



October 2020

### Principal's Note:

Welcome to the 2020-2021 school year at École Plamondon School! It is difficult to believe that we have already completed one month of school. We are excited to have our students return for the year and we welcome our new students to our school. We are having an excellent year learning and having fun! It's a great year to be a HAWK!

This year has been a very different startup for all of us. We are so very proud of our students for following the new expectations and being kind and respectful to fellow students and staff. We are navigating through these new norms together - masks, social distancing, cohorts, and hand sanitizer - and everyone is being an amazing team member.

As you are already aware, we have a number of different procedures in the school. Our bus drivers have been a great member of our team unloading and loading our kids. The buses unload one bus at a time at the beginning of the day and we load the buses one class at a time to maintain social distancing. Students enter the building through different doors. Kindergarten to grade 4 students enter through the south doors. Students in grades 5-8 enter through the main doors. Students in grades 9-12 enter through the north doors.

Students being driven to or walking to school should first arrive at 8:30. Parents are now asked to use the **north** parking lot to drop off students. We have a supervisor near this parking lot to assist students. At the end of the day, students who are picked up or walk home wait in their classrooms until the buses leave and then they are asked to come to the office. A staff member connects them with their parent or helps them cross the crosswalk.

As students enter the building, they go directly to their classroom. Teachers then let their students go to their lockers at planned times. We maintain cohorts throughout the day with teachers moving classrooms. Because we social distance in the classroom, we are able to work at our desks without masks.

EPS is a closed school. This means that students from Kindergarten to grade 9 stay in the school for the duration of the day. Students eat in their classrooms. Elementary students go outside for recesses, while junior high students (grades 7-9) have a few options during their breaks. High school students are still allowed to leave at lunchtime but must re-enter the building following all protocols.

Although guests are allowed in the building, we do try and limit the number of people in our building. All guests must wear a mask,



complete the COVID 19 checklist, sign in, and use hand sanitizer.

We believe in working together to create the best learning opportunities for all students. The admin team is available to meet with you if you have any questions, concerns, or would like to visit. We ask that you make an appointment at the office with either the principal, Mrs. Karen Grygus or assistant principal, Mrs. Jodi Rebekowich as both administrators also teach. Making an appointment is the best way to ensure we are available.

This school year requires us to be fluid and work with each other to create the best learning environment for our kids. We appreciate everyone's flexibility, understanding, and willingness to work together.

We're looking forward to another great year. Have a fabulous October!

### Happy Retirement, Harold!



École Plamondon School would like to thank Harold Hrynyk for his many years of service. Mr. Hrynyk has driven at least three generations of children to and from school. Thank you for the many years of dedication and service. We wish you a wonderful retirement. You are missed!

### Welcome New Staff

EPS is proud to introduce four new staff.

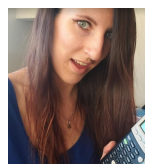
#### Adrienne Sprecker



Adrienne Sprecker lives in Lac La Biche, AB. She has a B. Ed from the University of Calgary in Elementary Education, a

Diploma in Rehabilitation Sciences and has recently completed her M. Ed in Educational Leadership at the University of Alberta in April 2017. She has worked with Northern Lights Public Schools for the past 24 years. She is passionate about Early Childhood Development and sits on three Early Childhood Coalitions across Northern Lights Public Schools. She also spends evenings teaching in the Educational Assistant & Early Learning and Childcare Program for Portage College. Previous to teaching ECS in Plamondon she has worked as a division Consultant - Early Learning, and a variety of roles at Vera M. Welsh Elementary School in Lac La Biche - including the On My Way program as a Designated Site for PUF programming, a variety of teaching roles in Kindergarten through Grade three, and as the Assistant Principal. She has been involved in many other child-centered community organizations in Lac La Biche such as Active Kids Society with projects such as building a community/school playground in Lac La Biche, and Lakeland FSCD Lac La Biche Board member. She currently is the newly formed Endless Skies Teachers Convention Association President with the Alberta Teachers Association. Recently she was appointed to the Women In Leadership Advisory Circle, and awarded the Early Childhood Lifetime Achievement award for 2020 by her colleagues from the Alberta Teachers Association. In her free time, she loves to spend time with her two boys and husband, exploring nature, and participating in outdoor pursuits.

