

Welcome Back Newsletter 2023-2024



P rincipal's Message



Welcome Back
Students and Parents/Guardians,

I hope you all had a restful summer and had some time to engage in some fun activities. This past summer, I did a little travelling and visited Mexico, Seattle, and Saskatchewan. The highlight for me definitely was Mexico, as I spent most of my time relaxing and eating, two activities that I excel at!

While on vacation, I spent many days thinking about our upcoming school year, and I am excited for the students to return. We have a number of new staff members this year, and I know they are all very eager to meet our students and contribute to our great school. I would like to welcome the following new teachers to our staff: Alison Doherty, Leaha Severson, Isabelle Richardson, Kateryna Staszuk, and Carissa Cooney. Part of our staff changes include Mr. Baulkham moving into an Assistant Principal role, and I am sure he will do a fantastic job.

As we head into the 2023-2024 school year, I want to remind all of our students, families, and staff that in order for our students to be successful, we all have to work together!

Welcome back, and see you at the Meet the Staff BBQ on September 13th!

Mr. Chomlak

SEPTEMBER IMPORTANT DATES:

AUGUST 30:
FIRST DAY OF SCHOOL!

AUGUST 31:
SENIOR GIRLS VOLLEYBALL TRYOUTS

SEPTEMBER 1:
SENIOR GIRLS VOLLEYBALL TRYOUTS

SEPTEMBER 4:
LABOUR DAY- NO SCHOOL

SEPTEMBER 5:
SENIOR BOYS VOLLEYBALL TRYOUTS

SEPTEMBER 6:
SENIOR BOYS VOLLEYBALL TRYOUTS

SEPTEMBER 13 :
MEET THE STAFF BBQ 5:00-7:00 PM

SEPTEMBER 14 :
ÉLJHS RESERVOIR/TERRY FOX RUN- PM

SEPTEMBER 15:
PD DAY- NO SCHOOL

SEPTEMBER 19:
PICTURE DAY

SEPTEMBER 29:
IN RECOGNITION OF:
NATIONAL DAY FOR TRUTH &
RECONCILIATION- NO SCHOOL

SEPTEMBER 30:
NATIONAL DAY FOR TRUTH &
RECONCILIATION





2023-2024 School Year Procedures

CLASS SCHEDULES:

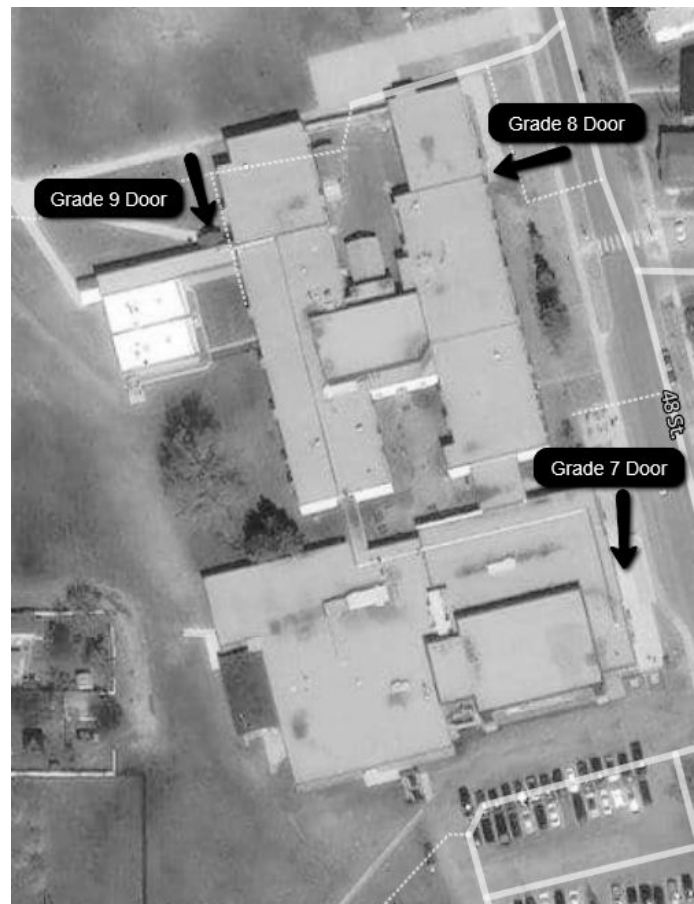
- 🍎 Class schedules will be released on PowerSchool: **August 29th after 4:00 PM**

“MANDATORY” PERMISSION FORMS:

