

# March Newsletter 2023-2024



## P rincipal's Message



Greetings Parents and Caregivers,

Spring is right around the corner and it is nice to see some brown grass around the school instead of snow. This past month we recognized Black History Month and had some great presentations and displays in the school, our Principal Advisory Committee is winding up our new school logo and motto project, and our grade 9 students are participating in their orientations for high school.

As we progress through the final months of the year, I encourage all of our students to continue to work hard and complete their assignments. Before you know it, summer will be here!

Have a great month and an awesome Spring Break!

Mr. Chomlak



### MARCH IMPORTANT DATES:

- MARCH 4:**  
SKI CLUB TO RABBIT HILL
- MARCH 8:**  
GR 9 SKI TRIP TO MARMOT BASIN
- MARCH 10:**  
DAYLIGHT SAVINGS BEGINS
- MARCH 11:**  
PD DAY- NO SCHOOL
- MARCH 17:**  
ST. PATRICK'S DAY
- MARCH 18:**  
SKI CLUB TO RABBIT HILL
- MARCH 18-19:**  
GR 9 HIGH SCHOOL REGISTRATION
- MARCH 20:**  
FIRST DAY OF SPRING
- MARCH 23-APRIL 1:**  
SPRING BREAK
- APRIL 2:**  
CLASSES RESUME AFTER  
SPRING BREAK





## Mrs. Severson's ÉLJHS Counselling Corner



LINK:

ÉLJHS Counselling Corner

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



# Mental Health Monthly



THINK  
POSITIVE  
BE  
POSITIVE

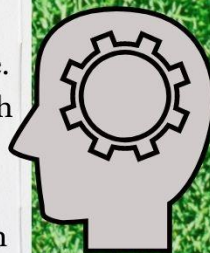
**Self-talk** is our inner dialogue we have with ourselves. This voice can be helpful, but it can also be harmful. When our internal voice is overly critical or mean, this is known as **negative self-talk**, which can lead to stress, lack of confidence, and/or relationship challenges.

It is normal to experience negative self talk from time to time, but if it's more common than not, try being mindful to stop the thought(s). Then change the negative thought to a positive one (i.e. replace/reframe "this is too hard" with "this is tough, but so am I"). **Positive self-talk** is how we show ourselves compassion and understanding. With practice, it does become more natural, which allows us to be more confident, motivated, & productive.

### Try these positive self-talk statements...

- I am a work in progress.
- I'm in charge of my choices.
- I am enough.
- I can do tough things with hard work.
- It's okay to make mistakes.

This leads to this!



1	Boosts confidence
2	Reduces stress
3	Builds resilience
4	Better relationships



# High School Registration

High school registration is just around the corner!

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

## IT DOES MATTER!

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

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



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

**LCHS**  
LEUC COMPOSITE

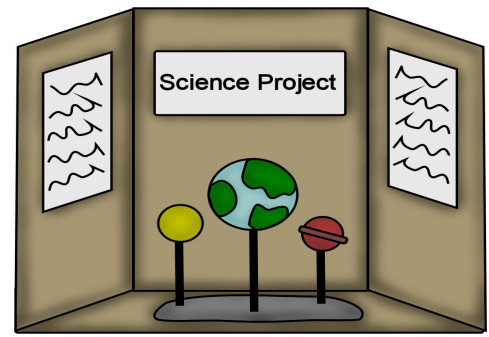
### GRADE 9 HIGH SCHOOL REGISTRATION EVENTS:

- ★ **February 26:** LCHS counsellors provided our grade 9 students with a high school orientation presentation during their regular classes.
- ★ **March 7:** The LCHS Open House is an evening to allow parents to see onsite programming and their facilities. The Open House starts at 6:30 in the MacLab Centre, and they encourage both students and parents to attend.
- ★ **March 18-19:** Grade 9 students will be registering for their high school courses during their regular morning classes:
  - March 18 AM- 9C/9E/9D/9A
  - March 19 AM- 9G/9F/9B

**OSS**  
Ohpaho Secondary School

### GRADE 9 HIGH SCHOOL REGISTRATION EVENTS:

- ★ **February 26:** OSS will provide our grade 9 students with a high school orientation presentation during their regular class schedule. We will be handing out an OSS Course Selection Handbook and a draft course selection sheet so students and parents can start planning.
- ★ **March 18-19:** Grade 9 students will be registering for their high school courses during their regular morning classes:
  - March 18 AM- 9C/9E/9D/9A
  - March 19 AM- 9G/9F/9B
- ★ The OSS Open House is planned for June when the school construction is complete. The website and social media will be available soon. We will notify you when these communication tools are active.



