available for Purchase through Seriously Graphic Store Online:

Seriously Graphic Pink Shirt LINK



DEADLINE: February 14th

LOOK WHAT'S HAPPENING IN THE LLC:





FOR THE LOVE OF READING:

Do you know your books?

Think you know your books? Test your literary knowledge! Match the first line of a book to its title for a chance to win. Entry forms are available in the library.

Happy Reading!



PRIZES: 1 Free Book or Amazon Gift Card



Contest Winner

I-Spy Contest



Samantha Manalo-7B

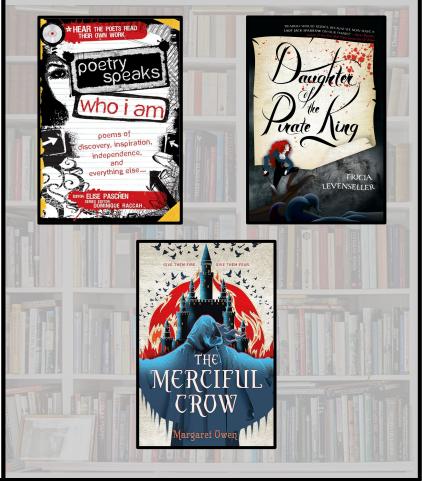
Honourable Mentions:

- ★ Arya Deters-Frig 9C
- ★ Mason Cardinal 9C
- ★ Janaissa Cuevas 9C

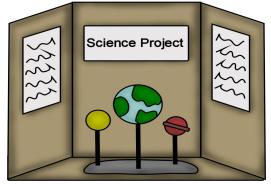
Congratulations!



Mrs. Kern's Book Recommendations:







ÉLJHS SCIENCE FAIR

★ When: March 27th

★ Time: 3:30- 5:00 PM

★ Where: ÉLJHS North (small) Gymnasium

★ Projects Due: March 17th

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 our students in Grades 7-9, that positively affect our world through scientific innovation! Come and see what they have discovered!



FEBRUARY bucket list



- □ Give Valentine's to Friends
 □ Have a Family Game Night
 □ Make Heart-Shaped Cookies
 □ Create Valentine Gift Bags
 □ Read a Romantic Novel
- ☐ Decorate Your Bedroom Door ☐ Make Valentine's Day Crafts
- □ Host a Valentine's Day Party
 □ Make a Heart-Shaped Pizza
- ☐ Make a Valentine's Photo Booth ☐ Write 3 Things You Love About YOU!
- ☐ Create a Hot Chocolate Bar ☐ Watch a Rom Com Movie with Popcorn
 - ☐ Make "Kindness Hearts" for Special People in Your Life



BASKETBALL TEAMS









Congratulations to our Sr Girls Basketball Team on their strong performances at the **ÉLJHS** Panther Pride & Lindsay Thurber **Tournaments in January**



Congratulations to our Sr Boys Basketball team for their bronze medal at the Lindsay **Thurber Tournament and their** consolation win at the **ÉLJHS Panther Pride Tournament in January**





WRESTLING TEAM 🛚 📩







- **Congratulations to our ELJHS Wrestling Team** on their outstanding performance in the 2025 Wolves Invitational Tournament on January 16-17, 2025
- Brooklyn Lenentine ~ Gold
- Arya Deters-Frig ~ Gold
- Jack Jevne ~ Silver
- Ryker Ashford ~ Bronze







COACH:

- Mrs. Fisher
- Ms. Zucca

THANK YOU for all of your support!



• February 20

LIMITED SPOTS!

ELJHS PARKING

The parking lot on the South side of the school is reserved for:

STAFF PARKING ONLY

If you are dropping off your child or visiting our school, there are parking areas along the street that run along the East, West, and North sides of the school yard. We have very little parking for our staff so we appreciate your cooperation.

STAFF PARKING ONLY

JOIN OUR

**JOIN OUR

**JOIN OUR

**JOIN OUR

**Please watch your email or PowerSchool to register your child to join us for one or more trips to the hill!

Organizer: Mrs. Hekkink

• February 5

• March 6

• March 20



High School Registration

High school registration is just a few months away!