- 🍎 Please go to the PowerSchool Parent Portal to fill out all “MANDATORY” forms by: **September 8th!**

FIRST DAY:

- 🍎 Your child will enter at their designated door to find their name from the class lists on the wall to find their homeroom. Staff will be in the hallways to direct students to their classroom.
- 🍎 Students will have first day orientation during the morning blocks until lunch hour, with a nutrition break, so **BRING A SNACK!**
 - **Orientation:** Schedules, Bell Times, Class Locations, Locks/Lockers, Cell Phone Policy, Textbook Distribution & Policy, Hour Zero Emergency Protocols, Class Expectations, etc.
- 🍎 Locks and lockers will be assigned during orientation. Please do not send your child with their own lock, we will provide each student with a lock to use for the year. This is mandatory. Students can take their time bringing supplies to school so it is not too much to manage. Backpacks are not to be carried around and stored in lockers. Cell phones are not allowed in classrooms during learning times and **MUST** be stored in the student's locker. Please see the ***NEW*** **ÉLJHS Student Personal Electronic Device Policy** on Page 5.



Please have your child make their way to their designated entry doors for their grade upon arrival.

We Missed You!



ÉLJHS Office Information:

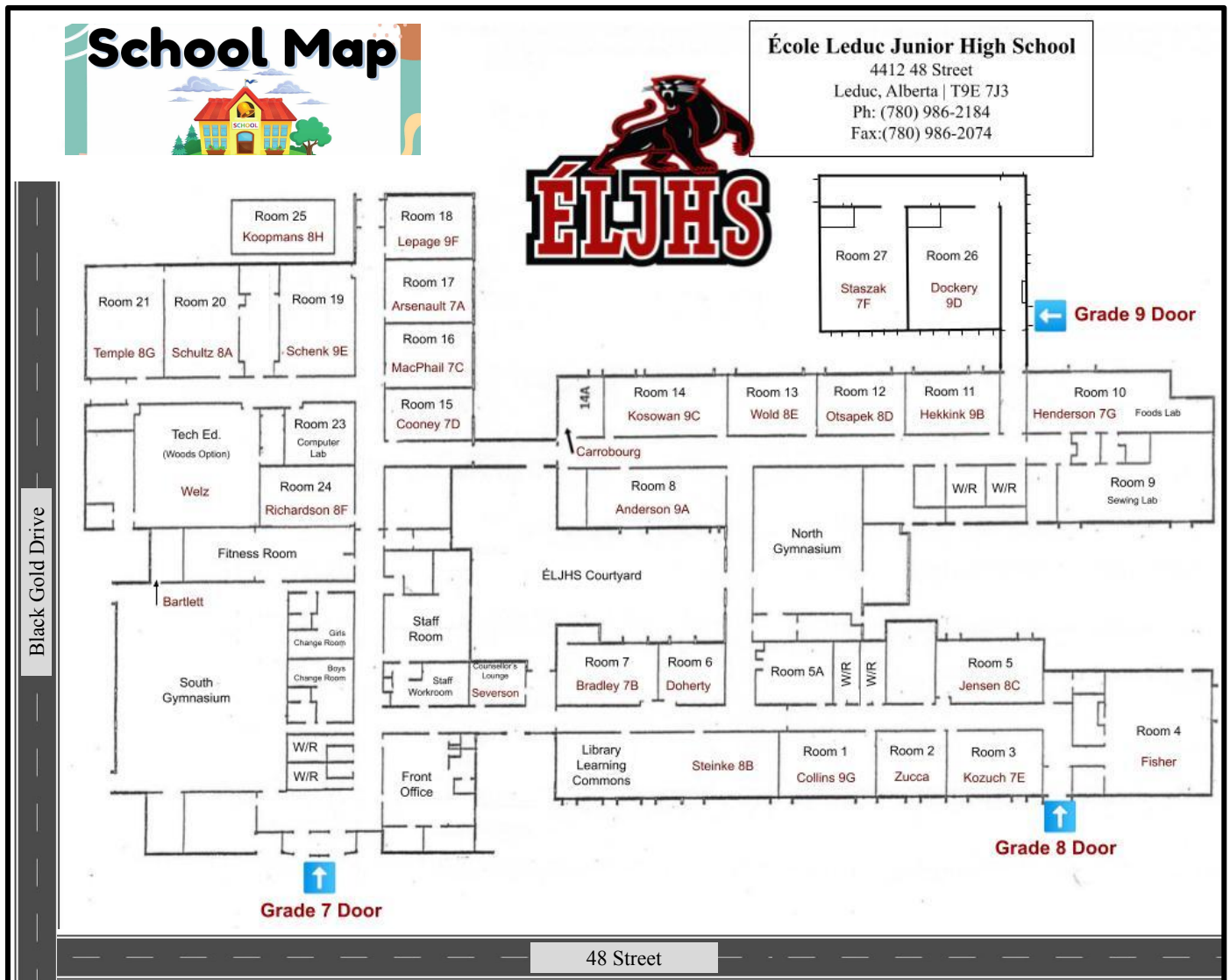


ATTENTION PARENTS/GUARDIANS

If you do not have access to the PowerSchool Parent Portal please contact the office at **780-986-2184**. The PowerSchool Parent Portal allows you to view your student's attendance, marks, pay fees and fill out forms 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. 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 their attendance accordingly. If it is after hours, please leave a message on the school's answering machine.

Please go to the Powerschool Parent Portal to fill out all "MANDATORY" forms as soon as possible!





MEET OUR SCHOOL ADMINISTRATION TEAM:



MR. CHOMLAK
PRINCIPAL

ABOUT ME:

- 🍎 **How long have you been at ÉLJHS?**
This is my second year at ÉLJHS
- 🍎 **What is your favourite thing about ÉLJHS?**
My favorite thing about ÉLJHS is our awesome students!
- 🍎 **One fun/interesting thing about you?**
I love cooking and BBQ'ing

Contact info: zane.chomlak@gshare.blackgold.ca



MS. HICKMAN
ASSISTANT
PRINCIPAL

ABOUT ME:

- 🍎 **How long have you been at ÉLJHS?**
This will be my 2nd years at ÉLJHS!
- 🍎 **What is your favourite thing about ÉLJHS?**