## ÉLJHS SCIENCE FAIR

- ★ **When:** March 21, 2024
- ★ **Time:** 3:30- 5:00 PM
- ★ **Where:** ÉLJHS North (small) Gymnasium

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

# FALLING FOR BOOKS IN LANGUAGE ARTS 9

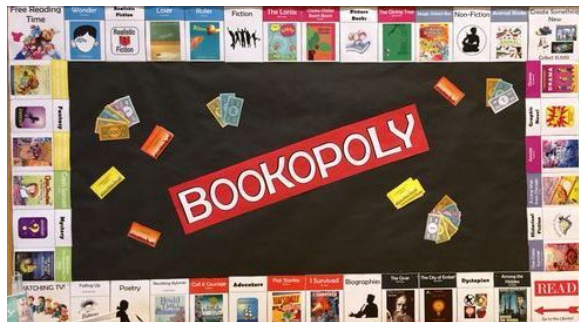
Students in Mrs. Anderson's Language Arts class spent Valentine's Day getting to know new books. They spent their time using their first impressions to help them select and rate books that could be added to their "Read Next" lists. They all enjoyed conversations and sweet treats on this day.

**What's on your "Read Next" list?**





# LOOK WHAT'S HAPPENING IN THE LLC:



## BOOKOPOLY READING CHALLENGE

Check out the Bookopoly bulletin board by the library to join in the February and March reading challenge!

Read just 5 books to be a BOOKOPOLY READER and have a chance to win the grand prize. (Sorry - books assigned by your teacher don't count)

### PRIZES:

- 1 Free Book
- Amazon Gift Card

Complete at least 5 squares and the 2 tasks by March 15th to be eligible to win. The Lucky winners will be announced by **March 20th**.

## Contest Winners

These two students are well on their way to winning our Grand Prize. They both read 2 books in February!

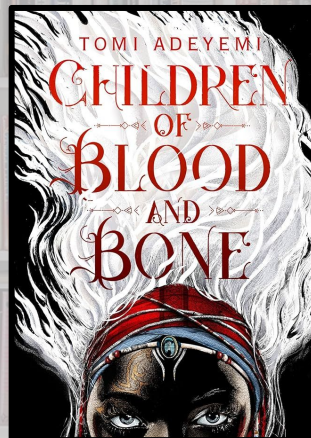
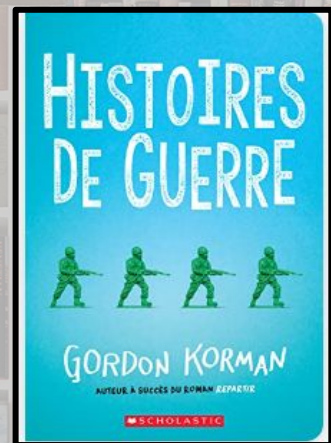
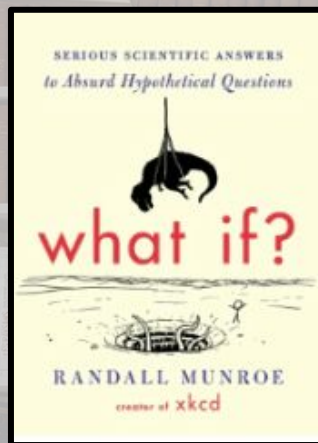


Isabella Aeichele- 8B



Tillie Dalmer- 7C

## Mrs. Kern's Book Recommendations:




# ELJHS SPORT HIGHLIGHTS:



## BASKETBALL TEAMS



Congratulations to our  
**Jr Boys Basketball Team**  
 on their  
**1st Place finish at the**  
**2024 Centurion Classic**  
 on  
**February 2nd & 3rd** 



