

## École Plamondon School Hawks Highlights



May 2021

#### **Principal's Note:**

Happy May! And Happy Easter to our Russian students, staff and families. We wish you a blessed celebration.

It is difficult to believe that we are close to the beginning of May - snowstorms in April are not my favorite weather pattern ... but maybe in Alberta the saying is "April snowstorm means May flowers". Looking forward to warmer weather, green grass, and sunshine! Please remember to send your child with one or two layers for playing outside. We can never really predict what the weather will be.

April was a busy month. The month began with our Spring Break. I am grateful for the nice weather during our break. We returned ready to learn. Some of our high school students completed their third quarter finals and began fourth quarter courses. The high school students received their Quarter 3 report card this week. We had a week celebrating Earth Day remembering it is important to reduce, reuse, and recycle.

May will be another busy month for us at EPS. The first week of the month is Russian Easter so we will have fewer students this week. However, it is also the time for focusing on mental health during Mental Health Week. According to the World Health Organization, mental health is "a state of well-being in which the individual realizes his or her own abilities. can cope with the normal stresses of life. can work productively and fruitfully, and is able to make a contribution to his or her community". Throughout this year we have been learning skills to help us cope by learning mindfulness strategies, physical wellness, asking for help, and helping others. We have a number of activities planned that will highlight these practices again. This year's message is "It Starts with Hope". This year, as we worked through the pandemic, we dealt with many unknowns and uncertainties. It is important to

acknowledge all the feelings we have felt and are feeling. It is also important to remember that there is hope and to focus on the better times to come.

May long weekend is extra long as we begin the weekend early thanks to a Family Friday on May 21 and Victoria Day is May 24. Looking forward to a weekend to relax and rest up for the last month of school.

On May 31 until June 4 the EPS staff are working on a Cultural Diversity Week. We will be highlighting the many cultures that make up EPS and learning a bit more about each other. Looking forward to this week!

Well, we almost made it to the end of the year before Covid made its way into our school. Eight out of 10 months is pretty good. We are currently under an alert by AHS. Although this is normal when a school has a Covid case, it is important that we try to eliminate any other cases in our building. I have been, and continue to be very proud of our collective efforts to keep our students and staff covid free. We continue to work hard at following the rules set out by AHS, but we need your help.Please see the information below on when to keep your child at home and for how long. If you need further explanation, please visit the AHS site

(<u>https://www.albertahealthservices.ca/topics/Page17212.aspx</u>) or call us at the school.

We are looking forward to the last two months of fun and learning. Happy May!



## When Do I Send My Child to School?

If your child has a fever, cough, shortness of breath, or loss of sense of smell or taste, they need to isolate for 10 days from when the symptoms started OR receive a negative COVID-19 test and feel better (no more symptoms) before returning to activities, including school.

If your child has chills, sore throat/painful swallowing, runny nose/congestion, feeling unwell/fatigued, nausea/vomiting/diarrhea, unexplained loss of appetite, muscle/joint aches, headache, or conjunctivitis (pink eye), keep them home and monitor them for 24 hours. If symptoms are improving after 24 hours they can return to school when they feel well enough to go. No testing is required. If the symptoms do not improve after 24 hours or get worse, call 811 to check if testing is recommended. If your child has two or more symptoms, keep them at home, and call 811 to see if testing is recommended. They can return to school and activities once all their symptoms go away as long as it has been at least 24 hours since they started.

Students who show these symptoms or complain of these symptoms while at school will be isolated from other students and staff and parents/guardians will be called to come pick them up from school.

If you are unsure about whether or not to send your child to school, we recommend keeping them at home. Your child's teacher will contact you to discuss whether or not they are well enough to participate in learning at home and how we can support you with that.

#### May 3-9 Strategies practiced this week will included:

- Gratitude Journaling
- Grounding Exercises
- Mandela
- Belly Breathing
- Make your own fidget toy
- Progressive muscle relaxation

The week will end with Chalk The Walk!