Kids! I love this age group and got into teaching specifically for junior high.
- 🍎 **One fun/interesting thing about you?**

I was born in a tiny town in Saskatchewan, grew up in Ottawa, Ontario and moved to a small town in northern Alberta when I was 14.

Contact info: kl.hickman@gshare.blackgold.ca



MR. BAULKHAM
ASSISTANT
PRINCIPAL

ABOUT ME:

- 🍎 **How long have you been at ÉLJHS?**
This will be my 2nd year at ÉLJHS. Last year, I was in the school counsellor role.
- 🍎 **What is your favourite thing about ÉLJHS?**
My favourite thing about ÉLJHS are the kids and the community. Working in Leduc for the past 8 years and getting to know the families has been great. This community has some of the kindest, selfless and hard-working people!
- 🍎 **One fun/interesting thing about you?**
I got married this summer in the Edmonton area.

Contact info: jordan.baulkham@gshare.blackgold.ca



MRS. SEVERSON
COUNSELLOR

ABOUT ME:

- 🍎 **How long have you been at ÉLJHS?**
This will be my first year at ÉLJHS!
- 🍎 **Why are you excited to join ÉLJHS?**
I have worked in Black Gold School Division as a school counsellor for nearly 10 years now. I'm excited to join the ÉLJHS family and work within the community in which I'm raising my own children. I'm looking forward to getting to know our youth and their families and further enmesh myself in the ÉLJHS family and our special city.
- 🍎 **One fun/interesting thing about you?**
I'm a childhood cancer survivor and amputee. This experience gave me the opportunity to compete all over the world as a para-athlete for the Women's National Paralympic Sitting Volleyball Team. I retired from competitive sport in 2013 to focus on building my own family and career. I'm thankful everyday for the journey I have been on and the opportunities and lessons it has provided me.

Contact info: leaha.severson@gshare.blackgold.ca



ÉLJHS Student Personal Electronic Device Policy:



Personal electronic devices include smartphones, earbuds, tablets, smart watches, and hand-held video game consoles.

Vision:

By implementing this policy, ÉLJHS aspires to significantly enhance student learning. ÉLJHS is committed to being a safe and caring school. It is our goal to provide students with a distraction-free and focused learning environment, one in which students can focus on the task at hand. ÉLJHS remains committed to better prepare students for the expectations of their future working environments.