Congratulations to our  
**Jr Girls Basketball Team**  
 on their  
**2nd Place finish at the 2024**  
**Centurion Classic**  
 on  
**February 2nd & 3rd** 



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



Congratulations to our  
**ELJHS Wrestling Team**  
 on their outstanding  
 performance at the  
**U of A Wrestling**  
**Tournament**

- 1st & 2nd- Elite Division: 
  - Carter Bradbury 
- 2nd & 3rd- Elite Division: 
  - Otto Hrabec 
- 1st Place: 
  - Shilah James 
  - Cohen MacDonald 
- 2nd Place: 
  - Ruekiyah Abdallah 
  - Brooklynn Lenentine 
- 3rd Place: 
  - Evelynn Thomson 
  - Bryson Workman 

## WRESTLING TEAM



**GRANDE**  
**PRAIRIE**  
**2024**  
 Alberta Winter Games



Congratulations to our **ELJHS Wrestling Team**  
 who competed at:

**2024 Alberta Winter Games**

**Grande Prairie, AB on February 16-19, 2024**

**Athletes:**

- Bryson Workman • Ruekiyah Abdallah • Deklan Bouvier  
 Caeli Filteau • Otto Hrabec • Shillah James  
 Shelby Miller • Brooklynn Lenentine • Reese Matchem  
 Cohen MacDonald







**MARMOT BASIN**  
JASPER-CANADIAN ROCKIES



## ÉLJHS Grade 9 Ski Trip

**Marmot Basin in Jasper, AB**

**March 8, 2024**

All grade 9 students who sign up will leave at **4:00 AM SHARP!** The students will be travel by chartered bus and will arrive at Marmot Basin by 9:00 AM. The students will receive a mandatory lesson and then get to ride the hill on their own. They will leave after a full day of skiing and arrive back at the school by 9:00 PM.

The trip is now FULL. If your child is interested in attending, please contact the school office at (780) 986-2184 to have your child placed on the waiting list.

**Total Fees: No Rentals- \$152      Rentals- \$181**

## JOIN OUR ÉLJHS SKI CLUB

On these nights, we will be traveling by bus and leave the school at 4:00PM to 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

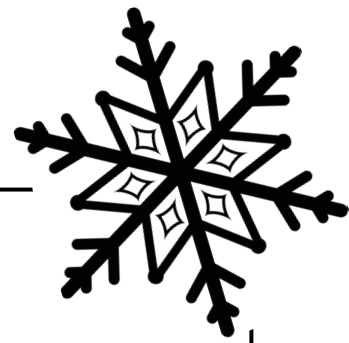
### Dates:

- March 4
- March 18

**Limited spots available!**



# FRENCH IMMERSION SPOTLIGHT:



## FRENCH IMMERSION



### CARNAVAL

March 13th, 2024

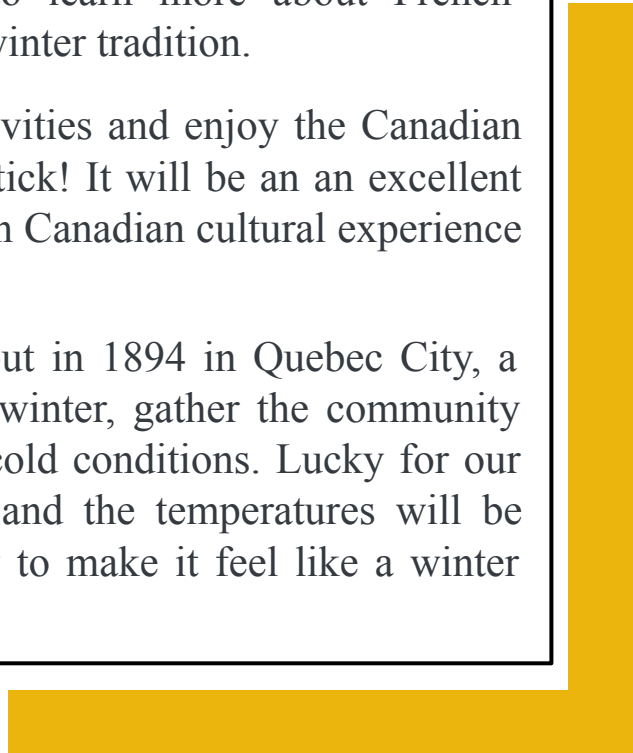


### French Canadian Culture, Character, and Candy!

The French Immersion students at ÉLJHS will host their own version of Quebec Winter Carnival on **March 13th** to learn more about French Canadian culture and this popular annual mid-winter tradition.

