

NOVEMBER Newsletter 2024-2025



NOVEMBER IMPORTANT

DATES:

NOVEMBER 1:

PD DAY- NO SCHOOL

NOVEMBER 3:

DAYLIGHT SAVINGS TIME ENDS

NOVEMBER 6:

NO STONE LEFT ALONE CEREMONY

NOVEMBER 8:

SUPPORT STAFF APPRECIATION DAY

NOVEMBER 8:

REMEMBRANCE DAY CEREMONY

NOVEMBER 11:

REMEMBRANCE DAY

NOVEMBER 11-15:

MID-TERM BREAK- NO SCHOOL

NOVEMBER 19:

PARENTS ASSOCIATION & SCHOOL COUNCIL MEETING 6:30-7:30PM

NOVEMBER 27:

TERM 1 GRADE 8/9 OPTION CLASSES END

NOVEMBER 28:

SKI CLUB TO RABBIT HILL

P rincipal's Message



Greetings Parents and Caregivers,

Things are getting chilly outside as we head into our third month of school. When I speak to the students outside in the morning, and they are telling me about how cold they are as they are dressed in a t-shirt, I tell them that eventually they will have to make a choice between "looking cool" or "being warm". I look back to when I was in university and abandoned the idea of being even remotely cool and chose warmth instead. I remember walking to school from Whyte Ave in -30C each day bundled up like I was trekking up Everest and unpacking my assortment of clothes over three chairs in the lecture hall. So as you remind your child to dress warmly this fall and winter, please remember that kids sometimes take a long time to come to the realization of what is in their own best interests.

I hope you all have a fantastic November and stay warm!

Mr. Chomlak




LEAHA SEVERSON
 BEd, MA, CCC
 School Counsellor
 780-986-2184 ext 274
 leaha.severson@gshare.blackgold.ca
 4412 48 St, Leduc, AB T9E 7J3
<https://sites.google.com/gshare.blackgold.ca/eljhs-counsellingcorner/home>




LINK:

ÉLJHS Counselling Corner

Mrs. Severson
ÉLJHS Counsellor

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



Mental Health Monday

BOUNDARIES

Boundaries allow us to have our own personal space both physical and/or emotional. Healthy boundaries help protect our well-being and should be based on each individual's values.

HOW DO I KNOW IF I NEED TO SET BOUNDARIES?

- Making decisions is a struggle for you.
- You have a hard time speaking up when you're treated badly.
- Feelings of guilt when you do something for yourself.
- You say "yes" when you really want to say "no".
- You are passive aggressive.
- You over-share personal details of your life with others.
- You always feel like the victim.
- You go out of your way to please others.
- You find yourself in unhappy relationships- repeatedly.

HOW TO SET BOUNDARIES...

Setting healthy boundaries for yourself can be difficult at first, but with a plan and practice it does get easier! Remember to be consistent and stick with them.

Evaluate where you stand and set your limits

Give yourself permission to have boundaries

Start small and be assertive

Evaluate your past and present struggles



ÉLJHS REMEMBRANCE DAY CEREMONY

NOVEMBER 8, 2024



École Leduc Junior High School students and staff will observe Remembrance Day on **Friday, November 8, 2024**, during two identical ceremonies.

As we prepare for our upcoming Remembrance Day ceremony, we kindly ask that you speak with your child about the importance of maintaining a respectful and sombre tone throughout the event. This ceremony is a time to honour and reflect on the sacrifices made by many, and our goal is to keep the atmosphere one of respect and quiet reflection. Additionally, please remind them of the ceremony guideline that hats are not to be worn during the proceedings. Students will be asked to remove them before entering the event space. We greatly appreciate your support to help create a meaningful experience for everyone involved.

The first ceremony will be at 8:45 AM, and the second will be at 9:45 AM, with a fifteen-minute break between them. Everything will be completed by 10:30 AM.

8:45 AM Ceremony: 7A, 7C, 7F, 8B, 8D, 8E, 8G, 9A, 9C, 9F

9:45 AM Ceremony: 7B, 7D, 7E, 8A, 8C, 8F, 9B, 9D, 9E

If you are a past or present member of the Canadian Military and a family member of the ELJHS community, we invite you to attend. If you are a member of the police, fire, or emergency services and would like to attend in uniform, that would also be appreciated. You are all welcome to attend one or both ceremonies.

Email grace.henderson@blackgold.ca to confirm your attendance.

11 NOVEMBER
REMEMBRANCE DAY

Lest we forget



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



STUDENT VERIFICATION FORMS **2024/2025**

2024-2025 Student Enrollment Verification Form for Black Gold School Division is available on the PowerSchool Parent Portal.