Rationale:

Student cell phone use has become an increasing concern in the classroom. The 21st century learner can be overwhelmed with new electronic distractions while in the busy school environment. ÉLJHS is deeply concerned with the impact of students bringing smartphones and other personal devices into the classroom. Some of these concerns include:

- Students being unable to concentrate on their learning while in possession of a smartphone.
- The constant distractions of alerts, text messages, phone calls, social media notifications, and games.
- Students leaving class to receive personal phone calls or respond to messages.
- Photos and videos being secretly taken that breach the Freedom of Information and Privacy Act, BGSD acceptable technology use policies, and compromise classroom security (ex. examinations, class discussions).
- The increased frequency of cyber-bullying through social media applications.
- The increased stress and anxiety that students may endure due to relational aggression that occurs on electronic devices.
- An increase of student addiction to smartphone technology.
- ÉLJHS is committed to providing students with school Chromebooks whenever required for learning purposes, thus, cell phones are not required during class time.

ÉLJHS Classroom Policies:

- Students are to place all of their devices in their lockers during learning time. This includes smartwatches, cell phones and earbuds.
- Students will be permitted the use of personal electronic devices before school, during breaks, during the lunch hour, on school busses, and after school.
- Students must bring their own personal calculators to class.
- The Library Learning Commons (LLC) and gym classes at any location will be considered a classroom space.
- ***Personal electronic devices will be confiscated by staff members if they are found present in the classrooms and hallways except for the permitted times.***
- ***First offence- the student device will be confiscated for the day.***
- ***Subsequent offences- the student device will be confiscated for the day and the teacher will contact the parent/guardian***
- Further repeat offences may be treated as willful disobedience by school administration.
- If parents/guardians need to reach their child/children they can contact the main office at 780-986-2184.
- If your child is required to have their cell phone for specific medical reasons, please contact the office to fill in the “Student Device Medical Exception Form”

**IMPORTANT
PLEASE READ!!!**

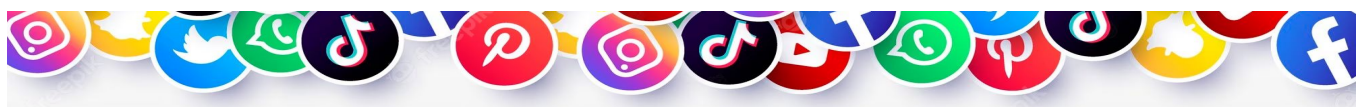


ÉLJHS Daily Bell Schedule



| | |
|----------------------|---------------|
| Warning Bell | 8:30 am |
| Late Bell | 8:35 am |
| Homeroom | 8:35 - 8:38 |
| Period 1 | 8:38 - 9:32 |
| Period 2 | 9:34 - 10:28 |
| Nutrition Break | 10:28 - 10:36 |
| Period 3 | 10:36 - 11:29 |
| Period 4 | 11:32 - 12:25 |
| Lunch Room | 12:25 - 12:42 |
| Noon Hour Activities | 12:42 - 1:12 |
| Warning Bell | 1:12 pm |
| Late Bell | 1:15 pm |
| Homeroom | 1:15 - 1:18 |
| Period 5 | 1:18 - 2:11 |
| Period 6 | 2:14 - 3:03 |

bell schedule
CHANGE



Follow Our Social Media Accounts & Visit Our Website:

École Leduc Junior High School 780-986-2184

<https://eljhs.blackgold.ca/> Contact Us



Facebook

École Leduc Junior High School
649 likes · 720 followers

Instagram



[eljhs](#) Following Message

449 posts 391 followers 30 following

ELJHS
@ELJHS
eljhs.blackgold.ca



Grade 7- SCHOOL SUPPLIES:

ÉCOLE LEDUC JUNIOR HIGH SCHOOL



| | | | |
|----|--|---|---|
| 1 | *Chromebook | 1 | Pencil case/box |
| 1 | Set of corded headphones compatible with Chromebooks | 4 | White erasers |
| 8 | Duotangs | 2 | Large glue sticks |
| 1 | Package of felt markers | 1 | Metric ruler |
| 2 | Exercise books - 80 pages ruled | 1 | Geometry set (protractor & compass) |
| 1 | Package of grid paper (graph lined paper) | 1 | Calculator (square root capabilities & pi functions) |
| 30 | HP pencils - sharpened | 1 | Pair of scissors |
| 1 | Package of pencil crayons - sharpened | 4 | Different colors of highlighters |
| 1 | Pencil sharpener with container | 1 | Backpack |
| 2 | Packages of lined loose-leaf paper (500 sheets) | 1 | Set of Physical Education Clothing (Workout shirt & shorts, sweats, leggings) |
| 2 | Sharpie fine permanent black markers | 1 | Pair of non-marking athletic shoes |
| 20 | Blue/black ballpoint pens | 2 | Large 3 ring binders |
| 5 | Red ballpoint pens | 1 | Package of dividers |

*Students at ÉLJHS have access to shared chromebooks. Students are welcome to purchase and bring their own chromebook for daily use.