Continue to encourage your Grade 9 student/s 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, for more information:

venessa.carrobourg@blackgold.ca





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



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







EDMONTON OIL KINGS VS

CALGARY HITMEN

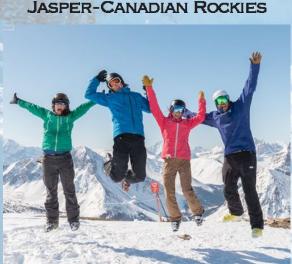
March 12, 2025

@ Rogers Place

Hockey Hooky is an annual event hosted by the Edmonton Oil Kings at Rogers Place. Students from our Grade 8 classes will get to join them for an afternoon of hockey, education, and fun. We wish those who sign up an amazing day away from school!

GO OIL KINGS GO!





ÉLJHS Grade 9 Ski Trip

Marmot Basin in Jasper, AB

COMING SOON

March 28, 2025

Please watch your email for more information

LA CRUDE LA RUGBY CLUB

Come Try Rugby! Juniors Training Camp

February 22 & March 22: 10am-12pm @ Leduc Rec Center 10am: U5-U9 11am: U11-U18

April 14 & April 21: 6pm-7pm @ Nisku Turf Fields

Contact Junior VP Pam for more information: lacrudejuniorvp@gmail.com

AGES U5 - U18

IT'S FREE!!

No experience necessary!



Scan the QR code to fill out the interest form!



SPRING OUTDOOR SEASON

Weather permitting - starting the first week of May through June. Practices Thursday at 6pm in Leduc with Games on Saturday or Sunday depending on age.

Fall season runs through September & October

REGISTRATION OPENS IN MARCH.











Your child could be eligible for a grant up to \$250 to help cover sport registration fees! Find out more at kidsportcanada.ca/alberta/leduc-and-county



PENSET HTW W TENS

Understanding and Parenting Teenagers

Oh, the teen years! The mood swings, the eye-rolling, the crying and that's just the parents! Join us online to learn about this exciting, challenging and often wonderful phase of your child's development. In this two-session workshop based on Psychology Canada's booklet, Straight Talk About Teens, parents and guardians of teens or soon-to-be teens will explore:

- the teenage brain
- what matters to teens
- maintaining a positive relationship
- communicating with teens
- managing risky behaviours
- fair and effective discipline

Date: February 18th & 25th, 2025

Time: 12:00 PM - 1:00 PM

Location: Online

For more information email FRN@Leduc.ca

Use the QR code to register

















The teen years are an amazing time of growth and change, but managing teenage emotions can sometimes be challenging for teens and parents alike.

If you are the parent or caregiver of a teen or soon-to-be-teen, join us online for this two session workshop to explore the Gottman Institute's 5 step method of supporting young people in managing their feelings and behaviour.

Date: March 4th & 11th, 2025 Time: 12:00 PM - 1:00 PM

Location: Online

For more information email FRN@Leduc.ca

Use the QR code o register





KIMOCHIS



"On the surface, we're a family of cuddly critters and a big bowl of emotions. Underneath, we're a proven system for helping kids grow and transform by dealing skillfully with their feelings."

Emotional Literacy for 7-9 year olds and their Grown-up

> Feb 13th, 20th, 27th & March 6th 3:30 pm - 4:30 pm Family Resource Network 5102 50ave

Use the QR Code to register



Email FRN@Leduc.ca for more information scan the QR to register







Community Education Service



Improving emotional health and wellbeing

Not falling through the cracks :
How psychoeducational assessments can help
foster success!

Caitlin Schneider (M.Sc.), and Karen Wagner (M.Ed.), Registered Psychologists

Does your child struggle in a mainstream classroom? Are you concerned that your child may be anxious, overwhelmed or inattentive at school? Does your child struggle to understand new academic concepts or lessons? Do you think your child needs extra support to achieve academic or social success?

If you can relate to any of these questions, please join the presenters to explore when a psychoeducational assessment may be warranted for your child. Within the current session, presenters will provide parents and supports with an overview of how psychoeducational assessments can be helpful in identifying a child's strengths, areas of difficulty, and learning style, as well as help caregivers learn how to advocate through the educational system and community supports to foster growth and success.

February 27th, 2025 12:00 PM - 1:30 PM

Click here to register

FREE

online event



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** and **Innova Psychology**.

ces@recoveryalberta.ca | http://community.hmhc.ca | 403 955 4730



Community Education Service



Improving emotional health and well being

Managing Challenging Behaviours

Kayla Yuzdepski, a Family Champion Facilitator at the YW Family Resource Network

Everyone has intense emotions, the trick is being able to navigate them.