#### Katelyn Pelton



I am excited to be teaching at Ecole Plamondon School this year and share my passion for math and learning. I've had the opportunity to work in another k-12 school over the past year

teaching math and physics. When I'm not in the classroom I love having Harry Potter marathons and baking. I am looking forward to meeting new students and getting involved in the community.

### **Ruth Fyten**



I am very happy to be joining the EPS staff this year as the temporary grade 2 teacher. I have enjoyed a wonderful 20 plus year teaching career to date and am looking forward to the challenge of teaching a grade I have not taught

for a long time. In my spare time I enjoy country life with my husband and my dog painting and doing other craft hobbies.

### **Custodians**

We are pleased to announce that James and Jordan Eleniak are the custodians for École Plamondon School. We're very excited to have them return to our school.

We would also like to introduce our daily custodian, Zoe Chaschinl. Ms. Chaschin works every day wiping down high touch areas, like door knobs, light switches, bathrooms, to keep us safe and our school clean.

### **Staffing**

Please check out our directory in the Student and Parent Handbook found on our webpage for the full list of staff and the roles they play in our school.

You may see two new names on our staff directory: Danika White (formerly Richard) and Breanna Landry (formerly Coonan). We would like to congratulate both teachers on their nuptials this summer.

**Student Support Team:** Janessa Nevill

Mrs. Nevill is responsible for working with the teachers and administration to support our students. She will be working with outside agencies when needed and overseeing our IPPs.

**Academic Career Counselor:** Karen Grygus

Students in high school and grade 9 can see Mrs. Grygus for all their academic questions, planning for post secondary and researching possible careers. She will be meeting with all high school students and reviewing their progress and planning for the year and years to follow.

**Work Experience and RAP Coordinator:** Mr.

Shane Ennest

Mr. Ennest will be organizing work experience positions for students. There are a number of responsibilities the students need to complete and hand in to him. If your child is taking Work Experience this year or interested in taking a Registered Apprenticeship, please make sure to meet with Mr. Ennest.



We NEED you! We are looking for parents willing to be a part of the School Council. Are you interested in sharing ideas and providing input on our school goals and direction? Interested in joining a team of excited, hard working, fun parents? Then come and join us at the School Council **Annual General Meeting on October 7 at 6:30** - We are seeking new members so come out and see how we work together to support our children!

School clothing is available to purchase throughout the year and there are many items



and sizes. The items can be seen by visiting:  
[Buy School Swag Here!](#)

## Picture Day

It's time to dress up and look your best. Lifetouch will be at EPS on Tuesday, **October 13th.**



## Student Illness

### Guidelines



On September 3, the government released a new document Student illness: If a student has COVID-19 symptoms. This document clarifies many of the questions parents have been asking about what to do if their children have one of the symptoms on the Daily Screening Checklist.

The mandatory 10-day isolation requirements only apply to five of the symptoms on the checklist: fever, cough (new cough or worsening chronic cough), shortness of breath or difficulty breathing (new or worsening), runny nose, and sore throat. Please contact the office if your child has any of these symptoms, and please isolate your child. If you have your child tested, and receive a negative result and the symptoms are gone, then your child can return.

If your child has any of the other symptoms on the checklist (headache, upset stomach, etc), they need to stay at home until their symptoms have resolved, but are not required to isolate for 10 days.

## High School Schedule

This school year we are running a combination of quarters and semesters for our high school students. In a Kindergarten to Grade 12 school, timetabling is always a challenge.

The quarter system divides the school year into four quarters with students completing two courses each quarter. Our quarters run from Sept 1- Nov 6, Nov 9 - January 29, Feb 1 - April 20, April 21- June 25. This means that we are halfway through the first quarter for the following courses: Social Studies 30, English 20, Math 20-1, and Science 10/14. Parents can expect to receive **Student Progress Reports** on **Monday, October 5th** for these classes. Parents can set up an appointment on our scheduler for a phone call interview with the teacher if they so choose.

Students will be writing finals at the beginning of November (please look at Upcoming Dates for the exam schedule) and beginning Quarter 2 courses on November 9th.

We have chosen to run some courses in semesters: currently PE 10 and Math 10/10-3. These courses will have progress reports sent at report card time in November. Parents will have an opportunity to meet by phone call with the teacher at this time.

