



## 🍀 Hawks Highlights 🍀

March 2022

**HAPPY  
ST. PATRICK'S  
DAY!**

### Principal's Note:

Dia duit, as the Irish say! Or in English we say Good day! March is going to be a busy month with a number of special days planned. The first week is very busy - so take a look at our calendar for all the different activities.

March is here with lots of snow but rather mild temperatures. Although it feels like the snow will last forever, here at EPS we are making the most of our winter weather. We continue to enjoy playing on the snow hills, building snow structures and people and having fun with very short benches and swings (due to the amount of snow in our playground). Please continue to send outdoor clothing for students so we can have fun when we play!

March is also bringing changes to how we operate in regards to COVID. The government changed the requirement for students to wear masks in school on February 14. Students may continue to wear their mask if they want to. Please help your child understand that every child has the right to make the choice to wear or not wear a mask and that there is no right or wrong choice. On February 26 there were further changes announced to begin

on March 1. NLPS will be sending out information to further outline these changes and how they affect our school. One of the changes includes not requiring cohorts. This is great news and provides new opportunities for us as a school community. However, we will be easing into these changes as students have been in cohorts for almost two years. Recess times and group activities will increase slowly to ensure success. Please feel free to contact the school if you have any questions or concerns.

This month we will have two different nights for Parent Teacher Interviews. We had planned earlier this year to continue with phone call interviews. We will be sending out a questionnaire in September to request your input for how you would like to see Parent Teacher Interviews in the fall. For March's Parent Teacher Interviews, please watch your email for a sign up sheet to meet with your child's teacher(s). The Kindergarten to grade 9 interviews will take place on **March 9** and the high school interviews will take place on **March 23**. The second semester for high school students began on February 1; therefore, we are having the parent teacher interviews at a later date to gather more information regarding the students' progress.



We wish you a magnificent March. For each petal on the shamrock, this brings a wish your way: Good health, good luck, and happiness for today and every day.” —*Irish blessing*.

## Parent Teacher Interviews



You are invited to join your teacher by phone to discuss your child’s progress. Kindergarten to grade 9 interviews are March 9 from 4-9:30. High school interviews are March 23 from 4-9:30.

Schedules will be emailed to you the week prior to interviews for you to sign up. Interviews will be scheduled for 10 minute slots. We are looking forward to celebrating your child’s successes and providing more information for the last three and a half months of school. If you would prefer a face to face meeting, we ask that you email your child’s teacher to make this request and the teacher will arrange a time that works best for their schedule.

## Feeling Unwell? Please Stay Home

As we continue to have students who are ill and testing positive for COVID, we ask that you



keep your child at home when your child is feeling under the weather.

AHS continues to have the same requirements regarding illness, testing positive for COVID (both vaccinated and

unvaccinated people) and being a close contact. Please visit the updated information at AHS for further details

<https://www.albertahealthservices.ca/topics/Page17239.aspx#guidance>

## **Core symptoms**

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Loss of sense of smell or taste
- Vomiting
- Sore throat (adults only)
- Runny nose (adults only)

A good rule to follow is when children have been symptom free for 24 hours, then returning to school is possible. For all COVID symptoms, please follow AHS rules for isolating. Thank you for helping us stay healthy until the end of the year.

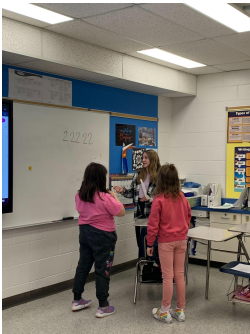
## Happy Retirement, Mr. Leon Schaub!

February 25 was Mr. Leon’s last day of being our bus driver. Thank you Mr. Schaub for your many years of service. We enjoyed having you as a part of our team and we will miss you. Wishing you a wonderful retirement! Enjoy the extra time with your family, friends, grandchildren and cows!



## Community Helpers

Here are four of our six trained Community Helpers. Helping with Pink Shirt Day activities throughout elementary and middle school.