Lock Rental Fee will be \$2.00 per lock.. NO outside locks will be permitted. One lock each is required for the hall locker and the physical education locker.

Please remember:

- All supplies should be labelled with your child's name clearly marked on them.
- Please send supplies on the first day of school.
- Additional supplies may be required based on specific classes and options.



Grade 8- SCHOOL SUPPLIES:

ÉCOLE LEDUC JUNIOR HIGH SCHOOL



| | | | |
|----|--|---|---|
| 1 | *Chromebook | 1 | Pencil case/box |
| 1 | Set of corded headphones compatible with Chromebooks | 4 | White erasers |
| 8 | Duotangs | 2 | Large glue sticks |
| 1 | Package of felt markers | 1 | Metric ruler |
| 2 | Exercise books - 80 pages ruled | 1 | Geometry set (protractor & compass) |
| 1 | Package of grid paper (graph lined paper) | 1 | Calculator (square root capabilities & pi functions) |
| 30 | HP pencils - sharpened | 1 | Pair of scissors |
| 1 | Package of pencil crayons - sharpened | 4 | Different colors of highlighters |
| 1 | Pencil sharpener with container | 1 | Backpack |
| 2 | Packages of lined loose-leaf paper (500 sheets) | 1 | Set of Physical Education Clothing (Workout shirt & shorts, sweats, leggings) |
| 2 | Sharpie fine permanent black markers | 1 | Pair of non-marking athletic shoes |
| 20 | Blue/black ballpoint pens | 2 | Large 3 ring binders |
| 5 | Red ballpoint pens | 1 | 1 Package of dividers |

*Students at ÉLJHS have access to shared Chromebooks. Students are welcome to purchase and bring their own chromebook for daily use.

Lock Rental Fee will be \$2.00 per lock.. NO outside locks will be permitted. One lock each is required for the hall locker and the physical education locker.

Please remember:

- All supplies should be labelled with your child's name clearly marked on them.
- Please send supplies on the first day of school.
- Additional supplies may be required based on specific classes and options.



Grade 9- SCHOOL SUPPLIES:

ÉCOLE LEDUC JUNIOR HIGH SCHOOL



| | | | |
|----|--|---|---|
| 1 | *Chromebook | 1 | Pencil case/box |
| 1 | Set of corded headphones compatible with Chromebooks | 4 | White erasers |
| 8 | Duotangs | 2 | Large glue sticks |
| 1 | Package of felt markers | 1 | Metric ruler |
| 2 | Exercise books - 80 pages, ruled | 1 | Geometry set (protractor & compass) |
| 1 | Package of grid paper (graph lined paper) | 1 | Calculator (square root capabilities & pi functions) |
| 30 | HP pencils - sharpened | 1 | Pair of scissors |
| 1 | Package of pencil crayons - sharpened | 4 | Different colors of highlighters |
| 1 | Pencil sharpener with container | 1 | Backpack |
| 2 | Packages of lined loose-leaf paper (500 sheets) | 1 | Set of Physical Education Clothing (Workout shirt & shorts, sweats, leggings) |
| 2 | Sharpie fine permanent black markers | 1 | Pair of non-scuff runners |
| 20 | Blue/black ballpoint pens | 2 | Large 3 ring binders |
| 5 | Red ballpoint pens | 1 | Package of dividers |

*Students at ÉLJHS have access to shared chromebooks. Students are welcome to purchase and bring their own chromebook for daily use.

Lock Rental Fee will be \$2.00 per lock.. NO outside locks will be permitted. One lock each is required for the hall locker and the physical education locker.

Please remember:

- All supplies should be labelled with your child's name clearly marked on them.
- Please send supplies on the first day of school.
- Additional supplies may be required based on specific classes and options.





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 any cooperation with this.



Black Gold School Division -TRANSPORTATION NEWS

With the new eligible distances for transportation

1 KM for K-Gr. 6 | 2 KM for Gr. 7-12

We are asking parents/guardians to register for transportation for the 2023-24 school year by **June 15th** to provide the transportation department with time to plan and contract additional routes. Registration is now open to register on the PowerSchool Parent Portal.

Bus passes will arrive the first week of school!