It is recommended that high school students in the quarter system complete at least half an hour of review each night as the classroom pace is fast and requires independent study/review.



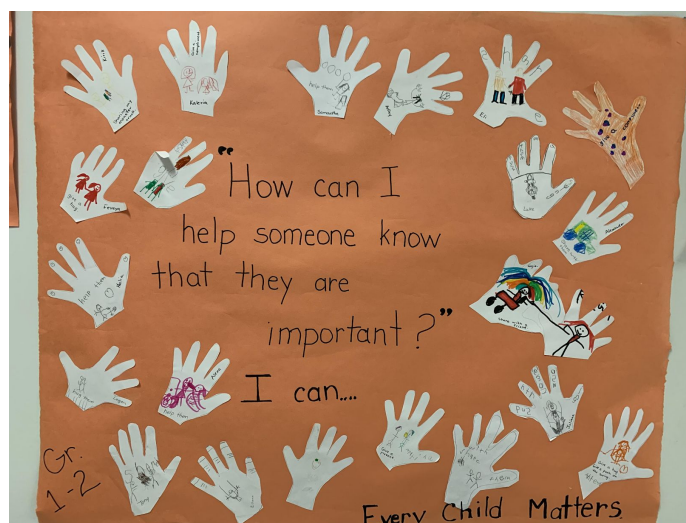
## Preschool News

We started on the 14th and have been having a blast ever since.

So far we have been practising the routines of going to school, learning about kindness and having fun on the playground.



## Grade 1-2



## Grade 3

In grade 3 science we are focusing on the unit where we build different things from recycled materials. Their first project was to make a building of their choice that would stand without

falling over.

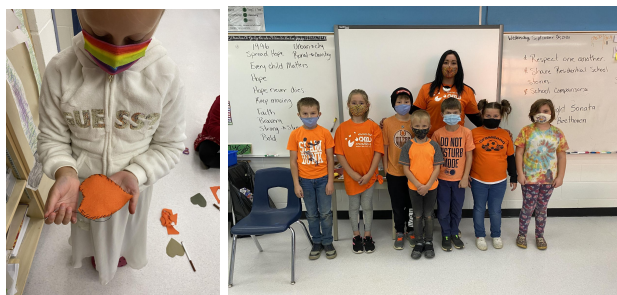


## Grade 4

What an amazing month! I'm so glad to be back to school and in the classroom with a wonderful group of grade fours. In September, we have been working on familiarizing ourselves with Google Classroom, masks in school and one another. Particularly, Language Arts has been fun because we have been discussing the fall season, including what we see, hear, smell, touch and taste in detail and applying it to our writing. Since it's the time of year to harvest, some of the students have had experience hunting and have shared their rendition of moose calling!

Also, this month we have acknowledged and participated in Orange Shirt Day by wearing orange shirts and sewing orange hearts in recognition of the importance of connections and relationships children have with their caregivers. This day is put aside for those children who attended Residential Schools' and those who did not make it home.





## Math 7



Congratulations on making it through the first month of math 7 after such a long break. If you are away from school, please do your best to check Google Classroom every day to keep up with the work you are missing. Remember that math is a skill, and just like any other skill it requires daily practice to get better. If you as a parent find it difficult to stay involved with your child in math, try asking them to teach you what they have been learning as a part of their studying!

Resources:

- This YouTube channel has math 7 from another AB math teacher. It is also a good place to review concepts from grade 6.
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- <https://www.youtube.com/channel/UCGjiWqHG0wrXwzGHalwwwCw/playlist> (Daniel Edey)
- Khan Academy - this site has videos, articles, and practice problems for extra help. Just search what we are learning (i.e. algebraic expressions) and explore.

## Math 10C

We have now made it through our first two units! Keep up the good work, remember that daily practice is a key part of improving your math skills. If you are away, make sure you are checking Google Classroom to see what you missed, assignments and notes are posted there. If you would like to review the lesson videos, there is a link to the Google Drive folder that you can use to gain access. If you are having troubles finding information on Google Classroom, please ask for assistance. If you as a parent find it difficult to stay involved with your child in math, try asking them to teach you what they have been learning as a part of their studying!