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

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







# 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.



## **SCHOOL FEES**

School Fees are past due. Please ensure to check your child's PowerSchool Parent Portal for 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



# Board Highlights

February 21, 2023

## 2026-2027 School Year Calendar

### Approved

At the February 21, 2024 Regular Board Meeting, the Board approved the Draft B - full November Break - calendar for the 2026-2027 School Year.

The full calendar can be viewed on our website [here](#).

## Board Statement on Gender Identity Policy

The Black Gold School Division's Board of Trustees has issued a statement on the Government of Alberta's proposed Gender Identity Policy.

*The Black Gold School Division's Board of Trustees is committed to providing students with welcoming, caring, respectful, safe and healthy learning environments that respect diversity and foster a sense of belonging. Every student within the Division has the right to learn and work in schools that promote equity of opportunity, dignity, and respect.*

The full statement can be found on the Black Gold website: [www.blackgold.ca](http://www.blackgold.ca).

Board Chair Eckert stated that there is no change in current practice at this time and the Board of Trustees is following the dialogue from the government closely.

## ASCA Conference Sponsorship

Once again, the Board of Trustees is pleased to sponsor up to three (3) School Council Members to attend the Alberta School Councils Association Conference taking place April 26-28, 2024 in Edmonton.

## 2024 Black Gold School Division Welcome Back Event

The Board of Trustees have voted to host the Welcome Back Event for Black Gold School Division in person on the first Professional Development Day in September.

Trustee Eckert stated that it will be an excellent

opportunity for staff to be introduced to our new Superintendent in person.

## Ohpaho Outdoor Physical Space

Trustee Hansen shared that City of Leduc is planning for the play field and soccer posts to be ready for use when Ohpaho Secondary School opens in September 2024. The soccer posts will be portable.

Trustee Hansen also stated that the City of Leduc is planning to add funding into its 2025 Budget for baseball backstops. Their plan is to only install the backstops and not put shale in at that time. Ideally, the City would plan to install them in the summer of 2025 to avoid any safety issues. The City also shared that they will be submitting a request to City Council to add fencing along the road in its 2025 Budget.

## Friends of Education Nominee

The Board of Trustees is pleased to support the nomination of Manluk Industries for the 2024 Alberta School Boards Association (ASBA) Friends of Education Award for their ongoing partnership with Black Gold, supporting growth and education at Calmar Secondary School in the Machining program.

## Board of Trustees Transition Committee Meeting Update

The Transition Committee is setting the stage for both the new Superintendent and Black Gold School Division to thrive during this transition.

Incoming Superintendent, Michael Borgfjord, will be officially starting with Black Gold on March 1, 2024.



# MHCB SPRING BREAK CAMP

LOCATION:

East Elementary

4503 - 45 STREET  
LEDUC

Camps  
are open to  
all BCS  
students

REGISTRATION LINK: [Registration Opens 9:00 AM Friday, March 1](#)

Monday  
March 27  
9:00-12

Grade 1-3

Tuesday  
March 28  
9:00-12

Grade 4-5

Wednesday  
March 29  
9:00-12

Grade 6-8

# Caregiver Education Team Newsletter

March 2024



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.

## Caregiver Education Sessions

### Understanding Self-Injury

For parents and caregivers supporting teens in grades 7-12.

Tuesday, March 5  
12:00 – 1:00 pm

### Junior High Jitters

Transitioning to the Teenage Years

For parents and caregivers supporting teens in grades 7-12.

Wednesday, March 20  
6:00 – 7:30 pm

## Caregiver Education Sessions

### Collaborative Problem Solving

For parents and caregivers of children and youth in grades K-12

**Part 1:**  
Tuesday, March 19  
12:00 – 1:00 pm

**Part 2:**  
Tuesday, March 26  
12:00 – 1:00 pm

## Adult Education Sessions

### Resilience through Connecting, Caring, and Coping

For adults supporting their own wellness or the wellness of a loved one.