Please completed this process before **November 30th, 2024** . 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.

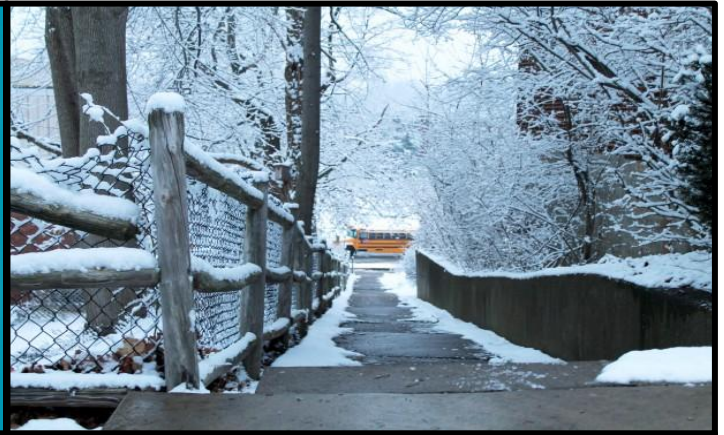
In order to confirm your child's registration with Black Gold School Division, you must have:

- 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!

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:** As hectic as mornings can be, parents should be aware of weather alerts and bus cancellations or delays. Make sure your school has your contact information to receive late-breaking alerts, and be sure to check your school website or local media when inclement weather is expected.

WINTER WEATHER CONDITIONS MAY INCREASE RISK FOR
INJURY.

PREVENT SLIPS, TRIPS, AND FALLS BY PREPARING

FOR WINTER CONDITIONS AND TAKING EXTRA

TIME TO GET WHERE YOU ARE GOING!





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 answering machine.

JOIN OUR ÉLJHS 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: Mrs. Hekkink

Dates:

- * November 28
- * December 12
- * January 9
- * January 23
- * February 5
- * February 20
- * March 6
- * March 20

The permission form for the first trip will be LIVE in the PowerSchool Parent Portal on November 7th @ 9:00 AM

LIMITED SPOTS AVAILABLE!



LOOK WHAT'S HAPPENING IN THE LLC:



Guess What Book CONTEST



Come into the Library and guess what book was shredded.

Write your name and homeroom with the title of the book you think has been shredded on the ticket Mrs. Kern has ready. You can earn a bonus by telling me who the author of this book is if you not sure of the title.

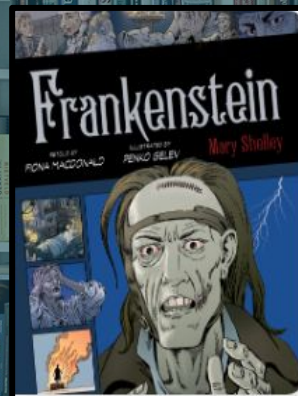
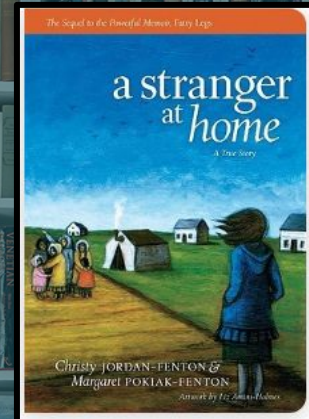
Contest Winners:

Here are the winners of the Book BINGO Contest in October:



Charla Turner & Fara Wood

Mrs. Kern's Book Recommendations





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 BASKETBALL TRYOUTS

COMING SOON!



Listen for announcements

Tryouts start right after the November Break

ÉLJHS SPORT HIGHLIGHTS:



VOLLEYBALL TEAMS



COACH:

- Mr. Baulkham

THANK YOU for all of your support!

Congratulations to our Sr Boys Volleyball Team on their 2nd Place finish at the Beaumont Cup on October 4th- 5th



GOLF TEAM



COACH:

- Mr. Bartlett

THANK YOU for all of your support!

Congratulations to our ELJHS Golf Team on their outstanding performance in the Wetaskiwin Tournament on September 19th



X-COUNTRY TEAM



COACHES:

- Mrs. Jensen
- Mrs. MacPhail

THANK YOU for all of your support!

