

January Newsletter 2022-2023



P rincipal's Message



Welcome Back Everyone,

The weather this week certainly took a turn for the worse and seeing our students come into school each day reminded me of my junior high and high school years back at Calmar Secondary. As I watched our students roll into school in their Nike's and hoodies, I thought of the many fun conversations I had with my parents in the winter months. I remember heading out to catch my bus and my dad telling me to put a toque on, wear a winter coat, and wear my winter boots. I can still feel the uncomfortable burn of the cold air on my face and hands as I waited for the bus in my running shoes and matching acid washed jeans and jean jacket. I tried to think back to when I made the change from being concerned about style verses warmth, and I believe it was near the end of high school. The point of my story is that as parents, we try to guide our children, protect them, and use our experience to help them make the correct decisions. However, our words can not be a substitute for first hand experience and the natural consequences of choices. So when your child makes mistakes, or doesn't listen to your instructions, don't be discouraged, eventually they will figure it out and do the right thing.

Have a great January and stay warm!

Mr. Chomlak

JANUARY IMPORTANT DATES:

JANUARY 1:
NEW YEAR'S DAY

JANUARY 1-7:
CHRISTMAS BREAK

JANUARY 8:
ÉLJHS CLASSES RESUME

JANUARY 11:
SKI CLUB RABBIT HILL TRIP
CANCELLED!

JANUARY 17:
PA / SCHOOL COUNCIL MEETING

JANUARY 19-20:
ÉLJHS SR. BASKETBALL
TOURNAMENT

JANUARY 25:
SKI CLUB RABBIT HILL TRIP

JANUARY 31:
PD DAY- NO SCHOOL





Mrs. Severson
ÉLJHS Counsellor

LINK:

ÉLJHS Counselling Corner

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

THE IMPORTANCE OF GOOD NUTRITION, SLEEP, AND HYDRATION

Dear Parents/Guardians/Students,

In this edition of the Counselling Corner, we will explore the importance of good nutrition, sleep, and hydration for your overall well-being. These three factors are crucial to your physical and mental health, and they play a significant role in your ability to learn and perform at your best. Let's kick off the new year with taking care of our bodies and minds.

Benefits of Good Nutrition

- Eating a nutritious diet is essential for fueling your body and mind. Here are some of the benefits of maintaining a healthy eating routine:
- **Increased Energy:** Consuming a balanced diet provides your body with the necessary nutrients, vitamins, and minerals it needs to function optimally. This helps prevent fatigue and keeps your energy levels high throughout the day.
- **Enhanced Concentration:** Good nutrition supports brain function and improves your ability to concentrate. Eating a variety of foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats, can positively impact your cognitive abilities.
- **Stronger Immune System:** A well-nourished body is better equipped to fight off illnesses and infections. By eating foods rich in vitamins and antioxidants, like citrus fruits, leafy greens, and berries, you can boost your immune system and reduce the risk of falling ill.
- **Maintaining a Healthy Weight:** A balanced diet can help you achieve and maintain a healthy weight. By choosing nutritious options and practicing portion control, you can lower the risk of obesity and related health issues.
- **Improved Mood:** Believe it or not, what you eat can affect your mood. Consuming foods high in omega-3 fatty acids, such as fish, nuts, and seeds, can contribute to better mental health and reduce the risk of depression.



LINK:

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Mrs. Severson
ÉLJHS Counsellor

The Importance of Sleep

Getting enough sleep is vital for your overall health and academic success. Consider the following advantages of a good night's rest:

- **Better Memory and Learning:** While you sleep, your brain consolidates information and forms connections that strengthen memory retention and learning. Sufficient sleep can improve your ability to recall facts and enhance your academic performance.
- **Improved Concentration and Attention:** Adequate sleep allows your brain to recharge and helps you stay focused during the day. This means you'll be better able to concentrate during classes and complete assignments more efficiently.
- **Enhanced Physical Performance:** Sleep is essential for the recovery and growth of your muscles. It also regulates hormones responsible for appetite, making it easier for you to maintain a healthy weight and engage in physical activities.
- **Increased Emotional Well-being:** Lack of sleep can negatively impact your mood and emotional stability. By regularly getting the recommended amount of sleep, you'll be better equipped to handle stress and maintain a positive outlook on life.