## Big Brothers Big Sisters Program

Grade 7's getting crafty making Dream Boards in Go Girls Group!



## Students' Union: March Madness

The students union has been having a great time coming up with different activities for Valentine's Day and friendship month like boys don't talk to girls day. We also had decades day on the 9th and have been selling treats and friendship grams all of last week at the front foyer.

March 1: 100th Day of School

March 2: Dr. Seuss Day - dress up as your favorite character or Seuss T-shirt

March 9: Cultural Day - dress to represent your culture

March 17: St. Patrick's Day Funky Hat Day and Green Day

March 24: Opposite Day - Dress Opposite!

March 29: Best Shoes Day - Wear your favorite shoes - high heels, Converse, colorful or black - you choose.

## Black History Month

ELA Grade 8: 42 - the story of Jackie Robinson. This month we spent time talking about segregation and how society has told people that they were not allowed to take part in the world around them because of the color of their skin. We followed the story of Jackie Robinson and the impact his story has had on baseball.

ELA9: Remember the Titans is a story based on a real football team and the events surrounding the desegregation of schools in the 60s. Students started out by looking at a variety of literature including the poem "The Hangman" and the song "Strange Fruit" to talk



about the way a community can allow racism to breed until there is no one to stand up for what is right. Then they looked at the character development in the movie to show how people can change not only their own point of view but the point of view of an entire community. Students learned that their actions can change the community around them and eventually change the world.

The entire school had a virtual presentation "People You May Know" by Inspiration Republic. The presentation focused on inclusion, racial equality and allyship. The presentation highlighted the origins of African Canadians and helps bring attention to the different ways in which anti- Black racism still exists in Canada today by sharing stories from present-day African Canadians.

## Preschool

February was a blast for preschool!! We celebrated Groundhog Day by making puppets. On Valentine's Day we exchanged treats and it was so beautiful we had a snow cone party outside.

On our once in a lifetime Twosday we all brought 2 items from home and made special crowns. Then Mrs Plamondon invited us to the library to play with all the new maker space toys!! Thank you Mrs Plamondon ❤️.

We painted our hands and made transportation crafts, rockets, boats and our favourite monster trucks. It was a month about kindness, we filled our charts up and showed how easy it is to be kind to everyone, little or big !!



## Kindergarten

In Kindergarten throughout February we were learning about the alphabet and corresponding sounds through activities and stories. In mathematics we had fun with Two's-day and had some great discussions about things that come in two! We read the story: Two of Everything! When you put things in the pot it makes two - some fun responses from some that said they would put themselves in the pot and then they would tell their twin to clean their room! February's favourite centres were building activities, puzzles and diamond painting. For Random Acts of Kindness Week the students were graciously doing kind acts throughout the week. We decided as a class that everyday is going to be Random Acts of Kindness Day because being kind makes us all feel good!





## Grade 2

During the month of February, the Grade Two class was busy learning new things! In our Math classes, the children used hands-on activities to explore numbers up to 100. In our Language Arts classes, the children learned new word decoding skills, and they learned how to write compound sentences. We concluded our Science unit about hot and cold temperatures by building devices that could keep an ice cube from melting. We are looking forward to beginning the month of March with a celebration for the 100th day of school on March 1!



## Grade 1

The Grade 1 class had a blast skating at the Plamondon arena in February! The students who didn't know how to skate were already getting better by the end of our time on the ice. Lots of fun!



## Mrs. Landry's Gr. 3 News

The grade threes really enjoyed their last two days skating this year. We had a lot of fun and improved our skating skills significantly! In March, we will continue reading our new novel called "Lesia's Dream" written by Laura Langston. It is about a young girl's life in Ukraine, which ties into our social studies curriculum as well as language arts.

The grade threes did a great job celebrating Kindness Week which entailed a Random Acts of Kindness Challenge, along with Pink Shirt Day. We are learning about being Upstanders

and remembering to act kind everyday whether it be at school or home.