APPLY: <https://www.blackgold.ca/schools/transportation/apply/>



WHAT'S HAPPENING IN THE LIBRARY:

ÉCOLE LEDUC JUNIOR HIGH SCHOOL Textbook Policy



***Please log into your PowerSchool Parent Portal to fill out the Textbook Policy Consent form ASAP**

- All books will be barcoded and circulated through the École Leduc Junior High School library using the management software Destiny. Destiny has been implemented throughout Black Gold Regional Schools and tracks student textbook information with great accuracy.
- Textbooks are issued to students during the first couple of days of start-up and are due on the day of the **final** exam of the subject being written.
- Each student must fill out and return a Textbook Condition form, which is supplied to them when they receive their textbooks. The Textbook Condition form will allow students to identify damages within their textbook that they will not be held responsible for, which is then confirmed by the librarian.
- It is strongly suggested that students record the textbook barcode number somewhere safe. It is also suggested that the student write his/her name in the designated space on the inside cover of the textbook.
- At the end of the year, or when a student leaves the school, each textbook will be scanned as it is returned to the library. Students are expected to return the exact same textbook; returning someone else's is good for them, but not for you.
- The textbook tracking system will provide the obligation list that will be automatically emailed to the homeroom as well as to the parent/student home email if there are any outstanding books or fines. Please ensure the school office has your current email address.
- Fines will be issued for damaged textbooks per the severity. **Students should report textbook damage immediately.** Students who have misplaced their textbook may check in the library, lost and found or the office to see if it has been returned; otherwise, the student is responsible monetarily for the loss of the textbook. Another book will not be signed out until this requirement is met.
- Students are **NOT** allowed to share lockers. If a locker has been forcibly opened, report the damage and/or textbook theft to an administrator immediately! Students must report a locker theft as soon as it is noticed to the office.
- Students **SHOULD NOT** leave textbooks assigned to them in classrooms. Leave your books in the classroom **AT YOUR OWN RISK!** You are still responsible even if someone else damages or loses your book. **Your teacher is NOT responsible for your book.**
- Novel studies are considered textbooks and need to be returned to check out a new novel study.
- **All fees for lost/damaged books will be added to the PowerSchool Parent Portal: Student's Fees & Forms account and made available to pay online using: Visa, Visa debit, Visa prepaid, Mastercard, Interac Online. Cheque or Cash can also be accepted in the office. from the previous school year will be sent to Collections by May 1.**

Examples of damages to be mindful of:

| | |
|--------------------------------|--|
| Lost Textbook Fee | 100% Replacement Value |
| Book Cover Damage | \$19.00 Rebinding Fee |
| Water/Mold Damage | 100% Replacement Value |
| Writing Inside or Outside Book | \$10.00 Fee (depending where, what, how much) |
| Writing Inside or Outside Book | 100 % Replacement Value (Can not be removed or inappropriate content) |



ÉLJHS UPCOMING EVENTS:



ÉLJHS Reservoir Run

September 14, 2023

1:12 - 3:03 PM

Fred Johns Park



2023 ÉLjHS Reservoir/Terry Fox Run

This is our first event of the year. It is a great way for students to get to know each other and have some fun.

PLEASE FILL OUT THE PERMISSION FORM ONLINE ASAP!

Students are encouraged to dress up or create a theme. The winning theme per grade receives a

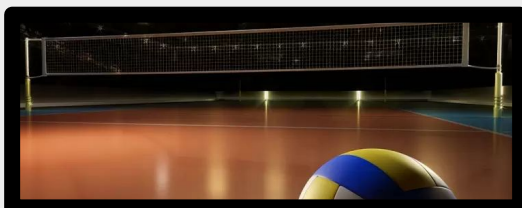
PIZZA PARTY!!!

If you are interested in volunteering for this event please reach out to:

mike.bartlett@blackgold.ca

ÉLJHS SPORTS HIGHLIGHTS:

VOLLEYBALL TEAM INFO



TRYOUTS After School:

- ★ **Senior Girls:** August 31st & September 1st
- ★ **Senior Boys:** September 5th & 6th
- ★ **Junior/District Boys & Girls (grade 7/8):** will follow the Senior tryouts so have your child listen to announcements!

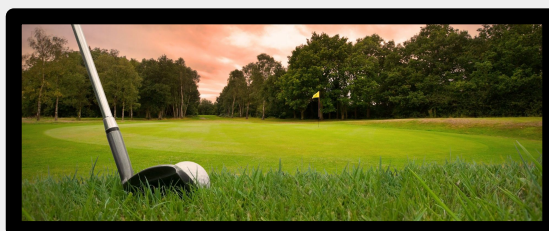
X-COUNTRY TEAM INFO



TRYOUTS Coming Soon:

- ★ Tryouts will be approximately during the second week of school. Please have your child listen closely for announcements if interested.