Staying Hydrated for Success

Hydration is often overlooked, but it is just as important as nutrition and sleep. Consider the benefits of keeping your body hydrated:

- **Improved Physical Performance:** When your body is well-hydrated, your muscles and joints can work more efficiently. This leads to enhanced physical performance, whether you're engaging in sports or simply going about your daily activities.
- **Better Cognitive Function:** Dehydration can impair brain function, affecting your ability to think clearly and make decisions. Drinking enough water throughout the day can help you stay mentally sharp and focused.
- **Enhanced Digestion and Detoxification:** Water plays a vital role in digestion, helping your body break down food and absorb nutrients effectively. It also aids in the elimination of waste products, supporting your overall digestive health.
- **Healthy Skin and Vitality:** Hydrated skin looks and feels better. Drinking enough water can help maintain healthy skin, reduce the risk of dryness, and promote a youthful appearance.

Remember, incorporating good nutrition, sufficient sleep, and proper hydration into your daily routine is essential for your well-being. By making these habits a priority, you can set yourself up for success in all areas of your life.

Stay healthy and take care of yourselves!

ÉCOLE LEDUC JUNIOR HIGH

BASKETBALL TOURNAMENT

January 19-20, 2023



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 late-breaking alerts, and be sure to check our school website or local media when inclement weather is expected.

JOIN OUR ELJHS 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: Chelsea Koopmans

- January 25
- February 7
- February 22
- March 4
- March 18

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 any cooperation with this.



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.



Mr. Schultz's Leadership 8/9 Helpers



Thank You!

'Tis the Season for
HOLIDAY DOOR DECORATING



**Congratulations
to
our
WINNERS!!**



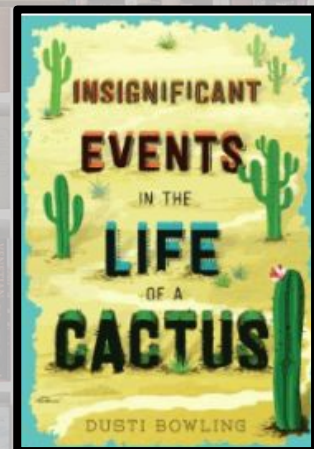
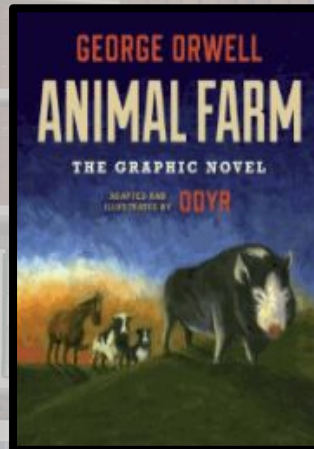
LOOK WHAT'S HAPPENING IN THE LLC:



Mrs. Kern's Christmas Door:



Mrs. Kern's Book Recommendations:



STUDENT VERIFICATION FORMS 2023/2024

2023-2024 Student Enrollment Verification Form for Black Gold School Division is available on the PowerSchool Parent Portal.

These were to be completed by **November 30th, 2023**, so please fill out the form immediately if you have not. 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 are past due. Please ensure to check your child's PowerSchool Parent Portal any fees that may have been added that need to be paid. Outstanding fees may be sent to collections at the end of April. If you are experiencing financial situations that you would like to discuss and require help, please reach out to me:

Shoana Theriault
Finance Admin Assistant
780-986-2184



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 | ● Strep Throat |
| ● Chickenpox | ● A Cold |
| ● The Flu | ● Measles |
| ● Pinkeye (conjunctivitis) | ● 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.

January

SUN	MON	TUE	WED	THU	FRI	SAT
	1 New Year's Day	2	3	4	5	6
	CHRISTMAS BREAK					
7	8 Classes Resume	9	10	11 Ski Club Rabbit Hill Trip	12	13
14	15	16	17 PA/School Council Meeting	18	19 ÉLJHS Basketball Tournament	20
21	22	23	24	25 Ski Club Rabbit Hill Trip	26	27
28	29	30	31 PD Day No School			





Board Highlights

December 13, 2023

Acting Superintendent of Schools Appointed

The Board of Trustees appointed Dr. Cindi Vaselenak as the Acting Superintendent of Schools/CEO of the Black Gold School Division.