Through this presentation you will learn about the crisis cycle and how to intervene at a different moment to reduce the risk of an intense emotional outburst. You can use these strategies with anyone in your life, despite their age.

FREE SESSION

February 24th, 2025 10:00 AM – 11:30 AM

Register

<u>Here</u>





This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Recovery Alberta and YW CALGARY.

CES@ahs.ca http://community.hmhc.ca/ 403 955-4730



Community Education Service



Improving emotional health and wellbeing

Insight and Guidance for Navigating Mental Health Support

Dr. Anita Ewan, PhD, RECE, CD, CBE

Dr. Anita Ewan, PhD, RECE, CD. CBE, is pleased to offer a specialized workshop designed to support parents navigating the mental health system for their children.

With over 15 years of experience working with children and families, as well as the perspective of a mother of seven, Dr. Ewan combines professional expertise with personal dedication to helping families access compassionate, effective care.

This workshop is crafted to give parents the confidence, knowledge, and tools they need to support their children's mental health, ensure their voices are heard, maintain autonomy, and advocate for a brighter future. The session aims to provide parents with accessible sustainable, and effective advocacy skills. Dr. Ewan's hope is that each participant will leave with a greater sense of self-efficacy and a supportive community.

kickstand

February 18th, 2025 5:00 PM – 7:00 PM

Click here to register

FREE

online event



This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Recovery Alberta and Kickstand.

ces@recoveryalberta.ca | http://community.hmhc.ca | 403 955 4730

Supporting Youth Mental Health

FREE 6-Week Online Program for Parents & Professionals

- Learn practical information on relevant issues affecting youth
- Reduce harm related to substance use & mental health
- Gain tools and strategies to have meaningful conversations
- Build resilience, resources and community connectedness

Wednesdays, Feb 5 - Mar 12, 2025, 6:30 - 8PM

Feb 5 - Substance Use & Youth

Feb 12 - Vaping & Youth

Feb 19 - Videogaming & Youth

Feb 26 - Anxiety & Youth

March 5 - D-Stress

March 12 - Mental Health & Youth

Sign Up for 1 or all 6 sessions: Click Here to Register or Scan QR Code





In Partnership With





Board Highlights

December, 2024 / January, 2025

DECEMBER

TJSHS & WS - California

The Board of Trustees gave final approval for 17 students and 3 staff supervisors Thorsby Junior/Senior High School & Warburg School to travel to California from March 29 – April 5, 2025 (inclusive).

LCHS & OSS - New York

The Board of Trustees gave final approval for students and staff from Leduc Composite High School and Ohpaho Secondary School to travel to New York from March 30 – April 3, 2025 (inclusive).

ÉSBCHS - Ireland / Scotland

The Board of Trustees gave final approval for 30 students and 3 staff supervisors from École Secondaire Beaumont Composite High School to travel to Ireland and Scotland from March 29 – April 5, 2025 (inclusive).

Bylaw No. 1-2024

The Board proposed that, for future elections, the minimum number of electors required to nominate a candidate for school trustee of the Board of Trustees of Black Gold School Division be increased to twenty-five (25).

The Board of Trustees approved the third reading of Bylaw No. 1-2024 to the minimum number of electors required to nominate a candidate for school trustee of the Board of Trustees of Black Gold School Division.

Division Office Remuneration

the Board of Trustees approve a salary grid increase of three (3) percent effective September 1, 2024, for the employees covered under the Administrative Handbook - Division Office, Professional Support Staff Handbook, and the Facilities & Operation Staff Handbook.

JANUARY

ÉCES Becomes École Horizon Heights School

The five names submitted to the Board for consideration by the Renaming Committee were:

- · Beaumont Heights
- École du Coeur School
- École de Belle Colline School
- École Mikisew School
- École Grand Horizon School

The Board narrowed it down to three for deliberation:

- · Beaumont Heights,
- École de Couer School,
- École Grand Horizon School

A hybrid of two submitted names was brought forward, École Horizon Heights School.

Trustees voted on all 4 names and unanimously agreed on École Horizon Heights School.

City of Beaumont Joint Use & Planning Agreement

The Board of Trustees approved the Joint Use and Planning Agreement with the City of Beaumont, The Francophone Regional Authority of Greater North Central Francophone Education Region and St. Thomas Aquinas Roman Catholic Separate School Division.