We are excited to celebrate our 100th Day of School on Monday, March 1st! We really enjoyed learning about the unique 'Twosday' on 02/22/2022 which was another great numeracy day for our students.



Dream Catchers made by the Gr. 3 students



Making 3 Day Shapes

### Mrs. Evdokimov and Lien's Grade 3 Class

In the first picture the students participated in colouring the pictures to create this bulletin board for Black History Month which was put together by Mrs. Parent. The other pictures show the students enjoying Makerspace in the library with the new arrival of toys.



### Grade 3 Girls' Group

Painting Kindness Pictures with Ms. Mackenzie





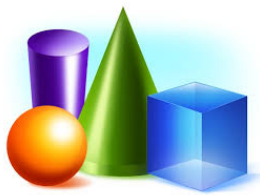


### Grade 3 Boys' Group

The grade 3 boys' group had lots of fun painting beautiful pictures using their imagination! Some boys painted realistic pictures while others painted whimsical abstract pictures. The boys learned that art can be a powerful tool to take care of themselves and increase their self-esteem. Thank you, Mackezie Martin for the wonderful idea! We truly enjoyed painting!



### Grade 4 News

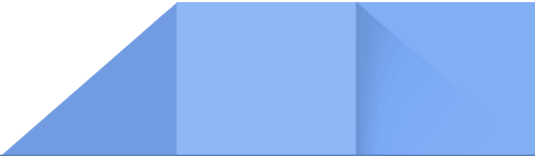


Gr 4's have completed their Measurement Unit in Math and are moving

onto 3D shapes. They are creating Lap books for Simple Machines in Science including examples of machines used in our every day lives. In LA they have finished reading "Owls in the Family" by Farley Mowat. One student said Mr. Mowat's writing put pictures in his mind, like watching a video. High praise for Mr. Mowat's book. The class participated in Random Acts of Kindness last week. They used heart notepaper to write appreciation notes to Staff and other students around the school recognizing what they do for Gr 4. They have been thoroughly enjoying the amount of snow in the school yard and the high snow hills at the North end of the school for recesses and Phys Ed classes. They are proof of this saying, 'If you don't enjoy snow when we have it, you lose a lot of enjoyment and still have all the snow.'

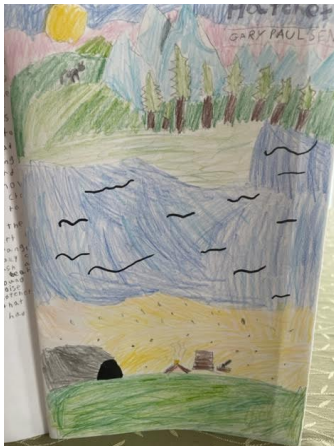
### Grade 5 & 6 News

This month, the Grade 5 and 6 classes celebrated Black History Month by learning about a variety of historical figures in Canada. They also attended an online presentation called "People You May Know" about the experiences of Black Canadians. They each had Valentine's Celebrations on Monday, February 14 in the afternoon and also participated in Boys Don't Talk to Girls that day. They participated in the Kindness Challenge during Friendship Week and learned about what a safe and healthy school environment looks like, sounds like and feels like. They have been working hard in their academic classes and finished their Book Jacket Book Reports this month. They also had some opportunities to go

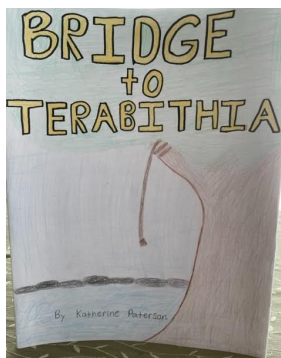




skating. We had a few indoor recesses this month as well and we appreciated our new beanbag game and jump rope on those days. It was really fun to be able to (finally) get outside and play on the playgrounds and the snow hill. We are still really looking forward to spring, though!