Resources:

- This YouTube channel has math 10C from another AB math teacher, it follows the textbook. [Mac Pryma](#)
- Khan Academy - this site has videos, articles, and practice problems for extra help. Just search what we are learning (i.e. algebraic expressions) and explore.
- Kuta Software - this site has practice worksheets with answers for most

topics covered in high school math courses.

## Math 20-1

We are now halfway through the first quarter, hopefully you are all getting used to the faster pace. It is very important that you are keeping up even when you miss class, if you are having trouble finding information on Google Classroom, please make sure you ask for assistance. Please continue to work on finding ways to be successful in this new quarter system. Remember that daily practice is an important part of building your math skills. You may want to try pre-studying by watching YouTube videos or looking through your workbook to help you anticipate learning. This may make it easier for you to keep up with the fast pace of learning and applying new skills. If you as a parent find it difficult to stay involved with your child in math, try asking them to teach you what they have been learning as a part of their studying and encourage positive attitudes toward learning.

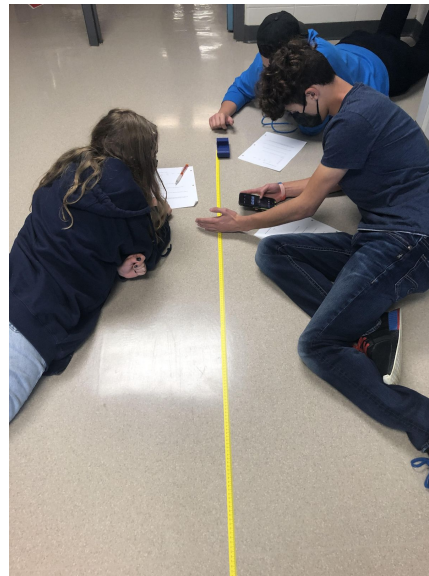
Resources:

- This YouTube channel has math 20-1 from another AB math teacher, it follows the textbook not the workbook. It is also a good place to review concepts from math 10C. [Mac Pryma](#)
- Khan Academy - this site has videos, articles, and practice problems for extra help. Just search what we are learning (i.e. algebraic expressions) and explore.
- Kuta Software - this site has practice worksheets with answers for most

topics covered in high school math courses.

## Science 10

Mrs. White's Science 10 class performed a lab and measured the velocity (speed) of a car going down a ramp. They needed to find the average time it took travel a defined distance, then divide this by the time to find their average velocity at that point. They assessed the speed at different intervals and



## [Learning Commons News](#)

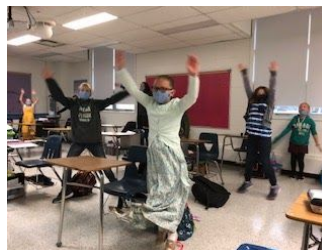
Mrs. Hilligas is on the move! With all the changes this school year our students are having the library come to them. They are able to request any books that they would like or pick from an assortment on our cart. If anyone still has old library or school books at home from last year please send them with your child and we'll get them checked in as soon as we can.





## Hawks Athletics

Welcome back to another year of Hawks Athletics! École Plamondon is proud to offer a variety of team and individual sports to both challenge our students in the pursuit of excellence and foster the development of important skills, such as: teamwork, dedication, perseverance, leadership and problem-solving that will last them a lifetime. Due to the pandemic, we are beginning our after school programs slowly and focusing on creating solid procedures with our High School teams. We are hoping that we will be able to extend these opportunities to our junior teams. Currently, we are only able to practice not compete against other teams. Our teams are considered a cohort and strict procedures are in place to keep everyone safe and healthy. When the Chief Medical Officer, Alberta Health Services and Alberta Education indicate competition between schools is safe, our division will make a decision on how we will move forward.



## Terry Fox - What's Your 40?

The Terry Fox Foundation is celebrating 40 years

of working together towards a cure which began with Terry's walk to raise awareness. The students and staff of École Plamondon School chose individual activities to celebrate and bring awareness to this cause. Ideas included everything from understanding the vast nature of Terry's walk and the impact it had on the country (high school) to 40 second bust a moves, jumping jacks or obstacle courses (elementary/junior high). It is not too late to donate to Cancer Research through the school. Please follow the link below and see if we can meet our challenge of \$1600 (40 x \$40) for the year. [Please support the cause - Donate here.](#)



## Orange Shirt Day

On September 30, the staff and students recognized Orange Shirt Day. There were many power discussions about how



school should be a safe and caring place. How the adults in our lives should protect and honor the children in their care - even if it is for the short time they are in school. We also discussed how important identity is for us as a human race and that any action which takes away from a person having the right to celebrate their culture, religion or individuality is wrong.