Tuesday, March 12  
12:00 – 1:00 pm

## Participant Feedback:

"Content of the course was helpful and well presented. Thank you for everything."

## Sessions at a Glance



Professional Practice & Education Services  
Addiction & Mental Health  
Edmonton Zone

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)





Southern Alberta  
Professional Development  
**Consortium**

## Vaping: What Parents Need to Know



PRESENTED BY

**Courtney Epp & Chloe Trautman**



SERIES SESSIONS

Date	Time
March 06, 2024	7:00 PM - 8:30 PM



LOCATION

**Zoom Online Meeting - Zoom**

FEE

**\$0.00**

QUESTIONS?

Contact Us:

**403-381-5580**

REGISTER ONLINE

Visit our website to register:

[sapdc.ca](http://sapdc.ca)

### Program

Join the Alberta Health Services Healthy Schools and Population Health Promotion team for a virtual parent learning session on the youth vaping epidemic. In this session, parents will learn about what vaping is, current vaping trends among youth and the harms and risks associated with it. We'll explore what legislation is in place at the local and provincial level to combat youth vaping use and what you and your child's school can do about it. Ideas on how to talk to kids and help them quit, as well as where to go for more information will also be covered. Have your voice be heard and your questions answered by an expert in the field.

### Presenters

#### Courtney Epp

Courtney Epp is a Health Promotion Facilitator on the Healthy Schools Team within Alberta Health Services. She has been with the organization for over 10 years and is passionate about improving child and youth health through evidence-informed action in school settings using the comprehensive school health approach. Courtney has a keen interest in supporting school divisions in the South West Zone with vaping and tobacco reduction and prevention. In her spare time, Courtney enjoys connecting with nature and spending time with her 8 year old twins.

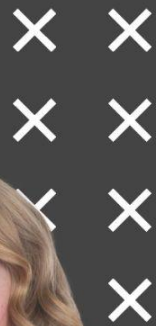


catsfootball.ca



# LEDUC & DISTRICT MINOR FOOTBALL ASSOCIATION

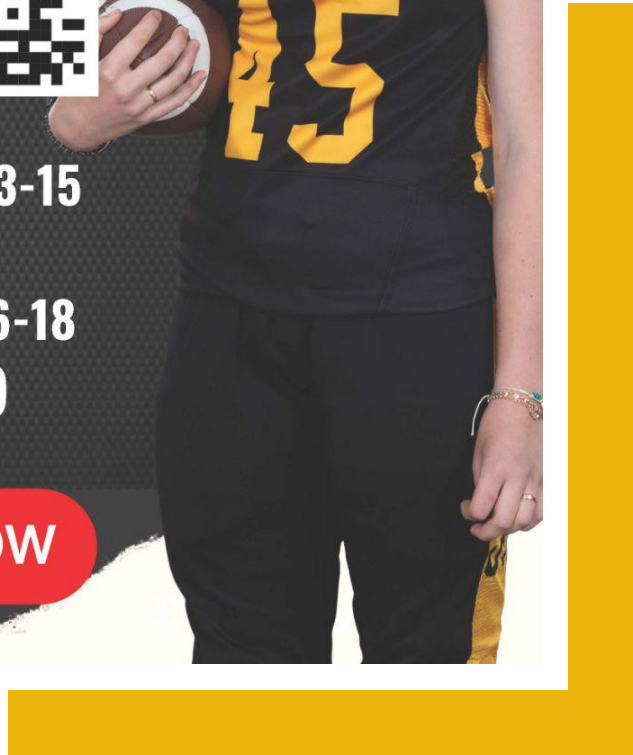
## MARCH-JUNE FEMALE TACKLE



**U16** Female ages 13-15  
(2009 to 2011)

**U19** Female ages 16-18  
(2006 to 2008)

[> REGISTER NOW](#)





# LA CRUDE RUGBY CLUB



APRIL

8

APRIL

15

APRIL

22

## Come Try Rugby! Juniors Training Camp

Everyone belongs and is welcome at LA Crude Rugby Club. Your body type, skill level, and experience does not matter - we've got a place for you!