Grade 5 Book Cover



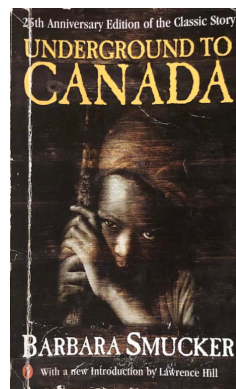
Grade 6 Book Cover

## Grade 6

Grade 6 students have been learning about constellations, and they constructed projects to represent how stars that are different distances from Earth can appear as uniform and

congruent collectives of stars. Our learning about slavery in Ancient Athens was supported by several presentations and connections to Black History Month. And, we're continuing to see "a pattern" of great participation in mathematics!

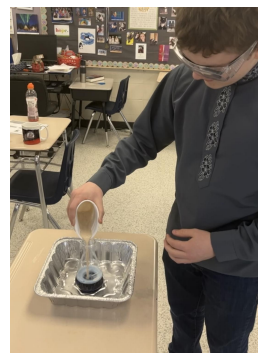
Excellent work, Grade 6 Students. You are all true Legends!



## Grade 10 Science

Students in grade 10 have been learning about the basics of chemistry. Last week, students in Science 10 and Science 14 collaborated and did a simple decomposition lab where we broke down hydrogen peroxide into simpler substances. Try this experiment out at home!

<https://sciencing.com/hydrogen-peroxide-experiments-8462947.html>



## Chemistry 30

In Chemistry 30 students used Calorimetry to calculate the number of calories in almonds, marshmallows, and other snacks! The food was burned and used to heat up a can of water, and by using the change in temperature they were able to find out how much energy was produced.



## Grad News

There are still a few Grad hoodies that need to be picked up. Please remember to bring your \$12.00 to the office.

Grad fees also need to be paid. They can be paid directly to SchoolCash online or you can send a cheque to the office. The total fee is \$100 but it can be paid in increments if need be.

Invitations have been ordered and will be handed out to students when they arrive. The invitations are keepsakes for parents and other special people in your life and are not needed to attend the ceremony.

Grad photos are on March 11th. Please make sure you have booked your appointment and remember to bring your \$30 sitting fee. Both casual and graduation pictures will be taken.

A decorating committee was formed to begin planning how to decorate the hall for graduation.

We are still waiting on some graduates to bring in their photos for the slideshow. We will be seeking you out individually this week as we want to give our team (Connor, Garrett and LJ) time to get the show together.

Next meeting date: Tuesday, May 3rd via Zoom.

## Scholarship Information:

A reminder to our grade 12 students and parents to begin applying for scholarships. New information is shared regularly through email with graduates - check your mail!

## Learning Commons

This month in the Learning Commons we are enjoying our new Makerspace items purchased from Scholastic with our Book Fair Rewards. Thank you to all our students and parents for supporting our book fairs and allowing us to add more of these amazing items to our Learning Commons!

This week we are wrapping up our fun Blind Date With a Book Challenge for our older students. They have enjoyed it very much and we are already planning to bring it back next year!

Happy Reading!



## Hawks Athletics

### Hawks Curling Team



Our Mixed Curling Team was excited to have the opportunity to practice and compete again this year and although our season was a short one (primarily the end of January through February) the team demonstrated an incredible amount of growth and had a great deal of fun learning about the

sport. Our players were extremely dedicated to improving their skills and Coach Reid was very proud of the performance we put forth at the Zone playdowns in St. Paul on February 23. The team lost our opening round-robin match to the hometown favourites from St. Paul then followed up with a great second match against Holy Rosary from Lloydminster that came down to the last rock where we were unfortunately defeated 8-7 in an extra end.

Thank you to the Plamondon Curling Club for providing access to building for our team to practice in this season!



### Hawks Basketball - Jr. Boys



This basketball season has been really fun so far with our games and how we have been doing really well. For our first game we went against Aurora and it was 53 to 28. We were still successful even after missing 10 practices because of covid. We just had Wards and did amazing with going into our first game that day against Light of Christ. We were not doing very well ourselves, as a team, but we still won 47 to



17. Then we had to go against Aurora for our second time and we all started to work together. We won 88 to 36 and are going to districts March 5. We have practices every Monday, Wednesday, Friday and it's actually pretty nice having 1 hour and a half of practice.