GOLF TEAM INFO



TRYOUTS Coming Soon:

- ★ Tryouts will be approximately during the second week of school. Please have your child listen closely for announcements if interested.

SEPTEMBER 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | 30  First Day of School | 31 | 1 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 4 Labour Day NO SCHOOL | 5 | 6 | 7 | 8 | 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | 11 | 12 | 13 ÉLJHS Meet the Staff BBQ 5:00 - 7:00 PM | 14  ÉLJHS Reservoir/ Terry Fox Run PM | 15 PD Day NO SCHOOL | 16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 | 18 | 19 Picture Day  | 20 | 21 | 22 | 23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 | 25 | 26 | 27 | 28 Orange Shirt Day  | 29 In Recognition of: National Day for Truth and Reconciliation NO SCHOOL | 30 National Day for Truth and Reconciliation | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | August 2023 <table border="1"> <thead> <tr> <th>Sa</th> <th>M</th> <th>Tu</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> </tr> <tr> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> </tr> </tbody> </table> | | Sa | M | Tu | W | Th | F | Sa | | | 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 | | | October 2023 <table border="1"> <thead> <tr> <th>Sa</th> <th>M</th> <th>Tu</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> </tr> <tr> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> </tr> </tbody> </table> | | Sa | M | Tu | W | Th | F | Sa | | | 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 | | |  | |
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| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sa | M | Tu | W | Th | F | Sa | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

CANADIAN PARENTS FOR FRENCH
PRESENTS:

How can I help my child in French Immersion?



JOIN US THIS FALL ...

- CPF Chapters and Teams
- Fundraising
- Events & Activities
- French for Parents Courses

DATE:

Tuesday, September 12th
7pm-8pm
Online Zoom Session



CANADIAN PARENTS FOR FRENCH

REGISTER [HERE](#) AND CHECK OUT WWW.AB.CPF.CA
FOR MORE ABOUT CPF!

Caregiver Education Team Newsletter

September 2023



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or the wellness of others.

Part 1:
An Introduction
Wednesday, September 20
12:00 – 1:00 pm

Part 2:
Calming Our Bodies
Wednesday, September 27
12:00 – 1:00 pm

Part 3:
Settling Our Minds
Wednesday, October 4
12:00 – 1:00 pm

Part 4:
Overcoming Avoidance
Wednesday, October 11
12:00 – 1:00 pm

Caregiver Education Sessions

Parenting Teens in the 21st Century

For parents and caregivers of youth in grades 7-12.

Part 1:
Monday, September 18
12:00 – 1:00 pm

Part 4:
Monday, September 25
12:00 – 1:00 pm

Participant Feedback

"Thank you! Just a wealth of great information."

"The time was good and with two presenters it didn't feel boring at all. Great job."

"I like the interactive portions because it helps to connect with other people who are watching."

"Going over tips and strategies helped quite a lot."

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

September 2023



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Parenting Teens in the 21st Century Respectful Limit Setting for Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1: Teen Development and Challenges

In this one-hour Lunch & Learn webinar, we will look the challenges of both being and raising a teenager. We will look at some of the unique factors that today's teens face and how their development in these key years impacts their behaviours and relationships.

Date: Monday, September 18, 2023

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12, for adults only.

Part 2: Parent Responsiveness

In this one-hour Lunch & Learn webinar, we will discuss parenting strategies to promote healthy teenage development with a focus on relationship, communication, and respectful limit setting.

Date: Monday, September 25, 2023

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12, for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback

"The virtual format is very convenient and makes it much easier to attend these sessions."

"Thank you - this learning journey is so helpful for my growing family."

"Enjoyed the short videos. Session time was perfect."

"I liked the format, especially the interactive part as it keeps you focused."



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions



These free sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

Understanding Anxiety Series

Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or those they care for may be experiencing anxiety.

Date: Wednesday, September 20, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of others.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

Date: Wednesday, September 27, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of others.

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Wednesday, October 4, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of others.

Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will look at ways to manage stressful situations in manageable steps and with effective coping skills.

Date: Wednesday, October 11, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of others.

September 2023

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback

"Thank you for another great session. I'm enjoying them so much!"

"The time was just right as I work in the daytime. Thank you so much for providing this support!"

"Thanks so much for sharing with us in this session."

"The questions asked to participants were helpful."