JMHS - UK/Ireland/Scotland

That the Board of Trustees gave approval in principle for students and staff from John Maland High School to travel to UK/Ireland/Scotland from March 26 - April 5, 2026 (inclusive).

Monthly Calendar							Teacher Student		Dates & Details
SUNIMONITUES WEDITHUR FRI SAT						CATI	Days	Days	August 26 & 27 - Teacher Workdays (No Students)
AUGUST 2024	4 5 11 12 18 19 25 26	6 13 20 27	7 14 21 28	1 8 15 22 29	2 9 16 23 30	3 10 17 24 31	5	3	August 28 - School Commences for ALL Grades 1 - 12 Students
EPTEMBER 2024	SUN MON		-	THUR 5 12	-	all of	19	18	September 2 - Labour Day (Schools Closed) September 20 - PD Day: (No Students): (AM) Welcome Back & LSA Ceremony (To follow) PD Day September 30 - National Day for Truth & Reconciliation (Schools Closed)
OCTOBER 2024	6 7 13 44 20 21 27 28	1 8 15 22 29	9 16 23 30	3 10 17 24	FRI 4 11 18 25	5 12 19 26	22	21	October 11 - PD Day (No Students) October 14 - Thanksgiving Day (Schools Closed) Diploma Exam
OVEMBER 2024	3 4 10 3 17 18 24 25	5	6	7 >4 21	FRI 1 8 75 22 29	SAT 2 9 16 23 30	16	15	November 1 - PD Day (No Students) November 3 - Daylight Savings Time (clocks backward) November 11 - Remembrance Day (Schools Closed) November 12 - 15 - Midterm Break (Schools Closed) Diploma Exam
ECEMBER 2024	SUN MON 1 2 8 9 15 16 22 23 29 20	3 10 17 >24	4 11 18 >25	5 12 19	6 13 20	7 14 21 28	15	14	December 2 - PD Day (No Students) December 23 - 31 - Christmas Vacation (Schools Closed)
ANUARY 2025	5 6 12 13 19 20 26 27	7 14 21 28	8 15 22 29	99 (8) (8) (8) (8) (8) (8) (8) (8) (8) (8)	10 24 31	11 18 25	20	19	January 1 - 3 - Christmas Vacation (Schools Closed) January 6 - School Resumes January 29 - PD Day (No Students) January 30 - Semester 2 Commences Diploma Exam & Provincial Achievement Tests (PAT) Diploma Exam
Semester EBRUARY 2025	1: Aug. 2: SUN MON 2 3 9 10 16 X7 23 24			6 13 20			95 19	88 17	Semester 2 - Commences January 30, 2025 February 6 & 7- ATA Teachers' Convention (No Students) February 17 - Family Day (Schools Closed)
MARCH 2025	2 3 9 10 16 17 23 24 30	4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28	1 8 15 22 29	20	19	March 9 - Daylight Savings Time (clocks forward) March 10 - PD Day (No Students) March 31 - Spring Break (Schools Closed)
APRIL 2025	6 7 13 14 20 27 28	8 15 22 29	9 16 23 30	10 17 24	11 > 11 25	5 12 19 26	16	15	April 1 - 4 - Spring Break (Schools Closed) April 7 - School Resumes & Diploma Exam April 18 - Good Friday (Schools Closed) April 21 - Easter Monday (Schools Closed) April 22 - PD Day (No Students) Diploma Exam
MAY 2025	4 5 11 12 18 ×3 25 26	6 13 20 27	7 14 21 28	1 8 15 22 29	9 16 23 30	3 10 17 24 31	21	20	May 16 - PD Day (No Students) May 19 - Victoria Day (Schools Closed) Provincial Achievement Tests (PAT)
JUNE 2025	SUN MON 1 2 8 9 15 16 22 23 29 30	3 10 17 24	4 18 ©25	5 19 26	6 20 27	7 14 21 28	20	18	June 21 - National Indigenous Peoples Day June 25 - Last School Day with Diploma Exam & PAT June 26 & 27 - Teacher Workday (No Students) Diploma Exam Provincial Achievement Tests (PAT) Diploma Exam & Provincial Achievement Tests (PAT)
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Updated Diploma Exams & PATs - April 12, 2024

Approved - February 22, 2023