#### Mental Health Matters!

Over 50% of mental illnesses start before the age of 14 and 1 in 10 children and young people have a mental health disorder. Schools are on the frontline when it comes to supporting children and young people's mental wellbeing

#### Mental Health Week is coming to EPS!



<u>EPS School Council Executive</u> Bailey Walsh - Chair Connie Williams - Vice-Chair Chasidy Bourassa (with Kim Gauthier assisting) - Treasurer Christine Tredger - Secretary

We are still looking for **a division rep** for division 4 (grade 10-12). This position is important as you will provide insight and perspective for students/parents in your child's division. We have been having great Zoom meetings and working through the ever changing pandemic year. Thank you for donating your time and energy to this important council.

We would like to invite all parents to join our next meeting on **June 2, 2021** at 6:30 in a ZOOM meeting. The invitation will be on our school website and our Facebook page on May 31st.

#### **Preschool News**

April was very eventful in the preschool classroom. Easter was our first fun filled week and our lil bunnies hopped around to find their eggs. We practiced a lockdown drill and kept our pet fish safe from any intruders.

For Earth day we picked up garbage and then made a cool messy craft, sorry moms if we stained our clothes:)

We have been learning our ABC's and Chicka Chicka Boom Boom is our favourite book.







We brought out Mrs. Yackimec's coconut tree and the kids love adding letters on it while singing the abc song :)



#### Kindergarten

Kindergarten has been pattern crazy! We are finding, making, and noticing patterns in our classroom. Can you spot the patterns?



## Grade 1-2

The Gr. 1/2 class worked on Reduce Reuse Recycle Renew Compost projects for Earth Week. We put all compostable food products from our snacks and lunches - orange and banana peels, apple cores, strawberry stems, and more - each day into a ziplock bag. It was amazing to see that each day we almost filled a large ziplock bag! My garden loved getting those spread onto it. This certainly limited the amount of garbage in our garbage can each day.

For the Renew part of Earth Week, each student planted bean and pea seeds in jars between the glass and paper towel. We could watch the roots starting to grow and then stems beginning to grow. There was excitement watching that. In Language Arts, the class worked on a research project about Farm Animals. Mrs. Plamondon gathered many farm animal books from the library for us to use. They also learned to Google Images of Farm Animals on the Chromebooks to see pictures of them. The class then each chose their favourite farm animal and googled images of what that animal ate, where it lived, and what its babies looked like. They were quite excited about doing the research both ways - using books and Google.



## Grade 2

We have been 'springing' into learning throughout the month of April in Grade 2R. We started our Spring Break with some fun activities problem solving to find the missing eggs, springing into action with 'egg'ercises outdoors, and playing spring word bingo. We participated in a Zoom presentation from the County about recycling for Earth Day and to help us with our upcoming APEGA Science Olympic Challenge of building a floating bird nest out of recycled materials. We are having fun reading fairy tales in Language Arts and learning about Saskatoon in Social Studies.

## Grade 3

Each one of the grade 3 students researched and wrote about a wild animal in Canada. They were very excited to have the opportunity to present their reports to the class.



## Grade 4

Hard to believe April has come and gone already! It's been a busy month in grade four. We have been continuing to develop our number sense working with fractions and decimals by mixing, measuring and working with money. During one math class, students each made their own batch of smelly playdough. In Language Arts, we've been working on writing and performing plays and read alouds. Following Russian Easter, we will be recording and performing puppet plays for our peers (inside and outside of the grade 4 classroom) to see!

In STEAM class this month we mixed a bit of Social Studies in and discussed what life was like living as a settler in Canada. Students were then able to create their very own log cabins by following specific measurements and cutting mini logs in order to assemble their miniature homes. Pictures to come upon completion. Have a great May!