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

2023-2024 SCHOOL YEAR:

| BLACK GOLD SCHOOL DIVISION 2023-2024 SCHOOL YEAR CALENDAR | | | | | | | | | | | | |
|--|-----|-----|------|-----|------|-----|--------------|--------------|--|--|--|----|
| Monthly Calendar | | | | | | | Teacher Days | Student Days | Dates & Details | | | |
| AUGUST 2023 | SUN | MON | TUES | WED | THUR | FRI | SAT | 4 | 2 | | August 28 & 29 - Teacher Workdays (No Students) August 30 - School Commences for ALL Grades 1 - 12 Students | |
| | | 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 | | | | | | |
| SEPTEMBER 2023 | SUN | MON | TUES | WED | THUR | FRI | SAT | 19 | 18 | | September 4 - Labour Day (Schools Closed) September 15 - PD Day: (No Students): (AM) Welcome Back & LSA Ceremony (To follow) PD Day September 29 - Day in Lieu - National Day for Truth and Reconciliation (Schools Closed) September 30 - National Day for Truth & Reconciliation | |
| | | 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 |
| OCTOBER 2023 | SUN | MON | TUES | WED | THUR | FRI | SAT | 21 | 20 | | October 9 - Thanksgiving Day (Schools Closed) October 10 - 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 |
| NOVEMBER 2023 | SUN | MON | TUES | WED | THUR | FRI | SAT | 17 | 16 | | November 1 - PD Day (No Students) November 5 - Daylight Savings Time (clocks backward) November 11 - Remembrance Day November 13 - 17 - Midterm Break (Schools Closed) Diploma Exam | |
| | | 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 | | | | | | |
| DECEMBER 2023 | SUN | MON | TUES | WED | THUR | FRI | SAT | 16 | 15 | | December 4 - PD Day (No Students) December 25 - 29 - Christmas Vacation (Schools Closed) | |
| | | 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 |
| JANUARY 2024 | SUN | MON | TUES | WED | THUR | FRI | SAT | 18 | 17 | | January 1 - 5 - Christmas Vacation (Schools Closed) January 8 - School Resumes January 31 - PD Day (No Students) Provincial Achievement Tests (PAT) Diploma Exam & Provincial Achievement Tests (PAT) Diploma Exam | |
| | | 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 | | | | | | | |
| Semester 1: Aug 31, 2023 - Jan 31, 2024 | | | | | | | 95 | 88 | Semester 2 - Commences Feb 1, 2024 | | | |
| FEBRUARY 2024 | SUN | MON | TUES | WED | THUR | FRI | SAT | 20 | 18 | | February 1 - Semester 2 Commences February 8 & 9 - ATA Teachers' Convention (No Students) February 19 - Family Day (Schools Closed) | |
| | | 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 | | | | | | |
| MARCH 2024 | SUN | MON | TUES | WED | THUR | FRI | SAT | 16 | 15 | | March 10 - Daylight Savings Time (clocks forward) March 11 - PD Day (No Students) March 25 - 29 - Spring Break (Schools Closed) | |
| | | 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 |
| APRIL 2024 | SUN | MON | TUES | WED | THUR | FRI | SAT | 21 | 20 | | April 1 - Easter Monday (Schools Closed) April 2 - School Resumes April 19 - PD Day (No Students) Diploma Exam | |
| | | 7 | 8 | 9 | 10 | 11 | 12 | | | | | 13 |
| | | 14 | 15 | 16 | 17 | 18 | 19 | | | | | 20 |
| | | 21 | 22 | 23 | 24 | 25 | 26 | | | | | 27 |
| | | 27 | 29 | 30 | | | | | | | | |
| MAY 2024 | SUN | MON | TUES | WED | THUR | FRI | SAT | 22 | 21 | | May 17 - PD Day (No Students) May 20 - Victoria Day (Schools Closed) Provincial Achievement Tests (PAT) | |
| | | 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 | | | | | |
| JUNE 2024 | SUN | MON | TUES | WED | THUR | FRI | SAT | 20 | 18 | | June 26 - Last School Day with Diploma Exam & PAT June 27 & 28 - Teacher Workday (No Students) Diploma Exam & PAT Diploma Exam | |
| | | 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 |
| Semester 2: February 1 - June 28, 2024 | | | | | | | 99 | 92 | | | | |
| TOTAL = Operational Days-Teachers / Instructional Days Students | | | | | | | 194 | 180 | Aug-Dec/23: 77 -T & 71 -S; Jan-June/24: 117 -T & 109 -S | | | |

Approved - February 22, 2023

INSPIRING SUCCESS FOR EVERY STUDENT EVERY DAY