Dr. Vaselenak will take on the role starting January 1, 2024, until May 31 or until such time as Mr. Michael Borgfjord is able to begin his term as the new Superintendent of Schools/CEO. Dr. Vaselenak is taking over from current superintendent Bill Romanchuk, who is retiring on December 31, 2023, after 22 years of service to Black Gold.

Dr. Vaselenak has worked for over 35 years as an educator in the roles of teacher, curriculum coordinator, assistant principal, principal, deputy superintendent, and superintendent in Alberta. In 2019 she was named the Alberta Superintendent of the Year, receiving the provincial EXL Award for Excellence in School System Leadership. She currently consults for the Alberta School Boards Association, and serves as a sessional instructor at the University of Alberta.

3-Year Joint Funding for School Resource Officer in the City of Leduc

As part of their shared commitment to student and community safety, the Black Gold School Division (BGSD) and the City of Leduc have approved funding for a second School Resource Officer (SRO) from September 2024 to June 2027.

For the past several years, an RCMP member has served as an SRO in Black Gold schools in Leduc. This new position, to be filled by a Community Peace Officer (CPO), will allow the current SRO to spend more time working with junior and senior high students and dedicate time to Violent Threat Risk Assessment (VTRA) protocols.

The CPO will promote safe learning environments, build positive relationships with students and provide mentorship, education and programming aimed at elementary school students.

Leduc Composite High School Receives Final Approval for the Student Excursion to France and Spain

The Board of Trustees granted Final Approval for 90 students in grades 11-12 and 9 Black Gold employee supervisors to travel to France and Spain during spring break from March 23 to March 30, 2024 (inclusive) with no instructional days missed.

This optional, extracurricular student excursion will have students immersed in the French and Spanish culture, language, art and traditions.





Miss Vs On Main January

OIL PASTELS:

Oil pastels or soft pastels are one of the brightest and most unique mediums. The possibilities are absolutely endless.

We are going to start with the basics. We will learn about basic colour theory, light source and shadows, and talk about blending. We will use some simple techniques to work on creating more 3D objects in our artwork.

VAN GOGH :STARRY NIGHT

One of the most recognizable artists Van Gogh, created Starry Night, a popular painting around the world. We are going to recreate this amazing masterpiece using oil pastels. We will talk about shape and flow, how it can impact our artwork just by a simple curve in a line.



AGES 4-9

Our ages 4-9 group have some fun projects to work on this month, from our Van Gogh, to a really fun Project that will make you feel warm during the holidays.

Last but not least we have one last silly project of a silly animal face, we want to see how the kids will use their new found knowledge of blending, colour theory and light source .

AGES 10 AND UP

Our 10+ group is going to dove a little deeper into some skill building this month. We are going to briefly refresh color theory. We will talk a lot of blending techniques, learning how flow of lines can change the life of our artwork, and make sure we all have a clear understanding of light source.

We will start on a monochrome still life and start to clearly demonstrate some of these new technique.

WE ARE HIRING

We now have two new wonderful team members. Katie (Miss K) and Elena (Miss E) will be our 10+ instructors. They will take the 10+ group to the next level of creativity. We are so excited to have them.