By Prakopy and Kaleb.



A special thank you to Alaskan Nets for giving the boys a FREE viewing of the basketball documentary!



### Hawks Basketball - Gr 5s & 6s

Basketball has been off to a slow start and it seems like a quick end this season. The team will continue to practice and we will be setting games up with both Aurora and the Light of

Christ teams this week. Look forward to more information coming soon. The players are excited to be able to have their parents attend their upcoming games.

### Hawks Badminton Team



As basketball season winds to a close we are beginning our preparation for the upcoming badminton season and would like to gauge student interest to help us in our planning. If you would like to be part of the Hawks Badminton Team please complete the attached registration form (via Google Forms). Links to register will also be sent to all students via their PE Google Classroom account so if you have trouble accessing the form from an email account outside NLPS, no worry, please have students complete the form for you.

### Hawks Badminton 2022 Registration Form

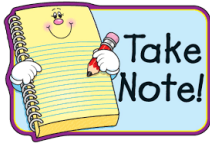
- ★ Please complete the registration form before Monday, March 7th
- ★ Targeted start date for practices is Monday March 14th
- ★ Practices are twice per week though March and April
  - \*Monday & Wednesday for Junior's - 3:30 - 5:00 pm
  - \*Tuesday & Thursday for Senior's - 3:30 - 5:00 pm

*\*depending on coach availability and number of participants*

If you have any questions regarding the Hawks Badminton Team, please contact:

EPS Athletic Director - Steven Reid at 798-3840 or [steven.reid@nlsd.ab.ca](mailto:steven.reid@nlsd.ab.ca)

## Dates to Remember



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

### April Dates:

April 4-8: Literacy Week

April 9-18: Spring Break

April 19: Classes Resume

**TEEN SKILL ZONE**

EMPLOY *Abilities* NORTH

Lac La Biche County FCSS

**RESUMES, INTERVIEWS & MORE!**

Are you looking for a job? Do you need help to prepare and make the most of a potential job opportunity? In partnership with Lac La Biche Employabilities, you will learn how to properly make a resume and cover letter, receive links to potential employers and help strengthen your job search. This is an opportunity you should not miss!

Friday, March 25 • 1-4 PM • McArthur Place • Free

*Limited spots are available and participants must pre-register to attend.*

Preregister by March 23, 2021  
Call or text Christine at 780-520-7183 or email [christine.martin@lactabichecounty.com](mailto:christine.martin@lactabichecounty.com).

**MARCH 25**  
**AGES 13 - 17**



## Help Students Get to School Safely!

BECOME A BUS OPERATOR WITH NLPS

- Same holidays as students (including Summer!)
- Work just a few hours a day
- Preschoolers can ride with you

### You Need...

- Class 2S Licence (we can provide training if you don't have one)
- Vulnerable Sector Check
- Clear driver's abstract

### We Offer...

- Training and Safety Courses done locally at our Driver Training School
- Competitive wages and benefits









For more information call: 780-826-6038

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

# March

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Grade 6 Swimming 100th Day 	Grade 6 Swimming Dr. Seuss Day 	Grade 6 Swimming 3		4
6	7	8	9 Cultural Clothing Day Parent Teacher Interviews K-9 	10 No School 1st PD Day 	11 Family Friday 	12
13	14	15	16 St. Patrick's Day: Funky Hat and Green Day 	17		18
20	21	22	23 Parent Teacher Interviews High School 	24 Opposite Day 	25 Family Friday 	26
27	28	29 Best Shoes Day 	30	31		



# Mindful March 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 Have a 'no plans' day and notice how that feels

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Appreciate nature around you, wherever you are

20 Focus on what makes you and others happy today  
[doyorhappiness.net](http://doyorhappiness.net)

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Cultivate a feeling of loving-kindness towards others today

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together