We have pledged to keep our school a safe and caring place for all students now and in the future.

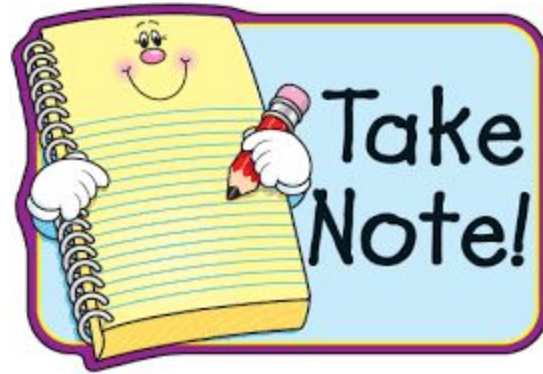


### **EPS Drama-The Show Will Go On**

Members of the EPS Drama program were devastated to have to cancel last year's production of Father of The Bride and have been

looking forward to an opportunity to perform this year. At this point we do not know what this year's performance will look like yet, but we do know there will be one... even if it has to be done online. The age old saying, the show must go on has never had truer meaning.

## **Dates to Remember**



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

### **November Dates:**

November 3: Part A Social Studies Diploma

November 5: Part B Social Studies Diploma  
English 20 Final Exam

November 6: Science 10/14/24 Final Exam  
Math 20-1 Final Exam

November 9: Quarter 2 Begins

November 11: Remembrance Day - No School

November 17: Photo Retakes

November 17 & 18: Parent Teacher Interviews -  
phone call or Google hangouts for K-10  
students.

November 20: No School Friday



# ACTION CALENDAR: OPTIMISTIC OCTOBER 2020



**"Choose to be optimistic.  
It feels better" - Dalai Lama**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 Start your day with the most important thing on your list	6 Do something constructive to improve a difficult situation	7 Remember that things can change for the better	1 Write down your most important goals for this month	2 Look for reasons to be hopeful even in difficult times	3 Take the first step towards a goal that really matters to you	4 Be a realistic optimist. See life as it is, but focus on what's good
12 Look for the good intentions in people around you today	13 Put down your To-Do list and let yourself be spontaneous	14 Do something to overcome an obstacle you are facing	8 Make progress on a project or task you have been avoiding	9 Avoid blaming yourself or others. Just find the best way forward	10 Take time to reflect on what you have achieved this week	11 Focus on a positive change that you want to see in society
19 Set hopeful but realistic goals for the week ahead	20 Find the joy in completing a task you've put off for some time	21 Let go of the expectations of others and focus on what matters	15 Look out for positive news and reasons to be cheerful today	16 Thank yourself for achieving the things you often take for granted	17 Share your most important goals with people you trust	18 Make a list of things that you are looking forward to
26 Start the week by writing down your top priorities & plans	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	22 Share an inspiring idea with a loved one or colleague	23 Write down 3 specific things that have gone well recently	24 Recognise that you have a choice about what to prioritise	25 Plan a fun or exciting activity to look forward to
			29 Find a new perspective on a problem you face	30 Set a goal that links to your sense of purpose in life	31 Think of 3 things that give you hope for the future	

## ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)



Learn more about this month's theme at [www.actionforhappiness.org/optimistic-october](http://www.actionforhappiness.org/optimistic-october)

Keep Calm · Stay Wise · Be Kind

# October

## 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 PJ Day 	2 3
4 High School Progress Reports – Quarter Courses Only	5	6	<b>School Council</b> <b>Meeting: 6:30 Zoom</b> High School Parent Teacher Interview Phone Calls – by Schedule Only!		8 Family Friday 	9 10
11 Thanksgiving Day 	12 School Pictures 	13			15 Crazy Hair Day 	16 17
18	19	20			22	23 24
25 	26	27	28	29 Halloween/Fall Activities 	30 Halloween 	31