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	
			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			<div style="background-color: #f0f0f0; padding: 2px;">August 28 & 29 - Teacher Workdays (No Students)</div> <div style="background-color: #ffff00; padding: 2px;">August 30 - School Commences for ALL Grades 1 - 12 Students</div>	
SEPTEMBER 2023	SUN	MON	TUES	WED	THUR	FRI	SAT	19	18	
				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			<div style="background-color: #cccccc; padding: 2px;">September 4 - Labour Day (Schools Closed)</div> <div style="background-color: #cccccc; padding: 2px;">September 15 - PD Day: (No Students): (AM) Welcome Back & LSA Ceremony (To follow) PD Day</div> <div style="background-color: #cccccc; padding: 2px;">September 29 - Day in Lieu - National Day for Truth and Reconciliation (Schools Closed)</div> <div style="background-color: #cccccc; padding: 2px;">September 30 - National Day for Truth & Reconciliation</div>	
OCTOBER 2023	SUN	MON	TUES	WED	THUR	FRI	SAT	21	20	
						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			<div style="background-color: #cccccc; padding: 2px;">October 9 - Thanksgiving Day (Schools Closed)</div> <div style="background-color: #cccccc; padding: 2px;">October 10 - PD Day (No Students)</div> <div style="background-color: #cccccc; padding: 2px;">Diploma Exam</div>	
NOVEMBER 2023	SUN	MON	TUES	WED	THUR	FRI	SAT	17	16	
							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			<div style="background-color: #cccccc; padding: 2px;">November 1 - PD Day (No Students)</div> <div style="background-color: #cccccc; padding: 2px;">November 5 - Daylight Savings Time (clocks backward)</div> <div style="background-color: #cccccc; padding: 2px;">November 11 - Remembrance Day</div> <div style="background-color: #cccccc; padding: 2px;">November 13 - 17 - Midterm Break (Schools Closed)</div> <div style="background-color: #cccccc; padding: 2px;">Diploma Exam</div>	
DECEMBER 2023	SUN	MON	TUES	WED	THUR	FRI	SAT	16	15	
							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			<div style="background-color: #cccccc; padding: 2px;">December 4 - PD Day (No Students)</div> <div style="background-color: #cccccc; padding: 2px;">December 25 - 29 - Christmas Vacation (Schools Closed)</div>	
JANUARY 2024	SUN	MON	TUES	WED	THUR	FRI	SAT	18	17	
									<div style="background-color: #cccccc; padding: 2px;">January 1 - 5 - Christmas Vacation (Schools Closed)</div> <div style="background-color: #ffff00; padding: 2px;">January 8 - School Resumes</div> <div style="background-color: #cccccc; padding: 2px;">January 31 - PD Day (No Students)</div> <div style="background-color: #cccccc; padding: 2px;">Provincial Achievement Tests (PAT)</div> <div style="background-color: #cccccc; padding: 2px;">Diploma Exam & Provincial Achievement Tests (PAT)</div> <div style="background-color: #cccccc; padding: 2px;">Diploma Exam</div>	
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	
						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			<div style="background-color: #ffff00; padding: 2px;">February 1 - Semester 2 Commences</div> <div style="background-color: #cccccc; padding: 2px;">February 8 & 9 - ATA Teachers' Convention (No Students)</div> <div style="background-color: #cccccc; padding: 2px;">February 19 - Family Day (Schools Closed)</div>	
MARCH 2024	SUN	MON	TUES	WED	THUR	FRI	SAT	16	15	
							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			<div style="background-color: #cccccc; padding: 2px;">March 10 - Daylight Savings Time (clocks forward)</div> <div style="background-color: #cccccc; padding: 2px;">March 11 - PD Day (No Students)</div> <div style="background-color: #cccccc; padding: 2px;">March 25 - 29 - Spring Break (Schools Closed)</div>	
APRIL 2024	SUN	MON	TUES	WED	THUR	FRI	SAT	21	20	
									<div style="background-color: #cccccc; padding: 2px;">April 1 - Easter Monday (Schools Closed)</div> <div style="background-color: #ffff00; padding: 2px;">April 2 - School Resumes</div> <div style="background-color: #cccccc; padding: 2px;">April 19 - PD Day (No Students)</div> <div style="background-color: #cccccc; padding: 2px;">Diploma Exam</div>	
MAY 2024	SUN	MON	TUES	WED	THUR	FRI	SAT	22	21	
									<div style="background-color: #cccccc; padding: 2px;">May 17 - PD Day (No Students)</div> <div style="background-color: #cccccc; padding: 2px;">May 20 - Victoria Day (Schools Closed)</div> <div style="background-color: #cccccc; padding: 2px;">Provincial Achievement Tests (PAT)</div>	
JUNE 2024	SUN	MON	TUES	WED	THUR	FRI	SAT	20	18	
							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			<div style="background-color: #cccccc; padding: 2px;">June 21 - National Indigenous Peoples Day</div> <div style="background-color: #cccccc; padding: 2px;">June 26 - Last School Day with Diploma Exam & PAT</div> <div style="background-color: #cccccc; padding: 2px;">June 27 & 28 - Teacher Workday (No Students)</div> <div style="background-color: #cccccc; padding: 2px;">Diploma Exam & PAT</div> <div style="background-color: #cccccc; padding: 2px;">Diploma Exam</div>	
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