## Grade 5

The Grade 5 class has been enjoying the return of spring by re-introducing outside recess first thing in the morning - which is good, unless it snows! We have also been watching movies at lunch and many of the students are also reading the books that the movies were created from. We are looking forward to the last two months of school and looking forward to summer holidays even more! Grade 5 Students have been learning about Safety Procedures and the Scientific Method to begin our Classroom Chemistry Unit. Students began the Unit by mixing a solute with a solvent to make a solution, and then we let the solvent evaporate to leave behind the crystals that are growing in our classroom. Did you know that Crystals grow in the following shapes:

**Cubic shape** – these look like a box and can have 6, 8 or even 12 sides. Wow!

**Hexagonal or trigonal shape** – these have 3 or 6 sides.

**Monoclinic shape** – these look a bit like a box with lots of different sides.

**Orthorhombic shape** – these almost look like two pyramids are stuck together.

**Tetragonal shape** – these look like a cube but have one longer side.

**Triclinic crystals** – these have a random shape and most likely aren't in equal proportions.



## Grade 6

Grade 6 Students are wrapping up their Sky Science Unit by building Moon Phase Animation projects called Zoetropes. Students are learning that there are Four Primary Phases of the Moon and Four Secondary Phases of the Moon: four primary Moon phases: New Moon, First Quarter, Full Moon,



and Last Quarter. There are also four secondary phases: Waxing Crescent, Waxing Gibbous, Waning Gibbous, and Waning Crescent.

Grade 6 Students also completed a project to measure the angle of the stars and the Sun relative to their position on Earth. If any of these young scientists finds themselves on a sailing ship, the device they built will help them to navigate using only the stars.



## **BIO 30**

Mrs. White's Biology 30 class has enjoyed learning through doing in their first unit of study, The Nervous and Endocrine System. So far they have learned how neurons fire off and create a reaction and had a chance to use candy to build a model. They did not get any instructions on how to build their model, all they were given was the parts that had to be included and the candy they were able to use. They had fun walking around the class after the activity to see how different groups made their models in a different way, but it all modeled the same structure. Students enhanced their learning about action potentials when they used 3D models of a sodium potassium pump to mimic what occurs in a body when an action potential is initiated. As we learn more about the brain, students had a chance to test their knowledge in the brain game "Ectomy" where students have to answer questions correctly about different parts of the brain to earn pieces to build their brain. We spoke a lot about the brain and that learning how their own brain works can start to explain why some studying techniques works for some and not others.





## Learning Commons News

We wrapped up a very fun Dr. Seuss Literacy Week to start the month! Thank you to the elementary students for their enthusiastic participation. The winners of our door decorating contest were the Grade 4 and the Kindergarten classes. Way to go, kids! The new guarter has brought some familiar and new faces into Distance Ed. in the Learning Commons. We wish all of our high school students a successful new guarter. Although the Library is currently not open to the public, we do offer curbside pickup through the Public Library every Wednesday. Don't forget all the wonderful things available through Tracpac with your library card. This month in the Learning Commons our theme is *"Insects of Spring"*. There is much we probably don't know about the fascinating small life all around us. Come check out our display, and check out one of our many books about insects!







#### Hawks Athletics Hawks Badminton Club

We are very pleased with the excellent participation and Hawks pride on display at our weekly

Badminton Club practices. We had the maximum capacity of 10 people for all three practice nights. Our athletes and coaches are enjoyed the friendly competition and a return to school athletics!

Thank you to Mrs. McCullough, Mrs. Evdokimov and Mr. Reid for coaching the groups and working with our young athletes. Practices ended the week of April 19-23.

Athletics are once again on hold until further notice. It is likely that we will not be able to offer Track and Field this year. Stay tuned for more information as things hopefully improve in the next few weeks.

#### First Aid Certification (Grade 10 & 11 Students)

École Plamondon School is pleased to offer a First Aid Certification Course available through *Staying Alive First Aid 2019* (Instructor is Mr. Benny Germain). We have one remaining sessions planned for the year: Group C: (May 3 & 4) to complete certification for our remaining Gr. 10 students.

For more information please see the attached information letter or contact Mr. Reid at EPS. First Aid Information & Registration Form

#### Graduation

We are excited to celebrate with our Graduates, whatever celebration we can have. Grade date: **Saturday, June 26, 2021** <u>Reminders:</u> If you haven't done so already, Please bring 8-10 pictures for the slideshow to the office by **May 10, 2021** 

## **Dates to Remember**



Please check out our May Calendar at the end of the newsletter for important dates and fun activities.

#### June Dates:

June 4: Kindergarten/PreSchool Open House June 11: Family Friday June 26: High School Graduation June 28: Last day of school



# Look at our amazing bulletin boards