AGES U5 - U19

5PM - 6PM

NISKU TURF TRAINING CENTRE

Sign up for  
Try Rugby!



SPRING  
OUTDOOR  
SEASON

Weather permitting  
- starting the first  
week of May

Contact Troy at  
[lacrudejuniorvp@gmail.com](mailto:lacrudejuniorvp@gmail.com)  
for more info

Registration for the 2024 Season begins in March



# YOUTH GRANTS

Have an idea you're  
trying to make happen?

Get up to **\$3,000**  
to make it real!



## WHAT ARE YOUNG EDMONTON GRANTS (YEG)?

YEG supports projects initiated, led, and organized by young Edmonton and area residents. These grants range from \$500-\$3,000 and are available for residents between the ages of 13 and 24.

## WHAT DO I NEED TO DO TO BE ELIGIBLE TO APPLY?

Applicants will need to partner with their school or a registered charity to accept the money on their behalf.



Supported By



## WHAT DATE DO I NEED TO APPLY BY?

For the latest application deadlines, visit [ecfoundation.org/yeg](http://ecfoundation.org/yeg)

## HOW CAN I FIND OUT MORE?

For more information or to submit an application, visit [ecfoundation.org/yeg](http://ecfoundation.org/yeg)

[ecfoundation.org/yeg](http://ecfoundation.org/yeg)  [@edmontoncommunityfoundation](https://www.instagram.com/edmontoncommunityfoundation)







# Miss Vs On Main

## March

### COLORED PENCIL & SKETCHING

Learning to sketch can be so much fun, it takes practice and repetition. We will learn the tips and tricks to sketching and being able to catch the shapes and values of objects. We often confuse sketching and drawing, though they have similarities, they have many differences. Colored pencils are a popular form of medium to add color to artwork, but learning useful techniques can make using colored pencils really stand out from other mediums. We will learn how to transition colors, shade and use them to brighten our art work.

### ROUGH SKETCHING AND FINAL COPIES

We will always start with a rough sketch, a light and easy to erase first stages. A good copy will be done after and we will learn how to make the temporary lines more permanent. Practice makes progress.

### AGES 4-8 LEDUC

As many of you know our 4-9 group has held a wait list, we have made some adjustments to accommodate. We have changed the ages from 4-9 to ages 4-8 and it will remain on Monday. We will continue to skill build in this class and work towards building confidence and community.

### AGES 10±

Tuesday's and we have decided to open a 14+ if we get the interest. We have also considered allowing 14+ to attend some of the adult classes. We will update with final decision.

### AGES 14 AND UP

Ages 14 and up will be given another day of the week to accommodate them. We want to focus more on projects that are challenging, and will be more focused on this age group. We are working on the schedule for it.



# 2023-2024 SCHOOL YEAR:

BLACK GOLD SCHOOL DIVISION 2023-2024 SCHOOL YEAR CALENDAR										
Monthly Calendar							Teacher Days	Student Days	Dates & Details	
<b>AUGUST 2023</b>	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					
<b>SEPTEMBER 2023</b>	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			
<b>OCTOBER 2023</b>	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			
<b>NOVEMBER 2023</b>	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					
<b>DECEMBER 2023</b>	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			
<b>JANUARY 2024</b>	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						
<b>Semester 1: Aug 31, 2023 - Jan 31, 2024</b>							<b>95</b>	<b>88</b>	<b>Semester 2 - Commences Feb 1, 2024</b>	
<b>FEBRUARY 2024</b>	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					
<b>MARCH 2024</b>	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			
<b>APRIL 2024</b>	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							
<b>MAY 2024</b>	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				
<b>JUNE 2024</b>	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			
<b>Semester 2: February 1 - June 28, 2024</b>							<b>99</b>	<b>92</b>		
<b>TOTAL = Operational Days-Teachers / Instructional Days-Students</b>							<b>194</b>	<b>180</b>	<b>Aug-Dec/23: 77 -T &amp; 71 -S; Jan-June/24: 117 -T &amp; 109 -S</b>	

Approved - February 22, 2023