Congratulations to our ELJHS X-Country Team on their outstanding performances in the following races:

- ★ Viking Run
- ★ Spartan Tough
- ★ John Bole Classic
- ★ LDAA X-Country Race

ÉLJHS STUDENTS- Please Join Us:

DEC

5TH

6PM

Join the Citadel Club



PRICE: \$55

FOR MORE INFORMATION PLEASE SEE
MRS. COLLINS IN ROOM 27



Ecole Leduc Junior High School has partnered with **myBlueprint** to provide you and your child with an engaging education and career/life planning tool.

myBlueprint Education Planner (7-12) includes many beneficial resources to support your child as they progress through their education including:

- ✓ **Who Am I** – Complete 5 assessments to learn and discover more about yourself, including Learning Styles, Myers-Briggs Personality, Holland Interests, Knowledge, and Motivations
- ✓ **High School** – Visually plan courses, track progress toward graduation, and instantly identify post-secondary eligibility for opportunities in all destinations
- ✓ **Post-Secondary** – Explore post-secondary options and compare detailed information on apprenticeships, college programs, university programs, and workplace sectors across Canada
- ✓ **Goals** – Set S.M.A.R.T. goals and action plans to help achieve them
- ✓ **Occupations** – Explore occupations and compare comprehensive information on job outlooks, salary ranges, and more, including the ability to identify occupations that are a good match
- ✓ **Resumes & Cover Letters** – Record personal experiences, build resumes, and write cover letters
- ✓ **Money** – Build a budget to learn about income and expenses and develop financial literacy
- ✓ **Job Search** – Explore real-world job postings that relate to occupations of interest
- ✓ **Portfolios** – Document and reflect on learning, keep record of important learning, and share your progress with parents, teachers, or future employers

To explore the features of myBlueprint, you can create a **Family Account** and link to your child's account (requires student permission). With direct access from home, you can get more informed and involved with your child's education, and support your child in making the most informed decisions about their future.

To create your **Family Account**, follow these simple steps:

1. Visit www.myBlueprint.ca
2. Click **Sign Up** at the top right corner
3. Enter your child's school Activation Key, "blackgold"
4. [Select Family](#)
5. Complete the sign up form
6. Invite your student to login to their account and click their name in the top right-hand corner. Select **My Links** and accept your link invitation

You can also watch a video about the Family account at myBlueprint.ca/support/videos.

We encourage you to get started today!

If you have any questions, please contact your child's school and ask for the MyBluePrint site lead.



Supreme Court
of Canada

THE SUPREME COURT OF CANADA'S



ANNIVERSARY



ART CONTEST

Young artists, show us your creativity and help us mark the Supreme Court of Canada's 150th anniversary! We're looking for drawings, paintings or other graphic artwork illustrating the history and future of the Court as we commemorate its 150th year.

The contest is open to all young artists residing in Canada who will be between the age of 5 and 17 at the time of the artwork submission.

DEADLINE

Your artwork has to be received no later than January 31, 2025.

For more information and contest rules, visit:

scc-csc.ca/150



Art Club

November

What we have planned

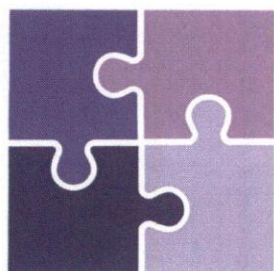
A Month of learning about Canadian culture and heritage :

This month we will be engaging in meaningful projects by creating totem poles, Inukshuks and thoughtful remembrance day art work while learning more about the diverse history of Canada

www.missus.ca
780-707-1373

Magic Pixie Brush

ENTERTAINMENT



SILA Skills
SKILLS IN LIFE FOR ALL

fall Parent Seminars

Focused Seminars: These brief virtual sessions introduce one to three specific skills, which participants can apply immediately. The content is written and presented by parents who use these skills daily. We know these skills work!

October

Keeping Cool at Home

Saturday, October 5
10:00 - 11:30 am MST

November

Cheerleading Doesn't Always Work and I Don't Know WHY!

Saturday, November 2
10:00 - 11:30 am MST

December

Destressing During a Stressful Time

Saturday, December 7
10:00 - 11:30 am MST

Learn more about each seminar at www.SILAskills.org/REGISTER

Cost per person: \$30

Tax included



Parents, learn how to...

- Respond effectively
- Build trust
- Reduce intensity of emotions
- Create opportunities for problem solving
- Bridge the communication gap

... Best of all, you can use these skills right away!

"I really enjoy listening and learning from the presenter. She is very honest, passionate and thoughtful about the content she is sharing/teaching. I'll continue to sign up for her courses because I feel I learn something new every time! Thanks so much."

Parent



Register Today!
at SILAskills.org



For Group Rates, contact info@SILAskills.org
The SILA Skills Group is a federally incorporated, not-for-profit corporation.



